

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



[Download & Print Schedule Here >>](#)

A

FUNCTION/
ACTIVE AGING

B

RECOVERY/ MIND-BODY/
PILATES

C

CORE TRAINING
& MOBILITY

D

GROUP PROGRAMS/
INTERVAL TRAINING

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
(NEW)

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

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)

Teach Stretch, Restore,
and Recover
Filippone
(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)

Train The Female Athlete
P. Ross
(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)

Kettlebell Cardio Fusion
Turner
(NEW)

WARRIOR Rhythm:
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)

HIIT Factor
Turner
(NEW)

Swerk® Dance Fitness
Ondreka
(NEW)

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

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) PRE-RECORDED

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) PRE-RECORDED

RBB BURN
Strachan
(NEW)

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

SCW

LIVE STREAM

MANIA

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	
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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

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

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

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

SATURDAY, APRIL 18

SUNDAY, APRIL 19