

AUGUST 23-24

WEDNESDAY AUGUST 23 PRE-CON. EVENTS	Tabata GX & Bootcamp Business M. Mylrea 9:00am-6:00pm	SCW Personal Training Certification Roberts 9:00am-6:00pm	SCW Group Exercise Certification Lewis-McCormick 9:00am-6:00pm						SCW Functional Flexibility & Fascia Fitness Bender 9:00am-6:00pm
THURSDAY AUGUST 24 PRE-CON. EVENTS	SCW F.I.R.E. Fierce Interval Resistance Exercise Certification Roberts 11:00am-5:00pm		TriggerPoint™ SMR Self-Myofascial Release: Assessments to Performance Coronel 1:00pm-5:00pm		Zumba® Basic Skills Level 1 Instructor Training Bullard & Melendez 8:00am-5:00pm	SCW Kettlebell Practical Certification McCall 1:00pm-5:00pm	BOSU® Skills & Drills Certification Fable & Waite 9:00am-4:00pm	SCW Yoga I Certification Velazquez 8:00am-5:00pm	
THURSDAY EVENING AUGUST 24 PRE-CON. EVENTS		SCW Pilates Matwork Certification Appel 8:00am-5:00pm			Barre Above™ Murphy Madden 9:00am-5:00pm	SCW Core Training Specialist McCall 5:30pm-9:30pm	SCW Foam Rolling Certification Lewis-McCormick 5:30pm-9:30pm	SCW Yoga II Certification Velazquez 5:30pm-9:30pm	SCW Active Aging Certification Gilbert & O'Brien 9:00am-5:00pm

A HIIT / GROUP TRAINING	B BOOT CAMP / PT	C FUNCTIONAL TRAINING	D BARRE / TAP	E DANCE	F SPECIALTY	G STRENGTH	H MIND/BODY & POWER	I ACTIVE AGING / RECOVERY
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FR1 7:30am-9:00am	Operation Craving Competition™ SGT Ken®	Total Body Core Training McCall	Shockwave Dixon, Scott & Crosby	Barre Above™: Lengthen, Strengthen and Inspire Murphy Madden	Soul Grooves® Harris	MASHUP™: Holistic Interval Training Zacharias & Redwine	Speedball Feinberg	Pilates Strong! Bender	Functional Fixes for Forward Shoulders Osar
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EXPO OPEN 8:45am-2:30pm

FR2 10:00am-11:30am	ESP HIIT Circuits Lewis-McCormick	Extreme Exercise Makeover M. Mylrea	BOSU® Up Down All Around Fable	Best of Barre Appel	LaBlast® Shape: Dance Core Fitness van Amstel	Indo-Row®: The Perfect Calorie Burn Thews & Crosby	Realign with Resistance Bands Hruska	PLYOGA®: Flow Lauren	Functional Flexibility Bender	
FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	Foolproof Fitness Consultation Fable Session 2	H.P.O.: HIIT Progressive Overload Velazquez Session 2	POUND® - Rockout Workout Chang Session 1	Barre Tricks Murphy Madden & M. Mylrea Session 1	BollyX® - The Bollywood Workout Higgins Session 1	The REFIT® Experience Class Beeler, Ballas & Field Session 2	Bootie Camp Yoga® Trabelsi & Rich Session 1	KIPranJ™: Earth Elements Papi Session 2	Corrective Exercise for Psoas & Glutes Osar Session 1
FR4 2:15pm-3:45pm	Operation Team Training SGT Ken®	Upper Extremity Movement Mechanics Comana	Renegade - Athletic Circuits Reinvigorated M. Mylrea & Thews	Balanced Body Barre: Power Barre Page	Zumba® Cardio Blast Bullard & Melendez	Magic in Dance Fitness Sanders	FXP Hula Hoop®: Body Sculpt Benton	PILOXING® Party SSP Ballard	TriggerPoint™: Science of Myofascial Release Coronel	
FR5 4:00pm-5:30pm	Successful Group Personal Training Fable	The Ultimate Light Kettlebell Workout Lewis-McCormick	PLYOGA®: The Reverse Warrior Lauren	Barre Fight Wartenberg	Everybody Dance 2017 Kolber	Balanced Body: MOTR® for Balance Bender	Group Exercise or Group Injury? K. Garcia & H. Garcia	Daanasana™ Yoga 360 Papi	Active Aging: No Place Like Foam Kooperman	

EXPO OPEN 5:15pm-6:45pm | CHARITY RAFFLE 5:30pm-6:30pm

FR6 EVENING SESSIONS 6:30pm-7:30pm		FR6 EVENING SESSIONS 6:30pm-7:30pm	FR6 EVENING SESSIONS 6:30pm-7:30pm	Sole Power Fitness Tolson	LaBlast® Line Dance van Amstel, Canuel, DeLeon, Janco & LoGuercio				
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SA1 7:00am-8:30am	Operation Shock & Awe SGT Ken®	Tabata Bootcamp™ - Tabata GX M. Mylrea	POUND® - How Your Body Rocks! Chang	Sole Power Fitness Tolson	LaBlast®: Fitness Powered by Dance Janco & LoGuercio	Balanced Body MOTR: Agility + Core Quest	FXP Hula Hoop®: Hoopyasa Flow Benton	Daanasana™ Yoga Healthy Spine Papi	Balance Strategies for Older Adults Osar
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EXPO OPEN 8:15am-9:30am

SA2 KEYNOTE ADDRESS & AWARDS 9:30am-10:45am		Keynote Address: The Happiness Epidemic - Catch It If You Can with Petra Kolber 9:30am-10:45am							
SA3 11:00am-12:30pm	Completely Core Appel	Fluid Strength M. Mylrea	Fluid Fusion by Hedstrom Fitness Dixon	Barre Tab Wartenberg	Soul Grooves® Harris	Indo-Row®: Skills, Drills & Thrills Thews & Crosby	Bootie Camp Yoga® Extreme Trabelsi & Rich	PILOXING® Knockout - Total Body Challenge Ballard	Strength Training for Longevity & Vitality Kooperman

EXPO OPEN 12:15pm-3:30pm

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	Project Steel Stahl Session 1	How Muscles Function McCall Session 2	Shockwave Thews, McLean & Crosby Session 1	PILOXING® Barre - Punch 'n' Plié Ballard Session 2	CHAKABOOM - The Optimal Dance Fitness Experience Magalhaes & Lins Session 2	MASHUP™: Fun Quick Total Fitness Zacharias & Redwine Session 2	Speedball Core Feinberg Session 2	LifePower Vinyasa Flow Yoga Spreen-Glick Session 1	The Big Balance Theory Dennis Session 2
SA5 3:15pm-4:45pm	Operation Battle Ropes and Beyond SGT Ken®	Zumba® STRONG Bullard & Melendez	Surge® Pyramid Power Roberts	Barre Trilogy Bender	BollyX® LIT - The Bollywood Workout Higgins	ThinkFit: Functional Circuit Progressions Page	Qi Gong for Every Body Haan	PLYOGA®: Your Body is Power Lauren	TriggerPoint™ for Desk Jockeys Coronel	
SA6 5:00pm-6:30pm	Foam Rolling: Relax, Rejuvenate & Revitalize Lewis-McCormick	Ultimate Strength & Conditioning Workout Papi	Les Mills BODY-PUMP® Workout Kattar	Barre Hop Wartenberg	LaBlast® Silk: Accessible Dance Fitness Canuel & DeLeon	The Art of Cueing Motivation Sanders	FXP Hula Hoop®: Core Flow Benton	Dynamic Flexibility: A 3D Life Velazquez	Yoga for the Young at Heart: Chairs Kooperman	

EXPO OPEN 6:15pm-7:45pm

SA7 EVENING SESSIONS 6:45pm-7:45pm									Introduction to Meditation Rockit
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FRIDAY, AUGUST 25

SATURDAY, AUGUST 26

SUNDAY, AUGUST 27

SU1 7:00am-8:30am	Don't Step On It Howard	Kettlebell HIIT Supreme Roberts	BOSU® Stability Ball Overhaul Thews			ThinkFit: Smart Multi-Level Circuits Quest		KIPranJ™: The Flow Papi	Boomer BEAT Dennis
SU2 8:45am-10:15am	Reactive Training 101: Box Jump Breakdown Fouts	POUND® - Rockout Workout Chang	BOSU® Dynamic Integrated Strength Quest	SCW BARRE CERTIFICATION Appel 8:00am-4:00pm	LABLAST® FITNESS CERTIFICATION Canuel 8:00am-4:00pm	CHAKABOUNCE Magalhaes & Lins	PLYOGA® CERTIFICATION Lauren 8:00am-4:00pm	Tai Chi 24 Yang Style Haan	Sole Strength Dennis

EXPO OPEN 10:00am-1:30pm

SU3 11:15am-12:45pm	Core Hammer Gavigan	Strike Kickboxing Spreen-Glick	Les Mills BODYATTACK® Workout Kattar			BollyX® - The Bollywood Workout Higgins		Yin Yoga Gibson	Flexibility + Performance = Wellness Howard
SU4 1:00pm-2:30pm	Introduction to PowerWave™ Training Fouts	Corrective Exercise: Female Core Osar	DITTO (Do It Together Today) Haan	WATER@MOTION CERTIFICATION Appel 8:00am-4:00pm	ZUMBA STRONGBY ZUMBA® CERTIFICATION Bullard & Melendez 8:00am-4:00pm	Balanced Body: Pilates on MOTR® Page	FXP CERTIFICATION Benton 8:00am-4:00pm	Spirited Self-Care Rockit	TriggerPoint™: Progressive Systems to Self-Myofascial Release Coronel



DALLAS MANIA SCHEDULE - CERTIFICATIONS & SESSIONS

Schwinn®: Instructor Certification Scott & Dixon 7:00am-5:00pm	SCW Aquatic Exercise Certification Howard 8:00am-5:00pm	SCW Aqua Barre Certification Wartenberg 9:00am-4:00pm	PILOXING® SSP Instructor Training Certification Ballard 8:00am-5:00pm	Soul Grooves® Certification Harris 8:00am-5:00pm	MASHUP™ Certification Zacharias & Redwine 8:00am-5:00pm	SCW Sports Nutrition Certification 9:00am-3:30pm Comana	 Bodhi Suspension System Certification Quest 9:00am-5:00pm	Speedball Certification Feinberg 8:00am-5:00pm	
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J SCHWINN® CYCLING	K AQUA (STARTS IN POOL)	L AQUA (STARTS IN LECTURE)	M NUTRITION / HEALTH	N EX SCIENCE / LEADERSHIP	O COACHING / TRAINING	P BUSINESS	Q SUSPENSION	R BOXING / CIRCUIT	S ELEVATED TRAINING
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Schwinn®: How to Wow! Thews	Aqua Carpe Diem O'Brien	It's Raining Men! van Amstel, Howard, Velazquez & Rockit	Common Sense Nutrition: Your Scope H. Garcia & K. Garcia	Prenatal Fitness Review Hruska	REFIT®: More Than Just Fitness Beeler, Ballas & Field	Financing Options for Your Business Bosley	Bodhi Suspension: Focus on Flexibility Page	Introducing HIIT Mix By Stairmaster Friend-Uhl	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Schwinn®: There's an App! Scott	Aqua For Active Aging O'Brien	Aqua Zumba® Bullard & Melendez	Sneaky Strategies to Manage Weight Silverman	Building Blocks: Core Science & Training Comana	Weight Loss Aquatic Style Gilbert	Social Media Marketing Sanders	Bodhi Suspension: Chisel Page	Boxing: The Method Feinberg	Get "On Board" with Juvo Fitzwater & Smith-Yates	FR2 10:00am-11:30am
Schwinn®: Unapologetically Authentic Roberts Session 2	Aqua Athlete Howard Session 2	Girls Just Wanna Have Fun Kooperman, Lewis-McCormick, Gilbert & Wartenberg Session 2	Sugar Shockers and Shakedown Silverman Session 2	Breath Training and Technique Comana Session 1	Aging America: Opportunities Galore Scudder Session 1	Tidbits to Grow Your Business Bosley Session 2	Bodhi Suspension: Cardio Quest Session 1	BoxMaster Circuit Round 1 Friend-Uhl & McCall Session 1		FR3 11:45am-1:15pm 12:30pm-2:00pm
Schwinn®: Hot Topics Appel		WATERinMOTION® 29 Kooperman, Weisenmiller, Velazquez & Gilbert	Diet Fads & Facts: Ending Frustration Digsby	Effective Teaching Techniques O'Brien	Create a Weight Loss Challenge Murphy Madden	Steps to Strengthening Your Brand Fouts	Aerial Silks Fitness Howes	Introducing HIIT Mix By Stairmaster Friend-Uhl	Knee-Friendly Gentle Juvo Yoga Fitzwater	FR4 2:15pm-3:45pm
Schwinn®: C3 Content, Connection & Charisma Thews & Scott	Spirited® Surf Rockit	The Best Balance Aqua Workout Vandendriessche	Metabolism Makeover Digsby	Biomechanics of Motherhood Hruska	Recovery: The Forgotten Training Variable McCall	Management Gems for Studios/Boutiques Gilbert	Bodhi Suspension: Circuits Quest			FR5 4:00pm-5:30pm

EXPO OPEN 5:15pm-6:45pm | CHARITY RAFFLE 5:30pm-6:30pm

Les Mills SPRINT™ Workout Kattar			STATE OF THE INDUSTRY: TRENDS FOR 2017 Kolber, Lewis-McCormick & Comana							FR6 6:30pm-7:30pm
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Schwinn®: Train Right 2 Ride Right Dixon	Aqua Bits and Pieces Layne	Poolates Gibson	Longevity Lab: Eats and Feats Silverman	Stress and Chronic Disease H. Garcia & K. Garcia	Cueing, Coaching & Communicating Lewis-McCormick	Unleash the Power of Music Thews	Bodhi Suspension: Pilates Page	Boxing Bootcamp Feinberg		SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am



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Schwinn®: Teaching Tips from TED® Scott	Aqua Circuit Bootcamp Lewis-McCormick	The Best Balance Aqua Workout Vandendriessche	What's in your Food? Silverman	Women's Wellness After 40 Robinson	Introduction to Moving to Happiness® Kolber	Business Trends & Benchmarks Scudder	Bodhi Suspension: Circuits Quest	Introducing HIIT Mix By Stairmaster Friend-Uhl	JUST JUVO!! Total Body Jumpstart Smith-Yates	SA3 11:00am-12:30pm

EXPO OPEN 12:15pm-3:30pm



Schwinn®: All About the BASE Roberts Session 1	Aqua Soft Fitness Fusion Layne Session 2	LaBlast® Aqua SPLASH van Amstel Session 2	52 Days: Your Best Body Digsby Session 1	Objective of Gut Health & Disease Robinson Session 2	Ultimate Metabolic and Calorie-Burning Makeover Kravitz Session 1	Fitness Ain't Business as Usual Gilbert Session 1	Bodhi Suspension: Focus on Flexibility Page Session 1	BoxMaster Circuit Round 2 Friend-Uhl Session 1		SA4 12:45pm-2:15pm 1:30pm-3:00pm
Schwinn®: To Breathe & Back Dixon		WATERinMOTION® Platinum 8 Kooperman, Velazquez, Weisenmiller & Gilbert	Nutritional Tips, Tidbits and Treats B. Mylrea & M. Mylrea	Targeting Hypertrophy Layne	The Female Training Advantage 2017 Kravitz	Fitness Program Comprehension and Creation Stahl	Bodhi Suspension: Cardio Quest	Introducing HIIT Mix By Stairmaster Friend-Uhl	Juvo Core Like Never Before Fitzwater	SA5 3:15pm-4:45pm
Schwinn®: Girl Power 2.0 Thews, Roberts & Appel	Aquatic Solutions for the Aging Gilbert	Tab-Aqua Quickies Howard	Dietary Diversity Layne	The Gift of Letting Go Spreen-Glick	What's Your Next Move? Kolber	Profitable Public Speaking for Trainers Watkis	Aerial Silks Fitness Howes	3:1 Punchout Feinberg		SA6 5:00pm-6:30pm

EXPO OPEN 6:15pm-7:45pm

			AQUA EXERCISE PANEL: EBBS & FLOWS Velazquez, Gilbert, Lewis-McCormick & Weisenmiller							SA7 7:30pm-8:30pm
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Schwinn®: Build It & They'll Come McLean	Barre A-Cuda Weisenmiller	H2O Luscious Limbs for Active Agers Gilbert	Transition to a Plant-Based Diet B. Mylrea & M. Mylrea	HIIT Extravaganza: 10 New Programs Kravitz	Heavily Meditated & Highly Motivated Kolber	Communication Strategies for Fitness Professionals Watkis	Aerial Silks Fitness Howes	 SCW BOXING CERTIFICATION Feinberg • 8:00am-4:00pm	 BOOTS CAMP INSTRUCTOR CERTIFICATION SGTREN® // 8am-4pm	SU1 7:00am-8:30am
Schwinn®: Pedal N Pulse M. Mylrea	Tabata Water Sports Martin	Aqua Abs WIM-SY Weisenmiller	Sugar, Snacks & Heart Attacks Digsby	The Modern Science of Longevity Kravitz	Create the Life You Want! Spreen-Glick	Become a Retention Rock Star H. Garcia & K. Garcia	Bodhi Suspension: Focus on Flexibility Page		Abs & Asssets; Juvo Pilates/Barre Smith-Yates	SU2 8:45am-10:15am

EXPO OPEN 10:00am-1:30pm

Schwinn®: The "HARD" Conversation McLean	Barre H2O Wartenberg	Waves on Fire: Active Agers Martin	Top 10 for Weight Loss Digsby	Embracing Wellness for Optimal Aging Dennis	Everything Resistance Training Kravitz	How to Plan Your Presentation Watkis	Bodhi Suspension: Circuits Quest	 SCW ADVANCED FUNCTIONAL PILATES CERTIFICATION Bender 8:00am-4:00pm	 NUTRITION, HORMONES, and METABOLISM Layne • 9:00am-3:30pm	SU3 11:15am-12:45pm
	Poolates Gibson	The Best Balance Aqua Workout Vandendriessche	Go Bones H. Garcia & K. Garcia	Train the Brain Dennis	Creative Programming for 55+ Wartenberg	Build Your Best Business Strategies Quest				SU4 1:00pm-2:30pm