

Thursday, August 24, 2023

Pre-Convention Certifications

Dallas Ballroom 2	Dallas Ballroom 1	Dallas Ballroom 3	Ft. Worth 2	Ft. Worth 1	Brownsville	Laredo
SCW Active Aging Certification <i>Gilbert</i> 9:00am-5:00pm Dumbbells, Bands-Loop, Tubing, Pods, Whiteboard & Markers 10	SCW Personal Training Certification <i>Christopher</i> 9:00am-6:00pm Stability Balls, Bands - Loop/Strength, Tubing, Dumbbells, Kettlebells, Gliding Disc, PVC 14	SCW Pilates Matwork Certification <i>Lenart</i> 8:00am-5:00pm Gliding Disc, Mats, Pilates Balls, Bands-Flat 8	SCW Group Exercise Certification <i>Velazquez</i> 8:00am-5:00pm Dumbbells 18	Schwinn® Cycling: Indoor Cycling Certification <i>Appel & Roberts</i> 7:00am-5:00pm 7	SCW Aquatic Exercise Certification <i>Dziubinski</i> 9:00am-5:00pm Aqua Dumbbells 13	SCW Practical Guide to Nutrition, Hormones and Metabolism <i>Layne</i> 9:00am-3:30pm Whiteboard & Markers 8
		Muscle Mastery <i>Roberts, Velazquez, Christopher, Robinson, Lenart & Zuleger</i> 6:00pm-8:00pm BOSU Balance Trainers, Gliding Disc 92				SCW Active Aging Nutrition Certification <i>Toole</i> 5:30pm-9:30pm Whiteboard & Markers 0

Friday, August 25, 2023

Room	A	B	C	D	E	F	G	H
Description	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	Barre/GX/Dance	Cycle	(Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Dallas Ballroom 2	Dallas Ballroom 1	Dallas Ballroom 3	Ft. Worth 2	Ft. Worth 1	Brownsville	Laredo	Waco
FR1 7:30am-8:45am	Sitting Pretty: Strength & Gilbert Chairs, Pilates Balls, Dumbbells, Tubing	Top Tier Core Conditioning Robinson Dumbbells	Yoga-Pilates Restore Bannister-Mun Yoga Straps, Yoga Blocks, Hand Towels (if possible)	Barre Strong Lenart BOSU Trainers, BOSU Balance Bars	Schwinn®: R.I.S.E. & Roberts	Aqua Ease: Flexibility for Velazquez	Protein Power for Weight Digsby Whiteboard & Markers	Personal Training Missing Christopher
	31	53	73	45	31	21	67	24
EXPO SHOPPING 10:00am-11:00am								
FR2 9:00am-10:15am	Perfect Programming for Toole Dumbbells, Stability Balls, Chairs	SOULstrength™: Cardio Park Kettlebells, Dumbbells	Elevated: Next Level Active Robinson	Raqisa® Belly Dance Skills Doherty	Schwinn®: Let the Beat Appel	LaBlast® Splash: Emotional van Amstel & Solis Aqua Dumbbells	Chasing the Dragon: Food Layne Whiteboard & Markers	Trends In Fitness Kooperman
	70	76	50	22	32	31	45	46
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	Functional Training for Gilbert Pilates Balls, Dumbbells, Tubing, Bands-Loops	Killer Core Appel Gliding Disc	WARRIOR Rhythm: Stand de Werd Dumbbells, Yoga Mats, Bands-Loops	Discover a Teaching Whitaker	Schwinn®: Dynamic Duos - Hogg Tubing, Kettlebells	Water Works Velazquez Aqua Noodles	Exercise is Medicine Laskowski	Brand Building Foundations Spreen-Gick
	49	90	62	45	15	35	49	32
FR4 12:30pm-1:45pm Session 1		LIT 101 (Low Impact Robinson Dumbbells	Bring the Toys! Bannister-Mun Bands-Strength, Tennis Balls, Pilates Balls, Marbles	LaBlast® Fitness: Dance. van Amstel Dumbbells			Feasting & Fasting? Layne Whiteboard & Markers	
		57 Session 1	43 Session 1	32 Session 1			57 Session 1	
FR4 1:15pm-2:30pm Session 2	Strength Through the Ages Appel Dumbbells, Gliding Disc				Schwinn®: Polishing Hogg	H2O Strength Velazquez Aqua Dumbbells		Effective GX & PT Sales Christopher
	87 Session 2				25 Session 2	38 Session 2		18 Session 2
FR5 2:45pm-4:00pm	Everyday Strength for Active Roberts Chair, Tubing, Dumbbells	Balance Your HIIT Lenart BOSU Trainers, Gliding Disc	Shoulders: Protection & Christopher Bands-Loops	WARRIOR Rhythm™: Flow Conser	Schwinn®: Prime Design 2.0 Hogg	When Breath Meets Water: Malaghan	Nutrition and Hormones: Zuleger	The Beauty of Building a Park
	60	41	74	52	17	42	83	13
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	Aging With Strength & Dziubinski Chairs	Kettlebell Krush Turner Kettlebells	Symmetry: Advanced Mummy	How to Handle Hypertrophy Robinson Dumbbells, Kettlebells	Schwinn®: BeatBoss™ Austin & Leadley 2 Bikes/2 Mics	Aqua Ab Arsenal Gilbert Aqua Noodles	Perfect Practice makes Laskowski	Grow Your Business by Esquerre
	42	112	39	45	14	42	32	25
FR7 6:00pm-7:00pm Evening Sessions	Fitness Idol Kooperman, Toole, Spreen-Glick & Robinson		Yin to My Yang Malaghan Yoga Blocks, Yoga Mats, Foam Rollers	MANIA® DANCE OFF! LaBlast®, SOULfusion™, Fit Bodies, RAQISA®, Manuel				
			105	74				
BOSU TRAINERS-SA4		BOSU BAR-SU4 BOSU TRAINERS- FR5 KETTLEBELLS-FR2, FR6 MED BALLS-SA6	BOSU BAR-SU1	BOSU BAR-FR1, SA4 BOSU TRAINERS-FR1 KETTLEBELLS-FR6, SA6, SU1 KETTLEBELLS-FR3				

Saturday, August 26, 2023

Room	A	B	C	D	E	F	G	H
Description	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	Barre/GX/Dance	Cycle	(Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Dallas Ballroom 2	Dallas Ballroom 1	Dallas Ballroom 3	Ft. Worth 2	Ft. Worth 1	Brownsville	Laredo	Waco
SA1 7:30am-8:45am	S.E.A.T. Supported <i>Gilbert</i> Chairs, Dumbbells, Pilates Balls, Bands-Loops 50	Band Camp <i>Bannister-Munn</i> Tubing, Bands-Loops, Bands-Thigh, Bands- Strength 94	By Any Stretch <i>Appel</i> Massage Table, Yoga Mats 64	Raq The Barre® Belly <i>Doherty</i> Barres, Yoga Mats, Dumbbells, Bands-Loops, Pilates Balls 25	Schwinn®: Leader of the <i>Hogg</i> 24	Increase Aqua Intensity <i>Alexander</i> Aqua Gloves 34	Functional Foods for a <i>Fearheiley</i> 62	Monetizing Your Passion <i>Esquerre</i> 11
	EXPO SHOPPING 8:30am-9:15pm							
SA2 9:15am-10:30am	Keynote: The Role of Fitness Professional in the Healthcare System with Patrick Mummy			-Open -Close 315				
EXPO SHOPPING	10:30am-11:00am							
SA3 11:00am-12:15pm	Cardio Kickboxing for <i>Malaghan</i> Tubing 55	WARRIOR Combat™: <i>Richards</i> Yoga Mats, Dumbbells 59	Happy Muscles!®365 <i>Zuleger</i> Tiger Tail 18' Original, Tiger Tail 5.0 Ball, Tiger Tail 73	LaBlast® Fitness: <i>van Amstel & Solis</i> Dumbbells 15	Schwinn®: Cycle <i>Appel</i> 36	Silver Tsunami <i>Velazquez</i> 41	Getting Clients Lean <i>Digsby</i> Whiteboard & Markers 64	Find & Enroll Clients <i>Clark</i> 42
SA4 12:30pm-1:45pm Session 1	Functional Fitness 50+ <i>Toole</i> BOSU Trainers, Dumbbells, Stability Balls, Bands-Loops (Circuit 10) 66			Strike! Kickboxing <i>Spreen-Glick</i> BOSU Balance Bars 28	Schwinn®: Breathy Not <i>Appel</i> 28		Physics of Pain & <i>Mummy</i> 50	
	Session 1			Session 1	Session 1		Session 1	
SA4 1:15pm-2:30pm Session 2		SOULfusion™ <i>Park</i> Dumbbells, Yoga Mats 70	Hips Don't Lie <i>Bannister-Munn</i> Bands-Strength, Bands- Loops, Pilates Balls, Tubing 84			Aquatic Personal Training <i>Malaghan</i> Aqua Dumbbells, Aqua Noodles, Dumbbells, Gliding Disc, Bands-Strength 27		10 Tools to Grow Your <i>Fulton</i> 28
		Session 2	Session 2			Session 2		Session 2
EXPO SHOPPING 12:00pm-2:45pm								
SA5 2:45pm-4:00pm	Strength Training for <i>Kooperman</i> Yellow Tubing 63	Total Body Strength <i>Richards</i> 78	Posture & Alignment <i>Mummy</i> 57	Coconut Beach Camp by <i>Stanley</i> Brings Coconuts 31	Schwinn®: Tri Cycle <i>Schneider</i> 14	Aqua Rhythmics <i>Dziubinski</i> 34	Five Fat-Burning <i>Layne</i> Whiteboard & Markers 78	Create Value - Retain <i>Toole</i> 31
3:45pm-4:30pm								
SA6 4:30pm-5:45pm	Active Agers From the <i>Velazquez</i> Massage Peanuts, Yoga Straps, Foam Rollers 43	Core Connection <i>Turner</i> Gliding Discs, Dumbbells, Med Balls, Yoga Mats 49	Fire & Ice Yoga <i>Spreen-Glick</i> Yoga Mats 80	Coaching the Station <i>McBee</i> Dumbbells, Tubing, Kettlebells, Med Balls 41	Schwinn®: Pedal N <i>Appel</i> 32	Aqua Brain Power <i>Gilbert</i> 34	Diet vs. Exercise: Food <i>Fearheiley</i> 53	Keep members Engaged <i>de Werd</i> 43

Sunday, August 27, 2023

Room	A	B	C	D	E	F	G	H
Description	Function/Active Aging	HIIT/Strength/Core	Mind Body/Recovery	Barre/GX/Dance	Cycle	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Dallas Ballroom 2	Dallas Ballroom 1	Dallas Ballroom 3	Ft. Worth 2	Ft. Worth 1	Brownsville	Laredo	Waco
SU1 7:30am-8:45am	LaBlast® Chair	WARRIOR Strength™: Put FUN in Functional	Beauty & the Beast: Yoga Power	Master the Deadlift	BeatBoss™ Bike Power + Party	Aqua Strides & Strength	Fad Diets & Failed Expectations	Personal and Small Group Training
	van Amstel & Solis Dumbbells, Chairs	de Werd Dumbbells, Mats, Bands-Loops	Wartenberg BOSU Balance Bar, Yoga Mats	Mike PVC Pipe, Kettlebells	Austin & Leadley 2 Bikes/2 Mics, Dumbbells	Dziubinski	Toole	McBee
	31	43	45	49	15	20	41	21
	EXPO SHOPPING 8:30am-9:45pm							
SU2 9:00am-10:15am	The Aging Brain	Core Crusher	BARREFusion™ Experience	Total Body Shaping	BeatBoss™ Bike Sculpting Done Right	Aqua Running & Conditioning	Abs Are Made in the Kitchen	Stretching for Strength - Flexible Foundations
	Layne Masking Tape, Dots, Bands-Thigh, Pods,	Richards Mats	Park Barres	McBee Dumbbells, Tubing, Gliding Disc	Austin & Leadley 2 Bikes/2 Mics, Dumbbells	Wartenberg Dumbbells, Aqua Dumbbells, Aqua Noodles	Digsby Whiteboard & Markers	Kooperman, Fulton, Toole & Mike
	66	27	28	42	13	29	28	42
	CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM							
SU3 10:45am-12:00pm	Creative Programming 55+	Dynamic Core Training	No (Downward facing) Dogs Allowed	Kickbox N Chaos		Aqua Strength Training	Healthy Weight: Defined by a Dietitian	Rockstar Instructors
	Wartenberg	McBee Dumbbells, Tubing	Fulton Yoga Mats, Yoga Straps, Yoga Blocks	Turner Dumbbells, Jump Ropes		Alexander	Digsby Whiteboard & Markers	Richards
	53	55	45	13		34	29	36
SU4 12:15pm-1:30pm	Chair-agility	Fundamentals of Squat Progressions and	Yoga Grooves	"Stand Up for Foam Rolling"		Free to Move in the Pool	Childhood & Adolescent Obesity:	Successful Active Aging Programming
	Layne Chair, Masking Tape	Mike BOSU Balance Bar, PVC Pipes	Brasher Yoga Mats, Yoga Blocks, Yoga Straps	Fulton Massage Stick, Tennis Balls, Massage Peanuts		Dziubinski	Fearheiley	Wartenberg
	38	43	43	42		20	36	25
	Austin 3	El Paso	Austin 2	Austin I	Plano	Galveston		
SUNDAY CERTIFICATIONS	SCW Stretching & Flexibility Training	Symmetry Postural Measurement	S.E.A.T. Supported Exercise For Ageless	SCW Yoga I Certification 7:30am-	SCW Aquatic Personal Training Certification	SCW Life Coaching Certification		
	Appel Massage Table, Mats, Yoga Straps, Tennis Balls, Foam Rollers	Mummy	Gilbert Chairs, Mats, Pilates Balls, Dumbbells, Tubing	Velazquez Yoga Blocks, Yoga Mats	Malaghan Aqua Dumbbells, Aqua Noodles, Dumbbells, Gliding Disc, Bands-Strength	Spreen-Glick		
	14	7	10	7	2	6		