

**Certifications
Thurs May 28**

- **SCW Group Exercise**
J. Roberts • 8am-5pm
- **SCW Personal Training**
Bannister-Munn • 9am-6pm
- **SCW Pilates Matwork**
Toole • 8am-5pm
- **Pilates Reformer Fundamentals**
Bender • 9am-5pm
- **SCW Aquatic Exercise**
Layne • 9am-5pm

Register Here



Indicates session is being recorded at this event or was recently recorded.

Room A Function & Active Aging	Room B Power & Personal Training	Room C Group Programming	Room D Recovery / Mind-Body	Room E Pilates Reformer & Core
---	---	---	--	---

Fri
May 29

FR1	7:30am-8:45am	Great Gait Dennis (NEW)	Take Five C. Robinson (NEW)	Get Off Your Back! P. Ross & Corso (NEW)	Core Strength Meets Control Freaks Toole (NEW)	Total Body Core Champion Conditioning Jenkins
FR2	9:00am-10:15am	Life Happens on One Leg Layne (NEW)	Anchor Strong Bannister-Munn (NEW)	The Joy of Line Dancing Kittay	Yin+Restore Yoga Greenbaum (NEW)	Intro to Reformer Essentials Toole (NEW)
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	Tone Up for Longevity Davis & Brown (NEW)	Innovative Gliding: Move Differently Mylrea (NEW)	LITT: Get Low! Turner (NEW)	Moving Meditations J. Roberts (NEW)	Fascial Stretching Flexibility For Athletes Bannister-Munn (NEW)
EXPO SHOPPING 12:00pm-2:45pm						
FR4	12:30pm-1:45pm <small>Session 1 1:15pm-2:30pm</small>	S.E.A.T. Supported Exercise for Ageless Training Carroll & Angles (NEW) <small>Session 1</small>	Joint Friendly: HIIT D. Robinson (NEW) <small>Session 1</small>	Unshakable Balance Haggard (NEW) <small>Session 2</small>	Rhythm Yoga Mobility & Recovery Kooperman (NEW) <small>Session 1</small>	Glutes, Quads and Hamstrings Burn Toole (NEW) <small>Session 2</small>
FR5	2:45pm-4:00pm	Seated, Assisted, Standing Solutions Mylrea (NEW)	Athletic Agility Cardio Training D. Robinson (NEW)	SOULfusion™ EXPERIENCE Fidanzo	Chakra Empowerment – A Yoga Practice Greenbaum (NEW)	JUMP! Rebounding Basics Ursaner (NEW)
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	Bodyfit: Tips on Modifications K. Ross (NEW)	Step Strong Turner (NEW)	Power Kickboxing HIIT Fusion Rosario (NEW)	Glow, Glitter & Groove Angles (NEW)	Core & Intelligence: Strength from Center Bender (NEW)
FR7	6:00pm-7:00pm	Balance Training With Mobility Harbour (NEW)	SCW GOT TALENT! Kooperman, J. Roberts, D. Robinson, & Bannister-Munn	Dance Off! Kittay, Wartenberg, Haggard, & Angles	Sound Healing: Vibrations for Inner Harmony Lijewski (NEW)	JUMP! Trampoline Fun Ursaner (NEW)

Sat
May 30

SA1	7:30am-8:45am	Aging Brains & Bones Layne (NEW)	Kettlebell Training for Women P. Ross & Corso	Stronger, Pain-Free Living Filippone (NEW)	Trainer Stretch Lab Bannister-Munn (NEW)	Intro to Reformer Essentials Toole (NEW)
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A				
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	Strength That Defies Age Davis & Brown (NEW)	Warrior® Workout J. Roberts (NEW)	HIIT Factor Turner (NEW)	Yoga Recovery for Athletes Bannister-Munn (NEW)	Strong Arms, Shoulders and Backs Bender (NEW)
EXPO SHOPPING 12:00pm-2:45pm						
SA4	12:30pm-1:45pm <small>Session 1 1:15pm-2:30pm</small>	50+ FUNCTIONAL FITNESS Carroll (NEW) <small>Session 1</small>	Unilateral Training: Stronger One Side Christopher (NEW) <small>Session 2</small>	Mind-Body Holistic HIIT Mylrea (NEW) <small>Session 2</small>	Prana Energy Greenbaum (NEW) <small>Session 1</small>	Deep Dive for Amateur Athletes Bender (NEW) <small>Session 2</small>
SA5	2:45pm-4:00pm	S.E.A.T. Beats Angles & Carroll (NEW)	Power Your Swing & Serve Roselli & Martinez	Train the Female Athlete P. Ross & Corso	Warrior® Tai Chi Yoga and Qi Gong Fusion J. Roberts (NEW)	Core Champion Power Circuit Blast Jenkins
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	Strength & Endurance Training for Women Kooperman (NEW)	Spinal Mastery: An Integrated Approach Mullins (NEW)	ZUMBA® Bostic	SOULstrength™ A Little OFF BEAT Fidanzo (NEW)	Mobility, Flexibility and Recovery Flow Bender (NEW)

Sun
May 31

SU1	7:30am-8:45am	Rhythmic Flow for Active Agers Sepulveda (NEW)	The Hidden Core P. Ross & Corso	Step, Strike & Sculpt Turner (NEW)	REBEL Stretch Fidanzo (NEW)	Visit the Expo Hall or shop sponsor discounts at scwfit.com/florida	
SU2	9:00am-10:15am	Balance Brain & Spine Wartenberg (NEW)	Kettlebell Mastery Made Simple Roselli & Martinez (NEW)	Rope Flow for Everyone Londono & Christopher (NEW)	SOULMashup Fidanzo & Angles (NEW)		
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm							
SU3	10:45am-12:00pm	Function in 3 Dimensions Allard (NEW)	Aging with a Vengeance Mullins (NEW)	Core Training Reinvented Christopher (NEW)	Foundations of Aligned Movement Toole (NEW)		
SU4	12:15pm-1:30pm	Forever Fluid: Mobility for Longevity Filippone (NEW)	Bandz & Bounce Haggard (NEW)	Low-Impact Conditioning Wartenberg (NEW)	Stroke Recovery Training Essentials Davis & Brown (NEW)		

Certifications Sun May 31

- **S.E.A.T. FITNESS**
Carroll • 8am-4pm
- **SCW Active Aging**
Gilbert • 8am-4pm
- **SCW Stretching & Flexibility**
Bannister-Munn • 8am-4pm
- **Yoga Energy Body – Introductory Course**
Greenbaum • 8am-4pm
- **WATERinMOTION® Aqua Exercise**
Kulp • 8am-3pm
- **SCW Kettlebell Training Certification**
P. Ross • 10am-2pm
- **ZUMBA® Jump Start Gold Training**
Bostic • 7:15am-4:00pm
- **Warrior® Tai Chi Yoga by Alignment Essentials®**
Roberts • 8am-4pm

		Room F Water Works (Starts in Lecture)	Room G Nutrition/ Ex Science	Room H Leadership/ Business	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
FR1	7:30am-8:45am	Buoyant Strength for Active Aging Pinkowski (NEW - Starts in Lecture)	Protein Quality, Synthesis, Structure and Deficiency Layne (NEW)	Retain PT Clients Long-Term Rosario (NEW)	Pro Athlete Recovery Robinson	Pilates: Mat to the Max A. Appel	Boost Better Balance Rotschild	Alcohol & Aging-Myths vs. Facts Charlop
FR2	9:00am-10:15am	Water Conditioning Pidanick (NEW - Starts in Pool)	Botanical Science for Holistic Wellness Crichtlow (NEW)	Know Your Worth K. Ross (NEW)	Basic To Badass: Progressive Training Protocols Chilazi	Ayurveda for Self-Care Jennings-Hill	No Floor Core and Balance Layne	Body Composition 101: Tools & Insights Han
EXPO SHOPPING 10:00am-11:00am								
FR3	11:00am-12:15pm	Aqua Motion Float Haden (NEW - Starts in Lecture)	Boldly Ever After Wellness Dennis (NEW)	Coaching Communication in a Digital Era Todd (NEW)	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
EXPO SHOPPING 12:00pm-2:45pm								
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Aqua Strength, Toning, and Stretch Wartenberg (Starts in Pool) Session 2	Nutritional Needs During Menopause Layne (NEW) Session 1	Is it Burnout or Boredom? Maurer (NEW) Session 2	Pack Your PT Sessions: Successful Sales Gilbert, Toole, Rotschild, Webb	Gentle Yoga For Mobility Kooperman	Nail The Perfect Warm-up Chilazi	Supporting Clients on Anti-Obesity Medications Gilbert
FR5	2:45pm-4:00pm	The Original Wave Maker Carroll & Haggard (NEW - Starts in Lecture)	Fresh Food Matters C. Robinson (NEW)	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Layne (NEW)	The Art of Coaching Trione	The Recovery Barre Howe	Dare to Chair Gilbert	Nutrition: Hot Topic Research Layne
EXPO SHOPPING 3:45pm-4:30pm								
FR6	4:30pm-5:45pm	Aqua Vitality Training Pinkowski (NEW - Starts in Pool)	The New Fitness Science Kooperman, Toole, P. Ross, & Layne (NEW)	Making Sales Suck Less D. Robinson (NEW)	Strength & Grace: Back to Power Lemons	Pilates Functional Powerhouse George	Total Body Shaping McBee	Mastering Macros Toole
FR7	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
SA1	7:30am-8:45am	Dive Deep or Don't Bother Kulp, Carroll, & Haggard (NEW - Starts in Lecture)	The Ecosystem of Food Foss (NEW)	Future-Proof Your Career Maurer (NEW)	Intervals Reimagined: Strength – Power – Roll Conti	Agless Pilates Bender	Chair Yoga Spreen-Glick	Shoulder Savior – Conquer Shoulder Pain Fox
EXPO SHOPPING 8:30am-9:15am								
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A			Killer Core A. Appel	Qi Gong: Breathe, Balance, Energizer Haan	Comprehensive Active Aging Strategies Rotschild	Rethinking Obesity Treatment: Elevate your Business Rogers
EXPO SHOPPING 10:30am-11:00am								
SA3	11:00am-12:15pm	Aqua ZUMBA® Bostic (Starts in Pool)	Ignite Your Warm-Up Christopher (NEW)	Move From Exhausted to Energized Maurer (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
EXPO SHOPPING 12:00pm-2:45pm								
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Liquid Star Flow Kulp (NEW - Starts in Lecture) Session 1	The Trainer's Edge: Measuring Nutrition Caldwell (NEW) Session 1	AI for Active Aging Clients Gillon (NEW) Session 2	Creative Core Solutions Madden	Breath Empowerment Craddock	Age Defying Mobility Training: Enhancing Longevity Webb	Preventing Common Fitness Injuries Laskowski
SA5	2:45pm-4:00pm	Fall Prevention in the Pool Layne (NEW - Starts in Pool)	The Pillars of Longevity Allard (NEW)	Marketing to Active Agers Panel Kooperman, Toole, Mylrea, Bender	Glute Training: Beginner to Advanced Johnson	Deconstructing Asanas Ratliff	Dementia Client Strategies for Trainers Rotschild	Solve 30 Training & Nutrition Mistakes Mike
EXPO SHOPPING 3:45pm-4:30pm								
SA6	4:30pm-5:45pm	HIIT the Flow Kulp (NEW - Starts in Lecture)	Ditch Diet Drama Toole (NEW)	How to Elevate Your Training Londono (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
SU1	7:30am-8:45am	Muscle Up, Buttercup Haggard & Wartenberg (NEW - Starts in Lecture)	Inside-Out Fitness: Assessing Antioxidant Balance Caldwell (NEW)	Building a Meaningful Fitness Career Mullins (NEW)	The Core 6 - Strength & Movement Essentials Bannister-Munn	Stretch-Breathe-Recover Spreen-Glick	Functional Fitness for Active Seniors Shuttic	Bringing Medicine and Fitness Together D. Appel
SU2	9:00am-10:15am	Drip & Drop Haggard (NEW - Starts in Pool)	Three Moves for Functional Fitness Gillon (NEW)	Keys to Longevity Kittay (NEW)	Broken to Beast Fitness Programming Poirier	Boost Your Pre-Workout & Recovery Ontiveros, Toole, Layne, Lemons	Athletic Aging A. Appel	Healthy Aging Weight Loss Childers-Richmond
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm								
SU3	10:45am-12:00pm	Aqua Drums Vibes Wartenberg (Starts in Lecture)	Storing Issues in our Tissues Foss (NEW)	Tendencies That Transform Training Heywood (NEW)	Metabolic Disruption Turner	Breathing Meditation Rockit	Open the "Gait" to Fall Prevention Gilbert	Nutrition & the Menopause Journey Layne, Toole, Rotschild, Ontiveros & Rogers
SU4	12:15pm-1:30pm	AquaZen: Flow, Breathe, Renew Sepulveda (NEW - Starts in Pool)	Cracking the Code to Weight Loss Toole (NEW)	Unbreakable Shoulders Christopher (NEW)	Group Strength Blueprint George	Dynamic Stretching Singer	Pickleball Power & Performance Kooperman	Hydrate Before You Dehydrate Saniatan
					Optimal Overhead Pressing Mike	Meditation is My Medication Haan	Joint Replacements: Returning Triumphant! K. Roberts	Healthy Eating for Active Agers Lemons
								The Hormone-Weight Connection Kelleher