

Thursday, November 10, 2022

Pre-Convention Certifications

Grand Ballroom II	North Shore B	Grand Ballroom I	Grand Ballroom IV	Grand Ballroom III	Ipswich	North Shore A
SCW Active Aging Certification <i>Gilbert</i> 9:00am-5:00pm Dumbbells, Bands-Loop, Tubing, BOSU Balance Pods, Whiteboard & Markers 6	SCW Personal Training Certification <i>Roberts</i> 9:00am-6:00pm White Board & Markers, Tubing, Foam Rollers, Dumbbells 5	TaijiFit Tai Chi Certification <i>Ross</i> 9:00am-5:00pm 0	SCW Pilates Matwork Certification <i>Appel</i> 8:00am-5:00pm Pilates Balls, Gliding Discs, Tubing, Mats 9	SCW Yoga I Certification <i>Velaquez</i> 8:00am-5:00pm Mats, Yoga Blocks 5	WATERinMOTION® Aqua Exercise Certification <i>Kulp</i> 9:00am-5:00pm Aqua Noodles, Aqua Dumbbells, Tubing 2	SCW Practical Guide to Nutrition, Hormones and Metabolism <i>Layne</i> 9:00am-3:30pm Whiteboard & Markers 3
					SCW Fall Prevention Certification	SCW Active Aging Nutrition Certification

Friday, November 11, 2022

Room	A	B	C	D	E	F	G	H
	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	Barre/GX/Dance	Boxing/Rowing/Small Group	Aqua (Starts in Lecture)	Nutrition/ Ex Science	Business
FR1 7:30am-8:45am	Sitting Pretty: Strength & Support <i>Gilbert</i> Pilates Balls, Dumbbells, Tubing 27	LIT 101 (Low Impact Training) <i>Robinson</i> Dumbbells 27	Flowing Yoga For Chakra Balancing <i>Velazquez</i> Mats, Yoga Blocks 18	Improve Your Rear View <i>Taylor</i> BareFit Suspension System & BareFit Bands 20	Fight Night 2.0 <i>Richards</i> Boxing Gloves, Boxing Bags 6	Smart Sets for Aqua Dumbbells <i>Kulp</i> Aqua Dumbbells 12	General Population Nutrition Coaching <i>Toole</i> Whiteboard & Markers 20	Social Media Success Accelerator <i>Poirier</i> 32
EXPO SHOPPING 10:00am-11:00am								
FR2 9:00am-10:15am	Best Mobility Exercises for Better Movement <i>Tumminello</i> Mats, Chairs (1:2), Steps (1:2) Small Med Balls (1:2) 44	Back, Booty & core connection <i>Appel</i> Tubing, Gliding Discs, Dumbbells or Kettlebells 54	Discover a Teaching Vacation <i>Chilazi</i> 8	LaBlast® Fitness: Dance is Mental & Emotional <i>Perodeau</i> Dumbbells 6	Brrrn © Slide Board Training for Active Aging <i>Adamic & Martin</i> 11	H2O Strength Through the Ages <i>Kulp, Velazquez & Carvalho</i> Aqua Noodles, Aqua Dumbbells, Tubing 8	Low T for Women? <i>McCormick</i> 12	Inexpensive Marketing for Growth & Profitability <i>Kooperman</i> 29
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	Recovery Techniques for Active Agers <i>Toole</i> Yoga Blocks, Chairs, Massage Sticks 23	SOULstrength™ Experience <i>Park</i> Tubing, Dumbbells 20	The Art of Flow: Yoga Basics <i>Conti</i> Mats, Dumbbells 8	7 Game-Changing Glute Training Tips <i>Tumminello</i> Steps (1:2), Chairs (1:2), PVC Pipes (1:4) BOSU Green Strength Bands, Dumbbells 41	Boats, Bands and Battle Ropes™ <i>SGT Ken®</i> 20	LaBlast® Splash: Dancing with <i>Perodeau</i> Aqua Dumbbells 3	Stopping Inflammation Through Nutrition <i>Layne</i> Whiteboard & Markers 36	Stretching for Strength - Flexible Foundations Panel <i>Kooperman, Bannister-Munn, Appel, Velazquez</i> 23
FR4 12:30pm-1:45pm Session 1		Pro Athlete Core Conditioning <i>Robinson</i> Med Balls, Dumbbells, Tubing 36 Session 1		Zumba® <i>Saldi</i> 9 Session 1	Intro to Jeti Walking Fitness Program <i>Boyle</i> Brings Walking Poles, 2 Microphones 14 Session 1		Strategies Panel <i>Kooperman, Oksayan, D. Gilbert, Esquerre & A. Gilbert</i> 29 Session 1	
EXPO SHOPPING 12:00pm-2:45pm								
FR4 1:15pm-2:30pm Session 2	Arthritis Exercises: From Head to Toe <i>Conti</i> BOSU Green Strength Band 47 Session 2		WARRIOR Strength™ <i>de Werd</i> Dumbbells, Gliding Disc, Bands-Loop 23 Session 2			Aqua Ease: Flexibility for Active Agers <i>Velazquez</i> 11 Session 2		Getting On Board - Slide board Training <i>Adamic & Martin</i> 6 Session 2
FR5 2:45pm-4:00pm	Strength Training for Longevity & Vitality <i>Kooperman</i> Tubing 53	Planks in all Three Planes <i>Chilazi</i> Mats, Pilates Balls, Dumbbells, Gliding Disc, Bands-Loop 33	Yoga Restore <i>Bannister-Munn</i> Yoga Straps, Yoga Blocks, Towels, Mats 12	Where Functional Training Meets Fun <i>Rodriguez</i> Brings own Equipment (Needs help moving to the room from her booth) 14	4 Quarters of Fitness <i>Robinson</i> Cones(12), Bands-Loop, Med Balls, Dumbbells 8	Splish Splash Calorie Smash <i>Malaghan</i> Aqua Dumbbells 17	Mastering Menopause <i>Layne</i> Whiteboard & Markers 21	Financial Success in your Career <i>Esquerre</i> 24
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	The Battle for Mobility <i>McCormick</i> Foam Rollers, Tennis Balls, Tubing, Massage Sticks 42	The Bare Essential - Strength Training 101 <i>Banister -Munn</i> Med Ball, Gliding Disc 15	Tai-Chi Fused Yoga <i>Velazquez</i> Mats 15	Barre Bang <i>Appel</i> Barre, Dumbbells 15	Kickbox N chaos <i>Turner</i> Dumbbells 18	Cheeks for Weeks <i>Gilbert</i> Aqua Noodles 11	Art of Food as Fuel <i>Malaghan</i> 26	Selling for the Non Salesperson <i>Barnes</i> 33
FR7 6:00pm-7:00pm Evening Sessions		Fitness Idol <i>Howard, Velazquez, Richards & Bannister-Munn</i> Table with 4 chairs, Chairs Theater 16		Sole Sisters <i>Chilazi & Lenart</i> 56				

Saturday, November 12, 2022

Room	A	B	C	D	E	F	G	H
	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	Barre/GX/Dance	Boxing/Rowing/Small Group	Aqua (Starts in Lecture)	Nutrition/ Ex Science	Business
SA1 7:30am-8:45am	S.E.A.T. Supported Exercise for Ageless Training	How to Handle Hypertrophy	Core Forward Pilates	Jetti Flow & Barre	Making Cardio Fun	H2O Rapid Resistance	The Sleep, Eat & Hormones Link	Boutique Fitness' Winning Formula
	<i>Gilbert</i> Chairs, Dumbbells, Pilates Balls, Bands-Loops 36	<i>D. Robinson</i> Dumbbells, Kettlebells 12	<i>Howard</i> Mats, Yoga Blocks 33	<i>Mendoza</i> Brings Walking Poles 3	<i>Williams</i> Agility Cones, Agility Dots, Agility Ladders 33	<i>Kulp</i> Aqua Dumbbells, Aqua Noodles, Tubing 8	<i>Layne</i> Whiteboard & Markers 36	<i>Etuk</i> 9
EXPO SHOPPING 8:30am-9:45pm								
SA2 9:00am-10:15am		Keynote: Eercise is Medicine with Dr. Edward Laskowski, MD 106	Staff Assistansts be available for set up and tear down at 8:45 in Room A					
EXPO SHOPPING 10:00am-11:00am								
SA3 11:00am-12:15pm	Hot Crossed Buns	Coconut Beach Camp by Fit Bodies, Inc.	Hands On Stretching	BareFit Super Circuts	Fight Club	LaBlast® Splash: Dance. Water.	State of the Boutique Fitness	Nutrition Math - Calories, Grams
	<i>Howard</i> Mats 50	<i>Chilazi</i> Brings Coconuts 12	<i>Bannister-Munn</i> Yoga Straps, Mats 45	<i>Taylor</i> BareFit Suspension System & BareFit Bands 18	<i>Richards</i> Boxing Bags, Boxing Gloves, Focus Mitts, Jump Ropes 14	<i>Perodeau</i> Aqua Dumbbells 12	<i>Barnes & Etuk</i> 17	<i>Toole</i> Whiteboard & Markers 20
SA4 12:30pm-1:45pm Session 1	Best Practices for Functional Flexibility		SOULfusion™ EXPERIENCE		Row, Recover, Roll and Repeat™		Nutrition for Fitness Professionals	
	<i>Williams</i> Mats, Foam Rollers, Massage Sticks 62 Session 1		<i>Park</i> Dumbbells 14 Session 1		<i>SGT Ken®</i> Foam Rollers 23 Session 1		<i>Layne</i> Whiteboard & Markers 29 Session 1	
SA4 1:15pm-2:30pm Session 2		Warrior Rhythm™		Move Your Core the Latin Way		Water Works		Cheap Tricks to Market Your GX & PT Panel
		<i>de Werd</i> Dumbbells, Mats 20 Session 2		<i>Rodriguez</i> Brings Own Equipment (Get Equipment from Room D) 8 Session 2		<i>Kulp, Velazquez & Carvalho</i> Aqua Noodles, Aqua Dumbbells, Tubing 14 Session 2		<i>Kooperman, Oksayan, D. Gilbert, Howard & A. Gilbert</i> Whiteboard & Markers 20 Session 2
EXPO SHOPPING 12:15pm-3:00pm								
SA5 2:45pm-4:00pm	LaBlast® Fitness: Active Aging for All	Arm Candy	Core Yoga Strong	STRONG Nation™	Brrrn © Slide Board Training for Athletes	Strength Beneath the Surface	WORDS MATTER: Eating Disorders & the Fitness Industry	Perfect Practice Makes Perfect
	<i>Perodeau</i> Dumbbells 18	<i>Appel</i> Tubing, Gliding Disc, Bands-Loop 54	<i>Howard</i> Mat 30	<i>Bayersdorfer</i> Mats 14	<i>Adamic & Martin</i> 5	<i>PluimMentz</i> Aqua Dumbbells 8	<i>Conti</i> 20	<i>Laskowski</i> 29
EXPO SHOPPING 3:45pm-4:30pm								
SA6 4:15pm-5:30pm	Functional Training for Active Agers	ABSolutely Core Training	Active Recovery for Better Results	Total Body Reset	Contender	Tab-Aqua Quickies	Pros & Cons of Fasting	Expired! Strength Training for Mature Adults Panel
	<i>Gilbert</i> Pilates Balls, Dumbbells, Tubing, Bands-Loop 30	<i>Williams</i> BOSU Balance Trainer, Stability Balls, Mats, Med Balls 35	<i>Fulton</i> Foam Rollers, Yoga Blocks, Peanuts, Tennis Balls 18	<i>Turner</i> Dumbbells, Steps, Gliding Disc 23	<i>Richards</i> Boxing Gloves, Boxing Bags 12	<i>Howard</i> 17	<i>Layne</i> Whiteboard & Markers 24	<i>Kooperman, Velazquez, Bannister-Munn & Malaghan</i> Whiteboard & Markers 20

Sunday, November 13, 2022

Room	A	B	C	D	E	F	G	H
	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	Barre/GX/Dance	Boxing/Rowing/Small Group	Aqua (Starts in Lecture)	Nutrition/ Ex Science	Business
SU1 7:30am-8:45am	Fab Women Fifty+	Core Connection	Muscle Care - Happy Hips & Healthy Backs	Slide Into Your Stronger Self	Street Kamp	Aqua Excellence for the Active Ager	The D.I.E.T. Revelation	Grown Your Business Through Retentions & Conversions
	Toole Dumbbells, Stability Balls, BOSU Balance Trainer 32	Turner Gliding Disc, Mats, Dumbbells, Med Balls 15	Fulton Tennis Balls, Foam Rollers, Yoga Straps, Massage Peanuts 41	Taylor Gliding Disc 8	Garland 8	Kulp, Velazquez & Carvalho Aqua Noodles, Aqua Dumbbells, Tubing 14	Douglass 8	Esquerre 21
EXPO SHOPPING 8:30am-9:45pm								
SU2 9:00am-10:15am	Boogie, Band & Balance	Core Flow	Chair Yoga for the Young at Heart	BARRefusion™ EXPERIENCE	Kettlebell Krush	Aqua Disco	Got Muscle? Targeting Hypertrophy	Motivational Interviewing & Goal Setting Skills for Fit Pros
	Kulp Mats, Tubing, BOSU Green Strength Band 29	Lenart BOSU Balance Trainer, Mats 11	Kooperman Chairs, Mats 21	Park Barres, Dumbbells 14	Turner Kettlebells 36	Haggard 12	Layne Whiteboard & Markers 15	Nitschke 15
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM								
SU3 10:45am-12:00pm	WARRIOR Strength™: Put FUN in Functional	Level Up Your Strength Classes!	5 Seconds to Improve Flexibility	Agility Ability	Budget Bootcamp	Booty	Helping Clients Reject Diet Culture	Simplicity Breeds Success
	de Werd Dumbbells, Mats, Bands-Loop 15	Bannister-Munn 27	Fulton Yoga Straps, Massage Sticks 30	Layne Tennis Balls, Tape 23	Aronson Dumbbells, Bands-Loop 15	Kulp Tubing, Aqua Dumbbells, BOSU Green Strength Bands 6	Nitschke 14	Baldwin 11
SU4 12:15pm-1:30pm	Active Agers From the Ground Up!	Rock Bottoms! Banded Booty Strength	Yoga Sculpt	Disco & Dumbbells	Street Kata - Evolution to Kickboxing	Swim Up Barre	Is Your Diet on Fire?	What Will You G.A.I.N.
	Velazquez Peanuts, Yoga Straps, Foam Rollers 27	McDonald Bands-Loop, Dumbbells 45	Aronson Dumbbells, Bands-Loop, Mats 21	Haggard Dumbbells, Pilates Balls, Bands-Loop 12	Garland 0	Malaghan 17	Douglass 15	Austin 6

Sunday Certifications

BOXFORD	ESSEX	MANCHESTER	GLOUCESTER A	MARBLEHEAD AB	NEWBURYPORT AB	GLOUCESTER B	ROCKPORT BOARDROOM	TOPSFIELD
SCW Barre Certification	Jetti Instructor Training	SCW Boxing	S.E.A.T. Certification	STRONG Nation™	Zumba® Basic Instructor Training	SCW Group Exercise Certification	SCW Aquatic Exercise	BareFit Suspension System Training Certification
Appel 7:30am-3:30pm Barres, Bands-Loop, Pilates Balls, Dumbbells, Gliding Disc, Mats 3	Boyle 11:00am-3:00pm Brings Walking Poles 5	Richards 7:30am-2:30pm Boxing Bags, Boxing Gloves 0	Gilbert 7:30am-3:30pm Chairs, Pilates Balls 5	Bayersdorfer 7:30am-4:00pm Mats 0	Saldi 7:30pm-4:00pm 0	Howard 7:30am-3:30pm Dumbbells, Mats 11	McCormick 7:30am-3:30pm Aqua Dumbbells, Noodles 6	Taylor 11:00am-3:00pm 0