

📺 = being recorded



Register Here

Fri Aug 22

Sat Aug 23

Sun Aug 24

Certs Thurs Aug 21

- SCW Active Aging Roberts • 9am-5pm
- SCW Pilates Matwork Toole • 8am-4pm
- SCW Group Exercise J. Robertss • 8am-4pm
- SCW Aquatic Exercise Layne • 8am-4pm
- SCW Aquatic Exercise Layne 8:00am-4:00pm SCW
- SCW Chair Yoga Ratliff • 9:00am-5:00pm
- SCW Personal Training Bannister-Munn • 9am-6pm
- ZUMBA® Basic 1 Melendez • 7:30am-4pm
- ToughAgers® Instructor Rothschild • 9am-4pm
- LaBlast® Fitness Instructor Solis • 8am-5pm
- Anti-Obesity Medication (AOM) Fitness Programming Gilbert • 9:00am-5:00pm
- SCW Menopause Wellness EXPRESS Layne • 4:30pm-8:30pm



scwfit.com/dallas

Room A Longevity & Function	Room B Power & Performance	Room C Cycle / HIIT & Strength	Room D Group Programming	Room E Recovery & Pilates
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FR1	7:30am-8:45am	No Floor Core and Balance Layne 📺	Group Strength Blueprint George 📺	Quiet Chaos, Find Your Rhythm Nicotera	Do This, Not That! K. Roberts 📺	Deconstructing Asanas Ratliff 📺
FR2	9:00am-10:15am	Boost Better Balance Rothschild 📺	Palango! Strength Ojeda 📺	Cycle Strong, Transfer Life K. Roberts	Pump Your Peach! Toole 📺	Warrior® Tai Chi Yoga and Qi Gong Fusion J. Roberts 📺
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	Master Knee-Pain Reduction Strategies Webb 📺	Stability Ball Breakthrough Bannister-Munn 📺	Train Smart & HIIT SMART Goals Williams	SOULfusion™ FLOWS Park 📺	Hip Pain Blueprint Fox 📺
EXPO SHOPPING 12:00pm-2:45pm						
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Balance Brain & Spine Wartenberg Session 1 📺	Power Source: A Core Practice Ratliff Session 2 📺	Fit for Life: Active Agers Piercy Session 2	ZUMBA® Melendez Session 1	Symmetry AlignSmart® - Scientific Stretching Mummy Session 2 📺
FR5	2:45pm-4:00pm	Dare to Chair Gilbert 📺	Arms, Butts & Core on the Floor! Bannister-Munn 📺	Connect With Music, Messaging, Motivation Nicotera	Full Body Workout with BillyStix™ Shuttic 📺	Shoulder Pain: Optimize Through Exercise Webb 📺
EXPO SHOPPING 3:45pm - 4:30pm						
FR6	4:30pm-5:45pm	Athletic Aging by Ever Flexed George 📺	Flex & Power: Hip Mobility Mastery Kulp 📺	Unlocking the Power of HIIT Williams	Bodyfit: Tips on Modifications Ross 📺	Teaching Restorative Yoga Without Props Ratliff 📺
FR7	6:00pm-7:00pm	Dance Off! LaBlast®, Palango! Fitness, Haggard & Wartenberg	SCW Fitness Star Search Kooperman, Gilbert, Bannister-Munn & Kulp 📺			Qi Gong: Breathe, Balance, Energize Haan 📺

7:30am-8:45am	Dementia Client Strategies for Trainers Rothschild	SOULkickboxing™ Coleman	Trends In Cycling Nicotera	Step & Sculpt: Bringing Back the Basics Conti	Restorative Stretch Bannister-Munn
EXPO SHOPPING 8:30am-9:15am					
9:15am-10:30am	KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A				
EXPO SHOPPING 10:30am-11:00am					
11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Trainer's Toolbox: Timesaving Solutions K. Roberts	Push, Pull, Squat, Hinge Piercy	BARREfusion™ Experience Coleman	Human Reformer Pilates George
EXPO SHOPPING 12:00pm-2:45pm					
Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Pelvic Floor from the Outside In Layne Session 1	Progressive FITT: Functional Tube Training K. Roberts Session 2	HIIT Ratios & Exercise Progression Williams Session 2	LaBlast® Fitness: Ballroom Blitz van Amstel Session 2	Posture & Alignment with Personal Training Mummy Session 1
2:45pm-4:00pm	Mobility Training - Online or In-Person Webb	Band Strong: Train Anywhere Power Bannister-Munn	Create Rides With AI Nicotera	Palango! Cardio Ojeda	Shoulder Savior - Conquer Shoulder Pain Fox
EXPO SHOPPING 3:45pm - 4:30pm					
4:30pm-5:45pm	Functional Fitness for Active Seniors Shuttic	Chair Yoga for Mobility & Strength Kooperman	Hypertrophy Unlocked Piercy	Warrior® Workout J. Roberts	Authentic Mat Pilates Uncovered Toole

7:30am-8:45am	AASK Amber: Anti-Aging Survival Kit Toole 📺	SOULstrength™: A Little OFF BEAT Park 📺	Sunday Certifications S.E.A.T. Supported Exercise For Ageless Training - Gilbert 8:00am-4:00pm SCW Stretching & Flexibility - Bannister-Munn 8:00am-4:00pm Symmetry Postural Measurement - Mummy 8:00am-4:00pm PALANGO! Fitness Teacher Training - Ojeda 8:00am-3:00pm WATERinMOTION® Aqua Exercise - Kulp 9:00am-4:00pm	Barreless Barre – No Barre, No Limits! George 📺	Moving Meditations J. Roberts 📺
9:00am-10:15am	Age Defying Mobility Training: Enhancing Longevity Webb 📺	Broken to Beast Fitness Programming Poirier 📺		LaBlast® Fitness for all Ages Solis 📺	Trauma-Informed Care on the Mat and Beyond Haan 📺
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm	
10:45am-12:00pm	Comprehensive Active Aging Strategies Rothschild 📺	Flex Like a Boss Haggard 📺		Kardio Kenpo Shuttic 📺	Inspire to Transform Lobacz 📺
12:15pm-1:30pm	LaBlast® Chair Fitness: Pull Up a Seat Solis 📺	Fifty, Fit & Fierce Toole 📺		Step Up Your Groove Layne 📺	Meditation is My Medication Haan 📺

Room F Waterworks (Starts in lecture)	Room G Wellness	Room H Leadership
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Wave Works Kulp & Wartenberg	Mastering Macros Toole 📺	Build a High-Performance Team Gilbert 📺
Liquid Gym Star Workout Wartenberg	Debunking Exercise Science Myths Layne 📺	Women's Leadership Kooperman, Bannister-Munn, Conti, Gilbert & Ontiveros 📺
EXPO SHOPPING 10:00am-11:00am		
Aquatic Strength Training PlumMentz	Boost Your Pre-Workout & Recovery Kooperman, Ontiveros, Layne & Toole 📺	Supporting Clients on Anti-Obesity Medications Gilbert 📺
EXPO SHOPPING 12:00pm-2:45pm		
LaBlast® Splash: Buoyant Ballroom Blitz van Amstel Session 1	Body Composition Scales for Teachers & Trainers Han Session 1 📺	Marketing to Active Agers Panel Kooperman, Toole, Pajunen, Ross & Gilbert Session 2 📺
Aqua ZUMBA® Melendez	Cancer Exercise & Wellness Conti 📺	Harness the Financial Potential of your Gym Kleckner 📺
EXPO SHOPPING 3:45pm-4:30pm		
Liquid Gym Acqua Punch & Pump Wartenberg	Women: Training Through the Stages Layne 📺	How to Avoid Being My Patient Laskowski 📺
BUSINESS KEYNOTE: The Fitness Evolution Patrick Mummy Room H		

Aqua Drums Vibes Wartenberg	Know Your Worth K. Ross 📺	Build a Gym Community Trione 📺
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A 📺		
EXPO SHOPPING 10:30am-11:00am		
Ageless Aqua Kulp & Haggard	Physics of Pain & Performance Mummy 📺	Body Composition 101: Tools & Insights Han 📺
EXPO SHOPPING 12:00pm-2:45pm		
Liquid Gym Acqua Toner Stretch & Tone - Kulp Session 1	Inflammation: The Exercise-Nutrition Nexus Fearheiley Session 2 📺	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb, Fox & Conti 📺
Turbulence Training PlumMentz	Reverse Your Clock on Aging Pajunen 📺	Strength Training for Active Agers Kooperman, Gilbert, K. Roberts & Laskowski Session 2 📺
EXPO SHOPPING 3:45pm-4:30pm		
Tides of Power Kulp & Haggard	Understanding Exercise and Obesity Medications Rogers 📺	The Retention Blueprint Poirier 📺

Aqua Power: One Dumbbell Circuit Kulp	Rethinking Obesity Treatment: Elevate Your Business Rogers 📺	The Art of Coaching Trione 📺
All-Inclusive Aquatics PlumMentz	Nutrition: Hot Topic Research Layne 📺	A Wealth of Gut Health Unlocked Fearheiley 📺
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm		
AQUAHOLIC Layne	Preventing Common Fitness Injuries Laskowski 📺	Create Content to Boost Sales Toole 📺
Soca Splash Haggard	Diet vs. Exercise: Food Choices Always Win Fearheiley 📺	Become a Fitness Personality Poirier 📺

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
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Add an EMOM Merrill 📺	Yoga-Pilates Restore Bannister-Munn 📺	Active Aging Playground Toole 📺	A Wealth of Gut Health Unlocked Fearheiley 📺
Arm Candy Appel 📺	Myofascial Recovery Garcia 📺	Aging Shoulder: Exercise to Function! Aslakson 📺	Art of Food as Fuel Lemons 📺
Athletic Woman: Function & Strength Hughes 📺	Warrior Tai Chi Yoga and Qi Gong Fusion J. Roberts 📺	Athletic Aging Madden 📺	Feed Your Body & Soul: Mindful Eating Pyle 📺
Core Amore Madden 📺	Recovery Through Meditation Rockit 📺	Creative Programming 55+ Wartenberg 📺	Functional Nutrition & Hormones: Healthy Aging Zuleger 📺
Integrated Strength George 📺	Pilates, Power & Poise Lemons 📺	Hip Mobility for Active Aging Bannister-Munn 📺	Fundamentals of Squat Progressions and Variations Mike 📺
Hit The Wall Rockit 📺	Reset and Recharge Spreen-Glick 📺	Strength Training For Longevity & Vitality II Kooperman 📺	Nutrition Panel Layne, Digsby, Toole, Fearheiley 📺
Kickbox N Chaos Turner 📺	Recovery For Longevity Appel 📺	Senior Circuit Haggard 📺	Self-Care For Your Immune System Seti 📺

Strength Courage and Wisdom Freeman 📺	Human Reformer Pilates George 📺	Optimal Mobility: Enhancing Functionality Gilbert 📺	Aging Brains & Bones Layne 📺
Add 160 Recordings Today for Only \$60 More (100 Live / 60 Pre-Recorded) scwfit.com/dallas			
Total Body Strength Richards 📺	The Chakras: Align Your Energy Kaufman 📺	Balance & Coordination for Active Agers Velazquez 📺	Weight-loss Meds & Fad Diet Update Digsby 📺
Ultimate Leg Day Toole 📺	Active Recovery Zuleger 📺	Bone Health Bootcamp Conti 📺	Movement Through Menopause Groves 📺
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 📺
Bringing Back Foundational Strength Training Johnson 📺	TaiChi Flow: Recovery for GXs & PTs Glassmeyer 📺	Active Aging Latin Joyful Mix Sepulveda 📺	Exercise Analysis Mack 📺

Effort Mastery: Coaching Peak Performance and Motivation McBee 📺	Pilates: Mat to the Max Appel 📺	Smart Warm-Ups for Active Aging D'Agati 📺	Sugar, Snacks & Heart Attacks Digsby 📺
Fluid Core Fusion Velazquez 📺	Moving Meditation J. Roberts 📺	Renew & Restore: Flexibility for 50+ Ross 📺	Chain Reaction Biomechanics Hughes 📺
Meet The Hybrid Fitness Professional Esquerre 📺	Tai-Chi Fused Yoga Velazquez 📺	Brain Balance Training Splichal 📺	Building Muscle While Losing Fat Layne 📺
Training the Neurodivergent Client Conti 📺	Pilates 4 Life Kahn 📺	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan 📺	Magnesium: The Mighty Mineral Unveiled Toole 📺