

Certifications  
Thurs Nov 12

- **S.E.A.T.**  
Sepulveda • 9am-5pm
- **SCW Pilates Matwork**  
Toole • 8am-5pm
- **SCW Aquatic Exercise**  
Layne • 9am-5pm
- **SCW Personal Training**  
Bannister-Munn • 9am-6pm
- **SCW Pilates Reformer Fundamentals**  
Bender • 9am-5pm
- **SCW Barre**  
Wartenberg • 9am-5pm
- **SCW Group Exercise**  
J. Roberts • 8am-5pm

Certifications  
Sun Nov 15

- **WATERinMOTION® Aqua Exercise**  
Sepulveda • 8am-4pm
- **SCW Stretching & Flexibility**  
Bannister-Munn • 8am-4pm
- **SCW Kettlebell Training**  
P. Ross • 11am-3pm
- **PALANGO! Fitness Teacher Training**  
Ojeda • 8am-3pm
- **ZUMBA® Basic 1 Training**  
Saldi • 7:15am-4:00pm

Register Here



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

|     | Room<br><b>A</b><br>Function & Active Aging         | Room<br><b>B</b><br>Power & Personal Training           | Room<br><b>C</b><br>Group Programming                                          | Room<br><b>D</b><br>Recovery / Mind-Body                     |
|-----|-----------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------|
| FR1 | 7:30am-8:45am                                       | Foundations of Aligned Movement Toole (NEW)             | Power Circuit Jenkins (NEW)                                                    | JUMP! Rebounding Basics Ursaner (NEW)                        |
| FR2 | 9:00am-10:15am                                      | Life Happens on One Leg Layne (NEW)                     | Competitive Endurance Training Bannister-Munn (NEW)                            | Fascia Transformation for Recovery Bender (NEW)              |
| FR3 | 11:00am-12:15pm                                     | EXPO SHOPPING 10:00am-11:00am                           |                                                                                |                                                              |
|     |                                                     | The Art of Teaching Seniors Alini (NEW)                 | Pelvic Core Coaching Strickland (NEW)                                          | SHINE Dance Fitness Nielson (NEW)                            |
|     |                                                     | EXPO SHOPPING 12:00pm-2:45pm                            |                                                                                |                                                              |
| FR4 | Session 1 12:30pm-1:45pm<br>Session 2 1:15pm-2:30pm | S.E.A.T. BEATS Sepulveda & Angles (NEW)                 | Sizzle, Chisel & Chill Wojcinski (NEW)                                         | Palango! Strength Ojeda                                      |
| FR5 | 2:45pm-4:00pm                                       | Block & Burn: Strength Lab Bannister-Munn (NEW)         | Kettlebell Training for Women P. Ross & Corso                                  | SOULstrength™ EXPERIENCE Patruno                             |
| FR6 | 4:30pm-5:45pm                                       | EXPO SHOPPING 3:45pm-4:30pm                             |                                                                                |                                                              |
| FR7 | 6:00pm-7:00pm                                       | Strength Training for Longevity & Vitality II Kooperman | Ankle Mechanics for Peak Performance Garcia                                    | Glow, Glitter & Groove Angles (NEW)                          |
|     |                                                     | SCW GOT TALENT! Kooperman, Bender & Bannister-Munn      |                                                                                | Mindful Movement Fusion Marshall (NEW)                       |
|     |                                                     |                                                         | Dance Off! SHINE Dance Fitness, Palango!, S.E.A.T. BEATS, Wartenberg, & Angles | Warrior® Meditation & Sound Healing Journey J. Roberts (NEW) |

|     |                                                     |                                                                |                                                 |                                                         |
|-----|-----------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------|
| SA1 | 7:30am-8:45am                                       | Nail the Perfect Warm-Up Chilazi (NEW)                         | Buns & Guns Wojcinski (NEW)                     | UPLIFT Strength Fitness Dolan (NEW)                     |
| SA2 | 9:15am-10:30am                                      | EXPO SHOPPING 8:30am-9:15am                                    |                                                 |                                                         |
|     |                                                     | KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A |                                                 |                                                         |
| SA3 | 11:00am-12:15pm                                     | EXPO SHOPPING 10:30am-11:00am                                  |                                                 |                                                         |
|     |                                                     | Functional Pilates 40+ Sepulveda (NEW)                         | Athletic Agility Cardio Training Robinson (NEW) | JUMP! Trampoline Fun Ursaner (NEW)                      |
| SA4 | Session 1 12:30pm-1:45pm<br>Session 2 1:15pm-2:30pm | EXPO SHOPPING 12:00pm-2:45pm                                   |                                                 |                                                         |
| SA5 | 2:45pm-4:00pm                                       | Rewiring the Core System Strickland (NEW)                      | Get Off Your Back! P. Ross & Corso              | ZUMBA® Saldi                                            |
| SA6 | 4:15pm-5:30pm                                       | Anchor Strong Bannister-Munn (NEW)                             | Next-Level Core Training Garcia (NEW)           | Injury Prevention for Fitness Instructors Chilazi (NEW) |
|     |                                                     | EXPO SHOPPING 3:45pm-4:30pm                                    |                                                 |                                                         |
|     |                                                     | No Floor Core and Balance Layne                                | Total Body Conditioning Jenkins (NEW)           | Palango! Cardio Ojeda                                   |
|     |                                                     |                                                                |                                                 | Programmed Recovery: Yin and Reset Khanna (NEW)         |

|     |                 |                                                 |                                                |                                             |
|-----|-----------------|-------------------------------------------------|------------------------------------------------|---------------------------------------------|
| SU1 | 7:30am-8:45am   | Conquering Sciatic Pain Garcia                  | Core Strength Meets Control Freaks Toole (NEW) | Broken to Beast Fitness Programming Poirier |
| SU2 | 9:00am-10:15am  | Functional Movement Flow Eskridge (NEW)         | Train the Female Athlete P. Ross & Corso (NEW) | Joint Friendly: HIIT Robinson               |
| SU3 | 10:45am-12:00pm | EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm          |                                                |                                             |
| SU4 | 12:15pm-1:30pm  | Balance Brain & Spine Wartenberg (NEW)          | Metabolic Master Poirier (NEW)                 | How to Handle Hypertrophy Robinson          |
|     |                 | Ultimate Core Strength Revolution Jenkins (NEW) | No Equipment? No Excuses! Garcia               | JUMP: Rebound Recovery Ursaner (NEW)        |
|     |                 |                                                 |                                                | Pilates Flow Reset Eskridge (NEW)           |

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|     | Room<br><b>E</b><br>Pilates Reformers               | Room<br><b>F</b><br>Aqua Ex                                   | Room<br><b>G</b><br>Nutrition/ Ex Science                             | Room<br><b>H</b><br>Leadership/ Programming                                          |
|-----|-----------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| FR1 | 7:30am-8:45am                                       | Pilates Reformer: Strong Arms, Shoulders, Back Bender (NEW)   | Aqua Punch and Pump Wartenberg (NEW - Starts in Lecture)              | Protein Quality, Synthesis, Structure and Deficiency Layne (NEW)                     |
| FR2 | 9:00am-10:15am                                      | Pilates Reformer: Sculpted Strength Toole (NEW)               | WATERinMOTION® Platinum Sepulveda & Wartenberg (NEW - Starts in Pool) | Build an Unforgettable Client Experience McBairty (NEW)                              |
| FR3 | 11:00am-12:15pm                                     | EXPO SHOPPING 10:00am-11:00am                                 |                                                                       |                                                                                      |
|     |                                                     | Sets, Reps & Reformer Results Lenart (NEW)                    | Core in the Current Sepulveda (NEW - Starts in Lecture)               | Strength isn't Born, It's Built Offerdahl (NEW)                                      |
|     |                                                     | EXPO SHOPPING 12:00pm-2:45pm                                  |                                                                       |                                                                                      |
| FR4 | Session 1 12:30pm-1:45pm<br>Session 2 1:15pm-2:30pm | Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW) | Liquid Star Flow Wartenberg (NEW - Starts in Pool)                    | Stronger Muscles, Younger Body Pajunen (NEW)                                         |
| FR5 | 2:45pm-4:00pm                                       | Ballet Flow on the Reformer Lenart (NEW)                      | CoreSpring® Pool Pilates Huss (NEW - Starts in Lecture)               | Accelerate your Career Through Mentorship Jones (NEW)                                |
| FR6 | 4:30pm-5:45pm                                       | EXPO SHOPPING 3:45pm-4:30pm                                   |                                                                       |                                                                                      |
| FR7 | 6:00pm-7:00pm                                       | Fitness Flow on the Reformer Lenart (NEW)                     | WATERinMOTION® Original Sepulveda & Wartenberg (NEW - Starts in Pool) | Metabolic Disease: The Heavy Impact Offerdahl (NEW)                                  |
|     |                                                     |                                                               | 7 Nutrition Myths that Refuse to Die Layne (NEW)                      | Mobility Training for Active Agers Panel Kooperman, Sepulveda, Toole & Pajunen (NEW) |
|     |                                                     |                                                               |                                                                       | Why Clients Resist Change McBairty (NEW)                                             |

|     |                                                     |                                                                     |                                                                         |                                                                             |
|-----|-----------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| SA1 | 7:30am-8:45am                                       | Pilates Reformer: Core Strength and Stability Bender (NEW)          | WATERinMOTION® Deep Sepulveda & Wartenberg (NEW - Starts in Pool)       | Nutrition for Performance and Recovery Lopez (NEW)                          |
| SA2 | 9:15am-10:30am                                      | EXPO SHOPPING 8:30am-9:15am                                         |                                                                         |                                                                             |
|     |                                                     | KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A      |                                                                         |                                                                             |
| SA3 | 11:00am-12:15pm                                     | EXPO SHOPPING 10:30am-11:00am                                       |                                                                         |                                                                             |
|     |                                                     | Pilates Reformer: Fascial Stretch for Athletes Bannister-Munn (NEW) | Aqua Strength, Toning, and Stretch Wartenberg (NEW - Starts in Lecture) | The Trainer's Edge: Measuring Nutrition Offerdahl (NEW)                     |
| SA4 | Session 1 12:30pm-1:45pm<br>Session 2 1:15pm-2:30pm | EXPO SHOPPING 12:00pm-2:45pm                                        |                                                                         |                                                                             |
| SA5 | 2:45pm-4:00pm                                       | Pilates Reformer for Female Athletes Bender (NEW)                   | Hydro Hustle Head (Starts in Pool)                                      | Botanical Science for Holistic Wellness Crichlow (NEW)                      |
| SA6 | 4:15pm-5:30pm                                       | Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)       | CoreSpring® Deep Water Pilates Huss (NEW - Starts in Lecture)           | The New Fitness Science Panel Kooperman, Layne, Toole, Garcia & Jones (NEW) |
|     |                                                     | EXPO SHOPPING 3:45pm-4:30pm                                         |                                                                         |                                                                             |
|     |                                                     | Pilates Reformer: Arms, Shoulders, Abs Bender (NEW)                 | Aqua Pilates Head (NEW - Starts in Pool)                                | Integrating Neuroscience into Coaching Jones (NEW)                          |
|     |                                                     |                                                                     | Recovery Nutrition Mastery Lopez (NEW)                                  | Before You Build That Class Dolan (NEW)                                     |

|     |                 |                                                          |                                                             |                                                                               |
|-----|-----------------|----------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------|
| SU1 | 7:30am-8:45am   | Functional Reformer Strength McDonald (NEW)              | Aqua - Abs Rhodes (NEW - Starts in Lecture)                 | Nutritional Needs During Menopause Layne (NEW)                                |
| SU2 | 9:00am-10:15am  | Pilates Reformer: Sculpted Strength Toole (NEW)          | Aqua Intervals Wartenberg (NEW - Starts in Pool)            | Lipids: The Skinny on Fat Layne (NEW)                                         |
| SU3 | 10:45am-12:00pm | EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm                   |                                                             |                                                                               |
| SU4 | 12:15pm-1:30pm  | Pilates Reformer: Coaching for Confidence McDonald (NEW) | WATERinMOTION® Strength Sepulveda (NEW - Starts in Lecture) | Reset Your Nervous System Eskridge (NEW)                                      |
|     |                 | Reformer Recovery McDonald (NEW)                         | Aqua Drums Vibes Wartenberg (NEW - Starts in Pool)          | Beyond Kale & Calories Huss (NEW)                                             |
|     |                 |                                                          |                                                             | Visit the Expo Hall or shop sponsor discounts at scwfit.com/boston/ discounts |