

LIVE STREAM

MANIA

A
HIIT / FUNC / PT

B
GX / AGING / CORE

C
RECOVERY / YOGA / BARRE / PILATES

D
GROUP X
[PRE-RECORDED]

PRE-CON CERTIFICATIONS
Wednesday, July 22

SCW Personal Training Certification
Roberts
9:00am-5:00pm CST
Foam Roller, Tubing, Stability Ball, Dumbbells/2 Water Bottles

SCW Functional Pilates Certification
Bender
9:00am-4:00pm CST
Gliding Discs, Dumbbells/2 Water Bottles, Small Ball, Tubing

WaterRower® Virtual Crew CoachCourse™
SGT KEN®
9:00am-4:00pm CST
Waterrower

SCW Yoga 1 Certification
Howard
9:00am-5:00pm CST
Mats

PRE-CON CERTIFICATIONS
Thursday, July 23

SCW Pilates Matwork Certification
Appel
9:00am-5:00pm CST
Mats, Poz-A-Balls or Balloon

SCW Active Aging Certification
Roberts
9:00am-5:00pm CST
Dumbbells/2 Water Bottles, Pilates Balls, Resistance Bands/Tubing

Barre Above®
Powered by Savvier Fitness
Murphy Madden, Bender & George
10:00am-5:00pm CST
Tubing, Gliding Discs, Bender Balls, Dumbbells, Chair

SCW Group Exercise Certification
Howard • 9:00am-5:00pm CST

FRIDAY, JULY 24

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| FR1 | 9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST | Weight- Free Endurance Workout Howard | Lablast® Fitness: Envision The New Normal Van Amstel Dumbbells/2 Water Bottles | Pilates on the Ball Appel Mat, Stability Ball | Hit the Wall Rockit |
| FR2 | 10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST | Unflinching Lower Body Workout Howard Mat, Broom | Active Aging Chair Yoga Kooperman Chair, Mat | House Party Fitness® Cardio Hip-Hop Pias Dumbbells/2 Water Bottles, Bands | Balance & Power: Training Active Aging Clients McCaughey Chair, Cones/Paper Cups |
| FR3 | 12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST | Training the Dysfunctional Knee Bender Bender Balls, Gliding Discs, Tubing | MASHUP®: MindBody, Agility & Strength, HIIT Cura Hand Towel | Mindful Movement for Non-Yogis Woods Mats | Soul Yoga Kooperman 2 Mats |

VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST • 12:25pm-1:05pm CST • 10:25am-11:05am PT

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| FR4 | 2:05pm-3:20pm EST 1:05pm-2:20pm CST 11:05am-12:20pm PST | Tubng Xpress Spreen-Glick Tubing | Coach by Color with Myzone® Fitzpatrick & Sopo Dumbbells/2 Water Bottles | Tai-Chi + Yoga = Bamboo Fusion Carbo | Lift Off! Howard Steps/Step stool, Dumbbells/2 Water Bottles |
| FR5 | 3:40pm-4:55pm EST 2:40pm-3:55pm CST 12:40pm-1:55pm PST | Developmental Stages for All Ages Roselli Mat, Dumbbells/2 Water Bottles, Tubing, Bands | Resistance Training - Essentials to Weight Management Woods Dumbbells/2 Water Bottles, Tubing/Bands | Boogie Barre Carvalho Mat | Dynamic Flexibility for a 3D Life M. Velazquez Yoga Strap/Towel |
| FR6 | 5:15pm-6:30pm EST 4:15pm-5:30pm CST 2:15pm-3:30pm PST | Evolving Movement For Virtual Clients & Members McBee Long Towel | Walking the Fine Line Gilbert Chair, Broom/PVC Pipe | Vertically Pilates M. Velazquez Mat, Towel, Bands | Yoga Sculpt - Bridging Yoga & Fitness Murphy Madden |

SATURDAY, JULY 25

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|------------|---|--|---|---|--|
| SA1 | 9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST | Bosu® Toolbox Galvan BOSU® Balance Trainer | Functional Flexibility for the Ageless Body Bender Bender Balls, Gliding Discs, Tubing | Bulletproof the Low Back Roselli Tubing, Steps/Risers/Stools | Strength Training for Longevity & Vitality Kooperman Tubing |
| SA2 | 10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST | The Fit Pro Music "Crash Course" Robinson Dumbbells/2 Water Bottles | Core Reloaded M. Williams Dumbbells/2 Water Bottles, Mat, Stability Ball, Bands | Flexibility for the Inflexible Roberts Foam Roller | AAA: Abs at all Angles Appel Med Ball/Ball, Gliding Discs, Tubing |
| SA3 | 12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST | Metabolic Mixer Appel | Myzone® Gamified Bootcamp Fitzpatrick & Sopo Dumbbells/2 Water Bottles | Tai Chi for Warmup & Recovery Carbo | Training the Active Aging Female Client Roberts Dumbbells/2 Water Bottles, Tubing |

VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST • 12:25pm-1:05pm CST • 10:25am-11:05am PT

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| SA4 | 2:05pm-3:20pm EST 1:05pm-2:20pm CST 11:05am-12:20pm PST | 30-Minute Cluster Circuits M. Williams Dumbbells/2 Water Bottles, Mat, Stability Ball, Bands | LaBlast®: Ballroom Fitness Using PATTERNography Van Amstel Dumbbells/2 Water Bottles | Hot Booty Ballet™ Ghadban Bands | Barre Fight Wartenberg Barre/Chair, Gliding Discs, Ball Dumbbells/2 Water Bottles, Mat |
| SA5 | 3:40pm-4:55pm EST 2:40pm-3:55pm CST 12:40pm-1:55pm PST | Upper Extemity Training - Female Client Roberts Dumbbells/2 Water Bottles, Tubing, Gliding Discs | The Warrior Workout Spreen-Glick | Triple Threat Barre - Powered by Savvier Fitness® Murphy Madden, Bender & George Dumbbells or 2 Water Bottles, Tubing, Gliding Discs, Bender Ball | Training Older Clients with Osteoarthritis Osar |
| SA6 | 5:15pm-6:30pm EST 4:15pm-5:30pm CST 2:15pm-3:30pm PST | Build a Better Butt Roberts Poz-A-Ball/Ball, Bands, Gliding Discs/2 Paper Plates, Dumbbells/2 Water Bottles | BOSU® Stability Ball Overhaul Thews BOSU® Ballast Ball | Quieting the Mind Meditation Warasila Mat | Recovery: The Forgotten Variable McCall |

SUNDAY, JULY 26

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|------------|---|--|---|---|---|
| SU1 | 9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST | The Ultimate Fitness Equation Robinson Dumbbells/2 Water Bottles | Completely Core Appel Gliding Discs, Med Ball | Barre Hop Wartenberg Barre/Chair, Poz-A-Ball/Ball, Gliding Discs, Dumbbells/2 Water Bottles, Mat | Assume the Position Biscontini Mats |
| SU2 | 10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST | Redefine Functional Training - Redefine Yourself Mullins Dumbbells/ 2 Water Bottles | MASHUP®: HIIT With Active Recovery Cura Dumbbells/ 2 Water Bottles | Multi Generational Fitness Wartenberg Dumbbells/2 Water Bottles, Gliding Discs, Tubing | E.S.P. 123: Performance Circuit Training McCormick Med Balls/Balls, Tubing, Steps/Step Stool |
| SU3 | 12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST | Second Act - Fitness for 40+ Murphy Madden & McCall | Create a Dance Fitness Experience! Ponte & Schur | Yoga For Healthy Backs Lacombe Mat | Lablast® Fitness: Waltz, Tango, Foxtrot! Van Amstel Dumbbells or Water Bottles |
| SU4 | 1:45pm-3:00pm EST 12:45pm-2:00pm CST 10:45am-12:00pm PST | The Ladder Approach to Program Design Mullins | The Art of 32 McCormick | Vinyasa Flow - Feel The Resistance Conti | Barre Necessities Appel Barre/Chair, Dumbbells/2 Water Bottles, Poz-a Ball/Ball |

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| E CYCLE / HIIT / MIND BODY / GX / ROW | F AQUA (ON LAND) | G NUTRITION | H BUSINESS | I BUSINESS |
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| Extreme HIIT Chaos Powered by Savvier Fitness Mylrea & Erickson 10:00am-5:00pm CST Tubing, Gliding Discs, Bender Balls, Dumbbells | 🌊 Aqua Certification Warasila 9:00am-5:00pm CST Noodles | 🌊 Nutrition Coaching For Fitness Pros Layne • 9:00am-5:00pm CST | 🌊 Corrective Exercise Certification Roselli • 9:00am-4:00pm CST |
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| 🚴 Indoor Cycling Instructor Certification Sherman & Thews 8:00am-5:00pm CST Bike | 🌊 Aqua Barre Certification Wartenberg 9:00am-4:00pm CST | 🌊 Tai Chi Certification Ross 9:00am-5:00pm CST | 🌊 Practical Approach to Recovery & Rolling Certification McCormick 10:00am-5:00pm CST Foam Roller, Massage Balls | MASHUP® Certification: Mindbody, Agility & Strength, HIIT Barbie Brown 8:00am-5:00pm CST Dumbbells/2 Water Bottles |
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| Down & Dirty 30 McCormick Kettlebell/1 Gallon Water Jug, Dumbbells/2 Water Bottles | Aqua Abs WIM-SY Carvalho Aqua Dumbbells or Dumbbells or Water Bottles, Noodles, Chair or Stool | Managing Menopause Layne | Techniques to Engineer Your Life Armstrong | Live Streaming Like a Boss K. Williams | FR1 |
| Schwinn®: Pimp My Playlist! Appel | Aqua Drums Vibes A. Velazquez Drumsticks, Wrapping Paper Tube, Broom Sticks | GOT MUSCLE? Targeting Hypertrophy Layne | Next Level Networking Armstrong | Wowing Your Customers K. Williams | FR2 |
| Welcome to the Jungle (Gym) - HIIT/Functional Training McCall | Making Waves with LaBlast® Splash Van Amstel | Food Deconstructed Silverman | Strategic Thinking - Personally and Professionally McBride | Bodyweight Bootcamp: Principles Before Strategies Christopher | FR3 |

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| Schwinn®: F.E.A.R. Face Everything & Ride Roberts Bike | WATERinMOTION Strength Kulp Dumbbells/2 Water Bottles | Energy Pathways & Ketones Comana | Trends for 2020 & Growth Panel Kooperman, McBride, McHoney & Barry | Vision Plan 2021- Small Boutiques & Studios Gilbert | FR4 |
| Cardio Yoga™ Krauss | Mix-Match Aqua Moves to the Max Howard | Nutrient Timing Comana | Member Experience Insights From The Shutdown McHoney | Teaching Virtually - Lights! Camera! Action! Ponte & Schur | FR5 |
| Pulling for Power: Program 06™ SGT Ken® Waterrower | Zenergy H2O McCormick | Nutrition Panel Layne, Silverman & Digsby | What's Next After Personal Training? McWaine | The Future Of Your Fitness Business Via Live Video Oz & Sanghi | FR6 |
| Schwinn®: Cycle of Life - Pre & Post Natal Solutions Atkinson Bike | Barre H2O Wartenberg Tubing, Noodle, Hand Buoys/2 Water Bottles | Success Factors for Weight Loss Silverman | Ebbs & Flows - Aqua Panel Gilbert, Warasila, Kulp & Martin | The Fit Pro Marketing Map Robinson | SA1 |
| Balletone - Where Cardio & Ballet Meet Lenart | Liquid Gym Star Workout Raphael Liquid Stars, Large Paper Plate Cut To Rounded 5 Point Star With Eyes and Mouth | Metabolism Reality Check Digsby | Multi-Media Marketing During & After this Global Pandemic Kooperman | Stop Guessing What Your Members Want And Ask! Stevenson | SA2 |
| Purpose NOT Circus - Legit HIIT - HIIT/Functional Training Friend-Uhl | Aqua Core Options Warasila | What TO Eat: End the Frustration Digsby | The Future of Group Ex Panel Kooperman, Howard, McCormick, K. Williams & Thews | Changing Tides: Adapt & Adjust Your Sails Dilts | SA3 |

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| Schwinn® Panel: Reinvent the Wheel for Real! Sherman, Appel & Hogg | Aqua Core Senior Style Kulp Noodle/Broom/Towel, Chair/Stool | Forget the Rest? Layne | Facebook For Your Fitness Business Hoff | Legal Considerations: Fitness Business Ownership Roth & Kooperman | SA4 |
| Anchors Away: Functionally Fun Rowing™ with SGT Ken® | Platinum - Silver Tsunami M. Velazquez Noodle | Kitchen Makeover For Weight Loss Success Seti | Let's Get Virtual! Monetize Your Talent Online Douglass | Stabilize, Mobilize & Capitalize Your Way to #Gamechanging Results Thews | SA5 |
| Training by the Numbers Gavigan Tubing, Dumbbells or 2 Water Bottles, Med Ball, Cones or Paper cups | Ups & Downs of Aqua Carvalho | Eating Disorders vs. Disordered Eating Seti | Social Media Panel Maurer, Williams, Hoff & Conti | Boosting Brand Awareness - Standout Online Marketing Polson | SA6 |
| Schwinn®: Inspired Intensity Sherman Bike | Waves On Fire: Chair Dance Martin Chair | Fad Diet Update Digsby | Business Management for Fitness Professionals Bellenger | Power of Podcasting - Leverage Your Brand Conti | SU1 |
| Creative Compounds Gavigan Med Balls/Ball, Tubing, Bar/Broom, Mat | Choreography Overflow Warasila Noodle | Active Aging Nutrition Insights Silverman | Be Your Unique Selling Point McWaine | Social Media Tips, Tricks & Truths Maurer | SU2 |
| Extreme HIIT Chaos - Powered by Savvier Fitness® Mylrea & Erickson Bender Balls, Gliding Discs, Resistance Tubing, Dumbbells or 2 Water Bottles | Water Bunnies & Aqua Honeys Martin | Your Body On Sugar Layne | Aquatic Programming For Success: The Ebbs & Flows Warasila | Trends in Programming 2020 Barry | SU3 |
| QiGong: Eight Pieces of Brocade M. Velazquez | H2O Luscious Limbs Gilbert Noodles | Pros & Cons of Fasting Layne | The Future Of Group Exercise Kelly | Winning Millennial & Gen Z Clients Polack | SU4 |