

# Thursday, February 23, 2023

## Pre-Convention Certifications

Luray A	Luray BC	Cirrus CD	Layton	Rockbridge	Private Dining	Cirrus A	Cirrus B
SCW Active Aging Certification	SCW Personal Training Certification	SCW Pilates Matwork Certification	SCW Group Exercise Certification	SCW Life Coaching Certification	WATERinMOTION® Aqua Exercise Certification	SCW Practical Guide to Nutrition, Hormones and Metabolism	Symmetry Technician-Advanced Postural Corrective Exercise
<b>Gilbert</b> 9:00am-5:00pm Dumbbells, Bands-Loop, Tubing, Whiteboard & Markers	<b>McCormick</b> 9:00am-6:00pm Whiteboard & Markers, Tubing, Foam Rollers, Dumbbells	<b>Appel</b> 8:00am-5:00pm Pilates Balls, Gliding Discs, Tubing, Mats	<b>Velazquez</b> 8:00am-5:00pm Dumbbells	<b>Toole</b> 9:00am-3:30pm	<b>Kulp</b> 9:00am-5:00pm Aqua Noodles, Aqua Dumbbells, Tubing	<b>Layne</b> 9:00am-3:30pm Whiteboard & Markers	<b>Mummy</b> 8:00am-5:00pm
5	6	9	3	3	2	6	0

# Friday, February 24, 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
FR1 7:30am-8:45am	Functional Training for Active Agers <i>Gilbert</i> Pilates Balls, Dumbbells, Tubing, Bands-Loop 20	Top Tier Core Conditioning <i>Robinson</i> Dumbbells 15	Tai-Chi Fused Yoga <i>Velazquez</i> Mats, Yoga Blocks 11	TRAMP CAMP: Let's JUMPstart MANIA® <i>Ursaner</i> Brings Own Equipment 21	Kinestherapy <i>Wise</i> Dumbbells, Mats, BOSU Balance Bar 2	Aqua Interval Integration <i>Dziubinski</i> 15	Fad Diets & Failed Expectations <i>Toole</i> Whiteboard & Markers 6	Smart Strategies for Serious Sales <i>Smith</i> 14
FR2 9:00am-10:15am	Strength Training for Longevity & Vitality <i>Kooperman</i> Yellow Tubing 27	SOULstrength™ EXPERIENCE <i>Lubov</i> Kettlebells, Dumbbells 9	Mat to the Max <i>Appel</i> Mats, Pilates Balls 11	LaBlast® Fitness: Dance. Diversity. <i>Cooperman</i> Dumbbells 3	LIT 101 (Low Impact Training) <i>Robinson</i> Dumbbells 17	Water Works <i>Velazquez, Kulp &amp; Carvalho</i> Noodles 14	Five Fat-Burning Hormones <i>Layne</i> Whiteboard & Markers 20	Rebuilding Sandcastles:2023 <i>McBride</i> 11
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	Sitting Pretty: Strength & Support <i>Gilbert</i> Pilates Balls, Dumbbells, Tubing 11	Crunchless Core for Barre <i>Weihl</i> Kettlebells, Dumbbells 17	Got Back Pain? <i>Garcia</i> PVC Pipe, Tennis Balls or Lacrosse Balls 24	Hot Booty Ballet™ <i>Ghadban</i> Bands-Loop 17	Coconut Beach Camp Fit Bodies, Inc. <i>Chilazi</i> Brings Coconuts 6	Barracuda Booty <i>Kulp</i> Tubing, Aqua Dumbbells, Strength Bands 12	Healthy Weight: Defined by a Dietitian <i>Digsby</i> Whiteboard & Markers 8	The Future of Fitness Panel <i>Kooperman, Clark, Richards, McBride &amp; Darden</i> 20
FR4 12:30pm-1:45pm Session 1	Jetti: Fitness Freedom for All Ages <i>Boyle</i> Brings Own 3	WARRIOR Strength™ <i>de Werd</i> Dumbbells, Mats, Bands Loop 27			Kickbox vs Resistance <i>Medina</i> Dumbbells, Mats 23		Healthy Eating for Active Agers <i>Malaghan</i> 14	
EXPO SHOPPING 12:00pm-2:45pm								
FR4 1:15pm-2:30pm Session 2			Myofascial Recovery <i>Garcia</i> Skinny Foam Rollers, Foam Rollers, Massage Peanuts, Massage Sticks, Tennis Balls 29	Move Your Core the Latin Way <i>Rodriguez</i> Brings Own Equipment 5		LaBlast® Splash: Emotional Wealth <i>Mikszan</i> Aqua Dumbbells 8		Fitness & Wellness Advocacy Panel <i>Kooperman, Clark, Richards, McBride &amp; Darden</i> 8
			Session 2	Session 2		Session 2		Session 2
FR5 2:45pm-4:00pm	Bodyfit: Tips on Modifications <i>Ross</i> Chairs, Pilates Balls, Tubing, Dumbbells 11	Back, Booty & Core Connection <i>Appel</i> Tubing, Gliding Discs, Dumbbells or Kettlebells 20	Symmetry: Advanced Corrective Exercise <i>Mummy</i> 15	Stability Ball Breakthrough <i>Bannister - Munn</i> Stability Balls 27	Movement Training: Keeping it RAW! <i>Robbins</i> Massage Sticks, Foam Rollers, Mats, Dumbbells, Bands-Loop, Gliding Discs, Kettlebells 3	Splish Splash Calorie Smash <i>Malaghan</i> Aqua Dumbbells 14	Protein Power <i>Digsby</i> Whiteboard & Markers 14	Slingshot Leadership <i>Darden</i> 17
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	Functional Fitness 50+ <i>Toole</i> BOSU Balance Trainer, Dumbbells, Stability Balls, Bands-Loop (10 each piece of equipment) 18	Create a Signature HIIT Class <i>Medina</i> Bands-Loop, Kettlebells 26	Hands on Stretching <i>Bannister-Munn</i> Mats, Yoga Straps, Towels 17	Barre Blueprint <i>Appel</i> Barre, Mats, Dumbbells 11	Contender <i>Richards</i> Boxing Gloves, Boxing Bags 18	Stride & Strength H2O <i>Dziubinski</i> Aqua Dumbbells 9	Building Bone <i>Layne</i> Whiteboard & Markers 14	Grow Your Business Through Community <i>Shulman</i> 14
FR7 6:00pm-7:00pm Evening Sessions	Fitness Idol <i>Kooperman, Velazquez, Bannister-Munn &amp; de Werd</i> 18	Planks in all Three Planes <i>Chilazi</i> Mats, Pilates Ball, Dumbbells, Gliding Discs, Bands-Loop 38	Yoga-Bata VIIT <i>Malaghan</i> Mats 24	Heavy Metal Rollerz Fit <i>Klinger</i> 0				

# Saturday, February 25, 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
SA1 7:30am-8:45am	S.E.A.T. Supported Exercise for Ageless Training	Sexy, Smart Strength for Women	5 Seconds To Improve Flexibility	Building Better Butts	Killer Kardio	Tidal Toning	Optimal Recovery	Content Creation in Paradise
	<i>Gilbert</i> Chairs, Dumbbells, Pilates Balls, Bands-Loops	<i>McCormick</i> Dumbbells, Tubing, BOSU Balance Trainer	<i>Fulton</i> Massage Sticks, Mats	<i>Mullins</i> Tubing	<i>Richards</i> Steps & Risers	<i>Kulp</i> Aqua Dumbbells, Tubing	<i>Layne</i> Whiteboard & Markers	<i>Ghadban</i>
	8	24	14	9	18	17	12	9
EXPO SHOPPING 8:30am-9:15pm								
SA2 9:15am-10:30am		Keynote: Exercise is Medicine with Dr. Edward Laskowski, MD						
		63(95)						
EXPO SHOPPING 10:30am-11:00am								
SA3 11:00am-12:15pm	Aging With Strength & Grace	Functional Core Training	SOULfusion™ EXPERIENCE	Bare Barre	Make Your Brain Sweat	Silver Tsunami	Physics of Pain & Performance	Inexpensive Marketing for Growth
	<i>Dziubinski</i>	<i>Garcia</i> Stability Balls	<i>Lubov</i> Dumbbells, Mats	<i>Becker</i> Mats	<i>Robbins</i> Massage Sticks, Foam Rollers, Mats, Dumbbells, Bands-Loop, Gliding Disc, Kettlebells	<i>Velazquez, Kulp &amp; Carvalho</i> Noodles	<i>Mummy</i>	<i>Kooperman</i>
	11	29	14	11	5	12	15	20
SA4 12:30pm-1:45pm Session 1		WARRIOR Rhythm™: The Guts to Stand Out	Discover a Teaching Vacation			H2O Strength	Perfect Practice Makes Perfect	
		<i>de Werd</i> Dumbbells, Mats, Bands Loop	<i>Chilazi</i>			<i>Velazquez, Kulp &amp; Carvalho</i> Aqua Dumbbells	<i>Laskowski</i>	
		20	8			17	12	
		Session 1	Session 1			Session 1	Session 1	
SA4 1:15pm-2:30pm Session 2	TRAMP CAMP: Bounce Basics			Jetti Flow & Barre	Arm Candy			Know Your Worth: Fitness Financial Wellness
	<i>Ursaner</i> Brings Trampolines, Dumbbells			<i>Mendoza</i> Mats, Barres	<i>Appel</i> Tubing, Gliding Discs, Bands-Loop			<i>Ross</i>
	15			3	30			15
	Session 2			Session 2	Session 2			Session 2
EXPO SHOPPING 12:00pm-2:45pm								
SA5 2:45pm-4:00pm	Active Agers From the Ground Up!	Bring the toys!	Posture & Alignment	LaBlast® Fitness Emotional Wealth	Fight Club	Strength Beneath the Surface	Nutrition Panel	Becoming the Boss
	<i>Velazquez</i> Massage Peanuts, Yoga Straps, Foam Rollers	<i>Bannister-Munn</i> Strength Bands, Tennis Balls or Lacrosse Balls, Pilates Balls	<i>Mummy</i>	<i>Cooperman &amp; Mikszan</i> Dumbbells	<i>Richards</i> Boxing Bags, Boxing Mitts,Focus Mitts, Jump Ropes	<i>PluimMentz</i> Aqua Dumbbells	<i>Layne, Digsby, Toole &amp; Malaghan</i>	<i>Smith</i>
	15	27	18	0	27	15	17	6
EXPO SHOPPING 3:45pm-4:30pm								
SA6 4:30pm-5:45pm	Functional Training With Foam Rollers	Game Your Core	Yoga Restore	Core Training Meets Fun	Barefoot Kickbox	Aqua HIIT & Box	Stopping Inflammation Through Nutrition	Effective Group Ex & PT Sales Strategies Panel
	<i>Garcia</i> Foam Rollers	<i>Velazquez</i> Gliding Discs	<i>Bannister-Munn</i> Yoga Strap or Towels, Massage Peanuts, Tennis Balls	<i>Rodriguez</i> Brings Own Equipment	<i>Medina</i> Mats, Dumbbells	<i>McCormick</i>	<i>Layne</i> Whiteboard & Markers	<i>Kooperman, Richards, Toole &amp; Gilbert</i>
	17	12	21	15	3	9	30	14

# Sunday, February 26, 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
SU1 7:30am-8:45am	LaBlast® Chair Fitness  Cooperman Dumbbells, Chairs  5	Core Training Methods  Mullins  11	The Battle for Mobility  McCormick Foam Rollers, Bands-Loop, Massage Sticks, Tennis Balls  15	Just Beat It!  Wartenberg Steps, Risers, Stability Balls, Drumsticks, Chairs  8	Kinestherapy Circuit  Wise Dumbbells, Mats, BOSU Balance Bar  15	Strong & Stable Aqua  Layne Aqua Dumbbells, Noodles  21	Getting Clients Lean Healthfully Digsby Whiteboard & Markers  8	Top 10 REX Strategies for 2023 Flatley  9
EXPO SHOPPING 8:30am-9:45pm								
SU2 9:00am-10:15am	Pre-Hab for Older Adults  Wartenberg Dumbbells, Tubing, BOSU Balance Bar, Pilates Ball, Steps  20	WARRIOR Rhythm™  Conser Dumbbells, Mats, Bands Loop  23	Active Recovery for Better Results Fulton Foam Rollers, Yoga Blocks, Massage Peanuts, Tennis Balls  20	Power Dance  Batyan  6	Gravity Is Your Best Friend Zaffino Mats, Stability Balls, Dumbbells  6	Aqua Disco  Haggard  12	What Do You Eat?  Ross  9	Connect Your Passion to Your Plies Becker & Wehl  9
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM								
SU3 10:45am- 12:00pm	Perfect Programming for Active Agers  Toole Dumbbells, Stability Balls, Chairs  18	Dynamic Core Training  McBee Dumbbells, Tubing  11	Muscle Care - Happy Hips & Healthy Backs Fulton Massage Sticks, Tennis Balls, Foam Rollers, Yoga Straps, Mats, Massage Peanuts  23	BARRefusion™ EXPERIENCE Lubov Barres, Dumbbells, Pilates Balls  9	A Dance for all Seasons Wartenberg & Haggard  2	Smart Sets for Aqua Dumbbells Kulp Aqua Dumbbells  14	Feasting & Fasting?  Layne Whiteboard & Markers  11	Making Small Group Training Work! Edwards  9
SU4 12:15pm-1:30pm	Redefine Functional Training - Redefine Yourself Mullins Chairs  24	Long, Strong, Sculpted: Dynamic Flexibility  Chilazi Mats  12	TRAMP CAMP: Rebound Recovery  Ursaner Brings Trampolines, Bands-Loop  5	FitBarre  Wartenberg Barres, Tubing, Dumbbells, Pilates Balls  5	Disco & Dumbbells  Haggard Dumbbells, Pilates Balls, Bands-Loop  8	Swim Up Barre  Malaghan Noodles  17	Low T for Women?  McCormick  11	Personal and Small Group Training Sales  McBee  11

# Sunday Certifications

Luray C	Washington Dulles Boardroom	Potomac Boardroom	Chesapeake Boardroom	Luray F	Luray D	Luray E
SCW Boxing Certification  7:30am-2:30pm Richards Boxing Bags, Boxing Gloves  5	SCW Aquatic Exercise Certification  7:30am-3:30pm Dziubinski  3	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm Gilbert Chairs, Mats, Pilates Balls, Dumbbells, Tubing  2	SCW Barre Certification  7:30am-3:30pm Appel Barres, Bands-Loop, Pilates Balls, Dumbbells, Gliding Disc, Mats  0	SCW Yoga I Certification  7:30am-3:30pm Velazquez Mats, Yoga Blocks  3	WARRIOR Rhythm™ Instructor Training  7:30am-3:30pm de Werd Dumbbells, Mats  0	Jetti Instructor Training  9:00am-1:30pm Boyle Brings own  3