

**Certifications  
Thurs Aug 27**

→ **SCW Active Aging**  
Gilbert • 9am-5pm

→ **SCW Pilates Matwork**  
Appel • 8am-5pm

→ **SCW Chair Yoga**  
Ratliff • 9am-5pm

→ **SCW Personal Training**  
K. Roberts • 9am-6pm

→ **SCW Pilates Reformer Fundamentals**  
Bender • 9am-5pm

→ **WATERinMOTION® Aqua Exercise**  
Kulp • 9am-5pm

→ **SCW Group Exercise**  
J. Roberts • 8am-5pm

→ **SCW Aquatic Exercise**  
Layne • 9am-5pm

→ **SCW Barre**  
Wartenberg • 9am-5pm

Register Here



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

Room <b>A</b> Function & Active Aging	Room <b>B</b> Power & Personal Training	Room <b>C</b> Group Programming	Room <b>D</b> Recovery / Mind-Body	Room <b>E</b> Pilates Reformer & Rebounders
---	---	---------------------------------------	--	---

**Fri August 28**

<b>FR1</b>	7:30am-8:45am	S.E.A.T. Beats Angles (NEW) [RECORDED]	Metabolic Master Poirier (NEW) [RECORDED]	LITT: Get Low! Turner (NEW) [RECORDED]	Dynamic Balance Ratliff (NEW) [RECORDED]	Pilates Reformer: Sculpted Strength Toole (NEW) [RECORDED]
<b>FR2</b>	9:00am-10:15am	Strength Training for Longevity & Vitality II Kooperman [RECORDED]	Core Champion Power Circuit Blast Jenkins (NEW) [RECORDED]	BARRefusion™ Experience Park & Coleman [RECORDED]	Foam Roller, Mobility & Strength Bannister-Munn (NEW) [RECORDED]	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW) [RECORDED]
<b>EXPO SHOPPING 10:00am-11:00am</b>						
<b>FR3</b>	11:00am-12:15pm	Pelvic Core Coaching Strickland (NEW) [RECORDED]	Palango! Strength Ojeda [RECORDED]	Step Strong Turner (NEW) [RECORDED]	Pilates Burn Appel (NEW) [RECORDED]	Dynamic Reformer Strength Lobacz (NEW) [RECORDED]
<b>EXPO SHOPPING 12:00pm-2:45pm</b>						
<b>FR4</b>	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Active Aging Posture Perfect K. Roberts (NEW) [RECORDED] Session 1	Block & Burn: Strength Lab Bannister-Munn (NEW) [RECORDED] Session 2	Low-Impact Conditioning Wartenberg (NEW) [RECORDED] Session 2	Hands-On vs. Self-Stretching Armantrading (NEW) [RECORDED] Session 1	Pilates Reformer: Core Strength and Stability Bender (NEW) [RECORDED] Session 2
<b>FR5</b>	2:45pm-4:00pm	Gentle Yoga for Mobility Kooperman (NEW) [RECORDED]	Broken to Beast Fitness Programming Poirier [RECORDED]	SOULfusion™ Flows Park & Coleman [RECORDED]	Warrior® Tai Chi Yoga and Qi Gong Fusion J. Roberts [RECORDED]	Pilates Reformer: Fascial Stretch for Athletes Bannister-Munn (NEW) [RECORDED]
<b>EXPO SHOPPING 3:45pm-4:30pm</b>						
<b>FR6</b>	4:30pm-5:45pm	Athletic Agility Cardio Training Robinson (NEW) [RECORDED]	Bulletproof Back and Cohesive Core! K. Roberts (NEW) [RECORDED]	Core Strength Meets Control Freaks Toole (NEW) [RECORDED]	High Roller Appel (NEW) [RECORDED]	Reformer Cardio Fusion Lobacz (NEW) [RECORDED]
<b>FR7</b>	6:00pm-7:00pm	SCW GOT TALENT! Kooperman, K. Roberts, Kulp & Gilbert		Dance Off! Wartenberg, Palango!, Angles & Warren [RECORDED]	Moving Meditations J. Roberts [RECORDED]	

**Sat August 29**

<b>SA1</b>	7:30am-8:45am	Anchor Strong Bannister-Munn (NEW) [RECORDED]	Total Body Core Champion Conditioning Jenkins (NEW) [RECORDED]	Joint Friendly: HIIT Robinson (NEW) [RECORDED]	Warrior® Workout J. Roberts [RECORDED]	Pilates Reformer: Strong Arms, Shoulders, Back Bender (NEW) [RECORDED]	
<b>EXPO SHOPPING 8:30am-9:15am</b>							
<b>SA2</b>	9:15am-10:30am	<b>KEYNOTE ADDRESS: TRENDS IN FITNESS</b> Sara Kooperman, JD - Room A					[RECORDED]
<b>EXPO SHOPPING 10:30am-11:00am</b>							
<b>SA3</b>	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert [RECORDED]	HYROX Performance Training Bannister-Munn (NEW) [RECORDED]	The Bolder Older Shoulder! K. Roberts (NEW) [RECORDED]	Stretch Strategies for Major Lifts Armantrading (NEW) [RECORDED]	Pilates Reformer: Sculpted Strength Toole (NEW) [RECORDED]	
<b>EXPO SHOPPING 12:00pm-2:45pm</b>							
<b>SA4</b>	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Ageless Strength Semi-Private Coaching McGoff (NEW) [RECORDED] Session 1	SOULkickboxing™ Coleman [RECORDED] Session 2	Palango! Cardio Ojeda [RECORDED] Session 1	Tai Chi for Whole Health Glassmeyer (NEW) [RECORDED] Session 2	Restore & Strengthen Reformer Lobacz (NEW) [RECORDED] Session 1	
<b>SA5</b>	2:45pm-4:00pm	Life Happens on One Leg Layne (NEW) [RECORDED]	Rewiring the Core System Strickland [RECORDED]	ZUMBA® Melendez [RECORDED]	Recovery Rx K. Roberts (NEW) [RECORDED]	Pilates Reformer for Female Athletes Bender (NEW) [RECORDED]	
<b>EXPO SHOPPING 3:45pm-4:30pm</b>							
<b>SA6</b>	4:30pm-5:45pm	Ageless Core Bender (NEW) [RECORDED]	Spinal Mastery: An Integrated Approach Mullins (NEW) [RECORDED]	Glow, Glitter & Groove Angles (NEW) [RECORDED]	Shins In, Thighs Apart Ratliff (NEW) [RECORDED]	Reformer Fit & Form Lobacz (NEW) [RECORDED]	

**Sun August 30**

<b>SU1</b>	7:30am-8:45am	Functional Fitness Flow Toole (NEW) [RECORDED]	How-To-Hinge McGoff (NEW) [RECORDED]	Kettlebell Cardio Fusion Turner (NEW) [RECORDED]	Personal Training Meets Stretch Therapy Armantrading (NEW) [RECORDED]	Pilates Reformer: Arms, Shoulders, Abs Bender (NEW) [RECORDED]
<b>SU2</b>	9:00am-10:15am	Training the Active Aging Female Upper Extremity K. Roberts (NEW) [RECORDED]	Ultimate Core Strength Revolution Jenkins (NEW) [RECORDED]	Contrasting Circuits: Creative Full-Body Training Yasinitzky (NEW) [RECORDED]	Fascia Transformation for Recovery Bender (NEW) [RECORDED]	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW) [RECORDED]
<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>						
<b>SU3</b>	10:45am-12:00pm	Aging with a Vengeance Mullins (NEW) [RECORDED]	SOULMashup Park & Coleman (NEW) [RECORDED]	HIIT Factor Turner (NEW) [RECORDED]	Everyday Stretch K. Roberts (NEW) [RECORDED]	Visit the Expo Hall or shop sponsor discounts at <a href="http://scwfit.com/dallas">scwfit.com/dallas</a>
<b>SU4</b>	12:15pm-1:30pm	Flex & Power: Hip Mobility Mastery Kulp (NEW) [RECORDED]	Contrasting Circuits: Creative Full-Body Training Yasinitzky (NEW) [RECORDED]	Crazy 80's Cardio Warren (NEW) [RECORDED]	Qigong for the Ages Glassmeyer (NEW) [RECORDED]	

Register Here



# Certifications Sun August 2

- **S.E.A.T.**  
Gilbert • 8am-4pm
- **SCW Stretching & Flexibility**  
Bannister-Munn • 8am-4pm
- **SCW Yoga 1**  
J. Roberts • 8am-4pm

- **ZUMBA® Basic 1 Training**  
Melendez • 7:15am-4:00pm
- **PALANGO! Fitness Teacher Training**  
Ojeda • 8am-3pm
- **SOULfusion®**  
Angles • 8am-12pm

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

		Room <b>F</b> Aqua Ex (Starts in Lecture)	Room <b>G</b> Nutrition/ Ex Science	Room <b>H</b> 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	
<b>FR1</b>	7:30am-8:45am	Aqua - Abs Rhodes (NEW)	Protein Quality, Synthesis, Structure and Deficiency Layne (NEW)	Supporting Clients on Anti-Obesity Medications Gilbert	Pro Athlete Recovery Robinson	Pilates: Mat to the Max A. Appel	Boost Better Balance Rothschild	Alcohol & Aging-Myths vs. Facts Charlop	
<b>FR2</b>	9:00am-10:15am	Aqua Punch and Pump Wartenberg (NEW)	Gut Health for Fat Loss Roman (NEW)	Viral to Valid Training Robinson (NEW)	Basic To Badass: Progressive Training Protocols Chilazi	Ayurveda for Self-Care Jennings-Hill	No Floor Core and Balance Layne	Body Composition 10!: Tools & Insights Han	
<b>EXPO SHOPPING 10:00am-11:00am</b>									
<b>FR3</b>	11:00am-12:15pm	WATERinMOTION® Original Kulp & Wartenberg (NEW)	Balanced Eating for Busy Families Fearheiley (NEW)	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Armantrading	Mobility Training: Online or In-Person Webb	Sleep Habits: Key to Fitness Layne	Fall Prevention for Fitness Professionals Conti	How To Know If You're Under-Eating Digsby	
<b>EXPO SHOPPING 12:00pm-2:45pm</b>									
<b>FR4</b>	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Aqua Fitness for Joint Replacement Gilbert (NEW) Session 1	Digestive Issues in Menopause Roman (NEW) Session 2	Social Media Accelerator Poirier (NEW) Session 1	Pack Your PT Sessions: Successful Sales Gilbert, Toole, Rothschild, Webb	Gentle Yoga For Mobility Kooperman	Nail The Perfect Warm-up Chilazi	Supporting Clients on Anti-Obesity Medications Gilbert	
<b>FR5</b>	2:45pm-4:00pm	Aqua Drums Vibes Wartenberg	Botanical Science for Holistic Wellness Crichlow (NEW)	Nutrition Trends Now Panel Layne, Toole, Roman, Fearheiley & Pajunen (NEW)	The Art of Coaching Trione	The Recovery Barre Howe	Dare to Chair Gilbert	Nutrition: Hot Topic Research Layne	
<b>EXPO SHOPPING 3:45pm-4:30pm</b>									
<b>FR6</b>	4:30pm-5:45pm	WATERinMOTION® Strength Kulp & Wartenberg (NEW)	Lipids: The Skinny on Fat Layne (NEW)	Wellness First: The Resilient Trainer Jones (NEW)	Strength & Grace: Back to Power Lemons	Pilates Functional Powerhouse George	Total Body Shaping McBee	Mastering Macros Toole	
<b>FR7</b>	6:00pm-7:00pm				Progressive FITT: Functional Tube Training K. Roberts	The Battle for Mobility McCormick	Functional Training with Foam Rollers Garcia	Cancer Exercise & Wellness Conti	
<b>SA1</b>	7:30am-8:45am	Liquid Star Flow Wartenberg (NEW)	Train the Gut: New Food Pyramid Fearheiley (NEW)	Leading Through Fitness Failures Gilbert (NEW)	Intervals Reimagined: Strength – Power – Roll Conti	Agless Pilates Bender	Chair Yoga Spreen-Glick	Shoulder Savior - Conquer Shoulder Pain Fox	
<b>EXPO SHOPPING 8:30am-9:15am</b>									
<b>SA2</b>	9:15am-10:30am	<b>KEYNOTE ADDRESS: TRENDS IN FITNESS</b> Sara Kooperman, JD - Room A				Killer Core A. Appel	Qi Gong: Breathe, Balance, Energizer Haan	Comprehensive Active Aging Strategies Rothschild	Rethinking Obesity Treatment: Elevate your Business Rogers
<b>EXPO SHOPPING 10:30am-11:00am</b>									
<b>SA3</b>	11:00am-12:15pm	Aqua ZUMBA® Melendez	Stronger Muscles, Younger Body Pajunen (NEW)	Leveraging Purpose in Physical Fitness Fincher (NEW)	Hip Mobility for Peak Performance Bannister-Munn	Teaching Restorative Yoga Without Props Ratliff	Tailored Training For Active Agers Toole	Inflammation: The Exercise-Nutrition Nexus Fearheiley	
<b>EXPO SHOPPING 12:00pm-2:45pm</b>									
<b>SA4</b>	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Aqua Power for Aging Hips Gilbert (NEW) Session 2	Anti-Inflammatory Nutrition Reset Price (NEW) Session 2	The New Fitness Science Kooperman, Toole, Robinson & Layne (NEW) Session 1	Creative Core Solutions Madden	Breath Empowerment Craddock	Age Defying Mobility Training: Enhancing Longevity Webb	Preventing Common Fitness Injuries Laskowski	
<b>SA5</b>	2:45pm-4:00pm	Liquid Star Variations Kulp (NEW)	Strength isn't Born, It's Built Offerdahl (NEW)	Strength Training for Active Agers Panel Kooperman, Bannister-Munn, Toole & Gilbert	Glute Training: Beginner to Advanced Johnson	Deconstructing Asanas Ratliff	Dementia Client Strategies for Trainers Rothschild	Solve 30 Training & Nutrition Mistakes Mike	
<b>EXPO SHOPPING 3:45pm-4:30pm</b>									
<b>SA6</b>	4:30pm-5:45pm	WATERinMOTION® Deep Kulp (NEW)	Train Harder, Eat Smarter: Functional Foods Fearheiley (NEW)	Adaptive Coaching for Healthy Aging Trione (NEW)	Power in the Transverse Plane: How to Become a Rotational Powerhouse Mike	Trauma-Informed Care on the Mat and Beyond Haan	Perfect Programming for Active Agers Toole	Where Healthy Meets Happy Digsby	
<b>SU1</b>	7:30am-8:45am	Aqua Intervals: Timed to Perform Rhodes (NEW)	Creatine & Protein for Healthy Aging Layne (NEW)	Building a Meaningful Fitness Career Mullins (NEW)	The Core 6- Strength & Movement Essentials Bannister-Munn	Stretch-Breathe-Recover Spreen-Glick	Functional Fitness for Active Seniors Shuttic	Bringing Medicine and Fitness Together D. Appel	
<b>SU2</b>	9:00am-10:15am	Aqua Strength, Toning, and Stretch Kulp (NEW)	The Trainer's Edge: Measuring Nutrition Offerdahl (NEW)	From Good Trainer to Great Coach McGoff (NEW)	Glide & Grind Haggard	Boost Your Pre-Workout & Recovery Ontiveros, Toole, Layne, Lemons	Athletic Aging A. Appel	Healthy Aging Weight Loss Childers-Richmond	
<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>									
<b>SU3</b>	10:45am-12:00pm	HIIT the Flow Kulp (NEW)	Stress & Inflammation: Impacts & Outcomes White Board Layne (NEW)	Fitness Meets Medicine Trione (NEW)	Metabolic Disruption Turner	Breathing Meditation Rockitt	Open the "Gait" to Fall Prevention Gilbert	Nutrition & the Menopause Journey Layne, Toole, Rothschild, Ontiveros & Rogers	
<b>SU4</b>	12:15pm-1:30pm	Aqua Sit to Stand Skills Layne (NEW)	Nourish Through Menopause Price (NEW)	The AI-Powered Personal Trainer Johns (NEW)	Kettlebell Training for Women P. Ross	Dynamic Stretching Singer	Pickleball Power & Performance Kooperman	Hydrate Before You Dehydrate Saniatan	
					Optimal Overhead Pressing Mike	Meditation is My Medication Haan	Joint Replacements: Returning Triumphant! K. Roberts	Healthy Eating for Active Agers Lemons	