












NPC Conference & Health & Fitness Expo Agenda

February 15, 2025

7:00 AM	Promoter & Vendor Setup (7:00am - 8:30am)										
8:30 AM	Registration & Check-Ins (8am - 9am)					Green Room: Breakfast for IFBB Pros & Presenters					
9:00 AM	WELCOME EVERYONE										
9:30 AM	NPC NEWS UPDATES/ ANNOUNCEMENTS - AUDITORIUM										
9:45 AM	9:00am - 9:45am										
	AUDITORIUM	ORCHESTRA	BAND	CHORUS	FORBES ROOM	CLASSROOM					
10:00 AM	 Stage Presence (female) - female hair, makeup, suits & tanning	1st timers: What to know before your show (all divisions, including the NEW FIT MODEL division, all age groups, includes posing for 1st timers)	Mind Prep	Fit at Any Age	Stage Presence (men) - grooming, hair, beards, tanning & posing trunks						
10:30 AM											
11:00 AM											
11:30 AM											
11:45 AM					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	 Mandatory Georgia Promoters Meeting			
12:00 PM											
12:30 PM											
Lunch Break / Vendor Visits (12:30pm - 1pm)					Green Room: Lunch for IFBB Pros & Presenters						
1:15 PM	 Compete NPC Natural	Living Healthy & Strong	Motivation Comes from Within	 Unchained Cost to Compete	 I.A.F.S. Personal Training Certification - 8x Mr. Olympia Lee Haney - FEE \$100 Register Now	 Presents:  Powerlifting - Maximize Your Strength: Techniques to take your lifts to the next level					
1:30 PM											
2:00 PM											
2:15 PM	 Fitness, Fashion, and Fit Model	Posing with the Pro's + Q & A	Posing with the Pro's + Q & A	Posing with the Pro's + Q & A	 The Strongman Experience	Posing with the Pro's + Q & A					
2:30 PM		Wellness & Figure	Men's Physique	Men's Bodybuilding		Fitness					
3:00 PM											
3:30 PM											
3:45 PM							(Meet in Lobby at 2pm)				
4:00 PM	Posing with the Pro's + Q & A	 Creating a Fitness Plan for YOU: Yoga, Core Strength, Functional Training & more	Posing with the Pro's + Q & A	 Martial Arts - Increase your mobility, Improve mental physical agility & dexterity, get fit while having fun!	Posing with the Pro's + Q & A						
4:30 PM	Bikini		Classic Physique		Women's Bodybuilding & Women's Physique						
5:00 PM											
5:15 PM											