

Thursday, April 13, 2023

Pre-Convention Certifications

Boca III	Boca IV	Caribbean VII	Boca V	Caribbean VI	Boca VIII	Boca I	Boca II	Boca VI	Boca VII
SCW Active Aging Certification Gilbert 9:00am-5:00pm Dumbbells, Bands-Loop, Tubing, Whiteboard & Markers 6	SCW Personal Training Certification McCormick 9:00am-6:00pm Whiteboard & Markers, Tubing, Foam Rollers, Dumbbells 9	SCW Pilates Matwork Certification Appel 8:00am-5:00pm Pilates Balls, Gliding Discs, Tubing, Mats 11	SCW Group Exercise Certification Velazquez 8:00am-5:00pm Dumbbells 11	Schwinn® Cycling: Indoor Cycling Certification Sherman 7:00am-5:00pm 8	WATERinMOTION® Aqua Exercise Certification Kulp 9:00am-5:00pm Aqua Noodles, Aqua Dumbbells, Tubing 2	SCW Practical Guide to Nutrition, Hormones and Metabolism Layne 9:00am-3:30pm Whiteboard & Markers 0	SCW Life Coaching Certification Toole 9:00am-5:00pm 0	Symmetry Technician-Advanced Postural Corrective Exercise Mummy 8:00am-5:00pm 3	SCW Aquatic Personal Training Certification Malaghan 9:00am-5:30pm Aqua Dumbbells, Aqua Noodles, Dumbbells, Gliding Disc, Bands-Strength 0
							SCW Active Aging Nutrition Certification Toole 5:30pm-9:30pm Whiteboard & Markers 0		

Friday, April 14, 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	Caribbean III	Caribbean IV	Caribbean VII	Caribbean V	Caribbean VI	Boca VIII	Boca I	Boca II
FR1 7:30am-8:45am	Sitting Pretty: Strength & Support <i>Gilbert</i> Chairs, Pilates Balls, Dumbbells, Tubing 27	Level Up Your Strength Classes <i>Bannister-Munn</i> Dumbbells, Bands-Loops, Steps 47	Yoga-Bata VIIT <i>Malaghan</i> Mats 36	Elite HIIT for Barre <i>McCormick</i> Gliding Discs, Pilates Balls, Bands-Loops 9	Schwinn®: R.I.S.E. & #RideRight <i>Apple</i> 17	Aqua Strides & Strength <i>Dziubinski</i> Aqua Dumbbells 6	Diet vs. Exercise: Food choices Always Win <i>Fearheiley</i> 29	Personal and Small Group Training Sales <i>McBee</i> 15
EXPO SHOPPING 10:00am-11:00am								
FR2 9:00am-10:15am	ToughAgers® Active Older Adult Fitness <i>Rothschild</i> Dumbbells, Foam Rollers, Mats 38	Dynamic Core Training <i>McBee</i> Dumbbells, Tubing 56	Tai-Chi Fused Yoga <i>Velasquez</i> Mats, Yoga Blocks 30	Movement Training: Keeping It R.A.W.©! <i>Robbins</i> Massage Sticks, Foam Rollers, Mats, Dumbbells, Bands-Loops, Gliding Discs & Kettlebells 8	Schwinn®: Dynamic Duos - Cycling Fusion <i>Hogg</i> Tubing, Kettlebells 20	Changing Tides - H2O Tabata Style <i>Kulp</i> Aqua Dumbbells 14	Feasting & Fasting <i>Layne</i> Whiteboard & Markers 18	Entrepreneurship & Opening <i>Sheppard</i> 5
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	Manual Dexterity Training <i>Gilbert</i> 18	Killer Core <i>Appel</i> Gliding Disc 57	Hands on Stretching <i>Bannister-Munn</i> Mats, Yoga Straps, Hand Towels (if possible) 38	LaBlast® Fitness Dance. Diversity. Inclusion. <i>Figueroa</i> Dumbbells 20	Schwinn®: Polishing Diamonds - Level Up <i>Sherman</i> 6	Water Works <i>Velazquez & Kulp</i> Noodles 29	Information & Energy - Keys to Health <i>Teclaw</i> 12	Content Creation in Paradise <i>Ghadban</i> 9
FR4 12:30pm-1:45pm Session 1	Functional Fitness 50+ <i>Toole</i> BOSU Balance Trainer, Dumbbells, Stability Balls, Bands-Loops (Circuit 10 of Each) 47 Session 1		Symmetry: Advanced "Postural" Corrective Exercise <i>Mummy</i> 12 Session 1		Schwinn®: Leader of the Pack <i>Hogg</i> 8 Session 1		Five Fat-Burning Hormones <i>Layne</i> Whiteboard & Markers 36 Session 1	
EXPO SHOPPING 12:00pm-2:45pm								
FR4 1:15pm-2:30pm Session 2		Functional Core Training <i>Garcia</i> Stability Balls, Tubing 33 Session 2		Coaching the Station Based Circuit Workout <i>McBee</i> Dumbbells, Tubing, Kettlebells, Med Balls 23 Session 2		Easy-Grip Aqua Dumbbell Workout <i>Kulp</i> Aqua Dumbbells 14 Session 2		Club, Studio & Client Retention <i>Kooperman</i> 15 Session 2
FR5 2:45pm-4:00pm	Balance & Coordination for Active Agers <i>Velazquez</i> 50	Body Weight Exercises You Are Underutilizing <i>Williams</i> 50	Yoga - Pilates Restore <i>Bannister-Munn</i> Yoga Straps, Yoga Blocks (Towels if possible) 36	Brazily Dance Experience <i>Santos & Santos</i> 17	Schwinn®: Let the Beat Drop <i>Appel</i> 17	LaBlast® Splash: Emotional Wealth <i>Figueroa</i> Aqua Dumbbells 6	Healthy Eating for Active Agers <i>Malaghan</i> 11	Operations: 5 Componets of Business <i>Sheppard</i> 5
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	Aging With Strength & Grace <i>Dziubinski</i> Chairs 30	Fluid Core Fusion <i>Velazquez</i> Dumbbells, Gliding Disc, Pilates Balls 36	Corrective Exercise Strategies for the Ankle <i>Williams</i> Bands-Loops, Foam Rollers, BOSU Balance Trainers, Stability Balls, Dumbbells 14	Barefoot Kickbox <i>Medina</i> Mats, Dumbbells 29		Strong & Stable Aqua <i>Layne</i> Aqua Dumbbells, Noodles 26	Functional Foods for a Fantastic You <i>Fearheiley</i> 36	Effective GX & PT Sales Strategies Panel <i>Kooperman, Clark, McBee, Toole & Christopher</i> 14
FR7 6:00pm-7:00pm Evening Sessions	Fitness Idol <i>Kooperman, Gilbert, Bannister-Munn & McBee</i> 9		Myofascial Recovery <i>Garcia</i> Foam Rollers (Regular & Skinny), Massage Peanuts, Massage Sticks 80	Dance Off <i>LaBlast, Brazily, Velazquez, Ghadban & Haggard</i> Wartenberg - Moderator 41				

Saturday, April 15, 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	Caribbean III	Caribbean IV	Caribbean VII	Caribbean V	Caribbean VI	Boca VIII	Boca I	Boca II
SA1 7:30am-8:45am	S.E.A.T. Supported Exercise for Ageless Training <i>Gilbert</i> Chairs, Dumbbells, Pilates Balls, Bands-Loops	Leg Circuit Blast for Power <i>Williams</i>	By Any Stretch <i>Appel</i> Massage Table, Mats	Total Body Shaping <i>McBee</i> Dumbbells, Tubing, Gliding Discs	Schwinn®: Prime Design 2.0 <i>Hogg</i>	Splish Splash Calorie Smash <i>Malaghan</i> Aqua Dumbbells	Chasing the Dragan <i>Layne</i> Whiteboard & Markers	Monetizing Your Passion & Skills <i>Esquerre</i>
	18	32	42	48	6	20	11	8
EXPO SHOPPING 8:30am-9:15pm								
SA2 9:15am-10:30am		Keynote: Exercise is Medicine with Dr. Edward Laskowski, MD						
		186						
EXPO SHOPPING 10:30am-11:00am								
SA3 11:00am- 12:15pm	ABSolute Core You've NEVER Tried <i>Christopher</i> Bands-Loops, Mats, Kettlebells, Stability Balls, PVC	Stability Ball Breakthrough <i>Bannister-Munn</i> Stability Balls	High Roller <i>Appel</i> Foam Roller	LaBlast®: Fitness: Emotional Wealth <i>Figueroa</i> Dumbbells	Schwinn®: Cycle Mixology - Killer Playlists <i>Sherman</i>	Strength Beneath the Surface <i>PluimMentz</i> Aqua Dumbbells	Physics of Pain & Performance <i>Mummy</i>	Stand Out On Social Media <i>Clark</i>
	50	48	30	5	17	6	21	18
SA4 12:30pm- 1:45pm Session 1	Strength Training for Longevity & Vitality <i>Kooperman</i> Yellow Tubing		Gentle Yoga For Mobility <i>Velazquez</i>			Free to Move in the Pool <i>Dziubinski</i>		Personal Trainings Missing Playbook <i>Christopher</i>
	48		44			21		12
	Session 1		Session 1			Session 1		Session 1
SA4 1:15pm-2:30pm Session 2		Create A Signature HIIT Class <i>Medina</i> Bands-Loops, Kettlebells		Discover a Teaching Vacation <i>Ghadban</i>	Schwinn®: Breathy Not Breathless <i>Appel</i>		What is Primal Fitness <i>Rupsis</i>	
		39		9	8		11	
	Session 2	Session 2		Session 2	Session 2		Session 2	
EXPO SHOPPING 12:00pm-2:45pm								
SA5 2:45pm-4:00pm	Balance & Stability for Active Agers <i>Gilbert</i> Pilates Balls, Chairs, Gliding Disc, Tennis Balls	Resistance Band Total Body Workout <i>Bannister-Munn</i> Bands-Loops, Strength Bands, Tubing	Posture & Alignment "With Pesonal Training" <i>Mummy</i>	Make Your BrainSweat® <i>Robbins</i> Massage Sticks, Foam Rollers, Mats, Dumbbells, Bands-Loops, Gliding Discs & Kettlebells	Schwinn®: Tri-Cycle Triple Threat <i>Hogg</i>	Turbulence Training <i>PluimMentz</i>	Future Wellness: Bioenergetics <i>Teclaw</i>	Fitness Logic: Common Sense Training <i>Christopher</i>
	39	77	33	14	2	8	6	14
EXPO SHOPPING 3:45pm-4:30pm								
SA6 4:30pm-5:45pm	Functional Training with Foam Rollers <i>Garcia</i> Foam Rollers	Sexy, Smart Strength for Women <i>McCormick</i> Dumbbells, Tubing, BOSU Balance Trainer	Happy Hips & Healthy Backs <i>Fulton</i> Massage Sticks, Tennis Balls, Foam Rollers, Yoga Straps, Mats, Massage Peanuts	Kickbox vs. Resistance <i>Medina</i> Dumbbells, Mats	Schwinn®: Pedal N Pulse <i>Appel</i>	Silver Tsunami <i>Velazquez & Kulp</i>	Childhood & Adolescent Obesity: healthy Guidance <i>Fearheiley</i>	Create Value - Retain Clients <i>Toole</i>
	14	33	66	17	21	17	5	11

Sunday, April 16, 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	Caribbean III	Caribbean IV	Caribbean VII	Caribbean V	Caribbean VI	Boca VIII	Boca I	Boca II
SU1 7:30am-8:45am	LaBlast® Chair Fitness	How to Handle Hypertrophy	Active Recovery for Optimal Performance	Just Beat It!		Aqua Disco	Optimal Recovery	Age-Proof Marketing
	<i>Perodeu</i> Dumbbells, Chairs	<i>Robinson</i> Dumbbells, Kettlebells	<i>Fulton</i> Foam Rollers, Yoga Blocks, Massage Peanuts, Tennis Balls	<i>Wartenberg</i> Steps, Risers, Stability Balls, Drumsticks, Chairs MAX 29		<i>Haggard</i>	<i>Layne</i> Whiteboard & Markers	<i>Atkinson</i>
	12	23	39	32		11	33	8
EXPO SHOPPING 8:30am-9:45pm								
SU2 9:00am-10:15am	Perfect Programming for Active Agers	Beauty & the Beast: Yoga Power Bar	Adaptive TaiChi: Moving Despite Limitations	Kickboxing Groove		Swim Up Barre	Fix 7 Menopause Systems with Exercise	Stretching for Strength - Flexible Foundations Panel
	<i>Toole</i> Dumbbells, Stability Balls, Chairs	<i>Wartenberg</i> BOSU Balance Bar, Mats	<i>Glassmeyer</i> Chairs	<i>Haggard</i>		<i>Malaghan</i> Noodles	<i>Atkinson</i>	<i>Kooperman, Fulton, McCormick, Mummy & Christopher</i>
	38	30	11	21		14	30	27
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM								
SU3 10:45am-12:00pm	Pre-Hab for Older Adults	Top Tier Core Conditioning	Shoulders: Protection & Performance	Quick & Dirty 30 - 2023		H2O Strength	Brain Science	Wellness Programming to Attract the Non-Exerciser
	<i>Wartenberg</i> Chairs, Dumbbells, Tubing BOSU Balance Bar, Pilates Balls, Steps	<i>Robinson</i> Dumbbells	<i>Christopher</i>	<i>McCormick</i> Tubing, Bands-Loops, Gliding Discs, Steps		<i>Kulp</i> Aqua Dumbbells	<i>Layne</i> Whiteboard & Markers	<i>Bellenger</i>
	15	18	42	41		17	21	12
SU4 12:15pm-1:30pm	Mobility, Fascia & the Active Ager	LIT 101 (Low Impact Training)	5 Seconds To Improved Flexibility	Dance Party Fitness		Aqua Running & Conditioning	Fad Diets & Failed Expectations	Grow Your business by Adding Value
	<i>McCormick</i>	<i>Robinson</i> Dumbbells	<i>Fulton</i> Massage Sticks, Mats	<i>Haggard</i>		<i>Wartenberg</i> Dumbbells, Aqua Dumbbells, Noodles	<i>Toole</i> Whiteboard & Markers	<i>Esquerre</i>
	39	15	42	18	0	23	8	12

Sunday Certifications

	Boca III	Boca VII	Boca IV	Boca V
SUNDAY CERTIFICATIONS	SCW Stretching & Flexibility Training Certification 7:30am-3:30pm	SCW Aquatic Exercise Certification 7:30am-3:30pm	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm	SCW Yoga I Certification 7:30am-3:30pm
	<i>Appel</i> Massage Table, Mats, Yoga Straps, Tennis Balls	<i>Dziubinski</i>	<i>Gilbert</i> Chairs, Mats, Pilates Balls, Dumbbells, Tubing	<i>Velazquez</i> Mats, Yoga Blocks
	3	9	0	6