

# FITNESSFEST

GET ALL YOUR CECS, CONNECT & LEARN!

*& the Fest  
Pre-cons like:*

PADDLEBOARD  
FITNESS

LIFE WELLNESS  
HOLISTIC HEALTH  
COACH COURSE

HELD APRIL 25TH!\*

A WEEKEND FULL OF COURSES BY THE TOP FIT PROS IN THE INDUSTRY!

## 27th Annual FitnessFest Conference & Expo Phoenix, AZ

APRIL 26TH - 28TH, 2024

*With Fresh, New Faces like Siri Chilazi, Christine Conti & Dr. Elizabeth Welch, We Cover It All!*

Personal Training    Group Fitness    Small Group Training    Aqua

Active Aging    Mind/Body    Research/Lecture    Master Class Samplers

Herbal Make & Takes    Nutrition    Cooking Demos

**KEYNOTE LUNCHEON    FREE EXPO    HAPPY HOUR EVENT**

 ABILITY360 - 5031 E WASHINGTON ST. PHOENIX, AZ 85034

**[VIEW FULL SCHEDULE & REGISTER: FITNESSFEST.ORG/FITNESSFEST-2024](https://fitnessfest.org/fitnessfest-2024)**

# 2024 FULL CONFERENCE SCHEDULE

## Friday, April 26th

6:45 AM: ROOKIE RUMBLE + CHECK IN

7:15 AM

Body Blast Bootcamp with Samantha Clayton & Marc Coronel

Total Core Like Never Before with Siri Chilazi

Psoas Power with Leslie Harrington

Three Ways To Enhance Performance With Breathing with Mike Rickett

H2O Cardio Dance Mix 2.0 with Manuel Velazquez

8:25 AM

Let's HIIT To It! with Jacquese Silvas

Pressure Points: Unlocking Physical, Emotional, & Cognitive Potential with Christine Conti

Lucious Locks & Glowing Skin Tea - The Elixir Of Health with SW Herb Shop (MAKE 'N TAKE)

Aquatic Total Body Conditioning with MaryBeth Dzuibinski

Rock Climbing 101 with Ability360

Gentle Yoga For Active Agers with Manuel Velazquez

10:25 AM

Opening Ceremonies: 'E-LOV-ATION' with Erin La Grassa & Jasmin Terrany

12:15 PM

Introducing Unconventional Exercises To Your Clients with Tyler Valencia

BFR Training & Exercise: The Secret To Human Growth Hormone with Dr. Mike DeBord

Power Posture: The Key To Your Body's Foundation with Dr. Elizabeth Welch

Aging Wellness with Alexis Perkins-Powell

Panel: Challenge Of A Lifetime - 'The Key To Longterm Success' with our FEST Presenter Lineup

Turbulence Training (Aqua) with Iren Plum-Mentz

1:55 PM

Creative Prop Pilates with Siri Chilazi

Posture And Alignment With Personal Training with Patrick Mummy

Foot Wedges, Squat Blocks, & Lower Extremity Biomechanics with Dr. Emily Splichal

Conscious Cuing: What Matters with Michelle Leachman

EMBRACE: Enhancing Mobility & Balance Through Rehabilitation, Adaptation, & Creative Exercise for Neurological Disorders with Dr. Claire Honeycutt

H2O Aqua HIIT Bootcamp with Connie Lagerhausen

4:25 PM

Brain Games For Better Performance with Marc Coronel

Understanding & Managing Chronic Conditions with Christine Conti

The Gut-Brain Connection: Unraveling The Impact Of Nutrition On Mental Health with Stephanie Kreun

Growing Bolder with Lauren Hopps & Cali Spaulding

Pool Demo: Intro To Sprint Aquatics & Buoyancy Equipment

6:30 PM

FitnessFest Happy Hour: 'The Vital Role We Play'

## Saturday, April 27th

6:45 AM: ROOKIE RUMBLE + CHECK IN

7:15 AM

Zumba® + STRONG Nation® with Cheryl Wu-Hall & Lucy Barreto

Intervals Reimagined: Strength, Power, Roll with Christine Conti

Posture & The Accelerated Aging Effects with Dr. Elizabeth Welch

Healthy Eating - It's More Than Just Food... with Michelle Leachman & Quiera Cantrell (COOKING DEMO)

Core Fusion H2O with Manuel Velazquez

8 AM WORKOUT ONLY:

Sculpt & Define with Amani Edmondson

9:50 AM

BASH: HIGH Low + Zumba® + Chair One Fitness

Active Recovery Coach Course with Marc Coronel

Dynamic Flexibility: Stretch & Release To Sculpt with Siri Chilazi

Whole Foods Wellness: Nourish your Body, Mind, & Gut with Addie & Jeremiah Heartkin (COOKING DEMO)

CPR: Cue, Pace, Resist (Aqua) with MaryBeth Dzuibinski

12:00 PM

Keynote: 'The Fitness Professional Revolution' with Patrick Mummy

1:30 PM

BASH: 'Coconut Beach Camp' By Fit Bodies + Barre + STRONG Nation®

Advanced Postural Corrective Exercise with Patrick Mummy

Roundtable Discussions: 'And Still I Rise' with our FEST Presenter Lineup

Prop-Powered Yoga with Leslie Harrington

Tea... The Elixir Of Health: The How, Why, & Flavor Of Tea with SW Herb Shop (MAKE 'N TAKE)

Water Warrior: Running Deep! with Connie Lagerhausen

4:15 PM

Total Body Torch with Jacquese Silvas

Body Weight Interval Training: New Research & Programs with Dr. Len Kravitz

Live To 100 With Grace & Beauty with Rene Brackney & Stephanie Kreun

Chair One Fitness: Workouts For Seniors That Never Get Old with Alexis Perkins-Powell

Read The Room with Luke Rumbyrt

Mermaid Party (Pool) with Sarah Williams

Keep 'Em On Their Toes... On & Off The Track with Samantha Clayton

## Sunday, April 28th

7:15 AM

Latin Moves & Funky Grooves Dance Mix with Manuel Velazquez

The Science Of High Intensity Functional Training with Dr. Len Kravitz

Discover A Teaching Vacation: Guided Meditation with Siri Chilazi

All About The Ankle with Dr. Emily Splichal

Optimizing Gut Health For Performance: For Fit Pros with Stephanie Kreun

Strength Beneath The Surface (Aqua) with Iren Plum-Mentz

9:50 AM

The ULTIMATE Workout: 10 Of The Strongest Movements To Impact Your Routine with Michelle Leachman

The Heller Barre Method with Mary Heller

Thyroid Function & The Effects Of Exercise Intensity with Dr. Mike DeBord

Fascial Release For Hips, Neck, Shoulders, & Jaw with Rene Brackney

How To Train People With Disabilities Or Injuries with Luke Rumbyrt

Cardio Jam Yoqua (Aqua) with Janice Jaicks & MaryBeth Dzuibinski

12:40 PM

Ageless Pilates with Rene Brackney

Lifestyles Of Super Agers: Live Long & Prosper with Dr. Len Kravitz

Interoception: The Emotional Side Of Fascia with Dr. Emily Splichal

Why Every Fit Pro Should Be Using YouTube... with Tyler Valencia

Understanding SHOCK Training - The Triad For Success: Cold, Intervals, Fasting with Mike Rickett

Barefoot Anchored Aqua with Connie Lagerhausen

*The Fest of  
your life*