

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
Dumbbells
(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)

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)

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)

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)

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		<div>SCW</div> <div>LIVE STREAM</div> <div>MANiA</div>					
<div>E</div> <div>EX SCIENCE/ WELLNESS</div>		<div>PRE-RECORDED</div> <div>PERSONAL TRAINING/ STRENGTH</div>		<div>PRE-RECORDED</div> <div>RESTORE/PILATES/ TAI-CHI</div>		<div>PRE-RECORDED</div> <div>ACTIVE TRAINING/ FUNCTIONAL TRAINING</div>		<div>PRE-RECORDED</div> <div>MOVEMENT PRINCIPLES & PANELS</div>			
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, Performane 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

SATURDAY, APRIL 18

SUNDAY, APRIL 19