

**Certifications  
Thurs Oct 1**

- **SCW Active Aging**  
Gilbert • 9am-5pm
- **SCW Pilates Matwork**  
Toole • 8am-5pm
- **SCW Barre**  
Wartenberg • 9am-5pm
- **SCW Personal Training**  
Bannister-Munn • 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

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 Reformers
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**Fri**  
October 2

<b>FR1</b>	<b>7:30am-8:45am</b>	Pelvic Core Coaching Strickland (NEW)	Strong for Life Training Phillips (NEW)	Kettlebell Cardio Fusion Turner (NEW)	Elevate Pilates with Partner Training Taylor (NEW)	Pilates Reformer: Sculpted Strength Toole (NEW)
<b>FR2</b>	<b>9:00am-10:15am</b>	Foundations of Aligned Movement Toole (NEW)	Foam Roller, Mobility & Strength Bannister-Munn (NEW)	JUMP! Rebounding Basics Ursaner (NEW)	Warrior® Meditation & Sound Healing Journey J. Roberts (NEW)	Pilates Reformer: Strong Arms, Shoulders, Back Bender (NEW)
<b>EXPO SHOPPING 10:00am-11:00am</b>						
<b>FR3</b>	<b>11:00am-12:15pm</b>	S.E.A.T. Beats Sepulveda & Angles (NEW)	Palango! Strength Ojeda	LITT: Get Low! Turner (NEW)	Yin+Restore Yoga Greenbaum (NEW)	Pilates Reformer for Female Athletes Bender (NEW)
<b>EXPO SHOPPING 12:00pm-2:45pm</b>						
<b>FR4</b>	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Strength & Endurance Training for Women Kooperman (NEW) <i>Session 1</i>	Block & Burn: Strength Lab Bannister-Munn (NEW) <i>Session 2</i>	Supa Dupa Fly Helmuth (NEW) <i>Session 1</i>	Power Chair Pilates Sepulveda (NEW) <i>Session 2</i>	Pilates Reformer: Mobility, Flexibility & Recovery Flow Bender (NEW) <i>Session 2</i>
<b>FR5</b>	<b>2:45pm-4:00pm</b>	Ageless Core Bender (NEW)	Bandz & Bounce Haggard (NEW)	SOULkickboxing™ Yasinitsky	Warrior® Tai Chi Yoga J. Roberts (NEW)	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)
<b>EXPO SHOPPING 3:45pm-4:30pm</b>						
<b>FR6</b>	<b>4:30pm-5:45pm</b>	Bone Strong Gilbert	The Healthy Back Blueprint Thiesmeyer (NEW)	JUMP! Bounce & Barre Ursaner (NEW)	Gentle Yoga for Mobility Kooperman (NEW)	Pilates Reformer: Core Strength and Stability Bender (NEW)
<b>FR7</b>	<b>6:00pm-7:00pm</b>	SCW GOT TALENT! Kooperman, Gilbert & Bannister-Munn		Dance Off! Wartenberg, Palangol, Angles, Haggard & Helmuth	Sound Healing in Yoga Lijewski	

**Sat**  
October 3

<b>SA1</b>	<b>7:30am-8:45am</b>	Anchor Strong Bannister-Munn (NEW)	Fix Dead Butt Syndrome Thiesmeyer (NEW)	JUMP! Trampoline Fun Ursaner (NEW)	Warrior® Workout J. Roberts	Pilates Reformer: Sculpted Strength Toole (NEW)
<b>EXPO SHOPPING 8:30am-9:15am</b>						
<b>SA2</b>	<b>9:15am-10:30am</b>	<b>KEYNOTE ADDRESS: TRENDS IN FITNESS</b> Sara Kooperman, JD - Room A				
<b>EXPO SHOPPING 10:30am-11:00am</b>						
<b>SA3</b>	<b>11:00am-12:15pm</b>	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Competitive Endurance Race Training Bannister-Munn (NEW)	Step Strong Turner (NEW)	Prana Energy Greenbaum (NEW)	Pilates Precision Progressions Hilton (NEW)
<b>EXPO SHOPPING 12:00pm-2:45pm</b>						
<b>SA4</b>	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Rhythmic Flow for Active Agers Sepulveda (NEW) <i>Session 1</i>	Athletic Agility Cardio Training Robinson (NEW) <i>Session 2</i>	Ignite Your Warm-Up Christopher (NEW) <i>Session 1</i>	Ground-Based Mobility That Builds Strength Parker (NEW) <i>Session 2</i>	Pilates Reformer: Fascial Stretch for Athletes Bannister-Munn (NEW) <i>Session 2</i>
<b>SA5</b>	<b>2:45pm-4:00pm</b>	Life Happens on One Leg Layne (NEW)	Rewiring the Core System Strickland (NEW)	ZUMBA® Bullard	Breathe Powerfully! Craddock (NEW)	Pilates Foundations Refreshed Hilton (NEW)
<b>EXPO SHOPPING 3:45pm-4:30pm</b>						
<b>SA6</b>	<b>4:15pm-5:30pm</b>	Fall-Proof with Glute Strength Gilbert (NEW)	Unbreakable Shoulders Christopher (NEW)	SOULFusion Angles	Sound Healing: Vibrations for Inner Harmony Lijewski (NEW)	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)

**Sun**  
October 4

<b>SU1</b>	<b>7:30am-8:45am</b>	Unilateral Training: Stronger One Side Christopher (NEW)	Developing an Intuitive Warm-Up Craddock (NEW)	Palango! Cardio Ojeda	Pilates Power Play Sepulveda (NEW)	Rhythm-Driven Pilates Reformer Bowman (NEW)
<b>SU2</b>	<b>9:00am-10:15am</b>	Unshakable Balance Haggard (NEW)	Joint Friendly: HIIT Robinson (NEW)	BARREfusion™ Experience Yasinitsky	Yoga Balance From Every Angle Kaufman (NEW)	Reformer Fundamentals for Fitness Pros Taylor (NEW)
<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>						
<b>SU3</b>	<b>10:45am-12:00pm</b>	Flex & Power: Hip Mobility Mastery Kulp (NEW)	Core Strength Meets Control Freaks Toole (NEW)	HIIT Factor Turner (NEW)	Embodying Satya in Movement Greenbaum (NEW)	Rhythm Flow Jumpboard Bowman (NEW)
<b>SU4</b>	<b>12:15pm-1:30pm</b>	Functional Fitness Flow Toole (NEW)	Core Training Reinvented Christopher (NEW)	JUMP! Core & Balance Ursaner (NEW)	Tai Chi: Original Group Exercise Craddock (NEW)	Strength Reformer Moore (NEW)

Register Here



# Certifications Sun October 4

- **S.E.A.T.**  
Gilbert • 8am-4pm
- **SCW Stretching & Flexibility**  
Bannister-Munn • 8am-4pm
- **ZUMBA® + Gold**  
Bullard • 7:15am-4:00pm

- **Pelvic Core Coaching**  
Strickland • 8am-4pm
- **Integrative Meditation**  
Greenbaum • 8am-4pm

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		Room <b>F</b> Aqua Ex	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	Core in the Current Sepulveda (NEW - Starts in Lecture)	Client Connection: Motivation Matters Karkoska (NEW)	Leading Through Fitness Failures Gilbert (NEW)	Pro Athlete Recovery Robinson	Pilates: Mat to the Max A. Appel	Boost Better Balance Rotschild	Alcohol & Aging- Myths vs. Facts Charlop	
<b>FR2</b>	9:00am-10:15am	Aqua Punch and Pump Wartenberg (NEW - Starts in Pool)	Protein Quality, Synthesis, Structure and Deficiency Layne (NEW)	FitPro to Thought Leader Phillips (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 - Starts in Lecture)	Train Smarter, Not Harder Karkoska (NEW)	Glute Training - Perfect Your Posterior Panel Kooperman, Bannister-Munn, Layne & Thiesmeyer	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	Balance in the Waves Martin (NEW - Starts in Pool) Session 1	Nutrition Strategies to Maximize Vitality Phillips (NEW) Session 2	Client Connection That Drives Retention Parker (NEW) Session 1	Pack Your PT Sessions: Successful Sales Gilbert, Toole, Rothschild, Webb	Gentle Yoga For Mobility Kooperman	Nail The Perfect Warm-up Chilazi	Blood Sugar Blueprint Beyer	
<b>FR5</b>	2:45pm-4:00pm	Aqua Shapes: Total Body Core Martin (NEW - Starts in Lecture)	Strength isn't Born, It's Built Offerdahl (NEW)	Digital Marketing Kickstart Helmuth (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	Liquid Lift Haggard (NEW - Starts in Pool)	What's New in Nutrition? Layne, Toole, Phillips, & Offerdahl (NEW)	Inclusivity in Fitness Spaces Yasinitsky	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 - Starts in Pool)	7 Nutrition Myths that Refuse to Die Layne (NEW)	Supporting Clients on Anti-Obesity Medications 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							
<b>EXPO SHOPPING 10:30am-11:00am</b>									
<b>SA3</b>	11:00am-12:15pm	WATERinMOTION® Strength Kulp & Sepulveda (NEW - Starts in Lecture)	Botanical Science for Holistic Wellness Crichtlow (NEW)	The New Fitness Science Kooperman, Christopher, Layne, Toole (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 ZUMBA® Bullard (Starts in Pool) Session 1	Lipids: The Skinny on Fat Layne (NEW) Session 1	High-Performance Fitness Culture Karkoska (NEW) Session 2	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	WATERinMOTION® Deep Kulp & Sepulveda (NEW - Starts in Lecture)	The Trainer's Edge: Measuring Nutrition Offerdahl (NEW)	Comprehensive Core Training Panel Kooperman, Robinson, Christopher & Thiesmeyer	Glute Training: Beginner to Advanced Johnson	Deconstructing Asanas Ratliff	Dementia Client Strategies for Trainers Rotschild	Solve 30 Training & Nutrition Mistakes Mike	
<b>EXPO SHOPPING 3:45pm-4:30pm</b>									
<b>SA6</b>	4:15pm-5:30pm	Aqua Yoga: Fluid Serenity Lagerhausen (NEW - Starts in Pool)	Stress & Inflammation: Impacts & Outcomes Layne (NEW)	Making Sales Suck Less Robinson (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 Drums Vibes Wartenberg (Starts in Lecture)	Metabolic Disease: The Heavy Impact Offerdahl (NEW)	Visit the Expo Hall or shop sponsor discounts at <a href="http://scwfit.com/midwest/">scwfit.com/midwest/</a> discounts	The Core 6- Strength & Movement Essentials Bannister-Munn	Stretch-Breath- Recover Spreen-Glick	Functional Fitness for Active Seniors Shuttic	Bringing Medicine and Fitness Together D. Appel	
<b>SU2</b>	9:00am-10:15am	Aqua Core Amour Williams (NEW - Starts in Pool)	Wellness First: The Resilient Trainer Jones (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 Pool! Acosta (NEW - Starts in Lecture)	Viral to Valid Training Robinson (NEW)		Metabolic Disruption Turner	Breathing Meditation Rockit	Open the "Gait" to Fall Prevention Gilbert	Nutrition & the Menopause Journey Layne, Toole, Rothschild, Ontiveros & Rogers	
<b>SU4</b>	12:15pm-1:30pm	Water Warrior: Aquatic Strides Lagerhausen (NEW - Starts in Pool)	Nutritional Needs During Menopause Layne (NEW)	Kettlebell Training for Women P. Ross	Dynamic Stretching Singer	Pickleball Power & Performance Kooperman	Hydrate Before You Dehydrate Saniantan		
					Optimal Overhead Pressing Mike	Meditation is My Medication Haan	Joint Replacements: Returning Triumphant! K. Roberts	Healthy Eating for Active Agers Lemons	