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Register
Here

Fri
July 25

SCW Fitness
Star Search
Kooperman,
Robinson,
Gilbert,

Sat
July 26

Sun
July 27

Certs
Thurs July 24

- SCW Active Aging
Roberts • 9am-5pm
- SCW Pilates Matwork
Toole • 8am-4pm
- SCW Group Exercise
Roberts • 8am-4pm
- SCW Aquatic Exercise
Layne • 8am-4pm
- SCW Meditation EXPRESS
Rockit • 4:30-8:30pm
- SCW Menopause Wellness
EXPRESS
Layne • 4:30pm-8:30pm
- SCW Personal Training
Bannister-Munn • 9am-6pm
- ZUMBA® Basic 1
Santana • 7:30am-4pm
- ToughAgers® Instructor
Rothschild • 9am-4pm
- LaBlast® Fitness Instructor
Mikszan • 8am-5pm
- SCW Yoga 1 EXPRESS
Velazquez • 4:30pm-8:30pm



scwfit.com/atlanta

Room A Longevity & Function	Room B Power & Performance	Room C Cycle / HIIT & Strength	Room D Group Programming	Room E Recovery & Pilates
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Functional Fitness for All Levels Shuttic	Pump Your Peach! Toole	Quiet Chaos, Find Your Rhythm Sherman	Pro Athlete Recovery Robinson	Joint Replacements: Returning Triumphant! Roberts
Dementia Client Strategies for Trainers Rothschild	Everyday Strength: Coaching the Active Aging Female Roberts	Ride the Rhythm: Mastering Music & Choreography Smith	Group Strength Blueprint George	Ayurveda for Self-Care Jennings-Hill
EXPO SHOPPING 10:00am-11:00am				
Master Knee-Pain Reduction Strategies Webb	Arms, Butts & Core On the Floor! Bannister-Munn	Trends In Cycling Sherman	ZUMBA® Santanta	Symmetry AlignSmart® - Scientific Stretching Mummy
EXPO SHOPPING 12:00pm-2:45pm				
Prime Performance for 50+ Robinson Session 1	Intervals Reimagined: Strength – Power Roll Conti Session 2	Fit for Life: Active Agers Thomson Session 2	Step it Up! Turner Session 1	Human Reformer Pilates – George Session 1
Dare to Chair Gilbert	Kettlebell Krush Turner	Full Body Fusion: Balanced HIIT Williams	Bodyfit:Tips on Modifications K. Ross	Shoulder Pain: Optimize Through Exercise Webb
EXPO SHOPPING 3:45pm - 4:30pm				
Aging Brains & Bones Layne	Beyond Squat: Unconventional Lower Body Training Rockit	Awaken Athleticism in HIIT Sessions Brightwell	Stretch Savvy: Hands-On Techniques Bannister-Munn	Pilates Functional Progressions George
Dance Off! LaBlast®, Wartenberg, Turner, & Haggard	SCW Fitness Star Search Kooperman, Robinson, Gilbert, Bannister-Munn		Bounce Back Stronger with Kangoo Jumps! Brokenborough	Breathing Meditation Rockit

Room F Waterworks (Starts in lecture)	Room G Wellness	Room H Business
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Aqua Intervals Wartenberg	Debunking Exercise Science Myths Layne	Build a High-Performance Team Gilbert
Wave Works (WIM Original) Wartenberg & Haggard	How to Avoid Being My Patient Laskowski	Women's Leadership: Climbing, Creating & Conquering in Fitness Kooperman, Bannister-Munn, Conti, Toole, Gilbert & Ontiveros
EXPO SHOPPING 10:00am-11:00am		
LaBlast® Splash: Buoyant Ballroom Blitz van Amstel	Supporting Clients on Anti-Obesity Medications Gilbert	Start & Grow Your Business Kooperman, Toole, Ross, & Robinson
EXPO SHOPPING 12:00pm-2:45pm		
Water Running Rockit Session 2	Nutrition: Hot Topic Research Layne Session 1	Marketing to Active Agers Panel Kooperman, Gilbert,Rothschild & Toole Session 2
Aqua Disco Haggard	Body Composition Scales For Teachers & Trainers Han	Making Sales Suck Less- Robinson
EXPO SHOPPING 3:45pm-4:30pm		
Liquid Gym Acqua Toner Stretch & Tone Wartenberg	Chair Yoga for Mobility & Strength Kooperman	Mastering Macros Toole
BUSINESS KEYNOTE: The Fitness Evolution Mummy Room H		

Pre-Recorded Sessions Personal Training/Strength	Pre-Recorded Sessions Restore/ Pilates /Tai-Chi	Pre-Recorded Sessions Active Aging/ Functional Training	Pre-Recorded Sessions Nutrition/ Exercise Science
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Add an EMOM Merrill	Yoga-Pilates Restore Bannister-Munn	Active Aging Playground Toole	A Wealth of Gut Health Unlocked Fearheiley
Arm Candy Appel	Myofascial Recovery Garcia	Aging Shoulder: Exercise to Function! Aslakson	Art of Food as Fuel Lemons
Athletic Woman: Function & Strength Hughes	Warrior Tai Chi Yoga and Qi Gong Fusion J. Roberts	Athletic Aging Madden	Feed Your Body & Soul: Mindful Eating Pyle
Core Amore Madden	Recovery Through Meditation Rockit	Creative Programming 55+ Wartenberg	Functional Nutrition & Hormones: Healthy Aging Zuleger
Integrated Strength George	Pilates, Power & Poise Lemons	Hip Mobility for Active Aging Bannister-Munn	Fundamentals of Squat Progressions and Variations Mike
Hit The Wall Rockit	Reset and Recharge Spreen-Glick	Strength Training For Longevity & Vitality II Kooperman	Nutrition Panel Layne, Digsby, Toole, Fearheiley
Kickbox N Chaos	Recovery For Longevity Appel	Senior Circuit Haggard	Self-Care For Your Immune System Seti

Athletic Aging by Ever Flexed George	Don't Forget Your Unilateral Exercises Lemons	Connect With Music, Messaging, Motivation Sherman	SOULkickboxing™ Coleman	Hip Mobility for Peak Performance Bannister-Munn
EXPO SHOPPING 8:30am-9:15am				
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A				
EXPO SHOPPING 10:30am-11:00am				
S.E.A.T. Supported Exercise for Ageless Training Gilbert	Welcome to the Terrordome Turner	HIIT Ratios & Exercise Progression Williams	Barreless Barre - No Barre, No Limits George	Prana Energy Greenbaum
EXPO SHOPPING 12:00pm-2:45pm				
ToughAgers® Active Older Adult Fitness Rothschild Session 1	Full Body Workout with BillyStix™ Shuttic Session 2	Glute Goals Thomson Session 1	LaBlast® Fitness: Ballroom Blitz Van Amstel Session 1	SOULfusion™ EXPERIENCE Coleman Session 2
Mobility Training - Online or In-Person Webb	The Core 6: Strength & Movement Essentials Bannister-Munn	Create Rides With AI Sherman	Yoga-Bata VIIT Lemons	Posture & Alignment with Personal Training Mummy
EXPO SHOPPING 3:45pm - 4:30pm				
Pelvic Floor from the Outside In Layne	HIIT Dance Jam Turner	Strong Her Thomson	Step 'N Sweat Holtsclaw	Pair Up With Pilates Toole

Ageless Aqua Haggard & Wartenberg	Women: Training Through The Stages Layne	Your Financial Health Ross
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A		
EXPO SHOPPING 10:30am-11:00am		
Aquatic Strength Training PlumMentz	Body Composition 101: Tools & Insights Han	Marketing Mastery Conti
EXPO SHOPPING 12:00pm-2:45pm		
Aqua Drums Vibes Wartenberg Session 1	Physics of Pain & Performance Mummy Session 1	Strength Training for Active Agers Kooperman, Robinson, Gilbert & Laskowski Session 2
Liquid Gym: Star Workout Wartenberg	Boost Your Pre-Workout & Recovery Kooperman, Ontiveros, Layne & Toole	The Sold-Out Class Strategy Robinson
EXPO SHOPPING 3:45pm-4:30pm		
Tides of Power Haggard & Wartenberg	Fall Prevention for Fitness Professionals Conti	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb & Laskowski

Strength Courage and Wisdom Freeman	Human Reformer Pilates George	Optimal Mobility: Enhancing Functionality Gilbert	Aging Brains & Bones Layne
Add 160 Recordings Today for Only \$60 More (100 Live / 60 Pre-Recorded) scwfit.com/atlanta			
Total Body Strength Richards	The Chakras: Align Your Energy Kaufman	Balance & Coordination for Active Agers Velazquez	Weight-loss Meds & Fad Diet Update Digsby
Ultimate Leg Day Toole	Active Recovery Zuleger	Bone Health Bootcamp Conti	Movement Through Menopause Groves
Step, Stamina & Strength Chilazi	Balls, Blocks, Bands: Pilates Fusion Metcalf	Everyday Strength: Coaching the Active Aging Female K. Roberts	Plyometric Exercise for Older Adults Aslakson
Bringing Back Foundational Strength Training Johnson	TaiChi Flow: Recovery for GXs & PTs Glassmeyer	Active Aging Latin Joyful Mix Sepulveda	Exercise Analysis Mack

Forever Fit: Flexibility, Strength, Flow Conti	SOULstrength™ EXPERIENCE Coleman	Certification S.E.A.T. Supported Exercise For Ageless Training Gilbert 8:00am-4:00pm	LaBlast® Fitness for all Ages Mikszan	Yin+Restore Yoga Greenbaum
Age Defying Mobility Training: Enhancing Longevity Webb	Strength & Grace: Back to Power Lemons	Certification SCW Stretching, Flexibility & Myofascial Release Techniques Bannister-Munn 8:00am-4:00pm	BARREfusion™ Experience Coleman	Authentic Mat Pilates Uncovered Toole
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
AASK Amber: Anti-Aging Survival Kit Toole	Step Up Your Groove Layne	Certification Symmetry Postural Measurement Certification Mummy 8:00am-12:00pm	FitLife: Inclusive Fitness Miksan	Yin to my Yang Lemons
LaBlast® Chair Fitness: Pull Up a Seat Mikszan	Flex Like a Boss Haggard	Certification WATERinMOTION® Aqua Exercise Wartenberg 8:00am-4:00pm	Kardio Kenpo Shuttic	Dynamic Stretching Singer

All-Inclusive Aquatics PlumMentz	Balancing the Burn - Managing Inflammation Lemons	Nutrition for Healthy Aging Charlop
AQUAHOLIC Layne	Preventing Common Fitness Injuries Laskowski	Client to Competitor Singer
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm		
Soca Splash Haggard	Alcohol & Aging: Myths vs. Facts Charlop	Hydrate Before You Dehydrate Saniatan
Aqua Boost Cardio Splash Holtsclaw	Stress & Inflammation: Impacts & Outcomes Layne	Create Content to Boost Sales Toole

Effort Mastery: Coaching Peak Performance and Motivation McBee	Pilates: Mat to the Max Appel	Smart Warm-Ups for Active Aging D'Agati	Sugar, Snacks & Heart Attacks Digsby
Fluid Core Fusion Velazquez	Moving Meditation J. Roberts	Renew & Restore: Flexibility for 50+ Ross	Chain Reaction Biomechanics Hughes
Meet The Hybrid Fitness Professional Esquerre	Tai-Chi Fused Yoga Velazquez	Brain Balance Training Splichal	Building Muscle While Losing Fat Layne
Training the Neurodivergent Client Conti	Pilates 4 Life Kahn	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan	Magnesium: The Mighty Mineral Unveiled Toole