

CERTIFICATIONS

FRIDAY, APRIL 17

SCW Active Aging Certification

Keli Roberts
10am-6pm ET, 9am-5pm CT,
8am-4pm MT, 7am-3pm PT

SCW T'ai Chi Certification

Joshua Craddock
10am-6pm ET, 9am-5pm CT,
8am-4pm MT, 7am-3pm PT

SCW Functional Pilates Certification

Leslee Bender
10am-4pm ET, 9am-3pm CT,
8am-2pm MT, 7am-1pm PT

SCW Group Exercise Certification

Rosie Lemons, MS
10am-6pm ET, 9am-5pm CT,
8am-4pm MT, 7am-3pm PT

ZUMBA® Jump Start Gold Training

Lucy Barreto
11:30am-9:30pm ET, 10:30am-8:30pm CT,
9:30am-7:30pm MT, 8:30am-6:30pm PT

ZUMBA Strong Nation™ Training

Fabio Barros
11:30am-9:30pm ET, 10:30am-8:30pm CT,
9:30am-7:30pm MT, 8:30am-6:30pm PT

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A
FUNCTION/
ACTIVE AGING

B
RECOVERY/MIND-BODY/
PILATES

C
CORE TRAINING
& MOBILITY

D
GROUP PROGRAMS/
INTERVAL TRAINING

E
EX SCIENCE/
WELLNESS

PRE-RECORDED
PERSONAL TRAINING/
STRENGTH

PRE-RECORDED
RESTORE/PILATES/
TAI-CHI

PRE-RECORDED
ACTIVE TRAINING/
FUNCTIONAL TRAINING

PRE-RECORDED
MOVEMENT PRINCIPLES
& PANELS

SCW
LIVE STREAM
MANIA

SATURDAY, APRIL 18	SA1	10:00am-11:00am EDT 9:00am-10:00am CDT 8:00am-9:00am MDT 7:00am-8:00am PDT	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Breath With Movement Ratliff (NEW)	The Hidden Core P. Ross (NEW)	Take Five: HIIT Robinson (NEW)
	SA2	11:15am-12:15pm EDT 10:15am- 11:15am CDT 9:15am-10:15am MDT 8:15am-9:15am PDT	Drumming for Active Agers Johnson (NEW)	Pilates Fusion: Balls, Blocks, Bands Metcalf (NEW)	Spinal Mobilization for Fitness Professionals Hopper (NEW)	Kickboxing Mastery Alini (NEW)
	SA3	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 10:30am-11:30am MDT 9:30am-10:30am PDT	Flex & Power: Hip Mobility Mastery Kulp (NEW)	somaPWR experience Friedman (NEW)	Trifecta: Ankles, Hips, Spine Melani (NEW)	SOULMashup Coleman Dumbbells (NEW)

1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT

SUNDAY, APRIL 19	SA4	2:00pm - 3:00pm EDT 1:00pm - 2:00pm CDT 12:00pm-1:00pm MDT 11:00am - 12:00pm PDT	Strong for Life Training Phillips (NEW)	Pilates: Strong Arms, Shoulders, & Backs Bender (NEW)	Kettlebell Cardio Fusion Turner (NEW)	Small Group - Train More. Earn More. Rothschild (NEW)
	SA5	3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 1:15pm-2:15pm MDT 12:15pm - 1:15pm PDT	Back to Basics Cardio Sculpt Rothschild (NEW)	Recovery Secrets Every Fit Pro Needs Vokoun (NEW)	Mobility and Stability Core Flow Sequences Melani (NEW)	HIIT Factor Turner (NEW)
	SA6	4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 2:30pm-3:30pm MDT 1:30pm - 2:30pm PDT	The Art of Teaching Seniors Alini (NEW)	Chakra Empowerment - A Yoga Practice Greenbaum (NEW)	Core Revolution: No Crunches Needed Bender (NEW)	RBB SHRED Strachan (NEW)

SUNDAY, APRIL 19	SU1	10:00am-11:00am EDT 9:00am-10:00am CDT 8:00am-9:00am MDT 7:00am-8:00am PDT	Three Moves for Functional Fitness Gillon (NEW)	Pilates Reformer Flow Metcalf (NEW)	Teach Stretch, Restore, and Recover Filippone (NEW)	Cue with Purpose Ballance (NEW)
	SU2	11:15am-12:15pm EDT 10:15am- 11:15am CDT 9:15am-10:15am MDT 8:15am-9:15am PDT	Exercising With Chronic Conditions Gillon (NEW)	REBEL Stretch Fidanzo (NEW)	Core & Pelvic Stability Nelson (NEW)	Bodyfit: Tips on Modifications K. Ross (NEW)
	SU3	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 10:30am-11:30am MDT 9:30am-10:30am PDT	Expanding in Senior Fitness Johnson (NEW)	SOULfusion™ Flows Park (NEW)	Train The Female Athlete P. Ross (NEW)	Swerk® Dance Fitness Ondreka (NEW)

SUNDAY, APRIL 19	SU4	2:00pm-3:00pm EDT 1:00pm-2:00pm CDT 12:00pm-1:00pm MDT 11:00am-12:00pm PDT	S.E.A.T. Beats Angles (NEW)	Dynamic Balance Ratliff (NEW)	Spinal Mobility Lab: Assess & Apply Hopper (NEW)	BARREfusion™ Experience Vandenberg Barres, Gliders, Dumbbells (NEW)
	SU5	3:15pm-4:15pm EDT 2:15pm-3:15pm CDT 1:15pm-2:15pm MDT 12:15pm-1:15pm PDT	Training the Active Aging Female Upper Extremity Roberts (NEW)	Roll It Out Rockit (NEW)	Broken to Beast Fitness Programming Poirier (NEW)	MSINGI® - The WorkON to Afrobeats Knight-Cohee (NEW)
	SU6	4:30pm-5:30pm EDT 3:30pm-4:30pm CDT 2:30pm-3:30pm MDT 1:30pm-2:30pm PDT	Boot Camp for Menopause Nelson (NEW)	Yin Yoga for the Hips Greenbaum (NEW)	Everyday Stretch Roberts (NEW)	RBB BURN Strachan (NEW)

SATURDAY, APRIL 18	Tendencies That Transform Training Heywood (NEW)	Pro Athlete Recovery Robinson	Pilates: Mat to the Max Appel	Stability Ball Breakthrough Bannister-Munn	Alcohol & Aging- Myths vs. Facts Charlop	FR1
	Stronger Muscles, Younger Body Pajunen (NEW)	Basic To Badass: Progressive Training Protocols Chilazi	Ayurveda for Self-Care Jennings-Hill	Functional Training with Foam Rollers Garcia	Pause. Power. Perform. Phillips	FR2
	Detox, Digest, Thrive, and Glow Offerdahl (NEW)	Mobility Training: Online or In-Person Webb	The Recovery Barre Howe	Total Body Shaping McBee	Boost Your Pre-Workout & Recovery Kooperman, Layne, Toole & Roberts	FR3

1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT

SUNDAY, APRIL 19	Thermic Effect of Food Pidanick (NEW)	Pack Your PT Sessions: Successful Sales Gilbert, Toole, Rothschild, Webb	Gentle Yoga For Mobility Kooperman	Nail The Perfect Warm-up Chilazi	Cancer Exercise & Wellness Conti	FR4
	Mindset and Midlife: Redefining Perimenopause Nitschke (NEW)	Kettlebell Training for Women Ross & Corso	Qi Gong: Breathe, Balance, Energizer Haan	Chair Yoga Spreen-Glick	Shoulder Savior - Conquer Shoulder Pain Fox	FR5
	Movement for Brain Health McWaine (NEW)	Strength & Grace: Back to Power Lemons	Pilates Functional Powerhouse George	No Equipment? No Excuses! Garcia	Wellness is the New Fitness Spreen-Glick	FR6

SUNDAY, APRIL 19	Coaching Communication in a Digital Era Todd (NEW) PRE-RECORDED	Hip Mobility for Peak Performance Bannister-Munn	The Battle for Mobility McCormick	Tubing Xpress Spreen-Glick	Preventing Common Fitness Injuries Laskowski	SA1
	Storing Issues in our Tissues Foss (NEW)	Glute Training: Beginner to Advanced Johnson	Breath Empowerment Craddock	Do This, Not That! Roberts	Stretching Strategies: Flexibility, Recovery, Performance Panel Kooperman, Bannister-Munn, Webb, Fox, Conti	SA2
	The Art of Coaching Trione (NEW)	Creative Core Solutions Madden	Dynamic Stretching Singer	Prime Performance for 50+ Robinson	The Purpose-Driven Fitness Formula Webb	SA3

1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT

SUNDAY, APRIL 19	Cellular Wellness for Longevity Offerdahl (NEW)	Glide & Grind Haggard	Sleep Habits: Key to Fitness Layne	Arms, Butts & Core on the Floor! Bannister-Munn	How You Move Matters Laskowski	SA4
	Coaching Tools that Drive Progress Herlihy (NEW)	Metabolic Disruption Turner	Stretch-Breathe-Recover Spreen-Glick	Don't Forget Your Unilateral Exercises Lemons	Living by Design or Default? Phillips	SA5
	Somatic Integration for Trainers Friedman (NEW)	Intervals Reimagined: Strength - Power - Roll Conti	Teaching Restorative Yoga Without Props Ratliff	Pickleball Power & Performance Kooperman	Debunking Exercise Science Myths Layne	SA6