

EVENT SCHEDULE

Summit IN THE Sun

Build with Purpose. Coach with Excellence. Amplify Your Impact.

Thursday, June 25:

Welcome

7 PM | Sunset Social

Grab your swag bag and kick off the weekend with connection, conversation, and a little desert magic!

Friday, June 26: Build

Sunrise Workout | Pumped Up Pilates

Strength-driven, music-fueled Pilates designed to build control, intensity, and total-body strength.

Session 1 | The Stronger Side of Barre

Progressive overload, powerful programming, and a new approach to barre.

Session 2 | Stackable Workouts

Shorter workouts. Smarter programming. Stronger attendance.

Lunch & Learn | Behind the Build Panel

Refuel while learning how others are building beyond the studio and scaling their reach in sustainable ways.

Sun & Social | Connect, Relax, Explore

An open, come-and-go experience for connection, conversation, and socializing. Enjoy this flex time by joining us for some poolside networking, participating in a hosted activity, or unwinding at the spa.

FIT PRO PROGRAMMING
[FITPROPROGRAMMING.COM/SUN](https://fitproprogramming.com/sun)

Saturday, June 27: Coach

Sunrise Workout | Sculpt Lab

Where strength meets control and flow, with every rep carrying purpose.

Session 1 | See It. Cue It. Change It.

From observation to impact: refine your coaching and make every cue count.

Session 2 | The Sound of Coaching

Let the music lead—so your coaching says more with less.

Lunch Lab: Desert Dialogue | Spark Ideas into Action

Recharge over lunch and dive into discussion that sparks big ideas with practical steps.

Coach's Corner Cabanas | Connect, Relax, Explore

Join us at the cabana for come-and-go chats on cueing, teaching challenges and solutions, and business brainstorming—or enjoy a sunlit hike, pampering at the spa, or a hosted activity.

Sunday, June 28: Amplify

Morning Workout | Retro Rumble 90's Kickboxing

90's beats, boxing combos, and a full-on throwback party.

Session 1 | The Energy Equation

Create dynamic classes people don't just attend—they talk about, remember, and love!

The Summit Send-Off | Ends at 1 PM

Celebrate the weekend, reflect on what you've learned, and leave inspired to build with purpose, coach with excellence, and grow your impact!