

Rev. 11/10/23  
7:20pm

# 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                                       |

## DAY 1 - FRIDAY, OCTOBER 20th

|                     |                                     |                                                         |                                       |                                  |                                            |                                          |                                           |                                                       |                                     |                                            |                              |
|---------------------|-------------------------------------|---------------------------------------------------------|---------------------------------------|----------------------------------|--------------------------------------------|------------------------------------------|-------------------------------------------|-------------------------------------------------------|-------------------------------------|--------------------------------------------|------------------------------|
| 7:30 - 8:15 AM      | Session                             |                                                         |                                       |                                  | 101                                        | 102                                      | 103                                       | 104                                                   | 105                                 |                                            |                              |
|                     | Room                                |                                                         |                                       |                                  | 202                                        | 201                                      | 210                                       | 217                                                   | 211                                 |                                            |                              |
|                     | 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  |                                     | S&C                                                     | S&C/PT                                | PT                               | GX                                         | Dance                                    | Spec Pops/R&R                             | Pilates                                               | Yoga                                | Science/Nutrition                          | Business/Career              |
|                     | Session                             | 111                                                     | 112                                   | 113                              | 114                                        | 115                                      | 116                                       | 117                                                   | 118                                 | 119                                        |                              |
|                     | Room                                | 203                                                     | 201                                   | 202                              | 210                                        | 211                                      | 217                                       | 224                                                   | 222                                 | 219                                        |                              |
|                     | 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    |                              |
|                     | Presenter                           | Peter Twist                                             | Supanithi Khumprommarach              | Martin Refalo                    | Mindy Mylrea                               | Erick Limans and Frans Ferdinand         | Brian Bettendorf                          | Helen Vanderburg                                      | Yuttana Poncharoen                  | Fabio Comana                               |                              |
| 11:15 AM - 12:15 PM | LUNCH                               |                                                         |                                       |                                  |                                            |                                          |                                           |                                                       |                                     |                                            |                              |
| 12:15 - 1:30 PM     | Session                             | 121                                                     | 122                                   | 123                              | 124                                        | 125                                      | 126                                       | 127                                                   | 128                                 | 129                                        | 130                          |
|                     | Room                                | 201                                                     | 202                                   | 210                              | 217                                        | 211                                      | 203                                       | 224                                                   | 222                                 | 219                                        | 220                          |
|                     | 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 | Effect of Vitamin D on Athlete Performance | The Art of Coaching          |
|                     | Sponsor                             |                                                         |                                       |                                  | NASM™                                      |                                          |                                           |                                                       |                                     |                                            |                              |
|                     | 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                                        |                              |
|                     | Room                                | 201                                                     | 202                                   | 203                              | 211                                        | 210                                      | 217                                       | 224                                                   | 222                                 | 219                                        |                              |
|                     | 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             |                              |
|                     | Sponsor                             |                                                         |                                       | NASM™                            |                                            |                                          | Naboso                                    |                                                       |                                     |                                            |                              |
|                     | Presenter                           | Sirapob Puangin                                         | Martin Refalo                         | Fabio Comana                     | Mindy Mylrea                               | Tony Stone                               | Emily Splichal                            | Helen Vanderburg                                      | Lawrence Biscontini                 | Elizabeth Dene                             |                              |
| 3:45 - 5:00 PM      | Session                             | 141                                                     | 142                                   | 143                              | 144                                        | 145                                      | 146                                       | 147                                                   | 148                                 | 149                                        | 150                          |
|                     | Room                                | 203                                                     | 202                                   | 201                              | 217                                        | 210                                      | 211                                       | 224                                                   | 222                                 | 219                                        | 220                          |
|                     | 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 |
|                     | Sponsor                             |                                                         |                                       |                                  |                                            |                                          |                                           |                                                       |                                     |                                            |                              |
|                     | Presenter                           | Peter Twist                                             | Jonathan Mike                         | Dave Liow                        | Anchalee Hengsakulwong                     | Sasha Oshkin                             | Brian Bettendorf and Taeha Kim            | Claire Norgate                                        | Ann-See Yeoh                        | Krisadee Bodhidatta                        | CJ Lee                       |

Lunch Served from 11:00 AM to 2:00 PM

DAY 2 - SATURDAY, OCTOBER 21st

| DAY 2 - SATURDAY, OCTOBER 21st |                                           |                                             |                                          |                                    |                                                                                  |                               |                                        |                               |                                     |                                                                  |                                                      |
|--------------------------------|-------------------------------------------|---------------------------------------------|------------------------------------------|------------------------------------|----------------------------------------------------------------------------------|-------------------------------|----------------------------------------|-------------------------------|-------------------------------------|------------------------------------------------------------------|------------------------------------------------------|
| 7:30 - 8:15 AM                 | Session                                   |                                             |                                          |                                    | 201                                                                              | 202                           | 203                                    | 204                           | 205                                 | 206                                                              |                                                      |
|                                | Room                                      |                                             |                                          |                                    | 202                                                                              | 201                           | 224                                    | 222                           | 210                                 | 203                                                              |                                                      |
|                                | Session Title                             |                                             |                                          |                                    | FX Aqua Bags Training                                                            | 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 Jitratt                                                 |                                                      |
|                                |                                           | S&C                                         | S&C/PT                                   | PT                                 | GX                                                                               | Dance                         | Spec Pops/R&R                          | Pilates                       | Yoga                                | Science/Nutrition                                                | Business/Career                                      |
| 8:45 - 10:15 AM                | Session                                   | 211                                         | 212                                      | 213                                | 214                                                                              | 215                           | 216                                    | 217                           | 218                                 | 219                                                              | 220                                                  |
|                                | Room                                      | 202                                         | 203                                      | 201                                | 210                                                                              | 211                           | 217                                    | 224                           | 222                                 | 219                                                              | 220                                                  |
|                                | 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                                   |
| 10:45 - 12:00 PM               | Session                                   | 221                                         | 222                                      | 223                                | 224                                                                              | 225                           | 226                                    | 227                           | 228                                 | 229                                                              | 230                                                  |
|                                | Room                                      | 201                                         | 202                                      | 203                                | 210                                                                              | 211                           | 217                                    | 224                           | 222                                 | 219                                                              | 220                                                  |
|                                | 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            | Coaching: The New Practitioner Within Healthcare     |
|                                | Sponsor                                   |                                             |                                          |                                    |                                                                                  |                               |                                        |                               |                                     |                                                                  |                                                      |
|                                | Presenter                                 | Warut Promsri                               | Adam Jongsma                             | Peter Twist                        | Patiparn Jearawattanasawadi                                                      | Tony Stone                    | Brian Bettendorf                       | Helen Vanderburg              | Claire Norgate                      | Elizabeth Dene                                                   | Fabio Comana                                         |
| 12:00 - 12:45 PM               | LUNCH                                     |                                             |                                          |                                    |                                                                                  |                               |                                        |                               |                                     |                                                                  |                                                      |
| 12:45 - 2:00 PM                | Session                                   | 231                                         | 232                                      | 233                                | 234                                                                              | 235                           | 236                                    | 237                           | 238                                 | 239                                                              | 240                                                  |
|                                | Room                                      | 203                                         | 201                                      | 202                                | 211                                                                              | 210                           | 217                                    | 224                           | 222                                 | 219                                                              | 220                                                  |
|                                | 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                                        |
| 2:30 - 3:45 PM                 | Session                                   | 241                                         | 242                                      | 243                                | 244                                                                              | 245                           | 246                                    | 247                           | 248                                 | 249                                                              | 250                                                  |
|                                | Room                                      | 202                                         | 203                                      | 201                                | 211                                                                              | 210                           | 217                                    | 224                           | 222                                 | 219                                                              | 220                                                  |
|                                | 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 Splichal                     | Luciano Mottola                                                                  | Nattapong Champachan          | Kriyot Sudsaard                        | Claire Norgate                | Angie Miller                        | Elizabeth Dene                                                   | Samuel Schepis                                       |
| 4:15 - 5:30 PM                 | Session                                   | 251                                         | 252                                      | 253                                | 254                                                                              | 255                           | 256                                    | 257                           | 258                                 | 259                                                              | 260                                                  |
|                                | Room                                      | 203                                         | 202                                      | 201                                | 224                                                                              | 210                           | 217                                    | 211                           | 222                                 | 219                                                              | 220                                                  |
|                                | 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                              | Agility Training for Older Adults                    |
|                                | 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                 | Cocktails and Snacks (in Exhibition Hall) |                                             |                                          |                                    |                                                                                  |                               |                                        |                               |                                     |                                                                  |                                                      |
| 6.00 - 9:00 PM                 | Saturday Night Party (Rooms GH 201-203)   |                                             |                                          |                                    |                                                                                  |                               |                                        |                               |                                     |                                                                  |                                                      |

**DAY 3 - SUNDAY, OCTOBER 22nd**

|                     |                                       | Session                                       |                                        |                                     | 301                                                                           | 302                              | 303                                             | 304                           | 305                                      |                                                        |                                                    |
|---------------------|---------------------------------------|-----------------------------------------------|----------------------------------------|-------------------------------------|-------------------------------------------------------------------------------|----------------------------------|-------------------------------------------------|-------------------------------|------------------------------------------|--------------------------------------------------------|----------------------------------------------------|
| 7:30 - 8:15 AM      | Room                                  |                                               |                                        |                                     | 217                                                                           | 201                              | 203                                             | 222                           | 224                                      |                                                        |                                                    |
|                     | 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                       |                                                        |                                                    |
|                     |                                       | S&C                                           | S&C/PT                                 | PT                                  | GX                                                                            | Dance                            | Spec Pops/R&R                                   | Pilates                       | Yoga                                     | Science/Nutrition                                      | Business/Career                                    |
| 8:45 - 10:15 AM     | Session                               | 311                                           | 312                                    | 313                                 | 314                                                                           | 315                              | 316                                             | 317                           | 318                                      | 319                                                    | 320                                                |
|                     | Room                                  | 203                                           | 202                                    | 201                                 | 217                                                                           | 210                              | 211                                             | 224                           | 222                                      | 219                                                    | 220                                                |
|                     | 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                                  | 202                                           | 203                                    | 201                                 | 210                                                                           | 211                              | 217                                             | 224                           | 222                                      | 219                                                    | 220                                                |
|                     | 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 Biscontini                      | Brian Supawut Kunakom                                  | Samuel Schepis                                     |
| 12:00 - 1:00 PM     | <b>LUNCH</b>                          |                                               |                                        |                                     |                                                                               |                                  |                                                 |                               |                                          |                                                        |                                                    |
| 1:15 - 2:30 PM      | Session                               | 331                                           | 332                                    | 333                                 | 334                                                                           | 335                              | 336                                             | 337                           | 338                                      | 339                                                    | 340                                                |
|                     | Room                                  | 202                                           | 201                                    | 203                                 | 217                                                                           | 210                              | 211                                             | 224                           | 222                                      | 219                                                    | 220                                                |
|                     | Session Title                         | Youth Physical Literacy and Mental Well-being | The Olympic Jerk Workshop              | 7 Game-Changing Glute Training Tips | LM Fusion: 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, Taweelal Churat, Prinn Nopsiri and Nicha Yongyuennarn | Sasha Oshkin                     | Emily Splichal                                  | Apittiya Soma                 | Yury Rockit                              | Hirofumi Tanaka                                        | Dave Liow                                          |
| 3:00 - 4:15 PM      | Session                               | 341                                           | 342                                    | 343                                 | 344                                                                           | 345                              | 346                                             | 347                           | 348                                      | 349                                                    | 350                                                |
|                     | Room                                  | 201                                           | 202                                    | 203                                 | 217                                                                           | 211                              | 210                                             | 224                           | 222                                      | 219                                                    | 220                                                |
|                     | 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      | <b>CLOSING CEREMONY - Room GH 201</b> |                                               |                                        |                                     |                                                                               |                                  |                                                 |                               |                                          |                                                        |                                                    |

**MONDAY OCTOBER 23rd - 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 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 |

| Professional Streams In Programme                    |  |
|------------------------------------------------------|--|
| Sport Conditioning and Personal Training             |  |
| 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                      |  |