



# TEXFIT 2021 VIRTUAL

## MOVING FORWARD

Time	Session Title	
	**Descriptions available on TEFIT website	
9:00am - 9:25am	Opening Session	
9:30am - 10:20am	Let the Beat Drop	Corrective Exercise
10:30am - 11:20am	Tabata and Step Fusion	An Integrated Approach to Wellness Coaching
11:30am - 12:20pm	Hip Hop Step	Navigating Fitness Trends and Building your Brand
12:20pm - 1:00pm	Break/Director's Lunch	
1:00pm - 1:50pm	POP Pilates	A Conjugate Training Approach for the Personal Training Client
2:00pm - 2:50pm	Full Body HIIT with Ashley	Falling for you: How to Identify, Stratify, and Train Fall Risk
3:00pm - 3:50pm	Home Based Exercises with Bodyweight and Bands	How Group Fitness Changed My Life in A Year
4:00pm - 4:50pm	Fat Burn Machine by PII T28	Creating Inclusive Yoga Classes
5:00pm - 5:50pm	Barre for Cardio Junkies	Intensity vs. Impact: No Shame in the Game

For more information, visit <https://texfitconference.com>



**Rec Sports**  
DIVISION OF STUDENT AFFAIRS