

# EVENT SCHEDULE

# Summit IN THE Sun

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

## *Thursday, June 25: Welcome*

### **Sunset Social | 7 PM**

Grab your swag bag filled with FitPro favorites 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 full-body strength with purpose.

### **Session 1 | The Stronger Side of Barre**

Progressive overload and powerful programming come together to create a new approach to barre that incorporates the benefits of strength training.

### **Session 2 | Stackable Workouts**

Shorter workouts. Smarter programming. Stronger attendance. Learn to stack your offerings and drive engagement.

### **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.

## *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 & your coaching say 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.

### **The Recovery Barre | 3 PM**

Sober community + 30-min barre & Pilates class. Partnered with The Phoenix. All are welcome!

### **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*

### **Sunrise Workout | Retro Rumble 90's Kickboxing**

90's beats. Boxing combos. 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 and leave inspired to build, coach, and grow with purpose, excellence, and impact!

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