



# Personal Trainer

## SAMPLE SCHEDULE

June 28–July 1, 2018 • San Diego, California

TIME BLOCK	SESSION NUMBER	SESSION TITLE	TYPE	PRESENTER
<b>THURSDAY, JUNE 28</b>				
<b>C</b>	204	Small-Group Athletic Fusion	WORKOUT	Michael Piercy
<b>D</b>	227	NASM Mobility and Stability, Joint by Joint	WORKSHOP	Marty Miller
<b>E</b>	<i>Opening Ceremonies</i> Keynote Presentation & Awards			
<b>F</b>	<b>IDEA World Fitness &amp; Nutrition Expo</b>			
<b>G</b>	267	Fat Frenzy: The Top-Secret Life of a Fat Cell (ACE Mover Academy)	LECTURE	Len Kravitz, PhD
<b>H</b>	290	IDEA World MEGA Circuit <i>Special Time 4:30–5:30pm</i>	WORKOUT	Alex Isaly
<b>I</b>	302	Redefining Strength: Core Progression System	WORKSHOP	Adam Jongsma
<b>FRIDAY, JUNE 29</b>				
<b>J</b>	408	The Female Glute Relocation Program	WORKSHOP	Michael Cummings and Farel Hruska
<b>K</b>	432	TD's EPIC Workout Experience!	WORKOUT	Todd Durkin, MA
<b>L</b>	<b>IDEA World Fitness &amp; Nutrition Expo</b>			
<b>M</b>	476	The Science and Art of Program Design	WORKSHOP	Peter Twist, MSc
<b>O</b>	516	Fascial Line Mobility <i>Special Time 4:30–6:00pm</i>	WORKSHOP	Helen Vanderburg
<b>SATURDAY, JUNE 30</b>				
<b>P</b>	605	The Warm-Up Makeover: Start with a Bang!	WORKSHOP	Brett Klika
<b>Q</b>	639	TriggerPoint™ Corrective Strategies for the Foot and Ankle	WORKSHOP	Kyle Stull, DHSc
<b>R</b>	<b>IDEA World Fitness &amp; Nutrition Expo</b>			
<b>S</b>	693	The Online Fitness Frontier	LECTURE	Vito LaFata
<b>U</b>	715	Transverse Plane: The Plane of Power and Pain <i>Special time 4:15–6:00pm</i>	WORKSHOP	Anthony Carey, MA, and Paul Edmondson
<b>SUNDAY, JULY 1</b>				
<b>W</b>	809	Food Vs Supplements: Facts and Fallacies	LECTURE	Kamal Patel
<b>X</b>	820	ACE: Client-Centric Program Design With the Integrated Fitness Training Model™ (ACE Mover Academy)	LECTURE	Anthony Wall, MS