



			A ASSESSMENTS, STRENGTH & CIRCUITS	B AGING, PROGRAMMING & AUTOMATION	
SATURDAY, JANUARY 23	SA1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Cardio Coach Movement Assesment Friend-Uhl	From Intimidation to Excitement: Training Active Agers Gilbert	
	SA2	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	Cueing, Coaching and Communicating McCormick	Let's FACE It Together™ Personal Trainers! Conti	
	SA3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Bodyweight Warrior Roselli	Strategies to Building a Loyal Client Base Ebeling (Lecture)	
	1 HOUR BREAK				
	SA4	2:25pm - 3:40pm EST 1:25pm - 2:40pm CST 11:25am - 12:40pm PST	Smart Strength for the Ageless Female Roberts	Automation For Personal Trainers Maurer (Lecture)	
	SA5	4:00pm- 5:15pm EST 3:00pm - 4:15pm CST 1:00pm - 2:15pm PST	Flex Your Own Way Leachman	Glute Training For Aesthetics Bryce (Lecture)	
	SA6	5:35pm - 6:50pm EST 4:35pm - 5:50pm CST 2:35pm - 3:50pm PST	Straight to the Core Robinson	Glute Training For Strength & Performance Bryce (Lecture)	
SUNDAY, JANUARY 24	SU1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Getting to the Core: Core Training Methods Mullins	Balance & Stability for Active Agers Gilbert	
	SU2	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	Become A Retention Rockstar Kim & Herson Garcia	The Mother Hood Maurer	
	SU3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Blast Your Glutes Roberts	Spirited Rockit	
	1 HOUR BREAK				
	SU4	2:25pm - 3:40pm EST 1:25pm - 2:40pm CST 11:25am - 12:40pm PST	Personal Training - The Female Core Roberts	How to Be Fluent in Exercise Language Christopher	
	SU5	4:00pm- 5:15pm EST 3:00pm - 4:15pm CST 1:00pm - 2:15pm PST	Making Cardio Fun Williams	Virtual Training for Personal Trainers Panel Kooperman, Roberts, Robinson, Maurer (Lecture)	
SU6	5:35pm - 6:50pm EST 4:35pm - 5:50pm CST 2:35pm - 3:50pm PST	Let's Get Unconventional Roselli	Butts & Gutts Thomson		

SCW

FUNCTIONAL TRAINING CERTIFICATION

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C COACHING, PERFORMANCE & MEDIA	D CORE, CORRECTIVE EXERCISE & FUNCTION [PRE-RECORDED]	
5 Fundamentals of Elite Personal Trainers Mullins (Lecture)	Training By the Numbers Gavigan	SA1
Virtual Crash Course Robinson (Lecture)	Female Training Model Parsons	SA2
Functionally Fit After 50 Hagan	Power Up! McCall	SA3
1 HOUR BREAK		
Don't Just Be A Trainer. Be A Coach Plamondon-Thomas (Lecture)	Coaching Core Stability McBee	SA4
Perfect Powerful PLYOMETRIC Performance! Twist (Lecture)	Kettlebell HIIT Supreme Roberts	SA5
Bodyweight Bootcamp: Principles Before Strategies Christopher	Coaching Not Training: Key Tips Comana	SA6
Maximize Your Session with Cluster Circuits Williams	Corrective Exercise: Female Core Osar	SU1
Welcome to the Jungle (Gym) Friend-Uhl	Training the Active Aging Female Client Roberts	SU2
Let's FACE It Together™ Special Populations Conti (Lecture)	Rotator Cuff - Corrective Exercises Osar	SU3
1 HOUR BREAK		
Transform Social Media Fans Into Paying Clients Plamondon-Thomas (Lecture)	Overcoming Plateaus Layne	SU4
Creative Compounds Gavigan	Total Body Core Training McCall	SU5
Small Group Training Profits & Programs Stevenson (Lecture)	Lower Extremity Movement Mechanics Comana	SU6

Certs + Sessions Schedule

