

THU  
OCT 02

**6-9P** REGISTRATION OPEN

**6:30-8P** WELCOME RECEPTION

**8-9P** SERVICE PROJECT & FELLOWSHIP TIME

FRI  
OCT 03

**7-7:45A** CARDIO & DANCE BLAST™ WORKOUT + MORNING DEVO

**8-8:45A** REGISTRATION OPEN / EXHIBIT HALL OPEN / LOGOWEAR SALES

**8:45A** THE RUNDOWN!

**9-11A PREPARATION FOR THE UNEXPECTED**, AMY STAFFORD (0.2 CEC'S)

**11-11:30A** BREAK

**11:30A-12:30P COACHING THE FUNDAMENTALS OF MACRONUTRIENTS**,  
CAROLINE FORNSHELL (0.1 CEC)

**12:30-2P LUNCH @ HOTEL** "FROM THE FARMERS PRODUCE STAND" / EXHIBIT HALL OPEN / LOGOWEAR SALES

**2-3P COMPLICATED WEIGHT LOSS & THE ARCHETYPE PROGRAM AT LWELL**,  
CAROLINE FORNSHELL (0.1 CEC)

**3-3:30P** BREAK

**3:30-4:30P SLEEP: THE ROOTS OF WELLNESS**, RACHEL SOPER (0.1 CEC)

**4:30-5P** BREAK

**5-6P FAST, FRESH AND FAMILY APPROVED: BUILD HEALTHY HABITS WHERE THEY START – AT HOME**, CAROLINE FORNSHELL (0.1 CEC)

**6-6:30P** EXHIBIT HALL OPEN / LOGOWEAR SALES

**EVENING** – DINNER (ON YOUR OWN) & CONNECTION TIME

SAT  
OCT 04

**7-7:45A** FIT360™ & LONGEVITY FIT360™ WORKOUT + MORNING DEVO

**8-8:45A** REGISTRATION OPEN / EXHIBIT HALL OPEN / LOGOWEAR SALES

**8:45A** THE RUNDOWN!

**9-11A F.O.R.M. – FOCUS ON ROOTED MECHANICS**, AMY STAFFORD AND PROGRAM DIRECTOR  
TEAM (0.2 CEC'S)

**11-11:30A** BREAK

**11:30A-12:30P POST-SURGERY RECOVERY STRATEGIES FOR THE FITNESS PROFESSIONAL**,  
DR. ALLISON LIEFELD FILLAR (0.1 CEC)

**12:30-2P LUNCH BREAK** – ONSITE WITH AREA GROUP / EXHIBIT HALL OPEN / LOGOWEAR SALES

**2-3P MASTERING HORMONES & WEIGHT AFTER 40**, CAROLINE FORNSHELL (0.1 CEC)

**3-4P MINDSET, MEALS & MEDS: COACHING SUSTAINABLE CHANGE ON GLP-1S**,  
CAROLINE FORNSHELL (0.1 CEC)

**4-4:30P** BREAK

**4:30-5:30P BRANDED BEYOND BORDERS: ADVERTISING & PROMOTING OUR GLOBAL FITNESS  
BRAND**, NIKKI REUTLINGER AND AMY ESTERHUIZEN (0.1 CEC)

**5:30-6P** BREAK

**6-7P THE FAITH & FITNESS PROCESS: HOW THE STRENGTH OF CONNECTION LEADS TO PRODUCTIVE  
OUTCOMES**, PAT GOODMAN (0.1 CEC)

**7-7:30P** EXHIBIT HALL OPEN / LOGOWEAR SALES

**EVENING** – DINNER (ON YOUR OWN) & CONNECTION TIME

