


AUG. 26-27

WEDNESDAY AUGUST 26 PRE-CONVENTION EVENTS	SCW Yoga I Certification 8:30am-5:00pm Velazquez Mats Page 8	SCW Personal Training Certification 9:00am-6:00pm Roberts Page 8	WIM Aquatic Certification 9:00am-6:00pm Warasila Page 9	Barre Above™ Certification 10:00am-6:00pm Bender Page 9			 watermotion AQUATIC CERTIFICATION with Connie Warasila Wednesday 9:00am-6:00pm		
	THURSDAY AUGUST 27 PRE-CONVENTION EVENTS	SCW Small Group Training Certification 9:00am-5:00pm Roberts Page 8	SCW Sports Nutrition Certification 9:00am-3:30pm Comana Page 8	SCW Group Exercise 8:00am-5:00pm Lewis-McCormick Page 8	SCW Aquatic Exercise Certification 8:00am-5:00pm Velazquez Page 8	SCW Training with Kettlebells 9:00am-4:00pm Benten Page 8		SCW Pilates Matwork Certification 8:00am-5:00pm Appel Page 8	SCW Group Strength Certification 5:30pm-9:30pm Lewis-McCormick Page 8

A BOOT CAMP & GROUP TRAINING	B GROUP TRAINING & HIIT	C MIND/BODY	D SPECIALTY TRAINING	E FUNCTIONAL TRAINING & STRENGTH	F DANCE & GROUP EX	G KETTLEBELLS & CIRCUIT TRAINING	H AQUA (ACTIVITY)
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FR1 7:30am-9:00am	Dancing for Joy Kolber Page 11	Ropes Gone Extremely Wild!™ Nunez Page 11	Steel Pilates Howard Page 11	ActivMotion Bar: Disruptive Training Mikulski Page 11	BOSU® HIIT: The Metabolic Challenge Vanderburg Page 11	Mashup™: 5X Real Results Zacharias & Redwine Page 11	Stereo Hearts Benten Page 11	Deep Water Dance Party Westfall Page 11
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EXPO OPEN : 8:45am - 10:15am

FR2 10:00am-11:30am	Best of Boot Camp 2015 M.Mylrea Page 12	Hop, Skip & Jump Plyo Training Ross Page 12	Yoga with a Twist Kooperman Page 12	Masala Bhanga™: Lights, Camera, Drama...It's Bollywood! Rivas Page 12	BOSU® On The Minute Roberts Page 12	Piloxing® Knockout Ballard Page 12	Total Body Core Training McCall Page 12	Power, Balance and Strength Stuart Page 12
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EXPO OPEN : 11:15am - 2:30pm

FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	Jillian Michael's BodyShred™ Shipman Session 1 Page 13	Chain Reaction Appel Session 2 Page 14	Balanced Body® Fit: High Intensity Meets Mindful Movement Quest Session 2 Page 14	Bender Bootcamp 2015 Bender Session 2 Page 14	Shockwave Thews, Crosby & Jennings Session 1 Page 13	Hot Latin Cardio with Velazquez Session 2 Page 14	Hot Latin Cardio with Manuel Velazquez Session 1 Page 13	Aqua ZUMBA® Bullard Session 1 Page 13
FR4 2:15pm-3:45pm	Body Weight Boot Camp M. Mylrea Page 14	Ropes - Through Thick and Thin Freytag Page 15	Disruptive Training McCall Page 15	Indo-Row®: The Team Attack on Total Body Training Thews & Crosby Page 15	BOSU® Dimensional Core Training Vanderburg Page 15	ZUMBA® Let it MOVE YOU! Aglia & Bullard Page 15	DISC™ Mobile Power & Strength Boekema Page 15	Kettlebell Butts & Guts Benten Page 18	Awake! Flexibility in the Water Pinkowski Page 18
FR5 4:00pm-5:30pm	Relax and Restore Foam Roller Training Lewis-McCormick Page 18	Move Free Ross Page 18	TriggerPoint: Myofascial Compression™ Techniques For Injury Prevention Fowler Page 18	Balanced Body Barre™: Strong Core, Toned Arms Karley Page 18	Exercise for the Fountain of Youth McCall Page 18	ZUMBA® Diva Nation Aglia & Bullard Page 18	Kettlebell Butts & Guts Benten Page 18		

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

FR6 6:30pm-7:30pm	Battle with the Bands Nunez Page 19	U-JAM Powell Page 19	Tabata Yoga Howard Page 19		The M.I.X. 3D! Kimmel Page 19	WERQ Like a Boss Stone Page 19			
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EXPO OPEN : 9:30am - 11:15pm

SA1 7:00am-8:30am	Strength Circuit Ramping Freytag Page 19	HIIT Parade M. Mylrea Page 19	Speed of Light, Medium, and Heavy Nunez Page 19	Balanced Body Barre™: Long, Lean Legs! Karley Page 20	Shockwave Thews, Crosby & McLean Page 20	Masala Bhanga®: Bhangra Amplified Rivas Page 20	Cardiopump Fusion Benten Page 20	Fluid Fusion Velazquez Page 20
KEYNOTE 8:45am-9:45am	Believe in Yourself Kooperman Page 20							
SA2 11:00am-12:30pm	New for 2015: Tabata Bootcamp™ Express Workout M. Mylrea Page 20	Kick and HIIT - Urban- Kick® HIIT Kickboxing Barnard & Natsuki Page 21	Yoga Touch Kooperman Page 21	Indo-Row®: The Perfect Calorie Burn Crosby & Thews Page 21	Out of Bounds Brooks & M. Mylrea Page 21	Crunch® Live Flexen Page 21	Speedball Feinberg Page 21	WATERinMOTION® The Ripple Effect Warasila, Henry, Kooperman, Velazquez, Layne Page 21

EXPO OPEN : 12:15pm - 3:30pm

SA3 SESSION 1 12:45pm-2:15pm	SA3 SESSION 2 1:30pm-3:00pm	Real World Plyometrics Ross Session 1 Page 22	Strength Overload M. Mylrea Session 1 Page 22	MMA Conditioning: Battle Obesity with WAR Livingston Session 2 Page 22	Yogi Barre Bender Session 1 Page 22	Kamagon® Kore Roberts Session 2 Page 22	Choreography WERQshop Stone Session 1 Page 22	Kettle Body by Brook Benten Session 1 Page 22	Aqua ZUMBA® Bullard Session 1 Page 22
SA4 3:15pm-4:45pm	Quickies: Get More Done in Less Time M. Mylrea Page 23	Cardio Interval Ramping Freytag Page 23	Balanced Body: MOTR™ = Movement Magic! Quest Page 23	Piloxing® Ballard Page 23	BOSU® Plyo Power Brooks Page 23	ZUMBA® Cardio Blast! Aglia & Bullard Page 23	Mashup™: 5X Real Results Zacharias & Redwine Page 24		






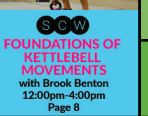
EXPO OPEN : 4:30pm - 6:30pm

SA5 5:45pm-7:15pm	Jillian Michael's BodyShred™ Shipman Page 24	Reactive Overload Appel Page 24	TriggerPoint: Myofascial Compression™ Techniques for Multi-Sport Training Fowler Page 24	Balance Now! Mikulski Page 24	FXP Fitness™ Total Body Sculpt Pecenka Page 25	ZUMBA® Step To The ZUMBA® Beat Aglia Page 25	DISC™ Mobile Power & Strength Boekema Page 25	Deep Water Core & More Westfall Page 25
SA6 MASTERCLASSES 7:30pm-8:30pm	Core Amour Appel Page 25	U-JAM Powell Page 25	Drishiti Beats Lowell Page 25	Camp Gladiator Murphy Page 26	The M.I.X. 3D! Kimmel Page 26			


FRIDAY, AUGUST 28

SATURDAY, AUGUST 29

SUNDAY, AUGUST 30

SU1 7:00am-8:30am	Ballapalooza Freytag Page 26	Surge® Advanced Core Training Stutzman Page 26	Piloxing® Barre Ballard Page 26	Recess Lab Lewis-McCormick Page 26	BOSU® Balance Basics and Beyond - Keys to Anti-Aging Quest & O'Brien Page 26	Trifecta Fitness Velazquez Page 26	Athletic Step Conditioning with POWER STEP® Livingston Page 26	Tab-Aqua Power Howard Page 26
SU2 8:45am-10:15am	Roll, Regenerate, Revitalize Ross Page 27	Kick and H.I.T. - UrbanKick® Kickboxing Class Barnard & Natsuki Page 27	FXP® Fitness Core Flow Pecenka Page 27	 Balanced Body® Fit: 20 is Plenty, Intense Interval Training Karley Page 27	 JILLIAN MICHAELS BODYSHRED® with Mark Shinnan 9:00am-4:00pm Page 8	 Step Expressions Henry Page 27	Moms In Motion Aqua Lewis-McCormick Page 27	
EXPO BREAK : CLOSE OUT SALES 10:00am-1:15pm								
SU3 11:15am-12:45pm	TriggerPoint: GRID® Lock Fowler Page 28	Speedball Core Feinberg Page 28	Mashup™: 5X Real Results Zacharias & Redwine Page 28	 BALLET BARRE CERTIFICATION with Abbie Appel 7:30am-4:00pm Page 8	The M.I.X. 3D! Kimmel Page 28	 JILLIAN MICHAELS BODYSHRED® with Mark Shinnan 9:00am-4:00pm Page 8	 FOUNDATIONS OF KETTLEBELL MOVEMENTS™ with Brook Benton 12:00pm-4:00pm Page 8	Aquatic Programming for Seniors & Special Populations Howard Page 28
SU4 1:00pm-2:30pm	Get Centered: Dance, Tai Chi & Yoga Fusion Kolber Page 29	No Equipment, No Problem, No Velazquez Page 29	20X3 Howard Page 29					Deep's Abs Lab Stuart Page 29

SCW DALLAS MANIA® *Schedule at a Glance*

ZUMBA® Basic Skills Level 1 8:00am-5:00pm Aglia & Bullard Page 10	Tabata BootCamp™ 8:00am-5:00pm M. Mylrea Page 9	Schwinn® Cycling Instructor Certification 8:00am-5:00pm Scott & Thew Page 9	RealRyder® Certified Instructor Training 8:00am-5:00pm Brooks & Reid Page 9	BOSU® 3D XTREME™ Certification 10:00am-4:30pm Vanderburg Page 9	MOTR™ Training: Core, Cardio and More 9:00am-5:00pm Quest Page 9	Trigger Point® Myofascial Compression Techniques: 9:00am-5:00pm Fowler Page 10	URBANKICK® Instructor Certification 8:00am-5:00pm Barnard & Natsuki Page 10	Functional Flexibility Certification 5:30pm-9:30pm Bender Page 10	MOVING TO Happiness with Petra Kolber Thursday, 9:00am-5:00pm • Page 10	
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I AQUA (LECTURE)	J SCHWINN® CYCLING	K REALRYDER® CYCLING	L MOI CYCLING	M NUTRITION LECTURE	N EXERCISE SCIENCE & NUTRITION LECTURE	O PERSONAL TRAINING LECTURE	P BUSINESS & EXERCISE SCIENCE	Q BUSINESS LECTURE	R SUSPENSION & CIRCUIT TRAINING
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Agless Aqua Pinkowski Page 11	Schwinn® Cycling: Pimp My Play List! Scott Page 11	RealRyder®: Adrenaline Rush Bender Page 11		Metabolism, Fat, Abs, Butts & Thighs Comana Page 12	Women, Muscle and Strength Lewis-McCormick Page 12	Leadership & Management Skills That Inspire Excellence Melkerson-Granryd Page 12	Exercise & Aging: Best Practice Programming Kooperman Page 12	Top Trends in Group Fitness Cyrus Page 12	Bodhi Suspension System CSI: Circuit Suspension Intervals Quest Page 12
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EXPO OPEN : 8:45am - 10:15am

Horizontal & Vertical Dynamic Aqua Core Training Velazquez Page 12	Schwinn® Cycling: Rhythm Revival Jennings Page 12	RealRyder®: Precision Training Brooks & Stutzman Page 13	MOI Cycle: Endurance Ride MOI Team Page 13	Best Body Countdown Digsby Page 13	3D Flexibility and Strength Bender Page 13	Marketing Strategies That Work Hall Page 13	Introduction to the Moving to Happiness® Coaching Method Kolber Page 13	Go the Distance Lewis-McCormick Page 13	Bodhi Suspension System Chiseled Suspension Intervals Nico Gonzalez Page 13
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EXPO OPEN : 11:15am - 2:30pm

Gentle Aqua Lewis-McCormick Session 1 Page 13	Schwinn® Cycling: Class Design Crunch Time Scott Session 1 Page 13	RealRyder®: This is How We Ryde! Brooks & Reid Session 1 Page 13	MOI Cycle: Interval Ride MOI Team Session 2 Page 14	Optimal Protein Strategies for Body Composition Russell Session 1 Page 14	Core Essentials in Exercise Science Comana Session 2 Page 14	Advanced Program Design Strategies McCall Session 2 Page 14	The Perfection Detox® Kolber Session 2 Page 14	Using Social Media to Up Your Game Freytag Session 1 Page 15	
Beating Aqua Burnout Warasila, Henry, Kooperman, Pinkowski & Velazquez Page 15	Schwinn® Cycling: Got Lactate? Roberts Page 15	RealRyder®: Precision Training Brooks & Stutzman Page 15	MOI Cycle: Strength Ride MOI Team Page 15	Creating & Managing True Customer Loyalty Programs McHaney Page 15	Lifestyle Choices and Your Brain Eckmann Page 15	Making Your Club Bullet Proof: Thriving in the Competitive Fitness Industry Stevenson Page 15	Create a Service Culture That is Proven to Retain Your Members Gorsline Page 15	Sell and Retain Using Group Ex Woodard Page 18	Bodhi Suspension System CSI: Pilates Meets Suspension Nico Gonzalez Page 18
Water Cardio and Core Warasila Page 18	Schwinn® Cycling: Rock Stars, Preachers & Party People Scott, Jennings & Thews Page 18	RealRyder®: Fun & Functional Group Training Brooks & Reid Page 19		Making Sense of Current Food Trends B. Mylrea Page 19	Fitness Facility on FIRE Digsby Page 19	Workplace Wellness Programs Velazquez Page 19	Identifying Critical Points of Customer Service McHaney Page 19	How To Exceed Members Expectations Gorsline Page 19	Balanced Body Fit: Suspension Meets Circuit Training Nico Gonzalez Page 19

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

				State of the Industry Panel Discussion Comana, McHaney, Kooperman, Ross, McCormick Page 19					
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EXPO OPEN : 9:30am - 11:15pm



Hydro Boost! Stuart Page 20	Schwinn® Cycling: Leave'em Breathless! Scott Page 20	RealRyder®: Influencing The Influencers - Women! Bender Page 20		Metabolism Makeover Digsby Page 20	Protein for Power Play Layne Page 20	5 Ways Software Will Grow Your Business Hall Page 20	Brain Boosters Eckmann Page 20		Bodhi Suspension System CSI: Circuit Suspension Intervals Nico Gonzalez Page 20
Aqua HIIT Westfall Page 21	Schwinn® Cycling : Ride the Total Body Trends with Circuits Vanderburg Page 21	RealRyder®: Cardio Games Reid Page 21	MOI Cycle: Endurance Ride MOI Team Page 21	Sugar vs. Fat: Which is Worse? Comana Page 21	Nutrition Nuggets Digsby Page 22	3D Core Assessment & Programming Bender Page 22	How Great Companies Build Loyalty McHaney Page 22	Marketing and Selling S.M.A.R.T. Scudder Page 22	Bodhi Suspension System: Chiseled Suspension Intervals Karley Page 22

EXPO OPEN : 12:15pm - 3:30pm


Tab-Aqua Boot Camp Howard Session 1 Page 22	Schwinn® Cycling: Hot Topics in the Saddle McLean Session 2 Page 23	RealRyder®: This Is How We Ryde! Brooks & Reid Session 2 Page 23	MOI Cycle: Interval Ride MOI Team Page 22	Burn Calories & Boost Fat Metabolism Kravitz Session 1 Page 22	Surviving the 3 S's During Menopause: Stress, Sleep & Sugar Layne Session 2 Page 23	The Trainers Triangle Le Cara Session 1 Page 22	Tips and Trends For 2015 Kooperman Session 2 Page 23	Financing Options For Your Business Bosley Session 2 Page 23	Bodhi Suspension System: Pilates Meets Suspension Session 2 Nico Gonzalez Page 23
WATERinMOTION® Platinum 2 Warasila, Henry, Kooperman, Velazquez Page 24	Schwinn® Cycling: Girl Power Appel, Stone & Thews Page 24	RealRyder®: Time-Crunched & Off Course Reid Page 24	MOI Cycle: Endurance Ride MOI Team Page 24	Women, Hormones, Metabolism and Energy Kravitz Page 24	Inspire Your Staff to Excellence Hymer Page 24	Successful Small Group Personal Training Comana Page 24	Differentiating Through All-Star Customer Service Stevenson Page 24	Give & Receive Feedback Woodard Page 24	Balanced Body Fit: Suspension Meets Circuit Training Nico Gonzalez Page 24

EXPO OPEN : 4:30pm - 6:30pm

Aqua Zen Warasila Page 25	Schwinn® Cycling: Nothing But The HIITs! Roberts Page 25		MOI Cycle: Strength Ride MOI Team Page 25	Heart Rate Variability and Overtraining Kravitz Page 25	Nutritional Needs During Menopause Layne Page 25	Personal Training, Small Group & Group Exercise Melkerson-Granryd Page 25	Group Fitness: A Retention Tool Henry Page 25	Trends: Use 'Em to Fine-Tune Your Business' Strategies Scudder Page 25	
				Using Social Media to Up Your Game Freytag Page 26					

H.E.A.T. Waves Henry Page 27	Schwinn® Cycling: Start a Revolution M. Mylrea Page 27	RealRyder®: Cardio Games Brooks & Reid Page 27		Diet Fads and Facts Digsby Page 27	Maximizing Muscle Strength Kravitz Page 27	Healthy Aging Survival Kit Eckmann Page 27	Graciously, Professionally and Systematically Producing Referral Business Woodard Page 27	Personal Training: Competing with Free Group Classes Osborne Page 27	Bodhi Suspension System CSI: Circuit Suspension Intervals Nico Gonzalez Page 27
Barre-A-Cuda Water Workout Kooperman Page 27	Schwinn® Cycling: How to Rock a Theme Ride Thews Page 28	RealRyder®: Influencing The Influencers-Women! Bender Page 28			Circuit Training Extravaganza Kravitz Page 28	Training During the Menopausal Years Layne Page 28	Cultural Excellence Through Employee Engagement Stevenson Page 28	The Ultimate PT Experience System Osborne Page 28	Bodhi Suspension System: Chiseled Suspension Intervals Nico Gonzalez Page 28

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

Keeping Your Cool at the Pool Warasila Page 28	Schwinn® Cycling: Tabata Tantrum M. Mylrea Page 28				Caffeine, Creatine and Coconuts Layne Page 28	50+ Customers: How to Get Us, Serve Us and Keep Us Scudder Page 29	Sales Training for Trainers Who Don't Like Sales Melkerson-Granryd Page 29		Bodhi Suspension System: Pilates Meets Suspension Nico Gonzalez Page 29
Anchor Down Henry Page 29					Carbohydrates Layne Page 29	Building A Great Team Of Personal Trainers Osborne Page 29	Leadership to Increase Results, Retention and Revenue Woodard Page 29	Motor Control: How Does it Affect My Training? Le Cara Page 29	