

MEETING OF THE MINDS
SEMINAR SERIES

PERFORM
BETTER!
2021

WEEKLY SCHEDULE

NOTE: All Start Times Are Thursdays at 2pm EST (11am PST)

1) PREHAB/REHAB – JULY 22

- Ian Manning
- Mike Mullin
- Charlie Weingroff
- Chuck Wolf

2) ART OF COACHING – JULY 29

- Duane Carlisle
- Todd Durkin
- Molly Galbraith
- Martin Rooney

3) POWER – AUG 5

- Robert Dos Remedios
- Wil Fleming
- Greg Rose
- Mark Verstegen

4) SPEED & AGILITY – AUG 12

- Jason Glass
- John Graham
- Ian Jeffreys
- Bill Parisi

5) MOBILITY & STABILITY – AUG 19

- Lee Burton
- Michol Dalcourt
- Frank Dolan
- Sue Falsone

6) ART OF COACHING – AUG 26

- Adam Feit
- Mary Kate Feit
- Brendon Rearick
- Nick Winkelman

7) MOTIVATION & PROFESSIONAL DEVELOPMENT – SEPT 2

- Mike Boyle
- Geralyn Coopersmith
- Anthony Renna
- Kerry Taylor

8) BUSINESS OF FITNESS – SEPT 9

- Rachel Cosgrove
- Mark Fisher
- Vince Gabriele
- Pat Rigsby

9) STRENGTH – SEPT 16

- Josh Henkin
- Jessica Bento
- Eric Cressey
- Dan John

10) RECOVERY/REGENERATION – SEPT 23

- Jenna Gatses
- Brandon Marcello
- Dana Santas
- Coming Soon!

11) TRAINING YOUTH – SEPT 30

- Mike Perry
- Nicole Rodriguez
- Bobby Smith
- Lance Walker

12) TRAINING SENIORS – OCT 7

- John D'Amico
- Rocky Snyder
- Patricia Van Galen
- Emily Splichal

13) FAT LOSS – OCT 14

- Alwyn Cosgrove
- Ali Weingroff
- Don Saladino
- Robert Yang

14) PREHAB/REHAB (2) – OCT 21

- Kevin Carr
- Gray Cook
- Marco Sanchez
- Richard Ulm

15) SPEED & AGILITY (2) – OCT 28

- Mike Boyle
- Todd Wright
- Matthew Ibrahim
- Lee Taft

16) BUSINESS OF FITNESS (2) – NOV 4

- Justin Grinnell
- Dan Kleckner
- Rick Mayo
- Frank Nash

17) MOTIVATION & PROFESSIONAL DEVELOPMENT (2) – NOV 11

- Travis Barnes
- Ingrid Marcum
- Guy Massi
- Brian Nguyen