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



Friday, March 31, 2023

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T.30am-36.46m Charp, Fullish, Fullis		•	Stabilize the Shoulder	Chair Yoga	Fight Club				-
FR2 B09am-10:15am Essentials of Proper Shoulder Mechanics SOULstrength "Cardio Kickbosin planning Decemporation of the Section Source state of the Section Decemporation of the Section Decemporatin Decemporatin Decemporation Decemporation Decemporation Decempor		Chairs, Pilates Balls, Dumbbells,	Tubing, Dumbbells, Stretch		Boxing Bags, Focus Mitts,		Velazquez	Groves	Stevenson
FR2 900em-10:500 Essentials of Proper Shoulder Mechanics SOULstrength ¹¹⁰ Carries Print Kettoking Introduced Print Reading Science Print Reading Science Print Rea		36	27			14	12	27	12
FR2 pa0bam-10:15m Mechanics Kickboxing Intervals Kic									a (10 Y
BioBan-10:15am From Name From Name From Name From Name From Name From Name Second Nam Second Nam Seco	500		0	A WALL does it ALL	•	Duos - Cycling	Aqua Hill & Box	Feasting & Fasting	Marketing Calendars
iss iss <td></td> <td>Foam Rollers, Lacrosse Balls,</td> <td></td> <td>Krauss</td> <td>Chilazi</td> <td></td> <td>McCormick</td> <td></td> <td>de Werd</td>		Foam Rollers, Lacrosse Balls,		Krauss	Chilazi		McCormick		de Werd
FR3 11:00an-12:0r FR3 11:00an-12:0r FR3 11:00an-12:0r FR4 12:30pm-1450m Session 1 Totage Subscription (Session 1) Code A - Foam Rolling and Yuga Labisets Princes: During Lubisets Frage Peaks Aqua Brain Power the Pack Appel Aqua Brain Power the Pack Appel Aqua Brain Power the Pack Appel Stress What Yug Appel New World Sale Management During Lubisets FR4 11:00an-1450m Session 1 0 17 47 20m 17 30 11 FR4 12:30pm-1450m Session 1 90 Reasons for Foot Fluess Basison 1 17 47 WARRIOR Combal ^{1N} 47 Schwinn®: Leader of During Lubisets 60m 17 30 11 FR4 11:0pm-2:30pm Session 1 Now World Sale Session 1 17 47 30 17 30 11 FR4 11:0pm-2:30pm Session 2 10 17 47 5 5 10 10 10 FR4 11:0pm-2:30pm Session 2 10 17 47 5 5 5 10 10 FR4 11:0pm-2:30pm Session 2 Mobility, Fascia & the Activ Ager Kitting Dist, Tubing Mich Somethy: Advance Mas Move Your Core the Latin Shawing?: Polishing Diamonds - Level Up Mas Schwing?: Polishing Diamonds - Level Up Mich LaBisetS (Splash): Aqua Dumbdels Schwing?: Polishing Diamonds - Level Up Mich Mas Schwing?: Polishing Diamonds - Level Up Mich Mas 27 5 FR5 4:30pm-5:00m			32		9	14	24	29	9
FR3 11:00am-12:15pn 11:00am-12:15pn Filtness Veizquez Reduchidg Dumbelis Yoga Diversity, inclusion the Pack Appel Gilbert Should Know Management Metride Metride 56 56 17 24/7 9 9 9 17 30 11 58 56 17 47 WARRIOR Combalt** Schwinn®: Let the Best Torp 7 9 17 30 11 58 12:30 24 17 30 17 30 11 28 7 17 17 17 10 11 11 12:30 20 24 15 17 30 11 28 13:30 24 15 11 11 11 11 11:1000 11 11 11 11 11 11 11 28 10 11 <		Toursh Amaron A ative Older Adult	Come Vour Com			Cabudan@Landar.of		Streed What You	New Werld Coles 9
11:00 am -12:15 pm bumbbels, Feam Rolleys, Mais bumbbels, Feam Rolleys, Mais session 1 Veacure Session 2 Zainn Session 2 Feam Rolleys, Mais Session 1 Reduction (Massage Peam) Page / (Massage Peam) Page / (Massage Peam) Gilley / (Massage Peam) Conname (Massage Peam) Mode/ (Massage Peam) FR4 11:30 mm -1:45 pm 30 mm -1:45 pm			Game Your Core				Aqua Brain Power		Management
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FR5 2:45pm-4:00pm Sitting Pretty: Strength & Support Glute Training - Beginner to Advanced Dynamic Flaguenes Exro SHOPMEN E.M.H. Training Bands Loops, Kettlebells Strong & Stable Aqua Bands The Science & Appel Foam Roller Retain & Engage Gavigan FR7 6:00pm-7:00pm 18 81 32 11 24 12 11	1:15pm-2:30pm			-			•		
FR5 2:45pm-4:00pmMobility, Fascia & the Active Ager McCormickLong, Strong Sculpted: Dynamic Flexibility Chilazi MatsSymmetry: Advanced Corrective Exercise MummyMove Your Core the Latin Way Reduiter Get Equipment from SponsorLaBlast@ Splash: Environmed: VanderburgMuscle Davelopment- Building Bigger Comana Whiteboard & MarkersRebuilding Sandcastles: 20 Moestle60532139122766053213912276FR6 4:30pm-5:45pmSitting Pretty: Strength & Support Pilates Balls, Dumbbells, Tubing 18Glute Training - Beginner to Advanced JohnsonHigh Roller High Roller Foam RollerE.M.H. Training Gavigan Dumbbells, Tubing, Med BallsStrong & Stable Aqua Appl Foam RollerThe Science & Appl Gavigan Dumbbells, Tubing, Med BallsStrong & Stable Aqua Appl Foam RollerRetain & Engag Gavigan Dumbbells, Tubing, Med Balls241211FR7 6:00pm-7:00pmFitness Idol813211241211FR7 6:00pm-7:00pmKooperman, Velazquez, Bannister- Munn & de WerdKooperman, Velazquez, Spreen-Glick & de WerdSMR: Functional Fascia Techniques Gavigan11241211			62						
FR5 2:45pm-4:00pmAger McCornickDynamic Flexibility Chilazi MatsiCorrective Exercise MummyWay Rodriguez Get Equipment from SponsorDiamonds - Level Up VanderburgEmotional Wealth Figueroa Aqua DumbellsBuilding Bigger Comana Whiteboard & MarkersSandcastles: 20 McBride6053213912276FR6 4:30pm-5:45pmSitting Pretty: Strength & Cilbert Pilates Balls, Dumbbells, Tubing 18Glute Training - Beginnet to Advanced Johnson Bands Loops, KettlebellsGlute Training - Beginnet to Advanced StatelerE.M.H. Training Gavigan Dumbbells, Tubing, Med BallsStrong & Stable Aqua Appel Foam RollerThe Science & Appel Dumbbells, Tubing, Med BallsStrong & Stable Aqua Appel Foam RollerAppel BallsE.M.H. Training Appel Dumbbells, Tubing, Med BallsStrong & Stable Aqua Appel Foam RollerStrong & Stable Aqua Appel Dumbbells, Tubing, Med BallsStrong & Stable Aqua Aqua Dumbbells, NoodlesRetain & Engage Appil GaviganFR7 6:00pm-7:00pm Evening SessionKopperman, Velazquez, Bannister- Munn & de WerdKooperman, Velazquez, Spreen-Glick & de WerdSMR: Functional Fascia Techniques Gavigan11241211									
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FR6 4:30pm-5:45pm Sitting Pretty: Strength & Support Gilbert Pilates Balls, Dumbbells, Tubing 18 Glue Training - Beginer to Advanced Johnson Bands Loops, Kettlebells High Roller High Roller E.M.H. Training Gavigan Dumbbells, Tubing, Med Balls Strong & Stable Aqua Layne Aqua Dumbbells, Noodles The Science & Application of Groves Whiteboard & Markers Retain & Engage Application of Gavigan FR7 6:00pm-7:00pm Evening Sessions Fitness Idol 81 32 11 24 12 11		WCCOTTICK		mannny					INCEITAE
FR6 4:30pm-5:45pmSitting Pretty: Strength & Support Gilbert Pilates Balls, Dumbbells, TubingGlute Training - Beginner to Advanced Johnson Bands Loops, KettlebellsHigh RollerE.M.H. Training Gavigan Dumbbells, Tubing, Med Balls 11Strong & Stable Aqua Layne Aqua Dumbbells, NoodlesThe Science & Application of Groves Whiteboard & MarkersRetain & Engag Your Personal BandsFR7 6:00pm-7:00pm Evening SessionsSomerman, Velazquez, Bannister- Munn & de WerdKooperman, Velazquez, Spreen-Glick & de WerdS11SMR: Functional Fascia Techniques Gavigan11241211		60	53		3	9	12	27	6
4:30pm-5:45pm Gilbert Johnson Appel Gavigan Layne Groves Hoff Pilates Balls, Dumbbells, Tubing Bands Loops, Kettlebells Foam Roller Dumbbells, Tubing, Med Balls Aqua Dumbbells, Noodles Whiteboard & Markers Hoff 18 81 32 11 24 12 11 FR7 Fitness Idol SMR: Functional Fascia Techniques Gavigan Fechniques Gavigan	EDA				E.M.H. Training		Strong & Stable Aqua		Retain & Engage Your Personal
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FR7 Kooperman, Velazquez, Bannister- Munn & de WerdKooperman, Velazquez, Spreen-Glick & de Werd SMR: Functional Fascia Techniques Gavigan FR7 Kooperman, Velazquez, Bannister- Munn & de WerdKooperman, Velazquez, Spreen-Glick & de Werd Foam Roller, Tennis Ball, Yoga		40	04	22			94	40	44
FR7 Kooperman, Velazquez, Bannister- Munn & de WerdKooperman, Velazquez, Spreen-Glick & de Werd Gavigan Foam Roller, Tennis Ball, Yoga Foam Roller, Tennis Ball, Yoga			01	SMR: Functional Fascia			24	12	
FR7 Kooperman, Velazquez, Bannister- Munn & de WerdKooperman, Velazquez, Spreen-Glick & de Werd Foam Roller, Tennis Ball, Yoga				-					
Foam Roller, Tennis Ball, Yoga	6:00pm-7:00pm	Munn & de WerdKooperman,		Gavigan					
	Evening Sessions	Velazquez, Spreen-Glick & de Werd		Foam Roller, Tennis Ball, Yoga Block, Massage Peanut					
21 98		21							

Saturday, April 1, 2023

Room	Α	В	С	D	Е	F	G	Н
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	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!
7:30am-8:45am	<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	Thomson	Velazquez	Seti	Stevenson
	39	54	24	6 O SHOPPING 8:30am-9:15pm	18	18	29	9
SA2 9:15am-10:30am		Keynote: Exercise is Medicine with Dr. Edward Laskowski, MD						
		122						
		·		O SHOPPING 10:30am-11:00am				——
	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 Kooperman, Richards, de
SA3 11:00am-12:15pm	<i>Appel</i> Dumbbells, Gliding Disc	<i>Chilazi</i> Mats, Pilates Balls, Dumbbells, Gliding Discs, Band Loops	Krauss	<i>Figueroa</i> Dumbbells	Vanderburg	<i>PluimMentz</i> Aqua Dumbbells	Mummy	Werd, Stevenson, Clark & Johnson
	75	29	35	6	24	18	9	20
		WARRIOR Rhythm™: Stand Out		Coconut Beach Camp by Fit Bodies, Inc		HIIT the Wall	Chasing the Dragon	
SA4 12:30pm-1:45pm Session 1		de Werd Dumbbells		Chilazi Brings Coconuts		<i>Gilbert</i> Aqua Gloves	<i>Layn</i> e Whiteboard & Markers	
		24		15		26	23	
		Session 1		Session 1		Session 1	Session 1	
	Active Agers From the Ground Up!		Posture & Alignment With Personal Training		Schwinn®: Tri-Cycle Triple Threat			Stand Out On Social Media
SA4 1:15pm-2:30pm Session 2	<i>Velazquez</i> Massage Peanuts, Yoga Straps, Foam Rollers		Mummy		Schneider			Clark
	50		47		24			15
	Session 2		Session 2		Session 2			Session 2
			EXP	O SHOPPING 12:00pm-2:45pm	Г			
SA5	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
2:45pm-4:00pm	Layne	<i>Gavigan</i> Tubing, Dumbbells, Med Balls	Spreen-Glick Mats	<i>Richards</i> Boxing Bag, Boxing Gloves	Appel	Gilbert Noodles	Seti	Vokoun
	68	9	35 EXP	17 O SHOPPING 3:45pm-4:30pm	24	26	23	12
	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
SA6 4:30pm-5:45pm	<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	Zahnn Dumbbells	Schneider	Velazquez Aqua Dumbbells	Hyde	Kooperman, Gilbert, Layne & Appel
	50	9	44	26	12	24	15	32
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Sunday, April 2, 2023

Room	Α	В	С	D	E	F	G	Н
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
SU1	LaBlast® Chair Fitness	How to Master the Deadlift	Shoulder Solutions for Pain- Free Movement	StrongHER & F.I.T.		Turbulence Training	Bioenergetics: Review of Energy Systems	The Beauty of Building a Brand
7:30am-8:45am	Figueroa	Mike	Bettendorf	Ballard		PluimMentz	Hyde	Park
7.30am-0.45am	Dumbbells, Chairs	PVC Pipes	Foam Roller	Dumbbells, Mats			-	
	18	30	32	36		11	11	14
				PPING 8:30am-9:45pm				
	Influence of Fascia: Active Adult	Fundamentals of Squat Progressions and Variations	Active Recovery for Optimal Performance	BARREfusion™ Experience		LaBlast® Splash: Emotional Welth	Optimal Recovery	Inexpensive Marketing for Growth
SU2 9:00am-10:15am	<i>McCormick</i> Pilates Balls	<i>Mike</i> BOSU Balance Bar, PVC, Plyo Boxes	<i>Fulton</i> Foam Rollers, Yoga Blocks, Massage Peanuts, Tennis Balls	Park		<i>Figueroa</i> Aqua Dumbbells	<i>Layne</i> Whiteboard & Markers	Kooperman
	24	30	24	41		5	26	15
		Freezesta - Taratin n fan Athlatar		SHOPPING 10:00AM-1:00PM			Katawaia Diataa	Otars to blass of four
SU3	WARRIOR Strength™: Put Fun in Functional	Exercise Testing for Athletes and Non-Athletes	Lower Body Self Care	F.I.T. Vibe		Aqua HIIT & Run	Ketogenic Diets: History and Applications	Stretching for Strength - Flexibile Foundations Panel
10:45am-12:00pm	<i>de Werd</i> Dumbbells, Mats, Bands- Loops	Fleck Cones (50)	Bettendorf	<i>Ballard</i> Dumbbells, Steps, Slam Balls, Mats		Layne	Hyde	Kooperman, Fulton, McCormick, Mike & Park
	32	20	35	21		15	9	36
	Neural Approach to Mobility Training		5 Seconds to Inmproved Flexibility	Elite HIIT for Barre		Aqua Agility	Self-Care For Your Immune System	Every Day Leadership
SU4 12:15pm-1:30pm	Bettendorf Foam Roller	Fleck	<i>Fulton</i> Massage Sticks, Mats	<i>McCormick</i> Gliding Discs, Pilates Balls, Bands-Loops		Layne	Seti	Schuler
	45	9	33	15		12	29	14

Sunday Certifications

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

Sandpebble C

SCW Yoga I Certification 7:30am-3:30pm

> Velazquez Mats, Yoga Blocks