



Promoter & Vendor Set Up 7:00AM-8:30am	<h1>AGENDA</h1>					
8:00AM-9:00AM	Registration & Check-ins					Break Room - Judges & Chairman Breakfast & Debriefing
9:00AM-9:45AM	WELCOME EVERYONE, NPC NEWS UPDATES/ ANNOUNCEMENTS - AUDITORIUM					
	Room 1	Room 2	Room 3	Room 4	Room 5	Room 6
10:00AM-11:30AM	1st timers: What to know before your show (all divisions, all age groups, includes posing for 1st timers)	Mind Prep	Fit at Any Age	Stage Presence (male & female) - female hair & make up, suits, male grooming, suits & tanning	Getting Started in the Gym - Vince Crawford & Olivia Terry	
11:45AM - 12:30PM		Leveraging Social Media for Brand Growth	Competing as a Masters Athlete - First time national show, First time pro show, etc...		Transform Your Body/ Train For A Show	
12:30PM-1PM	LUNCH BREAK/ VENDOR VISITS					LUNCH FOR PRESENTERS , IFBB PROS
1:15PM-2:00PM	Compete NPC Natural	Living Healthy & Strong	Motivation Comes From Within	Cost to Compete	Powerlifting	I.A.F.S. Personal Training Certification - 8x Mr Olympia Lee Haney, FEE \$100 - 
2:15PM-3:45PM	Posing with the Pro's + Q & A - Men's Physique -	Posing with the Pro's + Q & A - Men's Bodybuilding -	Posing with the Pro's + Q & A Wellness, Figure	Fitness & Fashion	Strongman 	Posing with the Pro's + Q & A - Fitness (meet in Lobby at 2pm)
4:00PM-5:15PM	Posing with the Pro's + Q & A - Bikini -	Posing with the Pro's + Q & A - Classic Physique -	Posing with the Pro's + Q & A - Women's Bodybuilding & Women's Physique	Creating a Fitness Plan for YOU: Yoga, Core Strength, Functional Training & more	Martial Arts	