



IN PARTNERSHIP WITH  
HEALTH & FITNESS  
ASSOCIATION

# MEFIT25 SUMMIT AGENDAS



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DUBAI POLICE



# HFA x MEFIT25



IN PARTNERSHIP WITH  
HEALTH & FITNESS  
ASSOCIATION

HFA is a global community of health and fitness professionals.  
Committed to building their businesses and improving their communities' health and well-being.



# BUSINESS SUMMIT SPEAKERS

THURSDAY 9th OCT



**HH SHEIKH ABDULLAH  
BIN HAMAD BIN SAIF AL SHARQI**  
PRESIDENT - EBBF



**GREG BOUCHER**  
FOUNDER & CEO - MEFITPRO



**LIZ CLARK**  
CEO  
HEALTH & FITNESS ASSOCIATION



**AHMAR AZAM**  
HFA BOARD OF DIRECTORS  
FOUNDER & CEO, TRIFIT



**DONAL MCELWEE**  
MANAGING PARTNER  
PORTAS CONSULTING



**STEVEN RINALDI**  
CEO & FOUNDER,  
PRIMAL STRENGTH



**OLLIE MARCHON**  
FOUNDER MARCHON



**RANIA BOUCHER**  
MD, MEFITPRO



**MARIA GONZALEZ**  
CEO  
CLUBFITNESS GREENSBORO



**DR CHRIS MOORE**  
CEO OF NORDIC HEALTH



**JENZ ROBINSON**  
MD OF GYMS - MARCHON  
CO-FOUNDER GYM OWNER NETWORK



**JASON TUBBS**  
COO, FITNESS FIRST



**KEVIN TEIXEIRA**  
CO FOUNDER WAREHOUSE GYM



**STEWART MILLER**  
CO-FOUNDER & CEO  
OF LIVEWIRE PRODUCTION



**NATHAN CLUTE**  
CSO, ARMAH SPORTS COMPANY  
CO-FOUNDER, THE PULSE  
FITNESS GROUP



**DIMITRI KOUTSOUBAKIS**  
CEO KUN SPORTS

# BUSINESS SUMMIT TIMETABLE



| TIME              | SESSIONS                                                                                                                 | SPEAKER                                                                                             |
|-------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 08:30am - 09:00am | Arrival of Dignitaries & Welcome Networking Breakfast<br>Coffee, Tea, Snacks & Smoothies                                 | Sponsored by <i>nuzest</i> <sup>®</sup>                                                             |
| 09:00am - 09:10am | <b>Opening Remarks &amp; Welcome</b>                                                                                     | <b>Greg Boucher</b> - CEO, MEFITPRO                                                                 |
| 09:10am - 09:30am | <b>Keynote Speech</b>                                                                                                    | <b>HH Sheikh Abdullah Bin Hamad Bin Saif Al Sharqi</b>                                              |
| 09:30am - 10:00am | <b>Future of Fitness Starts Here..Global Advocacy,Local Impact</b>                                                       | <b>Liz Clark</b> - CEO, Health & Fitness Association                                                |
| 10:00am - 10:40am | <b>HFA's 2025 Global Report Release</b>                                                                                  | <b>Maria Gonzalez</b> - CEO, ClubFitness Greensboro                                                 |
| 10:40am - 11:30am | <b>Physical Inactivity, Pricing, and Public Policy</b><br>What Does the Data Tell Us?                                    | <b>Donal McElwee</b> - Managing Partner<br>Portas Consulting                                        |
| 11:30am - 12:30pm | <b>The Business of Living Longer:</b><br>How Clubs Can Lead the Longevity Revolution                                     | <b>Dr Chris Moore</b> - CEO of Nordic Health<br>Pure Health                                         |
| 12:30pm - 01:30pm | Network Lunch                                                                                                            | Sponsored by <b>QOOAH</b> .AE                                                                       |
| 01:30pm - 02:30pm | <b>Founder Insights:</b> Strategy, Growth & Staying Ahead<br>Including the world's leading CEOs & Owners Panel           | <b>Ahmar Azam, Maria Gonzalez, Steven Rinaldi, Ollie Marchon, Chris Moore, Stewart Miller</b>       |
| 02:30pm - 03:30pm | <b>Leadership 101 for Gym Owners</b>                                                                                     | <b>Jenz Robinson</b> - MD of Gyms - MARCHON<br>Co-founder Gym Owner Network                         |
| 03:30pm - 04:15pm | <b>From Pain Points to Purpose: Rethinking the industry</b><br>Including the region's leading Fitness & Wellness Experts | <b>Greg Boucher, Nathan Clute, Rania Boucher, Dimitri Koutsoubakis, Jason Tubbs, Kevin Teixeira</b> |
| 04:15pm - 05:00pm | <b>Q &amp; A</b>                                                                                                         |                                                                                                     |

BIOHACKING & LONGEVITY SUMMIT  
TIMETABLE



| TIME                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 08:30 AM TO 09:30 AM          | <b>STRESS MANAGEMENT AND THE SOMATIC SYSTEM</b> BY STEVE CAPOBIANCO<br>EXPLORE HOW TO LEVERAGE THE BODY'S NATURAL SYSTEM TO ACTIVATE STRESS-RELIEF CENTERS IN THE BRAIN. UTILIZING TOUCH THERAPY MASSAGE, TAPE, AND MOVEMENT PARTICIPANTS WILL LEARN TO ACCESS THE BODY'S MOST POTENT MEDICINE CABINET.                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 15 MIN BREAK                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 09:45 AM TO 10:45 AM          | <b>REPROGRAM YOUR HEALTH</b> BY DR. WAFAA ABDEL-HADI<br>WHAT IF YOUR METABOLISM COULD ADAPT SEAMLESSLY TO FUEL ENERGY, PERFORMANCE, AND RESILIENCE AT ANY STAGE OF LIFE? IN THIS SESSION, DR. WAFAA DIVES INTO THE SCIENCE AND STRATEGIES BEHIND METABOLIC FLEXIBILITY — THE BODY'S ABILITY TO SWITCH EFFICIENTLY BETWEEN FUELS LIKE GLUCOSE AND FAT. LEARN HOW TARGETED NUTRITION, LIFESTYLE, AND BIOHACKING APPROACHES CAN OPTIMISE ENERGY, BALANCE HORMONES, AND IMPROVE LONG-TERM HEALTHSPAN. THIS SESSION EQUIPS HEALTHCARE PROFESSIONALS WITH PRACTICAL TOOLS TO HELP PATIENTS RECLAIM VITALITY, SHARPEN COGNITIVE PERFORMANCE, AND THRIVE WITH RESILIENCE IN EVERY STAGE OF LIFE.                                                                               |
| 15 MIN BREAK                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 11:00 AM TO 12:00 PM          | <b>BEYOND LONGEVITY: FUELLING HEALTH, HORMONES, AND PERFORMANCE AT EVERY STAGE</b><br>BY LOUISE RITCHIE<br>LONGEVITY ISN'T JUST ABOUT ADDING YEARS — IT'S ABOUT UPGRADING HOW WE LIVE THEM. THIS SESSION SHOWS HOW TARGETED NUTRITION AND BIOHACKING STRATEGIES CAN MAXIMISE HEALTHSPAN, OPTIMISE HORMONES, AND UNLOCKING SUSTAINED ENERGY. FROM REPRODUCTIVE HEALTH TO PEAK PERFORMANCE AND THRIVING LATER YEARS, LOUISE SHARES PRACTICAL TOOLS TO HELP PATIENTS FEEL SHARPER, STRONGER, AND MORE BALANCED THAN EVER                                                                                                                                                                                                                                                  |
| 15 MIN BREAK                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 12:15 PM TO 01:15 PM          | <b>DO WE REALLY WANT TO LIVE FOREVER?</b> BY ERIKA PAULE<br>AN EXPLORATION OF THE EMOTIONAL, PHILOSOPHICAL, AND CULTURAL DIMENSIONS OF LONGEVITY. EXAMINES HOW HUMAN NATURE, PURPOSE, AND TECHNOLOGICAL ACCELERATION - INCLUDING AI - ARE RESHAPING THE WAY WE THINK ABOUT AGING, HEALTHSPAN, AND WHAT IT MEANS TO LIVE WELL.                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| LUNCH BREAK 01:15PM TO 2:15PM |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 02:15 PM TO 03:15 PM          | <b>MEN'S VITALITY &amp; HORMONE HEALTH: A TRAINER'S GUIDE TO SUPPORTING ANDROPAUSE &amp; OPTIMISING LONGEVITY</b> BY JACKSON<br>THIS TALK OFFERS A UNIQUE, EVIDENCE-BASED INSIGHT INTO MALE HORMONAL HEALTH, IT BRIDGES THE GAP BETWEEN EXERCISE, NUTRITION, AND ENDOCRINOLOGY. WITH ANDROPAUSE AFFECTING A GROWING NUMBER OF MIDLIFE AND OLDER MALE CLIENTS, HEALTH PROFESSIONALS NEED MORE THAN GENERAL FITNESS OR NUTRITION ADVICE, THEY NEED TARGETED, PRACTICAL FRAMEWORKS THAT SIT CONFIDENTLY WITHIN THEIR SCOPE.                                                                                                                                                                                                                                               |
| 15 MIN BREAK                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 03:30 PM TO 04:30 PM          | <b>FROM TRAINER TO LONGEVITY COACH: EXPANDING YOUR ROLE FOR THE NEXT ERA OF HEALTH &amp; PERFORMANCE</b><br>BY DR. ELIE ABIRACHED<br>LONGEVITY ISN'T JUST ABOUT ADDING YEARS TO LIFE, BUT LIFE TO YEARS AND IT REQUIRES A CLEAR FRAMEWORK. IN THIS SESSION, DR. ELIE ABIRACHED INTRODUCES SDRT (STRAIN, DEFEND, RECOVER, THRIVE), A SCIENCE-DRIVEN PROTOCOL TO BOOST RESILIENCE, PERFORMANCE, AND HEALTHSPAN. PARTICIPANTS WILL LEARN WHY MUSCLE IS THE ULTIMATE LONGEVITY ORGAN, HOW CONTROLLED STRESS BUILDS RESILIENCE, AND WHY RECOVERY IS KEY TO ADAPTATION AND AVOIDING BURNOUT. BLENDING BIOHACKING WITH PRACTICAL EVERYDAY TOOLS, THE SESSION DELIVERS ACTIONABLE STRATEGIES AND A FRESH PERSPECTIVE ON MAKING LONGEVITY A DAILY PRACTICE TO BECOME LIMITLESS. |



FITNESS & WELLNESS SUMMIT

TIMETABLE



|                                          |               | BALLROOM 1                                                       | BALLROOM 2 + 3                                                          | PALM 1                                                                              | PALM 2 + 3                                                                | PALM 4 + 5                                                  | PALM 6                                                                      |
|------------------------------------------|---------------|------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------------|
| 08:30 AM<br>TO<br>10:00 AM               | STREAM        | FUNCTIONAL TRAINING                                              | NUTRITION                                                               | FUNCTIONAL TRAINING                                                                 | MEDICAL FITNESS                                                           | PILATES                                                     | STRENGTH & CONDITIONING                                                     |
|                                          | SESSION TITLE | HYROX PLANNING & PERIODIZATION                                   | GUT HEALTH FOR FAT LOSS AND PERFORMANCE                                 | SELF DEFENSE                                                                        | CONNECTING TO ONESELF: INTEROCEPTIVE TOUCH FOR CHRONIC PAIN MANAGEMENT    | PROGRAMMING WITH A PURPOSE: MAGHAN'S SIGNATURE METHOD       | CONDITIONING LIKE A PRO: ENERGY SYSTEMS TRAINING FOR FOOTBALLERS & ATHLETES |
|                                          | Presenter     | Ralf Iwan                                                        | Benjamin Siong                                                          | Marcos Rossi                                                                        | Steve Capobianco                                                          | Maghan Fittler                                              | Hussein Abdeldayem                                                          |
|                                          | Session Type  | Theory                                                           | Theory                                                                  | Practical                                                                           | Theory & Practical                                                        | Theory & Practical                                          | Theory & Practical                                                          |
| 15 MIN BREAK                             |               |                                                                  |                                                                         |                                                                                     |                                                                           |                                                             |                                                                             |
| 10:15 AM<br>TO<br>11:45 AM               | STREAM        | FUNCTIONAL TRAINING                                              | REHAB/CORRECTIVE EXERCISE                                               | FUNCTIONAL TRAINING                                                                 | LONGEVITY/BIOHACKING                                                      | PILATES                                                     | STRENGTH & CONDITIONING                                                     |
|                                          | SESSION TITLE | HYROX COACHING MASTERCLASS                                       | CORRECTIVE STRATEGIES FOR THE FOOT AND ANKLE                            | KETTLEFLOWYOGA™: ROOTED IN STRENGTH. FLUID IN MOTION. FUNCTIONAL FITNESS REIMAGINED | PERSONALISED LONGEVITY PROTOCOLS                                          | PILATES FOR LONGEVITY: ADDRESSING COMMON INJURIES           | TRAIN ATHLETIC, NOT AESTHETIC                                               |
|                                          | Presenter     | Craig Massey                                                     | Rick Richey                                                             | Mona Bitar & An-see Yeoh                                                            | Eika Paule                                                                | Elena Paraschiv                                             | Hussein Abdeldayem                                                          |
|                                          | Session Type  | Theory                                                           | Theory & Practical                                                      | Practical                                                                           | Theory                                                                    | Theory & Practical                                          | Theory & Practical                                                          |
| 15 MIN BREAK                             |               |                                                                  |                                                                         |                                                                                     |                                                                           |                                                             |                                                                             |
| 12:00 PM<br>TO<br>01:30 PM               | STREAM        | MINDSET/BUSINESS                                                 | MINDSET/BUSINESS                                                        | MEDICAL FITNESS                                                                     | REHAB/CORRECTIVE EXERCISE                                                 | PILATES                                                     | LONGEVITY/BIOHACKING                                                        |
|                                          | SESSION TITLE | LEVEL UP YOUR BUSINESS WITH HYROX                                | IDENTITY-DRIVEN COACHING: WHY WHO YOU ARE DETERMINES WHAT YOU ACHIEVE   | PROPRIOCEPTIVE TAPING: ENHANCING SPATIAL AWARENESS FOR OPTIMAL MOVEMENT             | CORRECTIVE STRATEGIES FOR THE LUMBO-PELVIC-HIP COMPLEX                    | PROGRAMMING FOR IMPACT: THE ART OF STRENGTH ON THE REFORMER | NOT JUST MACROS: HOW PERIMENOPAUSE CHANGES A WOMAN'S METAABOLISM            |
|                                          | Presenter     | Ralf Iwan                                                        | Mark Coles                                                              | Steve Capobianco                                                                    | Rick Richey                                                               | Maghan Fittler                                              | Gayu Lewis                                                                  |
|                                          | Session Type  | Theory                                                           | Theory                                                                  | Theory & Practical                                                                  | Theory & Practical                                                        | Theory & Practical                                          | Theory                                                                      |
| 1 HOUR LUNCH BREAK Sponsored by QOOAH.AE |               |                                                                  |                                                                         |                                                                                     |                                                                           |                                                             |                                                                             |
| 02:30 PM<br>TO<br>04:00 PM               | STREAM        | FUNCTIONAL TRAINING                                              | MOBILITY                                                                | NUTRITION                                                                           | MEDICAL FITNESS                                                           | PILATES                                                     | LONGEVITY/BIOHACKING                                                        |
|                                          | SESSION TITLE | FROM NOISE TO CLARITY: RETHINKING PROGRAM DESIGN                 | PREP, PERFORM, RECOVER: BUILDING A STRATEGIC RECOVERY & MOBILITY SYSTEM | SHREDDED SCIENCE: NUTRITION FOR BODYBUILDING & PHOTO SHOOT PREP                     | BRAIN-CENTRIC TRAINING: USING SELF-MASSAGE TO PREPARE, PERFORM, & RECOVER | UNWIND & RESTORE: PILATES FOR PRENATAL & POSTNATAL CLIENTS  | MUSHROOMS: POTENT ADVERSARIES FOR INFLAMMAGING                              |
|                                          | Presenter     | Craig Massey                                                     | Remi Vanecht                                                            | Marcin Olszewski                                                                    | Steve Capobianco                                                          | Elena Paraschiv                                             | Romina Melwani                                                              |
|                                          | Session Type  | Theory                                                           | Theory & Practical                                                      | Theory                                                                              | Theory & Practical                                                        | Theory & Practical                                          | Theory                                                                      |
| 15 MIN BREAK                             |               |                                                                  |                                                                         |                                                                                     |                                                                           |                                                             |                                                                             |
| 04:15 PM<br>TO<br>05:45 PM               | STREAM        | NUTRITION                                                        | REHAB/CORRECTIVE EXERCISE                                               | MINDSET/BUSINESS                                                                    | MEDICAL FITNESS                                                           | PILATES                                                     | MEDICAL FITNESS                                                             |
|                                          | SESSION TITLE | MENOPAUSE & WEIGHT LOSS: SMARTER STRATEGIES FOR THE NEXT CHAPTER | APPLIED BIOMECHANICS FOR STRENGTH COACHES                               | REVENUE THROUGH RECOVERY: LAUNCH PROFITABLE ASSISTED STRETCHING SERVICES            | HEALTHSPAN - HOW TO BENCH MARK YOUR CLIENTS TO A BETTER HEALTH            | PRECISION & PROPS: ELEVATING YOUR MAT PRACTICE              | THE TRIPLE R FORMULA: MANAGING KNEE PAIN DURING EXERCISE                    |
|                                          | Presenter     | Benjamin Siong                                                   | Rick Richey                                                             | Remi Vanecht                                                                        | Alexander Savva                                                           | Elena Paraschiv                                             | Bashir Al Srouji                                                            |
|                                          | Session Type  | Theory                                                           | Theory & Practical                                                      | Theory                                                                              | Theory & Practical                                                        | Theory & Practical                                          | Theory & Practical                                                          |

FITNESS & WELLNESS SUMMIT

TIMETABLE



|                                          |               | BALLROOM 1                                                                                | BALLROOM 2 + 3                                          | PALM 1                                                                              | PALM 2 + 3                                                               | PALM 4 + 5                                                           | PALM 6                                                             |
|------------------------------------------|---------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------|
| TIME                                     |               |                                                                                           |                                                         |                                                                                     |                                                                          |                                                                      |                                                                    |
| 08:30 AM TO 10:00 AM                     | STREAM        | NUTRITION                                                                                 | REHAB/CORRECTIVE EXERCISE                               | MEDICAL FITNESS                                                                     | STRENGTH & CONDITIONING                                                  | PILATES                                                              | STRENGTH & CONDITIONING                                            |
|                                          | SESSION TITLE | FLEXIBLE VS A FIXED NUTRITION APPROACH – A COMPARISON FOR BETTER RESULTS                  | CORRECTIVE STRATEGIES FOR THE KNEE                      | HOW TO CREATE A CORE RECOVERY FRAMEWORK THAT ACTUALLY WORKS FOR MUMS                | OLYMPIC WEIGHTLIFTING FOR ATHLETES                                       | ATHLETIC EDGE: DYNAMIC REFORMER FLOWS                                | BALLISTIC BLUEPRINT: MASTERING JUMPS, THROWS & EXPLOSIVE ACTIONS   |
|                                          | Presenter     | Benjamin Siong                                                                            | Rick Richey                                             | Gemma Ovens                                                                         | Johnny Nemer                                                             | Maghan Fittler                                                       | Hussein Abdeldayem                                                 |
| 15 MIN BREAK                             |               | Session Type                                                                              | Theory                                                  | Theory & Practical                                                                  | Practical                                                                | Theory & Practical                                                   | Practical                                                          |
| 10:15 AM TO 11:45 AM                     | STREAM        | NUTRITION                                                                                 | REHAB/CORRECTIVE EXERCISE                               | LONGEVITY/BIOHACKING                                                                | MEDICAL FITNESS                                                          | PILATES                                                              | FUNCTIONAL TRAINING                                                |
|                                          | SESSION TITLE | GUT HEALTH, DIGESTION & INFLAMMATION                                                      | CORRECTIVE STRATEGIES FOR THE THORACIC SPINE & SHOULDER | THE CORTISOL CURVE: STRESS, SLEEP, AND WHY YOUR CLIENTS AREN'T PROGRESSING          | COMPRESSION FLOSS THERAPY WITH ROCKFLOSS                                 | BEYOND THE BASICS: MASTERING ADVANCED                                | HYROX PERFORMANCE PILLAR: STRENGTH                                 |
|                                          | Presenter     | Shane Seery & Marina Pavlenko                                                             | Rick Richey                                             | Gayu Lewis                                                                          | Steve Capobianco                                                         | Elena Paraschiv                                                      | Ralf Iwan                                                          |
| 15 MIN BREAK                             |               | Session Type                                                                              | Theory & Practical                                      | Theory                                                                              | Theory & Practical                                                       | Theory & Practical                                                   | Theory & Practical                                                 |
| 12:00 PM TO 01:30 PM                     | STREAM        | MEDICAL FITNESS                                                                           | NUTRITION                                               | FUNCTIONAL TRAINING                                                                 | MEDICAL FITNESS                                                          | PILATES                                                              | LONGEVITY/BIOHACKING                                               |
|                                          | SESSION TITLE | TURNING PAIN INTO PROGRESS: A TRAINER'S GUIDE TO UNDERSTANDING FIBROMYALGIA               | TRUTH OVER TRENDS. THE MODERN DAY NUTRITION COACH.      | DISCOVER THE POWER OF THE TURKISH GET-UP                                            | ADVANCED KINESIOLOGY TAPING: MASTERING PERFORMANCE TWEAK TAPING CONCEPTS | UNLEASH YOUR INNER CHOREOGRAPHER: CREATIVE PILATES ON MAT & REFORMER | BEYOND NATURAL WHAT THEY DON'T TEACH YOU ABOUT PEDS                |
|                                          | Presenter     | Mais Jawhari                                                                              | Liam Holmes                                             | Marlon Villanueva                                                                   | Steve Capobianco                                                         | Maghan Fittler                                                       | Jackson                                                            |
| 01:30 PM                                 |               | Session Type                                                                              | Theory                                                  | Practical                                                                           | Theory & Practical                                                       | Theory & Practical                                                   | Theory                                                             |
| 1 HOUR LUNCH BREAK Sponsored by QOOAH.AE |               |                                                                                           |                                                         |                                                                                     |                                                                          |                                                                      |                                                                    |
| 02:30 PM TO 04:00 PM                     | STREAM        | MINDSET/BUSINESS                                                                          | LONGEVITY/BIOHACKING                                    | FUNCTIONAL TRAINING                                                                 | MEDICAL FITNESS                                                          | PILATES                                                              | STRENGTH & CONDITIONING                                            |
|                                          | SESSION TITLE | FROM INVISIBLE TO IN-DEMAND: HOW GREAT COACHES GET SEEN, UNDERSTOOD & FULLY BOOKED ONLINE | THE SUPPLEMENT TRAP: WHAT WORKS & WHAT'S JUST MARKETING | KETTLEFLOWYOGA™: ROOTED IN STRENGTH. FLUID IN MOTION. FUNCTIONAL FITNESS REIMAGINED | VIBRATION THERAPY WITH ROCKPODS VIBE AND ROCKWAVE PRO                    | TRAIN LIKE A WOMAN: WHERE STRENGTH TRAINING AND PILATES ALIGN        | POWER PLAY: FROM GYM GAINS TO GAME SPEED WITH THE RMT CLUB         |
|                                          | Presenter     | Mark Coles                                                                                | Erika Paule                                             | Mona Bitar & An-see Yeoh                                                            | Steve Capobianco                                                         | Yousra Shaher                                                        | Remi Vanecht                                                       |
| 15 MIN BREAK                             |               | Session Type                                                                              | Theory                                                  | Practical                                                                           | Theory & Practical                                                       | Practical                                                            | Practical                                                          |
| 04:15 PM TO 05:45 PM                     | STREAM        | REHAB/CORRECTIVE EXERCISE                                                                 | HYPERTHROPHY                                            | NUTRITION                                                                           | FUNCTIONAL TRAINING                                                      | MINDSET/BUSINESS                                                     | STRENGTH & CONDITIONING                                            |
|                                          | SESSION TITLE | TRAINING THROUGH PAIN: LOAD MANAGEMENT VS AVOIDANCE                                       | PROGRAMMING SPLITS – WHAT GIVES THE BEST RESULTS?       | MUSHROOMS UNLEASHED: ELEVATING ATHLETIC ENDURANCE & RECOVERY                        | HYROX PERFORMANCE PILLAR: ENDURANCE                                      | THE PILATES BUSINESS BLUEPRINT: GROWTH & BRAND BUILDING              | SPEED SCIENCE: SPRINTING, CHANGE OF DIRECTION & REACTIVE QUICKNESS |
|                                          | Presenter     | Rick Richey                                                                               | Benjamin Siong                                          | Romina Melwani                                                                      | Ralf Iwan                                                                | Pilates Experts Panel                                                | Hussein Abdeldayem                                                 |
| 05:45 PM                                 |               | Session Type                                                                              | Theory & Practical                                      | Theory                                                                              | Theory & Practical                                                       | Theory                                                               | Practical                                                          |

# THE MEFIT MOVEMENT

COMMUNITY FITNESS CLASSES

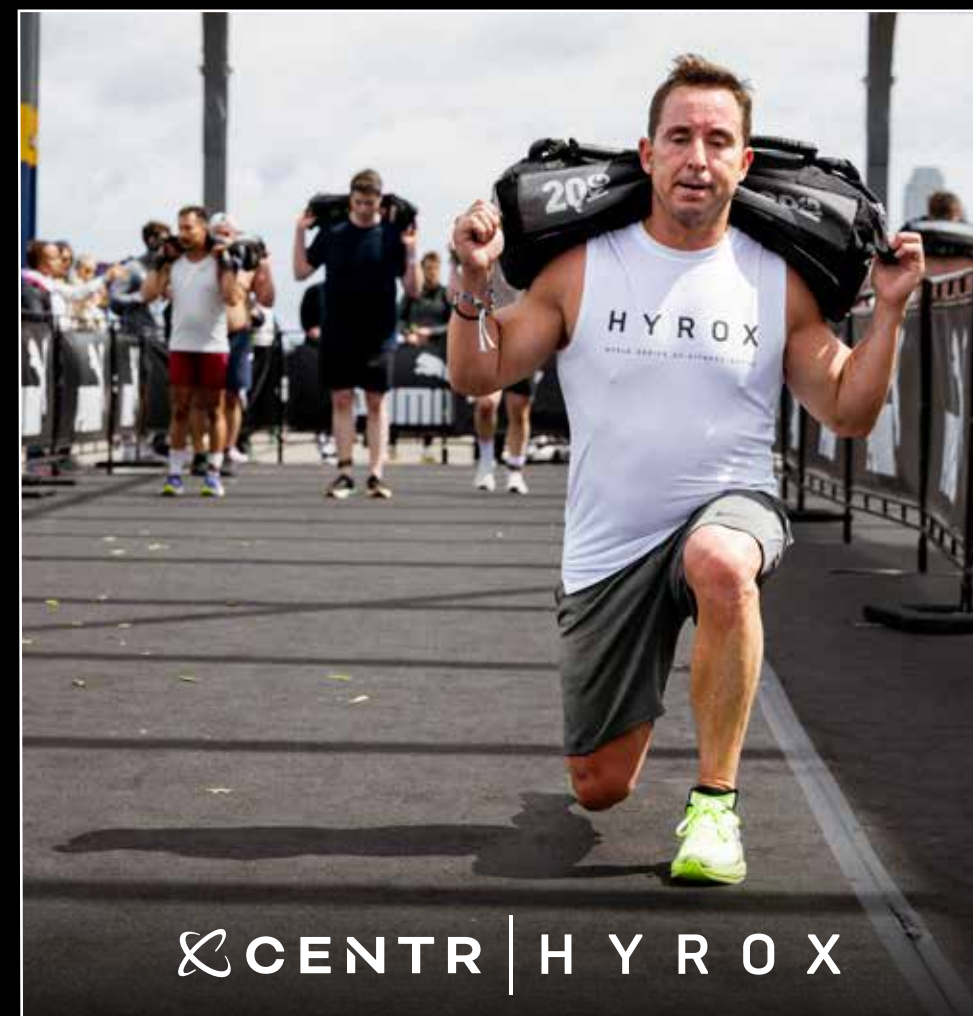
## RUNNING - PILATES - YOGA & BREATHWORK - HYROX



TAVI

### YOGA & BREATHWORK AT THE MEFIT SUMMIT

10th OCT | 7 - 8 AM & 6 - 7 PM  
11th OCT | 7 - 8 AM



CENTR | HYROX

### EXPERIENCE HYROX AT THE MEFIT SUMMIT

10th OCT | 7 - 8 AM & 6 - 7 PM  
11th OCT | 7 - 8 AM



MARCHON

### RUN ON THE PALM AT THE MEFIT SUMMIT

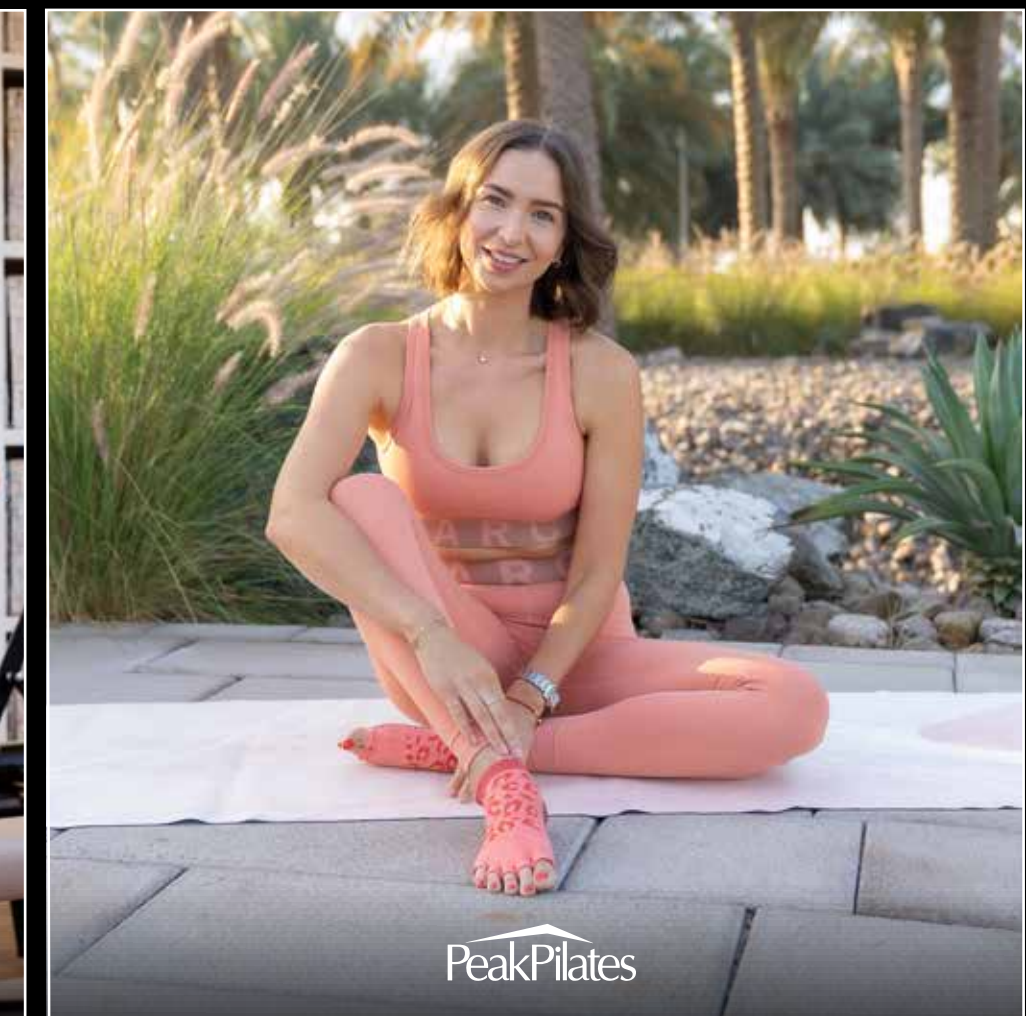
10th OCT | 7 - 8 AM  
11th OCT | 7 - 8 AM



AK PILATES pilates PROJECT PeakPilates

### PILATES FOR EVERYBODY AT THE MEFIT SUMMIT

10th OCT | 7 - 8 AM  
11th OCT | 7 - 8 AM



PeakPilates

### PILATES FOR EVERYBODY AT THE MEFIT SUMMIT

10th OCT | 6 - 7 PM

## FREE REGISTRATION

MARRIOTT RESORT PALM JUMEIRAH, DUBAI, UAE



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مؤسسة الجليلة  
Al Jalila Foundation





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# THANK YOU

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**BEST FITNESS  
EDUCATION SUMMIT  
IN THE MIDDLE EAST**



**FITNESS EVENT  
OF THE YEAR 2023**

