

# EVOLVE17

FITNESS SYMPOSIUM / MARCH 24 - 26, 2017 / TALLAHASSEE, FLORIDA

SATURDAY, MARCH 25		GROUP FITNESS	WELLNESS	STRENGTH & CONDITIONING / PT			OTHER PROGRAMS	
	LEACH 1	LEACH 2	LEACH 3	LEACH SPIN STUDIO	HWC 2100	HWC 3100	HWC GROUP TRAINING	OTHER
7:00 - 8:00	YOGA IN THE OUTFIELD on Mike Martin Field at Dick Howser Stadium Jen McKee							
8:30 - 9:25	<b>STEP UP YOUR FITNESS GAME</b> <i>Annie Sauer</i>	<b>ESCAPE MASTER CLASS #1</b>	<b>BARRE BURN: BREAKING OUT THE BASICS</b> <i>Allison Peters</i>		<b>PUTTING THE PERSONAL IN PERSONAL TRAINING</b> <i>April Pavelka</i>	<b>INSTRUCTION FROM NOW TO WOW</b> <i>Amber Tyrie, Sydni Maye, Trisha de la Rivahererra</i>	<b>INTRODUCTION TO POWERLIFTING &amp; COMPETITION TIPS</b> <i>Brandon Joyner &amp; Demarcus Heller</i>	<b>SEMINOLE STRENGTH COMPETITION</b>  (Turf Field) 8:30 - 11:00am
9:45 - 10:40	<b>HIIT REMIX: STRENGTH &amp; CARDIO TO THE BEAT</b> <i>Trisha de la Rivaherrera</i>	<b>THE GOODNESS: MOBILITY MADE SIMPLE PART 1</b> <i>J. Michael Croom</i>	<b>INDO BOARD SCULPT</b> <i>Avery Hale</i>		<b>BUILDING RELATIONSHIPS WITH FOOD</b> <i>Maddy Walters</i>	<b>PRE, DURING, AND POST EXERCISE NUTRITION</b> <i>Jingwen Huang</i>	<b>OLYMPIC WEIGHT LIFTING LECTURE 1</b> <i>Gustavo Ramos, Kat Blondino, &amp; Cameron Gholampour</i>	
11:00 - 11:50	<b>LOWER BODY BURN ON THE BASIS OF BW TRAINING</b> <i>Ivan Gijon Cruz</i>	<b>THE GOODNESS: MOBILITY MADE SIMPLE PART 2</b> <i>J. Michael Croom</i>	<b>LIFT BODIES NOT BARBELLS: ACRO YOGA</b> <i>Tori Hall</i>	<b>DOES MUSIC INSPIRE YOUR INTENSITY?</b> <i>Katie Gallagher &amp; Trisha de la Rivaherrera</i>	<b>EVIDENCE BASED RECOMMEND STR &amp; HYPER</b> <i>Brandon Roberts</i>	<b>HOW TO GO BIG WITH SMALL GROUP TRAINING</b> <i>Alexis Everk &amp; Lynn Grasso</i>	<b>BRAIN GAINZ MINDSET</b> <i>Hannah Hutchinson</i>	<b>HYDROFIT</b> (Pool) <i>Lizzie Milkas &amp; Joey LaNeve</i>
12:00 - 1:15	LUNCH & KEYNOTE in Tully Gymnasium							
1:30 - 2:25	<b>BOLLY WORLD</b> <i>Saurab Prabhakar</i>	<b>ADAPTING AS A FITNESS PROFESSIONAL</b> <i>Marissa Rios &amp; Ashley Pleie</i>	<b>TIPS FROM THE BARTENDER</b> <i>Amber Tyrie</i>	<b>SPIN POWER: GAINS THROUGH THRESHOLD TRAINING</b> <i>Lynn Grasso</i>	<b>POSITIVE LANGUAGE FOR THE FITNESS SETTING</b> <i>Allison Peters</i>	<b>LEADERSHIP HYPERTROPHY: GROWING IN CAMPUS REC</b> <i>Devin McCurdy, Gustavo Ramos &amp; Kat Blondino</i>	<b>LET'S GET FUNKY AND SUPPLE</b> <i>Edward Pagan &amp; Nick Massie</i>	<b>CONQUERING THE CLEAN &amp; JERK AND SNATCH</b> (Leach PT Studio) <i>Yuri Panzhin</i>
2:45 - 3:40	<b>ESCAPE MASTER CLASS #2</b>	<b>SALSA WITH YOUR SPACE</b> <i>Kyra Dickie &amp; Dillon Haughton</i>	<b>INDO BOARD CORE</b> <i>Victoria Jones</i>	<b>CHASING THE SUN: VISUALIZATION</b> <i>Allison Peters</i>	<b>CONNECTING WITH STUDENTS</b> <i>RJ Noble</i>	<b>THE POWER OF PERIODIZATION</b> <i>Will Boucher</i>	<b>ROLL OUT! (MO-FO-RO)</b> <i>Lynn Grasso &amp; Amber Tyrie</i>	<b>YOGA: IT GIVES YOU WINGS</b> (Outside TRX) <i>CieCie Leonard &amp; Tori Hall</i>
4:00 - 5:00	<b>ZUMBA: MIAMI STYLE</b> <i>C. Ustiak</i>	<b>HIIT YOUR GOALS</b> <i>Jones &amp; Hawkins</i>	<b>ADAPTIVE SERVICES &amp; INCLUSIVITY BLINDFOLD YOGA</b> <i>Jessica Elsaid</i>		<b>COUCH TO 5K &amp; BEYOND LECTURE #1</b> <i>E. Parra Rodriguez</i>	<b>PL &amp; OL: THE BEST OF BOTH WORLDS</b> <i>Cory Bennett</i>	<b>PULSEPOINTE BARRE POWER UP YOUR BARRE CLASS</b> <i>Daria Lotocky</i>	

Schedule as of  
March 15, 2017

SUNDAY, MARCH 26		GROUP FITNESS	WELLNESS	STRENGTH & CONDITIONING / PT		OTHER PROGRAMS		
	LEACH 1	LEACH 2	LEACH 3	LEACH SPIN STUDIO	HWC 2100	HWC 3100	HWC GROUP TRAINING	OTHER
8:00	<b>COUCH TO 5K AND BEYOND RUNNING PROGRAM - PRACTICAL OUTDOOR</b> (Leach Center) <i>Esteban Parra Rodriguez, Ashton Davis</i>							
8:30 - 9:25	<b>LEARNING TO READ THE ROOM</b> <i>Michelly Gonzalez</i>	<b>OLYMPIC WEIGHTLIFTING PRACTICAL #2</b> <i>Gustavo Ramos, Kat Blondino, &amp; Cameron Gholampour</i>	<b>CURRENT STATE TO FIRST RATE: EVOLVE</b> <i>Rachel Nguyen</i>	<b>CATERING TO SPINNING PERSONALITIES</b> <i>Lynn Grasso</i>	<b>TRAINING FOR TRIATHLONS</b> <i>Denise Davis</i>	<b>DO LOOKS REALLY MATTER?</b> <i>C. Ustiak</i>	<b>FUNCTIONAL MOVEMENT LAB</b> <i>Edward Pagan &amp; Nick Massie</i>	<b>SUP FIT</b> <i>(Pool)</i> <i>Amber Tyrie</i>
9:45 - 10:40	<b>CATEGORY 6</b> <i>Ximena Iglesias</i>	<b>PROGRAMMING WITH A PURPOSE</b> <i>Alexys Ramos</i>	<b>BARRE WITHOUT BARRIERS</b> <i>Becca Piers</i>	<b>THE GALAXY RIDE</b> <i>Saurab Prbhakar</i>	<b>GAME ON: PUTTING FUN IN FUNCTIONAL TRAINING</b> <i>Rachel Hart &amp; Alex Kim</i>	<b>PROMOTING EX ADHERENCE &amp; BUILDING CLIENT RAPPORT</b> <i>Justin Mason &amp; Daniel Hilliard</i>	<b>DIRECTOR'S BRUNCH</b> <i>HWC Location TBA</i>	<b>POWER MINI MEET 1-REP MAX DEADLIFT &amp; BENCH PRESS</b>  <i>(Leach Annex)</i> 8:30 - 11:00am
11:00 - 12:00	<b>JUST DANCE!</b> <i>Victoria Jones &amp; Tamar Benjoseph</i>	<b>STEP TIMES TWO</b> <i>Sarah Schrenck</i>			<b>FITNESS TESTING = PERSONAL TRAINING</b> <i>Poole, McGuire, &amp; Frixione</i>	<b>TRAINING SPECIAL POPULATIONS</b> <i>Corinne Wallis</i>		

