

# 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



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**A**

FUNCTION/  
ACTIVE AGING

**B**

RECOVERY/ MIND-BODY/  
PILATES

**C**

CORE TRAINING  
& MOBILITY

**D**

GROUP PROGRAMS/  
INTERVAL TRAINING

<b>SATURDAY, APRIL 18</b>	<b>SA1</b>	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)
	<b>SA2</b>	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)
	<b>SA3</b>	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					
	<b>SA4</b>	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)
	<b>SA5</b>	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)
	<b>SA6</b>	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)
<b>SUNDAY, APRIL 19</b>	<b>SU1</b>	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)
	<b>SU2</b>	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)
	<b>SU3</b>	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					
	<b>SU4</b>	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)
	<b>SU5</b>	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)
<b>SU6</b>	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)	

<b>SCW Group Exercise Certification</b> Rosie Lemons, MS 10am-6pm ET, 9am-5pm CT, 8am-4pm MT, 7am-3pm PT
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<b>ZUMBA® Jump Start Gold Training</b> Lucy Barreto 11:30am-9:30pm ET, 10:30am-8:30pm CT, 9:30am-7:30pm MT, 8:30am-6:30pm PT
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<b>ZUMBA Strong Nation™ Training</b> 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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<b>E</b> 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	<b>FR1</b>
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	<b>FR2</b>
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	<b>FR3</b>

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	<b>FR4</b>
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	<b>FR5</b>
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	<b>FR6</b>
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	<b>SA1</b>
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	<b>SA2</b>
The Art of Coaching Trione (NEW)	Creative Core Solutions Madden	Dynamic Stretching Singer	Prime Performance for 50+ Robinson	The Purpose-Driven Fitness Formula Webb	<b>SA3</b>

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	<b>SA4</b>
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	<b>SA5</b>
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	<b>SA6</b>

SATURDAY, APRIL 18

SUNDAY, APRIL 19