

Thursday, Nov 2, 2023

Grand Ballroom 3	North Shore B	Grand Ballroom 2	Grand Ballroom 1	Grand Ballroom 4	North Shore A
<b>SCW Personal Training Certification</b>  <b>Bannister-Munn</b>  <b>9:00am-6:00pm</b> Stability Balls, Gliding Disc, Pilates Balls, Tubing, BOSU Balance Bars  6	<b>SCW Active Aging Certification</b>  <b>Layne</b>  <b>9:00am-5:00pm</b> Dumbbells, Tubing, Bands-Loop, Pods  4	<b>SCW Group Exercise Certification</b>  <b>Velazquez</b>  <b>8:00am-5:00pm</b> Dumbbells  4	<b>SCW Pilates Matwork Certification</b>  <b>Lenart</b>  <b>8:00am-5:00pm</b> Pilates Balls, Gliding Disc, Bands-Flat, Yoga Mats  5	<b>Schwinn® Cycling: Indoor Cycling Certification</b>  <b>Appel</b>  <b>7:00am-5:00pm</b>  6	<b>SCW Life Coaching Certification</b>  <b>Toole</b>  <b>9:00am-3:00pm</b>  0

Grand Ballroom 2
<b>Muscle Mastery</b>  <b>Toole, Chilazi, Lenart &amp; Zuleger</b>  <b>6:00pm-8:00pm</b> Dumbbell, Tubing, BOSU Balance Trainers, Gliding Disc  44