


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)					Break Room: Judges & Chairman Breakfast & Debriefing					
9:00 AM	WELCOME EVERYONE									
9:30 AM	NPC NEWS UPDATES/ ANNOUNCEMENTS - AUDITORIUM									
9:45 AM	9:00am - 9:45am									
	Room 1	Room 2	Room 3	Room 4	Room 5	Room 6				
10:00 AM	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 (male & female) - female hair & make up, suits, male grooming, suits & tanning	Getting Started in the Gym - Vince Crawford & Olivia Terry					
10:30 AM										
11:00 AM										
11:30 AM										
11:45 AM										
12:00 PM		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					
12:30 PM										
Lunch Break / Vendor Visits (12:30pm - 1pm)					Lunch for Presenters & IFBB Pros					
1:15 PM	Compete NPC Natural	Living Healthy & Strong	Motivation Comes from Within	 Cost to Compete	 Presents:  Powerlifting - Maximize Your Strength: Techniques to take your lifts to the next level	 I.A.F.S. Personal Training Certification - 8x Mr. Olympia Lee Haney - FEE \$100				
1:30 PM										
2:00 PM										
2:15 PM	Posing with the Pro's + Q & A	Posing with the Pro's + Q & A	Posing with the Pro's + Q & A	 Fitness, Fashion, and Fit Model	 The Strongman Experience	Posing with the Pro's + Q & A Fitness (Meet in Lobby at 2pm)				
2:30 PM	Men's Physique	Men's Bodybuilding	Wellness & Figure							
3:00 PM										
3:30 PM										
3:45 PM										
4:00 PM	Posing with the Pro's + Q & A	Posing with the Pro's + Q & A	Posing with the Pro's + Q & A	Creating a Fitness Plan for YOU: Yoga, Core Strength, Functional Training & more	 Martial Arts - Increase your mobility, Improve mental physical agility & dexterity, get fit while having fun!					
4:30 PM	Bikini	Classic Physique	Women's Bodybuilding & Women's Physique							
5:00 PM										
5:15 PM										