



Schedule

MON. OCTOBER 19

Time	Event	Location
4PM – 6PM	Welcome Reception	Hyatt Place Lobby 610 Orange Dr, Vacaville, CA

Pick up swag
at check-in

DAY 1 - TUES. OCTOBER 20

Time	<i>Fitness Attire</i>	Event	Location
6:30AM – 8:30AM		Breakfast for Hotel Guests	Hyatt Place Lobby
6:30AM – 7:15AM		HIIT workout (optional) <i>w/Nester Ramos</i>	Active Wellness Center at NorthBay Health
8:45AM – 9AM		Welcome	The Event Center Sunrise Banquet Room 620 Orange Dr, Vacaville
9AM – 9:45AM		Pro-Aging: Reimagining Fitness for a Longer, Healthier Life <i>Dr. Cedric X. Bryant, ACE</i>	
10AM – 10:30AM		Industry Trends <i>Bill McBride</i>	
10:30AM – 11AM		Matrix Highlight <i>Dr. Karlie Intelkofer, Matrix</i>	
11:15AM – 11:45AM		Progressive Fitness Programming <i>Angie Dobrowski</i>	
11:45AM – 12:15PM		GRID Highlight <i>Ryan Andersen, GRID</i>	
12:15PM – 1PM		Lunch	
1PM – 1:30PM		A1 American Highlight <i>Shannel Brooks, A1 American</i>	
1:30PM – 2:45PM		Member Experience <i>Mark Koester, Jerry Cardinali, Chris Stevenson</i>	
3PM – 3:30PM		Power Systems Highlight <i>Andy Hubbard, Power Systems</i>	
3:30PM – 4:15PM		Building Resilience <i>Michele Wong</i>	Lucky Strike 155 Browns Valley Pkwy, Vacaville
5PM – 8PM		Team, HQ + Vendors Dinner + Bowling	

Casual Attire
"Strike up
some fun!"



DAY 2 - WED. OCTOBER 21

Time	Event	Location
6:30AM – 8:30AM	 Breakfast for Hotel Guests	Hyatt Place Lobby
9AM – 9:45AM	Strength + Longevity <i>Ashley Selman, Seli Strength</i>	The Sunrise Banquet Room 620 Orange Dr, Vacaville
9:45AM – 10:15AM	Team Mentoring for Maximum Performance <i>Panel: Ashley Selman, Onna Hadley, Eli Nylund, Brando Caballero, Gerard Brennen, Yolanda Esquivel</i>	
10:30AM – 11:15AM	AI's Impact on Fitness <i>Dr. James Yurkovich, The Buck (Intro by Jill Kinney)</i>	
11:15AM – 12:15PM	Lunch	
12:15PM – 12:45PM	Carpool to Active Wellness Center at NorthBay Health	Active Wellness Center at NorthBay Health
12:45PM – 4:15PM	Learning Workshops with Small Scale Re:Act, TRX Rehab & Stability, YourReformer & Blood Flow Restriction	
6PM – 9PM	Team Dinner	Buckhorn Steakhouse 2 Main St, Winters (20 min drive)