

Expo Hours

Friday
8:30am – 4:30pm

Saturday
8:30am – 4:30pm

Sunday
8:30am – 12:30pm
(Closeout Shopping)



Scan Here

- Recordings
- Outlines
- Evals
- CEC/CEUS

www.scwfit.com/AT25

July 25-27, 2025

Grand Hyatt Atlanta in Buckhead

Expo & Sponsors

ToughAgers.....1	Core Health & Fitness.....7, 8	SCW Fitness.....15, 16, 17, 18, 19
Fit Pro Programming.....2	The Mobility Recipe.....9	S.E.A.T. / WATERinMOTION®.....20
Ultimate Health & Wellness.....3	Sabor Protein.....10	Kangoo Club Atlanta.....21
SOULfusion™.....4	LaBlast®.....11	Indigo Aquatics.....22
Lemon Aid Organics.....5	Tanita Corp. of America.....12	Aqua-Ohm.....23
FitFixNow.....6	Alignsmart®.....13, 14	

Co-Sponsors



Associate Plus Sponsors



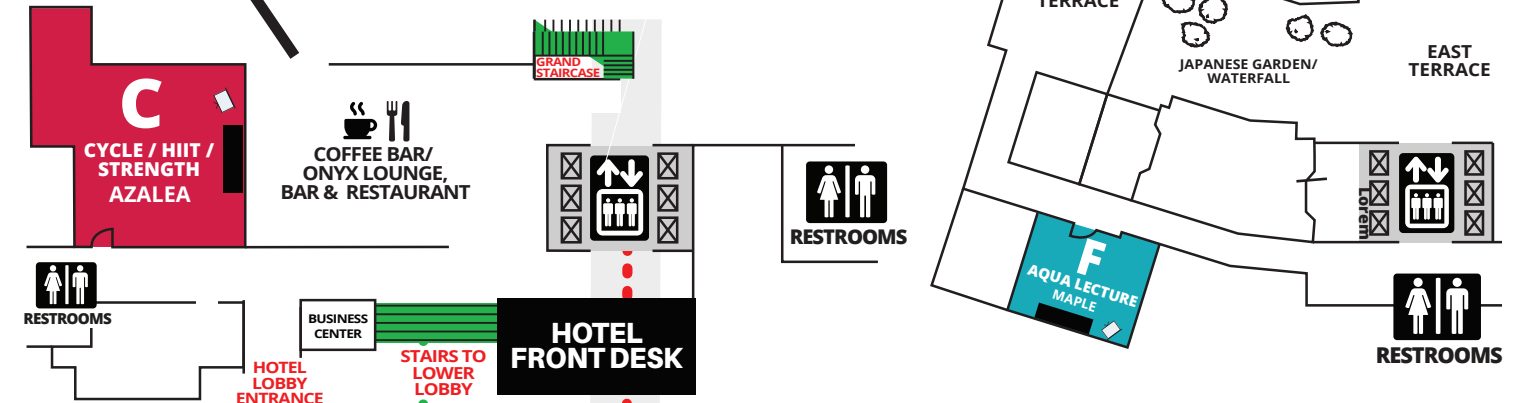
Associate Sponsors



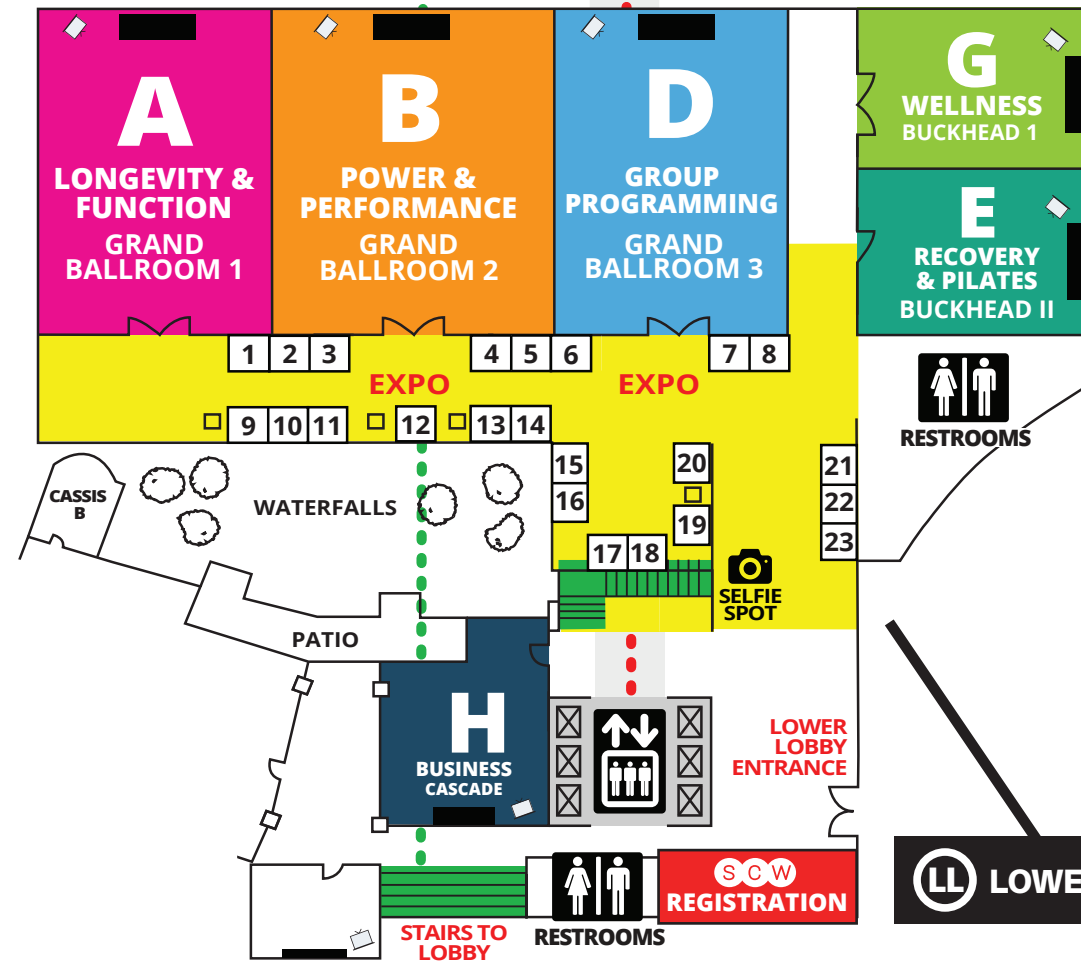
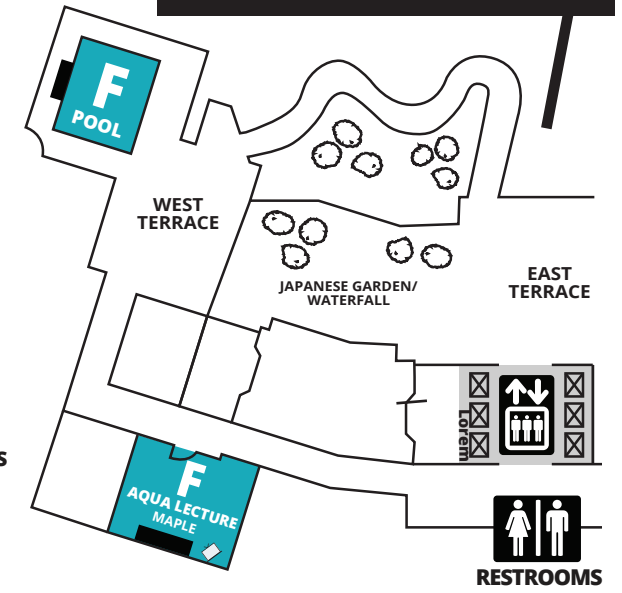
Supporters



L LOBBY LEVEL - 2nd floor



3 GARDEN LEVEL - 3rd floor



KEY

- ELEVATOR
- STAIRS
- RESTROOMS
- FOOD



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LL LOWER LOBBY LEVEL 1st FLOOR



Certs Thurs July 24

- SCW Active Aging Roberts • 9am-5pm
- SCW Pilates Matwork Toole • 8am-4pm
- SCW Group Exercise Velazquez • 8am-4pm
- SCW Aquatic Exercise Layne • 8am-4pm
- SCW Meditation EXPRESS Rockit • 4:30-8:30pm
- SCW Menopause Wellness EXPRESS Layne • 4:30pm-8:30pm
- SCW Personal Training Bannister-Munn • 9am-6pm
- ZUMBA[®] Basic 1 Santana • 7:30am-4pm
- ToughAgers[®] Instructor Rothschild • 9am-4pm
- LaBlast[®] Fitness Instructor Mikszan • 8am-5pm
- SCW Yoga 1 EXPRESS Velazquez • 4:30pm-8:30pm

📺 = being recorded



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www.scwfit.com/AT25

Fri
July 25

Sat
July 26

Sun
July 27

Room A Longevity & Function	Room B Power & Performance	Room C Cycle / HIIT & Strength	Room D Group Programming	Room E Recovery & Pilates
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Room F Waterworks (Starts in lecture)	Room G Wellness	Room H Business
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Pre-Recorded Sessions Personal Training/Strength	Pre-Recorded Sessions Restore/Pilates/Tai-Chi	Pre-Recorded Sessions Active Aging/Functional Training	Pre-Recorded Sessions Nutrition/Exercise Science
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FR1	7:30am-8:45am	Functional Fitness for All Levels Shuttic	Pump Your Peach! Toole	Quiet Chaos, Find Your Rhythm Sherman	Pro Athlete Recovery Robinson	Joint Replacements: Returning Triumphant! Roberts
FR2	9:00am-10:15am	Dementia Client Strategies for Trainers Rothschild	Everyday Strength: Coaching the Active Aging Female Roberts	Ride the Rhythm: Mastering Music & Choreography Smith	Group Strength Blueprint George	Ayurveda for Self-Care Jennings-Hill
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	Master Knee-Pain Reduction Strategies Webb	Arms, Butts & Core On the Floor! Bannister-Munn	Trends In Cycling Sherman	ZUMBA [®] Santanta	Symmetry AlignSmart [®] - Scientific Stretching Mummy
EXPO SHOPPING 12:00pm-2:45pm						
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Prime Performance for 50+ Robinson Session 1	Intervals Reimagined: Strength - Power Roll Conti Session 2	Fit for Life: Active Agers Thomson Session 2	Step it Up! Turner Session 1	Human Reformer Pilates - George Session 1
FR5	2:45pm-4:00pm	Dare to Chair Gilbert	Kettlebell Krush Turner	Full Body Fusion: Balanced HIIT Williams	Bodyfit: Tips on Modifications K. Ross	Shoulder Pain: Optimize Through Exercise Webb
EXPO SHOPPING 3:45pm - 4:30pm						
FR6	4:30pm-5:45pm	Aging Brains & Bones Layne	Beyond Squat: Unconventional Lower Body Training Rockit	Awaken Athleticism in HIIT Sessions Brightwell	Stretch Savvy: Hands-On Techniques Bannister-Munn	Pilates Functional Progressions George
FR7	6:00pm-7:00pm	Dance Off! LaBlast [®] , Wartenberg, Turner, & Haggard	SCW Fitness Star Search Kooperman, Robinson, Gilbert, Bannister-Munn			Breathing Meditation Rockit

Aqua Intervals Wartenberg	Debunking Exercise Science Myths Layne	Build a High-Performance Team Gilbert
Wave Works (WIM Original) Wartenberg & Haggard	How to Avoid Being My Patient Laskowski	Women's Leadership: Climbing, Creating & Conquering in Fitness Kooperman, Bannister-Munn, Conti, Toole, Gilbert & Ontiveros
LaBlast [®] Splash: Buoyant Ballroom Blitz van Amstel	Supporting Clients on Anti-Obesity Medications Gilbert	Start & Grow Your Business Kooperman, Toole, Ross, & Robinson
EXPO SHOPPING 12:00pm-2:45pm		
Water Running Rockit Session 2	Nutrition: Hot Topic Research Layne Session 1	Marketing to Active Agers Panel Kooperman, Gilbert, Rothschild & Toole Session 2
Aqua Disco Haggard	Body Composition Scales For Teachers & Trainers Han	Making Sales Suck Less- Robinson
EXPO SHOPPING 3:45pm-4:30pm		
Liquid Gym Acqua Toner Stretch & Tone Wartenberg	Chair Yoga for Mobility & Strength Kooperman	Mastering Macros Toole
BUSINESS KEYNOTE: The Fitness Evolution Mummy Room H		

Add an EMOM Merrill	Yoga-Pilates Restore Bannister-Munn	Active Aging Playground Toole	A Wealth of Gut Health Unlocked Fearheiley
Arm Candy Appel	Myofascial Recovery Garcia	Aging Shoulder: Exercise to Function! Aslakson	Art of Food as Fuel Lemons
Athletic Woman: Function & Strength Hughes	Warrior Tai Chi Yoga and Qi Gong Fusion J. Roberts	Athletic Aging Madden	Feed Your Body & Soul: Mindful Eating Pyle
Core Amore Madden	Recovery Through Meditation Rockit	Creative Programming 55+ Wartenberg	Functional Nutrition & Hormones: Healthy Aging Zuleger
Integrated Strength George	Pilates, Power & Poise Lemons	Hip Mobility for Active Aging Bannister-Munn	Fundamentals of Squat Progressions and Variations Mike
Hit The Wall Rockit	Reset and Recharge Spreen-Glick	Strength Training For Longevity & Vitality II Kooperman	Nutrition Panel Layne, Digsby, Toole, Fearheiley
Kickbox N Chaos	Recovery For Longevity Appel	Senior Circuit Haggard	Self-Care For Your Immune System Seti

SA1	7:30am-8:45am	Athletic Aging by Ever Flexed George	Don't Forget Your Unilateral Exercises Lemons	Connect With Music, Messaging, Motivation Sherman	SOULkickboxing™ Coleman	Hip Mobility for Peak Performance Bannister-Munn
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am	KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A				
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Welcome to the Terrordome Turner	HIIT Ratios & Exercise Progression Williams	Barreless Barre - No Barre, No Limits George	Prana Energy Greenbaum
EXPO SHOPPING 12:00pm-2:45pm						
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	ToughAgers [®] Active Older Adult Fitness Rothschild Session 1	Full Body Workout with BillyStix™ Shuttic Session 2	Glute Goals Thomson Session 1	LaBlast [®] Fitness: Ballroom Blitz Van Amstel Session 2	SOULfusion™ EXPERIENCE Coleman Session 2
SA5	2:45pm-4:00pm	Mobility Training - Online or In-Person Webb	The Core 6: Strength & Movement Essentials Bannister-Munn	Create Rides With AI Sherman	Yoga-Bata VIIT Lemons	Posture & Alignment with Personal Training Mummy
EXPO SHOPPING 3:45pm - 4:30pm						
SA6	4:30pm-5:45pm	Pelvic Floor from the Outside In Layne	HIIT Dance Jam Turner	Strong Her Thomson	Step 'N Sweat Holtsclaw	Pair Up With Pilates Toole

Ageless Aqua Haggard & Wartenberg	Women: Training Through The Stages Layne	Your Financial Health Ross
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A		
EXPO SHOPPING 10:30am-11:00am		
Aquatic Strength Training PlumMentz	Body Composition 101: Tools & Insights Han	Marketing Mastery Conti
EXPO SHOPPING 12:00pm-2:45pm		
Aqua Drums Vibes Wartenberg Session 1	Physics of Pain & Performance Mummy Session 1	Strength Training for Active Agers Kooperman, Robinson, Gilbert & Laskowski Session 2
Liquid Gym: Star Workout Wartenberg	Boost Your Pre-Workout & Recovery Kooperman, Ontiveros, Layne & Toole	The Sold-Out Class Strategy Robinson
EXPO SHOPPING 3:45pm-4:30pm		
Tides of Power Haggard & Wartenberg	Fall Prevention for Fitness Professionals Conti	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb & Laskowski

Strength Courage and Wisdom Freeman	Human Reformer Pilates George	Optimal Mobility: Enhancing Functionality Gilbert	Aging Brains & Bones Layne
<p>Add 160 Recordings Today for Only \$60 More (100 Live / 60 Pre-Recorded)</p> <p>scwfit.com/atlanta</p>			
Total Body Strength Richards	The Chakras: Align Your Energy Kaufman	Balance & Coordination for Active Agers Velazquez	Weight-loss Meds & Fad Diet Update Digsby
Ultimate Leg Day Toole	Active Recovery Zuleger	Bone Health Bootcamp Conti	Movement Through Menopause Groves
Step, Stamina & Strength Chilazi	Balls, Blocks, Bands: Pilates Fusion Metcalf	Everyday Strength: Coaching the Active Aging Female K. Roberts	Plyometric Exercise for Older Adults Aslakson
Bringing Back Foundational Strength Training Johnson	TaiChi Flow: Recovery for GXs & PTs Glassmeyer	Active Aging Latin Joyful Mix Sepulveda	Exercise Analysis Mack

SU1	7:30am-8:45am	Forever Fit: Flexibility, Strength, Flow Conti	SOULstrength™ EXPERIENCE Coleman	Certification S.E.A.T. Supported Exercise For Ageless Training Gilbert 8:00am-4:00pm	LaBlast [®] Fitness for all Ages Mikszan	Yin+Restore Yoga Greenbaum
SU2	9:00am-10:15am	Age Defying Mobility Training: Enhancing Longevity Webb	Strength & Grace: Back to Power Lemons	Certification SCW Stretching, Flexibility & Myofascial Release Techniques Bannister-Munn 8:00am-4:00pm	BARREfusion™ Experience Coleman	Authentic Mat Pilates Uncovered Toole
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
SU3	10:45am-12:00pm	AASK Amber: Anti-Aging Survival Kit Toole	Step Up Your Groove Layne	Certification Symmetry Postural Measurement Certification Mummy 8:00am-4:00pm	FitLife: Inclusive Fitness Miksan	Yin to my Yang Lemons
SU4	12:15pm-1:30pm	LaBlast [®] Chair Fitness: Pull Up a Seat Mikszan	Flex Like a Boss Haggard	Certification WATERinMOTION [®] Aqua Exercise Wartenberg 8:00am-4:00pm	Kardio Kenpo Shuttic	Dynamic Stretching Singer

All-Inclusive Aquatics PlumMentz	Balancing the Burn - Managing Inflammation Lemons	Nutrition for Healthy Aging Charlop
AQUAHOLIC Layne	Preventing Common Fitness Injuries Laskowski	Client to Competitor Singer
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm		
Soca Splash Haggard	Alcohol & Aging: Myths vs. Facts Charlop	Hydrate Before You Dehydrate Saniatan
Aqua Boost Cardio Splash Holtsclaw	Stress & Inflammation: Impacts & Outcomes Layne	Create Content to Boost Sales Toole

Effort Mastery: Coaching Peak Performance and Motivation McBee	Pilates: Mat to the Max Appel	Smart Warm-Ups for Active Aging D'Agati	Sugar, Snacks & Heart Attacks Digsby
Fluid Core Fusion Velazquez	Moving Meditation J. Roberts	Renew & Restore: Flexibility for 50+ Ross	Chain Reaction Biomechanics Hughes
Meet The Hybrid Fitness Professional Esquerre	Tai-Chi Fused Yoga Velazquez	Brain Balance Training Splichal	Building Muscle While Losing Fat Layne
Training the Neurodivergent Client Conti	Pilates 4 Life Kahn	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan	Magnesium: The Mighty Mineral Unveiled Toole