

atlanta mania[®]

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

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 ■			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-4:00pm	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 ■

→ **SCW Group Exercise**
Velazquez • 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

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
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
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 PluimMentz	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
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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 Aquatics PluimMentz	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 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