FR1 7:30am-9:00am

FR2 10:00am-11:30a

FR3 11:45am-1:15pm 12:30pm-2:00pm

FR4 2:15pm-3:45pm

FR5 4:00pm-5:30pr

FR6 6:30pm-7:30pm

SA3 1:00am-12:30pm

WEDNESDAY OCT. 3 & THURSDAY OCT. 4	WEDNESDAY PRE-CONVENTION WORKSHOP THURSDAY, OCTOBER 3 THURSDAY PRE-CONVENTION WORKSHOP THURSDAY, OCTOBER 4	SCW Active Aging Certification	HIGH INTEREST TO THE PROPERTY OF THE PROPERTY	SCW PERSONAL TRAINING CERTIFICATION Robotts: E000am 5:00pm - Pg 8	SCW Aquatic Exercise Certification Howard 8:00am-5:00pm Pg 8 Pg 8 Savier Filtress BARR ABOVE DURERD BY SAVVER Less Momes 500m Pg 9	ZUMBA ZUMBA BASIK SKILLS EVEL 1 INSTRUCTOR TRAINING BOSIL 4 B Gram 5 Gogm - Prg 8	SCW Core Training Specialist McCall 5:30pm-9:30pm Pg 9	SCW PILATES MATWORK CESTIFICATION Appel 8:00am-5:00pm Pg8	SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg 8 SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg 8		GCW Group Exercise Certification Howard 8:00am-5:00pm Pg 8 SCW Meditation Certification Rockit 5:30pm-9:30pm Pg 9	SCHRIMN "- INDOOR CYCLING INSTALLING INSTALL	ActivMotion Bar Foundations Certification Mikulski 9:00am-4:00pm Pg 9	SCW Sports Nutrition Certification Layne 9:00am-3:30pm Pg 9	Kepernan Kepi Pulance, new Cabet, law 6 Siera 8 Siam 4 Jipm - Pg 8	TriggerPoint™ Foam Rolling: Principles & Practices Coronel 8:00am-12:00pm Pg 9 TriggerPoint™ Assessments to Performance Wagner 1:00pm-5:00pm Pg 9		PERSONS HIT VILL SOLUTIONS CERTIFICATION MATCHL - SOLMEN 1-90PM - FC BOMMANICH BOMMANICH BOMMANICH FRIEDUNG - 100PM - 60pm FRIEDUNG - 100PM - 60pm	Speedball Instructor Certification Feinberg & Schiller 8:00am-4:00pm Pg 9			
	CLICK HERE » TO ENLARGE B PRINT	FUNCTIONAL TRAINING	HIIT / CORE	C PT / GROUP EX	BARRE	DANCE / CARDIO	STRENGTH / REHAB	SPECIALTY	MIND / BODY		ACTIVE AGING / RECOVERY	CYCLING	AQUA (STARTS IN POOL)	AQUA (STARTS IN LECTURE)	NUTRITION / WELLNESS	EXERCISE SCIENCE / LEADERSHIP	BUSINESS	STAIRMASTER / BOXMASTER	BOXING / CIRCUIT			
	FR1 7:30am-9:00am	Dynamic Flexibility: A 3D Life Velazquez Pg 11	Female Core Training 2.0 Osar Pg 11	The Warrior® Workout J. Roberts Pg 11	Barre Moves - Update Your Choreography Hilleboe Pg 11	SOUL CLAP: Become the Music Freeman Pg 11	Ageless Body Trilogy - Rollga® Bender Pg 11	ThinkFit™ Pilates: Reformer on the MOTR™ Gonzalez Pg 11	Mantras, Mudras & Meditation Chapman Pg 11	ı	InTENsity by Hedstrom Fitness Dixon Pg 11	Schwinn®: The Magic Of The 3 C's Scott Pg 11	Spirited® Surf 2 Rockit Pg 11	Aqua Core Options Warasila Pg 12	Nutrition & Sleep: Fascinating Connections Silverman Pg 12	Steps to Strengthening Your Brand Fouts Pg 12	Calculated Results Garcia Pg 12	Stairmaster® Presents - HIIT Mix Solution Friend-Uhl Pg 12				
FRIDAY, OCTOBER 5	EXPO OPEN 8:45am-2:30pm Coaching Camp: TriggerPoint™: Understanding Gliding Scales - Barre HIGH Fitness: R.I.P.P.E.D.®: Speedball Core Club Pilates:												EXPO OPEN 8:45am-2:30pm Active Aging: Schwinn®: From Water Water X 3 Diet Diagnosis Berger Professional & Pr									
	FR2 10:00am-11:30am	Coaching Camp: Group Training Growth Fouts Pg 12	TriggerPoint™: n GRID® Lock Coronel Pg 12	Movement McCall Pg 12	with Gliders Appel Pg 12	Aerobics is Back! Zenith Pg 12	REFORMULATED! Shorter & Shorter Pg 12	Speedball Core Feinberg & Schiller Pg 12	Mat Work Level 1 Huffman Pg 13		Between the Chairs Lewis-McCormick Pg 13	To Breathless & Back Dixon Pg 13	Novice to Maniac Martin Pg 13	Water X 3 Velazquez Pg 13	Diet Diagnosis B. Mylrea Pg 13	Personal & Professional Kooperman, K. Roberts, Thews & Gilbert Pg 13	Building Blocks for Career Longevity Brodowsky Pg 13		Suspension: Game On With Gravity Valentin Pg 13			
	FR3 SESSION 1 11:45am-1:15pm FR3 SESSION 2 12:30pm-2:00pn	The Ultimate Group X Experience Brodowsky Session 2 Pg 14	Hurricane Howard Session 1 Pg 13	Unleashed! Velazquez Session 2 Pg 14	Barre 360 Appel Session 2 Pg 14	Zumba® Let it MOVE YOU™! Bostic Session 1 Pg 13	Functional Circuits for the Active Adult Mikulski Session 1 Pg 13	ThinkFit™ Cardio: MOTR™ Fueled Intervals Gonzalez Session 1 Pg 13	Vinyasa Flow: Feel The Resistance Conti Session 1 Pg 13		Rolling with Mindfulness and Breathwork Bettendorf Session 1 Pg 14	Schwinn®: The Power Behind POWER K. Roberts Session 2 Pg 14	Aqua Currents of Cardio Confetti Rockit Session 1 Pg 14	Girls Just Wanna Have Fun Kooperman, Layne, Lewis-McCormick , & Warasila Session 1 Pg 14	Top 10 for Weight Loss Digsby Session 2 Pg 14	The Science of Myofascial Release Coronel Session 2 Pg 14	Managing Like a Zen Master Chapman Session 2 Pg 14	Stairmaster® Presents - BoxMaster® McCall Session 1 Pg 14	Boxing: The Method Feinberg Session 2 Pg 14			
	FR4 2:15pm-3:45pm	Short Circuit: Group Training Edition Fouts Pg 14	ThinkFit™ Mobility for Optimal Performance Gonzalez Pg 14	Rethinking & Retooling Group Exercise Osar Pg 15	Let The Beat Drop Hilleboe Pg 15	Club Vibe® - Dance Meets Fitness Ponte & Schur Pg 15	Functional Pilates Flows by ActivMotion Bar® Bender	3ACT Slide Cardio Woods Pg 15	Extreme Tabata Yoga Howard Pg 15		BOSU® + Bar: Grip, Tip, Flip & Strip Thews Pg 15	Schwinn®: B1G1 Free, Class Design Hogg Pg 15	Tabata Water Sports 2: Game Time! Martin Pg 15	Dive Into Aqua Choreography Velazquez, Warasila, Gllbert	Nutrition Panel - B. Mylrea, Silverman, Digsby, Layne & Roberts	Prevention and Performance for Runners Bettendorf	3 Keys to Increase Retention Farmer Pg 18	1814	ThinkFit™ Suspension: Pilates-Inspired Valentin Pg 18			
	FR5 4:00pm-5:30pm	Warm Up! Performance Flexibility & SMR Lewis-McCormick Pg 18	y Tour de Core Gonzalez Pg 18	The Ultimate Cardio Kickboxing Party Hake Pg 18	Best of Barre Appel Pg 18	POUND® - Rockout. Workout. Opperman Pg 18	Pg 15 RUMBLE by R.I.P.P.E.D.® Jessup Pg 18	Foam Rolling Applied Programming: REGEN® Wagner	Pilates for Injury Prevention Bender Pg 18		Active Aging: No Place Like Foam Kooperman Pg 19	Pg 15 Schwinn®: How to WOW! Thews Pg 19	H2WHOA Layne Pg 19	Pg 15 Aquatic Solutions for Active Agers Gilbert Pg 19	Pg 15 Metabolism Makeover Digsby Pg 19	Pg 18 Prevention & Recovery through Muscle Stimulation Feinberg Pg 19	Powerful Difference, Little Effort Blakely Pg 19	Stairmaster® Presents - HIIT Mix Solution Hogg Pg 19	ThinkFit™ Suspension: Circuits 2.0 Valentin Pg 19			
	поорт элгерт				PO OPEN 5:15pm		rg 10	Pg 18	rg to		rg 19	Fg 19			RITY RAFFLE & EX			Pg 19	rg 19			
	FR6 EVENING SESSIONS 6:30pm-7:30pm	FITNESS IDOL	FITNESS IDOL COMPETITION WITH JUDGES: KOOPERMAN, K. ROBERTS, BENDER & ROCKITT ROOM A * \$-30PM-7:30PM * PG 19	3X3Fit Amped-Up Dynamic Stretch/Sculpt Ross Pg 19								Les Mills SPRINT™: Cycling Success Bramski Pg 19	Aqua Yoga Flow Warasila Pg 19		300	STATE OF THE INDUSTRY: TRENDS FOR 2018 Howard, Lewis-McCormick, Layne 6 McCall - ROOM M 6:30pm-7:30pm - Pg 19						
	SA1 7:00am-8:30am	No Equipment, No Problem Velazquez Pg 20	ThinkFit™ Circuits: Pyramids & Stacks! Gonzalez Pg 20	Integrating SMR Into Group Exercise Bettendorf Pg 20 EXPO OPEN 8:	"HIIT" the Barre Lewis-McCormick Pg 20 15am-9:30am	HIGH Fitness: Aerobics is Back! Zenith Pg 20	BOSU® Sport C.A.M.P. Dixon Pg 20	Rock the Core by ActivMotion Bar® Mikulski Pg 20	The Perfect Fusion With Piyo Hake Pg 20	,	Myofascial Compression echniques for Injury Prevention Wagner Pg 20	Schwinn®: Rhythm Done Right Thews Pg 20	Aqua Athlete Howard Pg 20	Aqua Zen Warasila Pg 20	Common Sense Nutrition: Your Scope Garcia Pg 20 EXPO OPEN 8:	Fitness Program Comprehension and Creation Stahl Pg 20 15am-9:30am	Run an 8-Week Challenge Digsby Pg 21	Stairmaster® Presents - HIIT Mix Solution Friend-Uhl Pg 21	Boxing Bootcamp Feinberg Pg 21			
SATURDAY, OCTOBER 6	SA2 KEYNOTE & AWARDS		POWER PER																			
	9:30am-10:45am SA3	Functional Training - Workouts for Results McCall	ADDRESS WITH MELISSA LAYNE, MED Foundations 360 Stahl	STRONG by Zumba® Bullard Pg 21	Power Body Barre Wartenberg	Club Vibe® - Dance Meets Fitness Ponte & Schur	INSURG3NT by Hedstrom Fitness K. Roberts	Les Mills BODYATTACK® Workout Bramski	THE NEXT DIMENSION - Emotional Fitness Krauss	5	Strength Training for Longevity & Vitality Kooperman	Schwinn®: Train Right Reimagined Hogg	Luscious Limbs Gilbert Pg 22	It's Raining Men! Howard, Velazquez & Rockit	Nutrition Tips, Tidbits & Treats B. Mylrea	Hyperice: Technology to Move Your Best Lee	Up Your Game: INSANITY! Hake	Stairmaster® Presents - HIIT Mix Solution Appel	ThinkFit™ Suspension: Meet the Beat Gonzalez			
	11:00am-12:30pm	Pg 21	Pg 21 EXPO	Pg 21 3:30pm 6:15pm	Pg 21 n-7:45pm	Pg 22	Rooperman Pg 22 Pg 22 R Rockit Pg 22 R Rockit Pg 22 12 EXPO OPEN 12:15pm-3:30pm I 6:15pm-7:45pm															
	SA4 SESSION 1 12:45pm-2:15pm 1:30pm-3:00pm	Tabata GX™ - Tabata Redefined! Hilleboe Session 1 Pg 22	Axle: Lift, Burn, Move Page Session 1 Pg 23	MMA for Group Fitness Hake Session 2 Pg 23	ThinkFit™ Barre: Bells at the Barre Appel Session 2 Pg 23	POUND® - Rockout. Workout. Opperman Session 1 Pg 23	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter Session 2 Pg 23	3ACT Slide Cardio Woods Session 2 Pg 23	Vinyasa Flow: Feel The Resistance Conti Session 2 Pg 23	Y	oga for the Young at Heart: Chair Kooperman Session 1 Pg 23	Schwinn®: Music MAGIC! Scott Session 1 Pg 23	Aqua Zumba® Bullard Session 2 Pg 23	Barre-A-Cuda Wartenberg Session 2 Pg 23	Sugar Shockers and Shakedown Silverman Session 1 Pg 23	Foam Rolling: Rolling Pins to Vibration Wagner Session 1 Pg 23	Time-Saving Tools for Digital Music Howard & Velazquez Session 2 Pg 24	Stairmaster® Presents - BoxMaster® McCall Session 2 Pg 24	3:1 Punchout Feinberg Session 1 Pg 23			
	SA5 3:15pm-4:45pm	ROC STEADY by PROJECT STEEL™ Stahl Pg 24	Quick & Dirty 30 Lewis-McCormick Pg 24	Problem Shoulders? Use These Exercises! Osar Pg 24	3X3Fit Amped-Up Body Sculpt Ross Pg 24	SOUL CLAP: Stepping & Body Percussion Freeman Pg 24	Roll Better, Roll Less Bettendorf Pg 24	Speedball Feinberg Pg 24	Manipura - The Core of Willpower Krauss Pg 24	R	Ageless Body ecovery with Rollga® Bender Pg 24	Schwinn®: Tour de Schwinn® K. Roberts Pg 25	Aqua Run Layne Pg 25	Silver Aqua Solutions Velazquez, Warasila, Wartenberg & Gilbert Pg 25	Nutrition & Chronic Pain Garcia Pg 25	Programming Pillars for Active Adults Mikulski Pg 25	Fitness Business Trends in 2018 Kooperman Pg 25	ŭ	ThinkFit™ Suspension: Power and Endurance Gonzalez Pg 25			
	SA6 5:00pm-6:30pm	The 4 F's of Exercise Haan Pg 25	Completely Core Appel Pg 25	Bootcamp Creation Peters Pg 25	Bodyweight Barre K. Roberts Pg 25	Belly Dance Fitness Bus Pg 25	Relax & Restore: Foam Roller Trainng Lewis-McCormick Pg 25	The Warrior® Experience J. Roberts Pg 25	Club Pilates Mat Class - Level 2 Huffman Pg 26		TriggerPoint™ for Movement Coronel Pg 26	Schwinn®: #WHOAMI Hogg Pg 26	Barre H2O Wartenberg Pg 26	H2O Functional Frolics Gllbert Pg 26	Change your Mindset Using Nutrition Hake Pg 26	Electric Stimulation For Athletic Performance Feinberg Pg 26	Creative Programming for Group Fitness Merrill Pg 26					
	SA7 EVENING SESSIONS 6:45pm-7:45pm		MANIA® Dance Off! with Club Vibe, High Fitness, Kelly Bus, POUND, Soul				. 8 - 2		Recovery Through Meditation Rockit Pg 26		78-2											
	5. 15pm 7. 15pm		Clap, ZUMBA Pg 26						rg 20	•		_										
Y, OCTOBER 7	SU1 7:00am-8:30am	20x3 Howard Pg 27	The Warrior Fit Games SGT Ken® Pg 27	In a Minute Merrill Pg 27		Hip Hop Fitness Peters Pg 27	BOSU® Pilates Core Power K. Roberts Pg 27		Qi Gong for Every Body Haan Pg 27		Exercise for the Fountain of Youth McCall Pg 27	Schwinn®: Pedal & Pulse M. Mylrea Pg 27	Hit the Deck! Henry Pg 27		Assess, Explore, Pattern- Functional Pilates Mikulski Pg 27	World's Best Resistance Training Programs Kravitz Pg 27	Social Media Story Telling Gray Pg 27		ME PAR			
	SU2 8:45am-10:15am	Pulling for Power™ SGT Ken® Pg 27	Les Mills GRIT™ Cardio & HIIT Bramski Pg 27	Best Psoas & Glutes Exercises Osar Pg 28		3ACT Slide Cardio Woods Pg 28	Beyond Bootcamp by Hedstrom Fitness M. Mylrea Pg 28	FUNCTIONAL PILATES CERTIFICATION Bender • 8:00ar-4:00pm • Pg 10	Y3: Yin Yang Yoga Rockit Pg 28	Pi Se	ogressive Systems to elf-Myofascial Release Coronel Pg 28		H.E.A.T. Waves Henry Pg 28		Fg 27 Foods for Optimal Health B. Mylrea Pg 28	10 Key Rules for Longevity Kravitz Pg 28	BAM! Strong Mind, Strong Business Gray Pg 28	STRONG BY ZUMBA® CERTIFICATION	SCW BOXING CERTIFICATION Feinberg - 8:03am-4:00pm - Pg 10			
			1				EXPO OPEN 1	0:00am-1:30pm								N 10:00am-1:30p	om	The second second				
SUNDAY	SU3 11:15am-12:45pm	Below the Belt - Glutes & Legs! M. Mylrea Pg 28	THE AMRAP ASSAULT SGT. Ken® Pg 28	Don't Step on It Howard Pg 28	BARRE	POUND® - Rockout. Workout. Opperman Pg 28	RUMBLE by R.I.P.P.E.D.® Jessup Pg 28		Relaxercise Haan Pg 28		Knee and Foot Solutions 2.0 Osar Pg 29		Anchor Down Henry Pg 29	water@motion	What's in Your Food? Silverman Pg 29	Eight Best Anaerobic Circuit Programs Kravitz Pg 29	Podcasting 101: Create Your Platform! Conti Pg 29	San Fitness	Nutrition. HORMONES,			
SL	SU4 1:00pm-2:30pm	Crew Conditioning™ with SGT Ken® Pg 29	Crazy Core Combos M. Mylrea Pg 29	Punching to the 32: Cardiokickboxing Magic Merrill Pg 29	CERTIFICATION APPEL 8:00am-4:00pm - Pg 9	Belly Dance for Fitness Instructors Bus Pg 29	Rockit Strength®: Hard Core/Peace Core Rockit Pg 29	AQUA BARRE CERTIFICATION Wartenberg • 9:00pm-3:00pm • Pg 10	Fitness Affirmations: Arthritis & Autoimmune Disease Conti Pg 29	C tl	orrective Exercise for ne Problem Shoulder Wagner Pg 29	THE NEXT DIMENSION: EMOTIONAL FITNESS BRAUSS - BOOM - COPM - PG 10	Aqua Abs: WIM®-sy Kulp Pg 29	WATERINMOTION® CERTIFICATION Velazquez • 8.00am-4.00pm • Pg 10	Sneaky Strategies to Manage Weight Silverman Pg 29	The Female Training Advantages 2018 Kravitz Pg 29	Stability & Security: Your Pilates Career Huffman Pg 29	RHYTHM 6 SOUL! WITH SOUL CLAP FITNESS FREEMAN - 8:00AH-4:00PH - Pg 10	Care METABOLISM Layrie 9:00am-3:30pm - Pg 10			
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