

Thursday, July 20, 2023

Pre-Convention Certifications

Grand BR 2	Grand BR 1	Grand BR 3	Azalea	Buckhead 1 & 2	Peachtree	Cascade	Cassis A
SCW Active Aging Certification <i>Gilbert</i> 9:00am-5:00pm Dumbbells, Bands-Loop, Tubing, Pods, Whiteboard & Markers 12	SCW Personal Training Certification <i>McCormick</i> 9:00am-6:00pm Whiteboard & Markers, Tubing, Foam Rollers, Dumbbells, Bands-Loops 5	SCW Pilates Matwork Certification <i>Appel</i> 8:00am-5:00pm Pilates Balls, Gliding Discs, Tubing, Mats 14	SCW Group Exercise Certification <i>Velazquez</i> 8:00am-5:00pm Dumbbells 12	Schwinn® Cycling: Indoor Cycling Certification <i>Vanderburg</i> 7:00am-5:00pm 8	WATERinMOTION® Aqua Exercise Certification <i>Kulp</i> 9:00am-5:00pm Aqua Noodles, Aqua Dumbbells, Tubing 5	SCW Practical Guide to Nutrition, Hormones and Metabolism <i>Layne</i> 9:00am-3:30pm Whiteboard & Markers 7	SCW Life Coaching Certification <i>Spreen-Glick</i> 9:00am-3:30pm 10
						SCW Active Aging Nutrition Certification <i>Toole</i> 5:30pm-9:30pm Whiteboard & Markers 4	SCW Chronic Disease & Fitness Specialist Certification <i>Conti</i> 5:30pm-9:30pm 2
		Muscle Mastery <i>McCormick, Velazquez, Robinson & Bannister -Munn</i> 6:00pm-8:00pm 61					

Friday, July 21, 2023

Room	A	B	C	D	E	F	G	H
Description	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	Barre/GX/Dance	Cycle	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Grand BR 2	Grand BR 1	Grand BR 3	Azalea	Buckhead 1 & 2	Peachtree	Cascade	Cassis A
FR1 7:30am-8:45am	Sitting Pretty: Strength & Support	LIT 101 (Low Impact Training)	Yoga-Pilates Restore	BARREFusion™ Experience	Schwinn®: Polishing Diamonds - Level Up	Changing Tides - H2O Tabata Style	Brain Science	Monetizing Your Passion & Skills
	<i>Gilbert</i> Chairs, Pilates Balls, Dumbbells, Tubing 34	<i>Robinson</i> Dumbbells	<i>Bannister-Mun</i> Yoga Straps, Yoga Blocks, Hand Towels (if possible) 39	<i>Lubov</i> Dumbbells, Pilates Balls 18	<i>Vanderburg</i> 10	<i>Kulp</i> Aqua Dumbbells 18	<i>Layne</i> Whiteboard & Markers 27	<i>Esquerre</i> 14
EXPO SHOPPING 10:00am-11:00am								
FR2 9:00am-10:15am	Functional Fitness 50+	E.M.H. Training	Bring the Toys!	Discover a Teaching Vacation	Schwinn®: R.I.S.E. & #RideRight	LaBlast® Splash: Emotional Wealth	Healthy Weight: Defined by a Dietitian	Find & Enroll New Clients Online
	<i>Toole</i> BOSU Balance Trainer, Dumbbells, Stability Balls, Bands-Loops (Circuit 10 each) 65	<i>Gavigan</i> Dumbbells, Tubing, Med Balls 36	<i>Bannister-Munn</i> Bands-Strength, Tennis Balls, Pilates Balls, Marbles 27	<i>Cox</i> 14	<i>Appel</i> 22	<i>van Amstel</i> Aqua Dumbbells 18	<i>Digsby</i> Whiteboard & Markers 17	<i>Clark</i> 13
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	Manual Dexterity Training	Arm Candy	Symmetry: Advanced Postural Corrective Exercise	Barre Vida - Balance Trainer & Barre	Schwinn®: Dynamic Duos - Cycling Fusion	Water Works	Five Fat-Burning Hormones	5 Star Management
	<i>Gilbert</i> Pilates Balls 17	<i>Appel</i> Tubing, Gliding Discs, Bands-Loops 53	<i>Mummy</i> 31	<i>Stone & Brasher</i> Dumbbells, Barres, BOSU Balance Trainers, Pilates Balls 17	<i>Thews</i> Tubing, Kettlebells 21	<i>Velazquez & Kulp</i> Aqua Noodles 23	<i>Layne</i> 34	<i>Spreen-Glick</i> 17
FR4 12:30pm-1:45pm Session 1	Strength Training for Longevity & Vitality		The Art of Flow: Yoga Basics		Schwinn®: Leader of the Pack		Fad Diets & Failed Expectations	
	<i>Kooperman</i> Yellow Tubing 47 Session 1		<i>Conti</i> Mats, Dumbbells 30 Session 1		<i>Appel</i> 10 Session 1		<i>Toole</i> Whiteboard & Markers 16 Session 1	
EXPO SHOPPING 12:00pm-2:45pm								
FR4 1:15pm-2:30pm Session 2		Top Tier Core Conditioning		LaBlast® Fitness: Dance. Diversity. Inclusion.		Silver Tsunami		Negotiation Strategies for Fitness Pros
		<i>Robinson</i> Dumbbells 72 Session 2		<i>van Amstel</i> Dumbbells 13 Session 2		<i>Velazquez & Kulp</i> 17 Session 2		<i>Thews</i> 10 Session 2
FR5 2:45pm-4:00pm	Functional Training for Active Agers	Body Weight Exercises you are Underutilizing	Yoga for Balance	Physique 57 Barre Basics	Schwinn®: Let the Beat Drop	10 BEST Exercises for 1:1 Aquatic Training	Protein Power	Club, Studio & Client Attraction & Retention
	<i>Gilbert</i> Pilates Balls, Dumbbells, Tubing, Bands-Loops 25	<i>Williams</i> 72	<i>Spreen-Glick</i> 42	<i>Becker</i> Chairs/Barres, Dumbbells, Mats 13	<i>Appel</i> 17	<i>McCormick</i> 18	<i>Digsby</i> Whiteboard & Markers 20	<i>Kooperman</i> 13
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	Arthritis Exercises: From Head to Toe	Sexy, Smart Strength for Women	Corrective Exercise Strategies for the Ankle	Kardio Kickbox	Schwinn®: Prime Design 2.0	Aqua Ease: Flexibility for Active Agers	Nutrition and Hormones: Healthy Aging	Effective GX & PT Sales Strategies Panel
	<i>Conti</i> Bands-Strength 46	<i>McCormick</i> Dumbbells, Tubing, BOSU Balance Trainer 47	<i>Williams</i> Bands-Loops, Foam Rollers, BOSU Balance Trainers, Stability Balls, Dumbbells 10	<i>Savage</i> 13	<i>Vanderburg</i> 8	<i>Velazquez</i> 14	<i>Zuleger</i> 42	<i>Kooperman, Toole, Clark, Smith & Robinson</i> 10
FR7 6:00pm-7:00pm Evening Sessions	Fitness Idol		Flow Free & Be	MANIA® DANCE OFF!				
	<i>Kooperman, Gilbert, Bannister-Munn & Robinson</i> 21		<i>Spreen-Glick</i> Mats, Yoga Blocks 62	<i>Club Vibe™, Barre Vida, LaBlast®, Fit Bodies, Tani Haggard & Manuel Velazquez</i> 21				

Saturday, July 22, 2023

Room	A	B	C	D	E	F	G	H	
Description	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	Barre/GX/Dance	Cycle	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business	
Hotel Rm	Grand BR 2	Grand BR 1	Grand BR 3	Azalea	Buckhead 1 & 2	Peachtree	Cascade	Cassis A	
SA1 7:30am-8:45am	S.E.A.T. Supported Exercise for Ageless Training Gilbert Chairs, Dumbbells, Pilates Balls, Bands-Loops	Leg Circuit Blast for Power Williams	Fire & Ice Yoga Spreen-Glick	Kickbox N Chaos Turner Dumbbells, Jump Ropes	Schwinn®: Pedal N Pulse Appel	H2O Reporting for Duty Haggard Aqua Dumbbells, Dumbbells, Bands-Strength, Bands-Loops, Cones, Noodles, Tubing	Getting Clients Lean Healthfully Digsby Whiteboard & Markers	Create Value - Retain Clients Toole	
	36	46	36	18	16	21	25	14	
	EXPO SHOPPING 8:30am-9:15pm								
SA2 9:15am-10:30am		Keynote: The Role of Fitness Professional in the Healthcare System with Patrick Mummy Room A LaBlast-Open SEAT-Close	191						
EXPO SHOPPING 10:30am-11:00am									
SA3 11:00am-12:15pm	Balance & Coordination for Active Agers Valazquez Chairs, Tennis Balls	Band Camp Bannister-Munn Tubing	Happy Muscles!®365 Tiger Tail® Recovery Zuleger Tiger Tail 18" Original, Tiger Tail 5.0 Ball, Tiger Tail	Physique 57 HIIT the Barre Becker Chairs/Barre, Dumbbells, Mats	Schwinn®: Tri-Cycle Triple Threat Thews	Turbulence Training PluimMentz	Physics of Pain & Performance Mummy	Becoming the Boss Smith	
	75	51	18	29	14	10	18	12	
	SA4 12:30pm-1:45pm Session 1		SOULstrength™: Cardio Kickboxing Intervals Iubov Kettlebells, Dumbbells	Hips Don't Lie Bannister-Munn Bands-Loops, Tubing, Bands-strength, Pilates Balls		Schwinn®: Cycle Mixology - Killer Playlists Vanderburg		Ketogenic Diets: History and Applications Hyde	
30			64	12		14			
SA4 1:15pm-2:30pm Session 2		Stabilize the Shoulder Gavigan Tubing, Dumbbells, PVC			LaBlast®: Fitness: Emotional Wealth van Amstel Dumbbells		H2O Strength Velazquez & Kulp Aqua Dumbbells		Stretching for Strength - Flexible Foundations Panel Kooperman, Mummy, Mike, McCormick & Appel
	Session 2		Session 1	Session 2	Session 1	Session 2	Session 1	Session 2	
EXPO SHOPPING 12:00pm-2:45pm									
SA5 2:45pm-4:00pm	Functional Training With Foam Rollers Garcia Wall Space, Foam Rollers	Kettlebell Krush Turner Kettlebells	Posture & Alignment "With Pesonal Training" Mummy	Coconut Beach Camp by Fit Bodies, Inc. Stanley Brings Coconuts	Schwinn®: Breathy Not Breathless Thews	Aqua Ab Arsenal Gilbert Aqua Noodles	Optimal Recovery Layne	Fitness in the Workplace Stone	
	40	57	35	18	12	22	29	12	
	EXPO SHOPPING 3:45pm-4:30pm								
SA6 4:30pm-5:45pm	Chair-agility Layne Chairs, Masking Tape	Fundamentals of Squat Progressions and Variations Mike BOSU Balance Bars, PVC	By Any Stretch Appel Massage Table, Mats	SMR: Functional Fascia Techniques Gavigan Foam Roller, Tennis Balls, Yoga Blocks, Massage Peanuts	Schwinn®: Recovery RX Vanderburg	Easy-Grip Aqua Dumbbell Workout Kulp Aqua Dumbbells	Sports Supplementation: Scientifically Backed Performance Hyde	Grown Your Business by Adding Value Esquerre	
	46	26	59	30	5	27	16	12	
					Dance MANIA: The Ultimate House Party Ponte & Schur				
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Sunday, July 23, 2023

Room	A	B	C	D	E	F	G	H
Description	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	Barre/GX/Dance	Cycle	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Grand BR 2	Grand BR 1	Grand BR 3	Azalea	Buckhead 1 & 2	Peachtree	Cascade	Cassis A
SU1 7:30am-8:45am	Perfect Programming for Active Agers	Functional Core Training	Poppin' Booty Pilates	Hard Core by Physique 57		Aqua Agility	Bioenergetics: Review of Energy Systems	Max Engagement = Max Return
	Toole Dumbbells, Stability Balls, Chairs 18	Garcia Stability Balls, Tubing 44	Stys Pilates Balls 43	Becker Chairs, Dumbbells, Mats 8		Layne 17	Hyde 18	Switalski 5
	EXPO SHOPPING 8:30am-9:45pm							
SU2 9:00am- 10:15am	LaBlast® Chair van Amstel Dumbbells, Chairs 29	Optimal Overhead Pressing Mike BOSU Bars, Kettlebells, Dumbbells, PVC 17	SOULfusion™ EXPERIENCE Lubov Dumbbells, Pilates Balls, Mats 33			Strong & Stable Aqua Layne Aqua Dumbbells, Aqua Noodles 23	How Calories & Fat Tussue Work Digsby Whiteboard & Markers 23	The Future of Fitness Panel McCormick, Toole, Esquerre, Smith & Robinson 20
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM								
SU3 10:45am- 12:00pm	Boogie, Band & Balance Kulp Bands-Strength 39	Core Connection Turner Gliding Discs, Dumbbells, Med Balls, Mats 46	Got Back Pain? Garcia PVC, Tennis Balls 35	How to Handle Hypertrophy Robinson Dumbbells, Kettlebells 9		Aqua Disco Haggard 20	Chasing the Dragon: Food Addiction Layne Whiteboard & Markers 14	Smart Strategies for Serious Sales Smith 11
SU4 12:15pm- 1:30pm	Transformational Training After 40 McCormick 57	Master the Deadlift Mike PVC, Kettlebells 23	Myofascial Recovery Garcia Foam Rollers, Skinny Foam Rollers, Massage Sticks, Massage Peanuts 18	Kickboxing Groove Haggard Dumbbells, Bands- Loops, Tubing 21		Tidal Toning Kulp 18	Weight Loss Isn't for Everyone Stys 9	Business Blueprint for 2023 Robinson 12
	Veranda	Ivy 1	Ivy 2	Buckhead 2				
SUNDAY CERTIFICATION S	SCW Stretching & Flexibility Training Certification 7:30am-3:30pm Appel Massage Table, Mats, Yoga Straps, Tennis Balls, Foam Rollers 12	Symmetry Postural Measurement Certification 7:30am-3:30pm Mummy 4	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm Gilbert Chairs, Mats, Pilates Balls, Dumbbells, Tubing 4	SCW Yoga I Certification 7:30am- 3:30pm Velazquez Mats, Yoga Blocks 3				