**Thurs., April 5**

**Preconferences**

**Full Day**

8:00 a.m.-5:00 p.m.

Keiser® Indoor Cycling: Foundations
Krista Popowych

9:00 a.m.-4:00 p.m.

BOSU® Skills and Drills for Group Personal Training Certification
Lucy Waite

**Half Day**

11:00 a.m.-4:30 p.m.

The International Association for Worksite Health Promotion: Emerging Trends in Worksite Health Promotion: Creating, Maintaining and Sustaining Momentum
Lauve Metcalfe, Charlie Estey, Joe Leutzinger

11:30 a.m.-4:30 p.m.

Resistance Training Mania: Ultimate Strategies for Everyone
Len Kravitz, Nick Beltz, Trisha VanDuseldorp

1:00-5:00 p.m.

Trigger Point™ – Assessments to Performance: Mobility as the Foundation for Function
Sylvie Patrick

5:30 p.m.

Opening Keynote: An Evolution of the Exercise Prescription: The IronStrength Community Fitness Program
Jordan Metzl

6:30 p.m.

Opening EXPO and Welcome Reception

**Fri., April 6**

6:45-7:45 a.m.

Workout: Yoga Essentials
Robert Sherman

Workout: HIIT Walking
Michele Stanten/Lee Scott

Workout: LaBlast® Fitness – Fitness Inspired by Dance
Louis van Amstel

Workout: Keiser® Indoor Cycling: Crazy Train!
Buddy Macuha

8:15-9:15 a.m.

Keynote: From the Paralympics to Public Health: the Inclusion of People with Disabilities in Sport and Physical Activity
Cheri Blauwet

9:30-10:30 a.m.

The Exercise is Medicine Solution – Creative Applications for Practitioners 1X
Carena Winters/Renee Jeffreys-Heil

Navigating Your Career in the Fitness Industry
Krista Popowych

Nutrition Intuition: Moving Away from Dieting Practices in Active Populations
Leslie Schilling

Cutting Edge Circuit Training Strategies that Deliver
Len Kravitz, Tony Nunez

Preventing Running Injuries – Evidence and Programming
Roberto Ruiz

How to Engage an Aging Workforce with Wellness
Meaghan Jansen

The Art and Science of Better Movement
Kevin Hendry

Workout: Graceful Strength 1X
Keli Roberts
10:45-11:45 a.m.

Walk Audits: Active Community Engagement with a Walk 1X
Mark Fenton

Weight Management Myths and Truths
Laura Knussman

Challenging Autism with Exercise
David Geslak

Workout: Keiser® Indoor Cycling: Strong!
Linda Webster

10:45 a.m.-12:15 p.m.

Workshop: VO2max as a Vital Sign: Practical Considerations for the Exercise Professional 1X
Chris Bopp/Lenny Kaminsky

Workshop: TriggerPoint™ the Science of Myofascial Release 1X
Sylvie Patrick

Workshop: Helping Your Clients Say “I DO” to Exercise 1X
Amy Rickman

Workshop: Do It Right-Teaching Barbell Movements and Implementing a Premium Strength Program in Your Facility Program (Part 1) 1X
Pete Ronai, Kyle Kercher, Grey Ruegamer, Brad Roy

1:30-2:30 p.m.

Featured Lecture-The Case for Why Current Exercise Prescriptions Creates Exercising Couch Potatoes: Let’s Do Better by Starting a “Movement Movement” 1X
Marc Hamilton

2:45-3:45 p.m.

Walkable Communities: Building Physically Active Communities by Design 1X
Mark Fenton

You are When You Eat: Timing is Everything
Leslie Bonci

Dietary Supplements: Safe and Effective? Or Dangerous and Ineffective?
Eric Rawson

The Dr. Bortz Lecture: Aging is Hard Work: Exercise Training to Change the Course Toward Disability
Carol Ewing Garber

Hot Topic Panel: Nailed It! Compelling Stories from the Field that Yield Smart Career Strategies 1X
Deborah Riebe, Reed Engel, David Brown, Christie Ward, Tatiana Kolovou

Workout: LaBlast® Fitness – Fitness Inspired by Dance (repeat)
Louis van Amstel

Workout: Keiser® Indoor Cycling: The Hills are Alive!
Krista Popowycz

Workout: The Core Connection
Keli Roberts

Workout: Athletic Fundamentals – Speed, Strength and Power for Athletes of All Ages
Kyle Kercher

2:45-4:15 p.m.

Workshop: Corrective Exercise for the Problem Shoulder 1X
Sylvie Patrick

Workshop: The Art and Science of Better Movement 1X
Kevin Hendry

4:30-5:30 p.m.

The Carbohydrate Conundrum: Are Carbs Essential or Obsolete When It Comes to Health, Fitness and Athletic Performance?
Katherine Beals

The Perfect Storm, The Largest Business Opportunity in Fitness History 1X
Dan Ritchie

What You NEED to Know Before You HIT with Clinical Populations
Yuri Feito

FMS: Move Well Then Move Often
Lee Burton

Nutrition Intuition: Moving Away from Dieting Practices in Active Populations (repeat)
Leslie Schilling

Calculating the Cost of Physical Inactivity in Various Adult Populations
David Chenoweth

Workout: PILATES B.L.A.S.T. (Body Lengthening And Strength Training) 1X
June Kahn

Workout: HIIT Me with Your Best Shot
Alex Mc Lean

Workout: BOSU® + Bar: Grip, Tip, Flip & Strip
Lucy Waite

5:45-6:45 p.m.

Hot Topic Panel: Sit Inactive Less, Walk More or HIIT It: What’s Best to Promote Health? 1X
Martin J. Gibala, Marc Hamilton, Mark Fenton

Workout: Fast and Furious in Five! 1X
Krista Popowycz
Fri., April 6 (continued)

**Workout: Insurg3nt by Hedstrom Fitness**  
Keli Roberts

**Workout: Flow State Yoga**  
Robert Sherman

7:15-8:15 p.m.

**Special Event: LaBlast® Line Dancing 1X**  
Louis Van Amstel

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Sat., April 7

6:45-7:45 a.m.

**Workout: BOSU® + Bar: Grip, Tip, Flip & Strip (repeat)**  
Lucy Waite

**Workout: Body Bar Brain Body Balance 1X**  
June Kahn

**Workout: The Core Connection (repeat)**  
Keli Roberts

**Workout: Keiser® Indoor Cycling: Crazy Train! (repeat)**  
Buddy Macuha

8:15-9:15 a.m.

**Keynote: Interval Training for Health and Fitness: HIIT Versus Hype?**  
Martin Gibala

9:30-10:30 a.m.

**Navigating Your Career in the Fitness Industry (repeat)**  
Krista Popowycz

**New Directions and Opportunities with Exercise is Medicine® 1X**  
Robyn Stuber

**Harnessing Behavioral Economics to Drive Well-being Engagement**  
Barry Pailet

**The Carbohydrate Conundrum: Are Carbs Essential or Obsolete When it Comes to Health, Fitness and Athletic Performance? (repeat)**  
Katherine Beals

**Challenging Autism with Exercise (repeat)**  
David Geslak

**The Heat Is On: Strategies to Safely Train and Compete While Optimizing Performance in Hot Environments**  
Michael Weiss

**Ready to Move: A Unique University Work site Wellness Initiative**  
Jadyn Hadfield, Mariah Deinhart, Carol Kennedy-Armbruster

10:45-11:45 a.m.

**Essentials of Cross-Channel Communication and Marketing for Fitness Professionals 1X**  
Fred Hoffman

**The Science of Speed: Evidence Based Speed Training**  
Bill Parisi

**Wheat, Microbiome and Health: the Science Behind Gut Health and Food Intolerances (repeat)**  
Corrie Whisner

10:45 a.m.-12:15 p.m.

**Workshop: Tiny Tweaks = Big Results 1X**  
Keli Roberts

**Workshop: Do it Right-Teaching Barbell Movements and Implementing a Premium Strength Program in Your Facility Program (Part 2) 1X**  
Pete Ronai/Kyle Kercher/Grey Ruegamer/Brad Roy

**Workshop: A Quidditch Training Program for Muggles 1X**  
Jessica Peacock/Barry Parker/Jessica Kutz/Sheara Williamson

1:30-2:30 p.m.

**The Dr. Bortz Lecture: Aging is Hard Work: Exercise Training to Change the Course Toward Disability (repeat)**  
Carol Ewing Garber

**The Top 10 Mobile Apps for Fitness Professionals 1X**  
Fred Hoffman

**Preventing Running Injuries – Evidence and Programming (repeat)**  
Roberto Ruiz

**Wheat, Microbiome and Health: the Science Behind Gut Health and Food Intolerances (repeat)**  
Corrie Whisner

**Re-treat Your Wellness Committee and Champions**  
Stephen Cherniak
Sat., April 7 (continued)

What You NEED to Know Before You HIT with Clinical Populations (repeat)
Yuri Feito

The Art and Science of Better Movement (repeat)
Kevin Hendry

Workout: Flow State Yoga (repeat)
Robert Sherman

2:45-3:45 p.m.

You are When You Eat: Timing is Everything (repeat)
Leslie Bonci

Impact of Exercise During Pregnancy: A Call to Action to Promote the Health of TWO Generations!
Michelle Mottola

How to Engage an Aging Workforce with Wellness (repeat)
Meaghan Jansen

Hot Topic Panel: Exercise is Medicine® – Be the Change! 1X
Careena Winters/Rene Jeffreys-Heil/Robyn Stuhr/Zack Papalia

Workout: Insurg3nt by Hedstrom Fitness (repeat)
Keli Roberts

2:45-4:15 p.m.

Workshop: Age-Related Sarcopenia: Diagnosis and Screen with Older Adults 1X
Christopher Bopp/Paul Gallo

4:30-5:30 p.m.

Workout: HIIT Walking (repeat)
Michele Stanten/Lee Scott

Time TBD

Workout: The IronStrength® Workout 1X
Jordan Metzl

Sun., April 8

6:45-7:45 a.m.

Workout: Power Pilates Yoga Fusion (repeat)
June Kahn

Workout: HIIT Me with Your Best Shot (repeat)
Alex McLean

8:45-9:45 a.m.

The Power of Social Media in the Fitness Industry: Trends and Opportunities 1X
Fred Hoffman

Dietary Supplements: Safe and Effective? Or Dangerous and Ineffective? (repeat)
Eric Rawson

Cutting Edge Circuit Training Strategies that Deliver (repeat)
Len Kravitz/Tony Nunez

The Heat is On: Strategies to Safely Train and Compete While Optimizing Performance in Hot Environments (repeat)
Michael Weiss

FMS: Move Well Then Move Often (repeat)
Lee Burton

Re-treat Your Wellness Committee and Champions (repeat)
Stephen Cherniak

8:45-10:15 a.m.

Workshop: Functional Aging Circuits 1X
Dan Ritchie

10:00-11:00 a.m.

The Science of Speed: Evidence Based Speed Training (repeat)
Bill Parisi

Harnessing Behavioral Economics to Drive Well-being Engagement (repeat)
Barry Pailet

Weight Management Myths and Truths (repeat)
Laura Kruskall

Impact of Exercise During Pregnancy: A Call to Action to Promote the Health of TWO Generations! (repeat)
Michelle Mottola

Ready to Move: A Unique University Work Site Wellness Initiative (repeat)
Jaclyn Hadfield/Carol Kennedy-Armbruster/Mariah Denhart

Calculating the Cost of Physical Inactivity in Various Adult Populations (repeat)
David Chenoweth

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