








<b>PRE-CON CERTIFICATIONS</b> Wednesday, February 24	 <b>Active Aging Certification</b> Roberts 9:00am-5:00pm CST	 <b>Barre Certification</b> Appel 9:00am-5:00pm CST	 <b>Tai Chi Certification</b> Ross 9:00am-5:00pm CST	 <b>Meditation Certification</b> Warasila 5:30pm-9:30pm CST
<b>PRE-CON CERTIFICATIONS</b> Thursday, February 25	 <b>Personal Training Certification</b> Roberts 9:00am-5:00pm CST	 <b>Pilates Matwork Certification</b> Appel 9:00am-6:00pm CST	 <b>Schwinn® Indoor Cycling Instructor Certification</b> Thews & Hogg 8:00am - 5:00pm CST	 <b>Group Exercise Certification</b> Howard 9:00am-6:00pm CST

<b>A</b> ACTIVE AGING/ RECOVERY/MIND BODY	<b>B</b> FUNCTION / PT	<b>C</b> GX / PT (PRE-RECORDED)	<b>D</b> CYCLE/HIIT/GX
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<b>FRIDAY, FEBRUARY 26</b>	<b>FR1</b>	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	<b>NEW!</b> Get A Head Start On Aging Gilbert	<b>NEW!</b> Coaching Core Engagement Chilazi	5 Fundamentals of Elite Personal Trainers Mullins	Schwinn®: It's All About the Base Sherman	
	<b>FR2</b>	10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST	<b>NEW!</b> Let's FACE It Together™ 101 Conti	Let's Get Unconventional Roselli	All Time HIITS Appel	Welcome to the Jungle (Gym) - HIIT Hogg	
	<b>FR3</b>	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	<b>NEW!</b> Parasetter® for Rest & Recovery Kahn	<b>NEW!</b> Fight Night D. Richards	Blast Your Glutes Roberts	<b>NEW!</b> Schwinn®: H2W2 - Simplify & Amplify Mylrea	
	<b>VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST</b>						
	<b>FR4</b>	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	<b>NEW!</b> Pilates Fit + Strong Kahn	The Kinetic Core Roberts	Functional Pilates Vanderburg	<b>NEW!</b> JUST2SWEAT Charles	
	<b>FR5</b>	4:00pm-5:15pm EST 3:00pm-4:15pm CST 1:00pm-2:15pm PST	Active Aging No Floor Core Layne	<b>NEW!</b> Muscle Doesn't Build Itself McCormick NEW	Butts & Guts Thomson	Making Cardio Fun M. Williams	
<b>FR6</b>	5:35pm-6:50pm EST 4:35pm-5:50pm CST 2:35pm-3:50pm PST	<b>NEW!</b> Yin & Yang Yoga Journey M. Velazquez NEW	Getting to the Core: Core Training Methods Mullins	How to Be Fluent in Exercise Language Christopher	Schwinn®: Pimp My Play List! Appel		
<b>SATURDAY, FEBRUARY 27</b>	<b>SA1</b>	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Stop Hurting Your Shoulders! Roselli	<b>NEW!</b> Build A Functional Warm-Up Boettcher	The Mother Hood Maurer	Toning is NOT a Thing Appel	
	<b>SA2</b>	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	Soul Yoga Kooperman	Straight to the Core Robinson	Butt Blaster & More Howard	BIIT: Barre Intensity Interval Training O'Dell	
	<b>SA3</b>	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	<b>NEW!</b> Smart Strength for the Ageless Female Roberts	Maximize Your Sessions With Cluster Circuits M. Williams	Redefine Functional Training - Redefine Yourself Mullins	Schwinn®: Set the Stage: Plan the Perfect Ride McLean	
	<b>VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST</b>						
	<b>SA4</b>	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	<b>NEW!</b> Fascia, ROM & Flexibility M. Velazquez	<b>NEW!</b> Small Group F.I.R.S.T. Progressions Roberts	Floorless Core Hagan	<b>NEW!</b> POUND® - ROCKOUT. WORKOUT. C-Rad	
	<b>SA5</b>	4:00pm-5:15pm EST 3:00pm-4:15pm CST 1:00pm-2:15pm PST	Tai-Chi + Yoga = Bamboo Fusion Carbo	<b>NEW!</b> Complete Guide To Metabolic Flexibility Roselli	Activated Body Thomson	<b>NEW!</b> Bodyweight Booty Appel	
<b>SA6</b>	5:35pm-6:50pm EST 4:35pm-5:50pm CST 2:35pm-3:50pm PST	<b>NEW!</b> Fire & Ice Yoga Spreen-Glick	Flex Your Own Way Leachman	Ultimate One-Dumbbell Workout M. Velazquez	<b>NEW!</b> Driveway Bootcamp Warasila		
<b>SUNDAY, FEBRUARY 28</b>	<b>SU1</b>	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Core Yoga Strong Howard	Glute Training for Strength & Performance Bryce	Perfect Powerful PLYOMETRIC Performance! Twist	<b>NEW!</b> TRX Beyond The Basics Quelch	
	<b>SU2</b>	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	<b>NEW!</b> Pilates Magic Appel	Building Better Butts Mullins	<b>NEW!</b> Small Group Programming for Active Agers Gilbert	<b>NEW!</b> Killer Kardio D. Richards	
	<b>VIRTUAL EXPO BREAK: 11:50am-12:50pm EST • 10:50am-11:50am CST • 8:50am-9:50am PST</b>						
	<b>SU3</b>	12:50pm - 2:05pm EST 11:50am - 1:05pm CST 9:50am - 11:05am PST	<b>NEW!</b> Functional Training for Active Agers Gilbert	<b>NEW!</b> Get POWR'd Circuit Training Silvas	Metabolic Mixer Appel	<b>NEW!</b> The Bare Essential: Strength Training 101 Bannister-Munn	
<b>SU4</b>	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	 <b>Social Media Certification</b> Maurer 9:00am-5:00pm CST	Soul Power Freeman	Strength Training for Longevity & Vitality Kooperman	Schwinn®: Rock Steady - Recovery Rides Roberts		

**SCW**  
**Aqua Ex Certification**  
 Howard  
 9:00am-6:00pm CST



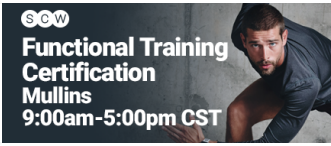
**SCW**  
**Corrective Exercise Certification**  
 Roselli  
 9:00am-4:00pm CST



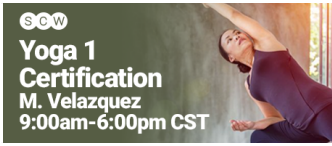
**SCW**  
**Virtual Training: Lights, Camera, Action Certification**  
 Maurer  
 1:00pm-5:00pm CST



**SCW**  
**Functional Training Certification**  
 Mullins  
 9:00am-5:00pm CST



**SCW**  
**Yoga 1 Certification**  
 M. Velazquez  
 9:00am-6:00pm CST



**SCW**  
**Nutrition Coaching For Fitness Pros Certification**  
 Layne  
 9:00am-5:00pm CST




**E**  
**AQUA (ON LAND)**

**F**  
**NUTRITION/ EXERCISE SCIENCE/ WELLNESS**

**G**  
**BUSINESS (MARKETING / REVENUE)**

**H**  
**BUSINESS (MANAGEMENT/MEDIA)**

<b>NEW!</b> H2O Total Body Blast Dziubinski	<b>NEW!</b> Nutritional Detox - What Your Clients Need to Know Ruani	<b>NEW!</b> Maximize Revenue Post Pandemic Bailey	<b>NEW!</b> Virtual Group Training - The New Normal Purifoy, Case & Dye	<b>FR1</b>
Acquapole Boxing Manfredi (PRE-RECORDED)	<b>NEW!</b> Growth of a Muscle Cell Layne	<b>NEW!</b> Stop Chasing Clients L. Richards	<b>NEW!</b> GRX Streaming to Success Howard	<b>FR2</b>
Cool Pool Moves: 8 Tools to Remember Warasila	<b>NEW!</b> Slowing the Aging Process with Nutrition Charlop (PRE-RECORDED)	<b>NEW!</b> Preschool Fitness: The Untapped Market Silence	<b>NEW!</b> Coaching Mindset in a Mind-Upset World Gegg	<b>FR3</b>
<b>VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST</b>				
<b>NEW!</b> Aqua Yoga Zen Irby	Diet vs. Exercise: Food Choices Always Win Fearheiley	Strategic Thinking - Personally & Professionally McBride	Transform Social Media Fans Into Paying Clients Plamondon-Thomas	<b>FR4</b>
Platinum - Silver Tsunami M. Velazquez	<b>NEW!</b> Chakra Healing for Optimal Wellness Sebring	Future of Group Ex Panel Kooperman, Howard, Kahn & Spreen- Glick	<b>NEW!</b> Virtual Training: Equipment Essentials Lange	<b>FR5</b>
<b>NEW!</b> Aqua Core Senior Style Kulp	<b>NEW!</b> Food Is & Prevents Medicine Silverman	<b>NEW!</b> Build an Unbeatable Digital Marketing Strategy Polson	Delegation & Automation for Social Media Maurer	<b>FR6</b>
<b>NEW!</b> Aqua ROM Training for Mature Adults Gilbert	<b>NEW!</b> Overcoming Overeating & Food Addiction Ruani (PRE-RECORDED)	<b>NEW!</b> Crushing the Competition With Service Ebeling	<b>NEW!</b> Virtual Training Business Essentials Quelch	<b>SA1</b>
Liquid Gym Acqua Tone Manfredi	<b>NEW!</b> Mental Health: The Parallel Pandemic L. Brick & V. Brick	New Client Retention McBee	<b>NEW!</b> Fitness Business Growth Through Technology Vokoun	<b>SA2</b>
<b>NEW!</b> Aqua PPE Warasila	<b>NEW!</b> Let's FACE It Together™ Special Populations Conti	Design Your Business to Run Itself C. Barnes & T. Barnes	<b>NEW!</b> I'm So Bad with Technology Plamondon-Thomas	<b>SA3</b>
<b>VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST</b>				
WATERinMOTION Strength Kulp	<b>NEW!</b> Drink Up! The Future of Real Milk Lubin	Trends for 2021 & Growth Panel Kooperman, T. Barnes, McBride & Stevenson	Create a Thriving Virtual Studio! Gray (LECTURE)	<b>SA4</b>
SAF Aqua Drums Vibes A. Velazquez	<b>NEW!</b> Exercise Research 101: Facts Vs. Fake News Chilazi	<b>NEW!</b> The It Factor- Build a Brand L. Richards	Social Media Panel Conti, Maurer, Hoff, & K. Williams	<b>SA5</b>
<b>NEW!</b> Double Trouble: Bad Boys Of Aqua Howard & M. Velazquez	<b>NEW!</b> Better Sleep For Active Agers Silverman	<b>NEW!</b> GET KID-FIT! Silence	Live Streaming Like A Boss K. Williams	<b>SA6</b>
<b>NEW!</b> Luscious Limbs: From Top to Bottom Gilbert	<b>NEW!</b> Treating Obesity Effectively Galanto	Be Your Unique Selling Point McWaine	Small Group Training Success Robinson	<b>SU1</b>
<b>NEW!</b> Power to the Pool Dziubinski	<b>NEW!</b> The Best Supplements for Performance Charlop	<b>NEW!</b> From CPT to CEO Brookbush	<b>NEW!</b> Opportunities Within the Health & Fitness Industry McBride	<b>SU2</b>
<b>VIRTUAL EXPO BREAK: 11:50am-12:50pm EST • 10:50am-11:50am CST • 8:50am-9:50am PST</b>				
<b>NEW!</b> Smart Sets For Aqua Dumbbells Kulp	<b>NEW!</b> Nutrition Panel Layne, Silverman, Ruani & Charlop	<b>NEW!</b> Leading Diversity & Inclusion In Fitness Chilazi	<b>NEW!</b> Keys to a Successful Program Launch Hoff	<b>SU3</b>
 Aqua Exercise Certification Warasila • 9:00am-5:00pm CST	Intermittent Fasting - Fact or Fiction? Roth	Small Group Training Profits & Programs Stevenson	<b>NEW!</b> Easy Social Media Management for Fit Pros Morrison	<b>SU4</b>

FRIDAY, FEBRUARY 26

SATURDAY, FEBRUARY 27

SUNDAY, FEBRUARY 28