v. 27/04/23 8:50PM				A	SIA FITN	ESS CONI	FERENCE	2023			
55.5						THURSDAY, C	CTOBER 19th				
1.00			Session Number					01			
ASIA	Room										
FITNESS CONFEREN		6:00 - 7:00 PM	Session Title		Make the Most of Your AFC: Orientation for All						
202	23		Presenter				AFC	Team			
				·	DA	Y 1 - FRIDAY, OCTC	BER 20th				
		S&C	S&C/PT	PT	GX	Dance	Spec Pops/R&R	Pilates	Yoga	Science/Nutrition	Business/Career
-	Session				101	102	103	104	105		
7:30 - 8:15 AM	Room Session Title				Best Ab Exercises on the Planet	Wake up your Feet and Legs with Yin Yoga	MMA GX	Les Mills BODYCOMBAT™ Masterclass	HIT the Wall		
	Sponsor Presenter				Mindy Mylrea	Waewta Thamphibal	Nattapong Champachan	Les Mills Asia Pacific Panuwat Rongbandit and Anchalee Hengsakulwong	Yury Rockit		
8:45 - 9:30 AM					106- OP	ENING CEREMONY	- Room GH 202	And the contract of the state o			
0.45 9.50 AM	Session	111	112	113	114	115	116	117	118	119	120
	Room		112		4	C	110	,	110	119	120
9:45 AM - 11:15 PM	Session Title	The 30 Functional Patterns	Active Play	Muscle Building Masterclass	Creating the Disneyland Experience	Dance Icon Sweat	Shoulder Solutions for Pain-Free Movement	The Movement Triad - Mobility, Stability and Strength	Gentle Yoga for Back and Spine	Aligning Diets and Exercise for Results NASM™	Circadian Biology: \ Timing Matters
	Presenter	Peter Twist	Supanithi Khumprommarach	Martin Refalo	Mindy Mylrea	Erick Limans and Frans Ferdinand	Brian Bettendorf	Helen Vanderburg	Yuttana Poncharoen	Fabio Comana	Nick Lambe
11:15 AM - 12:15 PM		· · · · · ·				LUNCH					
12.131.14	Session	121	122	123	124	125	126	127	128	129	130
	Room							12721		1774	
12:15 - 1:30 PM	Session Title	Steel Mace Fundamentals	Fundamentals of Squat Variations	Pistol Squat	Primal Movement Patterns for Group Fitness	Step Dance	Power Training for Functional Aging	Pilates Connection with Bands	Managing the Shoulder in Yoga Class	Vitamin D	The Art of Coach
	Sponsor		•••••		NASM™						
	Presenter	JJ Sweeney	Jonathan Mike	Yury Rockit	Angie Miller	Luciano Mottola	Cody Sipe	Apittiya Soma	Claire Norgate	Kriyot Sudsaard	Samuel Schepi
	Session	131	132	133	134	135	136	137	138	139	140
	Room	19770									
2:00 - 3:15 PM	Session Title	Olympic Snatch Workout	Training Intensity for Muscle Growth	T-Spine Scapulae Proper Function	HIIT Parade	DANCE GLAM by DFN®	The Aging Foot and Movement	Pelvic Floor and Core Stabillity for All Genders	YoChi™ Yoga + TaiChi	Nutrition for Peak Performance	Agility Training for Older Adult
	Sponsor			NASM™			Naboso				
	Presenter	Sirapob Puangin	Martin Refalo	Fabio Comana	Mindy Mylrea	Tony Stone	Emily Splichal	Helen Vanderburg	Lawrence Biscontini	Elizabeth Dene	Napasakorn Chuer
	Session	141	142	143	144	145	146	147	148	149	150
	Room				1999 M						
3:45 - 5:00 PM	Session Title	12 Techniques to Overload and Build Muscle for Movement	How to Become a Rotational Powerhouse	Building Super Glutes	How to Deliver a GREAT GX Class	Simetrica	Lower Body Self-care	Pilates Flow	Yogic Approaches	How to Foster a Positive Body Image	Fitness Marketin Done Right
	Presenter	Peter Twist	Jonathan Mike	Dave Liow	Anchalee Hengsakulwong	Sasha Oshkin	Brian Bettendorf	Claire Norgate	Ann-See Yeoh	Krisadee Bodhidatta	CJ Lee

							DAY 2 - SATURDA	Y, OCTOBER 21st										
			S&C	S&C/PT	PT	GX	Dance	Spec Pops/R&R	Pilates	Yoga	Science/Nutrition	Business/Career						
		Session				201	202	203	204	205	206							
	-	Room							1.774									
	7:30 - 8:15 AM	Session Title				Strength, Power, Stability	Bootcamp Buckets	Explore the Mat	Barre Workout	There is no Yin and Yang, just Yoga	Introduction to Yin Yoga for Myofascial Release &							
		Sponsor				Fluid X		Origins			Structural Balance							
		Presenter				Aileen Wong	Mindy Mylrea	Varavich Jarueksilp	Pawida Yimploy	Ann-See Yeoh	Nattawan Jitrarat							
		Session	211	212	213	214	215	216	217	218	219	220						
	-	Room																
Coffee Break	8:45 - 10:15 AM	Session Title	Optimal Overhead Pressing	Bodyweight and Band Training Circuits	Hands-On Tissue Work for Trainers	Fire and Ice	Funky Dance	Corrective Exercise for Better Balance	Pilates to Relieve Tension	Anatomy of a Hug	The Essential Rs of Recovery	Mental Skills Training for Strength and						
ffee		Sponsor	Ŭ								NASM™	Conditioning						
3		Presenter	Jonathan Mike	Nick Tumminello	Dave Liow	Helen Vanderburg	Sasha Oshkin	Cody Sipe	Apittiya Soma	Lawrence Biscontini	Fabio Comana	Wimonmas Prachakul						
		Session	221	222	223	224	225	226	227	228	229	230						
		Room																
	10:45 - 12:00 PM	Session Title	Using Resistance Bands in Sport Performance	Maximising Rotational Power	Sport Core - Abs and Glutes	Music Playlist for GX Class	The Chair Dance Class	A Neural Approach to Mobility	Mobility for Optimal Function	Multiplanar Yoga Flow	Omega 3s and their Effect on Performance	Coach: The New Healthcare Practitioner						
		Sponsor	•					-			and Recovery							
		Presenter	Warut Promsri	Adam Jongsma	Peter Twist	Patiparn Jearawattanasawadi	Tony Stone	Brian Bettendorf	Helen Vanderburg	Claire Norgate	Elizabeth Dene	Nick Lambe						
ble	12:00 - 12:45 PM	5 PM																
Lunch available	_	Session	231	232	233	234	235	236	237	238	239	240						
ch av	-	Room																
Lune	12:45 - 2:00 PM	Session Title	Plyometrics for Powerhouse Performance	The Olympic Clean Workshop	Strategies for Muscle Building Gliding Reinvented	Zumba® Masterclass	Foot Assessment and Training	Inner Potential Reformer	Gentle Yoga for Neck and Shoulders	Truths and Fallacies in Sports and Performance	Gender Differences in Fatigue							
		Sponsor		-	NASM™		Zumba®	_	Origins		-	_						
		Presenter	Ranell Hobson	Sirapob Puangin	Fabio Comana	Mindy Mylrea	Marina, Bambi and Michelle Vo	Dave Liow	Varavich Jarueksilp	Yuttana Poncharoen	Hirofumi Tanaka	Martin Refalo						
		Session	241	242	243	244	245	246	247	248	249	250						
		Room						1770										
Coffee Break	2:30 - 3:45 PM	Session Title	The New Drop Sets for Size and Strength	Injury Prevention for Endurance Athletes	Brain-Based Balance Training	Vertical Step	Supafresh	Functional Taping for Knee Problems	Pilates Back to Basics	Weighted Warrior Yoga	The Future of Nutrition	Practical Programming						
offe		Sponsor			Naboso													
0		Presenter	Nick Tumminello	Peter Twist	Emily Splichal	Luciano Mottola	Nattapong Champachan	Kriyot Sudsaard	Claire Norgate	Angie Miller	Elizabeth Dene	Samuel Schepis						
		Session	251	252	253	254	255	256	257	258	259	260						
	-	Room				12/2												
	4:15 - 5:30 PM	Session Title	Getting Strong with Anatomical Subsystems	Unhinged - Adding Hip Hinge Variations	Perturbation Training for Athletes	LM Fusion Masterclass: BODYCOMBAT [™] , LM GRIT [™] Cardio and BODYBALANCE [™]	Dance Around the World	Training the Injured Runner	SMR: To Roll or Not to Roll	Practical Approach to Handstands	Aesthetics vs Performance Nutrition	The Application of Blood Flow Restriction						
		Sponsor				Les Mills Asia Pacific												
		Presenter	Jonathan Mike	Adam Jongsma	Ranell Hobson	Panuwat Rongbandit, Anchalee Hengsakulwong, Prinn Nopsiri and Nicha Yongyuennarn	Sasha Oshkin and Tony Stone	Brian Bettendorf	Helen Vanderburg	Yury Rockit	Joan Liew	Napasakorn Chuensiri						
	5:30 - 6:00 PM					Cocktai	ls and Snacks (in E	xhibition Hall)		Cocktails and Snacks (in Exhibition Hall)								
		Saturday Night Party (Rooms GH 201-203)																

'oga	Science/Nutrition	Business/Career
205	206	
Yin and Yang, : Yoga	Introduction to Yin Yoga for Myofascial Release & Structural Balance	
ee Yeoh	Nattawan Jitrarat	
218	219	220
y of a Hug	The Essential Rs of Recovery NASM [™]	Mental Skills Training for Strength and Conditioning
e Biscontini	Fabio Comana	Wimonmas Prachakul
228	229	230
ar Yoga Flow	Omega 3s and their Effect on Performance and Recovery	Coach: The New Healthcare Practitioner
Norgate	Elizabeth Dene	Nick Lambe

					DAY 3 -	SUNDAY, OCTOB	ER 22nd				
		S&C	S&C/PT	РТ	GX	Dance	Spec Pops/R&R	Pilates	Yoga	Science/Nutrition	Business/Career
	Session				301	302	303	304	305		
-	Room										
7:30 - 8:15 AM	Session Title				LM BODYBALANCE™ Masterclass 1	Tik Tok Dance	Warm-up for Resistance Training	Consolidate and Appreciate	Gentle Yoga for Total Mind and Body		
	Sponsor	-			Les Mills Asia Pacific	-	Resistance fraining	Appreciate	Mind and Body		
	Presenter				Nicha Yongyuennarn and Prinn Nopsiri	Erick Limans and Frans Ferdinand	Kamonchai Rattanadechakul	Ann-See Yeoh	Yuttana Poncharoen		
	Session	311	312	313	314	315	316	317	318	319	320
	Room		19991			19599	19990				
8:45 - 10:15 AM	Session Title	Eccentrics and Isometrics for Running Fast	Sport Performance Programming	Training to Failure - Yes or No?	Cueing, Coaching and Connecting: Transforming Group X	Zumba® Cardio Blast Zumba®	Low Back Pain and Spinal Stabilization	Pilates for Healthy Back Care	Yoga: Waving Your Intention Wand	Everything You Always Wanted to Know About Supplements	Blood Flow Restrict Training
	Sponsor	0	Kamonchai		NASM™	Zumba®				••	
	Presenter	Ranell Hobson	Rattanadechakul	Martin Refalo	Angie Miller	Marina and Bambi	Pimruk Sinsomboonthong	Claire Norgate	Ann See-Yeoh	Elizabeth Dene	Hirofumi Tanaka
	Session	321	322	323	324	325	326	327	328	329	330
-	Room										
10:45 AM - 12:00 PM	Session Title	6 New Chest Workout Tips for Fast Gains	Movement Therapy: The Shoulder Complex	Fluid X Aqua Bag Movements	Bellilates	Aerodance Style	Lifestyle Medicine for the Fitness Professional	Inside Out with Wunda Chair	Power Nap: Getting Non-Traditional	When Fitness Meets Cancer Survivors	Troubleshooting Common Fitnes Business Challeng
	Sponsor			Fluid X				Origins	Sleep		Business challenge
	Presenter	Nick Tumminello	Adam Jongsma	Aileen Wong	Pawida Yimploy	Luciano Mottola	Cody Sipe	Varavich Jarueksilp	Lawrence Bistontini	Brian Supawut Kunakom	Samuel Schepi
12:00 - 1:00 PM						LUNCH					
	Session	331	332	333	334	335	336	337	338	339	340
	Room										
1:15 - 2:30 PM	Session Title	Youth Physical Literacy and Mental Well-being	The Olympic Jerk Workshop	7 Game-Changing Glute Training Tips	LM Fusion Masterclass: BODYJAM [™] , SH'BAM [™] , LM GRIT [™] Cardio & BODYBALANCE [™]	Street Choreography	Foot Anatomy and Assessments	Pilates Mat Playground	Athletes and Asanas	Sedentary vs. Active Aging and Fitness	Don't Sleep on Sle
	Sponsor			0 1	Les Mills Asia Pacific	-	Naboso				
	Presenter	Peter Twist	Sirapob Puangin	Nick Tumminello	Anchalee Hengsakulwong, Taweechai Churat, Prinn Nopsiri and Nicha Yongyuennarn	Sasha Oshkin	Emily Splichal	Apittiya Soma	Yury Rockit	Hirofumi Tanaka	Nick Lambe
	Session	341	342	343	344	345	346	347	348	349	350
	Room						1970			1770	
3:00 - 4:15 PM	Session Title Sponsor	The Athletic Ab Lab	Control Yourself - End Range Control	Perfect Plyometric Progression	Bodyweight Workout	Urban Fusion Dance	Research-based RockTape Application	Mobility in Pilates	Yoga for Stress Management	Sports Nutrition: Fueling for Performance and Life	The Science of Programming for O Adults ACE®
	Presenter	Ranell Hobson	Adam Jongsma	Peter Twist	Luciano Mottola	Tony Stone	Kriyot Sudsaard	Claire Norgate	Angie Miller	Krisadee Bodhidatta	Anthony Wall

	POST CONFERENCE SESSIONS								
Session Number	401	402	403	404	405	406	407		
Room Number									
9:00 AM - 5:00 PM	Fascial Lines Training	Steel Mace Coach Qualification	Rockit Movement - Basics of Bodyweight Training	Strength Training for Fat Loss	Functional Aging Specialist Certfication	Isometric Training for Runners	Science to Gym Floor Essentials		
Presenter	Peter Twist	JJ Sweeney	Yury Rockit	Nick Tumminello	Cody Sipe	Ranell Hobson	Martin Refalo and Samuel Schepis		
	Prof Sport Conditioning and Pe	essional Streams In Program rsonal Training							

oga	Science/Nutrition	Business/Career
305		
at Al		
ga for Total and Body		
Poncharoen		
318	319	320
aving Your on Wand	Everything You Always Wanted to Know About Supplements	Blood Flow Restriction Training
ee-Yeoh	Elizabeth Dene	Hirofumi Tanaka
328	329	330
er Nap: n-Traditional leep	When Fitness Meets Cancer Survivors	Troubleshooting Common Fitness Business Challenges
e Bistontini	Brian Supawut Kunakom	Samuel Schepis

Group Training and Dance						
Special Populations, Lifestyle as Medecine and Rehab						
Pilates, Mind-Body and Movement						
Exercise Science, Psychology and Nutrition						
Career and Business Development						