

Certifications

Thurs Nov 13

- SCW Active Aging

Gilbert • 8am-4pm
- SCW Group Exercise

Velazquez • 8am-4pm
- SCW Personal Training

Bannister-Munn • 9am-6pm
- SCW Pilates Matwork

Toole • 8am-4pm

- SCW Aquatic Exercise

Layne • 8am-4pm
- ToughAgers® Instructor

Rothschild • 9am-4pm
- SCW Chair Yoga

Ratliff • 9:00am-5:00pm
- WATERinMOTION® Aqua Exercise

Carroll • 8am-4pm
- ZUMBA® Basic 1 Training

Lamprecht • 7:15am-4pm
- SCW Menopause Wellness EXPRESS

Layne • 4:30pm-8:30pm

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
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
FR2	9:00am-10:15am	Bodyfit: Tips on Modifications Ross	Boost Brain & Body Balance Gilbert	CoreSpring® Pilates Abs & Glutes Huss	Chair Yoga for Mobility & Strength Kooperman
FR3	11:00am-12:15pm	Boost Better Balance Rothschild	Arms, Butts & Core on the Floor! Bannister-Munn	Warrior® Workout Roberts	Shoulder Pain: Optimize Through Exercise Webb
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Master Knee-Pain Reduction Strategies Webb Session 2	Broken to Beast Fitness Programming Poirier Session 1	ZUMBA® Derosiers Session 2	Deconstructing Asanas Ratliff Session 1
FR5	2:45pm-4:00pm	Dare to Chair Gilbert	Game Your Core Velazquez	Stretch RX: Feel It, Fix It Bannister-Munn	SOULfusion™ Flows Park
FR6	4:30pm-5:45pm	Ankle Mechanics for Peak Performance Garcia	Group Strength Blueprint Lenart	Pump Your Peach! Toole	Pilates Functional Progressions Velazquez
FR7	6:00pm-7:00pm	SCW FITNESS STAR SEARCH Kooperman, Gilbert, Bannister-Munn & Toole Room A			
SA1	7:30am-8:45am	Bone Strong Gilbert	Band Strong: Train Anywhere Power Bannister-Munn	No Equipment? No Excuses! Garcia	Warrior® Tai Chi Yoga and Qi Gong Fusion Roberts
SA2	9:15am-10:30am	KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A			
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	Spinal Mobilization for Fitness Professionals Hopper
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Dementia Client Strategies for Trainers Rothschild Session 1	Triple Threat: Step, Strength, and Core Toole Session 2	SOULfusion™ Lower Body Blast Park Session 1	Human Reformer Pilates Lenart Session 2
SA5	2:45pm-4:00pm	Mobility Training – Online or In-Person Webb	SOULstrength : A little OFF BEAT Park & Patrino	Flex Like a Boss Haggard	CoreSpring® Pilates Functional Performance Huss
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
SU1	7:30am-8:45am	Aging Brains & Bones Layne	Bandz & Bounce Haggard	Barreless Barre – No Barre, No Limits! Lenart	Pair Up With Pilates Toole
SU2	9:00am-10:15am	Age Defying Mobility Training: Enhancing Longevity Webb	The Hidden Core P. Ross & Corso	SOULkickboxing™ Coleman	Conquering Sciatic Pain Garcia
SU3	10:45am-12:00pm	Comprehensive Active Aging Strategies Rothschild	Glide & Grind Haggard	When Movement Meets Emotion Holden	Moving Meditations Roberts
SU4	12:15pm-1:30pm	LaBlast® 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

Room E Waterworks (Starts in lecture)	Room F Wellness	Room G Leadership	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
Liquid Gym: Acqua Toner Stretch & Tone Vandenberg	Supporting Clients on Anti-Obesity Medications Gilbert	Framework to Overcome Self-Sabotage McBriarty	Add an EMOM Merrill	Yoga-Pilates Restore Bannister-Munn	Active Aging Playground Toole	A Wealth of Gut Health Unlocked Fearheiley
Aqua ZUMBA® Derosiers	10 Steps To Ultimate Weight Loss Experience Netto	Convert Assessments into Sales Poirier	Arm Candy Appel	Myofascial Recovery Garcia	Aging Shoulder: Exercise to Function! Aslakson	Art of Food as Fuel Lemons
Aqua Intervals Roulette Vandenberg	Spinal Mobilization for Fitness Professionals Hopper	Find & Enroll Clients Using Social Media Clark	Athletic Woman: Function & Strength Hughes	Deconstructing Asanas J. Roberts	Prime Performance for 50+ Robinson	Feed Your Body & Soul: Mindful Eating Pyle
Wave Works Velazquez & Vandenberg Session 1	Nutrition: Hot Topic Research - Layne Session 2	Marketing to Active Agers Panel Kooperman, Toole, Rothschild, Gilbert & Wanjiru Session 1	Core Amore Madden	Recovery Through Meditation Rockit	Creative Programming 55+ Wartenberg	Functional Nutrition & Hormones: Healthy Aging Zuleger
Turbulence Training PluimMentz	How You Move Matters Laskowski	Stability Solutions for Older Adults Netto	Integrated Strength George	Pilates, Power & Poise Lemons	Hip Mobility for Active Aging Bannister-Munn	Fundamentals of Squat Progressions and Variations Mike
Liquid Gym® Liquid Stars Vandenberg	Debunking Exercise Science Myths Layne	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb, Laskowski & Hopper	Hit The Wall Rockit	Reset and Recharge Spreen-Glick	Strength Training For Longevity & Vitality II Kooperman	Nutrition Panel Layne, Digsby, Toole, Fearheiley
BUSINESS KEYNOTE: Fitness Business Strategies for Impact & Income Brandi Clark Room G			Kickbox N Chaos Turner	Recovery For Longevity Appel	Senior Circuit Haggard	Self-Care For Your Immune System Seti
Liquid Gym Aqua Punch & Pump Velazquez	Cracking the Code to Weight Loss Toole	Conflict to Connection: Navigating Tough Conversations Digsby	Strength Courage and Wisdom Freeman	Mindful Body Fusion Lemons	Optimal Mobility: Enhancing Functionality Gilbert	Aging Brains & Bones Layne
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A			Add 160 Recordings Today for Only \$60 More (100 Live / 60 Pre-Recorded). Check Website For Full Descriptions. scwfit.com/boston			
Aqua Boot Camp BOQ-style Ford	Women: Training Through the Stages Layne	Know Your Worth Ross	Total Body Strength Richards	The Chakras: Align Your Energy Kaufman	Balance & Coordination for Active Agers Velazquez	Nutrition for Healthy Aging Charlop
Ageless Aqua Velazquez, Vandenberg & Haggard Session 1	Tendencies That Transform Training Heywood Session 1	Women's Leadership: Kooperman, Bannister-Munn, Gilbert, & Clark Session 2	Ultimate Leg Day Toole	Active Recovery Zuleger	Bone Health Bootcamp Conti	Movement Through Menopause Groves
Strength Beneath the Surface PluimMentz	How to Avoid Being My Patient Laskowski	Find Your Next 50 Leads Clark	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
Tides of Power Velazquez, Vandenberg & Haggard	Smart Food Choices for Longevity Digsby	Strength Training for Active Agers Panel Kooperman, Gilbert, Toole & Laskowski	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	Weight: Genetics, Environment, or Lifestyle? Digsby	Sunday Certifications S.E.A.T. Supported Exercise For Ageless Training - Vandenberg 8:00am-4:00pm SCW Stretching & Flexibility - Bannister-Munn 8:00am-4:00pm SCW Yoga 1 Velazquez 8:00am-4:00pm		Effort Mastery: Coaching Peak Performance and Motivation McBee	Forever Pilates Appel	Smart Warm-Ups for Active Aging D'Agati
AQUAHOLIC Layne	Inside the Mind of Coaching Herlihy			Fluid Core Fusion Velazquez	Joint Replacements: Returning Triumphant! K. Roberts	Renew & Restore: Flexibility for 50+ Ross
Aquatic Equipment Innovations Ford	Trending Diets & Weight Loss Meds Digsby			Meet The Hybrid Fitness Professional Esquerre	Tai-Chi Fused Yoga Velazquez	Brain Balance Training Splichal
Drip & Drop Haggard	Fueling Fitness – Food Meets Mood Herlihy			Training the Neurodivergent Client Conti	Pilates 4 Life Kahn	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan
						Sugar, Snacks & Heart Attacks Digsby
						Chain Reaction Biomechanics Hughes
						Building Muscle While Losing Fat Layne
						Magnesium: The Mighty Mineral Unveiled Toole