

JULY 27-28

WEDNESDAY JULY 27 PRE-CONVENTION EVENTS		UrbanKick® Instructor Certification 9:00am-5:00pm Barnard & Natsuki	U-Jam Instructor Certification 8:00am-5:00pm Ware	Barre Above™ Certification 10:00am-6:00pm Bender	SCW Personal Training Certification 9:00am-6:00pm Roberts	SCW Yoga I Certification 8:00am-5:30pm Velazquez		
THURSDAY JULY 28 PRE-CONVENTION EVENTS		SCW Group Exercise Certification 8:00am-5:00pm Lewis-McCormick	Zumba® Instructor Certification 8:00am-5:00pm Bullard		SCW Small Group Training Certification 9:00am-5:00pm Roberts	SCW Active Aging Certification 9:00am-5:00pm Biscontinini & O'Brien		
THURSDAY EVENING JULY 28 PRE-CONVENTION EVENTS		SCW Group Strength Certification 5:30pm-9:30pm Lewis-McCormick		SCW Pilates Matwork Certification 8:00am-5:00pm Appel	SCW Functional Flexibility & Fascia 5:30pm-9:30pm Bender	SCW Yoga II Certification 5:30pm-9:30pm Velazquez		SCW Training with Kettlebells Certification 9:00am-4:00pm McCall

FRIDAY, JULY 29

A BOOT CAMP & GROUP TRAINING	B HIIT & POWER	C DANCE & GROUP EX	D BARRE & SPECIALTY	E FUNCTIONAL TRAINING & STRENGTH	F MIND/BODY	G RECOVERY & AGING	H KETTLEBELLS & CIRCUIT TRAINING
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FR1 7:30am-9:00am	Ropes Unleashed: Power Meets Performance Nunez	Crazy Core and So Much More M. Mylrea	ZUMBA® Let it MOVE YOU! Bullard	Barre Advanced! Bender	Speedball Feinberg & Colenso-Semple	PLYOGA®: The Reverse Warrior Lauren	Balance Strategies for Older Adults Osar	Shockwave Thews, Crosby & Jennings
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EXPO OPEN 8:45am-2:30pm

FR2 10:00am-11:30am	SPRI® Athletic Performance Nunez	BOSU® Sport Kids M. Mylrea	LTS™: LeBARRE Vanderburg	Barre Elongate and Activate Bender	Crunch Live: Overdrive and Absolution Renfro & Opperman	Strength Training for Longevity & Vitality Kooperman	TriggerPoint™: Injury Prevention & Better Movement Riddick	Indo-Row: The Perfect Calorie Burn Thews & Crosby	
FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	Extreme Exercise Makeover M. Mylrea Session 2	Core Reborn Appel Session 1	LTS™: LeHIIT Vanderburg Session 1	U-Jam Fitness Ware Session 1	POUND® McVey Session 2	Shakti: The Experience Biscontinini Session 1	Doo-Wop Bop Westfall Session 2	Go Ballistic! Kettlebell & Medicine Balls Roberts - Session 1
FR4 2:15pm-3:45pm		Kick & HIIT - Kickboxing with Swagger Barnard & Natsuki	Renegade - Athletic Circuits Reinvented Jennings & Vanderburg	Get Centered - Dance, Tai Chi & Yoga Fusion Kolber	Barre Defined Appel	Psoas and Glutes Strategies Osar	Reformer On The Mat Bender	Balanced Body®: Run Your MOTR® Quest	Ultimate Workouts: Dumbbells & Kettlebells Lewis-McCormick
FR5 4:00pm-5:30pm	Battle with the Bands Nunez	Barbell Strength: Strong for Life, RIP® B. Dale & W. Dale	No Equipment No Problem Velazquez	Beyond Bands for Barre Appel	Find Your Beat with DrumFIT®! Shah	Spirited® Rockit	Next-Level Recovery Ferguson	Kettlebell: Beyond the Turkish Get-up McCall	

EXPO OPEN 5:15pm-6:45pm

FR6 EVENING SESSIONS 6:30pm-7:30pm	Tubing Training Redefined Ross	FITNESS IDOL CONTEST with Judges Kooperman, Appel, Bender, Biscontinini, Rockit				Drishti Beats: A Musical Yoga Journey Lowell		
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SA1 7:00am-8:30am	Strength Circuit Ramping Freytag	Kamagon® Total Body Conditioning Roberts	Soul Grooves® Harris	DrumFIT®: Exercise for Body & Brain! Shah	Dancer Body Breakthrough Jennings	Assume the Position Biscontinini	Training Older Clients with Osteoarthritis Osar	The One Weight Workout: Kettlebell McCall
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EXPO OPEN 8:15am-9:30am

KEYNOTE ADDRESS & AWARDS 9:30am-10:45am		Keynote Address: EXERCISE: THE MAGIC BULLET with Dr. Len Kravitz, PhD 9:30am-10:45am • Page 21						
SA2 11:00am-12:30pm	360 Training Drills Nunez	Tabata Bootcamp™: Express Workout M. Mylrea	Dancing For Joy 2016 Kolber	Primal Movement Comana	PLYOGA® - Your Body Is Power! Lauren	Yoga for the Young at Heart Kooperman	Next-Level Recovery Ferguson	Shockwave Thews, Crosby & Jennings

EXPO OPEN 12:15pm-3:30pm

SA3 SESSION 1 12:45pm-2:15pm	SA3 SESSION 2 1:30pm-3:00pm	Align and Define Appel Session 2	Fluid Strength M. Mylrea Session 1	U-Jam Live! Get Inspired Ware Session 1	Balanced Body: Power Barre Karley Session 2	LES MILLS GRIT® Cardio Evans Session 1	Transformation Begins Here: Uniting Yoga and Sport McLean Session 2	Chair Workout: Flexibility & Mobility Lewis-McCormick Session 2	Indo-Row®: Team Attack on Total Body Training Thews & Crosby Session 2
SA4 3:15pm-4:45pm	Female Formula: Battle It Out Freytag	BOSU® Beyond - Keys to Anti-Aging Quest & O'Brien	All Small Ball Appel	Barre Above: Choreography Overload Bender	CMT™ Sport Opperman	Steel Pilates Howard	TriggerPoint™: Hip and Shoulder Mobility Riddick	Kettlebell HIIT Supreme Roberts	
SA5 5:00pm-6:30pm	Move Free: Strands Ross	Total Body Core Training McCall	POUND®: Rockout - Workout McVey	PLYOGA® Flow Lauren	Balanced Body® Fit: Circuit Blast Quest	Athletes and Asanas Rockit	Relax & Restore Foam Roller Training Lewis-McCormick	Primal Playtime Comana	

CHARITY RAFFLE & EXPO OPEN 6:15pm-7:45pm

SA6 EVENING SESSIONS 7:30pm-8:30pm			Club Vibe Ponte & Schur			Introduction to Meditation Rockit		
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SUNDAY, JULY 31

SU1 7:00am-8:30am	Female Formula: Ballapalooza Freytag	BOSU® Dimensional Core Training Vanderburg	Soul Grooves® Harris		20x3 Howard	The Rotator Cuff: Corrective Exercises Osar	Balanced Body® Fit: Functional Fun Quest	
SU2 8:45am-10:15am	Roll, Restore, Recharge Ross	BOSU® 3D XTREME - Creative Circuit Thews & Quest	Speedball Core Feinberg & Colenso-Semple	 BALLET BARRE CERTIFICATION with Abbie Appel 8:00am-4:00pm Page 9	UrbanKick & H.I.I.T. Barnard & Natsuki	Tabata Yoga Howard	TriggerPoint™: Life after Foam Rolling Riddick	 PLYOGA® CERTIFICATION with Stephanie Lauren 8:00am-4:00pm Page 10
EXPO OPEN 10:00am-1:30pm								
SU3 11:15am-12:45pm	Body Weight Boot Camp M. Mylrea	LES MILLS BODYPUMP® Evans	Implementing Group Exercise for Active Aging Palfcan		Athletic Step Conditioning with POWER STEP W. Dale & McLean	Barefoot Strength and Endurance Howard	Balanced Body® MOTR®: Senior Power Quest	
SU4 1:00pm-2:30pm	Move Free: Foam Roller & Bar Freytag	Trifecta Fitness: HIIT - Cardio - Strength Velazquez	LTS™: Cool NEW Tools Vanderburg		Crunch Live: Weigh Hard Toning Horton	Be Yo-Ga: Forms and Flows Rockit	TriggerPoint™ Applied Techniques for Re-Gen Riddick	

SCW ATLANTA MANIA® *Schedule at a Glance*

SCW Aquatic Exercise Certification 8:00am-5:00pm Gilbert	Schwinn® Cycling Instructor Certification 7:00am-5:00pm Thews & Vanderburg	 In-Trinity Instructor Certification 8:00am-5:00pm Reilly	SCW Sports Nutrition Certification 9:00am-3:30pm Comana	 Moving to Happiness Instructor Training 9:00am-5:00pm Kolber	SCW Open Your Own Fitness Facility Certification 9:00am-5:00pm Conrad	BOSU® Complete Workout System Certification 8:00am-5:00pm Waite
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I AQUA (ACTIVITY)	J AQUA (LECTURE)	K SCHWINN® CYCLING	L MATRIX IN-TRINITY / MOI CYCLING	M NUTRITION LECTURE	N EXERCISE SCIENCE & NUTRITION LECTURE	O BUSINESS & MOTIVATION LECTURE	P SUSPENSION & CIRCUIT TRAINING	Q BOXMASTER®
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Aquatic Solutions For Active Aging Gilbert	Deep Water Dance Party Westfall	Schwinn®: Train Right 2 Ride Right Vanderburg	Introduction to IN-TRINITY® Reilly	The Moving to Happiness® Coaching Method Kolber	Agile to Starting: Understanding Strength McCall	Making More Money as a Fitness Professional Conrad	Bodhi Suspension: Suspension Meets Cardio Quest	
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EXPO OPEN 8:45am-2:30pm

Aqua Abs Kulp	Aqua ZUMBA®: Wet N Wild! Bullard	Schwinn®: Music Makeover - There's an App! Jennings	IN-TRINITY® Warrior Program Reilly	Metabolism, Fat, Abs, Butts and Thighs Comana	Sleep - The Required Fitness Component Allsop	Cream Rises: Promoting Trainer & Instructor Excellence Biscontini	BoxMaster® Circuit: Round 1 Friend-Uhl	
Aqua Hip And Funk! Velazquez Session 1	Aqua Circuit Bootcamp Lewis-McCormick Session 1	Schwinn®: The ABCs of Indoor Cycling Thews Session 1	Introduction to IN-TRINITY® Reilly Session 2	Stress & Chronic Disease H. Garcia & K. Garcia Session 1	Metabolism Makeover Digsby Session 2	2016-17 Trends In Fitness Programming & Training Kooperman - Session 2	Bodhi Suspension: Chisel Your Physique! Gonzalez Session 2	BoxMaster® Circuit: Round 2 - Sports Performance Friend-Uhl Session 1
Aqua Yoga Flow Warasila	Doo Wop Aqua Westfall	Schwinn®: It's All About The BASE Roberts	MOI Cycle: Interval J. Lowell & L. Lowell	What do I Eat? M. Mylrea & B. Mylrea	Group Exercise or Group Injury? H. Garcia & K. Garcia	Group Fitness Management & Promotional Strategies Howard	Bodhi Suspension System: Suspension Circuits Gonzalez	BoxMaster® Circuit: Round 3 - Warrior Training Friend-Uhl & McCall
		Schwinn®: Dynamic Duos Roberts, Thews, Jennings & Vanderburg	MOI Cycle: Endurance Goldfrid & Wertz	Debunking Common Myths in Nutrition Comana	Nutritional Needs During Menopause Layne	Exercise & Aging: Best Practice Programming Kooperman	Bodhi Suspension System: Focus On Flexibility Karley	

EXPO OPEN 5:15pm-6:45pm

		LES MILLS SPRINT® Workout Evans		State of the Industry: Trends for 2016 Lewis-McCormick, Howard, Nunez, Westfall				
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Suspended Aqua Core Westfall	Tab-Aqua Boot Camp Howard	Schwinn®: Teaching Tips from TED® Thews	IN-TRINITY® Warrior Program Reilly	Go Bones H. Garcia & K. Garcia	Fitness and Sleep Go Hand in Hand Allsop	The Perfection Detox® Kolber	Bodhi Suspension System: Pilates Meets Suspension Gonzalez	
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EXPO OPEN 8:15am-9:30am

H.E.A.T. Waves Henry	H2O Luscious Limbs Gilbert	Schwinn®: If You Build It, They WILL Come Vanderburg	Introduction to IN-TRINITY® Reilly	The 12 Truths of Fat Loss Kravitz	Meals & Musings Biscontini	Tidbits to Grow Your Business Bosley	Bodhi Suspension System: Suspension Circuits Gonzalez	BoxMaster® Circuit: Final Round - Fight Club Friend-Uhl & McCall

EXPO OPEN 12:15pm-3:30pm

Spirited Surf® Rockit Session 1	Aqua Zen Warasila Session 1	Schwinn®: Unapologetically Authentic Roberts - Session 1	IN-TRINITY® Warrior Program Reilly Session 1	Common Sense Nutrition Within Your Scope H. Garcia & K. Garcia Session 1	Supramaximal Eccentric Training Kravitz Session 2	Successful Business Strategies For Owners & Managers Kooperman Session 2	Bodhi Suspension System: Suspension Meets Cardio Quest Session 1	BoxMaster® Circuit: Round 1 Friend-Uhl Session 1
	WATERinMOTION® Platinum 4 Kooperman, Warasila, Velazquez, Henry, Kulp, Gilbert	Schwinn®: Coaches Survival Kit Jennings & Thews	MOI Cycle: Race Day Ride Wertz & J. Lowell	Diet Fads & Facts: Ending the Frustration Digsby	Living and Thriving With Cancer M. Mylrea & B. Mylrea	Financing Options For Your Business Bosley		BoxMaster® Circuit: Round 2 - Sports Performance Friend-Uhl & McCall
Anchor Down Henry	Barre-A-Cuda Basics: Aqua Ballet Barre Kulp	Schwinn®: Girl Power & the Schwinn Sisterhood Roberts, Thews & Vanderburg	MOI Cycle: Strength Ride Goldfrid & Wertz	The New Rules for Peak Nutrient Timing Kravitz	What's Really Making You Crazy Layne	Ebbs and Flows of Aqua Exercise: Panel Discussion Gilbert, Howard, Velazquez, Warasila, Westfall	Bodhi Suspension System: Dancing With The Ropes Karley	BoxMaster® Circuit: Round 3 - Warrior Training Friend-Uhl

CHARITY RAFFLE & EXPO OPEN 6:15pm-7:45pm

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 waterinmotion® WATERinMOTION® CERTIFICATION with Connie Warasila 8:00am-4:00pm	30 in 40 Biscontini	Schwinn®: Revolution Evolution M. Mylrea	 MOI CYCLE™ INSTRUCTOR CERTIFICATION LEVEL 1 with the MOI Cycle Team 8:00am-12:00pm	 SCW WEIGHT MANAGEMENT CERTIFICATION with Fabio Comana 8:00am-3:30pm	Solutions for Women, Hormones and Metabolism Kravitz	"No-Way!" Nutritional Nuggets Digsby	Bodhi Suspension System: Focus On Flexibility Karley	
	Aqua Block Party Layne	Schwinn®: The "HARD" Conversation Vanderburg			Best Body Countdown Digsby	Speed Mentoring Biscontini	Bodhi Suspension System: Pilates Meets Suspension Gonzalez	BoxMaster® Circuit: Final Round - Fight Club Friend-Uhl
	Go Deep Henry	Schwinn®: The Recovery RX Jennings			Hot Topics in Nutrition Layne	Opening Your Own Facility Conrad	Bodhi Suspension System: Chisel Your Physique! Gonzalez	BoxMaster® Circuit: Round 1 Friend-Uhl
	H2O Vertically Challenged Gilbert				50+ Females Layne	Essential Oils for Recovery and Recuperation Conrad		

EXPO OPEN 10:00am-1:30pm