# April 29-30

## Pre-Convention Events

**Wednesday, April 29**

- SCW Yoga I Certification 8:00am-6:00pm Howard
- SCW Personal Training Certification 9:00am-4:00pm K. Roberts
- SCW Sports Nutrition Certification 9:00am-3:00pm Gilbert
- SCW Group Exercise Certification 8:00am-5:00pm Lewis-McCormick
- SCW Training with Kettlebells 9:00am-4:00pm K. Roberts
- SCW Pilates Matwork Certification 8:00am-5:30pm Appel
- Zumba® Basic Skills Level 1 8:00am-5:00pm Bostic & Witt
- Tabata Bootcamp™ 8:00am-5:00pm Mylrea
- Schwinn® Cycling Instructor Certification 9:00am-7:00pm Scott & Thews
- BOSU® Master Trainer Specialty Certification 9:00am-6:00pm Fable

## Thursday, April 30

- SCW Aquatic Exercise Certification 9:00am-6:00pm Gilbert
- SCW Group Exercise Certification 9:00am-3:30pm Comana
- SCW Lifestyle and Behavioral Coaching 5:30pm-10:00pm Comana
- SCW Yoga II Certification 9:30am-9:00pm Howard
- SCW Group Strength Certification 5:30pm-9:30pm Howard
- SCW Group Strength Certification 5:30pm-9:30pm Lewis-McCormick
- SCW Training with Kettlebells 9:00am-4:00pm K. Roberts
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## Saturday, May 2

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<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:45am</td>
<td>The 2015 Tabata Bootcamp® Workout</td>
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<td>7:00am</td>
<td>Best of Boot Camp 2015</td>
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<tr>
<td>7:30am</td>
<td>Hop, Skip &amp; Jump Phyo Training</td>
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<td>8:00am</td>
<td>Re-ACTIVE Movement Training Appel</td>
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<td>9:00am</td>
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<td>11:00am</td>
<td>SCW Pilates Matwork</td>
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<td>SCW Yoga I Certification</td>
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<tr>
<td>8:45am</td>
<td>EXPO BREAK: CLOSE OUT SALES 10:00am-1:15pm</td>
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## Special Events

- **Welcome Reception**
- **Networking Breakfast**
- **Wine & Cheese Tasting**
- **Charity Auction**
- **Networking Lunch**
- **Closing Celebration**

## Keynote Lecture

**Believe in Yourself**

**K. Roberts**

**RED WARRIOR®**

**J. Roberts**

**BOSU®**

**Why®**

**Fable Controls**

**E. Fable Controls**

**L. Fable Controls**

**F. Fable Controls**

**G. Fable Controls**

**H. Fable Controls**

**I. Fable Controls**

**J. Fable Controls**

**K. Fable Controls**

**L. Fable Controls**

**M. Fable Controls**

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<tr>
<td>KETTLEBELLS &amp; CIRCUIT TRAINING</td>
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<td>Kettle Weight Total Body</td>
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**EXPO OPEN**: 8:45am - 2:30pm

- Disq™ Bookema: No Warsaw! Flexibility in the Water & Plastic Kettle
- Horizontal & Vertical Dynamic Aqua Core Training & Plastic Kettle
- Schwinn® Cycling: Class Design Crunch Time & Plastic Kettle
- MOI Cycle: Endurance Ride & Plastic Kettle
- Sugar vs. Fat: Which is Worse? & Plastic Kettle
- Rebrand for Revenue Growth & Plastic Kettle
- Leadership to Increase Results, Retention and Revenue & Plastic Kettle

**EXPO OPEN**: 3:30pm-5:00pm

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**EXPO OPEN**: 6:00pm-6:45pm

State of the Industry Panel Discussion

**EXPO OPEN**: 9:30am - 3:30pm

- Speedball MetaPower Feinberg: XEROSE LAB®: High Intensity Water Programs & Plastic Kettle
- H2O Lucious Limbs: Lower Body Strengthening & Plastic Kettle
- Schwinn® Cycling: Rhythm Revival Jennings & Plastic Kettle
- MOI Cycle: Race Day Ride & Plastic Kettle
- Burn Calories and Boost Fat Metabolism & Plastic Kettle
- Effective Long-Term Fat Loss & Plastic Kettle
- The Ultimate Personal Training Experience System & Plastic Kettle

**EXPO OPEN**: 6:15pm - 7:45pm CHARITY AUCTION / FRUIT & CHEESE RECEPTION

**EXPO BREAK**: CLOSE OUT SALES 10:00am-1:15pm

- Aquatic Programming for Seniors & Special Populations (S.P.A.) Howard & Plastic Kettle
- Barre-A-Cuda Kooperman & Plastic Kettle
- Schwinn® Cycling: How to Rock a Thighme Ride & Plastic Kettle
- MOI Cycle: Strength Ride & Plastic Kettle
- Heart Rate Variability and Overtraining & Plastic Kettle
- Abs Revealed Ross & Plastic Kettle
- Successful Small Group Personal Training & Plastic Kettle

**EXPO BREAK**: CLOSE OUT SALES 10:00am-1:15pm

- Aquatic Martial Arts Keet & Plastic Kettle
- Schwinn® Cycling: Start a Revolution Mylea & Plastic Kettle
- Women, Weights & Results! Josephson & Plastic Kettle
- Osteoporosis Programs & Prevention Josephson & Plastic Kettle
- Power of Plant-Based Nutrition Josephson & Plastic Kettle

**EXPO BREAK**: CLOSE OUT SALES 10:00am-1:15pm

- Schedule at a Glance
- Kettle Weight Total Body
- H2O Vertically Challenged
- H2O-20-20
- Schwinn® Cycling: Pimp My Play List!
- Metabolism, Fat, Abs, Butts and Thighs
- Personal Trainer Psychology: How to Sell, Motivate, and Retain Clients
- Open Your Own Fitness Facility

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**EXPO OPEN**: 3:30pm-5:00pm

- Kettlebell AMPD
- Moreland
- H2O Riptide: Circuits for Increased Intensity
- Schwinn® Cycling: Leave ‘em Breathless II
- Making Sense of Current Food Trends
- IQ-UP: The Art of Intelligent Coaching
- Group Fitness Solutions

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