



# RECHARGE 2021

BODY & SOUL® FITNESS CONVENTION

LEARN

CELEBRATE

HOPE

## THURSDAY – Sept 30

- 2-6:30pm Registration Open / Exhibitors / Logowear Sales Open / Audition Approvals  
4-5:30pm **Reception on the Veranda**  
5:30-6:30pm Dinner Break\*  
7-8:30pm **B-SHOC CONCERT!!!** (Doors open at 6:30pm)

## FRIDAY – Oct 1

- 7-8am Exhibitors / Logowear Sales Open / Audition Approvals  
8-8:30am “The Rundown” – What You Can Expect Today  
8:30-9am **Q&A with B-SHOC**  
9-12pm **WE’VE GOT YOUR BACK: Postural Control for Better Back Health** (.3 CEC)  
12-1pm Lunch Break\* / Exhibitors / Logowear Sales Open  
1-3pm **RESIST THE TWIST: The Benefits of Anti-Rotational Training** (.2 CEC)  
3-3:30pm Break / Exhibitors / Logowear Sales Open  
3:30-4:20pm **ELECTROLYTES IN A NUTSHELL: The 5 W’s of These Amazing Minerals** (.1 CEC)  
4:20-4:50pm Break / Exhibitors / Logowear Sales Open  
4:50-5:40pm **YOU CAN KEEP THE CHANGE: Paradigm, Attitude, and Focus** (.1 CEC)  
5:40-6:30pm **BE A SPIRITUAL INFLUENCER: Make it Your Superpower** (.1 CEC)  
6:30-8:30pm Dinner Break\* / Exhibitors / Logowear Sales Open  
8:30-9:15pm **DANCE PARTY on the Veranda**

## SATURDAY – Oct 2

- 7-7:30am Exhibitors / Logowear Sales Open / Audition Approvals  
7:30-8am “The Rundown” – What You Can Expect Today  
8-10am **T.N.T. – TRAINING NOT TEACHING: Be a Dynamite Fitness Instructor** (.2 CEC)  
10-10:30am Break / Exhibitors / Logowear Sales Open  
10:30-12:30pm **ROOTS & WINGS: Making B&S® Your Gospel Platform** (.2 CEC)  
12:30-1pm Break / Exhibitors / Logowear Sales Open  
1-7pm **40<sup>th</sup> CELEBRATION EVENT – at SeaWorld Orlando Park!!!**  
7:30-8:30pm **THE STINKY SIDE OF FITNESS: Causes and Cures** (.1 CEC)

## SUNDAY – Oct 3

- 7-8am Exhibitors / Logowear Sales Open / Audition Approvals  
8-8:30am **Date with God**  
8:30-9am **WORSHIP – Nate & Alisha Keating**  
9-10am **SACRED REST: Recover, Renew, Restore – Dr. Saundra Dalton-Smith** (.1 CEC)  
10-11am **RESILIENCE & HOPE: The Way Forward – Amy Stafford, President** (.1 CEC)  
11-11:30am Lunch Break\* / Exhibitors / Logowear Sales Open  
11:30-12:30pm **JUST B.R.E.A.T.H.E.: Essential Not Automatic** (.1 CEC)  
12:30-1pm Wrap Up

\*On your own