


Room A Longevity & Function	Room B Power & Performance	Room C Cycle / HIIT & Strength	Room D Group Programming	Room E Recovery & Pilates
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
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				
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				
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
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				
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
Dance Off! LaBlast®, Palango! Fitness, Haggard & Wartenberg	SCW Fitness Star Search Kooperman, Gilbert, Bannister-Munn & Kulp			Qi Gong: Breathe, Balance, Energize Haan
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				
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A				
EXPO SHOPPING 10:30am-11:00am				
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				
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
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				
Functional Fitness for Active Seniors Shuttic	Chair Yoga for Mobility & Strength Kooperman	Hypertrophy Unlocked Piercy	Warrior® Workout J. Roberts	Authentic Mat Pilates Uncovered Toole
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
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	
Comprehensive Active Aging Strategies Rothschild	Flex Like a Boss Haggard		Kardio Kenpo Shuttic	Inspire to Transform Lobacz
LaBlast® Chair Fitness: Pull Up a Seat Solis	Fifty, Fit & Fierce Toole		Step Up Your Groove Layne	Meditation is My Medication Haan

- **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
- **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
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scwfit.com/dallas

Room
F
Waterworks
(Starts in lecture)

Room
G
Wellness

Room
H
Leadership

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
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 Spichal	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