



## Checklist for IDEA World Fitness Convention™ Attendees

- Print and bring my **Session Handouts** to the conference
- Registration confirmation / picture I.D.
- Printed copy of selected sessions
- Notepad & writing instruments
- Business cards for networking
- Refillable water bottle
- Yoga mat (for mind/body sessions)
- Sweatshirt (room temperatures may get cool)
- Snacks
- Cocktail attire for the IDEA World Fitness Celebration

**Please check-in at Attendee Registration for your wristband and convention materials. Registration and Expo Hall will be held at the San Diego Convention Center: 111 West Harbor Drive, San Diego, CA 92101**

### Registration Hours & Location: (Hall B Lobby)

Thursday, July 5	7:30am–8:00pm
Friday, July 6	6:00am–5:00pm
Saturday, July 7	6:30am–5:00pm
Sunday, July 8	6:30am–1:00pm

### IDEA Fitness & Wellness Expo Hall: (Halls B & C)

*Preview and test new products, check out the latest gear, equipment, programs and more.*

Thursday, July 5	5:00–8:00pm
Friday, July 6	12 Noon–5:00pm
Saturday, July 7	12:15–7:00pm— <i>Last chance to shop!</i>