FRIDAY, JULY 27

SESSION 1
11:45am-1:15pm

Functional Circuits for the Active Adult
MCCALL
PG 11

ZippyZen Barre
DICKSON-PROKOPCHAK
PG 11

High Fitness: Aerobics is Back!
JENSEN
PG 11

East Meets Western Techniques: Rollga®
BENEDICT
PG 11

TabataGX™ - Tabata...
M. MYLREA
PG 19

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**EXPO OPEN 8:45am-2:30pm**

- **Functional Creating for Aging Clients**
  - Schwenn®
  - How to WOW! Therapy
  - Page 12
- **Power Training for Older Adults**
  - Schwenn®
  - The Magnet: The 3 C's
  - Spot Session
  - Page 12
- **Foam Rolling Applied Programming, NCCPT®**
  - Schwenn®
  - Power Behind POWER ROBOTS
  - Page 14
- **Active Aging: No Place Like Foam Rosen**
  - Schwenn®
  - Music: MEAT
  - Spot Session
  - Page 18

**CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm**

**EXPO OPEN 8:15am-9:30am**

**EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:00pm**

- **Fit Buddy Mobility Flexibility Recovery**
  - Chamberlain
  - Page 19
- **Myofascial Compression Techniques for Injury Prevention**
  - Schwenn®
  - Rythym Done Right
  - Page 19
- **Strength Training for Longevity & Vitality**
  - Schwenn®
  - BT1G Free, Class Design
  - Vanderburg
  - Page 21
- **Yoga For The Young at Heart: Chair Reimagined**
  - Schwenn®
  - Train Right Reimagined, Therapy
  - Session 2
  - Page 22
- **TriggerPoint™ for Movement**
  - Schwenn®
  - To Breathless & Back
  - Vanderburg
  - Page 24
- **Relax & Restore Foam Roller Training**
  - Schwenn®
  - Pelvis & Pubic M. Myreya
  - Page 25
- **Progressive Systems to Self-Massage Release**
  - Patrick
  - session 2
  - Page 26
- **Glutes and Psoas: Corrective Exercise**
  - DeVries
  - Session 27

**Schedule is subject to change. Please visit www.scwfit.com/atlanta for updates.**