



Group Fitness Instructor

SAMPLE SCHEDULE

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

TIME BLOCK	SESSION NUMBER	SESSION TITLE	TYPE	PRESENTER
THURSDAY, JUNE 28				
C	207	The IDEA Rookie Rumble	EXPERIENCE	Shannon Fable and Brett Klika
D	233	The Magic in Dance Fitness	WORKSHOP	Alana Sanders
E	<i>Opening Ceremonies</i> Keynote Presentation & Awards			
F	IDEA World Fitness & Nutrition Expo			
G	273	Lucky 7-Group Fitness Strength Programming	WORKSHOP	Abbie Appel
H	290	IDEA World MEGA Circuit <i>Special Time 4:30-5:30pm</i>	WORKOUT	
FRIDAY, JUNE 29				
J	411	Tabata GX - A New Kind of Tabata	WORKSHOP	Mindy Mylrea
K	445	BOSU Sport C.A.M.P.	WORKSHOP	Candice Copeland-Brooks, Douglas Brooks, MS and Amy Dixon
L	460	The Athletes in the ARENA With Alex Isaly and SGT KEN®: Fitness Feats for the Brave and Bold!	WORKOUT	Alex Isaly and SGT KEN
M	472	POP Pilates Party-LIVE With Cassey Ho <i>Special Time 1:40pm - 2:40pm</i>	WORKOUT	Cassey Ho
N	IDEA World Fitness & Nutrition Expo			
O	523	Crash Course in Creative Choreography!	WORKSHOP	Aileen Sheron
SATURDAY, JUNE 30				
P	610	Authenticity: Teach From the Heart	LECTURE	Rob Glick
Q	646	The Ultimate Anti-Aging Workout	WORKSHOP	Maureen Hagan, PT
R	IDEA World Fitness & Nutrition Expo			
S	686	Crazy Core Combos	WORKSHOP	Mindy Mylrea
U	719	Metabolic Disruption	WORKSHOP	Elizabeth Lenart, Med
SUNDAY, JULY 1				
W	801	Kettlebell Express	WORKSHOP	Keli Roberts
X	824	Five Steps to Your Own Signature Class	LECTURE	Jessica Maurer