

Certifications Thurs July 30

→ SCW Active Aging
Gilbert • 9am-5pm

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

→ SCW Group Exercise
Roberts • 8am-5pm

→ SCW Pilates Matwork
Toole • 8am-5pm

→ SCW Pilates Reformer Fundamentals
Bender • 9am-5pm

→ SCW Aquatic Exercise
Layne • 9am-5pm

Register Here



Indicates session is being recorded at this event or was recently recorded.

Room A Function & Active Aging	Room B Power & Personal Training	Room C Group Programming	Room D Recovery / Mind-Body	Room E Pilates Reformer & Rebounders
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Fri
July 31

FR1	7:30am-8:45am	S.E.A.T. Beats Angles & Carroll (NEW)	Palango! Strength Ojeda (NEW)	Power Punch Cardio Kickboxing Reid (NEW)	Vertical Pilates: Elevate Your Posture Bender (NEW)	Pilates Reformer: Sculpted Strength Toole (NEW)
FR2	9:00am-10:15am	Strength Training for Longevity & Vitality II Kooperman	Core Champion Power Circuit Blast Jenkins (NEW)	Bands, Balls, & Bells Kinchen (NEW)	Hands-On vs. Self-Stretching Armantrading (NEW)	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	Functional Fitness Flow Toole (NEW)	Anchor Strong Bannister-Munn (NEW)	LITT: Get Low! Turner (NEW)	Chair Yoga for Mobility & Strength Kooperman (NEW)	JUMP! Rebounding Basics Ursaner (NEW)
EXPO SHOPPING 12:00pm-2:45pm						
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Life Happens on One Leg Layne (NEW) Session 2	Athletic Agility Cardio Training Robinson (NEW) Session 1	Step Strong Turner (NEW) Session 2	Mobility & Mindfulness Mathias (NEW) Session 2	JUMP! Bounce & Barre (NEW) Session 1
FR5	2:45pm-4:00pm	50+ FUNCTIONAL FITNESS Carroll (NEW)	Stability Ball Breakthrough Bannister-Munn (NEW)	Body Blast Kinchen (NEW)	Moving Meditations Roberts (NEW)	Pilates Reformer: Core Strength and Stability Bender (NEW)
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	Bodyfit: Tips on Modifications Ross (NEW)	High INTENTIONAL Interval Training Taylor (NEW)	Flow Like a Fighter Angles (NEW)	Yoga Sculpt & Burn Cappiello (NEW)	Pilates Reformer: Fascial Stretch for Athletes Bannister-Munn (NEW)
FR7	6:00pm-7:00pm	SCW GOT TALENT! Kooperman, Toole, Robinson, & Bannister-Munn		Dance Off! Wartenberg, Angles, Freeman	Warrior® Qigong Roberts (NEW)	

Sat
August 1

SA1	7:30am-8:45am	Foam Roller, Mobility & Strength Bannister-Munn (NEW)	Total Body Core Champion Conditioning Jenkins	SOULMashup Angles (NEW)	Core Strength Meets Control Freaks Toole (NEW)	Pilates Reformer: Strong Arms, Shoulders, Back Bender (NEW)	
EXPO SHOPPING 8:30am-9:15am							
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A					
EXPO SHOPPING 10:30am-11:00am							
SA3	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Joint Friendly: HIIT Robinson (NEW)	Warrior® Workout Roberts (NEW)	Stretch Strategies for Major Lifts Armantrading (NEW)	Pilates Reformer: Sculpted Strength Toole (NEW)	
EXPO SHOPPING 12:00pm-2:45pm							
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Balance Brain & Spine Wartenberg (NEW) Session 1	Dynamic Strength Resistance Bannister-Munn (NEW) Session 1	Kettlebell Cardio Fusion Turner (NEW) Session 2	Happy Hips & Guided Meditation Cappiello (NEW) Session 2	Pilates Reformer for Female Athletes Bender (NEW) Session 1	
SA5	2:45pm-4:00pm	Three Moves for Functional Fitness Gillon (NEW)	How to Handle Hypertrophy Robinson	ZUMBA® Santana	Low-Impact Conditioning Wartenberg (NEW)	Pilates Reformer: Mobility, Flexibility & Recovery Flow Bender	
EXPO SHOPPING 3:45pm-4:30pm							
SA6	4:30pm-5:45pm	Fall-Proof with Glute Strength Gilbert (NEW)	SOULstrength™ EXPERIENCE Angles (NEW)	RETROCISE Corbey (NEW)	Warrior® Tai Chi Yoga and Qi Gong Fusion Roberts (NEW)	JUMP! Trampoline Fun Ursaner (NEW)	

Sun
August 2

SU1	7:30am-8:45am	Bridging Gaps with Adaptive Fitness Mikszan (NEW)	6 Pillar Method Schreiber	HIIT Factor Turner (NEW)	Personal Training Meets Stretch Therapy Armantrading (NEW)	Pilates Reformer: Arms, Shoulders, Abs Bender (NEW)
SU2	9:00am-10:15am	Athletic Aging: Stronger Over Time George (NEW)	Ultimate Core Strength Revolution Jenkins (NEW)	Palango! Cardio Ojeda (NEW)	Cardio Barre Fusion Cappiello (NEW)	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
SU3	10:45am-12:00pm	Exercising With Chronic Conditions Gillon (NEW)	SOULfusion™ Lower Body Blast Angles (NEW)	Step & Strength Fusion Freeman (NEW)	Reformer Moves—No Machine Needed George (NEW)	JUMP! Core & Balance Ursaner (NEW)
SU4	12:15pm-1:30pm	Aging Brains & Bones Layne (NEW)	Strength Blueprint: Cue & Layer George (NEW)	RETRO GROOVE: Everybody Dance Now Corbey (NEW)	Foundations of Aligned Movement Toole (NEW)	

Register Here



Certifications Sun August 2

- **S.E.A.T.**
Gilbert • 8am-4pm
- **SCW Stretching, Flexibility & Myofascial Release Techniques**
Bannister-Munn • 8am-4pm

- **ZUMBA® Basic 1 Training**
Santana • 7am-4pm
- **WATERinMOTION® Aqua Exercise**
Carroll • 8am-4pm

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		Room F Aqua Ex (Starts in Lecture)	Room G Nutrition/ Ex Science	Room H Leadership/ Programming	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	
FR1	7:30am-8:45am	Liquid Star Flow Wartenberg	Protein Quality, Synthesis, Structure and Deficiency Layne (NEW)	Know Your Worth Ross (NEW)	Pro Athlete Recovery Robinson	Pilates: Mat to the Max A. Appel	Boost Better Balance Rotschild	Alcohol & Aging-Myths vs. Facts Charlop	
FR2	9:00am-10:15am	WATERinMOTION® Original Carroll & Wartenberg (NEW)	Supporting Clients on Anti-Obesity Medications Gilbert	Viral to Valid Training Robinson (NEW)	Basic To Badass: Progressive Training Protocols Chilazi	Ayurveda for Self-Care Jennings-Hill	No Floor Core and Balance Layne	Body Composition 101: Tools & Insights Han	
EXPO SHOPPING 10:00am-11:00am									
FR3	11:00am-12:15pm	Water Conditioning Pidanick (NEW)	Measure Antioxidants for Better Performance Caldwell (NEW)	Conflict Resolution & Communication Essentials Digsby (NEW)	Mobility Training: Online or In-Person Webb	Sleep Habits: Key to Fitness Layne	Fall Prevention for Fitness Professionals Conti	How To Know If You're Under-Eating Digsby	
EXPO SHOPPING 12:00pm-2:45pm									
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Aqua Fitness for Joint Replacement Gilbert (NEW) Session 1	Thermic Effect of Food Pidanick (NEW) Session 2	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Armatrading Session 1	Pack Your PT Sessions: Successful Sales Gilbert, Toole, Rotschild, Webb	Gentle Yoga For Mobility Kooperman	Nail The Perfect Warm-up Chilazi	Supporting Clients on Anti-Obesity Medications Gilbert	
FR5	2:45pm-4:00pm	Aqua Strength, Toning, and Stretch Wartenberg	Best Food Choices for Longevity Digsby (NEW)	5 Money Mistakes Fitness Pros Make Hofacker (NEW)	The Art of Coaching Trione	The Recovery Barre Howe	Dare to Chair Gilbert	Nutrition: Hot Topic Research Layne	
EXPO SHOPPING 3:45pm-4:30pm									
FR6	4:30pm-5:45pm	WATERinMOTION® Strength Carroll & Wartenberg (NEW)	Lipids: The Skinny on Fat Layne (NEW)	Stay Strong: Skip Burnout Rivera (NEW)	Strength & Grace: Back to Power Lemons	Pilates Functional Powerhouse George	Total Body Shaping McBee	Mastering Macros Toole	
FR7	6:00pm-7:00pm				Progressive FITT: Functional Tube Training K. Roberts	The Battle for Mobility McCormick	Functional Training with Foam Rollers Garcia	Cancer Exercise & Wellness Conti	
SA1	7:30am-8:45am	Aqua - Abs Rhodes (NEW)	Strength isn't Born, It's Built Offerdahl (NEW)	Leading Through Fitness Failures Gilbert (NEW)	Intervals Reimagined: Strength - Power - Roll Conti	Agless Pilates Bender	Chair Yoga Spreen-Glick	Shoulder Savior - Conquer Shoulder Pain Fox	
EXPO SHOPPING 8:30am-9:15am									
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A							
EXPO SHOPPING 10:30am-11:00am									
SA3	11:00am-12:15pm	Aqua Punch and Pump Wartenberg	Botanical Science for Holistic Wellness Crichtlow (NEW)	Stress-Weight Connection & What to Do Digsby (NEW)	Hip Mobility for Peak Performance Bannister-Munn	Teaching Restorative Yoga Without Props Ratliff	Tailored Training For Active Agers Toole	Inflammation: The Exercise-Nutrition Nexus Fearheiley	
EXPO SHOPPING 12:00pm-2:45pm									
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Aqua Sit to Stand Skills Layne (NEW) Session 2	Fitness at Every Age McWaine (NEW) Session 2	Trainer to CEO: Build Real Income Hofacker (NEW) Session 1	Creative Core Solutions Madden	Breath Empowerment Craddock	Age Defying Mobility Training: Enhancing Longevity Webb	Preventing Common Fitness Injuries Laskowski	
SA5	2:45pm-4:00pm	WATERinMOTION® Deep Carroll (NEW)	How Blood Sugar Works Digsby (NEW)	Strength Training for Active Agers Panel Kooperman, Bannister-Munn, Toole & Gilbert	Glute Training: Beginner to Advanced Johnson	Deconstructing Asanas Ratliff	Dementia Client Strategies for Trainers Rotschild	Solve 30 Training & Nutrition Mistakes Mike	
EXPO SHOPPING 3:45pm-4:30pm									
SA6	4:30pm-5:45pm	Aqua Drums Vibes Wartenberg	Stress & Inflammation: Impacts & Outcomes Layne (NEW)	AI for Active Aging Clients Gillon (NEW)	Power in the Transverse Plane: How to Become a Rotational Powerhouse Mike	Trauma-Informed Care on the Mat and Beyond Haan	Perfect Programming for Active Agers Toole	Where Healthy Meets Happy Digsby	
SU1	7:30am-8:45am	Aqua Intervals: Timed to Perform Rhodes (NEW)	All About Intermittent Fasting Charlop (NEW)	Visit the Expo Hall or shop sponsor discounts at scwfit.com/atlanta	The Core 6- Strength & Movement Essentials Bannister-Munn	Stretch-Breathe-Recover Spreen-Glick	Functional Fitness for Active Seniors Shuttic	Bringing Medicine and Fitness Together D. Appel	
SU2	9:00am-10:15am	Fall Prevention in the Pool Layne (NEW)	Movement for Brain Health McWaine (NEW)		Broken to Beast Fitness Programming Poitrier	Boost Your Pre-Workout & Recovery Ontiveros, Toole, Layne, Lemons	Athletic Aging A. Appel	Healthy Aging Weight Loss Childers-Richmond	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm									
SU3	10:45am-12:00pm	Dive Deep or Don't Bother Henry	Weight Loss Meds Insider Insights Digsby (NEW)		Metabolic Disruption Turner	Breathing Meditation Rockitt	Open the "Gait" to Fall Prevention Gilbert	Nutrition & the Menopause Journey Layne, Toole, Rotschild, Ontiveros & Rogers	
SU4	12:15pm-1:30pm	Heat Waves Henry	Best Supplements for Performance Charlop (NEW)	Kettlebell Training for Women P. Ross	Dynamic Stretching Singer	Pickleball Power & Performance Kooperman	Hydrate Before You Dehydrate Saniatan		
					Optimal Overhead Pressing Mike	Meditation is My Medication Haan	Joint Replacements: Returning Triumphant! K. Roberts	Healthy Eating for Active Agers Lemons	