

📺 = being recorded

Fri
July 25

Sat
July 26

Sun
July 27

SCW Fitness
Star Search
Kooperman,
Robinson,
Gilbert,

Certs

Thurs July 24

- SCW Active Aging
Roberts • 9am-5pm
- SCW Pilates Matwork
Toole • 8am-4pm
- SCW Personal Training
Bannister-Munn • 9am-6pm
- ZUMBA® Basic 1
Santana • 7:30am-4pm

- ToughAgers® Instructor
Rothschild • 9am-4pm
- LaBlast® Fitness Instructor
Mikszan • 8am-5pm
- SCW Aquatic Exercise
Layne • 8am-4pm
- SCW Meditation EXPRESS
Rockit • 4:30-8:30pm
- SCW Yoga 1 EXPRESS
Velazquez • 4:30pm-8:30pm
- SCW Menopause Wellness
EXPRESS
Layne • 4:30pm-8:30pm

Room A Longevity & Function	Room B Power & Performance	Room C Cycle / HIIT & Strength	Room D Group Programming	Room E Recovery & Pilates
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Room F Waterworks (Starts in lecture)	Room G Wellness	Room H Business
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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
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FR1	7:30am-8:45am	Functional Fitness for All Levels Shuttic 📺	Pump Your Peach! Toole 📺	Quiet Chaos, Find Your Rhythm Sherman	Pro Athlete Recovery Robinson 📺	Joint Replacements: Returning Triumphant! Roberts 📺
FR2	9:00am-10:15am	Dementia Client Strategies for Trainers Rothschild 📺	Everyday Strength: Coaching the Active Aging Female Roberts 📺	Ride the Rhythm: Mastering Music & Choreography Smith	Group Strength Blueprint George 📺	Ayurveda for Self-Care Jennings-Hill 📺
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	Master Knee-Pain Reduction Strategies Webb 📺	Arms, Butts & Core On the Floor! Bannister-Munn 📺	Trends In Cycling Sherman	ZUMBA® Santana	Symmetry AlignSmart® - Scientific Stretching Mummy 📺
EXPO SHOPPING 12:00pm-2:45pm						
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Prime Performance for 50+ Robinson Session 1 📺	Intervals Reimagined: Strength – Power Roll Conti Session 2 📺	Fit for Life: Active Agers Thomson Session 2	Step it Up! Turner Session 1 📺	Human Reformer Pilates – George Session 1 📺
FR5	2:45pm-4:00pm	Dare to Chair Gilbert 📺	Kettlebell Krush Turner 📺	Full Body Fusion: Balanced HIIT Williams	Bodyfit:Tips on Modifications K. Ross 📺	Shoulder Pain: Optimize Through Exercise Webb 📺
EXPO SHOPPING 3:45pm - 4:30pm						
FR6	4:30pm-5:45pm	Aging Brains & Bones Layne 📺	Beyond Squat: Unconventional Lower Body Training Rockit 📺	Awaken Athleticism in HIIT Sessions Brightwell	Stretch Savvy: Hands-On Techniques Bannister-Munn 📺	Pilates Functional Progressions George 📺
FR7	6:00pm-7:00pm	Dance Off! LaBlast®, Wartenberg, Turner, & Haggard	SCW Fitness Star Search Kooperman, Robinson, Gilbert, Bannister-Munn		Bounce Back Stronger with Kangoo Jumps! Brokenborough 📺	Breathing Meditation Rockit 📺

Aqua Intervals Wartenberg	Debunking Exercise Science Myths Layne 📺	Build a High-Performance Team Gilbert 📺
Wave Works (WIM Original) Wartenberg & Haggard	How to Avoid Being My Patient Laskowski 📺	Women's Leadership: Climbing, Creating & Conquering in Fitness Kooperman, Bannister-Munn, Conti, Toole, Gilbert & Ontiveros 📺
EXPO SHOPPING 10:00am-11:00am		
LaBlast® Splash: Buoyant Ballroom Blitz van Amstel	Supporting Clients on Anti-Obesity Medications Gilbert 📺	Start & Grow Your Business Kooperman, Toole, Ross, & Robinson 📺
EXPO SHOPPING 12:00pm-2:45pm		
Water Running Rockit Session 2	Nutrition: Hot Topic Research Layne Session 1 📺	Marketing to Active Agers Panel Kooperman, Gilbert,Rothschild & Toole Session 2 📺
Aqua Disco Haggard	Body Composition Scales For Teachers & Trainers Han 📺	Making Sales Suck Less- Robinson 📺
EXPO SHOPPING 3:45pm-4:30pm		
Liquid Gym Acqua Toner Stretch & Tone Wartenberg	Chair Yoga for Mobility & Strength Kooperman 📺	Mastering Macros Toole 📺
BUSINESS KEYNOTE: The Fitness Evolution Mummy Room H		

Add an EMOM Merrill 📺	Yoga-Pilates Restore Bannister-Munn 📺	Active Aging Playground Toole 📺	A Wealth of Gut Health Unlocked Fearheiley 📺
Arm Candy Appel 📺	Myofascial Recovery Garcia 📺	Aging Shoulder: Exercise to Function! Aslakson 📺	Art of Food as Fuel Lemons
Athletic Woman: Function & Strength Hughes 📺	Warrior Tai Chi Yoga and Qi Gong Fusion J. Roberts 📺	Athletic Aging Madden 📺	Feed Your Body & Soul: Mindful Eating Pyle 📺
Core Amore Madden 📺	Recovery Through Meditation Rockit 📺	Creative Programming 55+ Wartenberg 📺	Functional Nutrition & Hormones: Healthy Aging Zuleger 📺
Integrated Strength George 📺	Pilates, Power & Poise Lemons 📺	Hip Mobility for Active Aging Bannister-Munn 📺	Fundamentals of Squat Progressions and Variations Mike 📺
Hit The Wall Rockit 📺	Reset and Recharge Spreen-Glick 📺	Strength Training For Longevity & Vitality II Kooperman 📺	Nutrition Panel Layne, Digsby, Toole, Fearheiley 📺
Kickbox N Chaos 📺	Recovery For Longevity Appel 📺	Senior Circuit Haggard 📺	Self-Care For Your Immune System Seti 📺

SA1	7:30am-8:45am	Athletic Aging by Ever Flexed George 📺	Don't Forget Your Unilateral Exercises Lemons 📺	Connect With Music, Messaging, Motivation Sherman	SOULkickboxing™ Coleman 📺	Hip Mobility for Peak Performance Bannister-Munn 📺
EXPO SHOPPING 8:30am-9:15am						
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A 📺						
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert 📺	Welcome to the Terrordome Turner 📺	HIIT Ratios & Exercise Progression Williams	Barreless Barre - No Barre, No Limits George 📺	Prana Energy Greenbaum 📺
EXPO SHOPPING 12:00pm-2:45pm						
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	ToughAgers® Active Older Adult Fitness Rothschild Session 1 📺	Full Body Workout with BillyStix™ Shuttic Session 2 📺	Glute Goals Thomson Session 1	LaBlast® Fitness: Ballroom Blitz Van Amstel Session 1 📺	SOULfusion™ EXPERIENCE Coleman Session 2 📺
SA5	2:45pm-4:00pm	Mobility Training - Online or In-Person Webb 📺	The Core 6: Strength & Movement Essentials Bannister-Munn 📺	Create Rides With AI Sherman	Yoga-Bata VIIT Lemons 📺	Posture & Alignment with Personal Training Mummy 📺
EXPO SHOPPING 3:45pm - 4:30pm						
SA6	4:30pm-5:45pm	Pelvic Floor from the Outside In Layne 📺	HIIT Dance Jam Turner 📺	Strong Her Thomson	Step 'N Sweat Holtsclaw 📺	Pair Up With Pilates Toole 📺

Ageless Aqua Haggard & Wartenberg	Women: Training Through The Stages Layne 📺	Your Financial Health Ross 📺
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A 📺		
EXPO SHOPPING 10:30am-11:00am		
Aquatic Strength Training PluimMentz	Body Composition 101: Tools & Insights Han 📺	Marketing Mastery Conti 📺
EXPO SHOPPING 12:00pm-2:45pm		
Aqua Drums Vibes Wartenberg Session 1	Physics of Pain & Performance Mummy Session 1 📺	Strength Training for Active Agers Kooperman, Robinson, Gilbert & Laskowski Session 2 📺
Liquid Gym: Star Workout Wartenberg	Boost Your Pre-Workout & Recovery Kooperman, Ontiveros, Layne & Toole	The Sold-Out Class Strategy Robinson 📺
EXPO SHOPPING 3:45pm-4:30pm		
Tides of Power Haggard & Wartenberg	Fall Prevention for Fitness Professionals Conti 📺	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb & Laskowski 📺

Strength Courage and Wisdom Freeman 📺	Human Reformer Pilates George 📺	Optimal Mobility: Enhancing Functionality Gilbert 📺	Aging Brains & Bones Layne 📺
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Total Body Strength Richards 📺	The Chakras: Align Your Energy Kaufman 📺	Balance & Coordination for Active Agers Velazquez 📺	Weight-loss Meds & Fad Diet Update Digsby 📺
Ultimate Leg Day Toole 📺	Active Recovery Zuleger 📺	Bone Health Bootcamp Conti 📺	Movement Through Menopause Groves 📺
Step, Stamina & Strength Chilazi 📺	Balls, Blocks, Bands: Pilates Fusion Metcalfe 📺	Everyday Strength: Coaching the Active Aging Female K. Roberts 📺	Plyometric Exercise for Older Adults Aslakson 📺
Bringing Back Foundational Strength Training Johnson 📺	TaiChi Flow: Recovery for GXs & PTs Glassmeyer 📺	Active Aging Latin Joyful Mix Sepulveda 📺	Exercise Analysis Mack 📺

SU1	7:30am-8:45am	Forever Fit: Flexibility, Strength, Flow Conti 📺	SOULstrength™ EXPERIENCE Coleman 📺	Certification S.E.A.T. Supported Exercise For Ageless Training - Gilbert 8:00am-4:00pm	LaBlast® Fitness for all Ages Mikszan 📺	Yin+Restore Yoga Greenbaum 📺
SU2	9:00am-10:15am	Age Defying Mobility Training: Enhancing Longevity Webb 📺	Strength & Grace: Back to Power Lemons 📺	SCW Stretching & Flexibility Bannister-Munn 8:00am-4:00pm	BARREfusion™ Experience Coleman 📺	Authentic Mat Pilates Uncovered Toole 📺
EXPO CLOSING 10:00am-1:00pm				Symmetry Postural Measurement - Mummy 8:00am-12:00pm		
SU3	10:45am-12:00pm	AASK Amber: Anti-Aging Survival Kit Toole 📺	Step Up Your Groove Layne 📺	SCW Group Exercise Roberts 8:00am-4:00pm	FitLife: Inclusive Fitness Miksan 📺	Yin to my Yang Lemons 📺
SU4	12:15pm-1:30pm	LaBlast® Chair Fitness: Pull Up a Seat Mikszan 📺	Flex Like a Boss Haggard 📺	WATERinMOTION® Aqua Exercise - Kulp 8:00am-4:00pm	Kardio Kenpo Shuttic 📺	Dynamic Stretching Singer 📺

All-Inclusive Aquatics PluimMentz	Balancing the Burn - Managing Inflammation Lemons 📺	Nutrition for Healthy Aging Charlop 📺
AQUAHOLIC Layne	Preventing Common Fitness Injuries Laskowski 📺	Client to Competitor Singer 📺
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm		
Soca Splash Haggard	Alcohol & Aging: Myths vs. Facts Charlop 📺	Hydrate Before You Dehydrate Saniatan 📺
Aqua Boost Cardio Holtsclaw	Stress & Inflammation: Impacts & Outcomes Layne 📺	Create Content to Boost Sales Toole 📺

Effort Mastery: Coaching Peak Performance and Motivation McBee 📺	Forever Pilates Appel 📺	Smart Warm-Ups for Active Aging D'Agati 📺	Sugar, Snacks & Heart Attacks Digsby 📺
Fluid Core Fusion Velazquez 📺	Moving Meditation J. Roberts 📺	Renew & Restore: Flexibility for 50+ Ross 📺	Chain Reaction Biomechanics Hughes 📺
Meet The Hybrid Fitness Professional Esquerre 📺	Tai-Chi Fused Yoga Velazquez 📺	Brain Balance Training Splichal 📺	Building Muscle While Losing Fat Layne 📺
Training the Neurodivergent Client Conti 📺	Pilates 4 Life Kahn 📺	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan 📺	Magnesium: The Mighty Mineral Unveiled Toole 📺