

DAY ONE: SATURDAY APRIL 17

Time	Session	Provider / Presenter	Keywords
8:00 – 8:30 AM	BB Signature Full Body Strength Workout	Buff Beauties & Brides to Be Lauren Messano & Alex	Move for Life, Sculpt
8:30 – 9:00 AM	Rise Up and Release	Yoga International and the NJ Yoga Collective Bridget Riepl	Breathe for Life, Move for Life, Yoga
9:00 – 9:45 AM	Cardio Strength	MODELFORM Laura McGuire	Move for Life, Cardio
9:45 – 10:15 AM	Top 10 Home Detox Tips for Better Living	Greener Cleaner Living Clare Broderick	Sustain for Life, Green, Wellness, Home
10:15 – 10:45 AM	Cardio Kickboxing	Hammer Sports & Performance Jim Starr	Move for Life, Cardio, Kickboxing
10:45 – 11:45 AM	Pure Barre Classic	Pure Barre Red Bank Alyssa Torre	Move for Life Barre
12:00 – 12:45 PM	Pyour SHRED / Aerial Yoga / Halo	Pyour Core Nikki LaRocca, Carolayn Crane, Karen Worobel	Move for Life, Cardio
1:00 – 1:30 PM	Crystal Singing Sound Bowl Meditation	Sun Moon Yoga Mychal Mills	Breathe for Life, Healing, Wellness
3:30 – 4:00 PM	Gardening	Chris Mumford	Eat for Life, Sustain for Life, Gardening, Food Sourcing

DAY TWO: SUNDAY APRIL 18

Time	Session	Provider / Presenter	Keywords
8:00 – 8:45 AM	Mega on the Mat	Pilates Blast Dani Rubin & Lindsay	Move for Life, Pilates, Strength
9:00 – 9:45 AM	Vinyasa Yoga Flow & Tour of Shore Point Healing	Shore Point Healing Vanessa Van Noy, Erica LoPresti	Breathe for Life, Move for Life, Yoga
10:00 – 11:00 AM	Stress Free Flow	Stress Free Body Cat Galli	Move for Life, Breathe for Life, Yoga
11:00 – 11:45 AM	Perspirology Express	Perspirology Katy Fraggos	Move for Life, Cardio
12:00 – 1:00 PM	Cooking Demo: Lemon Pepper Chicken and Mediterranean Farro Pilaf	Chef Diane Henderiks, RD, CPT	Keynote, Eat for Life, Cooking, Nutrition
2:00 – 2:30 PM	The Yoga of Strength and Stress Management	EvenFlow Yoga Christian Valeriani	Breathe for Life, Move for Life, Yoga, Stress Management
2:30 – 3:00 PM	Fueling your Workouts Before and After	Nourish Coaches Debbie Peterson and Wendy Bright-Fallon	Eat for Life, Cooking, Nutrition
4:00 – 5:00 PM	FireBeat	P.O.E. Liz Sheridan	Move for Life, Cardio
5:00 – 5:30 PM	Flavorful Fun with Fig: Seared Scallops with Ginger and Garlic Rice	Fig Chef Nick Estephan	Eat for Life, Nutrition, Eat Local, Cooking
5:30 – 6:00 PM	Holographic Sound Healing	Jamie Coppa Music Jamie Coppa	Breathe for Life, Healing, Wellness

DAY THREE: MONDAY APRIL 19

Time	Session	Provider / Presenter	Keywords
8:00 – 8:45 AM	Benefits of Sleep (Audio Recording)	Jamie Lynn Hypnotherapy Jamie Lynn Motyka	Breathe for Life, Stress Management, Wellness
8:45 – 9:15 AM	Rhythm Ride	Clementine Cycling Ginger Whitenack	Move for Life, Cycling, Ride, Cardio
9:15 – 10:00 AM	HIIT Cardio	MODELFORM Laura McGuire	Move for Life, Cardio
10:45 – 11:15 AM	Stretch into Calm Clarity	Soulshine Studios Jennifer Borenius	Breathe for Life, Move for Life
11:30 – 12:00 PM	Safe and Effective Workout Tutorial	Soul Strong Daniel Weltman	Move for Life, Tutorial, Cardio
12:00 – 12:45 PM	Cardio Sculpt	Eastpointe Health and Fitness Melissa Fariello	Move for Life, Cardio, Sculpt
12:45 – 1:15 PM	15 Minute Vegetarian Meal	Apple Street Kitchen Chef Casey Pesce	Eat for Life, Cooking, Nutrition, Vegetarian
1:15 – 1:45 PM	Tour	Arctic Fire Cryotherapy	Breathe for Life, Healing, Recovery
3:00 – 4:00 PM	Vegan/Plant-based Cooking Class	VeGo LLC Lisa Phillips	Eat for Life, Cooking, Nutrition, Vegan
4:00 – 4:45 PM	Self Care Energy Healing	Blossoming Soul Therapies Denise Hoagland	Breathe for Life, Healing
5:00 – 5:30 PM	KassDance Total Body YOLLET (Yoga+Ballet)	LB Kass Fitness	Move for Life, Breathe for Life, Yoga, Ballet
5:30 – 6:00 PM	The Art of Sourcing Sea Life	One Willow GM Jason Reiff, Executive Chef Nicholas Liberto, Beverage Director Paul Huber	Eat for Life, Food Sourcing, Eat Local, Sustain for Life
6:00 – 6:45 PM	Yoga	Eastpointe Health and Fitness Allison LaRoche	Breathe for Life, Yoga
7:00 – 8:00 PM	Understanding Your Symptoms and Becoming Your Own Health Advocate	WhealthCo Dasha Maximov	Keynote
8:00 – 8:30 PM	YOUbiquitous: A meditation	Soulshine Studios Jennifer Borenius	Breathe for Life, Meditation, Stress Management

DAY FOUR: TUESDAY APRIL 20

Time	Session	Provider / Presenter	Keywords
8:00 – 9:00 AM	DanzEnergy	DANZhouse Fitness Jackie Lukas	Move for Life, Cardio, Dance
9:00 – 9:15 AM	Digital Eye Stress and Therapeutic Smoothies	Integrative Vision Dr. Neda Gioia	Stress Management, Smoothies, Wellness
9:15 – 10:15 AM	Open Heart Yoga - Your core power	Open Heart Yoga Amy Crowe	Breathe for Life, Move for Life, Yoga
10:15 – 10:30 AM	Nutrient Density	Integrative Vision Dr. Neda Gioia	Nutrition, Eat for Life
10:45 – 11:30 AM	Cardio Kickboxing	Hammer Sports & Performance Jim Starr	Move for Life, Cardio, Kickboxing
11:30 – 12:00 PM	FireBeat	P.O.E. Liz Sheridan	Move for Life, Cardio
12:15 – 12:45 PM	Our Secret Sauce: Guide to a Great Salad (TBT)	Blonde Shallot Jess Rogers	Eat for Life, Cooking, Demo, Nutrition
1:00 – 1:30 PM	Tour	Arctic Fire Cryo	
2:30 – 3:00 PM	Pure Form Pilates	Pilates Project Sandi Vilacoba	Move for Life, Pilates
5:00 – 5:30 PM	The RIDE	Clementine Cycling Lisa Phillips	Move for Life, Cycling, RIDE
5:30 – 6:00 PM	Magic Circle Mat	Pilates Project Sandi Vilacoba	Move for Life, Pilates
6:00 – 6:45 PM	Empower & Evolve Full Body	Kelly Mahoney Fitness Kelly Mahoney	Cardio, Move for Life
7:00 – 7:45 PM	How to get results from exercise: The surprising connection between weight loss, hormones, and your lymphatic system	Integrative Wellness Group Dr. Nicole Rivera	Wellness, Move for Life, Health
8:00 – 8:15 PM	Music Performance	Monmouth Conservatory Music Basie's Conservatory Students	Kid Friendly, Connect for Life

DAY FIVE: WEDNESDAY APRIL 21

Time	Session	Provider / Presenter	Keywords
9:00 – 9:45 AM	Strength Conditioning / Kettlebell Workout / Cardio Conditioning	Hammer Sports & Performance Josh Baker, Brandon Ashworth	Move for Life, Conditioning, Strength, Cardio
9:45 – 10:00 AM	Bridging the Summer with Your Kids	Kimberly O'Connor Rose	Connect for Life, Children, Education
10:00 – 11:00 AM	Pure Barre Weight Intensive	Pure Barre Red Bank Alyssa Torre	Move for Life, Barre, Sculpt
12:00 – 12:30 PM	Spring Eating for Energy	Nourish Coaches Debbie Peterson and Wendy Bright-Fallon	Eat for Life, Nutrition, Cooking
1:00 – 1:45 PM	Cardio Tennis	New Shrewsbury Racquet Club Victoria Kuritsyna	Tennis, Cardio
2:00 – 2:45 PM	Ayurveda for Women's Health & Hormones	Kimberly Kubicke	Breathe for Life, Wellness, Health
2:45 – 3:00 PM	The Cool Tour	ChillRx Red Bank	
3:30 – 4:30 PM	Open Heart Yoga Flow	Open Heart Yoga Mary Ansell	Breathe for Life, Move for Life Yoga
5:00 – 5:45 PM	Shore Results Metabolic	Eastpointe Health & Fitness Grace Lang	Move for Life, Cardio, Sculpt
6:15 – 7:00 PM	Healthy Home, Healthier You	Greener Cleaner LIVING Clare Broderick	Sustain for Life, Home, Wellness
7:00 – 7:30 PM	Sound Bowl Healer & Tour of Shore Point Healing	Shore Point Healing Kate Cannataro, Erica LoPresti	Connect for Life, Healing, Wellness

DAY SIX: THURSDAY APRIL 22

Time	Session	Provider / Presenter	Keywords
8:00 – 8:20 AM	Why Go Green (and what does that really mean for you)?	Greener Cleaner LIVING Clare Broderick	Sustain for Life, Earth Day
8:30 – 9:30 AM	Yoga	Open Heart Yoga Mary Ansell	Breathe for Life, Move for Life, Yoga
9:30 – 10:30 AM	Yin & Affirmations	Stress Free Body Cat Galli	Breathe for Life, Move for Life, Yoga
11:00 – 11:45 AM	Functional Fitness: Creating Your Power	Soulshine Studios Jennifer Borenius	Move for Life, Yoga
12:30 – 1:00 PM	Plan-Prep-Plate	et al fine food Kim Ramin	Eat for Life
1:15 – 1:45 PM	Pyour FLEX / Pyour RYDE	Pyour Core LB Kass, Jodi Beuthe	Move for Life, Cycling, RIDE
1:45 – 2:00 PM	The Cool Tour	ChillRx Red Bank	
5:00 – 5:30 PM	Eating on the Go	Pyour Pour	Eat for Life, Nutrition
5:30 – 6:15 PM	Holding Space for Your Greatness - An Empowering Yoga Flow	Yoga International and the NJ Yoga Collective Bridget Riepl	Breathe for Life, Move for Life, Yoga
6:30 – 8:00 PM	Fire Your Fears Workshop	Mindrise Bailey Frumen, MSW, LCSW	Keynote
8:00 – 8:30 PM	Chakra Meditation	Soulshine Studios Jennifer Borenius	Breathe for Life, Meditation

DAY SEVEN: FRIDAY APRIL 23

Time	Session	Provider / Presenter	Keywords
8:00 – 9:00 AM	Cardio Chisel	URfit Alyssa Jaronko	Move for Life, Cardio, Sculpt
9:00 – 9:15 AM	Tips to Release Back, Neck & Shoulder Stress	Champion Health Karyn Marshall, RN, DC	
9:15 – 9:30 AM	Strawberry LipoLaser NJ	Champion Health / Strawberry LipoLaser NJ Jenn Guedes	
9:45 – 10:00 AM	The Three Best Practices to Optimize Your Health	Nourish Coaches Debbie Peterson and Wendy Bright-Fallon	Eat for Life, Nutrition, Mindset, Wellness
10:00 – 11:00 AM	Chakra Flow	Sun Moon Yoga Emily Sobel	Breathe for Life, Move for Life, Yoga
11:00 – 11:30 AM	The MVMNT	P.O.E. Siobhan Gallagher	Move for Life, Cardio
1:00 – 1:30 PM	KassDance 30 minute calorie blast Cardio	KaasDance LB Kass	Move for Life, Cardio
1:30 – 1:45 PM	The Cool Tour	ChillRx Red Bank	
2:45 – 3:45 PM	Living with Hidden Disabilities and Making Lemonade out of Lemons. Live Out Loud.	Carolyn DeSena, Founder of WEforum Lisa Becker, Founder of Secrets of Lemons	

DAY EIGHT: SATURDAY APRIL 24

Time	Session	Provider / Presenter	Keywords
8:00 – 9:00 AM	Cardio & Core	URfit Alyssa Jaronko	Move for Life, Cardio
9:00 – 9:45 AM	Pyour FIT / ZEN-GA Reformer / Pyour FLEX	Pyour Core Linda Meade, Carolayn Crane, Erin Dube	Move for Life, Pilates
9:45 – 10:15 AM	Wisemen Flow	EvenFlow Yoga Christian Valeriani	Move for Life, Breathe for Life, Yoga
10:15 – 11:00 AM	RIDE “ON THE ROCKS”	Clementine Cycling Effie Drossman	Move for Life, Cycling, Ride
11:15 – 12:00 PM	Mega on the Mat	Pilates Blast Dani Rubin & Lizzie	Move for Life, Pilates
12:00 – 12:15 PM	What You Can Look for in Wine	Albariño Alessandra Momo, Devin Lane, Emily Najjar	Connect for Life, Wellness