

Certifications Thurs Aug 27

- SCW Active Aging, SCW Pilates Matwork, SCW Chair Yoga, SCW Personal Training, SCW Pilates Reformer Fundamentals, WATERinMOTION® Aqua Exercise, SCW Group Exercise, SCW Aquatic Exercise, SCW Barre

Register Here



Certifications Sun August 2

- S.E.A.T., SCW Stretching & Flexibility, SCW Yoga 1, ZUMBA® Basic 1 Training, PALANGO! Fitness Teacher Training, SOULfusion®

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, Room E Pilates Reformer & Rebounders

FR1 7:30am-8:45am, FR2 9:00am-10:15am, FR3 11:00am-12:15pm, FR4 12:30pm-1:45pm, FR5 2:45pm-4:00pm, FR6 4:30pm-5:45pm, FR7 6:00pm-7:00pm

Fri August 28

SA1 7:30am-8:45am, SA2 9:15am-10:30am, SA3 11:00am-12:15pm, SA4 12:30pm-1:45pm, SA5 2:45pm-4:00pm, SA6 4:30pm-5:45pm

Sat August 29

SU1 7:30am-8:45am, SU2 9:00am-10:15am, SU3 10:45am-12:00pm, SU4 12:15pm-1:30pm

Sun August 30

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

Room F Aqua Ex (Starts in Lecture), Room G Nutrition/Ex Science, Room H Leadership/Programming, 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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