

W-TH MAR 28-29

WEDNESDAY, MARCH 28 PRE-CONVENTION EVENTS	SCW T'ai Chi & Qi Gong for Health & Wellness Professionals 8:30am-5:00pm Velazquez P8	Small Group Personal Training Program Design and Application 10:00pm-4:00pm Roberts P8				
THURSDAY, MARCH 29 PRE-CONVENTION EVENTS	Yoga Fundamentals I Certification 7:30am-5:00pm Velazquez P8	SCW Group Exercise Fundamentals 7:00am-5:00pm Gasper P8	SCW Personal Training Fundamentals Certification 8:00am-5:00pm Roberts P8	SCW Sports Nutrition & Body Composition Certification 8:00am-5:00pm Comano P9	Group Fitness Director/Studio Owner 9:00am-4:00pm Lowell P9	SCW Indoor/Outdoor Fitness Boot Camp Certification 9:00am-5:00pm Weichert P9
THURSDAY, MARCH 29 PRE-CONVENTION EVENTS	Lifestyle and Behavioral Coaching Comana 5:30pm-9:30pm P9	Yoga Fundamentals II Certification 5:30pm-9:30pm Biscontini P9	SCW Small Group Training with Kettleweights 5:30pm-9:30pm P9	Bender Barre Method 5:30pm-9:30pm Bender P10		

ENJOY THE EXPO!!

	A GROUP EX	B GROUP EX	C GROUP EX	D MIND/BODY & GROUP EX	E PERSONAL TRAINING & GROUP EX	F BIOMECHANICS & BUSINESS LECTURE
FR 1 7:30am - 9:00am	Core Connection Myrlrea P11	BOSU® HIIT Extreme Roberts K P11	Dynamax™ Medicine Ball: The Ultimate Training Tool Cisneros P11	Clever Metabolic Melt-down Twist P11	360 Training: Hit It Hard! Appel P11	Cardio 101: Start Here First! Biscontini P11

EXPO OPEN : 8:45am-10:15am, 11:15am-4:15pm, 5:30pm-6:30pm

FRIDAY, MARCH 30

FR 2 10:00am - 11:30am	Horizontal Boot Camp Koulourides P12	BOSU® Multiplicity Arney & Blahnik P12	Piloxing® Gornall P12	Sheanetics® Vaughn P12	SGT Ken's KettleBALL Workshop: Operation Breaking Barriers™ Weichert P12	Good to Great... Renata and Cingle P12
FR 3 Session1 - 11:45am-1:15pm Session2 - 12:30pm-2:00pm	Zumba® Fitness Party Carr P13	Pure Partnering Gasper P13	Group RX: STEP Dale W, Kuhn P13	20-20-20 Barefoot Body Biscontini P13	Feet and Function with the ChiBolster® Bender P13	Top 10 Greatness: Unlock Your Potential and Find Your Path to Greatness Twist P13 Session 2
FR 4 2:15pm - 3:45pm	Horizontal Conditioning - Strength and Length Koulourides P14	Flirty Girl Teaser Gleeson & Zahnn P14	ZUMBATICOMIC® Smith P14	Putting Intensity Back Into T'ai Chi Biscontini P14	The Masala Bhanga® Workout Jain P14	Exercise Physiology 101: The Female Athlete Triad McCormick P14
FR 5 4:00pm - 5:30pm	StepTonic® Nixon P15	BOSU® Crush It Myrlrea P15	Power Hour: The S.W.A.T. Team Workout Grosshauser P15	Yoga Touch Kooperman P15	Team Training 2012 Twist P15	Assessment and Problem Solving for the Core Inman P15

EXPO OPEN : 5:30pm-6:30pm CHARITY AUCTION / FRUIT & CHEESE RECEPTION (Bidding to Benefit!)

FR 6 MASTERCLASS 6:30pm - 7:30pm	Step 'Til You Drop Gasper P15		Synergy Oringer P18	Horizontal Gets Rolling Koulourides P18	SGT Ken's Obstacle Course: Operation Deep Impact Weichert P18	
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SATURDAY, MARCH 31

SA 1 7:30am - 9:00am	SGT Ken's Boot Camp: Operation Excessive Force™ Weichert P18	DanceTonic™ Nixon P18	Core Training - Research & Science becomes Group Fit Gold Matthews P18	Sheanetics® Vaughn P18	360 Training: Turn it Up, Turn it Down Appel P18	3D Matrix Performance Series: Core Conversion Training Gray P18
SA 2 10:00am-11:30am	Booty Camp Myrlrea P19	ZUMBA® Toning Carr P19	Barbell Training 2012 - Best Practices Renata P19	Delicious Yog-ahh Arney P19	360 Training: Explosive Cardio Goudeau P19	Assessment and Problem Solving for the Foot and Ankle Inman P19
SA 3 Session1 - 11:45am-1:15pm Session2 - 12:30pm-2:00pm	Zumba® Fitness Party Carr P20	BOSU® Strong + Stretched Arney P20	Dynamax™ Med Ball Boot Camp Cisneros P20	Yoga Rhythm Dance Kooperman P20	Piloxing® Gornall P20	Group Fitness Management Renata P20
SA 4 2:15pm - 3:45pm	Muscle Bar Boot Camp Gasper P20	Evolutions of Dance - What's right for your members? Sanchez P20	Group RX: RIP Dale W & Kuhn P21	Zumba Gold® Stone P21	JungShin® Fitness Kahn P21	3D Matrix Performance Series: Balance Escalation Training Gray P21
SA 5 4:00pm - 5:30pm	Tabata BootCamp Myrlrea P21	HIIT & Step Training - Next Generation Stepping Scales P21	Dynamax™ Cardio Core: Fat Burning Med Ball Training Cisneros P21	Tri-Planar Pilates Bender P21	Body Leverage Training, No Equipment, No Problem Bracko P21	Inner Peace and Power Koulourides P22

EXPO OPEN : 5:30pm-6:30pm

SA 6 6:30pm-7:30pm MASTERCLASS	Step Factor Express Gasper P22		Horizontal Conditioning...Take Home the Challenge Koulourides P22	Xercise Lab™ Rowe P22		State of the Industry Address Kooperman, Lowell, Comana, Myrlrea, Biscontini & Blahnik P22
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SUNDAY APRIL 1

SU 1 7:00am - 8:30am	Flirty Girl Teaser Gleeson & Zahnn P22		Dynamax Med Ball: Explosive Partner Training Cisneros P22		360 Training: Superior Strength Goudeau P22	Squatology McCloskey P23		
SU 2 8:45am-10:15am	BOSU® Balanced Body Biscontini P23		Bender Barre-None Bender P23		Piloxing® Gornall P23	Engage...Ignite... Empower © Comana P23		
EXPO BREAK : CLOSE OUT SALES 8:15am-1:15pm								
SU 3 11:15am -12:45pm	BOSU® Pilates 3D Vanderburg P24		Mamma Wants Her Body Back Myrlrea P24		360 Training: From Function to Performance Appel P24	3D Flexibility: Mobility of the Body Gray P24		
SU 4 1:00pm - 2:30pm	SculpTonic™ Nixon P24	Yo-Chi Glow Biscontini P24	360 Training: Core Combustion Goudeau P24	Learning to Function... On the Ground Gray P24				

REGISTER AT: www.scwfitness.com/california

SCW Aquatic Exercise Fundamentals Certification 7:00am-6:30pm McCormick P9	SCW Pilates Matwork Fundamentals 7:00am-5:00pm Bender P8	ZUMBA® Basic Skill Level 1 Instructor Training Eliza Stone & Joy Smith 9:00am-6:00pm P10	Flirty Girl Fitness™ The Flirtification 10:00am-4:00pm Gleeson & Zahnn P10	Tabata BootCamp 9:00am-5:00pm Myrlea P10	Schwinn® Cycling Instructor Training Course 9:00am-7:00pm Arney & Blahnik P10	Piloxing Instructor Training 8:00am-5:00pm Vorce P10	REALRYDER® Certified Instructor Training 8:00am-5:00pm Reid P10
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ENJOY THE EXPO

G NUTRITION LECTURE	H SMALL GROUP TRAINING	I CYCLING	J AQUA (ACTIVITY)	K AQUA (LECTURE)	L SMALL GROUP	M PERSONAL DEVELOPMENT/ MANAGEMENT	N CYCLING
Nutrient Deficiencies: The Domino Effect Orringer P11	Kettle Weight Bootcamp Fitness McMullen P11	Schwinn® Cycling: All the Right CUES Arney P11	Aqua Dance Party Stenis P11	Aqua Body Moves Velazquez P11	Myofascial Compression Techniques: Trigger Point Performance Therapy Phillips P11	Foundations in Exercise Science Comana P12	RealRyder® Indoor Cycling: This is How We Ryde! Reid P12

EXPO OPEN : 8:45am-10:15am, 11:15am-4:15pm, 5:30pm-6:30pm

Ramping Back Up From Cancer - Relentlessly Breaking the Rules Twist P12	Semi-Private Personal Training Roberts P12	Schwinn® Cycling: You Had Me At Hello Scott P12	Ageless Aqua, Float & Flexibility Pinkowski P13	Aquatic Foundations McMullen P13	Rehabilitative Pilates with the ChiBolster® Bender P13	Group Fitness Solutions Lowell P13	RealRyder® Indoor Cycling: Re-cycle...Class Planning In Minutes! Gasper P13
Creating Fantastic Member Experiences Lowell P13 Session 2	Kettle Weight Basic Training P13 McMullen Session 1	Schwinn® Cycling: HIT IT! Blahnik P13 Session 1	Aqua Mixology Stenis P14 Session 2	Ay Caramba Aqua Velazquez P14 Session 2	Core Commotion Grosshauser P14 Session 2	C.O.G., L.O.G., and Balance...oh my! Pinkowski P13 Session 1	RealRyder® Indoor Cycling: Burn Your Last Match! Reid P14 Session 2
Cardio Reinvented Comana P14	Armed and Dangerous Appel P14	Schwinn® Cycling: Short & Sweet Myrlea P14		WATERinMOTION® WAVE 8 WIM Team P14	SMRT-CORE™ Movement Howell P14	Assessment and Problem Solving for the Hip Inman P14	
High Octane Fueling Comana P15	Kettle Weight Programming Gasper P15	Schwinn® Cycling: Ride One, Get One FREE Scott P15	Aqua Hip and Funk Velazquez P15	Water, Water Everywhere McCormick P15	TNT-Trampoline -N- Tubing Appel P15	Social Media Intensive for Today's Fitness Professional Biscontini P15	RealRyder® Indoor Cycling: This is How We Ryde! Reid P15

EXPO OPEN : 5:30pm-6:30pm CHARITY AUCTION / FRUIT & CHEESE RECEPTION (Bidding to Benefit!)

FUEL + FITNESS Koulourides P18	Ultimate Back Exercises for Injury Prevention and Performance Bracko P18	Schwinn® Cycling: 7 Shortcuts to More Powerful Playlists Arney P18	HIIT Training: SWEAT 2 WET McMullen P18	Aqua Jam Packed Pool Layne P18	Take 5 - Ultimate Abs McCormick P18	Cream Rises Biscontini P18	RealRyder® Indoor Cycling: This is How We Ryde! Reid P18
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EXPO OPEN : 8:45am-10:15am, 11:15am-4:15pm, 5:30pm-6:30pm

Training Transformation Layne P19	The Masala Bhangra Workout® Bollywood Style Jain & Rivas P19	Schwinn® Cycling: So You Think You Can Race, Season 2 Roberts P19	Move, Shake, Splash! Stenis P19	Ay Caramba Aqua Velazquez P19	JumpSport® Fitness Trampoline™: The Bounce is Back Appel, McCormick & McMullen P19	Marketing for Success Kooperman P19	RealRyder® Indoor Cycling: This is How We Ryde! Reid P19
Girls 30+...Staying Healthy and Lean Koulourides P20 Session 2	SMRT -CORE™ MAX Howell P20 Sessions 1	Schwinn® Cycling: Energize & Socialize Blahnik J P20 Session 2	Aqua Core Training Velazquez P20 Session 2	Hydro Flex-n-Flow McMullen P20 Session 2	Hip Hop HUSTLE™: On the Outside Looking In Frederick & Muchko P20 Session 1	The Sports Conditioning Trifecta Comana P20 Session 2	RealRyder® Indoor Cycling: Tri-Planar Ryding...Training for Sport & Life! Bender P20 Session 1
Nutrient Deficiencies: The Domino Effect Orringer P21	Chi-Lates Biscontini P21	Schwinn® Cycling: Ride One, Get One Free Roberts P21		WATERinMOTION®: WAVE 9: NOODLES & THE ATHLETE WIM Team P21	Bender Ball® Healthy Back Bender P21	Artistic & Scientific: The New Era of Exercise Rx Bracko P21	RealRyder® Indoor Cycling: Burn Your Last Match! Reid P21
All About Alcohol Layne P22	SMRT-CORE™ Movement Howell P22	Schwinn® Cycling: Release and Relieve Vanderburg P22	Aqua ZUMBA® Stone P22	Introduction to Aquatics: Take the Plunge Kooperman P22	JumpSport® Jump into Active Aging McCormick P22	Blueprint for Success Comana P22	RealRyder® Indoor Cycling: This is How We Ryde! Reid P22

EXPO OPEN : 5:30pm-6:30pm

		Schwinn® Cycling: Power Hour! Cook P22					
Flab to Fab: A Woman's Guide to Nutritional Fat Loss Bracko P23	Music Makes the People Come Together Westerman P23	Schwinn® Cycling: The Wakeup Workout Myrlea P23	How To Teach the "Why?" Layne P23	Hydro Yo-Chi Biscontini P23	Where's The Party? Park-Smith & Frederick P23	HR Coaching - \$The Real Money Maker\$! Grosshauser P23	RealRyder® Indoor Cycling: Training for Sport & Life! Bender P23
Non-Traditional Resistance Training and Unstable Surfaces Bracko P23	Myofascial Compression Techniques: Trigger Point Performance Therapy Phillips P23	Schwinn® Cycling: HIT IT! Vanderburg P23	Gentle Aqua McCormick P23	MultiDimensional Monster Aqua Choreography Layne P23	JumpSport®: BOUNCIN' Booty Dance McCullen P23	The Apprentice: Inside Secrets from a Serial Mentee Arney P24	RealRyder® Indoor Cycling: Re-cycle...Class Planning In Minutes! Gasper P24

EXPO BREAK : CLOSE OUT SALES 8:15am-1:15pm

The Facts on Fat Layne P24	KettleBell Total Body Meltdown McMullen P24	Schwinn® Cycling: Ride One, Get One FREE Cook P24	Going Off the Deep End Pinkowski P24	Aqua Core Training Velazquez P24	JungShin® Fitness for the Core and the Gentle Warrior Kahn P24	Exercise Physiology 101: Pregnancy and Exercise McCormick P24	
Comprehensive Carbohydrates Layne P25	High Voltage Cardio Grosshauser P25		Fluid Fusion Velazquez P25	Buoyancy in Balance Pinkowski P25	From Good to Excellent Comana P25	FLEX Your Social Media MUSCLE McMullen P25	