

10:50-11:00 Transition 11:00-11:45 CRAIG LIEBENSON (L) THE OTHER SIDE OF STRENGTH Transition Transition Transition BRANDON MARCELLO (L) RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT Transition Transition MICHOL DALCOURT (L) RE-WRITE YOUR BRAIN'S DESTINY NETWORKING LUNCH 11:40-1:40 HELEN KOLLIAS (L) THE GREAT GMO DEBATE TO FACILITATE BEHAVIOR CHANGE TO FACILITATE BEHAVIOR CHANGE TO FACILITATE BEHAVIOR CHANGE TO FACILITATE BEHAVIOR CHANGE TRANSITION BRANDON MARCELLO (L) RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT TRANSITION CRAIG LIEBENSON (P) BODYWEIGHT CORE TRAINING: MAKING YOUR MOVEMENT PREFERENCE EFFICIENT		THREESIXTY	ROOFTOP
B:30-9:00 DAVID HARRIS KEYNOTE JAMES PINCKNEY II THE FUTURE OF HEALTH-CARE & HEALTH CLUBS: THE EVOLUTION OF THE HIGH PERFORMANCE LIFESTYLE 9:00-9:10 Transition 9:10-9:55 GRAY COOK (L) HOW FOOD AND NUTRIENTS SET YOUR BIOLOGICAL CLOCK 9:55-10:05 Transition 10:05-10:50 JEFFREY ILLIFF (L) HOW FOOD AND NUTRIENTS SET YOUR BIOLOGICAL CLOCK 10:50-10:50 JEFFREY ILLIFF (L) CHANGE THE CONVERSATION: HOW TO TALK TO YOUR CLIENTS TO FACILITATE BEHAVIOR CHANGE 10:50-11:00 Transition 11:00-11:45 CRAIG LIEBENSON (L) THE OTHER SIDE OF STRENGTH RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT 11:45-11:55 Transition 11:55-12:40 DAVID PERLMUTTER (L) RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT 12:40-1:40 NETWORKING LUNCH 14-0-2:25 HELEN KOLLIAS (L) THE GREAT GMO DEBATE CRAIG LIEBENSON (P) BODTWEIGHT CORE TRAINING: MAKING YOUR MOVEMENT PREFERENCE.	7:00-8:00	REGISTRATION AND BREAKFAST	
8:30-9:00 JAMES PINCKNEY II THE PUTURE OF HEALTHCARE & HEALTH CLUBS: THE EVOLUTION OF THE HIGH PERFORMANCE LIFESTYLE 9:00-9:10 9:00-9:10 Transition JEFFREY BLAND (L) HACKING MOVEMENT JEFFREY BLAND (L) HOW FOOD AND NUTRIENTS SET YOUR BIOLOGICAL CLOCK 9:55-10:05 Transition 10:05-10:50 JEFFREY ILLIFF (L) FORWARD THINKING: MAINTAINING COGNITIVE RESERVE NOW AND IN THE DECADES TO COME 10:50-11:00 Transition Transition Transition 11:00-11:45 CRAIG LIEBENSON (L) THE OTHER SIDE OF STRENGTH RESERVE NOW AND IN THE DECADES TO COME TRANSITION: MICHOL DALCOURT (L) RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT Transition NETWORKING LUNCH 12:40-1:40 NETWORKING LUNCH CRAIG LIEBENSON (P) BODYWEIGHT CORE TRAINING: MAKING YOUR MOVEMENT PREFERENCIENT	8:00-8:30		
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2.25-2.25 Transition	1:40-2:25		BODYWEIGHT CORE TRAINING: MAKING YOUR MOVEMENT PREP
LIZO Z.GO	2:25-2:35	Transition	
2:35-3:20 JENNIFER MARTIN (L) NEW FINDINGS IN SLEEP SCIENCE BRANDON MARCELLO (P) RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT	2:35-3:20		RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT,
3:20-3:30 Transition/Snack	3:20-3:30	Transition/Snack	
3:30-4:15 JAMES O'KEEFE (L) HARD BONES, SOFT ARTERIES-NOT VICE VERSA MICHOL DALCOURT (P) DESIGNING A PHYSICAL TRAINING PROGRAM FOR HIGH PERFORMANCE LIVING	3:30-4:15		DESIGNING A PHYSICAL TRAINING PROGRAM FOR HIGH
4:15-4:25 Transition/Snack	4:15-4:25	Tra	ansition/Snack
4:25-5:05 JUSTIN MAGER (L) GRAY COOK (P) EXTRAORDINARY BEINGS HACKING MOVEMENT	4:25-5:05		
5:05-5:15 Transition	5:05-5:15	Transition	
5:15-6:00 PANEL DISCUSSION	5:15-6:00	PANEL DISCUSSION	

ON-DEMAND AVAILABILITY

L - Lecture P - Practical

All feature presentations in Threesixty and Rooftop rooms will be available on-demand through 5.31.17. Purchase your on-demand upgrade at the Reception desk during the event for the best pricing.

FRI 11/18 7:00AM - 6:00PM | \$50 AT REGISTRATION
FRI 11/18 BEGINNING AT 7:00PM | \$150 THROUGH EVENTBRITE
AFTER FRI 12/2 | NO LONGER AVAILABLE