



ASIA FITNESS CONFERENCE 2023

THURSDAY, OCTOBER 19th

Session Number		001
Room		
6:00 - 7:00 PM	Session Title	Make the Most of Your AFC: Orientation for All
	Presenter	AFC Team

REPS India Endorsement



DAY 1 - FRIDAY, OCTOBER 20th

		S&C	S&C/PT	PT	GX	Dance	Spec Pops/R&R	Pilates	Yoga	Science/Nutrition	Business/Career	
7:30 - 8:15 AM	Session				101	102	103	104	105			1 CPD point per session
	Room				201	222	214	211	224			
	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							Les Mills Asia Pacific				
	Presenter				Mindy Mylrea	Waewta Thamphibal	Nattapong Champachan	Panuwat Rongbandit and Anchalee Hengsakulwong	Yury Rockit			
8:45 - 9:30 AM	106- OPENING CEREMONY - Room GH 203											
9:45 AM - 11:15 PM	Session	111	112	113	114	115	116	117	118	119	120	1 CPD point per session
	Room	203	201	202	220	214	211	224	222	219	210	
	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	Circadian Biology: Why Timing Matters	
	Presenter	Peter Twist	Supanithi Khumprongmarach	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											
12:15 - 1:30 PM	Session	121	122	123	124	125	126	127	128	129	130	1 CPD point per session
	Room	201	202	220	211	214	203	224	222	219	210	
	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 Coaching	
	Presenter	JJ Sweeney	Jonathan Mike	Yury Rockit	Angie Miller	Luciano Mottola	Cody Sipe	Apittiya Soma	Claire Norgate	Kriyot Sudsaard	Samuel Schepis	
2:00 - 3:15 PM	Session	131	132	133	134	135	136	137	138	139	140	1 CPD point per session
	Room	201	202	203	211	214	220	224	222	219	210	
	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 Stability for All Genders	YoChi™ Yoga + TaiChi	Nutrition for Peak Performance	Agility Training for Older Adults	
	Presenter	Sirapob Puangin	Martin Refalo	Fabio Comana	Mindy Mylrea	Tony Stone	Emily Splichal	Helen Vanderburg	Lawrence Biscontini	Elizabeth Dene	Napasakorn Chuensiri	
3:45 - 5:00 PM	Session	141	142	143	144	145	146	147	148	149	150	1 CPD point per session
	Room	203	202	201	211	214	220	224	222	219	210	
	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 Marketing Done Right	
	Presenter	Peter Twist	Jonathan Mike	Dave Liow	Anchalee Hengsakulwong	Sasha Oshkin	Brian Bettendorf	Claire Norgate	Ann-See Yeoh	Krisadee Bodhidatta	CJ Lee	

Lunch Served from 1:00 AM to 2:00 PM

DAY 2 - SATURDAY, OCTOBER 21st

REPS India Endorsement



	S&C	S&C/PT	PT	GX	Dance	Spec Pops/R&R	Pilates	Yoga	Science/Nutrition	Business/Career	
7:30 - 8:15 AM	Session			201	202	203	204	205	206		
	Room			211	214	224	222	219	210		
	Session Title			Strength, Power, Stability	Bootcamp Buckets	Explore the Mat	Barre Workout	There is no Yin and Yang, just Yoga	Introduction o Yin Yoga for Fascial Release & Structural Balance		
	Sponsor			Fluid X		Origins					
Presenter			Aileen Wong	Mindy Mylrea	Varavich Jarueksilp	Pawida Yimploy	Ann-See Yeoh	Nattawan Jitraratt			1 CPD point per session
8:45 - 10:15 AM	Session	211	212	213	214	215	216	217	218	219	220
	Room	202	203	201	211	214	220	224	222	219	210
	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 Conditioning
	Sponsor									NASM™	
Presenter	Jonathan Mike	Nick Tumminello	Dave Liow	Helen Vanderburg	Sasha Oshkin	Cody Sipe	Apittiya Soma	Lawrence Biscontini	Fabio Comana	Wimonmas Prachakul	1 CPD point per session
10:45 - 12:00 PM	Session	221	222	223	224	225	226	227	228	229	230
	Room	201	202	203	211	214	220	224	222	219	210
	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 and Recovery	Coach: The New Healthcare Practitioner
	Sponsor										
Presenter	Warut Promsri	Adam Jongsma	Peter Twist	Patiparn Jearawattanasawadi	Tony Stone	Brian Bettendorf	Helen Vanderburg	Claire Norgate	Elizabeth Dene	Nick Lambe	1 CPD point per session
12:00 - 12:45 PM	LUNCH										
12:45 - 2:00 PM	Session	231	232	233	234	235	236	237	238	239	240
	Room	203	211	202	211	214	220	224	222	219	210
	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	1 CPD point per session
2:30 - 3:45 PM	Session	241	242	243	244	245	246	247	248	249	250
	Room	202	203	201	211	214	220	224	222	219	210
	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
	Sponsor			Naboso							
Presenter	Nick Tumminello	Peter Twist	Emily Spilchal	Luciano Mottola	Nattapong Champachan	Kriyot Sudaard	Claire Norgate	Angie Miller	Elizabeth Dene	Samuel Schepis	1 CPD point per session
4:15 - 5:30 PM	Session	251	252	253	254	255	256	257	258	259	260
	Room	201	202	203	211	214	220	224	222	219	210
	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 Nopari and Nicha Yongyuenam	Sasha Oshkin and Tony Stone	Brian Bettendorf	Helen Vanderburg	Yury Rockit	Joan Liew	Napasakorn Chuensiri	1 CPD point per session
5:30 - 6:00 PM	Cocktails and Snacks (in Exhibition Hall)										
6:00 - 9:00 PM	Saturday Night Party (Rooms GH 201-203)										

DAY 3 - SUNDAY, OCTOBER 22nd

REPS India
Endorsement



	S&C	S&C/PT	PT	GX	Dance	Spec Pops/R&R	Pilates	Yoga	Science/Nutrition	Business/Career	
7:30 - 8:15 AM	Session			301	302	303	304	305			
	Room			211	214	201	224	222			
	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							
Presenter			Nicha Yongyuennarn and Prinn Nopsiri	Erick Limans and Frans Ferdinand	Kamonchai Rattanadechakul	Ann-See Yeoh	Yuttana Poncharoen				
8:45 - 10:15 AM	Session	311	312	313	314	315	316	317	318	319	320
	Room	203	202	201	211	214	220	224	222	219	210
	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	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 Restriction Training
	Sponsor				NASM™	Zumba®					
Presenter	Ranell Hobson	Kamonchai Rattanadechakul	Martin Refalo	Angie Miller	Marina and Bambi	Pimruk Sinsomboonthong	Claire Norgate	Ann See-Yeoh	Elizabeth Dene	Hirofumi Tanaka	
10:45 AM - 12:00 PM	Session	321	322	323	324	325	326	327	328	329	330
	Room	203	202	201	211	214	220	224	222	219	210
	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 Sleep	When Fitness Meets Cancer Survivors	Troubleshooting Common Fitness Business Challenges
	Sponsor			Fluid X				Origins			
Presenter	Nick Tumminello	Adam Jongsma	Aileen Wong	Pawida Yimploy	Luciano Mottola	Cody Sipe	Varavich Jarueksilp	Lawrence Bistontini	Brian Supawut Kunakom	Samuel Schepis	
12:00 - 1:00 PM	LUNCH										
1:15 - 2:30 PM	Session	331	332	333	334	335	336	337	338	339	340
	Room	203	201	202	211	214	220	224	222	219	210
	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 Sleep
	Sponsor				Les Mills Asia Pacific		Naboso				
Presenter	Peter Twist	Sirapob Puangin	Nick Tumminello	Anchalee Hengsakulwong, Taweetchal Churat, Prinn Nopsiri and Nicha Yongyuennarn	Sasha Oshkin	Emily Spilchal	Apittiya Soma	Yury Rockit	Hirofumi Tanaka	Nick Lambe	
3:00 - 4:15 PM	Session	341	342	343	344	345	346	347	348	349	350
	Room	201	202	203	211	214	220	224	222	219	210
	Session Title	The Athletic Ab Lab	Control Yourself - End Range Control	Perfect Plyometric Progressions	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 Older Adults
	Sponsor									ACE®	
Presenter	Ranell Hobson	Adam Jongsma	Peter Twist	Luciano Mottola	Tony Stone	Kriyot Sudaard	Claire Norgate	Angie Miller	Krisadee Bodhidatta	Anthony Wall	
4:30 - 5:00 PM	CLOSING CEREMONY - Room GH 201										

POST CONFERENCE SESSIONS

Session Number	401	402	403	404	405	406	407
Room Number				Fit		Fit	Fit
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 Certification	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

2 CPD point per programme

Lunch Served from 1:00 AM to 2:00 PM