1	WEDNESDAY MARCH 22 PRE-CONVENTION EVENTS	RCH 22		WE WE	E DAY TO LLNESS a & M. Mylrea 9am-6pm + Pg7			SCW Personal Training Certification Roberts 9:00am-6:00pm · Pg 7								
r	THURSDAY MARCH 23 PRE-CONVENTION EVENTS	SCW F.I.R.E. Fierce Interval Resistance Exercise Certification Roberts 11:00am-5:00pm Pg 8	Tabata GX Certification M. Mylrea 10:00am-5:00pm Pg 8	SCW Group Exercise Certification Lewis-McCormick 8:00am-5:00pm Pg 7		Zumba® Basic Skills Level 1 Instructor Training Smith 8:00am-5:00pm Pg 8	SCW Kettlebell Practical Certification McCall 1:00pm-5:00pm Pg 9	PILOXING® SSP Instructor Training Certification Ballard 8:00am-5:00pm Pg 8	SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg 8							
r	THURSDAY EVENING MARCH 23 PRE-CONVENTION EVENTS		Successful Bootcamp Business M. Mylrea & SGT Ken® 5:30pm-9:00pm Pg 8	SCW Group Strength Certification Lewis-McCormick 5:30pm-9:30pm Pg 7	Savvier Fitness Barre Above™ Murphy Madden & Zahnn 9:00am-5:00pm - Pg 9		SCW Core Training Specialist McCall 5:30pm-9:30pm Pg 9		SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg 8							
	CLICK HERE TO PRINT SCHEDULE	HIIT / GROUP TRAINING	BOOT CAMP / GROUP EX	PT / SMALL GROUP	D BARRE	DANCE	STRENGTH / SPECIALTY	G FUNCTIONAL TRAINING	MIND / BODY							
	FR1 7:30am-9:00am	Body Breakthrough Howard Pg 10	Barre Tricks Murphy Madden & M. Mylrea Pg 10	Mastering the Assessment McCall Pg 10	Barre Hop Wartenberg Pg 10	LaBlast® Shape: Dance Core Fitness Janco & Canuel Pg 10	Kangoo Dance Brokenborough Pg 10	Dynamic Flexibility for a 3D Life Velazquez Pg 10	Spirited® 2 Rockit Pg 10							
	•			EXPO OPEN	8:45am-2:30pm											
	FR2 10:00am-11:30am	Foolproof Fitness Consultation Fable Pg 10	Trifecta Fitness Velazquez Pg 11	Shoulder Mobilization & Stabilization Gonzalez Pg 11	Tabata Bootcamp™ - Weight Loss Challenge Murphy Madden Pg 11	BollyX® - The Bollywood Workout Higgins Pg 11	Indo-Row®: The Perfect Calorie Burn Thews & Roberts Pg 11	PLYOGA®: Your Body is Power Lauren Pg 11	KiPranJ™: The Flow Papi Pg 11							
	FR3 SESSION 1 11:45am-1:15pm FR3 SESSION 2 12:30pm-2:00pm	Les Mills BODYPUMP® Workout Schultz Session 2 Pg 12	Extreme Exercise Makeover M. Mylrea Session 1 Pg 12	Upper Extremity Movement Mechanics Comana Session 1 Pg 12	BarreFlow Taylor Session 2 Pg 13	Zumba® Let It MOVE YOU! Smith Session 2 Pg 13	Jungshin® Athletic Flow: Long Sword Kahn Session 2 Pg 13	Shockwave Thews, Scott & McLean Session 2 Pg 13	Pilates Resistance Appel Session 1 Pg 12							
	FR4 2:15pm-3:45pm	Mini Band Maniac Appel Pg 13		Little Tweaks for Big Results Roberts Pg 13	Barre Above: Lengthen, Strengthen and Inspire Murphy Madden & Haines Pg 13	LaBlast® Silk: Accessible Dance Fitness Janco & Canuel Pg 13	Spirited® Tune-Up: Toes to Nose Rockit Pg 13	POUND® Rockout Workout Opperman Pg 13	PLYOGA®: Flow Lauren Pg 14							
	FR5 4:00pm-5:30pm	Successful Group Personal Training Fable Pg 14	Operation Team Training SGT Ken® Pg 14	The Ultimate Light Kettlebell Workout Lewis-McCormick Pg 14	Barre Tab Wartenberg Pg 14	Muvz Sandoval & Holland Pg 14	FXP Hula Hoop®: Core Flow Benton Pg 14	PILOXING® SSP - Party Ballard Pg 14	Daanasana™ Yoga 360 Papi Pg 15							
_				EXPO OPEN	5:15pm-6:45pm				_							
	FR6 EVENING SESSIONS 6:30pm-7:30pm	FITNESS IDOL K	TNESS IDOL CONTEST ith Judges coperman, Rockit Roberts Pg 15			LaBlast® Line Dance van Amstel										
	SA1 7:00am-8:30am	Operation Shock and Awe™ SGT Ken® Pg 15		The Other 23 Hours B. Mylrea & M. Mylrea Pg 15	What the Tuck? Taylor Pg 18	Zumba® Cardio Blast Smith Pg 18	Grey Warriors: Long & Short Sword Kahn Pg 18	New Paradigm: Mobility Stability & Balance Roberts Pg 18	Daanasana™ Yoga Healthy Spine Papi Pg 18							
Г		Key	note Address:	EXPO OPEN	8:15am-9:30am		1	1								
	SA2 KEYNOTE & AWARDS 9:30am-10:45am		ting the Attitude f Gratitude de Lewis-McCormick n-10:45am Pg 18													
	SA3 11:00am-12:30pm	Comprehension and Creation Stahl Pg 18	Fluid Strength M. Mylrea Pg 19	Operation Craving Competition™ SGT Ken® Pg 19	PILOXING® Barre - Punch 'n' Plié Ballard Pg 19	LaBlast®: Fitness Powered by Dance Janco & Canuel Pg 19	Indo-Row®: Skills, Drills & Thrills Thews & Roberts Pg 19	POUND® Rockout Workout Opperman Pg 19	Extreme Tabata Yoga Howard Pg 19							
Г	CA4	Don't Step On It	Tabata Bootcamp™ -	No Equipment, No Problem	12:15pm-3:30pm	Magic In Dance Fitness	FXP Hula Hoop®:	Shockwave	KiPranJ™: Earth							
	SA4 SESSION 1 12:45pm-2:15pm SA4 SESSION 2 1:30pm-3:00pm	Howard Session 2 Pg 20	Express Workout M. Mylrea Session 2 Pg 21 Les Mills	Velazquez Session 1 Pg 20	Wartenberg Session 1 Pg 20	Sanders Session 1 Pg 20	Body Sculpt Benton Session 1 Pg 20	Thews, Scott & McLean Session 2 Pg 21	Elements Papi Session 2 Pg 21							
	SA5 3:15pm-4:45pm		BODYATTACK® Workout Schultz Pg 21	Operation Battle Ropes Beyond SGT Ken® Pg 21	Gliding Scales - Barre with Gliders Appel Pg 21	BollyX® LIT - The Bollywood Workout Higgins Pg 21 LaBlast® Silk:	Kangoo Power Brokenborough Pg 21	PLYOGA®: The Reverse Warrior Lauren Pg 22	Be Yo-Ga®: Forms & Flows Rockit Pg 21							
	SA6 5:00pm-6:30pm	Project Steel Stahl Pg 22	Ultimate Strength & Conditioning Workout Papi Pg 22	Functional Core Matrix Bracko Pg 22	Relax & Restore: Release & Mobilize Velazquez Pg 22	Accessible Dance Fitness Janco & Canuel Pg 22	Junghin Slice®: Long & Short Sword Kahn Pg 23	POUND® Rockout Workout Opperman Pg 23	Tai Chi 24 Yang Style Haan Pg 23							
			CHARII	Y RAFFLE & EX	PO OPEN 6:15pi	m-7:45pm										
	SA7 EVENING SESSION 7:30pm-8:30pm															
	SU1	ESP HIIT Circuits Lewis-McCormick	20x3 Howard	Dynamic Anatomy - Core/Upper Body McCall				FXP Hula Hoop®: Core Flow	Yin Yoga Gibson							
	7:00am-8:30am SU2	Pg 23 Core Hammer Gavigan Pg 24	Pg 24 HIIT ReMixx	Pg 23 Regular to Ripped: Body-Weight Training	S C W BARRE CERTIFICATION	Muvz Sandoval & Holland	PLYOGA® CERTIFICATION with Stephanie Lauren 8am-4pm • Pg 9	Benton Pg 24 PILOXING® Knockout - Total Body Challenge Ballard	Pg 24 Qi Gong for Every Body Haan							
		D. O.	Wartenberg Pg 24	Bracko Pg 24	with Abbie Appel 8am-4pm · Pg 9	Pg 24		Ballard Pg 24	Pg 25							
	8:45am-10:15am	Pg 24				EXPO OPEN 10:00am-1:30pm										
	8:45am-10:15am				10:00am-1:30pm											
		Introduction to PowerWave" Training Gavigan Pg 25 Foam Rolling: Recover, Rejuvenate & Revitalize	Kettlebell Express Roberts Pg 25	EXPO OPEN 1 Group Exercise or Group Injury? H. Garcia & K. Garcia Pg 26 Realign with Resistance Bands	10:00am-1:30pm	The Art Of Dance Fitness Sanders Pg 26 BollyX® - The Bollywood Workout	watei @ motion	Kangoo Dance Brokenborough Pg 26	Spirited Self-Care Rockit Pg 26							

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	Schwinn®: Indoor Cy Instructor Certificati Scott & Thews 7:00am-5:00pm Pg 7	cling	SCW Aquatic Certificat Howan 8:00am-5:0	tion Certif d Con 00pm 9:00am Pi	ts Nutrition ication nana -3:30pm g 8		В	odhi Suspension System Certification Gonzalez 9:00am-5:00pm Pg 8	
SCW Pilates Matwork Certification Appel 8:00am-5:00pm • Pg 7		SCW Active Ag Certification Rockit & O'Bri 9:00am-5:00pm •	en	Behaviora Worl Con	Il Coaching kshop nana :00pm Pg 8				
ACTIVE AGING / RECOVERY	SCHWINN® CYCLING	AQUA STARTS AT POOL	AQUA STARTS AT LECTURE	NUTRITION / HEALTH	EX. SCIENCE / LEADERSHIP	BUSINESS	SUSPENSION	BOXING / CIRCUIT	
Balanced Body: Pilates on MOTR® Valentin Pg 10	Schwinn®: How to WOW! Thews Pg 10	Aqua Stand Up® Vandendriessche Pg 10	Aqua for Active Aging O'Brien Pg 10	Common Sense Nutrition: Your Scope H. Garcia & K. Garcia Pg 10	Cueing, Coaching and Communicating Lewis-McCormick Pg 10	Build Your Best Business Strategies Quest Pg 10			FR1 7:30am-9:00am
				EXPO OPEN	8:45am-2:30pm				•
Sit + Stand = F.A.B. (Function and Balance) Pinkowski Pg 11	Schwinn®: There's an App for That Scott Pg 11	Splash-Splash Westfall Pg 11	LaBlast® Aqua SPLASH Janco & Canuel Pg 11	Dietary Diversity Layne Pg 11	Effective Teaching Techniques O'Brien Pg 11	Get Paying Members on Demand Arce Pg 12	Bodhi Suspension: Cardio Quest Pg 12	Introducing HIIT Mix By StairMaster Friend-Uhl Pg 12	FR2 10:00am-11:30am
Out with the Old O'Brien Session 2 Pg 13	Schwinn®: Unapologetically Authentic Roberts Session 1 Pg 12	Girls Just Wanna Have Fun Kooperman. Lewis-McCormick, Pinkowski & Wartenberg Session 1 Pg 12	Aqua Stand Up® Vandendriessche Session 1 Pg 12	Sneaky Strategies to Manage Weight Silverman Session 2 Pg 13	Calculated Results for Great Health H. Garcia & K. Garcia Session 2 Pg 13	Master Plan: Retention and New Members Howard Session 2 Pg 13	Bodhi Suspension: Focus on Flexbility Valentin Session 1 Pg 12	BoxMaster Circuit Round 1 Friend-Uhl & McCall Session 1 Pg 12	FR3 11:45am-1:15pm 12:30pm-2:00pm
Posture: The New Fountain of Youth Westfall Pg 14	Schwinn®: The "HARD" Conversation McLean Pg 14		WATERinMOTION® 29 Kooperman, Velazquez & Pinkowski Pg 14	Metabolic Training Adaptations Layne Pg 14	Building Blocks: Core Science & Training Comana Pg 14	7 Steps to Selling Pitts Pg 14	Bodhi Suspension: Circuits Quest Pg 14	Introducing HIIT Mix By StairMaster Friend-Uhl Pg 14	FR4 2:15pm-3:45pm
Active Aging: No Place Like Foam Kooperman Pg 15	Schwinn®: C3 Content, Connection & Charisma Scott & Thews Pg 15	Flo-Yo Pinkowski Pg 15	Aqua Soft Fitness Fusion Layne Pg 15	Sugar Shockers and Shakedown Silverman Pg 15	Recovery: The Forgotten Training Variable McCall Pg 15	Aging America: Opportunities Galore Scudder Pg 15	Bodhi Suspension: Pilates Valentin Pg 15		FR5 4:00pm-5:30pm
EXPO OPEN 5:15pm-6:45pm									
	Les Mills SPRINT™ Workout Schultz Pg 15			F E E	STATE OF THE II TRENDS FOR 20 Lewis-McCormick, Sc	NDUSTRY: FREE WINE & CHEESE! 17 udder, McCall & Pitts Pe 19			FR6 6:30pm-7:30pm
Active Aging Yoga: Chair & Mat Kooperman Pg 18	Schwinn®: Train Right Scott Pg 18	Paddles & Tethers & Bands, Oh My! Westfall Pg 18	Spirited Surf 2 Rockit Pg 18	Optimizing Outcomes Layne Pg 18	Breath Training and Technique Comana Pg 18	Generating & Selling PT Leads Pitts Pg 18	Bodhi Suspension: Cardio Quest Pg 18		SA1 7:00am-8:30am
	İ			EXPO OPEN	8:15am-9:30am	I I		Ĭ	
									SA2 9:30am-10:45am
Strength Training for Longevity & Vitality Kooperman Pg 19	Schwinn®: Teaching Tips from TED® Scott Pg 19	Poolates Gibson Pg 19	Aqua Stand Up® Vandendriessche Pg 19	Are All Calories Equal? Comana Pg 19	HIIT Extravaganza: 10 New Programs Kravitz Pg 19	Management Gems for Studios/Boutiques Scudder Pg 19	Bodhi Suspension: Pilates Valentin Pg 20	Introducing HIIT Mix By StairMaster Friend-Uhl Pg 20	SA3 11:00am-12:30pm
Dalamand Darks	1	A O lite			12:15pm-3:30pr		De dhi Comencieno	Davida star Circuit	
Balanced Body MOTR®: Agility + Core Roberts Session 2 Pg 21	Schwinn®: Hot Topics Appel Session 1 Pg 20	Aqua Quality Movement Pinkowski Session 1 Pg 20	Tabata Water Sports Martin Session 1 Pg 20	Toxic Dump: What's in Food Layne Session 1 Pg 20	The Female Training Advantage 2017 Kravitz Session 2 Pg 21	Successful Business Strategies: Owners & Managers Kooperman Session 2 Pg 21	Bodhi Suspension: Chisel Quest Session 2 Pg 21	BoxMaster Circuit Round 2 Friend-Uhl & McCall Session 1 Pg 20	\$A4 12:45pm-2:15pm 1:30pm-3:00pm
Flexibility + Performance = Wellness Howard Pg 22	Schwinn®: To Breathless & Back Scott Pg 22		WATERinMOTION® Platinum 8 Velazquez, Pinkowski, Kulp Pg 22	Go Bones H. Garcia & K. Garcia Pg 22	The Art of Cueing Motivation Sanders Pg 22	Key Legal Issues For Trainers Amoroso Pg 22	Bodhi Suspension: Focus on Flexbility Valentin Pg 22	Introducing HIIT Mix By StairMaster Friend-Uhl Pg 22	SA5 3:15pm-4:45pm
ThinkFit: Smart Multi-level Circuits Quest Pg 23	Schwinn®: Girl Power 2.0 Thews, Roberts & Appel Pg 23	Fluid Resistance Westfall Pg 23	Aqua Stand Up® Vandendriessche Pg 23	Living and Thriving with Cancer B. Mylrea & M. Mylrea Pg 23	Optimal Recovery for Recreational Athletes Lewis-McCormick Pg 23	How to Plan Your Presentation Watkis Pg 23			SA6 5:00pm-6:30pm
CHARITY RAFFLE & EXPO OPEN 6:15pm-7:45pm									
				Aqua Exerc Ebbs & Layne, Velazquez, H	Flows	FREE WINE & CHEESE!			SA7 7:30pm-8:30pm

Balanced Body®: Run Your MOTR® Quest Pg 24	un Your MOTR® All About the BASE Quest Roberts		Aqua Stand Up® Vandendriessche Pg 24	Transition to a Plant-Based Diet B. Mylrea & M. Mylrea Pg 24	Bedroom Secrets: Fitness & Sleep Bracko Pg 24	Protecting Your Fitness Brand Amoroso Pg 24	Bodhi Suspension: Pilates Valentin Pg 24	BOOT CAMP			
The Big Balance Theory Pinkowski Pg 25	Schwinn®: Build It & They'll Come McLean Pg 25	Waves on Fire: Active Agers Martin Pg 25	Atomic Aquatics Bretz Pg 25	Prenatal Fitness Review Hruska Pg 25	Everything Resistance Training Kravitz Pg 25	Business Trends & Benchmarks Scudder Pg 25	Bodhi Suspension: Chisel Quest Pg 25	INSTRUCTOR CERTIFICATION SGT KEN® 7am-4pm • Pg 9			
EXPO OPEN 10:00am-1:30pm											
ThinkFit: Smart Multi-level Circuits Quest Pg 26	Schwinn®: Pedal N Pulse M. Mylrea Pg 26	Poolates Gibson Pg 26	Level Up! Water Kulp Pg 26	Longevity Lab: Eats and Feats Silverman Pg 26	Ultimate Metabolic and Calorie-Burning Makeover Kravitz Pg 26	Profitable Public Speaking for Trainers Watkis Pg 26	Bodhi Suspension: Focus on Flexbility Valentin Pg 26	LABLAST® CERTIFICATION JANCO & CANUEL 8am-4pm Pg 9			
eative Programming for 55+ Wartenberg Pg 27		Aqua Stand Up® Vandendriessche Pg 27	Athletic Aquatics Bretz Pg 27	What's in your Food? Silverman Pg 27	The Modern Science of Longevity Kravitz Pg 27	Fitness Ain't Business As Usual Scudder Pg 27	PRACTICAL GUIDE TO PRACTICAL GUIDE TO With Melissa Layne • 9am 3:30pm • Pg 9				

reative Programm for 55+ Wartenberg Pg 27



SU1 7:00am-8:30am

SU2 8:45am-10:15am