Presenter	Day	Time	Session Title	Equipment
Keli Roberts	Friday	9:30-10:30a	Graceful Strength	Body Bars & Micro Bars
Keli Roberts		2:45-3:45p	The Core Connection	
Kyle Kercher		2:45-3:45p	Athletic Fundamentals	Body Bars
June Kahn		4:30-5:30pm	Pilates B.L.A.S.T.	
Lucy Waite		4:30-5:30p	BOSU + Bar: Grip, Tip, Flip & Strip	Body Bars
Keli Roberts		5:45-6:45p	INSURG3NT by Hedstrom Fitness	
Lucy Waite	Saturday	6:45-7:45a	BOSU + Bar: Grip, Tip, Flip & Strip (repeat)	Body Bars
June Kahn		6:45-7:45a	Body Bar Brain Body Balance	Micro Bars
Keli Roberts		6:45-7:45a	The Core Connection (repeat)	
Kyle Kercher		9:30-10:30a	Athletic Fundamentals (repeat)	Body Bars
June Kahn		10:45-11:45a	Power Pilates Yoga Fusion	
Keli Roberts		10:45a-12:15p	Tiny Tweaks = Big Results	Body Bars
Keli Roberts		2:45-3:45p	INSURG3NT by Hedstrom Fitness (repeat)	
June Kahn	Sunday	6:45-7:45a	Power Pilates Yoga Fusion (repeat)	