

Perform Better Functional Training Summit
August 14 - 16, 2025
Providence, RI

THURSDAY SCHEDULE

1:00 – 5:30	---REGISTRATION---
2:00 – 3:15	CHRIS BRADEN <i>Systems, Service, and Success: Building a Fitness Business Through Intentionality (Lecture Only)</i>
3:30 – 4:45	PETE DUPUIS <i>Mastering Client Acquisition: Proven Sales Strategies for Sustainable Growth Using Behavioral Science (Lecture Only)</i>
5:00 – 6:15	VINCENT GABRIELE <i>5 Ways To Get More Small Group Personal Training Clients in 2025 (Lecture Only)</i>

FRIDAY SCHEDULE

TIME	LECTURE ROOM 1	LECTURE ROOM 2	HANDS-ON ROOM 1	HANDS-ON ROOM 2	Q & A ROOM
7:15 – 4:00	---REGISTRATION---				
8:15 – 9:30	GRAY COOK <i>Simplifying Low Back and Neck Pain: A Strategy of Calibration vs. Correction</i>	MARY KATE FEIT <i>Creating Opportunities for Individualization within a Group Training Session</i>	BILL PARISI <i>Anatomy of Speed - High Level Speed Training Made Simple (Hands-On Only)</i>	COREY SMALLWOOD <i>AI Creates It. You Coach It (Hands-On Only)</i>	VINCENT GABRIELE CHRIS BRADEN PETE DUPUIS
9:45 – 11:00	MICHAEL BOYLE <i>Program Design for Personal Trainers</i>	BRIAN NGUYEN <i>Radiant Renewal: Using Life's Challenges to Ignite Authentic Fitness Transformation (Lecture Only)</i>	TODD DURKIN <i>Coaching Greatness (Hands-On Only)</i>	KERRY TAYLOR <i>Get Moving with Kettlebells (Hands-On Only)</i>	GRAY COOK BILL PARISI MARY KATE FEIT
11:15- 12:30	TODD WRIGHT <i>The Foot 101</i>	IAN JEFFREYS <i>Building Tomorrow's Athletes – Real World Application of Athletic Development</i>	GRAY COOK <i>Simplifying Low Back and Neck Pain: A Strategy of Calibration vs. Correction</i>	MARY KATE FEIT <i>Creating Opportunities for Individualization within a Group Training Session</i>	MICHAEL BOYLE BRIAN NGUYEN COREY SMALLWOOD
12:30 – 1:45	Lunch On Your Own				
1:45 – 3:00	DON SALADINO <i>Improving Fat Loss and Body Composition</i>	ROCKY SNYDER <i>Stability from the Ground Up</i>	MICHAEL BOYLE <i>Program Design for Personal Trainers</i>	BRIAN NGUYEN <i>Bend, Bounce, Breathe, and Balance: The Playful Path to Authentic Transformation (Hands-On Only)</i>	IAN JEFFREYS KERRY TAYLOR
3:15 – 4:30	TODD DURKIN <i>Coaching Greatness—Top “10” Traits of the Greats (Lecture Only)</i>	MARK FISHER <i>13 Years and 1 Wild-Ass Ride: Fitness Business Lessons from Operating and Selling a Multi-Million Dollar Gym (Lecture Only)</i>	TODD WRIGHT <i>The Foot 101</i>	IAN JEFFREYS <i>Building Tomorrow's Athletes – Real World Application of Athletic Development</i>	DON SALADINO ROCKY SNYDER
4:45 – 6:00	BILL PARISI <i>Learn to Grow Your Network & Grow Your Net Worth (Lecture Only)</i>	COREY SMALLWOOD <i>AI - Your Most Productive Employee Ever (Lecture Only)</i>	DON SALADINO <i>Improving Fat Loss and Body Composition</i>	ROCKY SNYDER <i>Stability from the Ground Up</i>	MARK FISHER TODD WRIGHT TODD DURKIN

6:00 – 8:00

----SOCIAL----

SATURDAY SCHEDULE

TIME	LECTURE ROOM 1	LECTURE ROOM 2	HANDS-ON ROOM 1	HANDS-ON ROOM 2	Q & A ROOM
8:00 – 9:15	JOSH HENKIN <i>Why Corrective Exercise Doesn't Work: Practical Pain Solutions</i>	BRANDON MARCELLO <i>Myths, Misconceptions, and Truths About Training</i>	MARTIN ROONEY <i>Ignite the SPARK: How to Deliver A High-Energy Training Experience (Hands-On Only)</i>	KEVIN CARR <i>Cardiovascular Conditioning: From Heart Health to Performance</i>	
9:30 – 10:45	CHARLIE WEINGROFF <i>Cracking the Code of Lower Back Function: Enhancing Performance and Managing Pain with Targeted Strategies</i>	ADAM FEIT <i>Unlocking Advanced Strength and Power: Proven Training Methods for Maximizing Results</i>	RACHEL COSGROVE <i>How To Become The Authority Expert in Your Community For Women Over 40</i>	COLIN MCGARTY <i>The Ultimate Beginner's Boxing Seminar (Hands-On Only)</i>	BRANDON MARCELLO MARTIN ROONEY JOSH HENKIN
11:00 -12:15	ALWYN COSGROVE <i>Mastering Small Group Training: Programming Strategies for Success</i>	NATALIE KOLLARS <i>How to Be a Chameleon</i>	JOSH HENKIN <i>Why Corrective Exercise Doesn't Work: Practical Pain Solutions</i>	BRANDON MARCELLO <i>Myths, Misconceptions, and Truths About Training</i>	CHARLIE WEINGROFF RACHEL COSGROVE ADAM FEIT
12:15 – 1:30	<h3>Lunch On Your Own</h3>				
1:30 – 2:45	RACHEL COSGROVE <i>How To Become The Authority Expert in Your Community For Women Over 40</i>	KEVIN CARR <i>Cardiovascular Conditioning: From Heart Health to Performance</i>	CHARLIE WEINGROFF <i>Cracking the Code of Lower Back Function: Enhancing Performance and Managing Pain with Targeted Strategies</i>	NATALIE KOLLARS <i>How to Be a Chameleon</i>	ALWYN COSGROVE COLIN MCGARTY CHASE KOUGH
3:00 – 4:15	MARTIN ROONEY <i>Future-Proof Your Fitness Career: 5 Essential Coaching Skills for Tomorrow's Trainer (Lecture Only)</i>	CHASE KOUGH <i>The Greatest of All Time Mind: The Actual Ingredient to Success (Lecture Only)</i>	ALWYN COSGROVE <i>Mastering Small Group Training: Programming Strategies for Success</i>	ADAM FEIT <i>Unlocking Advanced Strength and Power: Proven Training Methods for Maximizing Results</i>	NATALIE KOLLARS KEVIN CARR

*****Speakers Subject to Change*****