

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

Fri
November 13

Sat
November 14

Sun
November 15

Nail the Perfect Warm-Up Chilazi (NEW)	Buns & Guns Wojcinski (NEW)	UPLIFT Strength Fitness Dolan (NEW)	Warrior® Workout J. Roberts
EXPO SHOPPING 8:30am-9:15am			
KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A			
EXPO SHOPPING 10:30am-11:00am			
Functional Pilates 40+ Sepulveda (NEW)	Athletic Agility Cardio Training Robinson (NEW)	JUMP! Trampoline Fun Ursaner (NEW)	Vinyasa to Recovery Khanna (NEW)
EXPO SHOPPING 12:00pm-2:45pm			
Rewiring the Core System Strickland (NEW) Session 2	Get Off Your Back! P. Ross & Corso Session 1	ZUMBA® Saldi Session 2	Buttery Joints for Life Chilazi (NEW) Session 1
Anchor Strong Bannister-Munn (NEW)	Next-Level Core Training Garcia (NEW)	Injury Prevention for Fitness Instructors Chilazi (NEW)	SOULMashup Park
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	Moving Meditations J. Roberts
SU2	9:00am-10:15am	Functional Movement Flow Eskridge (NEW)	Train the Female Athlete P. Ross & Corso (NEW)	Joint Friendly: HIIT Robinson	CoreSpring®: Strong From Center Huss (NEW)
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
SU3	10:45am-12:00pm	Balance Brain & Spine Wartenberg (NEW)	Metabolic Master Poirier (NEW)	How to Handle Hypertrophy Robinson	BARREfusion™ Experience Park & Angles
SU4	12:15pm-1:30pm	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 E Pilates Reformers	Room F Aqua Ex	Room G Nutrition/ Ex Science	Room H Leadership/ Programming
FR1	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)	Build an Unforgettable Client Experience McBairty (NEW)
FR2	Pilates Reformer: Sculpted Strength Toole (NEW)	WATERinMOTION® Platinum Sepulveda & Wartenberg (NEW - Starts in Pool)	R.E.A.L. Wellness: Coaching Beyond Exercise Moyer (NEW)	Neurodivergence in the Fitness Industry Angles (NEW)
EXPO SHOPPING 10:00am-11:00am				
FR3	Sets, Reps & Reformer Results Lenart (NEW)	Core in the Current Sepulveda (NEW - Starts in Lecture)	Strength isn't Born, It's Built Offerdahl (NEW)	Glute Training - Perfect Your Posterior Panel Kooperman, Bannister-Munn, Layne & Toole (NEW)
EXPO SHOPPING 12:00pm-2:45pm				
FR4	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW) Session 2	Liquid Star Flow Wartenberg (NEW - Starts in Pool) Session 1	Stronger Muscles, Younger Body Pajunen (NEW) Session 1	Accelerate your Career Through Mentorship Jones (NEW) Session 2
FR5	Ballet Flow on the Reformer Lenart (NEW)	CoreSpring® Pool Pilates Huss (NEW - Starts in Lecture)	Metabolic Disease: The Heavy Impact Offerdahl (NEW)	Mobility Training for Active Agers Panel Kooperman, Sepulveda, Toole & Pajunen (NEW)
EXPO SHOPPING 3:45pm-4:30pm				
FR6	Fitness Flow on the Reformer Lenart (NEW)	WATERinMOTION® Original Sepulveda & Wartenberg (NEW - Starts in Pool)	7 Nutrition Myths that Refuse to Die Layne (NEW)	Why Clients Resist Change McBairty (NEW)
FR7				

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Sat
November 14

Sun
November 15

Pilates Reformer: Core Strength and Stability Bender (NEW)	WATERinMOTION® Deep Sepulveda & Wartenberg (NEW - Starts in Pool)	Nutrition for Performance and Recovery Lopez (NEW)	Helping Clients Through Gym-timidation Mays (NEW)
EXPO SHOPPING 8:30am-9:15am			
KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A			
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)	Comprehensive Core Training Panel Kooperman, Bender, Chilazi & Strickland (NEW)
EXPO SHOPPING 12:00pm-2:45pm			
Pilates Reformer for Female Athletes Bender (NEW) Session 1	Hydro Hustle Head (Starts in Pool) Session 2	Botanical Science for Holistic Wellness Crichlow (NEW) Session 2	The New Fitness Science Panel Kooperman, Layne, Toole, Garcia & Jones (NEW) Session 1
Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)	CoreSpring® Deep Water Pilates Huss (NEW - Starts in Lecture)	Integrating Neuroscience into Coaching Jones (NEW)	Before You Build That Class Dolan (NEW)
EXPO SHOPPING 3:45pm-4:30pm			
Pilates Reformer: Arms, Shoulders, Abs Bender (NEW)	Aqua Pilates Head (NEW - Starts in Pool)	Recovery Nutrition Mastery Lopez (NEW)	Social Media Accelerator Poirier (NEW)

Functional Reformer Strength McDonald (NEW) 	Aqua - Abs Rhodes (NEW - Starts in Lecture) 	Nutritional Needs During Menopause Layne (NEW) 	Visit the Expo Hall or shop sponsor discounts at scwfit.com/boston/discounts
Pilates Reformer: Sculpted Strength Toole (NEW) 	Aqua Intervals Wartenberg (NEW - Starts in Pool) 	Lipids: The Skinny on Fat Layne (NEW) 	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
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) 	