

## DCAC FitCon Schedule At A Glance August 4-5, 2023

Group/Day/Date/Time	#	Session	Room	ACE	AEA	AFAA	NASM
Group 1 Friday 8/4/23 7:00am – 8:15am	301	Schwinn® Cycling: R.I.S.E. & #RideRight with Abbie Appel	Ballroom BC	0.125	-	1.000	0.100
Group 1 Friday 8/4/23 7:00am – 8:15am	302	Does Size REALLY Matter? Nautilus® Strength with Helen Vanderburg	Ballroom A	0.125	-	1.000	0.100
Group 1 Friday 8/4/23 7:00am – 8:15am	303	Xtreme Hip Hop Step with Chris Washington	Ballroom D	-	-	1.000	0.100
Group 1 Friday 8/4/23 7:00am – 8:15am	304	Boats, Bands, and Battle Ropes™ with SGT Ken®	Ballroom EFG	0.125	-	1.000	0.100
Group 1 Friday 8/4/23 7:00am – 8:15am	305	Functional Fitness Assessment for Mature Clients with Dr. Dan Ritchie	Lake Fairfax	0.125	-	1.000	0.100
Group 1 Friday 8/4/23 7:00am – 8:15am	306	Success!: Creating Bullet-Proof Plans for Your Clients' Health Goals with Kelly Morgan	Lake Thoreau	0.125	-	1.000	0.100
Group 1 Friday 8/4/23 7:00am – 8:15am	307	Lifestyle Impact on Hormonal Hell or Hormonal Harmony with Teri Gentes	Lake Audubon	0.125	-	1.000	0.100
Group 1 Friday 8/4/23 7:00am – 8:15am	308	Rise and Grind Pilates with Alicia Jerome	Lake Anne	0.125	-	1.000	0.100
Group 1 Friday 8/4/23 7:00am – 8:15am	309	Turbulence Training with Aqua-Ohm with Irene PluimMentz	Town Center	0.125	1.000	1.000	0.100
Group 2 Friday 8/4/23 8:30am – 9:45am	310	Schwinn® Cycling: Dynamic Duos – Proven Cycling Fusion with Mindy Mylrea	Ballroom BC	0.125	-	1.000	0.100
Group 2 Friday 8/4/23 8:30am – 9:45am	311	Smart "Hands Off" Partner Play with Aimee Nicotera	Ballroom A	0.125	-	1.000	0.100
Group 2 Friday 8/4/23 8:30am – 9:45am	312	Barre Building Blocks with Tricia Murphy Madden	Ballroom EFG	0.125	-	1.000	0.100

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Group 2 Friday 8/4/23 8:30am – 9:45am	313	Corrective Exercise for Chronic Shoulder and Neck Issues with Dr. Evan Osar	Lake Fairfax	0.125	-	1.000	0.100
Group 2 Friday 8/4/23 8:30am – 9:45am	314	MIR: Planet of Fitness Business Possibilities with Lawrence Biscontini	Lake Thoreau	0.125	-	1.000	0.100
Group 2 Friday 8/4/23 8:30am – 9:45am	315	Coaching Behavioral Change and Healthier Body Image in Weight Management with Melinda Rocha	Lake Audubon	0.125	-	1.000	0.100
Group 2 Friday 8/4/23 8:30am – 9:45am	316	S & M: Yoga for Stability AND Mobility with Robert Sherman	Lake Anne	0.125	-	1.000	0.100
Group 2 Friday 8/4/23 8:30am – 9:45am	317	Smart Circuits with Katy Coffey	Town Center	0.125	1.000	1.000	0.100
Friday 8/4/23 10:15am – 11:15am	318	PANEL DISCUSSION: Reaching the Unreachable with Staci Alden, Lawrence Biscontini, Kelly Morgan, Jenni Lynn Patterson- LaCour, Melinda Rocha & Dane Robinson	Ballroom D	1.000	1.000	1.000	0.100
Group 3 Friday 8/4/23 12:00pm – 1:15pm	319	Schwinn® Cycling: Polishing Diamonds – How to Level up your Cycling Coaching with Helen Vanderburg	Ballroom BC	0.125	-	1.000	0.100
Group 3 Friday 8/4/23 12:00pm – 1:15pm	320	HIIT High Five by StairMaster® with Abbie Appel & Aimee Nicotera	Ballroom A	0.125	-	1.000	0.100
Group 3 Friday 8/4/23 12:00pm – 1:15pm	321	Pro Athlete Core Conditioning with Dane Robinson	Ballroom D	0.125	-	1.000	0.100
Group 3 Friday 8/4/23 12:00pm – 1:15pm	322	Bootcamp Buckets with Mindy Mylrea	Ballroom EFG	0.125	-	1.000	0.100
Group 3 Friday 8/4/23 12:00pm – 1:15pm	323	All About the Ankle with Dr. Emily Splichal	Lake Fairfax	0.125	-	1.000	0.100
Group 3 Friday 8/4/23 12:00pm – 1:15pm	324	Instructor Vocal Care with Chris LaCour	Lake Thoreau	0.125	1.000	1.000	0.100
Group 3 Friday 8/4/23 12:00pm – 1:15pm	325	Yummy, Affordable Menu Planning & Meal Making with Teri Gentes	Lake Audubon	0.125	-	1.000	0.100

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Group 3 Friday 8/4/23 12:00pm – 1:15pm	326	Choreo-Crafting: The Magic Behind Dance Fitness with Emily St. Amand	Lake Anne	0.125	-	1.000	0.100
Group 3 Friday 8/4/23 12:00pm – 1:15pm	327	Wet Barre™: Burn with Katina Brock	Town Center	0.125	1.000	1.000	0.100
Group 4 Friday 8/4/23 1:45pm – 3:00pm	328	Schwinn Cycling®: Leader of the Pack with Robert Sherman	Ballroom BC	0.125	-	1.000	0.100
Group 4 Friday 8/4/23 1:45pm – 3:00pm	329	Fountain of Youth: Nautilus® Strength with Sonja Friend-Uhl	Ballroom A	0.125	-	1.000	0.100
Group 4 Friday 8/4/23 1:45pm – 3:00pm	330	Minimal Equipment, Maximal Impact! with Aimee Nicotera	Ballroom D	0.125	-	1.000	0.100
Group 4 Friday 8/4/23 1:45pm – 3:00pm	331	WARRIOR Rhythm™   Flow State with Becky Conser	Ballroom EFG	0.125	-	1.000	0.100
Group 4 Friday 8/4/23 1:45pm – 3:00pm	332	Exercise Program Design for the 55+ Client with Dr. Dan Ritchie	Lake Fairfax	0.125	-	1.000	0.100
Group 4 Friday 8/4/23 1:45pm – 3:00pm	333	Strategies and Systems to Simplify Your Life AND Increase Impact with Staci Alden	Lake Thoreau	0.125	-	1.000	0.100
Group 4 Friday 8/4/23 1:45pm – 3:00pm	334	Tips and Tricks For Sustained Weight Loss with Bruce & Mindy Mylrea	Lake Audubon	0.125	-	1.000	0.100
Group 4 Friday 8/4/23 1:45pm – 3:00pm	335	SoulBody BARRE UNHITCHED with Rebecca Voelpel	Lake Anne	0.125	-	1.000	0.100
Group 4 Friday 8/4/23 1:45pm – 3:00pm	336	Acquapole® Circuit with Andrea Velazquez	Town Center	0.125	1.000	1.000	0.100
Group 5 Friday 8/4/23 3:30pm – 4:45pm	337	Schwinn® Cycling: Let the Beat Drop – Mastering Cycling Musicality with Abbie Appel	Ballroom BC	0.125	-	1.000	0.100
Group 5 Friday 8/4/23 3:30pm – 4:45pm	338	What's Your Type – Nautilus® Strength with Keli Roberts	Ballroom A	0.125	-	1.000	0.100

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Group 5 Friday 8/4/23 3:30pm – 4:45pm	339	Choreo-Crafting: The Magic Behind Dance Fitness with Emily St. Amand	Ballroom D	0.125	-	1.000	0.100
Group 5 Friday 8/4/23 3:30pm – 4:45pm	340	Leaps and Bounds: JumpSport Athletic Training™ with SGT Ken®	Ballroom EFG	0.125	-	1.000	0.100
Group 5 Friday 8/4/23 3:30pm – 4:45pm	341	Maximize the Benefits of Breathing Optimally for Life and Fitness with Jenice Mattek	Lake Fairfax	0.125	-	1.000	0.100
Group 5 Friday 8/4/23 3:30pm – 4:45pm	342	Understanding Fascial Lines and How to Train Them with CJ Kobliska	Lake Thoreau	0.125	-	1.000	0.100
Group 5 Friday 8/4/23 3:30pm – 4:45pm	343	Pantry Essentials for Fast, Healthy Meals with Teri Gentes	Lake Audubon	0.125	-	1.000	0.100
Group 5 Friday 8/4/23 3:30pm – 4:45pm	344	Fascia and Functional Stretching sponsored by Balanced Body® with Helen Vanderburg	Lake Anne	0.125	-	1.000	0.100
Group 5 Friday 8/4/23 3:30pm – 4:45pm	345	Noodle Rx with Jenni Lynn Patterson-LaCour	Town Center	0.125	1.000	1.000	0.100
Group 6 Friday 8/4/23 5:15pm – 6:30pm	346	Schwinn® Cycling: Prime Design 2.0 – Programming Like a Pro with Keli Roberts	Ballroom BC	0.125	-	1.000	0.100
Group 6 Friday 8/4/23 5:15pm – 6:30pm	347	Breaking the Core with Tyler Valencia	Ballroom A	0.125	-	1.000	0.100
Group 6 Friday 8/4/23 5:15pm – 6:30pm	348	Killer Step Choreo with Elizabeth Andrews	Ballroom D	0.125	-	1.000	0.100
Group 6 Friday 8/4/23 5:15pm – 6:30pm	349	WARRIOR Strength™   FUN in FUNctional Training with Ellen de Werd	Ballroom EFG	0.125	-	1.000	0.100
Group 6 Friday 8/4/23 5:15pm – 6:30pm	350	Becoming The Go To Trainer/Gym In Your Area Through Community Engagement with Dr. Dan Ritchie	Lake Fairfax	0.125	-	1.000	0.100
Group 6 Friday 8/4/23 5:15pm – 6:30pm	351	Instructor Class Experience with Rebecca Voelpel	Lake Thoreau	0.125	-	1.000	0.100

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Group 6 Friday 8/4/23 5:15pm – 6:30pm	352	How To Live To 120 with Bruce & Mindy Mylrea	Lake Audubon	0.125	-	1.000	0.100
Group 6 Friday 8/4/23 5:15pm – 6:30pm	353	Kickbox N Chaos with Tara Turner	Lake Anne	0.125	-	1.000	0.100
Group 6 Friday 8/4/23 5:15pm – 6:30pm	354	Liquid Gym Stars with Andrea Velazquez	Town Center	0.125	1.000	1.000	0.100
Group 7 Saturday 8/5/23 7:00am – 8:15am	355	Schwinn® Cycling: Pedal N Pulse with Mindy Mylrea	Ballroom BC	0.125	-	1.000	0.100
Group 7 Saturday 8/5/23 7:00am – 8:15am	356	A Moment in Time – Optimizing HIIT Intervals by StairMaster® with Sonja Friend-Uhl	Ballroom A	0.125	-	1.000	0.100
Group 7 Saturday 8/5/23 7:00am – 8:15am	357	Loop Band Play: Powered by E5 Collective® with Aimee Nicotera	Ballroom D	0.125	-	1.000	0.100
Group 7 Saturday 8/5/23 7:00am – 8:15am	358	JumpSport® Barre and Bounce with Abbie Appel	Ballroom EFG	0.125	-	1.000	0.100
Group 7 Saturday 8/5/23 7:00am – 8:15am	359	Bulletproof Your Feet with Dr. Emily Splichal	Lake Fairfax	0.125	-	1.000	0.100
Group 7 Saturday 8/5/23 7:00am – 8:15am	360	Chain Reaction Biomechanics 101 with CJ Kobliska	Lake Thoreau	0.125	-	1.000	0.100
Group 7 Saturday 8/5/23 7:00am – 8:15am	361	Own Your Stage: Evolving Your Workouts into Memorable Experiences with Dane Robinson	Lake Audubon	0.125	-	1.000	0.100
Group 7 Saturday 8/5/23 7:00am – 8:15am	362	Functional Training Meets Pilates sponsored by Balanced Body® with Helen Vanderburg	Lake Anne	0.125	-	1.000	0.100
Group 7 Saturday 8/5/23 7:00am – 8:15am	363	Power of Om with Katy Coffey	Town Center	0.125	1.000	1.000	0.100
Group 8 Saturday 8/5/23 8:30am – 9:45am	364	Schwinn® Indoor Cycling: Tri-Cycle – the Mode Triple Threat with Helen Vanderburg	Ballroom BC	0.125	-	1.000	0.100

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Group 8 Saturday 8/5/23 8:30am – 9:45am	365	Movement Play with Elizabeth Andrews	Ballroom A	0.125	-	1.000	0.100
Group 8 Saturday 8/5/23 8:30am – 9:45am	366	WARRIOR Combat™   Keep Fighting with Diva Richards	Ballroom EFG	0.125	-	1.000	0.100
Group 8 Saturday 8/5/23 8:30am – 9:45am	367	Syncing the Core & Pelvic Floor with Jenice Mattek	Lake Fairfax	0.125	-	1.000	0.100
Group 8 Saturday 8/5/23 8:30am – 9:45am	368	Boutique-ify Your Cla\$\$ Experience! with Noël Nocciolo	Lake Thoreau	-	-	1.000	0.100
Group 8 Saturday 8/5/23 8:30am – 9:45am	369	Energy Medicine for Better Health, Headspace & Happiness with Teri Gentes	Lake Audubon	0.125	-	1.000	0.100
Group 8 Saturday 8/5/23 8:30am – 9:45am	370	Pilates Flow, Stretch, and Centering with Alicia Jerome	Lake Anne	0.125	-	1.000	0.100
Group 8 Saturday 8/5/23 8:30am – 9:45am	371	Acquapole® Tone with Andrea Velazquez	Town Center	0.125	1.000	1.000	0.100
Saturday 8/5/23 10:15am – 11:15am	372	PANEL DISCUSSION: Less Bustle, More Hustle with Staci Alden, Jessica Armstrong, Ashley Podoll & Michael Pipitone	Ballroom D	1.000	1.000	1.000	0.100
Group 9 Saturday 8/5/23 12:00pm – 1:15pm	373	Schwinn® Cycling: Cycle Mixology: Curating Killer Playlists with Robert Sherman	Ballroom BC	0.125	-	1.000	0.100
Group 9 Saturday 8/5/23 12:00pm – 1:15pm	374	Cardio Coach: Basic Movement Assessment Workshop by Star Trac® with Sonja Friend-Uhl	Ballroom A	0.125	-	1.000	0.100
Group 9 Saturday 8/5/23 12:00pm – 1:15pm	375	LIT 101 (Low Impact Training) with Dane Robinson	Ballroom D	0.125	-	1.000	0.100
Group 9 Saturday 8/5/23 12:00pm – 1:15pm	376	Anchors Away: Resistance and Rowing™ with SGT Ken®	Ballroom EFG	0.125	-	1.000	0.100
Group 9 Saturday 8/5/23 12:00pm – 1:15pm	377	Hands On Stretching Bannister Method™ with Gail Bannister-Munn	Lake Fairfax	0.125	-	1.000	0.100

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Group 9 Saturday 8/5/23 12:00pm – 1:15pm	378	BYOB (Build Your Own Brand) with AJ Meyers	Lake Thoreau	0.125	1.000	1.000	0.100
Group 9 Saturday 8/5/23 12:00pm – 1:15pm	379	The Nutrition Nudge with Bruce & Mindy Mylrea	Lake Audubon	0.125	-	1.000	0.100
Group 9 Saturday 8/5/23 12:00pm – 1:15pm	380	Mobility and Restoration with CJ Kobliska	Lake Anne	0.125	-	1.000	0.100
Group 9 Saturday 8/5/23 12:00pm – 1:15pm	381	Aqua Drumming with SAF Aqua Drums Vibes with Andrea Velazquez	Town Center	0.125	1.000	1.000	0.100
Group 10 Saturday 8/5/23 1:45pm – 3:00pm	382	Schwinn® Cycling: Breathy Not Breathless – Base-Building Threshold Training with Keli Roberts	Ballroom BC	0.125	-	1.000	0.100
Group 10 Saturday 8/5/23 1:45pm – 3:00pm	383	HIIT - Bring on the 4-Letter Words! HIIT & REST for Success with Sonja Friend-Uhl	Ballroom A	0.125	-	1.000	0.100
Group 10 Saturday 8/5/23 1:45pm – 3:00pm	384	STEP: Take It Block by Block with Aimee Nicotera	Ballroom D	0.125	-	1.000	0.100
Group 10 Saturday 8/5/23 1:45pm – 3:00pm	385	WARRIOR Rhythm™   The Guts to Stand Out with Ellen de Werd	Ballroom EFG	0.125	-	1.000	0.100
Group 10 Saturday 8/5/23 1:45pm – 3:00pm	386	Brain Based Balance Training with Dr. Emily Splichal	Lake Fairfax	0.125	-	1.000	0.100
Group 10 Saturday 8/5/23 1:45pm – 3:00pm	387	YouTube Centered Digital Marketing with Tyler Valencia	Lake Thoreau	0.125	-	1.000	0.100
Group 10 Saturday 8/5/23 1:45pm – 3:00pm	388	Managing Body Idealization and Body Dysmorphia as a Fitness Professional with Melinda Rocha	Lake Audubon	0.125	-	1.000	0.100
Group 10 Saturday 8/5/23 1:45pm – 3:00pm	389	STRONG Nation® with Ricardo Alas	Lake Anne	0.125	-	1.000	0.100
Group 10 Saturday 8/5/23 1:45pm – 3:00pm	390	Aquafitcation with Katy Coffey	Town Center	0.125	1.000	1.000	0.100

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Group 11 Saturday 8/5/23 3:30pm – 4:45pm	391	Schwinn® Recovery RX with Helen Vanderburg	Ballroom BC	0.125	-	1.000	0.100
Group 11 Saturday 8/5/23 3:30pm – 4:45pm	392	Introducing Unconventional Exercises to Your Clients with Tyler Valencia	Ballroom A	0.125	-	1.000	0.100
Group 11 Saturday 8/5/23 3:30pm – 4:45pm	393	Xtreme Hip Hop Step with Chris Washington	Ballroom D	-	-	1.000	0.100
Group 11 Saturday 8/5/23 3:30pm – 4:45pm	394	HIIT the Barre with Tricia Murphy Madden	Ballroom EFG	0.125	-	1.000	0.100
Group 11 Saturday 8/5/23 3:30pm – 4:45pm	395	Corrective Exercise for the Psoas and Glutes with Dr. Evan Osar	Lake Fairfax	0.125	-	1.000	0.100
Group 11 Saturday 8/5/23 3:30pm – 4:45pm	396	Social Media is Dying: Why You Need an Email List NOW with Kelly Morgan	Lake Thoreau	0.125	-	1.000	0.100
Group 11 Saturday 8/5/23 3:30pm – 4:45pm	397	Mind-Ful Health: Self-Care Practices for Optimal Well-Being with Teri Gentes	Lake Audubon	0.125	-	1.000	0.100
Group 11 Saturday 8/5/23 3:30pm – 4:45pm	398	SoulBody RESTORE with Kristen Townsend	Lake Anne	0.125	-	1.000	0.100
Group 11 Saturday 8/5/23 3:30pm – 4:45pm	399	Liquid Gym Circuit with Andrea Velazquez & Irene PluimMentz	Town Center	0.125	1.000	1.000	0.100
Group 12 Saturday 8/5/23 5:15pm – 6:30pm	400	Chill and Flo with Elizabeth Andrews	Ballroom A	0.125	-	1.000	0.100
Group 12 Saturday 8/5/23 5:15pm – 6:30pm	401	HIIT Em up Style Dance Jam with Tara Turner	Lake Fairfax	0.125	-	1.000	0.100
Group 12 Saturday 8/5/23 5:15pm – 6:30pm	402	Let Me See You Bounce: JumpSport AMRAP Challenge™ with SGT Ken®	Ballroom EFG	0.125	-	1.000	0.100
Group 12 Saturday 8/5/23 5:15pm – 6:30pm	403	Resistance Band Total Body Band with Gail Bannister-Munn	Ballroom D	0.125	-	1.000	0.100



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Group 12 Saturday 8/5/23 5:15pm – 6:30pm	404	Voice: Secret Weapon to Engage Your Community with Noël Nocchiolo	Lake Thoreau	-	-	1.000	0.100
Group 12 Saturday 8/5/23 5:15pm – 6:30pm	405	Fitness Business Ethics and Relationships with Staci Alden (will fulfill ACE requirement - must attend session)	Lake Audubon	0.125	-	1.000	0.100
Group 12 Saturday 8/5/23 5:15pm – 6:30pm	406	Zumba® STEP INTO HAPPY™ with Kelly Bullard	Lake Anne	0.125	-	1.000	0.100
Group 12 Saturday 8/5/23 5:15pm – 6:30pm	407	Wet Barre™: Booty with Katina Brock	Town Center	0.125	1.000	1.000	0.100