

## Certifications

### Thurs, Nov 13

- SCW Active Aging Certification  
Gilbert • 8am-4pm
- SCW Personal Training Certification  
Bannister-Munn • 9am-6pm
- SCW Group Exercise Certification  
Velazquez • 8am-4pm
- SCW Pilates Matwork Certification  
Toole • 8am-4pm
- SCW Aquatic Exercise Certification  
Carroll • 9am-5pm
- WATERinMOTION<sup>®</sup> Aqua Exercise Certification  
Carroll • 8am-4pm
- ToughAgers<sup>®</sup> Instructor Active Older Adult Fitness  
Rothschild • 9am-4pm

### ZUMBA<sup>®</sup> Basic 1 Training

- LaBlast<sup>®</sup> Fitness Instructor Certification  
Venezio • 8am-5pm

### SCW Chair Yoga Certification

- SCW Menopause Wellness EXPRESS Certification  
Layne • 4:30pm-8:30pm

### Sun, Nov 16

- S.E.A.T. Supported Exercise for Ageless Training Certification  
Gilbert • 8:00am-4:00pm
- SCW Stretching & Flexibility Training Certification  
Bannister-Munn • 8:00am-4:00pm
- SCW Yoga 1 Certification  
Velazquez • 8:00am-4:00pm

**Certifications: November: 13 & 16**  
**Convention: November: 14-16**

Expo Hours	
Fri, November 14	8:30am - 4:30pm
Sat, November 15	8:30am - 4:30pm
Sun, November 16	8:30am - 12:30pm (Closeout Shopping)

= being recorded



Register Here

**Fri** November 14

**Sat** November 15

**Sun** November 16

		Room A Function & Active Aging	Room B Power & Personal Training	Room C Group Programming	Room D Recovery / Mind-Body	Room E Water Works	Room F Wellness	Room G Leadership				
FR1	7:30am 8:45am	No Floor Core and Balance Layne	Power Source: A Core Practice Ratliff	Get Off Your Back P. Ross & Corso	Authentic Mat Pilates Uncovered Toole	Liquid Gym : Acqua Toner Stretch & Tone Vandenberg	Supporting Clients on Anti-Obesity Medications Gilbert	Framework to Overcome Self-Sabotage McBriarty	7:30am 8:45am	FR1		
FR2	9:00am 10:15am	Bodyfit: Tips on Modifications K. Ross	Boost Brain & Body Balance Gilbert	CoreSpring <sup>®</sup> Pilates: Abs & Glutes Huss	Chair Yoga for Mobility & Strength Kooperman	Aqua ZUMBA <sup>®</sup> Derosiers	10 Steps To Ultimate Weight Loss Experience Netto	Convert Assessments into Sales Poirier	9:00am 10:15am	FR2		
FR3	11:00am 12:15pm	Boost Better Balance Rothschild	Arms, Butts & Core on the Floor! Bannister-Munn	Warrior <sup>®</sup> Workout Roberts	Shoulder Pain: Optimize Through Exercise Webb	LaBlast <sup>®</sup> Splash: Buoyant Ballroom Blitz Venezio	Mastering Macros Toole	Find & Enroll Clients Using Social Media Clark	11:00am 12:15pm	FR3		
FR4	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	Master Knee-Pain Reduction Strategies Webb Session 2	Broken to Beast Fitness Programming Poirier Session 1	ZUMBA <sup>®</sup> Saldi Session 2	Deconstructing Asanas Ratliff Session 1	Wave Works Velazquez <sup>2</sup> & Vandenberg Session 1	Nutrition: Hot Topic Research - Layne Session 2	Marketing to Active Agers Panel - Kooperman, Toole, Rothschild & Gilbert Session 1	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	FR4		
FR5	2:45pm 4:00pm	Dare to Chair Gilbert	Game Your Core Velazquez	Stretch RX: Feel It, Fix It Bannister-Munn	SOULfusion™ Flows Park	Turbulence Training PluimMentz	How You Move Matters Laskowski	Stability Solutions for Older Adults Netto	2:45pm 4:00pm	FR5		
FR6	4:30pm 5:45pm	Ankle Mechanics for Peak Performance Garcia	Group Strength Blueprint Lenart	Pump Your Peach! Toole	Pilates Functional Progressions Velazquez	Liquid Gym <sup>®</sup> Liquid Stars Vandenberg	Debunking Exercise Science Myths Layne	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb, & Laskowski	4:30pm 5:45pm	FR6		
FR7	6:00pm 7:00pm	<b>FR7A: SCW Fitness Star Search</b> Judges: Kooperman, Gilbert, Bannister-Munn & Toole			<b>FR7C: Dance Off!</b> LaBlast <sup>®</sup> & Velazquez		<b>FR7G: Business Keynote:</b> Fitness Business Strategies for Impact & Income Brandi Clark			6:00pm 7:00pm	FR7	
SA1	7:30am 8:45am	Bone Strong Gilbert	Band Strong: Train Anywhere Power Bannister-Munn	No Equipment? No Excuses! Garcia	Warrior <sup>®</sup> Tai Chi Yoga and Qi Gong Fusion Roberts	Liquid Gym Aqua Punch & Pump Velazquez	Cracking the Code to Weight Loss Toole	Conflict to Connection: Navigating Tough Conversations Digsby	7:30am 8:45am	SA1		
SA2	9:15am 10:30pm	<b>SA2A: Keynote Address:</b> The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A			<b>SA2A: Keynote Address:</b> The Purpose-Driven Fitness Formula -Ruston Webb, MS, FMS II, TPI-CGFI II - Room A						9:15am 10:30pm	SA2
SA3	11:00am 12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Train the Female Athlete P. Ross & Corso	BARREfusion™ Experience Vandenberg	Exploring Connective Tissue Ratliff	Aqua Boot Camp BOQ-style Ford	Women: Training Through the Stages Layne	Know Your Worth K. Ross	11:00am 12:15pm	SA3		
SA4	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	Dementia Client Strategies for Trainers Rothschild	Triple Threat: Step, Strength, and Core Toole	LaBlast <sup>®</sup> Fitness: Ballroom Blitz Venezio	Human Reformer Pilates Lenart	Ageless Aqua Velazquez, Vandenberg & Haggard	Tendencies That Transform Training Heywood	Women's Leadership: Climbing, Creating & Conquering in Fitness Kooperman, Bannister-Munn, Gilbert, & Clark	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	SA4		
SA5	2:45pm 4:00pm	Mobility Training - Online or In-Person Webb	SOULstrength : A little OFF BEAT Park & Patruno	Flex Like a Boss Haggard	CoreSpring <sup>®</sup> Pilates Functional Performance Huss	Strength Beneath the Surface PluimMentz	How to Avoid Being My Patient Laskowski	Find Your Next 50 Leads Clark	2:45pm 4:00pm	SA5		
SA6	4:30pm 5:45pm	Athletic Aging by Ever Flexed Lenart	Next-Level Core Training Garcia	Pelvic Floor from the Outside In Layne	Restorative Stretch Bannister-Munn	Tides of Power Velazquez, Vandenberg & Haggard	Smart Food Choices for Longevity Digsby	Strength Training for Active Agers Panel Kooperman, Gilbert, Toole & Laskowski	4:30pm 5:45pm	SA6		
SU1	7:30am 8:45am	Aging Brains & Bones Layne	Bandz & Bounce Haggard	Barreless Barre - No Barre, No Limits! Lenart	Pair Up With Pilates Toole	All-Inclusive Aquatics PluimMentz	Weight: Genetics, Environment, or Lifestyle? Digsby		7:30am 8:45am	SU1		
SU2	9:00am 10:15pm	Age Defying Mobility Training: Enhancing Longevity Webb	The Hidden Core P. Ross & Corso	SOULkickboxing™ Coleman	Conquering Sciatic Pain Garcia	AQUAHOLIC Layne	Inside the Mind of Coaching Herlihy		9:00am 10:15pm	SU2		
SU3	10:45am 12:00pm	Comprehensive Active Aging Strategies Rothschild	Glide & Grind Haggard	LaBlast <sup>®</sup> Fitness for all Ages Venezio	Moving Meditations Roberts	Aquatic Equipment Innovations Ford	Trending Diets & Weight Loss Meds Digsby		10:45am 12:00pm	SU3		
SU4	12:15pm 1:30pm	LaBlast <sup>®</sup> Chair Fitness: Pull Up a Seat Venezio	Kettlebell Training for Women P. Ross & Corso	Pilates, Power & Poise Lenart	The Core You Can't Crunch Holden	Drip & Drop Haggard	Fueling Fitness - Food Meets Mood Herlihy		12:15pm 1:30pm	SU4		