SIXTH ANNUAL

Fitness Jubilee

FIT PRO PROGRAMMING

EVENT SCHEDULE

November 19-21, 2026 · Fully Virtual

Please note that live sessions are listed in Pacific Time (PT) and must be converted to your local time zone. All sessions, aside from roundtables, will be recorded and available to watch post-event. Zoom links and the community forum will be shared as the event nears.

TIME (PT)	SESSION A	SESSION B
Thursday, November 19		
3:00–4:30 PM	**The Opening Flow: Barre, Pilates & Yoga in Harmony** OPENING SESSION Lauren George & Tricia Madden · Fit Pro Programming	
4:45–6:00 PM	**The Barreless Blueprint: Minimal Equipment, Maximum Engagement** Ashlynn Howe · Fit Pro Programming	**Recovery, Built In** Sabrina Ursaner · Rollga
Friday, November 20		
8:00–9:15 AM	**What Every Group Fitness Instructor Wishes They Knew Sooner** Steven Trotter · Collegiate Fitness Academy	**Yoga Sculpt** Tricia Madden · Fit Pro Programming
9:30–10:45 AM	**Health Benefits of Strength Training** Pete McCall · Fit Pro Programming	**Rhythm Road Cycling** Laura Bordeaux · Fit Pro Programming
11:00 AM–12:15 PM	**Human Reformer: Props With Purpose** Lauren George · Fit Pro Programming	**LTAD** Pete McCall · Fit Pro Programming
12:30–1:45 PM	**Recruiting, Hiring & Retaining Fitness Talent** Tricia Madden · Fit Pro Programming	**Cardio Kickboxing: Punching to the Beat** Kari Merrill · Fit Pro Programming
	Building a Reformer Business: What Instructors and Studio Owners Need to Know Michelle Steber & Rachel Cohen · Your Reformer	
2:00–3:15 PM	**Pilates Sculpt** Lauren George · Fit Pro Programming	**Sound Check: Elevate Your Music** Laura Bordeaux · Fit Pro Programming
3:30–4:45 PM	**Roll & Release: Your Day-Two Wind-Down** Sabrina Ursaner · Rollga	**START: Teach More Than a Workout** Jenna Hansen · STOTT PILATES
	AI for Instructors: Steal These Timesavers ROUNDTABLE Lauren George · Fit Pro Programming	
Saturday, November 21		
7:00–8:15 AM	**The Recovery Barre: Leading Accessible Movement That Supports Sobriety, Anywhere** Ashlynn Howe · FPP • The Recovery Barre Nonprofit	**Booked, Buzzing, and a Whole Lot of FOMO** Kari Merrill · Fit Pro Programming
8:30–9:45 AM	**From Concept to Class** Abbie Appel · Fit Pro Programming	**Brain Sweat: A Think Tank for Fresh Group Fitness Experiences** ROUNDTABLE Kari Merrill · Fit Pro Programming
10:00–11:15 AM	**Sculpt Lab, The BASICS** Abbie Appel & Tricia Madden · Fit Pro Programming	**The Terrible T's** Tori Lord · Globetrotter
11:30 AM–12:45 PM	**The Fit Pro Livelihood: An Open Conversation on Talent, Retention & Burnout** ROUNDTABLE FPP Team & Education Partners · Fit Pro Programming	