

# atlanta mania<sup>®</sup>

fitness pro convention

## Certs

### Thurs July 24

→ **SCW Active Aging**  
Roberts • 9am-5pm

→ **SCW Pilates Matwork**  
Toole • 8am-4pm

→ **SCW Personal Training**  
Bannister-Munn • 9am-6pm

→ **ZUMBA® Basic 1**  
Santana • 7:30am-4pm

■ = being recorded



Register  
Here

**Fri**  
July 25

SCW Fitness  
Star Search  
Kooperman,  
Robinson,  
Gilbert,

**Sat**  
July 26

**Sun**  
July 27

FR1

7:30am-8:45am

FR2

9:00am-10:15am

FR3

11:00am-12:15pm

FR4

Session 1  
12:30pm-1:45pm  
Session 2  
1:15pm-2:30pm

FR5

2:45pm-4:00pm

FR6

4:30pm-5:45pm

FR7

6:00pm-7:00pm

SA1

7:30am-8:45am

SA2

9:15am-10:30am

SA3

11:00am-12:15pm

SA4

Session 1  
12:30pm-1:45pm  
Session 2  
1:15pm-2:30pm

SA5

2:45pm-4:00pm

SA6

4:30pm-5:45pm

SU1

7:30am-8:45am

SU2

9:00am-10:15am

SU3

10:45am-12:00pm

SU4

12:15pm-1:30pm

Room  
**A**  
Longevity  
& Function

Room  
**B**  
Power &  
Performance

Room  
**C**  
Cycle /  
HIIT & Strength

Room  
**D**  
Group  
Programming

Room  
**E**  
Recovery &  
Pilates

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®  
Santana ■

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 ■

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 2 ■

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 ■

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  
Mikszan ■

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 ■

→ **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



scwfit.com/atlanta

→ **ToughAgers® Instructor**  
Rothschild • 9am-4pm

→ **LaBlast® Fitness Instructor**  
Mikszan • 8am-5pm

→ **SCW Yoga 1 EXPRESS**  
Velazquez • 4:30pm-8:30pm

<b>F</b> <b>Waterworks</b> (Starts in lecture)	<b>G</b> <b>Wellness</b>	<b>H</b> <b>Business</b>
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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
<b>EXPO SHOPPING 10:00am-11:00am</b>		
LaBlast® Splash: Buoyant Ballroom Blitz van Amstel	Supporting Clients on Anti-Obesity Medications Gilbert	Start & Grow Your Business Kooperman, Toole, Ross, & Robinson
<b>EXPO SHOPPING 12:00pm-2:45pm</b>		
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
<b>EXPO SHOPPING 3:45pm-4:30pm</b>		
Liquid Gym Aqua Toner Stretch & Tone Wartenberg	Chair Yoga for Mobility & Strength Kooperman	Mastering Macros Toole
<b>BUSINESS KEYNOTE: The Fitness Evolution</b> Mummy Room H		

Pre-Recorded Sessions <b>Personal Training/ Strength</b>	Pre-Recorded Sessions <b>Restore/ Pilates /Tai-Chi</b>	Pre-Recorded Sessions <b>Active Aging/ Functional Training</b>	Pre-Recorded Sessions <b>Nutrition/ Exercise Science</b>
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

Ageless Aqua Haggard & Wartenberg	Women: Training Through The Stages Layne	Your Financial Health Ross
<b>EXPO SHOPPING 8:30am-9:15am</b>		
<b>KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula -</b> Ruston Webb, MS, FMS II, TPI-CGFI II - Room A		
<b>EXPO SHOPPING 10:30am-11:00am</b>		
Aquatic Strength Training PluimMentz	Body Composition 101: Tools & Insights Han	Marketing Mastery Conti
<b>EXPO SHOPPING 12:00pm-2:45pm</b>		
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
<b>EXPO SHOPPING 3:45pm-4:30pm</b>		
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
<b>Add 160 Recordings Today for Only \$60 More</b> <b>(100 Live / 60 Pre-Recorded)</b> <b>scwfit.com/atlanta</b>			
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

All-Inclusive Aquatatics PluimMentz	Balancing the Burn - Managing Inflammation Lemons	Nutrition for Healthy Aging Charlop
AQUAHOLIC Layne	Preventing Common Fitness Injuries Laskowski	Client to Competitor Singer
<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>		
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 Spichal	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