

WEDNESDAY, JULY 25  
& THURSDAY, JULY 26

WEDNESDAY PRE-CONVENTION WORKSHOP JULY 25								
THURSDAY PRE-CONVENTION WORKSHOPS THURSDAY, JULY 26			SCW Core Training Certification McCall 1:00pm-5:00pm Pg 8	ActivMotion Bar Foundations Certification Mikulski 9:00am-4:00pm Pg 9		TriggerPoint™ Foam Rolling: Principles & Practices Patrick 8:00am-12:00pm Pg 8	PowerWave Instructor Course Fouts 8:00am-5:00pm Pg 8	
	ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING WITT • 8:00am-5:00pm • Pg 6	PILATES MATWORK CERTIFICATION APPEL • 8:00am-5:00pm Pg 7	SCW Kettlebell Practical Certification McCall 5:30pm-9:30pm Pg 8		BARRE ABOVE™ POWERED BY SAVVIER FITNESS GEORGE & HALL 8:00am-5:00pm • Pg 9	TriggerPoint™ Assessments to Performance Lesch 1:00pm-5:00pm Pg 8		SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg 7

A	B	C	D	E	F	G	H
FUNCTIONAL TRAINING & GROUP EX	HIIT / CORE	PT / SMALL GROUP	BARRE	DANCE / POWER	STRENGTH / REHAB	SPECIALTY	MIND / BODY

FR1 7:30am-9:00am	Don't Step On It Howard Pg 10	Upper Extremity Movement Mechanics Comana Pg 10	Speedball Feinberg & Schiller Pg 10	Barre Tab Wartenberg Pg 10	Center Floor George Pg 10	RUMBLE by R.I.P.P.E.D.® Jessup Pg 10	POUND® - Rockout. Workout. Bruehl Pg 10	Flow Wand Lowell Pg 10
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## EXPO OPEN 8:45am-2:30pm


FR2 10:00am-11:30am	Functional Circuits for the Active Adult Mikulski Pg 11	Willow - 6Pack Abs, 6Pack Mind Boynton Pg 11	Pulling for Power™ SGT Ken® Pg 11	Zippy Zen Barre® Dickson-Prokopchak Pg 11	HIGH Fitness: Aerobics is Back! Zenith Pg 11	East Meets Western Techniques: Rollga® Bender Pg 11	Balletone: A Dancer's Workout For The Non-Dancer George Pg 11	Drishti Yoga Vinyasa Flow Lowell Pg 11
FR3 SESSION 1 11:45am-1:15pm	Coaching Camp: Group Training Growth Fouts Session 1 Pg 12	Coaching Squat and Lunge Variations Comana Session 1 Pg 12	MMA for Group Fitness Freeman Session 2 Pg 13	Let The Beat Drop George Session 1 Pg 12	Zumba® Cardio Blast Witt Session 2 Pg 13	Rolling with Mindfulness and Breathwork Bettendorf Session 1 Pg 12	IntENSity by Hedstrom Fitness Vanderburg Session 2 Pg 13	Club Pilates Mat Class - Level 1 Huffman Session 2 Pg 13
FR4 2:15pm-3:45pm	Functional Training - Workout for Results McCall Pg 13	Crazy Core Combos M. Mylrea Pg 14	Short Circuit: Group Training Edition Fouts Pg 14	Best of Barre Appel Pg 14	LaBlast Silk: Accessible Dance Fitness Van Amstel Pg 14	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter Pg 14	BOSU® + Bar: Grip, Tip, Flip & Strip Maurer Pg 14	SPRY - Strength, Power, Resistance, Yoga Horne & Kleidman Pg 14
FR5 4:00pm-5:30pm	Warm Up! Performance Flexibility & SMR Lewis-McCormick Pg 15	Core: Take it Lying Down Biscontini Pg 15	The Ultimate Group X Experience O'Connor & E. Scott Pg 15	"HIIT" The Party at the Barre George Pg 15	Club Vibe® - Dance Meets Fitness Ponte & Schur Pg 15	Dynamic Flexibility: A 3D Life Velazquez Pg 15	Shoulder Issues? Corrective Exercise Strategy Osar Pg 15	Functional Pilates Flows by ActivMotion Bar Bender Pg 15

## CHARITY RAFFLE &amp; EXPO OPEN 5:15pm-6:45pm

FR6 EVENING SESSIONS 6:30pm-7:30pm				Raisedbarre Greenway & Cofor Pg 18		My Daily Detox Mabry Pg 18	STRYKE "Fight Dance Fitness" Mansour & McNally Pg 18	Rhythm Yoga Velazquez Pg 19
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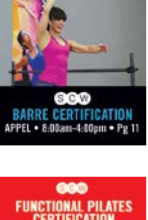




SA1 7:00am-8:30am	Tabata GX™ - Tabata... Redefined! M. Mylrea Pg 19	Rock the Core by ActivMotion Bar® McCall Pg 19	The Rowing Rush™ Sponsored by Waterrower SGT Ken® Pg 19	M*PWR® Barre for Reducing Stress Schiller Pg 19	LaBlast -Partner Free Ballroom Dance Van Amstel Pg 19	Roll Better, Roll Less Bettendorf Pg 19	Strong Mind Strong Body Bonina Pg 19	Pilates Strong Bender Pg 19
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## EXPO OPEN 8:15am-9:30am

SA2 KEYNOTE & AWARDS 9:30am-10:45am								
SA3 11:00am-12:30pm	POUND® - Rockout. Workout. Bruehl Pg 20	Speedball Core Feinberg & Schiller Pg 20	Group Exercise or Group Injury? Garcia Pg 20	Barre Moves - Update Your Choreography Hall Pg 20	Dance Breakdown Van Amstel Pg 20	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter Pg 20	INSURG3NT by Hedstrom Fitness Roberts Pg 20	Putting Intensity into Tai Chi Biscontini Pg 20

## EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:45pm

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	ROC STEADY by PROJECT STEEL™ Stahl Session 2 Pg 22	Completely Core Appel Session 1 Pg 21	Crew Conditioning™ with SGT Ken® Session 1 Pg 21	Namaste Zen Barre® Dickson-Prokopchak Session 2 Pg 22	Lablast Shape: Interval Based Dance Fitness Van Amstel Session 2 Pg 22	Rocket Strength®: Hard Core/Peace Core Rockit Session 2 Pg 22	Les Mills GRIT™ Pilo Schroder Session 2 Pg 23	Club Pilates Mat Class - Level 2 Huffman Session 2 Pg 23
SA5 3:15pm-4:45pm		Quick & Dirty 30 Lewis-McCormick Pg 23	SPORT™ by Group RX Boynton & Dale Pg 23	Max Interval Training with Insanity O'Connor & E. Scott Pg 23	Barre 360 Appel Pg 23	HIGH Fitness: Taking it HIGHER! Zenith Pg 23	Ageless Body Recovery with ROLLGA® Bender Pg 23	BOSU® Sport C.A.M.P. Thews Pg 23	SPRY - Strength, Power, Resistance, Yoga Horne & Kleidman Pg 23
SA6 5:00pm-6:30pm		Axle: Lift, Burn, Move Page Pg 24	Corrective Exercise: Female Core Osar Pg 24	Speedball Sport Feinberg & Schiller Pg 24	Barre Fight Wartenberg Pg 25	The Breakdown Hall Pg 25	Body Breakthrough Howard Pg 25	Integrating SMR Into Group Exercise Bettendorf Pg 25	Tai Chi: 24 Yang Style Haan Pg 25
SA7 EVENING SESSIONS 6:45pm-7:45pm					Raisedbarre Greenway & Cofor Pg 25	Club Vibe® - National Dance Day Celebration! Ponte & Schur Pg 25	Roll & Restore Mabry Pg 25		Recovery Through Meditation Rockit & Biscontini Pg 26

SU1 7:00am-8:30am	The Warrior Fit Games SGT Ken® Pg 26	L.I.I.T. Howard Pg 26				Afterburn Collins Pg 26	BOSU® Pilates Core Power Vanderburg Pg 26	Sunday Shakti: Spiritual Burpees! Biscontini Pg 26
SU2 8:45am-10:15am	Group Ex Instructor? Corrective Exercise Osar Pg 27	Below the Belt - Glutes & Legs! M. Mylrea Pg 27				RUMBLE by R.I.P.P.E.D.® Jessup Pg 27	POUND® - Rockout. Workout. Bruehl Pg 27	Twisted Pilates Howard Pg 27
	EXPO OPEN 10:00am-1:30pm							
SU3 11:15am-12:45pm	THE AMRAP ASSAULT SGT. Ken® Pg 27	TriggerPoint™: GRID® Lock Patrick Pg 27				RumbleRoller Group Exercise Flow Bettendorf Pg 27	Beyond Bootcamp by Hedstrom Fitness M. Mylrea Pg 27	Y3: Yin Yang Yoga Rockit Pg 27
SU4 1:00pm-2:30pm	HIGH Fitness: Bigger, Better, HIGHER! Zenith Pg 28	Les Mills GRIT®: Cardio & HIIT Schroder Pg 28				Knee Osteoarthritis? Corrective Exercise Strategy Osar Pg 28	Barre Tricks Hall Pg 28	Relaxercise Haan Pg 28

FRIDAY, JULY 27

SATURDAY, JULY 28

SUNDAY, JULY 29

Balletone® - Powered by Savvier Fitness® George 8:00am-5:00pm Pg 7					SCW Group Exercise Certification Howard 8:00am-5:00pm Pg 7		<b>ATLANTA MANIA®</b>	
Become a Core De Force Instructor Freeman 9:00am-5:00pm Pg 9	 <b>SCHWINN® INDOOR CYCLING INSTRUCTOR CERTIFICATION</b> J. SCOTT & THEWS 7:00am-5:00pm Pg 8	SCW Aquatic Exercise Certification Howard 8:00am-5:00pm Pg 7	SCW Leadership & Business Summit Kooperman, Lowell, Sipe, Bosley, Hall & Gilbert 8:30am-4:30pm Pg 7	SCW Active Aging Certification Biscontinini & O'Brien 9:00am-5:00pm Pg 7	SCW HIIT Certification Roberts 11:00am-5:00pm Pg 8	Speedball Instructor Certification Feinberg & Schiller 8:00am-4:00pm Pg 8	SCW Sports Nutrition Certification Comana 9:00am-3:30pm Pg 7	 <b>BOXMASTER CERTIFICATION</b> KENDRICK L. & JESSICA L. COOK Pg 8
SCW Meditation Certification Rockit 5:30pm-9:30pm Pg 8		SCW Aqua Barre Certification Wartenberg 9:00am-4:00pm Pg 7	SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm Pg 8	 <b>ONE DAY TO WELLNESS CERTIFICATION</b> Bruce & Wendy Mylrea 8:00am-5:00pm • Pg 7	SCW Lifestyle Behavioral Coaching Workshop Comana 5:30pm-10:00pm Pg 8		 <b>HGH fitness</b>  <b>HIGH FITNESS INSTRUCTOR TRAINING</b> JENITA 8:30am-5:00pm Pg 8	 <b>HIIT MIX SOLUTIONS CERTIFICATION</b> FRIENDLY - 1:00pm-5:00pm • Pg 8

<b>I</b> ACTIVE AGING / RECOVERY	<b>J</b> CYCLING	<b>K</b> AQUA (STARTS IN POOL)	<b>L</b> AQUA (STARTS IN LECTURE)	<b>M</b> NUTRITION	<b>N</b> EX. SCIENCE / LEADERSHIP	<b>O</b> HEALTH / WELLNESS	<b>P</b> BUSINESS	<b>Q</b> BOXING / CIRCUIT
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Body & Sole for Active Agers Biscontinini Pg 10	Schwinn®: Tour de Schwinn® Roberts Pg 10	Deep Water Tabata Lewis-McCormick Pg 10	Aqua Zumba® Willt Pg 11	Nutrition Coaching For Personal Trainers Layne Pg 11	Fighters Focus Freeman Pg 11	52 Days: Your Best Body Digsby Pg 11	Steps to Strengthening Your Brand Fouts Pg 11	Stairmaster® Presents -HIIT Mix Solution Friend-Uhl Pg 11	<b>FR1</b> 7:30am-9:00am
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## EXPO OPEN 8:45am-2:30pm

Functional Circuits for Aging Clients Sipe Pg 11	Schwinn®: How to WOW! Thews Pg 12	Aquatic Baby Boomer Bootcamp Watkins Pg 12	Aqua Bits and Pieces Layne Pg 12	Sugar Shockers and Shakedown Silverman Pg 12	Building Blocks: Core Science & Training Comana Pg 12	Programming Pillars for Active Adults McCall Pg 12	Climbing the Corporate Ladder in Heels Kooperman, M. Mylrea, K. Roberts, Vanderburg, Hall Pg 12	Boxing: The Method Feinberg Pg 12	<b>FR2</b> 10:00am-11:30am
Power Training for Older Adults Sipe Session 2 Pg 13	Schwinn®: The Magic Of The 3 C's J. Scott Session 1 Pg 12	Hit the Deck! Henry Session 1 Pg 12	Girls Just Wanna Have Fun Kooperman, Layne, Lewis-McCormick, Wartenberg (Start in Rm K - Lecture) Session 1 Pg 12	Diet Diagnosis B. Mylrea & M. Mylrea Session 1 Pg 13	Unleash the Power of Music Thews Session 2 Pg 13	Sneaky Strategies To Manage Weight Silverman Session 2 Pg 13	Tidbits to Grow Your Business Bosley Session 2 Pg 13	Stairmaster® Presents - BoxMaster® McCall Session 1 Pg 13	<b>FR3</b> 11:45am-1:15pm 12:30pm-2:00pm
Foam Rolling Applied Programming: REGEN® Losch Pg 14	Schwinn®: The Power Behind POWER Roberts Pg 14	Zenergy H2O Lewis-McCormick Pg 14	Dive Into Aqua Choreography Henry, Velazquez & Wartenberg Pg 14	Nutrition Panel - Comana, B. Mylrea, Silverman, Digsby, Layne Pg 14	The Everyday Athlete O'Connor Pg 14	Nervous Hacks for Mobility Bettendorf Pg 14	The DNA: Successful Fitness Manager Gilbert Pg 14	3:1 Punchout Feinberg Pg 15	<b>FR4</b> 2:15pm-3:45pm
Active Aging: No Place Like Foam Kooperman Pg 15	Schwinn®: Music MAGIC! J. Scott Pg 18	Tab-Aqua Quickies Howard Pg 18	Spirited® Surf 2 Rockit Pg 18	Dietary Diversity Layne Pg 18	The Science of Myofascial Release Patrick Pg 18	Prevention & Recovery through Muscle Stimulation Feinberg Pg 18	Self-Publish a Book or EBook Digsby Pg 18	Stairmaster® Presents - HIIT Mix Solution Appel Pg 18	<b>FR5</b> 4:00pm-5:30pm

## CHARITY RAFFLE &amp; EXPO OPEN 5:15pm-6:45pm

Fit Buddy: Mobility Flexibility Recovery! Clements Pg 19	Les Mills SPRINT™: Cycling Success Schroder Pg 19								<b>FR6</b> 6:30pm-7:30pm
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Myofascial Compression Techniques for Injury Prevention Losch Pg 19	Schwinn®: Rhythm Done Right Appel Pg 19	Barre-A-Cuda Wartenberg Pg 19	ABC- Aqua Bootcamp Circuit Lewis-McCormick Pg 19	Self Coaching Strategies for Wellness Silverman Pg 20	Creating the Perfect Workout Program E. Scott Pg 20	Electronic Stimulation for Athletic Performance Feinberg Pg 20	Fitness Program Comprehension and Creation Stahl Pg 20	Stairmaster® Presents - BoxMaster® Friend-Uhl Pg 20	<b>SA1</b> 7:00am-8:30am
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## EXPO OPEN 8:15am-9:30am

									<b>SA2</b> 9:30am-10:45am
Strength Training for Longevity & Vitality Kooperman Pg 21	Schwinn®: B1G1 Free, Class Design Vanderburg Pg 21	H2O Functional Frolics Gilbert Pg 21	It's Raining Men! Henry, Howard, Velazquez & Rockit Pg 21	Top 10 for Weight Loss Digsby Pg 21	Secret Life of a Fat Cell Kravitz Pg 21	The Ageless Body with ROLLGA® Bender Pg 21	Timing is Everything Layne Pg 21	Stairmaster® Presents - HIIT Mix Solution McCall Pg 21	<b>SA3</b> 11:00am-12:30pm

## EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:00pm

Yoga For The Young at Heart: Chair Kooperman Session 1 Pg 22	Schwinn®: Train Right Reimagined Thews Session 1 Pg 22	I've Got the Music in Me Henry Session 1 Pg 22	Aqua Team HIIT Bonina Session 1 Pg 23	Nutrition Tips, Tidbits & Treats B. Mylrea & M. Mylrea Session 1 Pg 22	Foam Rolling: Rolling Pins to Vibration Losch Session 2 Pg 23	Assess, Explore, Pattern-Functional Pilates Bender Session 1 Pg 22	Time-Saving Tools for Digital Music Howard & Velazquez Session 1 Pg 22	Boxing Bootcamp Feinberg Session 2 Pg 23	<b>SA4</b> 12:45pm-2:15pm 1:30pm-3:00pm
TriggerPoint™ for Movement Patrick Pg 23	Schwinn®: To Breathless & Back Vanderburg Pg 24	Silver Aqua Solutions Velazquez, Gilbert, Wartenberg & Henry (Start in Rm K - Lecture) Pg 24	Metabolism Makeover Digsby Pg 24	The Female Training Advantages 2018 Kravitz Pg 24	Stress And Chronic Disease Garcia Pg 24	Leading for Max Performance Kooperman Pg 24	Stairmaster® Presents - HIIT Mix Solution McCall Pg 24		<b>SA5</b> 3:15pm-4:45pm
Relax & Restore Foam Roller Training Lewis-McCormick Pg 25	Schwinn®: Pedal & Pulse M. Mylrea Pg 25	Aquatic Core & More Watkins Pg 25	H.E.A.T. Waves Henry Pg 25	Nutrition & Sleep: Fascinating Connections Silverman Pg 25	World's Best Resistance Training Programs Kravitz Pg 25	Nutrition And Mental Health Garcia Pg 25	Business of Small Group Personal Training Roberts Pg 25		<b>SA6</b> 5:00pm-6:30pm
	Schwinn®: #WhoAmI Thews Pg 26								<b>SA7</b> 6:45pm-7:45pm

Progressive Systems to Self-Myofascial Release Patrick Pg 26		Anchor Down Henry Pg 26	Foods for Optimal Health B. Mylrea & M. Mylrea Pg 26	Prevention and Performance for Runners Bettendorf Pg 26		From Nothing To Something Bonina Pg 26		<b>SU1</b> 7:00am-8:30am
Qi Gong for Every Body Haan Pg 27		Spiritual DJ H2O Biscontinini Pg 27	What's in your Food? Silverman Pg 27	10 Key Rules for Longevity Kravitz Pg 27		Run an 8-Week Challenge Digsby Pg 27		<b>SU2</b> 8:45am-10:15am
Glutes and Psoas: Corrective Exercise Osar Pg 27		Aquachi Flow Haan Pg 27	Common Sense Nutrition: Your Scope Garcia Pg 28	Eight Best Anaerobic Circuit Programs Kravitz Pg 28		Stability & Security: Your Pilates Career Huffman Pg 28		<b>SU3</b> 11:15am-12:45pm
Deep Stretch & the Aging Gilbert Pg 28		Aqua Currents of Cardio Confetti Rockit Pg 28	Nutrition & Chronic Pain Garcia Pg 28	The Art of Cueing™ Ponte & Schur Pg 28		Entrepreneurship at the Barre Dickson-Prokopchak Pg 28		<b>SU4</b> 1:00pm-2:30pm

Schedule is subject to change. Please visit [www.scwfit.com/atlanta](http://www.scwfit.com/atlanta) for updates.