



Engage with Fitness, Health & Wellness Experts On-site at Demo Day and on the Show Floor

Tuesday, Jan. 21, 2026

Demo Day

Health & Wellness Center Presented by
GFAA and MGI • Tee Box #7

10:00 AM – 10:30 AM

**The Future of Golf Performance:
How a 10-minute warmup can change the
everyday golfer**

Lauren McMillen - Yoga & Golf

10:45 AM – 11:15 AM

**The Future of Golf Performance by
GolfForever**

Nicole Hage and Jon Levy

11:30PM – 12:15 PM

**3D Functional Movement Coach & 3D
Functional Golf Coach Certification**

Rick Murphy, PGA

1:00 PM – 1:45 PM

**The LPGA Way: Building Better Lessons,
Stronger Relationships, and Happier
Golfers**

Christie Quinn (Moderator), Kelley Brooke
Joanne Foreman, Karen Palacios-Jansen
Kelly Stenzel ,Kuniko Tasahara Tischler

2:00 p.m. – 2:45 p.m.

**Built to Scale: How Peak Golf Institute
is Redefining Player Development and
Coach Growth**

Jason Meisch, Patrick McGuire, Lisa Deel,
McAulay Renfro

GFAA LUNCHEON

12:00 p.m. – 1:30 p.m.

Welcome

Rick Summers, Dr. Steven Lorick

12:15 p.m. – 1:00 p.m.

Panel Discussion Featuring:

Dr. Steven Lorick, Moderator; Dr. Greg
Rose; Dave Phillips, PGA; Jason Baile,
PGA

12:30 p.m. – 1:00 p.m.

Lunch

1:00 p.m. – 1:30 p.m.

Networking

GFAA Award Winners, PGA Instructors,
Fitness Professionals

2:00 PM – 2:30 PM

Mike Bender, Scott Shepard, Keith
Robertson

11:00 PM – 11:45 PM

**Swing Strong at Any Age: Movement
Strategies to Keep Your Golf Swing Feeling
Young**

Lauren McMillan

4:00 PM – 4:30 PM

**Howard University: Competing at the
Highest Level using Diversity in
Personal Training**

Sam Puryear

11:15 a.m. – 11:45 a.m.

The Coaching Code

Mark Blackburn

12:00 p.m. – 12:30 p.m.

**Effective Cueing Is the Client Retention
Tool You Need**

Kevin Duffy

1:00 p.m. – 1:45 p.m.

**Better Speed: Technology and Technique
for Faster Golfers**

Trevor Anderson, CSCS, Kyle Meadows

2:00 p.m. – 2:30 p.m.

**The Back Nine: Rewiring Speed –
Neuroplasticity, Motor Learning & Fast-
Twitch Training for Aging Golfers**

Mindi Boyson, Ron Gring

3:00 p.m. – 3:30 p.m.

**Maintaining the Older Golfer... It's the
Little Things**

John D'amico

4:00 p.m. – 4:30 p.m.

**Strength and Power Development for
Juniors**

Mike Wilson

4:30 p.m. – 5:00 p.m.

**USC Therapeutic Power of Golf - A Solution
to Health and Wellness in Society**

Dr. George Salem, Dr. Guarong "Garry" Cai

Wednesday, Jan. 22, 2026

PGA Show

Fitness & Instruction Stage Presented
by GFAA & TPI • Fitness Stage,
PGA Show Floor

9:15 a.m. – 9:45 a.m.

**The Moment the Ground Changed How
I Taught Movement: Low Point, Weight
Shift & Consistency — A Fitness
Perspective Using the CardioGolf® Fit
Wedge**

Karen Palacios Jansen, LPGA Master
Teaching Professional

10:00 a.m. – 10:45 a.m.

**Performance by Design: How
Customized Fitness Shapes Elite Golf**

Nicole Hage and Dr. Alison Curdt, PGA, LPGA

Thursday, Jan. 23, 2026

PGA Show

Fitness & Instruction Stage Presented by
GFAA & TPI • Fitness Stage,
PGA Show Floor

9:15 a.m. – 9:45 a.m.

**The New Standard: How Premier Private
Clubs Are Advancing Fitness, Wellness,
and Member Lifestyle**

Dr. Steven Lorick, Jane Flickinger, Michele
Meleski, Jake Duhon

10:00 a.m. – 11:00 a.m.

**Build to Scale: How PGI is Redefining
Player Development and Coach Growth.**

Jason Meisch, Patrick McGuire, Lisa Deel,
Dr. Justin Ham