

Thursday, March 30, 2023

Pre-Convention Certifications

Grand Ballroom D	Grand Ballroom E/F	Grand Ballroom C	Grand Ballroom A/B	Grand Ballroom G	Sandpebble E	Sandpebble A	Sandpebble B
SCW Active Aging Certification <i>Gilbert</i> 9:00am-5:00pm Dumbbells, Bands-Loop, Tubing, Whiteboard & Markers	SCW Personal Training Certification <i>McCormick</i> 9:00am-6:00pm Whiteboard & Markers, Tubing, Foam Rollers, Dumbbells	SCW Pilates Matwork Certification <i>Appel</i> 8:00am-5:00pm Pilates Balls, Gliding Discs, Tubing, Mats	SCW Group Exercise Certification <i>Velazquez</i> 8:00am-5:00pm Dumbbells	Schwinn® Cycling: Indoor Cycling Certification <i>Thews</i> 7:00am-5:00pm	Symmetry Technician - Advanced Postural Corrective Exercise <i>Mummy</i> 8:00am-5:00pm	SCW Practical Guide to Nutrition, Hormones and Metabolism <i>Layne</i> 9:00am-3:30pm Whiteboard & Markers	SCW Life Coaching Certification <i>Spreen-Glick</i> 9:00am-3:30pm
9	5	8	3	16	3	3	3

Friday, March 31, 2023

Room	A	B	C	D	E	F	G	H
Description	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	GX/Dance/Barre	Boxing/Small Group	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Grand Ballroom D	Grand Ballroom E/F	Grand Ballroom C	Grand Ballroom A/B	Grand Ballroom G	Sandpebble E	Sandpebble A	Sandpebble B
FR1 7:30am-8:45am	Functional Training for Active Agers <i>Gilbert</i> Chairs, Pilates Balls, Dumbbells, Tubing, Bands-Loop 36	Stabilize the Shoulder <i>Gavigan</i> Tubing, Dumbbells, Stretch Sticks (PVC) 27	Chair Yoga <i>Spreen-Glick</i> Chairs 27	Fight Club <i>Richards</i> Boxing Bags, Focus Mitts, Jump Ropes, Boxing Gloves 20	Schwinn®: R.I.S.E. & #RideRight <i>Vanderburg</i> 14	Aqua Ease: Flexibility for Active Agers <i>Velazquez</i> 12	Myths & Science of Training Women <i>Groves</i> 27	Building Your Business <i>Stevenson</i> 12
EXPO SHOPPING 10:00am-11:00am								
FR2 9:00am-10:15am	Essentials of Proper Shoulder Mechanics <i>Comana</i> Foam Rollers, Lacrosse Balls, Massage Balls 56	SOULstrength™ Cardio Kickboxing Intervals <i>Park</i> Kettlebells, Dumbbells 32	A WALL does it ALL <i>Krauss</i> 15	Discover a Teaching Vacation <i>Chilazi</i> 9	Schwinn®: Dynamic Duos - Cycling Fusion <i>Thomson</i> Tubing, Kettlebells 14	Aqua HIIT & Box <i>McCormick</i> 24	Feasting & Fasting <i>Layne</i> Whiteboard & Markers 29	Successful GroupX Marketing Calendars <i>de Werd</i> 9
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	ToughAgers® Active Older Adult Fitness <i>Rothschild</i> Dumbbells, Foam Rollers, Mats 56	Game Your Core <i>Velazquez</i> Gliding Discs 17	FOGA - Foam Rolling and Yoga <i>Zahnn</i> Foam Rollers, Tennis Balls, Massage Peanuts 47	LaBlast® Fitness: Dance. Diversity. Inclusion <i>Figueroa</i> Dumbbells 9	Schwinn®: Leader of the Pack <i>Appel</i> 9	Aqua Brain Power <i>Gilbert</i> 17	Stress! What You Should Know <i>Comana</i> Whiteboard & Markers 30	New World Sales & Management <i>McBride</i> 11
FR4 12:30pm-1:45pm Session 1	90 Reasons for Foot Fitness <i>Krauss</i> 30 Session 1			WARRIOR Combat™ <i>de Werd & Richards</i> 24 Session 1	Schwinn®: Let the Beat Drop <i>Thomson</i> 15 Session 1			Creating with Canva <i>Hoff</i> 8 Session 1
EXPO SHOPPING 12:00pm-2:45pm								
FR4 1:15pm-2:30pm Session 2		Killer Core <i>Appel</i> Gliding Disc, Tubing 62 Session 2	Fire & Ice Yoga <i>Spreen-Glick</i> Mats 12 Session 2			Water Works <i>Velazquez</i> Noodles 26 Session 2	Five Fat-Burning Hormones <i>Layne</i> Whiteboard & Markers 26 Session 2	
FR5 2:45pm-4:00pm	Mobility, Fascia & the Active Ager <i>McCormick</i> 60	Long, Strong Sculpted: Dynamic Flexibility <i>Chilazi</i> Mats 53	Symmetry: Advanced Corrective Exercise <i>Mummy</i> 21	Move Your Core the Latin Way <i>Rodriguez</i> Get Equipment from Sponsor 3	Schwinn®: Polishing Diamonds - Level Up <i>Vanderburg</i> 9	LaBlast® Splash: Emotional Wealth <i>Figueroa</i> Aqua Dumbbells 12	Muscle Development - Building Bigger <i>Comana</i> Whiteboard & Markers 27	Rebuilding Sandcastles: 2023 <i>McBride</i> 6
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	Sitting Pretty: Strength & Support <i>Gilbert</i> Pilates Balls, Dumbbells, Tubing 18	Glute Training - Beginner to Advanced <i>Johnson</i> Bands Loops, Kettlebells 81	High Roller <i>Appel</i> Foam Roller 32	E.M.H. Training <i>Gavigan</i> Dumbbells, Tubing, Med Balls 11		Strong & Stable Aqua <i>Layne</i> Aqua Dumbbells, Noodles 24	The Science & Application of <i>Groves</i> Whiteboard & Markers 12	Retain & Engage Your Personal <i>Hoff</i> 11
FR7 6:00pm-7:00pm Evening Sessions	Fitness Idol <i>Kooperman, Velazquez, Bannister-Munn & de WerdKooperman, Velazquez, Spreen-Glick & de Werd</i> 21		SMR: Functional Fascia Techniques <i>Gavigan</i> Foam Roller, Tennis Ball, Yoga Block, Massage Peanut 98					

Saturday, April 1, 2023

Room	A	B	C	D	E	F	G	H
Description	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	GX/Dance/Barre	Boxing/Small Group	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Grand Ballroom D	Grand Ballroom E/F	Grand Ballroom C	Grand Ballroom A/B	Grand Ballroom G	Sandpebble E	Sandpebble A	Sandpebble B
SA1 7:30am-8:45am	S.E.A.T. Supported Exercise for Ageless Training	Bringing Back Foundation - Strength Training	SOULfusion™ EXPERIENCE	Core Training Meets Fun	Schwinn®: Cycle Mixology - Killer Playlists	Silver Tsunami	Eat to Lose!	Stop Guessing What Your Clients Want!
	<i>Gilbert</i> Chairs, Dumbbells, Pilates Balls, Bands-Loops	<i>Johnson</i> Kettlebells (1:4), Tubing (1:4)	<i>Park</i> Dumbbells, Mats	<i>Rodriguez</i> Get Equipment from Sponsor	<i>Thomson</i>	<i>Velazquez</i>	<i>Seti</i>	<i>Stevenson</i>
EXPO SHOPPING 8:30am-9:15pm								
SA2 9:15am-10:30am		Keynote: Exercise is Medicine with Dr. Edward Laskowski, MD						
EXPO SHOPPING 10:30am-11:00am								
SA3 11:00am-12:15pm	Strength Through the Ages	Planks in all Three Planes	The Art of Breathwork	LaBlast® Fitness: Emotional Wealth	Schwinn®: Breathy Not Breathless	Strength Beneath the Surface	Physics of Pain & Performance	Effective GX & PT Sales Strategies Panel
	<i>Appel</i> Dumbbells, Gliding Disc	<i>Chilazi</i> Mats, Pilates Balls, Dumbbells, Gliding Discs, Band Loops	<i>Krauss</i>	<i>Figuroa</i> Dumbbells	<i>Vanderburg</i>	<i>PluimMentz</i> Aqua Dumbbells	<i>Mummy</i>	<i>Kooperman, Richards, de Werd, Stevenson, Clark & Johnson</i>
SA4 12:30pm-1:45pm Session 1		WARRIOR Rhythm™: Stand Out		Coconut Beach Camp by Fit Bodies, Inc		HIIT the Wall	Chasing the Dragon	
		<i>de Werd</i> Dumbbells		<i>Chilazi</i> Brings Coconuts		<i>Gilbert</i> Aqua Gloves	<i>Layne</i> Whiteboard & Markers	
SA4 1:15pm-2:30pm Session 2	Active Agers From the Ground Up!		Posture & Alignment With Personal Training		Schwinn®: Tri-Cycle Triple Threat			Stand Out On Social Media
	<i>Velazquez</i> Massage Peanuts, Yoga Straps, Foam Rollers		<i>Mummy</i>		<i>Schneider</i>			<i>Clark</i>
EXPO SHOPPING 12:00pm-2:45pm								
SA5 2:45pm-4:00pm	The Aging Brain	New Trainer, New Client	True Power Yoga	Contender	Schwinn®: Pedal N Pulse	Cheeks for Weeks - H2O	Sleep: The Weight Loss Miracle	Building Successful Hybrid Businesses
	<i>Layne</i>	<i>Gavigan</i> Tubing, Dumbbells, Med Balls	<i>Spreen-Glick</i> Mats	<i>Richards</i> Boxing Bag, Boxing Gloves	<i>Appel</i>	<i>Gilbert</i> Noodles	<i>Seti</i>	<i>Vokoun</i>
EXPO SHOPPING 3:45pm-4:30pm								
SA6 4:30pm-5:45pm	Transformational Training After 40	Optimal Overhead Pressing	Happy Hips & Healthy Backs	One & Done	Schwinn®: Prime Design 2.0	H2O Strength	Sports Supplementation:	Retired, Not Expired! Panel
	<i>McCormick</i> Dumbbells, Tubing	<i>Mike</i> BOSU Balance Bars, Kettleblees, Dumbbells, PvC Pipes	<i>Fulton</i> Massage Sticks, Tennis Balls, Foam Rollers, Yoga Straps, Mats, Massage Peanuts	<i>Zahnn</i> Dumbbells	<i>Schneider</i>	<i>Velazquez</i> Aqua Dumbbells	<i>Hyde</i>	<i>Kooperman, Gilbert, Layne & Appel</i>

Sunday, April 2, 2023

Room	A	B	C	D	E	F	G	H
Description	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	GX/Dance/Barre	Boxing/Small Group	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
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SU1 7:30am-8:45am	LaBlast® Chair Fitness Figuroa Dumbbells, Chairs 18	How to Master the Deadlift Mike PVC Pipes 30	Shoulder Solutions for Pain-Free Movement Bettendorf Foam Roller 32	StrongHER & F.I.T. Ballard Dumbbells, Mats 36		Turbulence Training PluimMentz 11	Bioenergetics: Review of Energy Systems Hyde 11	The Beauty of Building a Brand Park 14
EXPO SHOPPING 8:30am-9:45pm								
SU2 9:00am-10:15am	Influence of Fascia: Active Adult McCormick Pilates Balls 24	Fundamentals of Squat Progressions and Variations Mike BOSU Balance Bar, PVC, Plyo Boxes 30	Active Recovery for Optimal Performance Fulton Foam Rollers, Yoga Blocks, Massage Peanuts, Tennis Balls 24	BARREFusion™ Experience Park 41		LaBlast® Splash: Emotional Welth Figuroa Aqua Dumbbells 5	Optimal Recovery Layne Whiteboard & Markers 26	Inexpensive Marketing for Growth Kooperman 15
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM								
SU3 10:45am-12:00pm	WARRIOR Strength™: Put Fun in Functional de Werd Dumbbells, Mats, Bands-Loops 32	Exercise Testing for Athletes and Non-Athletes Fleck Cones (50) 20	Lower Body Self Care Bettendorf 35	F.I.T. Vibe Ballard Dumbbells, Steps, Slam Balls, Mats 21		Aqua HIIT & Run Layne 15	Ketogenic Diets: History and Applications Hyde 9	Stretching for Strength - Flexible Foundations Panel Kooperman, Fulton, McCormick, Mike & Park 36
SU4 12:15pm-1:30pm	Neural Approach to Mobility Training Bettendorf Foam Roller 45	Anaerobix Fleck 9	5 Seconds to Improved Flexibility Fulton Massage Sticks, Mats 33	Elite HIIT for Barre McCormick Gliding Discs, Pilates Balls, Bands-Loops 15		Aqua Agility Layne 12	Self-Care For Your Immune System Seti 29	Every Day Leadership Schuler 14

Sunday Certifications

SUNDAY CERTIFICATIONS	Grand Ballroom G	Bayside A	Sandpebble D	Sandpebble C
	SCW Boxing Certification 7:30am-2:30pm Richards Boxing Bags, Boxing Gloves 2	SCW Stretching & Flexibility Training Certification 7:30am-3:30pm Appel Massage Table, Tennis Balls, Mats, Foam Rollers, Yoga Straps 3	S.E.A.T. Certification 7:30am-3:30pm Gilbert Chairs, Mats, Pilates Balls, Dumbbells, Tubing 5	SCW Yoga I Certification 7:30am-3:30pm Velazquez Mats, Yoga Blocks 8