



# CREATE YOUR SUMMIT EXPERIENCE

How to  
select your  
Workshops,  
Workouts, and  
Other Extras in  
**3 EASY  
STEPS!**

GENERAL TRACK SELECTION REGISTRATION OPENS  
 **MONDAY, JUNE 15TH** 

For more info download the Summit app!

# Follow these steps to make sure you get the most out of Summit 2015!

## STEP 1

### CHOOSE YOUR BLUE OR SILVER TRACK

25,000+ Team Beachbody Coaches are Nashville-bound for Summit 2015. That's quite the crowd, so to accommodate everybody during the Workshops and General Sessions, we created a track system. All 8 tracks offer the same content, so choose one to ensure your Summit 2015 experience is a success!

## STEP 2

### CHOOSE YOUR WORKOUT

Want to go EXTREME with Autumn? Bring It with Tony? Dig Deep with Shaun? Beast up with Sagi? Define Yourself with Chalene? Due to the large crowds this year, you MUST pre-register for ALL Celebrity Trainer workouts.

## STEP 3

### CHOOSE YOUR EXTRAS

To enhance your Summit experience, pre-purchase delicious boxed lunches, handy shuttle passes, and more during preregistration.

# STEP 1

## CHOOSE YOUR BLUE OR SILVER TRACK

Here's how to choose your Track:

1. Determine which Track you'd like to follow—**BLUE TRACK** or **SILVER TRACK**.
2. Pick your desired Workshop room (Hall B, Hall C, Hall D, or Grand Ballroom).  
All Workshop rooms and Coach Presenters will provide the same content for both tracks—the only difference will be the presenter.

**BLUE TRACK:** Attends General Sessions from 9:30 AM–12:30 PM, Workshops in the Music City Center in the afternoon.

BLUE TRACK — HALL B		
DATE/TIME	WORKSHOP	PRESENTERS
Fri. 7/17 2:00 PM	From Invitation to Transformation: Creating Challenge Groups that Work	Alli Upham & Brittany LeGette Shumard
Fri. 7/17 3:00 PM	Creating High-Performance Coaches	Mindy Wender & Chris Reed
Fri. 7/17 4:00 PM	How to be a Top Performing Leader	Brigitte Linford & Stephanie Chico
Sat. 7/18 2:00 PM	Shakeology: Creating Value and Long-Term Loyalty – Feat. Darin Olien	Barbie Decker & Raina O'Dell
Sat. 7/18 3:00 PM	Shifting the Mindset: From Hobby to Career	Michelle Myers & Emma Whaley
Sat. 7/18 4:00 PM	Leveraging the Power of YOUR Story	Tarah Carr & Leslie Kortez

BLUE TRACK — HALL C		
DATE/TIME	WORKSHOP	PRESENTERS
Fri. 7/17 2:00 PM	Shifting the Mindset: From Hobby to Career	Miguel Carrasco & Lori Stuart
Fri. 7/17 3:00 PM	Leveraging the Power of YOUR Story	Danielle Natoni & Katy Ursta
Fri. 7/17 4:00 PM	Shakeology: Creating Value and Long-Term Loyalty – Feat. Darin Olien	Melissa McAllister & Meghan Wiczynski
Sat. 7/18 2:00 PM	Creating High-Performance Coaches	Scottie Hobbs & Saudi Almonte
Sat. 7/18 3:00 PM	How to be a Top Performing Leader	Vito La Fata & Elizabeth Hartke
Sat. 7/18 4:00 PM	From Invitation to Transformation: Creating Challenge Groups that Work	Lauren Duke & KC Ziegler

(ASL, Spanish, and French Translation Provided in HALL B only)

BLUE TRACK — HALL D		
DATE/TIME	WORKSHOP	PRESENTERS
Fri. 7/17 2:00 PM	Shakeology: Creating Value and Long-Term Loyalty – Feat. Darin Olien	Melissa McAllister & Meghan Wiczynski
Fri. 7/17 3:00 PM	Shifting the Mindset: From Hobby to Career	Miguel Carrasco & Lori Stuart
Fri. 7/17 4:00 PM	Leveraging the Power of YOUR Story	Danielle Natoni & Katy Ursta
Sat. 7/18 2:00 PM	From Invitation to Transformation: Creating Challenge Groups that Work	Lauren Duke & KC Ziegler
Sat. 7/18 3:00 PM	Creating High-Performance Coaches	Scottie Hobbs & Saudi Almonte
Sat. 7/18 4:00 PM	How to be a Top Performing Leader	Vito La Fata & Elizabeth Hartke

BLUE TRACK — GRAND BALLROOM		
DATE/TIME	WORKSHOP	PRESENTERS
Fri. 7/17 2:00 PM	Creating High-Performance Coaches	Mindy Wender & Chris Reed
Fri. 7/17 3:00 PM	How to be a Top Performing Leader	Brigitte Linford & Stephanie Chico
Fri. 7/17 4:00 PM	From Invitation to Transformation: Creating Challenge Groups that Work	Alli Upham & Brittany LeGette Shumard
Sat. 7/18 2:00 PM	Shifting the Mindset: From Hobby to Career	Michelle Myers & Emma Whaley
Sat. 7/18 3:00 PM	Leveraging the Power of YOUR Story	Tarah Carr & Leslie Kortez
Sat. 7/18 4:00 PM	Shakeology: Creating Value and Long-Term Loyalty – Feat. Darin Olien	Barbie Decker & Raina O'Dell

Turn page for Silver Track 

# STEP 1

## CHOOSE YOUR BLUE OR SILVER TRACK

(Continued)

**SILVER TRACK:** Attends Workshops in the Music City Center in the mornings, General Sessions from 2:00 PM–5:00 PM.

SILVER TRACK — HALL B		
DATE/TIME	WORKSHOP	PRESENTERS
Fri. 7/17 9:30 AM	From Invitation to Transformation: Creating Challenge Groups that Work	Heather Foltz & Niki Whiting
Fri. 7/17 10:30 AM	Creating High-Performance Coaches	Julie Voris & Anita Miron
Fri. 7/17 11:30 AM	How to be a Top Performing Leader	Tina Gray & Andrea Crowder
Sat. 7/18 9:30 AM	Shakeology: Creating Value and Long-Term Loyalty – Feat. Darin Olien	Seay Stanford & Alyssa Schomaker
Sat. 7/18 10:30 AM	Shifting the Mindset: From Hobby to Career	Traci Morrow & Sommer Tucker
Sat. 7/18 11:30 AM	Leveraging the Power of YOUR Story	Amy Silverman & Megan Ewoldsen

SILVER TRACK — HALL C		
DATE/TIME	WORKSHOP	PRESENTERS
Fri. 7/17 9:30 AM	Shifting the Mindset: From Hobby to Career	Becky Brossett & Micah Folsom
Fri. 7/17 10:30 AM	Leveraging the Power of YOUR Story	Monica Ward & Carly Del Carlo
Fri. 7/17 11:30 AM	Shakeology: Creating Value and Long-Term Loyalty – Feat. Darin Olien	Bob Lucido & Emilie Robidas
Sat. 7/18 9:30 AM	Creating High-Performance Coaches	Hillary Kelly Plauche & Kristina Sullins
Sat. 7/18 10:30 AM	How to be a Top Performing Leader	Kristina Delgado & Karri LeGault
Sat. 7/18 11:30 AM	From Invitation to Transformation: Creating Challenge Groups that Work	Brandi Botts & Stephanie Davies

SILVER TRACK — HALL D		
DATE/TIME	WORKSHOP	PRESENTERS
Fri. 7/17 9:30 AM	Shakeology: Creating Value and Long-Term Loyalty – Feat. Darin Olien	Bob Lucido & Emilie Robidas
Fri. 7/17 10:30 AM	Shifting the Mindset: From Hobby to Career	Becky Brossett & Micah Folsom
Fri. 7/17 11:30 AM	Leveraging the Power of YOUR Story	Monica Ward & Carly Del Carlo
Sat. 7/18 9:30 AM	From Invitation to Transformation: Creating Challenge Groups that Work	Brandi Botts & Stephanie Davies
Sat. 7/18 10:30 AM	Creating High-Performance Coaches	Hillary Kelly Plauche & Kristina Sullins
Sat. 7/18 11:30 AM	How to be a Top Performing Leader	Kristina Delgado & Karri LeGault

SILVER TRACK — GRAND BALLROOM		
DATE/TIME	WORKSHOP	PRESENTERS
Fri. 7/17 9:30 AM	Creating High-Performance Coaches	Julie Voris & Anita Miron
Fri. 7/17 10:30 AM	How to be a Top Performing Leader	Trina Gray & Andrea Crowder
Fri. 7/17 11:30 AM	From Invitation to Transformation: Creating Challenge Groups that Work	Heather Foltz & Niki Whiting
Sat. 7/18 9:30 AM	Shifting the Mindset: From Hobby to Career	Traci Morrow & Sommer Tucker
Sat. 7/18 10:30 AM	Leveraging the Power of YOUR Story	Amy Silverman & Megan Ewoldsen
Sat. 7/18 11:30 AM	Shakeology: Creating Value and Long-Term Loyalty – Feat. Darin Olien	Seay Stanford & Alyssa Schomaker

# STEP 2

## CHOOSE YOUR WORKOUTS

Remember, you **MUST** pre-register for all **Celebrity Trainer** workouts!

Here's how to pre-register and save your spot:\*

1. Choose which workouts you would like to attend.

You can choose **ONE** on Thursday and **ONE** on Friday.

2. If your desired workout is full, you must choose from the remaining options.

THURSDAY, JULY 16			
TIME	LOCATION	TRAINER	WORKOUT
2:00 PM	Gaylord Opryland Hotel, Gaylord Event Center	<b>Tony Horton</b>	P90 (Bring a mat or towel)
2:00 PM	Omni Hotel, Broadway Ballroom	<b>Sagi Kalev</b>	Beast Mode Total Body & Cardio (Bring a mat or towel)
2:00 PM	Music City Center, Grand Ballroom	<b>Chalene Johnson</b>	PiYo
2:00 PM	Music City Center, Hall D	<b>Shaun T</b>	INSANITY
2:00 PM	Music City Center, Hall B	<b>Autumn Calabrese</b>	21 Day Fix: Total Body Cardio
3:15 PM	Gaylord Opryland Hotel, Gaylord Event Center	<b>Tony Horton</b>	P90X3 (Bring a mat or towel)
3:15 PM	Omni Hotel, Broadway Ballroom	<b>Sagi Kalev</b>	Beast Mode Total Body & Cardio (Bring a mat or towel)
3:15 PM	Music City Center, Grand Ballroom	<b>Chalene Johnson</b>	PiYo
3:15 PM	Music City Center, Hall D	<b>Shaun T</b>	FOCUS T25
3:15 PM	Music City Center, Hall B	<b>Autumn Calabrese</b>	21 Day Fix EXTREME: Lower Body Extreme

FRIDAY, JULY 17			
TIME	LOCATION	TRAINER	WORKOUT
6:00 AM	Music City Center, Grand Ballroom	<b>Tony Horton</b>	P90X3: MMX
6:00 AM	Gaylord Opryland Hotel, Gaylord Event Center	<b>Sagi Kalev</b>	Beast Mode Total Body & Cardio (Bring a mat or towel)
6:00 AM	Music City Center, Hall B	<b>Chalene Johnson</b>	Turbo
6:00 AM	Music City Center, Hall D	<b>Shaun T</b>	CIZE
6:00 AM	Omni Hotel, Broadway Ballroom	<b>Autumn Calabrese</b>	21 Day Fix EXTREME: Cardio Fix (Bring a towel)
7:15 AM	Music City Center, Grand Ballroom	<b>Tony Horton</b>	Yoga (Bring a mat or towel)
7:15 AM	Gaylord Opryland Hotel, Gaylord Event Center	<b>Sagi Kalev</b>	Beast Mode Total Body & Cardio (Bring a mat or towel)
7:15 AM	Music City Center, Hall B	<b>Chalene Johnson</b>	Turbo
7:15 AM	Music City Center, Hall D	<b>Shaun T</b>	INSANITY MAX:30
7:15 AM	Omni Hotel, Broadway Ballroom	<b>Autumn Calabrese</b>	21 Day Fix EXTREME: Pliyo Extreme

Set your alarm for Saturday morning and join us from 6:00 AM–7:30 AM on Broadway for the

# SUPERWORKOUT

EVERYONE IS WELCOME—NO PREREGISTRATION NECESSARY.

\*Workouts are subject to change without notice. There will not be a waitlist for Celebrity Trainer workouts. Unfortunately, we cannot accommodate Celebrity Trainer workout transfers.

# STEP 3

## CHOOSE YOUR EXTRAS

Hitch a ride with us to and from select Coach Summit conference hotels and Music City Center. You can pre-purchase an all-weekend shuttle pass for \$10. The following Nashville hotels will offer shuttles every 10–15 minutes. All drop-offs and pick-ups on Friday and Saturday will take place in the 6th Avenue tunnel between Demonbreun and Korean Veterans Boulevard.

## HOTEL ROUTES & BOARDING LOCATIONS

### Route 1: RED

HOTEL	BOARDING LOCATION
Best Western Downtown	Walks to the Sheraton Main Entrance
Sheraton Downtown	Main Entrance, Corner of 7th
Hermitage Hotel	Walks to the Sheraton Main Entrance
Hotel Indigo	Walks to the Doubletree Hotel Main Entrance
Doubletree Downtown	Curbside Main Entrance on 4th Avenue
Courtyard Nashville Downtown	Across 4th Avenue @ corner of Church St.

### Route 2: BLUE

HOTEL	BOARDING LOCATION
Millennium Maxwell House	Main Entrance

### Route 3: YELLOW

HOTEL	BOARDING LOCATION
Fairfield Inn – the Gulch	Curbside on Division

### Route 4: GREEN

HOTEL	BOARDING LOCATION
Best Western Premiere	Clarion Main Entrance
Ramada Inn Stadium	Curbside on Interstate Drive

### Route 5: WHITE

HOTEL	BOARDING LOCATION
Aloft Hotel	Walk to the Hilton Garden Inn
Hutton Hotel	Main Entrance on West End
Hampton Inn West End	Curbside on Lyle Avenue
Courtyard by Marriott Vanderbilt	Curbside on Broadway
Home2Suites	Walk to the Hilton Garden Inn
Embassy Suites Vanderbilt	Curbside on Broadway

### Route 6: PURPLE

HOTEL	BOARDING LOCATION
Loews Vanderbilt	Curbside on West End Avenue
Homewood Suites Vanderbilt	Curbside on West End Avenue
Marriott Vanderbilt	Back Ballroom Entrance on Kensington St.
Holiday Inn Vanderbilt	Curbside on 28th Avenue
Hampton Inn Elliston Place	Curbside on 24th Avenue

### Route 7: ORANGE

HOTEL	BOARDING LOCATION
Gaylord Hotel	Presidential Portico

### Route 8: HOT PINK

HOTEL	BOARDING LOCATION
Hyatt Place	Side Entrance
Inn at Gaylord	Curbside on Music Valley Drive
Guest House	Curbside on Music Valley Drive

If you have a room reserved in your name at the Gaylord Hotel, you will be provided with two complimentary Shuttle Passes at Summit Registration. Any additional passes can be purchased for \$10 during the Summit Selection Registration, or on-site at the Gaylord Hotel.

## SHUTTLE SCHEDULE

### THURSDAY, JULY 16

#### LP FIELD SHUTTLE 5:00PM – 11:00PM

Continuous shuttle service between designated 2015 Coach Summit hotels and LP Field

#### MIDNIGHT MADNESS SHUTTLE 11:30PM – 12:30AM

Continuous shuttle service between designated 2015 Coach Summit hotels and Music City Center

### FRIDAY, JULY 17

#### MORNING WORKOUT SHUTTLE 5:00AM – 8:30AM

Continuous shuttle service between designated 2015 Coach Summit hotels and Music City Center

#### MUSIC CITY CENTER SHUTTLE 8:30AM – 5:30PM

Continuous shuttle service between designated 2015 Coach Summit hotels and Music City Center

#### QUALIFICATION EVENT & 2 STAR DIAMOND SHUTTLE 5:30PM – 11:30PM

Continuous shuttle service between designated 2015 Coach Summit hotels and Music City Center

### SATURDAY, JULY 18

#### SUPERWORKOUT SHUTTLE 4:30AM – 8:30AM

Shuttle service between designated 2015 Coach Summit hotels and Broadway

#### MUSIC CITY CENTER SHUTTLE 8:30AM – 5:30PM

Continuous shuttle service between designated 2015 Coach Summit hotels and Music City Center

#### CELEBRATION SHOW SHUTTLE 5:30PM – 11:00PM

Continuous shuttle service between designated 2015 Coach Summit hotels and LP Field

#### BLOCK PARTY SHUTTLE 11:30PM – 12:30AM

Continuous shuttle service between designated 2015 Coach Summit hotels and Music City Center

Please note that we are not providing shuttle service to the following hotels. But don't worry! They're within walking distance of Music City Center, so get outside and enjoy the incredible atmosphere of Downtown Nashville.

**Hampton Inn & Suites Downtown, Hilton Suites Downtown, Homewood Suites Downtown, Hyatt Place Downtown, Omni Hotel, Renaissance Hotel, Union Station, Holiday Inn Express Downtown**

# STEP 3

## CHOOSE YOUR EXTRAS

Review the following information if you want a healthy meal option, translation, or guest passes during your Summit stay!

### ASL, SPANISH, AND FRENCH TRANSLATION

We want ALL of our Coaches to enjoy the amazing presentations at Summit 2015! If you need ASL, Spanish, or French translation at our General Sessions and Workshops, here's what you need to do:

1. Choose **BLUE TRACK – HALL B**. This is the only room offering translations.\*
2. For Spanish and French Translation ONLY—Pre-register for a Translation Headset for a deposit of \$50. Return your headset in good condition at the end of Summit and your deposit will be refunded on Monday, July 20th.

\*If the BLUE TRACK—HALL B is full, please email [events@Beachbody.com](mailto:events@Beachbody.com) to request to be placed in the correct track.

### CHILDREN'S CELEBRATION GUEST PASSES

Want to bring your children to the Celebration Show on Saturday night? This year you can pre-purchase a Children's Guest Pass for \$10 so your little ones can join the fun!\*\*

\*\*Valid for children 3–17. Children 0–2 may attend free of charge. One pass per child. General Seating only—not valid in VIP or Reserved Seating Sections. Guests 18+ must purchase a full price ticket to attend any Summit event.

### BOX LUNCHES

For a convenient and healthy lunch option on Friday and Saturday, you can pre-purchase one of our tasty boxed lunches for \$17. Also, healthy, budget-friendly options will be available at the concession stands at Bridgestone Arena and LP Field.

#### TURKEY SANDWICH

Roasted Deli Turkey Breast,  
Sliced Local Tomato,  
Green Leaf Lettuce  
on Multigrain Wheat Roll,  
Baked Low Fat Chips,  
Fresh Apple,  
Bottled Water

#### MEDITERRANEAN SPINACH WRAP

Mediterranean-Style  
Grilled Market Vegetables,  
Roasted Sweet Summer  
Garlic Hummus Spread  
Baked Low Fat Chips,  
Fresh Apple,  
Bottled Water

#### SUMMER CHICKEN SALAD

Mixed Salad topped with  
Smoked Alderwood Chicken Breast,  
Cucumbers, Diced Tomatoes,  
Low-Fat Dressing,  
Fresh Apple,  
Cracker,  
Bottled Water

Box lunches will not be available for purchase on-site.

**Still have questions? FAQ 2940 has the answers.**  
**And don't forget to download the Summit 2015 app!**