



Featuring  
**JILLIAN MICHAELS**  
**BODYSHRED™**

# Midwest **MANIA**®

FITNESS PRO CONVENTION  
**SEPT. 25-27**



[www.scwfit.com/mania](http://www.scwfit.com/mania)

# LETTER FROM SARA KOOPERMAN, JD

## CEO, SCW Fitness Education



Dear Fitness Industry Professional,

Thank you for registering for SCW Fitness Education's Midwest MANIA® convention! Midwest MANIA® will be an inspirational weekend with over 200 sessions available to fitness professionals. We are very excited about our new programming and thankful for all of our new and long-term sponsors! This

year, we will offer a plethora of Barre, Personal Training, High Intensity Interval Training, Aqua, Sports Conditioning, Boot Camp, Yoga, and Cycling sessions!

For over 28 years, SCW Fitness Education has been working hard to ensure that you have the opportunity to receive the most up-to-date information in the fitness industry.

We know that you are as passionate about fitness as we are! We are certain that after a weekend of MANIA®, you will be re-energized with the commitment to bring all that you learn back to your clients and classes.

Please be sure to visit the EXPO and get all of the bands, bars, music, DVDs, books, shoes and workout wear that you need to ensure you are well-equipped for 2015!

Yours in fitness,

Sara Kooperman, JD  
CEO, SCW Fitness Education

## SCW FITNESS EDUCATION WE'RE A FAMILY



SCW is an internationally recognized education body that provides hands-on and online certifications and continuing education courses and conventions to

fitness professionals in multiple disciplines nationwide. For the past 28 years, since 1987, Personal Trainers, Group Exercise Instructors, Small Group Training Leaders, Aquatic Exercise Professionals, Cycling Teachers, Mind-Body Experts, Sport Specific Training Educators and many more get trained through SCW. This outstanding Family of Leaders also supports Managers, Directors and Owners of clubs and facilities nationwide. As the largest fitness conference leader in the world, MANIA® offers eight Professional Training Conventions in Philadelphia, California, Florida, Atlanta, Dallas, DC, Midwest (Chicago), and Boston. SCW now serves over 10,000 health and wellness professionals face-to-face at conventions and 90,000 via virtual connections.



## MIDWEST MANIA® CONVENTION

September 25-27, 2015

## CERTIFICATIONS

September 23-24, 2015

## LOCATION

The Westin O'Hare  
6100 North River Road  
Rosemont, Illinois 60018



## WHAT IS MANIA®?

MANIA® is a three-day Fitness Education Conference, running 17 sessions every hour on the hour, featuring world-renowned Fitness Educators leading over 200 sessions on topics such as:

- Personal Training
- Group Exercise
- Nutrition
- Boot Camp
- Cycle
- Aqua
- Business
- And Much More!

MANIA® is more than just a Fitness Convention; it's the place where the fitness community goes to be inspired, recharged and learn! MANIA® is affordable and is perfectly suited for the budding exercise professional to the seasoned fitness veteran. Rub elbows with your favorite presenters (Local & International), shop the Expo and celebrate being part of a greater health and wellness community. It's a shot of adrenaline to your fitness career that keeps you coming back for more!

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# ROCK IT.

200+

SESSIONS &  
CERTIFICATIONS

70+

TOP FITNESS  
PRESENTERS

21

CEC & CEU  
HOURS

17

SESSIONS  
EVERY HOUR

## PREMIERE SPONSORS

**SPRI**

**water in motion**

## CO-SPONSORS

**JILLIAN MICHAELS  
BODYSHRED**

**REALCYBER**

**rykō**

**Savvier  
Fitness**

**SCHWINN  
QUALITY**

**ZUMBA**

## ASSOCIATE SPONSORS

**ACTIVMOTION BAR**

**balanced body**

**BARRE  
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**dynamix**

**GARY INSTITUTE**

**THE LIFE FITNESS**

**KAMAGON**

**LES MILLS**

**MINDBODY**

**Mo'cycle**

**PILOXING**

**PILOXING**

**Posture**

**DOWN**

**POWER  
MUSIC**

**SPEEDBALL**

**SURGE**

**TRIGGER POINT**

**URBAN KICK**

**WaterRowers**

**WERQ**

**yes!**

**YOGA**

[scwfit.com/mania](http://scwfit.com/mania)

**TRAVEL & HOTEL INFO**



**LOCATION:**  
**The Westin O'Hare**  
**6100 North River Road**  
**Rosemont, Illinois 60018**

1-800-937-8461 (reservations only)  
 (847) 698-6000

Rooms are now \$145 Single-Quad (regularly \$229 a night.) Pay as little as \$36.25 per night when you share a room with three others! Every MANIA® session is conveniently located on-site.

**Cut-off Date:** September 3, 2015



**PARKING**  
 Special overnight parking rate of \$10 per car per night.



**FREE AIRPORT SHUTTLE**  
 O'Hare Airport Hotel Shuttle offers a daily complimentary shuttle service to and from the Chicago Airport.

For domestic flights, pickup is at the Hotel Shuttle Center Door #3, which is located just off the baggage claim area. Between Midnight and 5:00am, please call 847-698-6000 to arrange service. Pickup at the International Terminal is available upon request. Please call the hotel directly upon arrival to arrange for pickup. Disabled accessible shuttles are also available.

*\*It is strongly recommended that reservations be made in advance.*



**TAXI**  
 Cost is approximately \$20 each way from the airport to the hotel.



# OWN IT.

## MOST POPULAR WAYS TO SAVE ON MANIA®



**BE A STAFF ASSISTANT...SAVE \$160 WHILE EARNING UP TO 21 CECS/CEUS!**

SCW needs energetic, outgoing, flexible fitness professionals to help run this event. Become a Staff Assistant for only \$99, saving \$160 off the regular \$259 price. Go behind the scenes at the country's premier fitness education conference. As a Staff Assistant, you'll receive a FREE event t-shirt, an invitation to the SCW Staff dinner party, 2 FREE evening Masterclasses, 50% off SCW certifications, a FREE one-year SCW membership with 20% off all SCW products while earning up to 21 CECS/CEUs!

For further details or to register, please visit [scwfit.com/midwest/staff](http://scwfit.com/midwest/staff), E-mail [staff@scwfit.com](mailto:staff@scwfit.com), or call Denise Johnston at (678) 901-9642.



**REFER-A-FRIEND DISCOUNT - EASY TO SAVE BIG!**

Learning is always more fun when you have a friend by your side! It's even more exciting when you can both save money! Take advantage of our Refer-a-Friend discount and pay only \$199 for the full three-day convention. That's a savings of \$60 each off the regular \$259 early-bird price. Use the Refer-a-Friend code when registering: FRIEND15. It's that easy to save big!



**SAVE EVEN MORE WITH OUR GROUP RATE:**

Groups of 10 or more can achieve an even greater discount paying only \$189 per person for ALL THREE DAYS OF MANIA®! All group registrations must be submitted together with one contact name and one contact phone number. Remember, for your group to be processed, all members of your group must fill out a registration form with their home address, phone number, email address and completed class selections. Register online at [scwfit.com/mania](http://scwfit.com/mania) or send your completed registration forms in one packet to:

SCW Fitness Education  
 ATTN: SCW Group Rate  
 3675 Commercial Avenue  
 Northbrook, IL 60062

If you have any questions, give us a call at (847) 562-4020. We look forward to seeing your group at Midwest MANIA®!



**YMCA DISCOUNT RATE**

For our friends at the YMCA, we offer a special discount of \$179 when you use our special YMCA discount code: YMCA15. All Group Exercise Instructors, Personal Trainers, Aqua Instructors, Cycle Instructors, and Management Staff receive this special discount. Please know we are required to check and confirm your affiliation with the YMCA.



**WEEKEND WARRIOR SPECIAL!**

Take charge with our weekend warrior special! Attend any two-day combination and pay only \$199!, which includes one free Saturday evening Masterclass. This offer maximizes your MANIA® dollar! Use discount code: WEEKEND15 when registering.



**WATCH FOR TEXT MESSAGE UPDATES**

SCW will send text messages regarding updates and discounts so watch your cell phones! Feel free to go to [scwfit.com/address](http://scwfit.com/address) and update your contact information.

# VALUABLE MANIA® AND SCW FITNESS EDUCATION INFORMATION



## EARN 21 CECS/CEUS IN ONE WEEKEND - WOW!

MANIA® Conventions supply you with up to 21 Continuing Education Credits/Units during the three-day convention and pre-convention certifications. SCW, AFAA, ACE, NASM, ACSM, AEA and others accept MANIA® CECS/CEUs. SCW is committed

to offering the maximum number of Continuing Education Credits possible, and therefore; utilizes only certified presenters or presenters with fitness-related graduate and undergraduate degrees. Please check with your certifying body to determine the exact number of CECS/CEUs required for credential maintenance. All courses are subject to CEC/CEU approval by the corresponding education body.



## OUTLINES ONLINE - PRINT AT YOUR LEISURE

Outlines are NO LONGER PRINTED or provided on-site. All session outlines are housed on the web for your convenience. Simply go to [scwfit.com/mania](http://scwfit.com/mania) and select the desired MANIA® event. The outlines will remain online 30 days after the close of MANIA® making it easier for you to retain this important information.



## PROSTATE CANCER RESEARCH CHARITY RAFFLE & RECEPTION

Join SCW Fitness Education for our reception and Charity Raffle for fabulous fitness equipment and resources donated by our generous exhibitors and sponsors. The Charity Raffle supports

the Prostate Cancer Research Foundation and will take place Saturday evening from 5:30pm-6:30pm in the EXPO area.



## ONE EXCELLENT EXPO!

You're going to love the great deals on Ryka shoes, fitness equipment, exercise DVDs, clothing, music, nutrition, fitness resource books, and Online Certifications. The EXPO is FREE and open to the public. If you are interested in exhibiting at,

advertising with or sponsoring MANIA®, go to [scwfit.com/exhibit](http://scwfit.com/exhibit) or [scwfit.com/sponsor](http://scwfit.com/sponsor), email [exhibit@scwfit.com](mailto:exhibit@scwfit.com) or call Cheryl Vincent at (708) 612-7599.



## REGISTRATION HOURS

Wednesday, Sept 23:	7:30am - 6:30pm
Thursday, Sept 24:	7:00am - 7:30pm
Friday, Sept 25:	6:00am - 7:00pm
Saturday, Sept 26:	6:00am - 8:00pm
Sunday, Sept 27:	6:30am - 1:30pm



## EXPO HOURS

Thursday, Sept 24:	5:00pm - 7:00pm
Friday, Sept 25:	9:00am - 2:30pm
	5:30pm - 6:30pm
Saturday, Sept 26:	9:45am - 12:45pm
	2:00pm - 5:30pm
Sunday, Sept 27:	10:00am - 1:00pm



## EXHIBITOR | ADVERTISE | SPONSOR

Would you like to be a sponsor or exhibitor at the country's best fitness convention?

If you are interested in exhibiting at, advertising with or sponsoring MANIA® go to [scwfit.com/exhibit](http://scwfit.com/exhibit), or [scwfit.com/sponsor](http://scwfit.com/sponsor), email [exhibit@scwfit.com](mailto:exhibit@scwfit.com) or call Cheryl Vincent at (708) 612-7599.

## CERTIFICATIONS OFFERED AT MANIA®

### SCW FITNESS EDUCATION CERTIFICATIONS & WORKSHOPS

- SCW Aquatic Exercise Certification
- **NEW!** SCW Ballet Barre Certification
- **NEW!** SCW Foundations of Kettlebell Movements
- SCW Group Exercise Certification
- SCW Group Strength Certification
- SCW Small Group Certification
- SCW Lifestyle and Behavioral Coaching Workshop
- SCW Pilates Matwork Certification
- SCW Personal Training Certification
- SCW Training with Kettlebells Certification
- SCW Sports Nutrition Certification
- SCW Small Group Training Certification
- SCW Weight Management Certification
- SCW Yoga I Certification
- SCW Yoga II Certification

### SPONSORED CERTIFICATIONS & WORKSHOPS

- Barre Above™ Certification
- Functional Flexibility Certification
- **NEW!** Jillian Michael's BODYSHRED™ Workshop
- MOi Level 1 Cycling Instructor Certification
- **NEW!** 3D XTREME™ Certification
- **NEW!** Moving to Happiness® Workshop
- Schwinn® Cycling Instructor Certification
- RealRyder® Certified Instructor Training
- Tabata Bootcamp™ Certification
- **NEW!** MOTR™ Training: Core, Cardio and More
- Trigger Point® Myofascial Compression Techniques: The Evolution of Foam Rolling
- **NEW!** URBANKICK® Instructor Certification
- **NEW!** WATERinMOTION® Aquatic Certification
- ZUMBA® Basic Skills Level 1 Instructor Training
- **NEW!** BOLLYX®—The Bollywood Workout

## BECOME A MEMBER!

### PAY ONLY \$79 FOR ONE YEAR OR \$129 FOR TWO YEARS AND ENJOY THE FOLLOWING:

- Pay as little as \$179 for the full 3-day MANIA® Event!
- FREE MANIA® Masterclass!
- First Choice MANIA® Class Selections GUARANTEED\*!
- 20% discount on products purchased online and at SCW MANIA® booth!
- For more information visit [scwfit.com/membership](http://scwfit.com/membership)

\* As space and equipment permit. Attendee must register before the initial deadline of August 31, 2015





# OUR SPONSORS BRING IT.

## SPRI®



SPRI Products, Inc. is the leading manufacturer and distributor of rubberized resistance exercise products for the health and fitness industry. SPRI designs and produces innovative rubber resistance exercise products and has led the way in popularizing rubberized resistance workouts. As the pioneer of this simple but effective method of strength training, toning, and building lean muscle tissue, SPRI has remained on the cutting edge of today's exercise trends. SPRI continues to expand into related markets as new applications are discovered and professional and consumer interest builds. As the fitness industry continues to evolve and move toward convenience and affordability, our line of products has grown to include educational materials, instructional manuals and videos, fitness equipment and accessories. Visit [www.spri.com](http://www.spri.com) for more info. .

## water<sup>in</sup> motion®



WATERinMOTION® is the new wave in aquatic fitness. This vertical exercise system is pre-choreographed and designed to effectively, efficiently and profitably utilize the most expensive piece of equipment in your health club: your pool! Incredible music, invigorating movement, and magnificent marketing are the pillars of this amazing program. Land instructors smoothly and easily transition into the pool. Aquatic programs show increases in member retention and membership usage. For licensing information, go to [waterinmotion.com](http://waterinmotion.com), contact [water@scwfit.com](mailto:water@scwfit.com) or call 847-562-4020.



BOSU® products are known industry-wide for training balance, building strength, fine tuning skills for sport, enhancing flexibility, and delivering killer cardio workouts. The BOSU® Balance Trainer, BOSU® Ballast® Ball, and BOSU® product accessories and DVDs challenge the entire body with integrated, multi-joint movement that requires muscle groups to work together. Proudly made in the U.S.A. For certification and workshop information, including 3D XTREME™, and to pre-order demo equipment, e-mail sales@bosu.com, call (800) 810-6528, or visit the booth!



The Kamagon Ball®'s patented, Hydro-Inertia™ technology adds up to 13 pounds (9" size) or 45 pounds (14" size) of fluid resistance to exercises and enables users to burn more calories than traditional, static weight training with the same amount of resistance. The Kamagon Ball® is a versatile, functional training tool that recruits more muscle fibers and teaches the body to stabilize while performing exercises. Available in two sizes and three colors (pink, blue, and grey), includes a workout DVD, and proudly made in the U.S.A. For certification and workshop information and to pre-order demo equipment, e-mail info@hedstromfitness.com, call (800) 810-6528, or visit the Kamagon® booth!



Surge® is a water-filled, cylindrical tool that imposes top-down instability with quickly-changing, fluid dynamics to replicate unstable demands on the body, and incite "think-react" muscle actions. The product measures 42" L and 8.5" in diameter, weighs approximately 11 pounds (without water), holds up to 65 pounds of water, features two sets of handles (for a variety of grip options), includes an introductory workout DVD, and is proudly made in the U.S.A. For certification and workshop information and to pre-order demo equipment, e-mail info@hedstromfitness.com, call (800) 810-6528, or visit the Surge® booth!



For over 25 years, Rykä has been innovating athletic footwear exclusively for women. Rykä shoes fit the shape of a woman's foot perfectly with a narrower heel, roomier forefoot, increased instep volume and a more secure footbed. The result is a high-performance athletic shoe with unsurpassed fit, comfort, cushioning and control. Rykä is dedicated to supporting the needs of the fitness industry through our fitness professional discount program, RykaFit. The program offers 20% off footwear and apparel, special promotions throughout the year and a referral program. Visit our booth to sign up, or contact us at rykafit.com or 888.834.7952.



With 80 plus years of combined industry experience, the RealRyder® International team engineered a superior performance studio bike to meet the needs of the elite cyclist for training and performance, to inspire the indoor cyclist, and literally recast the indoor cycling workout from what was essentially a cardio building exercise to an overall fitness program. For more information, visit www.realryder.com or call 800-976-6280.



Join the tens of thousands of successful indoor cycling instructors worldwide who are Schwinn Cycling Certified! You too can attend the industry's most comprehensive training program by registering now to join us for the Schwinn Cycling Instructor Certification on Thursday at this SCW event. Then, take the education back to your club to certify your team! MANIA® attendees receive a 20% discount off the regular club certification price. For this offer and other show discounts on Schwinn® Indoor Cycling Bikes, visit us in the Schwinn Cycling room or call (360) 823-1906. You can also visit us online at www.SchwinnEducation.com or find us on Facebook at www.Facebook.com/SchwinnIndoorCycling and on Twitter @SCHWINNtraining.



WaterRower GX is excited to bring its internationally-renowned fitness programs, Indo-Row and ShockWave, back for a sixth year to the SCW convention schedule. If you are looking to bring one or both of these renowned fitness programs to your facility, or you simply want to add another weapon to your personal training arsenal or juice up your circuit classes, don't miss out on the opportunity to take home our American-Made rowing machine with its unique WaterFlywheel resistance. As our show machines are limited, you cannot miss out on this chance to purchase the WaterRower GX Studio from the show for \$795.00 (a \$400.00 savings)! Lock in our best pricing of the year by contacting us at gx@waterrower.com or simply call us at 800-618-3730.



Through time and expertise, MOi Cycle (pronounced MOY) has developed a style, an influence, and a mojo that defines the MOi Cycle ride and the MOi Cycle training. Developed by the MOi Cycle team in Aspen, Colorado, our culture is a culture that creates one's desire to ride and become strong while at the same time keeping a smile on our participants' faces. The MOi Cycle program is a turnkey program allowing for quick implementation into a class schedule to enhance and generate new excitement within any cycle program. MOi = Mind Over intensity! For more information, visit www.moicycle.com or call 703-929-3153.



# PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

## SCW CERTIFICATIONS

### WEDNESDAY, SEPTEMBER 23

#### WATERinMOTION® ORIGINAL & WATERinMOTION® PLATINUM AQUA EXERCISE CERTIFICATION



Connie Warasila

**Wednesday, September 23, 9:00am-6:00pm**  
**\$159 MANIA® Attendees / \$199 Non-Attendees**

This WATERinMOTION® Certification is the perfect program for beginner to advanced water instructors to take their classes to the next level. This cutting-edge course includes an effective FREE five-part preparatory home study course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing, and active aging principles. The live full-day practical training utilizes memorized choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Leave with the skills to teach your best class, every class! *Includes a FREE downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and Video assessment (\$109 value). Club discounts available. Fully integrated website with ongoing marketing and educational support included. Instructor licensing not required. SCW (9.0), AEA (9.0), ACE (0.9), ACSM (9.0), NASM (0.9).*

#### SCW PERSONAL TRAINING CERTIFICATION



Keli Roberts

**Wednesday, September 23, 9:00am-6:00pm**  
**\$159 MANIA® Attendees / \$199 Non-Attendees**

This Nationally Recognized Personal Training Certification is led by only the top Presenter/Trainers in the country. Combining lecture and activity, this workshop addresses academic foundations, training principles, and hands-on program design to provide students with the skill sets and critical knowledge required to guide individuals to achieve their health-fitness and performance goals. The essentials of exercise physiology and kinesiology, health-risk assessment, physical evaluations, programming alternatives for cardio, strength and flexibility advancement, and an introduction to facilitating behavior change along with basic business and marketing skills are all addressed in this day-long course.

*Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. "Strength Training Anatomy" by Frederic Delavier is recommended but not required, \$24.95 (pick-up on-site). CPR card not required. SCW (8.0), AFAA (6.5), AEA (4.0).*

#### SCW YOGA I CERTIFICATION



Manuel Velazquez

**Wednesday, September 23, 8:30am-6:00pm**  
**\$159 MANIA® Attendees / \$199 Non-Attendees**

This Nationally Recognized Certification is the number one Yoga Certification in the U.S. offering the most comprehensive theoretical and practical approach to hands-on yoga instruction. Experience different Hatha yoga postures suitable for varying clientele - young, old, competitor, injured or recovering athlete, and advanced or deconditioned participant. Research, postures, program

design and cueing techniques are addressed in a passionate and systematic approach. Participants leave qualified to lead a successful yoga class or yoga-inspired cool down regardless of their previous teaching experience. *Price includes training manual and testing fee (\$59 value) CPR card not required. SCW (8.0), AFAA (6.5), ACE (0.8), AEA (4.0), ACSM (8.0).*

### THURSDAY, SEPTEMBER 24

#### SCW AQUATIC EXERCISE CERTIFICATION



Manuel Velazquez

**Thursday, September 24, 8:00am-5:00pm**

**\$159 MANIA® Attendees / \$199 Non-Attendees**

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this Nationally Recognized Certification serves as an important first step into the field of teaching water exercise. This comprehensive course addresses practical skill mastery while reinforcing the benefits of aquatic exercise in the unique environment of water. The principles of aquatic training as they apply to general anatomy, kinesiology, water depth, movement plans, practical cueing skills, musical usage, and special population adaptations are thoroughly addressed. The need for professionalism, leadership skills, and legal considerations are reinforced. Practical on-site coaching of teaching skills is included. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0), AFAA (6.5), ACE (0.7), AEA (7.0), ACSM (7.0).*

#### SCW GROUP EXERCISE CERTIFICATION



Irene Lewis-McCormick, MS

**Thursday, September 24, 8:00am-5:00pm**

**\$159 MANIA® Attendees**

**\$199 Non-Attendees**

Learn class sequencing, warm-up progressions, musical phrasing, proper cueing techniques, choreography development and all the practical skills required to teach your best class, every class. Leave this Nationally Recognized Certification with confidence in your ability to lead and demonstrate proper group teaching skills. Understand cardiovascular training, muscular endurance and flexibility training techniques with one of our industry's finest. The balance of theoretical and practical training produce this cutting-edge Group Exercise Certification perfect to prepare you for the newest variety of fitness programming - Hi/low impact, muscle sculpting, HIIT programming, and more. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (6.5), AEA (3.5), ACSM (7.0).*

#### SCW PILATES MATWORK CERTIFICATION



Abbie Appel

**Thursday, September 23, 8:00am-5:00pm**

**\$159 MANIA® Attendees**

**\$199 Non-Attendees**

This Nationally Recognized Certification introduces a progressive series of exercises and modifications based on the methods of Joseph Pilates. The principles of core stabilization, Pilates matwork, and physical therapy techniques create the foundation for this intensive combination of theoretical and practical training. Proper execution of form, technique, and programming are explored as they

apply to training the young, old, athletic, sedentary, and even those rehabilitating from injury. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (6.5), ACE (0.8), AEA (4.0), ACSM (8.0).*

#### SCW SPORTS NUTRITION CERTIFICATION



Fabio Comana, MA, MS

**Thursday, September 24, 9:00am-3:30pm**

**\$159 MANIA® Attendees / \$199 Non-Attendees**

Sports Nutrition and weight-loss continue to enjoy robust growth in response to consumer demands topping \$25.8 billion in sales; comparable in size to the entire fitness industry (\$26 billion). This growth is fueled, in part, by changing trends towards exercise that include increased opportunities for competitive-type events, the rising popularity of shorter, more-vigorous exercise programs, and expanding research connecting effective nutrition and hydration with improved exercise performance. This specialty certification delivers the knowledge and applications of sports nutrition and key supplements needed by fitness professionals to successfully educate, coach and drive clients and athletes to success. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0), AFAA (6.5), ACE (0.7), AEA (3.0), ACSM (7.0), NASM (0.6).*

#### SCW SMALL GROUP TRAINING CERTIFICATION



Keli Roberts

**Thursday, September 24, 9:00am-5:00pm**

**\$159 MANIA® Attendees / \$199 Non-Attendees**

Small Group Training not only offers clients an affordable option to Personal Training but also more than doubles a trainer's hourly earning potential. Learn how to implement Small Group Training programs that guarantee client results utilizing a variety of simple equipment options. With hands-on practical application, participants learn valuable coaching skills that enhance critical body alignment and motor learning for all skill and fitness levels. Review how to apply the science behind program design for coaching multi-level workouts. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0), AFAA (6.5), ACE (0.7), AEA (3.5), ACSM (7.0), NASM (0.7).*

#### SCW TRAINING WITH KETTLEBELLS CERTIFICATION



Brook Benten

**Thursday, September 24, 9:00am-4:00pm**

**\$159 MANIA® Attendees / \$199 Non-Attendees**

Kettlebells provide a complete cardio, strength, and power workout. This equipment can be beneficial for clients of all ages and abilities and not just advanced lifters. Empower your clients by teaching them how to train with this great tool. In this certification, you will learn:

- Sample programs for your Level 1, 2, and 3 clients
- Kettlebell class design
- How to choreograph kettlebell to music
- Hard, soft, and fluid-style Swings
- Circuit-style versus Continuous Cardio Kettlebell

This certification is designed for personal trainers and group fitness instructors. *Price includes manual and*



testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (6.5), ACE (0.8), AEA (4.0), ACSM (8.0), NASM (0.7).

**SCW GROUP STRENGTH CERTIFICATION**



**Irene Lewis-McCormick, MS**  
**Thursday, September 24, 5:30pm-9:30pm**  
 \$99 MANIA® Attendees / \$129 Non-Attendees  
 Building upon the SCW Group Fitness Instructor Certification and the SCW Personal Trainer Certification, this four-hour Group Strength Certification explores the skills necessary to teach safe, unique and effective large and small group strength training classes. Explore the benefits of resistance training, equipment options, class design, and ways in which to progress, regress and modify exercises. This hands-on program is the perfect companion to evolve your teaching techniques to accommodate the growing variety of fitness programming that involves group strength training. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. "A Woman's Guide to Muscle and Strength" by Irene Lewis-McCormick, MS is recommended but not required (\$19.95 + s/h). CPR card not required. SCW (4.0), AFAA (2.75), ACE (0.4), AEA (2.0), ACSM (4.0), NASM (0.4)

**SCW LIFESTYLE AND BEHAVIORAL COACHING WORKSHOP**



**Fabio Comana, MA, MS**  
**Thursday, September 24, 5:30pm-10:00pm**  
 \$99 MANIA® Attendees / \$129 Non-Attendees  
 Join this workshop and learn how to engage individuals by effectively building rapport, igniting their passion for change, and empowering them to success and self-sufficiency. Learn the art forms for rapport-building, motivational interviewing, overcoming ambivalence and resistance, personality indexing, neuro-linguistic programming and behavioral change. Become an innovator and combine your science of programming with the art of behavioral change, coaching and communication. Price includes training manual (\$24.95 value). CPR card not required. SCW (4.0), AFAA (4.0), ACE (0.4), AEA (2.0), ACSM (4.0), NASM (0.4).

**SCW YOGA II CERTIFICATION**



**Jeff Howard**  
**Thursday, September 24, 5:30pm-9:30pm**  
 \$99 MANIA® Attendees / \$129 Non-Attendees  
 Take a deeper look into the fundamentals of Yoga instruction from an authentic, fitness-appropriate perspective. This condensed course serves as the next level of the Hatha Yoga postures discussed in Yoga Fundamentals I addressing the eight limbs of yoga, detailed pranayama study, partner yoga, inversions, chanting, and chakras. SCW Yoga Fundamentals I is recommended but not required. Price includes training manual and testing fee (\$59 value) CPR card not required. SCW (4.0), AFAA (2.75), ACE (0.4), AEA (2.0), ACSM (4.0).

**SPONSOR CERTIFICATIONS**

**BARRE ABOVE™**



**Tricia Murphy Madden**  
**Thursday, September 24, 9:00am-5:00pm**  
 \$199 MANIA® Attendees / \$229 Non-Attendees  
 Join Barre Above™ for an eclectic and progressive method of barre training for all bodies. Learn the essentials and how to implement, launch, and run a successful and in-demand barre program. Whether you have barres or chairs, this education fits all needs for clubs, studios, and independent instructors. Barre Above is based on applied science to create strength, flexibility, and balance in the body. With flexible programming and progressions

and regressions for all fitness levels, you will acquire the ability to teach a fun, effective, and efficient barre workout for all fitness levels. Includes two DVDs, Instructor Manual, Bender Ball & Gliding Discs (items a \$125 Value). No additional fees once certified. CPR card not required. SCW (7.0), AFAA (7.0).

**3D XTREME™ CERTIFICATION POWERED BY BOSU**



**Shannon Fable**  
**Thursday, September 24, 10:00am-4:30pm**  
 \$99 MANIA® Attendees / \$149 Non-Attendees  
 3D XTREME™ is a pre-formatted solution to maximize usage of BOSU® Balance Trainers in your club. This unique, high-intensity, team-oriented workout program combines functional total body training with calorie-blasting cardio, intense core, and interactive team challenges to get XTREME results. The secret is the three-dimensional impact of Triplex Training that fuses cardio, conditioning and core and utilizes the BOSU® Balance Trainer to improve overall fitness. The exercises challenge you, the pace drives you, and the team energy inspires you! Get certified to bring this program to your club and watch your participants build muscular strength, cardiovascular power and flexibility. Participants receive the 3D XTREME™ Instructor Training Manual and DVD. CPR card not required. SCW (6.0), AFAA (6.0), ACE (0.6), AEA (4.0), ACSM (8.0).

**BOLLYX - THE BOLLYWOOD WORKOUT**



**Minal Mehta, MBA & Shahil Patel**  
**Thursday, September 24, 8:30am-5:30pm**  
 \$199 MANIA® Attendees / \$199 Non-Attendees  
 Ready to help others unleash their inner swagger? Become a BollyX instructor by attending our Certified Instructor Training. We're looking for dynamic fitness instructors to join our team. No prior experience with South Asian dance is required. In fact, our community is incredibly diverse and many of our most successful BollyX instructors are those experiencing Bollywood for the first time! Training is 9 hours covering Bollywood, fitness concepts, South Asian styles, and more. You receive a t-shirt/tank top, manual, a listing on our BollyX directory. AFAA (6.5), ACE (0.8)

**Location:**  
 XSport Fitness  
 1101 W North Ave  
 Melrose Park, IL 60160  
 Phone: (708) 345-8880

**MOVING TO HAPPINESS® COACHING METHOD**

**Petra Kolber**  
**Thursday, September 24, 9:00am-5:00pm**  
 \$149 Early Bird MANIA® Attendees / \$179 N/A  
 \$179 MANIA® Attendees / \$209 N/A  
 Long missing in the fitness industry have been the steps to learning a psychological approach to dealing with behavioral change. Often times we know what muscles to train and recommendations to make, but nobody prepares fitness professionals with the secrets of life lasting change, which include the psychology of relating to clients based on their happiness factor. Learn the tips and tools to transform into a positive psychology thought leader who trains clients to evolve into their strengths. "Moving to Happiness" consists not only of the science behind movement-based therapy but teaches how to emotionally get them "moving towards their happiness." SCW (8.0), ACE (0.7), AFAA (7.25), RYT (8.0), AEA (8.0)

**SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION**



**Jeffrey Scott & Doris Thews**  
**Thursday, September 24, 8:00am-5:00pm**  
 \$199 MANIA® Attendees / \$229 Non-Attendees  
 Get certified in the industry's most respected and progressive indoor cycling course. In one power-packed day, get the tools you need to become a successful, sought-after instructor on any bike. This certification is based on the newly updated Coach's Pyramid™, a system that makes teaching incredible classes simple. Learn bike fit, cycling science, class design, music, communication and motivation techniques and more. Join us for the one certification that is always innovating, which makes it worth repeating to refresh skills and inspire your teaching. Plus, ride Schwinn's newest bike + power console combination and discover how measurement turns-up rider motivation! Take home exclusives include the Schwinn Cycling Workout DVD, your choice of Power Music Schwinn Cycling Signature Music Mix CD, a comprehensive resource manual with eight complete class designs, and a Certificate of Completion. Coffee provided midday. CPR card not required. SCW (9.0), ACE (0.9), AFAA (8.25).

**REALRYDER® INDOOR CYCLING CERTIFIED INSTRUCTOR TRAINING**



**Douglas Brooks, MS & Adam Reid**  
**Thursday, September 24, 8:00am-5:00pm**  
 \$195 for MANIA® Attendees / \$225 Non-Attendees  
 This certification is for any instructor regardless of the indoor bike you teach on. The bike that is "Made to Move" is setting the industry on fire with a fresh and innovative approach. Light your class up with stellar cueing, inspirational coaching, motivating music and a ride they won't forget. Enjoy greater biomechanical and metabolic benefits while capturing the fun of 'real' outdoor riding as you turn, lean and balance on a fully functional indoor cycle. Learn how to match the song to the terrain, organize class plans and playlists efficiently, coach off the bike and correlate BPM and cadence. Course includes the RealRyder® Indoor Cycling Training Program Manual (\$49.95 retail value), Session notes, Masterclass playlists and ride profiles, and a Certificate of Completion. CPR card not required. SCW (8.0), AFAA (7.25), ACE (0.8), NASM (0.8), ACSM (8.0).

**TABATA BOOTCAMP™**



**Mindy Mylrea**  
**Thursday, September 24, 8:00am-5:00pm**  
 \$199 for MANIA® Attendees / \$229 Non-Attendees  
 Tabata Bootcamp™ is a turnkey program, which provides all the tools needed to be the best trainer you can be and help clients achieve results while generating revenue. This is more than just a workout program! You'll learn the latest techniques in HIIT research, metabolic profiling, perfect exercise programming, body assessment, and motivational coaching skills for creating positive healthy habit forming behaviors including the Take 3 Eating method, which is a behavioral science approach that will change the way your clients eat forever. This is the perfect program for group exercise, small group training and personal training. Certification includes: two manuals, figure-eight tubing, over 140 Online Workouts/Nutritional Support Videos, and fully integrated website with complete ongoing support. No licensing fees, no monthly dues, and no cost to attend future trainings. Participants receive discounts on all Tabata Bootcamp equipment. CPR card not required. SCW (9.0) ACE (0.9) AFAA (9.0), NASM (0.8).

## MYOFASCIAL COMPRESSION TECHNIQUES: EVOLUTION OF FOAM ROLLING



**Kimberly Shah**

**Thursday, September 24, 9:00am-5:00pm**

**Additional \$175 MANIA® Attendees**

**\$225 Non-Attendees**

Take your knowledge beyond foam rolling! This Level 2 course utilizes the TriggerPoint line of products designed to increase mobility and performance with an overall improvement of one's biomechanics. This eight-hour training is hands-on, focusing on the practical application of TriggerPoint education backed by scientific research. You will leave this course with an in-depth knowledge of how to use and teach MCT to increase the performance and training results for each of your clients. *CPR card not required.*

## URBANKICK® INSTRUCTOR CERTIFICATION



**Shane Barnard, JD & Miwa Natsuki**

**Thursday, September 24, 9:00am-5:00pm**

**\$199 MANIA® Attendees / \$249 Non-Attendees**

UrbanKick® is an innovative and athletic workout that combines sports conditioning with kickboxing for a total body workout. Using punch and kick sequences, UrbanKick® expertly blends steady state cardiovascular training with metabolic boosting H.I.I.T. drills so you constantly develop strength, power, agility, flexibility and balance. This dynamic and efficient workout will maximize your heart-healthy cardiovascular and your bodyweight functional strength benefits within nine hours of practical and theoretical application. *Includes full class format, Instructor Manual, access to online community and Instructor Network, copy of music used in training, Certificate of Completion and no licensing or subscription fees.* SCW (9.0), ACE (0.9), AFFA (8.0).

## ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING



**Jessica Witt & Tony Witt**

**Thursday, September 24, 8:00am-5:00pm**

**\$225 Early bird registration**

This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to the four basic Zumba® rhythms (merengue, salsa, cumbia, and reggaeton), and then you will learn how to put these steps together into a song! *Pre-con fee includes: Cardio Party and Live Class DVD, 20 Minute Express Workout DVD, 4 Basic Rhythms Review DVD, Cardio Party Music CD, The Zumba Instructor's Manual, and Zumba Certificate of Completion.* SCW (8.0), AFAA (5.5), ACE (0.7).

## FUNCTIONAL FLEXIBILITY AND FASCIA FITNESS CERTIFICATION

**Leslee Bender**

**Thursday, September 24, 5:30pm-9:30pm**

**\$99 MANIA® Attendees / \$129 Non-Attendees**

In this workshop, you will experience the benefits of specific pressure point fascia techniques on the lower extremities with functional flexibility exercises guaranteed to improve the body's ability to move pain free. Simplistic tools such as a tennis ball and roller are used to make dramatic changes to the body.

- Leave with ideas and techniques to increase flexibility and strength in all clients
- Learn to perform a functional assessment
- Understand why each client is an individual
- Work with athletes or weekend warriors and increase their performance level
- Discover that flexibility creates stability in the body through specific techniques

*CPR card not required.* SCW (4.0), AFAA (4.0), ACE (0.4), AEA (4.0), ACSM (4.0), NASM (0.4)

## SUNDAY POST-CONVENTION

### JILLIAN MICHAELS BODYSHRED™ WORKSHOP



**Sean Levesque**

**Sunday, September 27, 9:00am-6:00pm**

**\$199 MANIA® Attendees / \$199 Non-Attendees**

This nine-hour course is designed to systematically prepare you to teach/coach a high-intensity, metabolic driven Jillian Michaels BODYSHRED group class. You will be introduced to new concepts, teaching tools, and a motivating delivery style that will change the way you view teaching fitness, which will set you apart from other fitness professionals. Your course includes the science that embodies BODYSHRED along with interactive, practical applications of the methodology and creative experience of the moves and programming. You are required to pass a practical exam at the end of the training and written exam within two weeks after the workshop. *Includes a Study Guide and Instructor Manual.* SCW (8.0), AFAA (7.5), NASM (0.8), NESTA (0.5).

### SCW BALLET BARRE CERTIFICATION



**Abbie Appel**

**Sunday, September 27, 8:00am-4:00pm**

**\$159 MANIA® Attendees / \$199 Non-Attendees**

This one-day Nationally Recognized Certification does not require a dance background and enables each participant to teach Barre to his or her clients and implement programing in any type of facility using a fixed ballet barre. Barre training combines the core conditioning of Pilates with the flexibility of Yoga while increasing stability by using isometric exercises. Leave with an easy-to-follow, flexible, choreographed routine for a 60-minute Barre class that includes a plethora of variations enabling you to discover creative ways to structure your own Barre workouts for months to come. Equipment options include light dumbbells, flat resistance bands, and mini-balls. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. Video and music support available quarterly. CPR card not required.* SCW (8.0), AFAA (8.0), ACE (0.6), AEA (3.0), NASM (0.7), ACSM (6.0).

### SCW FOUNDATIONS OF KETTLEBELL MOVEMENTS



**Brook Benten, MEd**

**Sunday, September 27, 12:00pm-4:00pm**

**\$69 MANIA® Attendees / \$99 Non-Attendees**

If you plan to incorporate kettlebells into your sessions or classes, you cannot afford to miss this certification. Teach your clients to train safely and effectively using basic body postures that are the foundation of various kettlebell exercises. Change the way you train, your perception of the way you see others train, and build a platform to safely spread the love and enjoyment of training with kettlebells. The four hours spent in this course will cement your foundational knowledge of kettlebell movements. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW Training with Kettlebells Certification is recommended but not required. CPR card not required.* SCW (4.0), AFAA (4.0), ACE (0.4), AEA (4.0), ACSM (4.0).

### SCW WEIGHT MANAGEMENT CERTIFICATION



**Fabio Comana, MA, MS**

**Sunday, September 27, 9:00am-3:30pm**

**\$159 MANIA® Attendees / \$199 Non-Attendees**

Weight loss is identified as a leading reason why individuals aged 25 - 55 join health clubs. Yet, for those striving to lose weight, diet and exercise are viewed as traditional practices but both generally

involve less-than-enjoyable experiences. Although fitness professionals seek simple, time-efficient and accurate energy-balance solutions (i.e. calories in versus calories out), emerging research and trends point beyond individual factors to include environmental influencers. This course provides the knowledge on macronutrient structure and function to drive healthier dietary choices and quantitative and simpler qualitative strategies for effective weight loss. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (7.0), AFAA (6.5), ACE (0.6), AEA (3.0), NASM (0.6), ACSM (6.0).

### MOI CYCLE INSTRUCTOR CERTIFICATION LEVEL 1



**MOi Cycle Team**

**Sunday, September 27, 8:00am-12:00pm**

**\$99 MANIA® Attendees / \$149 Non-Attendees**

MOi Cycle training is an intense one-day dynamic and comprehensive educational experience. The curriculum is designed to enhance an instructor's resume, skill set, knowledge of cycling physiology and increase his/her appeal as a desirable trainer! As importantly, MOi Cycle training teaches you how to transfer your enthusiasm for the ride to your class participants so that they return again and again. After successfully completing the MOi training, each MOi coach gets five new rides every month so your classes will always feel fresh, and the rides you coach will be innovative, exciting, and challenging for your students. *SCW (4.0) AFAA (4.5), ACE (0.4). Other CEC's pending.*

### JUST ADDED! WERQ® INSTRUCTOR TRAINING



**Haley Stone**

**Sunday, September 27, 8:00am-4:00pm**

**\$159 MANIA® Attendees / \$199 Non-Attendees**

WERQ Instructor Training prepares Certified Fitness Professionals to teach the wildly addictive cardio dance fitness class – WERQ®. WERQ is based on the hottest pop, rock, and hip hop music and has over 300 choreographed routines for use in WERQ classes. Dubbed the freshest dance fitness class on the planet, WERQ® has high standards for the community of WERQ Instructors. In this 7-hour training course, trainees will learn the principles of WERQ and how to cue this WERQout so that participants can follow along easily. After completion of the training, WERQ supplies its Instructors with fresh choreography each week through WERQforce membership and with helpful resources to continue to development as a WERQ Instructor. For more information, visit [www.WERQfitness.com](http://www.WERQfitness.com). *CEC's pending.*

### WATERinMOTION® INTENSIVE



**Ann Gilbert, Chris Henry, Jen Keet, MS, Sara Kooperman, JD, Manuel Velazquez & Connie Warasila**

**Sunday, September 27, 3:00pm-5:00pm**

**\$19.95 MANIA® Attendees/\$29.95 Non-Attendees**

Join your favorite WATERinMOTION® all-star presenters as they provide a preview of the newest WATERinMOTION® releases - WAVE 25 and 26. Get a sneak peek, which will leave you with comprehensive, easy-to-teach choreography you can use to take your aquatic classes to the next level. This session also includes lectures on cueing and choreography, which will give you the tools you need for success. WAVE 25 and 26 has cutting-edge music, new choreography and brings fun to the pool! Get a behind-the-scenes look at what the new WATERinMOTION® releases have in store and be part of the live dress rehearsal!



# MANIA® COURSE DESCRIPTIONS

## FRIDAY, SEPTEMBER 25

**FR1 7:30am-9:00am**

### ROPES GONE EXTREMELY WILD!™



**Brian Nunez**

Just when you thought rope training could not get any more intense, SPRI® Ropes Gone Extremely Wild creates the ultimate metabolic conditioning workout. This unique ropes-only training session develops core stabilization, authentic strength, and metabolic endurance with unique cutting-edge battling rope moves. Improve movement performance, burn lots of calories, leave no muscle untouched, and have fun in this high intensity team building session. Come and get Wicked Wild!

**FR1A Friday, 7:30am-9:00am**

### JILLIAN MICHAELS BODYSHRED™



**Sean Levesque**

Join Sean as he leads you through a Jillian Michaels BODYSHRED™ class! This revolutionary 30-minute interval workout consists of three minutes of strength, two minutes of cardio, and one minute of core work. Each exercise in each category lasts 30 seconds and the full circuit is repeated until you hit 30 minutes. There are no recovery breaks, so get ready for the ultimate sweat session!

**FR1B Friday, 7:30am-9:00am**

### BARRE INTENSITY NOT JUST FOR BALLERINAS



**Stephanie Lyons**

Boot camp...no. HIIT...no. Training for a marathon...no. This is Barre Intensity. Learn about our barre technique, feel what makes Barre Intensity "intense" and leave with the class choreography to implement in your next workout. Your muscles will shake, your heart rate will elevate and you will walk out saying "now that was a workout".

**FR1C Friday, 7:30am-9:00am**

### ACTIVMOTION BAR: ROCK & ROLL PILATES



**Abbie Appel**

Rock your Pilates program with rolling resistance. Transform Pilates into what it was meant to be originally. Learn how this new approach can provide immediate sensory feedback to increase the effectiveness of essential exercises and move beyond the

traditional to shake your mat work to the core. using more than just static weight. Disruptive Training™ provides the true foundation for all functional and integrated movement.

**FR1D Friday, 7:30am-9:00am**

### BOSU® HIIT - THE METABOLIC CHALLENGE



**Amy Dixon**

Get maximum benefits in record time while improving cardio capacity and muscular strength and endurance! Metabolic interval training is a great way to increase fitness, and this will raise your heart rate, challenge your muscles, and push the limits on FUN! Learn high octane pyramids to push your fitness to new levels!

**FR1E Friday, 7:30am-9:00am**

### SWEAT IT OUT WITH CRUNCH LIVE: OVERDRIVE AND ABSOLUTION



**Jennifer Renfroe**

Experience our most dynamic workouts in this two-in-one action packed session. Overdrive: shift your workout into overdrive with this high intensity interval training session that will push you to the max and leave you dripping in sweat. This no equipment necessary workout will show you how to deliver a great total body workout. Absolution: offers the perfect core strengthening solution. Learn how to construct series of concentrated exercises designed to chisel your abs and tone your back muscles.

**FR1F Friday, 7:30am-9:00am**

### KETTLEBELL: BUTTS & GUTS

**Brook Benten, MEd**

This is an extremely intense workout designed for the fitness enthusiast seeking a higher level in human performance. Kettlebell: Butts & Guts trains power, cardio, and strength and delivers one enormous kick in the pants in all three categories. This session concludes with a sweet finish: learning the RKC High Bridge Turkish Getup!

**FR1G Friday, 7:30am-9:00am**

### DEEP WATER CORE & MORE

**Karen Westfall, MS**

Challenge your core without the crunch! New research indicates "bracing" while moving the limbs under resistance is a more effective technique to strengthen the core than the traditional crunch or curl-up. Master the techniques of bracing the core while powering the limbs through the deep water. You will learn various unilateral moves that will improve coordination, strength and challenge the core.

**FR1H Friday, 7:30am-9:00am**

### MORE CONNECTIONS IN THE POOL

**Jen Keet, MS**

Create, strengthen, and foster better relationships with your class members. Explore ways to make your students feel more supported and welcomed in their aquatic workout experience. Discover new ways to interact with your participants that help build stronger relationships. Explore the ways that you can create the connection between movements and music to enhance the physical workout.

**FR1I Friday, 7:30am-9:00am**

### SCHWINN® CYCLING: CLASS DESIGN CRUNCH TIME



**Shannon Fable**

Every instructor knows that great classes come from preparation and planning; every great instructor knows how to develop that class in a pinch! This workshop is all about working smarter, not harder, to put great rides together. You'll learn multiple tricks of the trade and leave with a library of 25 stages you can use immediately to create a ride from scratch or re-energize a well-loved workout. All new play list and class design sheet included!

**FR1J Friday, 7:30am-9:00am**

### REALRYDER®: ADRENALINE RUSH



**Leslee Bender**

Join us for this indoor cycling, progressive, heart pumping, leg thumping mixed terrain session. Learn to plan your workout to highlight the highs and optimize recovery "lows" leaving your riders feeling exhilarated and proud of destroying old physical and mental roadblocks. Learn how to build crescendos into your ride profile through different coaching styles and use of music, at just the right times, to keep your pack of riders totally engaged.

**FR1K Friday, 7:30am-9:00am**



## ABBIE APPEL

is an international fitness expert and educator. She is a Rykå Ambassador, a Group Fitness Manager for Equinox Fitness Clubs in Miami Beach and a Master Trainer and Consultant for Activmotion Bar™, Body Bar®, Schwinn® and SPRI® products. As an honored SCW faculty member, she has designed fitness programs and contributed to certifications, videos, magazines and journals and possesses multiple certifications and awards.

**METABOLISM, FAT, ABS, BUTT & THIGHS****Fabio Comana, MA, MS**

As a population obsessed with weight loss, the mere thought or mention of 'metabolism', 'fat', 'abs', 'butt' and 'thighs' grabs attention. Due to rising popularity, mass confusion exists surrounding the proper methods to successfully train for these goals. Join this session to learn the facts, differentiate myth from reality, and learn to educate and implement effective programs to achieve the elusive 'metabolic boost', 'fat burn', and 'firm thighs, abs and butt'. (LECTURE)  
**FR1M Friday, 7:30am-9:00am**

**ALL THAT AND A BAG OF CHIPS****Carol Scott**

Group fitness is instructor driven. The programming may be excellent, but without proper implementation it won't translate to the members/clients. Like a well written play presented with bad acting, the intended message never reaches the audience. This lecture focuses on the nuts and bolts of delivering a superior class experience including before you even walk through the doors to your last bow. (LECTURE)  
**FR1N Friday, 7:30am-9:00am**

**GRACIOUSLY, PROFESSIONALLY AND SYSTEMATICALLY PRODUCING REFERRAL BUSINESS****Karen Woodard**

This session will provide a planning format as well as gracious referral tools and conversations to increase leads and sales for your business. (LECTURE)  
**FR1O Friday, 7:30am-9:00am**

**FITNESS FACILITY ON FIRE****Sohailla Digsby, RD, LD**

Can you picture everyone who wears your logo tank sporting their very Best Bodies underneath? Imagine the energy and success that would come from everyone having the same agenda for eight weeks: to reach their very Best Bodies regardless of their starting fitness level or weight. In this session, you will be systematically prepared for an eight-week facility-wide campaign that will set your center on FIRE! (LECTURE)  
**FR1P Friday, 7:30am-9:00am**

**BODHI SUSPENSION SYSTEM  
CSI: CIRCUIT SUSPENSION INTERVALS****Nico Gonzalez**

Suspension training is a great way to get an intense, whole body workout in a short time. Learn suspension sequences you can use alone, add to your circuit classes or combine for a full suspension blast!  
**FR1Q Friday, 7:30am-9:00am**

**FR2 10:00am-11:30am****BEST OF BOOTCAMP™ 2015****Mindy Mylrea**

When was the last time you called your workout intense, crazy, creative, and off the charts? This workshop will help you bring that sensation back to challenge your hungry crowd. Using the toys found around even the

cheapest of gyms you will learn crazy kick butt choreography, experience an interval workout that is an explosion for the sweat glands, and go home with more drills, skills, and games than you could possibly imagine.  
**FR2A Friday, 10:00am-11:30am**

**HOP, SKIP & JUMP PLYO TRAINING****SPRI****Jonathan Ross**

This fun, yet intense, lower body focused circuit training session features the SPRI Qube™ Soft Plyobox and is sure to fire up your muscles and push your metabolism to the max. In this session, you will work in pairs and small groups motivating each other, inspiring greatness, and building team spirit with a combination of line drills, speed cord bounding and plyobox jumping. So leap and bound your way into fitness with this fun and intense conditioning class.  
**FR2B Friday, 10:00am-11:30am**

**BENDER BOOTCAMP 2015****Tricia Murphy Madden**

This program gives you the hottest new barre exercises to take your class to the next level. When you utilize bands, balls and Gliding™ Discs, you have a totally new and challenging workout to be used on and off a barre. Learn and experience three dimensional, full range of motion (and never tucking) exercises that teach you to train your body authentically! You will feel your muscles and the purpose of each exercise that enhances strength, balance and flexibility!  
**FR2C Friday, 10:00am-11:30am**

**YOGA WITH A TWIST****Sara Kooperman, JD**

Enjoy this rhythmic yoga class, which focuses on yoga poses that rotate. Put to eight-count music, this non-traditional yoga program mixes classic poses with a fluid array of position variations to leave both beginning and intermediate instructors a with a fun, new twist. Leave this session with choreography that you can use in your classes on Monday morning.  
**FR2D Friday, 10:00am-11:30am**

**101 WAYS TO BOSU®****Shannon Fable**

How many ways can you BOSU®? We promise 101 exercises and double that when you master the B3 System. Learn cardio, strength, core drills and building blocks to restructure classes for unlimited BOSU® workouts. Whether you are new to BOSU® or a groupie begging for more, BOSU® 101 gives you the biggest bang for your buck!  
**FR2E Friday, 10:00am-11:30am**

**ZUMBA® CARDIO BLAST****Tony Witt**

"What's intense, easy-to-follow and a fantastic workout?" Revolutionize your cardio workout and feel the Latin Heat with exotic world rhythms in red-hot, never-before-seen ways. This class will challenge and inspire you at the same time! Learn how to make your routines really 'pop' with hits from multi-platinum Latin artists: Pitbull, Jennifer Lopez, Shakira, Enrique Iglesias and more. So come on! "Walk in and Dance Out!"  
**FR2F Friday, 10:00am-11:30am**

**START AT THE CORE****LES MILLS****Sheldon McBee, MS**

Two of the hottest LES MILLS® classes combined in one session! CXWORX® is a program that hones the torso and sling muscles of your core that connect your upper and lower body and is perfect for all participant levels. BODYPUMP®, the original LES MILLS® barbell class that sculpts, tones and strengthens your entire body, fast! Whether part of the Les Mills Tribe or an outsider, all participants leave with choreography alternatives to improve free-style group programming and personal training sessions.  
**FR2G Friday, 10:00am-11:30am**

**POWER, BALANCE & STRENGTH****Craig Stuart**

Experience the power of liquid resistance and take your shallow water training to a new level. Discover how to challenge the body with more complex movement patterns. Learn how to use water's progressive overload to enhance postural stability, improve balance and increase functional strength.  
**FR2H Friday, 10:00am-11:30am**

**HORIZONTAL & VERTICAL DYNAMIC AQUA CORE TRAINING****Manuel Velazquez**

Resistance training using core stabilization: the water is the perfect medium to explore and improve dynamic balance, strength, agility and coordination. We'll take advantage of water properties in this workout using buoyancy and drag without equipment. Learn how to use training intensity, alignment, muscle involvement and muscle integration in this efficient core and total body workout.  
**FR2I Friday, 10:00am-11:30am**

**SCHWINN® CYCLING:  
PIMP MY PLAY LIST!****Jeffrey Scott**

Get hip, get updated, and get ready to upgrade your music know-how! Whether you have been teaching for days or decades, this workshop will show you how to develop a rockin' playlist, use music for maximum motivation, and navigate cutting-edge music technology that will elevate your skills as a coach. All new and complete play list and class design sheet included.  
**FR2J Friday, 10:00am-11:30am**

**REALRYDER®: PRECISION TRAINING****Douglas Brooks, MS & Casey Stutzman**

Learn to coach like the pros in RealRyder's NEW Performance Training Series (PTS). "Why am I doing this?" is the question behind every ride profile. Learn why recovery is as important as hard work and how often you should push the limits. Remove the guesswork with Lactate Threshold Heart Rate (LTHR) using a simple eight-minute test. Create a fun, challenging ride that is the right balance of "too hot," "too cold" and "just right" based on individual riders' LTHR zones.  
**FR2K Friday, 10:00am-11:30am**



**MOI CYCLE:  
ENDURANCE RIDE**



**MOi Cycle Team**

RPM and Music BPM match perfectly to ensure a rhythmic and results-oriented ride. Following a short lecture, your endorphins fly as your aerobic system reaches steady state and your intensity level is pushed higher. MOI (Mind Over Intensity) will assist you when your body wants to give in. Conquer longer distances and time as your breathing and legs become more controlled.

**FR2L Friday, 10:00am-11:30am**

**THE PERFECTION DETOX®**

**Petra Kolber**

Striving to be perfect kills dreams and robs you of joy and purpose. As leaders in the fitness industry, we have mistakenly thought that to be a perfect leader is a great leader. However, it is impossible to inspire or connect with others when we show up without flaws. It is in our imperfect moments that the magic and motivation happen. Discover how you can move away from the pursuit of perfection and toward results.

**FR2M Friday, 10:00am-11:30am**

**WOMEN, MUSCLE, AND STRENGTH**

**Irene Lewis-McCormick, MS**

Get the body you want in no time. Explore fitness myths and understand the top 10 strength training exercises for women. Discover why resistance training and increased lean mass is the way to improve your appearance and lose weight! Walkaway armed with knowledge to help your female clients get what they want from a fitness program. (LECTURE)

**FR2N Friday, 10:00am-11:30am**

**BEST BODY COUNTDOWN**

**Sohailla Digsby, RD, LD**

Are your clients' fitness efforts thwarted by what they put in their mouths between workouts? What can you do to ensure that the hard work they do with you shows-up in their body fat percentages, Facebook "selfies," and medical charts? Learn strategically designed steps to get your class participants and clients to reach their very Best Bodies...in just 52 days! (LECTURE)

**FR2O Friday, 10:00am-11:30am**

**THE ART OF BRANDING**

**Carol Scott**

Capture them before they step through the door. Your brand is your story and should represent you and create an emotional response. Learn how to build and implement a branding strategy that can tell your story and set you apart from your competition. The most successful brands are constantly evolving. Learn what you need to make it happen for you. (LECTURE)

**FR2P Friday, 10:00am-11:30am**

**BODHI SUSPENSION SYSTEM  
CHISELED SUSPENSION TRAINING**



**Nico Gonzalez**

Define, delineate and detail your physique using the Bodhi Suspension System from

Balanced Body. Learn moves and sequences to target every part of your body and create classes that truly change how the body looks, feels and performs.

**FR2Q Friday, 10:00am-11:30am**

**FR3 11:45am-1:15pm**

**Lunchtime Session 1**

(If You Choose This Session, Then 1:15pm-2:15pm Will Be Your Expo And Lunch Break)

**BALANCED BODY® FIT: HIGH INTENSITY MEETS MINDFUL MOVEMENT**



**Valentin**

Are you striking a balance in your workouts? Be inspired to create multi-dimensional high intensity programming incorporating both strength and power while weaving in mindful movement strategies. Using versatile Balanced Body® equipment, you will learn athletic, total body exercises and sequences to functionally strengthen the body from head to toe combined with a variety of mind/body movement moments. Don't miss this chance to get the best of both worlds!

**FR3C Friday, 11:45am-1:15pm**

**INDO-ROW®: THE TEAM ATTACK ON TOTAL BODY TRAINING**



**Doris Thews & Josh Crosby**

Whether you are a veteran rower or brand new to the crew, this session brings out your personal best through team energy! In this workshop, you'll learn about the fascinating team culture of rowing, then experience the total-body, calorie burn of Indo-Row through challenging interval drills based on time, distance, power, team synchronicity and overall passion for an invigorating no-holds-barred workout. Get ready to attack and race with your team to the finish!

**FR3D Friday, 11:45am-1:15pm**

**HIT IT!® P.O.W.E.R.**



**Constance Barker & Kevin Barker**

This is the hottest cardio, resistance training and core interval class around incorporating moves derived from boxing and MMA training and the use of P.O.W.E.R. Punch Gloves! This class is designed to be an intense full-body conditioning class, which can totally reshape the entire body. This program is an excellent addition to your group ex classes, small group and personal training sessions.

**FR3F Friday, 11:45am-1:15pm**

**GENTLE AQUA**



**Irene Lewis-McCormick, MS**

This low impact, non-rebounding water workout is an excellent choice for persons who cannot withstand the constant repetition of rebounding in water classes. The hopping, jumping and running movements prevalent in most aqua classes are replaced by the muscle specific, precise movements performed through a full range of motion using yoga and Pilates-based exercise techniques. This workout includes an abundance of ideas for flexibility and non-impact, shallow water toning. Improve your strength, flexibility, and posture without the splash or rebound.

**FR3H Friday, 11:45am-1:15pm**

**AQUA MUSCLE REVIVAL**

**Karen Westfall, MS**

Muscle Revival is designed to strengthen atrophied muscles, burn fat, work all metabolic energy systems and challenge slow and fast twitch muscles fibers. Learn the latest research in respect to the proper number of repetitions, technique, and duration to make this an effective and challenging workout.

**FR3I Friday, 11:45am-1:15pm**

**SCHWINN® CYCLING:  
RIDE THE TOTAL BODY TRENDS WITH CIRCUITS**



**Amy Dixon & Shannon Fable**

Wait, weights on the bike? In this workshop, learn how to deliver the new indoor cycling class promise of a "Complete Workout" while staying authentic to both the strength work and the ride. Come experience the most effective and efficient way to get a total-body workout in your cycling classes - an electric ride combined with off-the-bike circuits that do more than follow the trend, they set the standard!

**FR3J Friday, 11:45am-1:15pm**

**MOI CYCLE: INTERVAL RIDE**



**MOi Cycle Team**

RPM and Music BPM match perfectly to ensure a rhythmic and results-oriented ride. Join us for a lecture followed by an energized ride aimed at working with both intervals of time and challenge combined with recovery periods to increase strength and stamina. Our interval ride allows you to train harder and longer. Ride with passion - Ride with MOI!

**FR3L Friday, 12:30pm-2:00pm**

**EXERCISE & AGING: BEST PRACTICE PROGRAMMING**

**Sara Kooperman, JD**

By the year 2030, the fastest growing segment of the population will be the 85+ individual. There will be 70 million 65 year olds and older. This staggering shift in societal demographics promises to have tremendous impacts on our economic, social and physical well-being. Both land and water programming for group fitness professionals and personal trainers alike will be addressed. (LECTURE)

**FR3M Friday, 11:45am-1:15pm**

**ENGAGING MILLENNIALS WITH HIIT SOLUTIONS**



**Sheldon McBee, MS**

It seems like the topic of Millennials is everywhere you turn. Numbering over 80 million and representing 21% of all consumer spending, they can't be ignored. Do you know what the Millennials value is when it comes to fitness and what you, as an instructor, need to do to successfully engage this group? In this session, you will gain key insights on what makes this generation tick and how you can grow your business by catering to their needs. (LECTURE)

**FR3P Friday, 11:45am-1:15pm**

**FR3 12:30pm-2:00pm****Lunchtime Session 2****(If You Choose This Session, Then 11:30am-12:30pm Will Be Your Expo And Lunch Break)****Savvier Fitness****NEW FOR 2015: TABATA BOOTCAMP™ EXPRESS WORKOUT****Mindy Mylrea**

Tabata Bootcamp™ is a revolution in HIIT training and wellness coaching. Mindy introduces you to the Tabata Bootcamp™ workout, Tabata Express, and shows how an amazing 30 minutes can lead participants to embark on a full wellness journey for real change. Using the 20-10 timing protocol with max intervals, mixed intervals, and quickies and our unique signature foundational moves timing of 40-30-20 and 30-20-10, you will experience a total new way to excite and challenge your students for maximum sustained success.

**FR3A Friday, 12:30pm-2:00pm****CHAIN REACTION****SPRI****Abbie Appel**

Your body is only as strong as its weakest link. Experience muscle activation that you never thought possible with the SPRI360 reactive trainer. Train muscles to move more freely and efficiently using a step by step Re-ACTIVE training method; Move, React, Repeat. Use as an effective workout or incorporate into any workout as a dynamic warm up, active-rest, or post-workout recovery. Come join us and let's get that body linked, synced, and activated!

**FR3B Friday, 12:30pm-2:00pm****SURGE® ADVANCED CORE TRAINING****SURGE****Casey Stutzman**

A strong core is the key to success in sport performance and daily life. Learn to use the properties of water for dynamic resistance and develop a high functioning core. Discover new core training methods to transfer force, link whole body movement, stabilize, initiate or resist rotation, and maintain core function under fatigue. Build a core that works!

**FR3E Friday, 12:30pm-2:00pm****GROUP RX: FUNCTIONAL BARBELL STRENGTH: REPS, INTEGRATION, POWER (RIP)****POWER MUSIC****Kristen Livingston, MEd**

Functional, rotational and undeniably motivational, RIP delivers results. You and your participants are after the same things - physical results, safe and motivating exercises, great music, and the thrill of the group atmosphere. RIP is the

group barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and bodyweight. Learn what, why and how to deliver a scientifically researched, off-the-charts RIP class that you can implement immediately, which is license-free, customizable and affordable.

**FR3G Friday, 12:30pm-2:00pm****REALRYDER®:****THIS IS HOW WE RYDE!****Douglas Brooks, MS & Adam Reid**

The introduction of the RealRyder® Indoor Cycle has changed indoor bike technology forever. Our bike captures the movement and fun of 'real' outdoor riding while riders experience the benefits of turning, leaning and balancing. This workshop builds on the history of indoor cycling, giving instructors a glimpse into the RealRyder® teaching system as well as experiencing a fun-paced "century" ride. The future of indoor cycling is here. Take the Training Wheels Off!

**FR3K Friday, 11:45am-1:15pm****3D FLEXIBILITY AND STRENGTH****Leslee Bender**

This Gray Institute® session will dramatically enhance how you think and what you do with all of your patients/clients. Traditional flexibility techniques simply "don't cut it" and may, in fact, be setting our clients up for disaster. Applied Functional Science® allows practitioners to understand and apply the truths of how the body functions in three planes of motion. This session will discuss and demonstrate tri-plane lengthening (motion) and strengthening (stability) techniques throughout the body for authentic "mostability!"

**FR3N Friday, 12:30pm-2:00pm****NUTRITION NUGGETS****Sohailla Digsby, RD, LD**

You will hardly believe these simple nutrition myths heard repeatedly in nutrition consultations! This session exposes the simple "nuggets" that are the barriers to the results you and your clients are after! If you only knew! Learn the facts so you can set them straight. (LECTURE)

**FR3O Friday, 12:30pm-2:00pm****FR4 2:15pm-3:45pm****BODY WEIGHT BOOT CAMP****Savvier Fitness****Mindy Mylrea**

No equipment, well almost no equipment. Using the best tool you own, your body, you will experience a bootcamp like no other.

Mindy is the best at creating super cool, creative, challenging, and off the chart skills and drills for any type of bootcamp. Enjoy an interval workout that is an explosion for the sweat glands and go home with more ideas, tips, tricks, and games than you could possibly imagine.

**FR4A Friday, 2:15pm-3:45pm****MOVE FREE****SPRI****Jonathan Ross**

Move Free! Moving well requires the body to be balanced, symmetrical and free from restriction. Efficient movement demands optimal joint "mobility", connective tissue "stability", and muscle "activity". In this session, you will learn a series of isolated and integrated Mobilization Stabilization Activation movement patterns using SPRI Strands for better movement, better workouts, and a better life. Come in tight and leave feeling just right!

**FR4B Friday, 2:15pm-3:45pm****GET CENTERED: DANCE, TAI CHI & YOGA FUSION****Petra Kolber**

There is immense power that comes from living in the present. It sounds so simple yet it is one of the hardest lessons to master. Get Centered brings the mind and body into alignment through breath awareness and a fusion of movements inspired from the worlds of Dance, Yoga and Tai Chi. This session will also discuss the power of gratitude and how to be a benefit seeker in work and life.

**FR4C Friday, 2:15pm-3:45pm****CHOREOGRAPHY WERQSHOP****Haley Stone**

WERQ Dance Fitness choreographer, Haley Stone, gives you the secrets behind designing stellar dance fitness choreography. Set up basic movement patterns, define movement inspiration, decode the art of transitions, and learn how to seamlessly string dance fitness choreography together to build a scalable combo. WERQ it out during the group practice portion and leave with new dance combos to plug into your next cardio class.

**FR4D Friday, 2:15pm-3:45pm****PETRA KOLBER**

is a columnist for Spry Living Magazine. Her column is called The 2015 Happiness Challenge and is delivered to nine million homes each month. Petra is also the spokesperson for Yes Fitness Music. She has consulted for companies such as Reebok, California Walnuts Health Magazine and Adidas. She has also been awarded the 2000 Can Fit Pro International Presenter of the Year, a 2001 Instructor of the Year award and is a four-time winner of the ECA Best Female Presenter.





**SHOCKWAVE**

**Amy Dixon, Josh Crosby & Jeffrey Scott**

The media has dubbed ShockWave "The Most Efficient Total Body Workout in the World" and instructors are raving about this high-intensity circuit that builds community, competition and retention. Come get new ideas for bootcamp and circuit workouts designed to amplify team spirit, push limits and maximize the fun-factor. Come experience this easy-to-teach, simple-to-do, minimal equipment format that includes ShockWave's jaw-dropping "secret sauce" and ideas for recreating this experience in your classes.

**FR4E Friday, 2:15pm-3:45pm**



**MOI CYCLE: RACE DAY RIDE**

**MOi Cycle Team**

RPM and Music BPM match perfectly to ensure a rhythmic and results-oriented ride. Our Strength ride is packed with hills and challenging terrain along with smooth recoveries teaching the rider how to become strong and efficient with climbing technique. Following a short lecture, prepare to blast your heart, lungs, and legs in a 55-minute fun, exhilarating, and successful ride. Get yourself MOi'd!

**FR4L Friday, 2:15pm-3:45pm**



**BODHI SUSPENSION SYSTEM PILATES MEETS SUSPENSION**



**Nico Gonzalez**

Suspension training goes mind body in this core centered class combining the refinement and detail of Pilates with the athleticism and strength of suspension. Sequences for core training, stability, balance and flexibility are the focus of this unique take on Suspension Training from Balanced Body.

**FR4Q Friday, 2:15pm-3:45pm**

**FR5**

**4:00pm-5:30pm**

**OULA® FITNESS**

**Kali Lindner**

OULA® is one epic hour of sweat, joy and total inspiration! It is a motivating hour of high-energy dance fitness to great music where participants are free to let it all out and dance free of judgment. OULA is not just an exercise class, it is an experience. Our participants experience transformation from the inside out, and enjoy our philosophy that when you feel good, you look amazing. OULA is Dancemania for the Soul.

**FR4F Friday, 2:15pm-3:45pm**



**TIPPING THE SCALES: ENERGY BALANCE AND WEIGHT LOSS**

**Fabio Comana, MA, MS**

The number one reason individuals join health clubs is to lose weight, yet many clients fail to achieve their weight loss goals. While metabolism and weight management is a controversial topic, programming starts with the knowledge of energy balance equations. This session examines the common tools we use to measure this equation and discusses its shortcomings while offering simpler, more qualitative strategies to help clients achieve their weight loss goals. (LECTURE)

**FR4M Friday, 2:15pm-3:45pm**

**ATTRACT NEW PARTICIPANTS ONLINE: SOCIAL STRATEGIES TO BUILD YOUR BUSINESS**

**Susannah Maher**

Discover how to develop a stunning and simple mobile experience for your clients, your staff, and yourself. From social sharing to automated business management, you'll leave with tips on how to utilize today's fast-paced lifestyle to turn clients into ambassadors and take the work out of your business.

**FR4N Friday, 2:15pm-3:45pm**



**COREZONE CHIZZEL™**

**Leslie Grosshauser**

This program is the best of both worlds! Training movement and muscle in one action packed workout. Simple traditional strength training moves combined with fun, rhythmic functional movement patterns will provide the strength, balance and endurance we all need! The use of hand held weights and tubing will assist us in our journey during this fun, easy to understand session!

**FR4G Friday, 2:15pm-3:45pm**



**PLATINUM 2**

**Connie Warasila, Jen Keet, MS, Sara Kooperman & Manuel Velazquez**

Platinum is a shallow-water, low-impact aqua exercise experience that offers senior citizens and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides easy-to-teach and learn choreography, fantastic marketing and scientifically designed program and education. Catch the wave!

**FR4I Friday, 2:15pm-3:45pm**



**POWER ONE**

**Chris Freytag**

Music inspires, motivates and empowers and is one of the most compelling variables in your classes. Think of the feeling you get when songs you thoughtfully picked create a surge of energy in the room. Music is the fun factor that keeps classes packed. We explore the latest trends in music and how to best use music in your classes. With technology changing rapidly, we will discuss how to purchase and play music digitally along with what the future holds. (LECTURE)

**FR4O Friday, 2:15pm-3:45pm**



**MAKING MORE MONEY AS A FITNESS PROFESSIONAL**

**Casey Conrad, JD**

Whether you own a club or are a personal trainer who wants to get paid more money, you must understand that there are only three ways to generate more revenue in ANY business model. This session will simplify the revenue generation game by giving you three specific categories to focus on and provide you with a checklist of options to make execution easier. You will leave with specific tools and strategies that you can apply to your business model immediately. (LECTURE)

**FR4P Friday, 2:15pm-3:45pm**



**SCHWINN® CYCLING: NOTHING BUT THE HIITS!**

**Keli Roberts**

High Intensity Interval Training has found its way into every workout modality. Here, we explore why these training systems show proven results and how to fold them into your indoor cycling rides. Up your teaching game with the science, then get the inspiration to deliver a workout that goes beyond Tabata to bring your riders Nothing But the HIITs! This session includes a full workout complete with detailed class design notes.

**FR4J Friday, 2:15pm-3:45pm**

**ROPES THROUGH THICK AND THIN**

**SPRI**

**Chris Freytag**

This session includes an intense, interval training session that combines SPRI Training (Battling) Ropes and Jump Ropes. Perform successive one-minute training rounds consisting of 20 seconds of Training Rope work, 20 seconds of Jump Rope activity and 20 seconds of rest. Develop core stabilization, authentic strength, and metabolic endurance with this varied intensity conditioning class. This training session is sure to wake up every muscle in your body, burn plenty of calories, and leave you breathless.

**FR5A Friday, 4:00pm-5:30pm**

**TRIGGERPOINT: MYOFASCIAL COMPRESSION™ TECHNIQUES FOR INJURY PREVENTION**



**Kimberly Shah**

Injuries occur due to the muscles' inability to tolerate the demands placed upon them. See how you can make an impact on your clients' biomechanical function and injury profile with Myofascial Compression Techniques (MCT). This method was created to provide an advanced approach to myofascial release. MCT improves the body's ability to move efficiently as an integrated unit, preventing injury and preparing the body to perform at its best.

**FR5B Friday, 4:00pm-5:30pm**

**BALANCED BODY BARRE™: STRONG CORE, TONED ARMS**




**Joy Karley, MA**

Learn how to create dynamic, fun and effective core and upper body sequences for Balanced Body Barre classes using bands, weights and SmartBells. Learn the Balanced Body Movement Principles for the core and upper body and experience several lively sequences you can teach on Monday. Exercises and sequences can be incorporated into any Barre or group exercise class. Detailed choreography and music notes included!

**FR5C Friday, 4:00pm-5:30pm**

SEP. 23-24

<b>WEDNESDAY SEPTEMBER 23 PRE-CONVENTION EVENTS</b>	SCW Yoga I Certification 8:30am-6:00pm Velazquez Page 8	SCW Personal Training Certification 9:00am-6:00pm Roberts Page 8	WIM Aquatic Certification 9:00am-6:00pm Warasila Page 8						
<b>THURSDAY SEPTEMBER 24 PRE-CONVENTION EVENTS</b>	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	ZUMBA® Basic Skills Level 1 8:00am-5:00pm J. Witt & T. Witt Page 10	Tabata BootCamp™ 8:00am-5:00pm Mylrea Page 9-10	Schwinn® Cycling Instructor Certification 8:00am-5:00pm Scott & Thews Page 9

**THURSDAY EXPO HOURS : 5:00pm-7:00pm**

<b>A</b> BOOT CAMP & GROUP TRAINING	<b>B</b> GROUP TRAINING & HIIT	<b>C</b> BARRE & SPECIALTY TRAINING	<b>D</b> YOGA/ PILATES	<b>E</b> CIRCUIT TRAINING & STRENGTH	<b>F</b> DANCE & GROUP EX	<b>G</b> KETTLEBELLS & SPECIALTY TRAINING	<b>H</b> AQUA (ACTIVITY)
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<b>FR1 7:30am-9:00am</b>	Ropes Gone Extremely Wild!™ Nunez Page 11	Jillian Michaels BodyShred™ Levesque Page 11	Barre Intensity - Not Just for Ballerinas Lyons Page 11	Rock and Roll Pilates by ActivMotion Bar Appel Page 11	BOSU® HIIT Metabolic Challenge Dixon Page 11	Crunch Live: Overdrive and Absolution Renfro Page 11	Kettlebell Butts & Guts Benten Page 11	Deep Water Core and More Westfall Page 11
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**EXPO OPEN : 9:00am - 2:30pm**


<b>FR2 10:00am-11:30am</b>	Best of Boot Camp 2015 M. Mylrea Page 12	Hop, Skip & Jump Plyo Training Ross Page 12	Bender Bootcamp 2015 Madden Page 12	Yoga with a Twist Kooperman Page 12	101 Ways to BOSU® Fable Page 12	ZUMBA® Cardio Blast! T. Witt Page 12	Start at the Core McBee Page 12	Power, Balance and Strength Stuart Page 12
<b>FR3 SESSION 1 11:45am-1:15pm</b>	Tabata Bootcamp™- Express Workout M. Mylrea Page 14 Session 2	Chain Reaction Appel Page 14 Session 2	Balanced Body® Fit: High Intensity Meets Mindful Movement Valentin Page 13 Session 1	Indo-Row®: The Team Attack on Total-Body Training Thews & Crosby Page 13 Session 1	Surge® Advanced Core Training Stutzman Page 14 Session 2	Hit It!® P.O.W.E.R. C. Barker & K. Barker Page 13 Session 1	Functional Barbell Strength: Reps, Integration, Power Livingston Page 14 Session 2	Gentle Aqua Lewis-McCormick Page 13 Session 1
<b>FR4 2:15pm-3:45pm</b>	Body Weight Bootcamp M. Mylrea Page 14	Move Free Ross Page 14	Get Centered - Dance, Tai Chi + Yoga Fusion Kolber Page 14	Choreography WERQshop Stone Page 14	ShockWave Dixon, Crosby, Scott Page 15	OULA® Fitness Lindner Page 15	CoreZone Chizzel Grosshauser Page 15	
<b>FR5 4:00pm-5:30pm</b>	Ropes-Through Thick and Thin Freytag Page 15	TriggerPoint: Myofascial Compression™ Techniques for Injury Prevention Shah Page 15	Balanced Body Barre™: Strong Core, Toned Arms Karley Page 15	ActivMotion Bar: Disruptive Training Mikulski Page 18	POUND Opperman Page 18	ZUMBA® Gold T. Witt Page 18	Piloxing® Opposites Attract Ballard Page 18	Aqua Zen Warasila Page 18

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

<b>FR6 6:30pm-7:30pm</b>	Battle with the Bands Nunez Page 19			Drishti Beats Lowell Page 19	Go Hard or Go Home: GRIT® Strength McBee Page 19	WERQ Like a Boss Stone Page 19	BollyX® Mehta & Patel Page 19	
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<b>SA1 7:00am-8:30am</b>	Real World Plyometrics Ross Page 19	Strength Circuit Ramping Freytag Page 19	Balanced Body Barre™: Long, Lean Legs! Karley Page 19	Crunch Live: Fat Burning Pilates and Bendable Body Williams Page 19	Kamagon® Kore Roberts & Jennings Page 20	BODYCOMBAT® McBee Page 20	Cardiopump Fusion Benten Page 20	Deep Water Dance Party Westfall Page 20
<b>SA2 8:45am-10:15am</b>	Strength Overload M. Mylrea Page 20	Speed of Light, Medium, and Heavy Nunez Page 20	Dancing for Joy Kolber Page 20	Yoga Touch Kooperman Page 20	ShockWave Thews, Crosby & Cook Page 21	Kick and HIIT - UrbanKick® HIIT Kickboxing Barnard & Natsuki Page 21	Speedball Feinberg Page 21	Aqua ZUMBA® T. Witt Page 21

**EXPO OPEN : 9:45am-12:45pm**

<b>SA3 SESSION 1 10:45am-12:15pm</b>	HIIT Parade M. Mylrea Page 22 Session 1	Cardio Interval Ramping Freytag Page 22 Session 1	Piloxing® Knockout Ballard Page 22 Session 1	Indo-Row®: The Perfect Calorie Burn Thews & Crosby Page 22 Session 1	BOSU® Balanced Basics and Beyond Quest & O'Brien Page 22 Session 2	ZUMBA® Let it MOVE YOU! T. Witt Page 23 Session 2	Kettle Body by Brook Benten Page 23 Session 2	Beating Aqua Burnout Gilbert, Layne, Warasila, Velazquez Page 22 Session 1
<b>SA4: KEYNOTE 1:00pm-1:45pm</b>								










**EXPO OPEN : 2:00pm-5:30pm**

<b>SA5 2:00pm-3:30pm</b>				Yogatha™ Christian Yoga + Meditation Galles Page 23	Breathe In, Out, and Often Lyons Page 23	Hit It!® Kickbox II C. Barker & K. Barker Page 23	OULA® Fitness Lindner Page 23	
<b>SA6 4:30pm-6:00pm</b>	Quickies - Get More Done in Less Time M. Mylrea Page 24	Reactive Overload Appel Page 24	Tabata Yoga Howard Page 24	Barre Above™: Core Connection Bender & Kahn Page 24	BOSU® Plyo Power Brooks Page 24	BollyX® Mehta & Patel Page 24	Balanced Body: MOTR™ = Movement Magic! Valentin Page 24	101 Ways to Water Walk Westfall Page 24
<b>SA7 6:15pm-7:30pm</b>	POUND Opperman Page 25	TriggerPoint: Myofascial Compression™ Techniques for Multi-Sport Training Shah Page 25	MMA Conditioning: Battle Obesity with WAR Livingston Page 25	Balance Now! Mikulski Page 25	20X3 Howard Page 25	Choreography WERQshop Stone Page 25	The M.I.X. 3D! Kimmel Page 25	H2O Luscious Limbs: Lower Body Strengthening Gilbert Page 25

FRIDAY, SEPTEMBER 25

SATURDAY, SEPTEMBER 26

SUNDAY, SEPTEMBER 27

<b>SU1 7:00am-8:30am</b>	Ballapalooza Freytag Page 26	POUND Opperman Page 26	Anatomy and Physiology of Yoga Galles Page 26		BOSU® Dimensional Core Training Quest Page 26	Recess Lab Lewis-McCormick Page 26	BOOT Up: Unleash the Grid Livingston Page 26	Water Warrior Warasila Page 26
<b>SU2 8:45am-10:15am</b>	Roll, Regenerate, Revitalize Ross Page 27	Piloxing® Barre Ballard Page 27	Balanced Body® Fit: 20 is Plenty, Intense Functional Interval Training Karley Page 27		Out of Bounds Thews & Mylrea Page 27		Kick and HIIT - UrbanKick® HIIT Kickboxing Barnard & Natsuki Page 27	H.E.A.T. Waves Henry Page 27
<b>EXPO BREAK : CLOSE OUT SALES 10:00am-1:00pm</b>								
<b>SU3 11:15am-12:45pm</b>	TriggerPoint: GRID® Lock Shah Page 28	Speedball Core Feinberg Page 28	CoreZone Commotion Grosshauser Page 28		ZUMBA® Kids J. Witt Page 28			Water Cardio & Core Warasila Page 28
<b>SU4 1:00pm-2:30pm</b>	Relax & Restore Foam Roller Training Lewis-McCormick Page 29	Fun Fitness for Children Keet Page 29	Balanced Body: MOTR™ = Get Your MOTR Running! Valentin Page 29		The M.I.X. 3D! Kimmel Page 29			Aqua ZUMBA® T. Witt Page 29





# MIDWEST MANIA® *Schedule at a Glance*

RealRyder® Certified Instructor Training 8:00am-5:00pm Brooks & Reid Page 9	Moving to Happiness® Coaching Method 9:00am-5:00pm Kolber Page 9	BOLLYX - The Bollywood Workout 8:30am-5:30pm Mehta & Patel Page 9	BOSU® 3D XTREME™ Certification 10:00am-4:30pm Fable Page 9	Trigger Point® Myofascial Compression Techniques 9:00am-5:00pm Shah Page 10	UrbanKick® Instructor Certification 9:00am-5:00pm Barnard & Natsuki Page 10	Barre Above™ Certification 9:00am-5:00pm Madden Page 9	Yoga II Certification 5:30pm-9:30pm Howard Page 9	SCW Group Strength: Focusing on Females 5:30pm-9:30pm Lewis-McCormick Page 9	SCW Lifestyle & Behavioral Coaching 5:30pm-10:00pm Comana Page 9	Functional Flexibility & Fascia Fitness Certification 5:30pm-9:30pm Bender Page 10
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**THURSDAY EXPO HOURS : 5:00pm-7:00pm**

<b>I</b> AQUA (LECTURE)	<b>J</b> SCHWINN® CYCLING	<b>K</b> REALRYDER® CYCLING	<b>L</b> MOI CYCLING	<b>M</b> EXERCISE SCIENCE & NUTRITION LECTURE	<b>N</b> EXERCISE SCIENCE & NUTRITION LECTURE	<b>O</b> BUSINESS & PT LECTURE	<b>P</b> BUSINESS LECTURE	<b>Q</b> SUSPENSION & CIRCUIT TRAINING
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More Connections in the Pool Keet Page 11	Schwinn® Cycling: Class Design Crunch Time Fable Page 11	RealRyder® Indoor Cycling: Adrenaline Rush Bender Page 11	Metabolism, Fat, Abs, Butts and Thighs Comana Page 12	All That and a Bag of Chips Scott Page 12	Graciously, Professionally and Systematically Producing Referral Business Woodward Page 12	Fitness Facility on FIRE Digsby Page 12	Bodhi Suspension System CSI: Circuit Suspension Intervals Gonzalez Page 12
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**EXPO OPEN : 9:00am - 2:30pm**

Horizontal & Vertical Dynamic Aqua Core Training Velazquez Page 12	Schwinn® Cycling: Pimp My Play List! Scott Page 12	RealRyder® Indoor Cycling: Precision Training Brooks & Stutzman Page 12	MOI Cycle: Endurance Ride MOI Team Page 13	The Perfection Detox® Kolber Page 13	Women, Muscle and Strength Lewis-McCormick Page 13	Best Body Countdown Digsby Page 13	The Art of Branding Scott Page 13	Bodhi Suspension System CSI: Chiseled Suspension Training Gonzalez Page 13
Aqua Muscle Revival Westfall Page 13 Session 1	Schwinn® Cycling: Ride the Total Body Trends with Circuits Dixon & Fable Page 13 Session 1	RealRyder® Indoor Cycling: This is How We Rydel! Brooks & Reid Page 14 Session 2	MOI Cycle: Interval Ride MOI Team Page 13 Session 1	Exercise & Aging: Best Practice Programming Kooperman Page 13 Session 1	3D Flexibility & Strength Bender Page 14 Session 2	Nutrition Nuggets Digsby Page 14 Session 2	Engaging Millennials with HIIT Solutions McBee Page 13 Session 2	
WATERinMOTION®: Platinum 2 Warasila, Keet, Kooperman & Velazquez Page 15	Schwinn® Cycling: Nothing but the HIITs Roberts Page 15		MOI Cycle: Race Day Ride MOI Team Page 15	Tipping the Scales Comana Page 15	Attract New Participants Online Kolar Page 15	Power One Freytag Page 15	Making More Money as a Fitness Professional Conrad Page 15	Bodhi Suspension System CSI: Pilates Meets Suspension Gonzalez Page 15
Aquatic Programming for Seniors & Special Populations (S.P.A.) Howard Page 18	Schwinn® Cycling: Rock Stars, Preachers & Party People Dixon, Scott & Jennings Page 18	RealRyder® Indoor Cycling: Fun & Functional Small Group Training Brooks & Reid Page 18	MOI Cycle: Strength Ride MOI Team Page 18	Successful Small Group Personal Training Comana Page 18	Making Sense of Current Food Trends B. Mylrea Page 18	Sell and Retain Using Group Ex Woodward Page 18	Progressive Programming Scott Page 19	Balanced Body Fit: Suspension Meets Circuit Training Gonzalez Page 19

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

					State of the Industry Panel Discussion Comana, Scott Scudder, Scott, Lewis-McCormick, Ross Page 19	Ebbs and Flows of Aqua Exercise: Panel Discussion Kooperman, Howard, Stuart, Westfall & Velazquez Page 19		
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Moving Through the Decades in the Pool Keet Page 20	Schwinn® Cycling: Leave 'em Breathless II Dixon Page 20	RealRyder® Indoor Cycling: Cardio Games Reid Page 20	Surviving the 3 S's During Menopause Layne Page 20	3D Core Assessment & Programming Bender Page 20	Workplace Wellness Programs Velazquez Page 20	Give and Receive Feedback Woodward Page 20	Bodhi Suspension System CSI: Circuit Suspension Intervals Gonzalez Page 20
Hydro-Boost! Stuart Page 21	Schwinn® Cycling: Rhythm Revival Jennings Page 21	RealRyder® Indoor Cycling: Influencing the Influencers-Women! Bender Page 21	MOI Cycle: Interval Ride MOI Team Page 21	Burn Calories and Boost Fat Metabolism Kravitz Page 21	Metabolism Makeover Digsby Page 21	Personal Training: Competing with Free Group Classes Osborne Page 21	Bodhi Suspension System CSI: Chiseled Suspension Training Gonzalez Page 21

**EXPO OPEN : 9:45am-12:45pm**

Deep Abs Lab Stuart Page 22 Session 1	Schwinn® Cycling: Hot Topics in the Saddle Cook Page 23 Session 2	RealRyder® Indoor Cycling: This is How We Rydel! Brooks & Reid Page 22 Session 1	MOI Cycle: Endurance Ride MOI Team Page 22 Session 1	Tips and Trends for 2015 Kooperman Page 22 Session 1	Core Essentials in Exercise Science Comana Page 23 Session 2	Protein for Power Play Layne Page 23 Session 2	Fun Factor - Food for Kids Lewis-McCormick Page 22 Session 1	Bodhi Suspension System: Pilates Meets Suspension Gonzalez Page 23 Session 2
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**EXPO OPEN : 2:00pm-5:30pm**

RIPPLE: WATERinMOTION® 23 Gilbert, Henry, Keet, Layne, Warasila & Velazquez Page 23	Schwinn® Cycling: Got Lactate? Roberts Page 23		Women, Hormones, Metabolism and Energy Expenditure Kravitz Page 24	Trends; Use 'Em to Fine-Tune Your Business' Strategies Scudder Page 24	Women, Hormones, Metabolism and Energy Expenditure Kravitz Page 24	Balanced Body Fit: Suspension Meets Circuit Training Gonzalez Page 24
Poolates Gibson Page 24	Schwinn® Cycling: Girl Power Roberts, Stone & Thevs Page 24	RealRyder® Indoor Cycling: Time Crunched & Off Course Reid Page 24	Heart Rate Variability and Overtraining Kravitz Page 25	Nutritional Needs During Menopause Layne Page 25	Using Social Media to Up Your Game Freytag Page 25	Pain Relief... Naturally! Conrad Page 25
Anchor Down Henry Page 25		RealRyder® Indoor Cycling: Precision Training Brooks & Stutzman Page 25	MOI Cycle: Strength Ride MOI Team Page 26	Introduction to the Moving to Happiness® Coaching Method Kolber Page 26	The HIIT Advantage for Women Lewis-McCormick Page 26	The Ultimate Personal Training Experience System Osborne Page 26

Pool Pyramids Layne Page 27	Schwinn® Cycling: How to Rock a Theme Ride Thevs Page 27	RealRyder® Indoor Cycling: Cardio Games Brooks & Reid Page 27		Maximizing Muscle Strength and Hypertrophy Kravitz Page 27	Increase Your Energy Naturally Conrad Page 27	A Door Shuts, a Window Opens Grosshauser Page 27	Bodhi Suspension System CSI: Circuit Suspension Intervals Gonzalez Page 27
Barre-A-Cuda Aqua Workout Kooperman Page 27	Schwinn® Cycling: Totally Cook'd Cook Page 27	RealRyder® Indoor Cycling: Influencing the Influencers-Women! Bender Page 28		Circuit Training Extravaganza Kravitz Page 28	Training During the Menopausal Years Layne Page 28	Marketing and Selling S-M-A-R-T Scudder Page 28	Bodhi Suspension System: Chiseled Suspension Training Gonzalez Page 28
H2O Vertically Challenged Gilbert Page 28	Schwinn® Cycling: Start a Revolution Mylrea Page 28			<b>EXPO OPEN: 10:00am-1:00pm</b>			
Poolates Gibson Page 29		WERQ Instructor Training 8:00am-4:00pm	Caffeine, Creatine & Coconuts Layne Page 28	Small Group PT: Focus on Females Lewis-McCormick Page 28	50+ Customers: How to Get Us, Serve Us & Keep Us Scudder Page 28		Bodhi Suspension System: Pilates Meets Suspension Gonzalez Page 29
			Drinks After Work Layne Page 29	It's All About You! Grosshauser Page 29	Building A Great Team Of Personal Trainers Osborne Page 29		

**\*NEWLY ADDED!**

## ACTIVMOTION BAR: DISRUPTIVE TRAINING



**Derek Mikulski**

Resistance that moves inside a bar will shake you to the core. The Activmotion Bar creates the necessity to engage, activate and lock into muscle control increasing the ability to progress strength gains immediately. Learn an innovative approach to strength training using more than just static weight. Disruptive Training™ provides the true foundation for all functional and integrated movement.

**FR5D Friday, 4:00pm-5:30pm**

## POUND®



**Michelle Opperman**

Any workout can be set to music, but POUND is the only workout that puts you in charge of the music. In the same way your favorite song motivates you to power through the tail-end of the most grueling workout, POUND fuses the most challenging series of core, leg, and upper body conditioning moves with interval training and most importantly, the fun (and distraction) of drumming. Using lightly weighted drumsticks, Ripstix, you'll turn into a calorie-torching drummer Pounding off pounds.

**FR5E Friday, 4:00pm-5:30pm**

## ZUMBA® GOLD: WALK IN, DANCE OUT



**Tony Witt**

The boomer population grew up dancing, helped create the fitness industry as we know it today and still has the energy, passion and need for fun! Zumba Gold is specifically designed to take exciting Latin and International rhythms created in the original Zumba program and bring them to active older adults, beginners and special populations.

**FR5F Friday, 4:00pm-5:30pm**

## OPPOSITES ATTRACT: PILATES MEETS BOXING



**Jordan Ballard**

Want better quality of movement from your participants? Learn how incorporating the principle of opposition helps maintain alignment and creates balance during all movement. By maintaining activation of the working muscles as well as the stabilizing muscles, your participants won't just be going through the motions; they'll be 'moving with purpose!' Piloxing is an hour long cardio interval fusion of standing Pilates, boxing and dance.

**FR5G Friday, 4:00pm-5:30pm**



## AQUA ZEN

**Connie Warasila**

Slip into the pool and experience a relaxing blend of ancient movement forms (yoga and Tai-Chi) and more contemporary mind/body movement (Ai-Chi, Pilates, dance, aqua movement). You will journey to a place of deep physical and mental relaxation while practicing breathing techniques, centering, balance, core control and free-flow forms. Come; wash away the day's tension and stress. You will float away refreshed, renewed and calm.

**FR5H Friday, 4:00pm-5:30pm**



## AQUATIC PROGRAMMING FOR SENIORS AND SPECIAL POPULATIONS: S.P.A.



**Jeff Howard**

This session will apply published research studies over the last ten years to aquatic programming for the senior population. We will also play with some progressions for the arthritic and obese. Learn what seniors fear most and how to address that in the pool!

**FR5I Friday, 4:00pm-5:30pm**

## SCHWINN® CYCLING: ROCK STARS, PREACHERS AND PARTY PEOPLE



**Amy Dixon, Jeffrey Scott & Skip Jennings**

Welcome to the new era of indoor cycling where to teach an unforgettable ride, you must be more than a good coach. To be an addictive, inspirational instructor, you must discover and amplify your personal style in order to bring maximum charisma to every class you teach. Join Schwinn's top Master Trainers for a ride that feels like a concert, revival, and all-nighter rolled into one. All new play list and class design sheet included!

**FR5J Friday, 4:00pm-5:30pm**

## REALRYDER®: FUN & FUNCTIONAL GROUP TRAINING



**Douglas Brooks, MS & Adam Reid**

This indoor cycling session is a must for trainers or club managers who want to capitalize on indoor cycling with a biomechanically smart, fee-based, Small Group Training Business. Learn the science, value and benefits of integrating multi-planar exercises with multi-planar cycling. Experience a 20-minute small group functional training circuit that will leave you inspired to think outside the box. Get the tools and best practices to turn an ordinary training session into an extraordinary one!

**FR5K Friday, 4:00pm-5:30pm**

## MOI CYCLE: STRENGTH RIDE



**MOi Cycle Team**

RPM and Music BPM match perfectly to ensure a rhythmic and results-oriented ride. Our Strength ride is packed with hills and challenging terrain along with smooth recoveries teaching the rider how to become strong and efficient with climbing technique. Following a short lecture, prepare to blast your heart, lungs, and legs in a 55-minute fun, exhilarating, and successful ride. Get yourself MOi'd!

**FR5L Friday, 4:00pm-5:30pm**

## SUCCESSFUL SMALL GROUP PERSONAL TRAINING

**Fabio Comana, MA, MS**

Group, once a taboo term in personal training, is trending as Small Group Personal Training (SGPT) continues to explode out of the group fitness room and into just about every venue imaginable. This session examines key benefits of SGPT and discusses key strategies to successfully implement SGPT. Learn how to effectively use space, equipment and training formats to design effective group training workouts. (LECTURE)

**FR5M Friday, 4:00pm-5:30pm**

## MAKING SENSE OF CURRENT FOOD TRENDS



**Bruce Mylrea**

Soy is good; soy is bad. Organic is a must; organic means nothing. Kale may save my life; kale may kill me. We are bombarded with conflicting information related to food, and we may feel overwhelmed in a world of contradiction. Armed with the latest research based information, Bruce will sift through the noise and uncover myths and truths about what we eat and how it will affect our energy, immunity, and well-being. Not everything on the internet is true! (LECTURE)

**FR5N Friday, 4:00pm-5:30pm**

## SELL AND RETAIN USING GROUP EX

**Karen Woodard**

In most clubs, centers and studios, we do not utilize the power of selling and retaining memberships through Group Exercise. Review the type of integration, education and conversation that needs to occur to fully access this valuable sales tool. Address the Group Exercise Director, Sales Staff and Participant communication that will fill your classes and keep your members coming back. (LECTURE)

**FR5O Friday, 4:00pm-5:30pm**

## BRIAN NUNEZ

has over 10 years of fitness education experience and is the owner and creator of the FNS Training Center in Santa Clara, CA. Brian earned his degree in Kinesiology from San Jose State University and is certified through NASM as a Personal Trainer and Performance Enhancement Specialist. Brian is a Holistic Lifestyle Coach through the CHEK institute and a Master Trainer for Ignite Performance Training as well as a favorite MANIA® presenter.



**PROGRESSIVE PROGRAMMING****Carol Scott**

Learn how to schedule your most successful instructors and match them to successful classes to create a dynamic and results driven program that will create benefits and success for your members. Progressive programming will show you how to plan a schedule, what classes to offer, when to offer them and who should be teaching them. This lecture will also cover new emerging trends and which ones are right for your club. (LECTURE)

**FR5P Friday, 4:00pm-5:30pm****BALANCED BODY FITNESS  
SUSPENSION MEETS CIRCUIT TRAINING****Nico Gonzalez**

The intensity of suspension using the Bodhi system from Balanced Body is a great addition to a high intensity circuit class. Combine suspension, Smartbells and other small props to create dynamic circuits for your classes or small group training.

**FR5Q Friday, 4:00pm-5:30pm****FR6****6:30pm-7:30pm****BATTLE WITH THE BANDS****SPRI****Brian Nunez**

Little Equipment with Big Results. Whether you are working with one on ones, small groups, or boot camps, this workout is sure to take your clients' performance to the next level. Become Battle tested and challenge your body to increase strength, stamina and core strength. A circuit-based class using SPRI superbands, braided tubing and cuffs that incorporate corrective, flexibility, resistance, core and partner exercises. Burn a little rubber & lot of fat!

FREE MASTERCLASS. NO CECs.

**FR6A Friday, 6:30pm-7:30pm****GO HARD OR GO HOME:****GRIT® STRENGTH****Sheldon McBee, MS**

Blasting all major muscle groups, members are pushed out of their comfort zone to land firmly in the unknown. Les Mills GRIT® STRENGTH locks you into overdrive with this extreme workout that builds lean, toned muscle and draws your members back for more. This 30-minute HIIT workout uses barbells, plates and steps, pushing your metabolism, burning fat and keeping your members safely challenged.

**FR6E Friday, 6:30pm-7:30pm****DRISHTI BEATS: A MUSICAL  
YOGA JOURNEY****Lori Lowell**

This class delivers flawless movement patterns with amazing beats, hip hop, DJ mixing, live voice and percussion interspersed with beautiful language, guidance and instruction. Take your yoga practice to new levels incorporating yoga with live music. Drishti Beats is fun and enlightening while working through all components of Vinyasa Flow sequencing. Drishti is a Sanskrit term meaning "a concentrated and focused gaze". Where your focus goes, your energy flows.

**FR6D Friday, 6:30pm-7:30pm****BOLLYX®: UNLEASHING YOUR  
INNER BOLLYWOOD ROCKSTAR!****Minal Mehta, MBA and Shahil Patel**

BollyX is a cardio fitness class focused on performing to Bollywood music! Based on the film industry of Mumbai, participants will have the opportunity to unleash their inner rockstars. BollyX utilizes the principles of interval training to give you an effective, yet fun workout, incorporating South Asian dance styles such as Bhangra and Indian Folk. This workshop will break down authentic dance technique and take you through a full and exhilarating master class. Let's rock out!

**FR6G Friday, 6:30pm-7:30pm****WERQ LIKE A BOSS****Haley Stone**

WERQ Dance Fitness choreographer, Haley Stone, will lead this wild cardio dance WERQout and judge which team gets turned up the most to earn the #WERQLikeABoss title. Team Diva will represent mega pop artist icons like Britney and Beyonce. Team Hip Hop will represent the swagger stars of hip hop like Drake and Nicki Minaj. Dancers, divas, players, movers and shakers of all dance abilities are welcome to WERQ Like A Boss!

**FR6F Friday, 6:30pm-7:30pm****STATE OF THE INDUSTRY ADDRESS - PANEL  
DISCUSSION****Fabio Comana, MA, MS, Irene Lewis-McCormick, MS, Jonathan Ross, Carol Scott & Michael Scott Scudder**

In this new format for 2015, meet with industry experts regarding the future of group fitness, personal training, nutrition and club operations as they discuss where our industry is now, the challenges we are facing in today's market, and where our future lies. Questions will be asked to the group to stimulate unified answers and differing opinions. An open forum will follow where you can address the experts and hear first-hand the best practices that exist today. (LECTURE)

FREE MASTERCLASS. FREE WINE &amp; CHEESE PROVIDED.

**FR6N Friday, 6:30pm-7:30pm****EBBS AND FLOWS OF AQUA EXERCISE:  
PANEL DISCUSSION****Sara Kooperman, JD, Jeff Howard, Craig Stuart, Karen Westfall, MS & Manuel Velazquez**

Sara Kooperman, JD, Jeff Howard, Craig Stuart, Karen Westfall & Manuel Velazquez Explore the most current tips and trends in water exercise. This panel of industry experts address topics including aqua programming options such as HIIT, barre training and mind/body classes. Our presenters also expand upon water exercise scheduling variations, salary comparisons and certification requirements. Discussions on deck teaching approaches, arm placement (in and out of the water), and cueing techniques make for a lively review. Come with plenty of comments and questions and learn from aqua's best!

(LECTURE)

FREE MASTERCLASS

**FR6O Friday, 6:30pm-7:30pm****SATURDAY, SEPTEMBER 26****SA1****7:00am-8:30am****REAL WORLD PLYOMETRICS****SPRI****Jonathan Ross**

Plyometrics are for everyone, but how can you start using plyometric exercises successfully and safely with any population? Discover three ways to use plyometric exercises with anyone to keep the quality high, the intensity at the right level, and provide a challenge that engages the mind and challenges the body - for anybody. Leave with fascinating new exercises and ways of using plyometrics in all your training programs.

**SA1A Saturday, 7:00am-8:30am****STRENGTH CIRCUIT RAMPING****SPRI****Chris Freytag**

Turn up your strength with SPRI's Slanted Riser. This circuit style class focuses on functionally integrated exercises to strengthen your body as an entire unit instead of muscle by muscle. You'll be bending, reaching, pulling, pushing, and lunging while using your body weight, weighted bars, dumbbells, and the slanted Step platform. Discover how functional your body really is and learn to create and coach participants through circuits and progressions. Gather new ideas on how to get strong, motivated, and ripped.

**SA1B Saturday, 7:00am-8:30am****BALANCED BODY BARRE™:  
LONG, LEAN LEGS!****Joy Karley, MA**

Learn several fun, sexy sequences for toning the hips and thighs with Balanced Body Barre™. Using barres, body weight and great choreography, learn to work your lower body for maximum effect using the Balanced Body Movement Principles and inspirational music. Sequences taught can be used in any Barre or group exercise class. Detailed choreography and music notes included!

**SA1C Saturday, 7:00am-8:30am****CRUNCH LIVE: FAT BURNING  
PILATES AND BENDABLE BODY****Michelle Williams**

Experience our most dynamic mind/body workouts in this two in one session Fat Burning Pilates: the heart rate elevating, calorie-burning elements of a traditional cardio workout are combined with the lengthening and strengthening principles of Pilates to create a unique workout. Bendable Body: this flexibility workout will increase range of motion while targeting the hip flexors, hamstrings, neck and back. This workout is perfect for anyone looking to release tension and improve flexibility.

**SA1D Saturday, 7:00am-8:30am**

**KAMAGON KORE®****Keli Roberts & Skip Jennings**

Integrated movement requires effective recruitment of core musculature and a balance between stability and mobility to produce or reduce force. Using the Kamagon® Ball, learn progressive programming and tri-planar movement sequences that enhance core function. Experience functional training with an emphasis on Hydro-Inertia® and leave convinced that you'll never need to do another crunch!

**SA1E Saturday, 7:00am-8:30am**

science, skills, and electric coaching you can take back to your classes to leave 'em breathless...again!

**SA1J Saturday, 7:00am-8:30am****REALRYDER®: CARDIO GAMES****Adam Reid**

Match indoor cycling and cardio training with high-energy interaction that keeps riders engaged and accountable. Learn how competition, coaching and psychology result in motivation that guarantees results and enhances fun. What works best? Trash talk, positive reinforcement, or friendly competition? Learn to guide group ladders, solo leads, sprint pyramid builds, teammate tag and coach, pedal with the pack, and follow the leader. You'll leave with six new interactive game formats you can implement in classes tomorrow. Let the games begin!

**SA1K Saturday, 7:00am-8:30am****BODYCOMBAT™****Sheldon McBee, MS**

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. BODYCOMBAT™ is available as a 55, 45 or 30-minute workout.

**SA1F Saturday, 7:00am-8:30am****CARDIOPUMP FUSION****Brook Benten, MEd**

This is the workout for fitness professionals who want a little bit of everything. Cardiopump Fusion blends Power Yoga, Sports Drills, Kick Boxing, Plyometrics, Bootcamp, and Kettlebell all into one session! Excite your mind, challenge your body, and lift your spirits in this fresh and innovative "variety show". The first portion of this session is a choreographed fusion workout. The second portion is a Tabata, athletic blend of kettlebell and body weight exercises ideal for small group personal training.

**SA1G Saturday, 7:00am-8:30am****DEEP WATER DANCE PARTY****Karen Westfall, MS**

Deep water exercise doesn't have to be all cross country skis and jogging. Learn fun and innovative dance moves in the deep water accompanied by the best music from the past six decades. Yes, it's Fun and it's a Workout - what more could you ask for?

**SA1H Saturday, 7:00am-8:30am****MOVING THROUGH THE DECADES IN THE POOL****Jen Keet, MS**

Jump into the pool and back in time. This workshop focuses on creating a great aquatic work out to all-time music favorites. Everyone loves to get caught up in nostalgia! Bring those memories to life in the pool. This is a fun time celebrating music from the 1920's to today.

**SA1I Saturday, 7:00am-8:30am****SCHWINN® CYCLING:****LEAVE 'EM BREATHLESS II****Amy Dixon**

Sports Psychology + High Intensity Training = Explosive Results! Get ready for a second dose of the fitness industry's hottest topic paired with the mind/body tools. Experience an all-out, explosive sweat session plus the

**WORKPLACE WELLNESS PROGRAMS****Manuel Velazquez**

Health and fitness professionals work to help others to adopt long-term healthy habits. However, the multiple expectations of workplace wellness programs are often unclear, which makes it difficult to measure success. We will discuss why, what, where and how different approaches create success and the substantial evidence that supports a better comprehensive implementation and follow through. (LECTURE)

**SA1O Saturday, 7:00am-8:30am****GIVE AND RECEIVE FEEDBACK****Karen Woodard**

Sometimes, we feel like we are on egg shells when we need to give or receive feedback. In this session, we discuss why and how to eliminate the egg shells along with the

differences and detriments of a "culture of nice". Review how to give and receive feedback so it is helpful and not perceived as a personal attack. This session will breathe new life into your professional and personal conversations.

**SA1P Saturday, 7:00am-8:30am****BODHI SUSPENSION SYSTEM****CSI: CIRCUIT SUSPENSION INTERVALS****Nico Gonzalez**

Suspension training is a great way to get an intense, whole body workout in a short time. Learn suspension sequences you can use alone, add to your circuit classes or combine for a full suspension blast!

**SA1Q Friday, 7:00am-8:30am****SA2****8:45am-10:15am****STRENGTH OVERLAD****Mindy Mylrea**

Break free of the traditional strength training workout and go into Strength Overload. Using Gliding Discs, stability balls, and only body weight, you will experience combo workouts targeting lower, upper, and core in flowing grounded patterns and dynamic explosive patterns. Learn progressions and regressions that allow all levels of fitness to feel successful.

**SA2A Saturday, 8:45am-10:15am****SPEED OF LIGHT, MEDIUM AND HEAVY****SPRI****Brian Nunez**

Rediscover the lost art of eccentric load training fused with alternating tempo (speed) training. In this partner-based workout session, rubber resistance will be used to regulate and modify both load and tempo creating a series of tri-set superset training routines that will activate and stimulate the muscles like never before. These routines may be put together for a full workout or incorporated into shorter, more intense training sessions. Join us and get Jacked!

**SA2B Saturday, 8:45am-10:15am****DANCING FOR JOY****Petra Kolber**

Join Petra in a non-stop, choreography packed and easy to replicate dance workout that is Monday morning ready. Learn how teach to your students' strengths and have everyone leaving your classes feeling successful. Discover how to utilize the latest techniques from the world of positive psychology in your classes, so every time you will move your students into a happier mindset, have your students smiling and leave them wanting to come back for more.

**SA2C Saturday, 8:45am-10:15am****YOGA TOUCH****Sara Kooperman, JD**

Enjoy this yoga class, which balances strength and stretch, earth and sun, power and grace. Learn valuable techniques to touch your students physically and verbally. Using body weight and light manual touching, experience ways to connect with your students to motivate them to better posture,





proper alignment and greater challenge all within the effective environment of a yoga class.

**SA2D Saturday, 8:45am-10:15am**

**SHOCKWAVE**



**Doris Thews, Josh Crosby & Gregg Cook**

The media has dubbed ShockWave “The Most Efficient Total Body Workout in the World” and instructors are raving about this high-intensity circuit that builds community, competition and retention. Come get new ideas for bootcamp and circuit workouts designed to amplify team spirit, push limits and maximize the fun-factor. Come experience this easy-to-teach, simple-to-do, minimal equipment format that includes ShockWave’s jaw-dropping “secret sauce” and ideas for recreating this experience in your classes.

**SA2E Saturday, 8:45am-10:15am**

**KICK AND H.I.I.T. - URBANKICK H.I.I.T. KICKBOXING CLASS**



**Shane Barnard, JD & Miwa Natsuki, MA**

UrbanKick takes a sports conditioning approach and expertly blends authentic kickboxing with H.I.I.T. training to create a workout that incorporates steady state cardiovascular training, metabolic HIIT training and functional bodyweight strength training. UrbanKick challenges your body in all planes of motion so you constantly develop strength, agility, flexibility and balance.

**SA2F Saturday, 8:45am-10:15am**

**SPEEDBALL**



**Steve Feinberg**

Speedball is intense, NON-STOP multi-directional conditioning utilizing the medicine ball. Progressions to increase ROM or add impact are available to challenge the conditioned athlete, but the base techniques are SAFE and FUNCTIONAL for any fitness level including the active aging population. The methodology combines cardio, muscular endurance, core stability and demands you to Think. Move. Be.

**SA2G Saturday, 8:45am-10:15am**

**AQUA ZUMBA®: WET N WILD!**



**Tony Witt**

Zumba Fitness lovers are die-hard party people, so putting Zumba movements into the water was a ‘no-brainer’. Create something that everyone can do and still be challenged physically by doing it. This refreshing, invigorating Zumba Pool Party will include many different Latin and International dance rhythms. This unique workout complements all the muscles and allows those who are fit as well as those with physical limitations to join in the Zumba experience!

**SA2H Saturday, 8:45am-10:15am**

**HYDRO-BOOST!**

**Craig Stuart**

Gear up, get wet and discover a variety of new and exciting HITT formats designed to boost cardio training in deep water. Learn how to maximize buoyancy and resistance to push fat burning systems into high gear and optimize metabolic training benefits.

**SA2I Saturday, 8:45am-10:15am**

**SCHWINN® CYCLING: RHYTHM REVIVAL**



**Skip Jennings**

Want to know what the experts are saying, playing, and doing in their classes? Here’s your chance! Join L.A.’s original Fitness Preacher for a unique and memorable ride filled with empowering beats and spirited coaching. Bonus: a complete ride walk thru and a class design sheet breaking down every stage!

**SA2J Saturday, 8:45am-10:15am**

**REALRYDER®: INFLUENCING THE INFLUENCERS- WOMEN!**



**Leslee Bender**

Every instructor wants a packed room! Learn how to recognize and address the issues that support the most critical demographic in your cycling room - women. Engage on a meaningful level with women, and they’ll recruit their friends, husbands, boyfriends, and sons. Teach a class that meets women’s physical, emotional and motivational needs using the only indoor cycle that offers greater core integration. Learn to attract and retain the most influential group with the highest purchasing power.

**SA2K Saturday, 8:45am-10:15am**

**MOI CYCLE: INTERVAL RIDE**



**MOi Cycle Team**

Repeat Session. Complete session description on page 13.

**SA2L Saturday, 8:45am-10:15am**

**BURN CALORIES AND BOOST FAT METABOLISM**

**Len Kravitz, PhD**

Join Len in one of the most comprehensive lecture’s ever explaining the detailed physiological and metabolic aspects of caloric expenditure and fat metabolism. Participants will learn, from a molecular perspective, the ten major pillars to maximize calorie burning through an understanding of fat metabolism pathways, the hormonal regulation of lipolysis during exercise, optimal exercise calorie burning intensities, the effect of exercise on lipolysis, the effect of the glycemic index on fat metabolism, and uppermost exercise intensities for post-exercise energy expenditure. (LECTURE)

**SA2M Saturday, 8:45am-10:15am**

**METABOLISM MAKEOVER**

**Sohailla Digsby, RD, LD**

Do you feel sluggish and wish you had more energy to make it through the day strong? Are you and/or your clients at a plateau and frustrated about “those last \_\_\_ pounds?” Need more energy? This class will cover ways to boost your metabolism right as you wake up and even throughout your night’s sleep. (LECTURE)

**SA2N Saturday, 8:45am-10:15am**

**PERSONAL TRAINING: COMPETING WITH FREE GROUP CLASSES**

**Nick Osborne**

Owners and Managers face a depressing statistic: only 5% of their members buy personal training! They are frustrated because they cannot determine how to reverse this trend. This session will teach you what clients need and want, examining the reasons why, then supply a roadmap directing you how to successfully change your program to penetrate 12% - 15% of your existing members. Once you know the secrets, you can take control and make serious revenue from your personal training program. (LECTURE)

**SA2O Saturday, 8:45am-10:15am**

**THE BUSINESS OF BEING A GROUP FITNESS INSTRUCTOR**



**Beth Kahny**

To effectively build group fitness attendance, we need to understand today’s members and what motivates them. Learn how to maximize your attendance and build your business as a group fitness instructor. This session will teach you the five key points of building a strong and loyal following. Whether you teach a single class or you oversee an entire department, we will give you the latest research and solutions for building your business.

**SA2P Saturday, 8:45am-10:15am**

**BODHI SUSPENSION SYSTEM CHISELED SUSPENSION TRAINING**



**Nico Gonzalez**

Define, delineate and detail your physique using the Bodhi Suspension System from Balanced Body. Learn moves and sequences to target every part of your body and create classes that truly change how the body looks, feels and performs.

**SA2Q Saturday, 8:45am-10:15am**



**MINDY MYLREA**

is the 2015 PFP Trainer of the Year, 2013 canfitpro Specialty Presenter of the Year, 2008 Fitness Presenter of the Year, 2004 canfitpro International Presenter of the Year, 1999 International Fitness Instructor of the Year, a National and World Aerobic Champion, a Gatorade sponsored athlete, and a five star presenter. Mindy is an advisory board member for Oxygen Magazine, an international presenter, author, motivational speaker, video personality, and CEC provider for SCW, ACE and AFAA.

**SA3 10:45pm-12:15pm****Lunchtime Session 1****(If You Choose This Session, Then 12:15pm-1:00pm Will Be Your Expo And Lunch Break)****HIIT PARADE****Mindy Mylrea**

You hear the terms Fartlek, Tabata, Little 30-20-10, 12-8, positive recovery, negative recovery, longer intervals, and shorter intervals. Do you use them or not? With so many options and so little time, what is a trainer to do? Trust Mindy to hold your hand and guide you through the HIIT Parade.

Learn the science, then strategically put HIIT training to the test. Formulate progressions and principles for success and retention and create training sessions that matter.

**SA3A Saturday, 10:45am-12:15pm****CARDIO INTERVAL RAMPING****SPRI****Chris Freytag**

Ramp-up your cardio training with the SPRI Slanted Riser. This interval style class will challenge your heart rate while incorporating sports-inspired drills and skills. Experience several types of intervals like HIIT and Pyramids using your bodyweight, light weights, balance and power moves to burn calories and strengthen your heart. Learn new ideas, move in multiple planes, and use the slanted Step platform surface to bring FUN back to fitness.

**SA3B Saturday, 10:45am-12:15pm****PILOXING® KNOCKOUT****PILOXING****Jordan Ballard**

PILOXING® KNOCKOUT is the ultimate test of athleticism and the latest release by the fitness brand, PILOXING®. Push yourself through 6 Rounds, consisting of one 3-minute Base and one 2-minute Drill. Each Base will take you through a new way of performing high-intensity, core-strengthening exercises influenced by boxing, functional training, cardio and plyometrics. This power workout includes a warm-up, cool-down and the raw energy that made PILOXING® famous. It's sure to — KNOCK you OUT!

**SA3C Saturday, 10:45am-12:15pm****INDO-ROW®: THE PERFECT CALORIE BURN****WaterRower® GX****Doris Thews & Josh Crosby**

Sometimes, it's best not to mess with perfection. Dubbed "the perfect calorie burn", Indo-Row is a one-of-a-kind workout and the hottest fitness trend in full-body training. You'll work in teams, partners and as one crew to finish together, breathless and begging for more. Give your clients or group exercise

participants the high-intensity, energizing workout they want without the impact and with no experience required.

**SA3D Saturday, 10:45am-12:15pm****BEATING AQUA BURNOUT****Connie Warasila, Ann Gilbert, Melissa Layne MED, Manuel Velazquez**

Do you need new choreography ... and quickly? Come to this session and leave with comprehensive choreography notes to Beat your Burnout! Burnout comes in three flavors: emotional, mental and/or physical exhaustion. Knowing the warning signs can help keep aqua classes fresh and your participants engaged. WATERinMOTION® Wave 21 will teach you how to catch the signs of burnout and start making positive changes. Leave with eight new patterns perfectly outlined for you to take home and use Monday morning.

**SA3H Saturday, 10:45am-12:15pm****DEEP ABS LAB****Craig Stuart**

Experience an energetic combination of abdominal and core strength exercises in deep water. This workshop goes in-depth and explores creative options for targeting and challenging the deepest muscle layers in the body using simple and effective buoyancy equipment.

**SA3I Saturday, 10:45am-12:15pm****REALRYDER®:****THIS IS HOW WE RYDE!****Douglas Brooks, MS & Adam Reid**

The introduction of the RealRyder® Indoor Cycle has changed indoor bike technology forever. Our bike captures the movement and fun of 'real' outdoor riding while riders experience the benefits of turning, leaning and balancing. This workshop builds on the history of indoor cycling, giving instructors a glimpse into the RealRyder® teaching system as well as experiencing a fun-paced "century" ride. The future of indoor cycling is here. Take the Training Wheels Off!

**SA3K Saturday, 10:45am-12:15pm****MOI CYCLE: ENDURANCE RIDE****MOi Cycle Team**

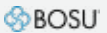
RPM and Music BPM match perfectly to ensure a rhythmic and results-oriented ride. Following a short lecture, your endorphins fly as your aerobic system reaches steady state and your intensity level is pushed higher. MOi (Mind Over Intensity) will assist you when your body wants to give in. Conquer longer distances and time as your breathing and legs become more controlled.

**SA3L Saturday, 10:45am-12:15pm****TIPS AND TRENDS FOR 2015****Sara Kooperman, JD**

Zumba Fitness lovers are die-hard party people, so putting Zumba movements into the water was a 'no-brainer'. Create something that everyone can do and still be challenged physically by doing it. This refreshing, invigorating Zumba Pool Party will include many different Latin and International dance rhythms. This unique workout complements all the muscles and allows those who are fit as well as those with physical limitations to join in the Zumba experience!

**SA3M Saturday, 10:45am-12:15pm****FUN FACTOR - FOOD FOR KIDS****Irene Lewis-McCormick, MS**

Children and their parents need education about proper nutrition. Learn how to educate children in a group setting on the importance of nutrition and WOW them with some fun games that will ensure their appetite will allow them to explore different nutrition and food options. This is an excellent workshop for the fitness professional who works with children in camp settings, schools or small groups.

**SA3P Saturday, 10:45am-12:15pm****SA3****11:15am-12:45pm****Lunchtime Session 2****(If You Choose This Session, Then 10:30am-11:15am Will Be Your Expo And Lunch Break)****BOSU® BALANCE BASICS & BEYOND - KEYS TO ANTI-AGING****Erika Quest & Bernadette O'Brien**

Balance training and functional strength are key components to improved performance and successful activities of daily life at any age. While moving through the body's functional positions, explore how you can enhance balance training with games and sequences that improve strength, challenge proprioception and promote efficient movement through the entire kinetic chain! Get new ideas for workouts that make balance training empowering and fun! .

**SA3E Saturday, 11:15am-12:45pm****JILLIAN MICHAELS**

is one of the leading health and wellness experts in the country for over 20 years. Jillian launched her first gym-based fitness class, Jillian Michaels BODYSHRED™ in the U.S./ Canada in September 2012. This high intensity workout is based on Jillian's 3-2-1 interval training approach: 3 minutes strength, 2 minutes cardio, and 1 minute core work. In September 2013, JMBS launched an Instructor certification program, available to Instructors who want to teach this phenomenal 30-minute workout.





**ZUMBA®: LET IT MOVE YOU!**



**Jessica Witt**

Dozens of exhilarating rhythms, one amazing experience! A high-energy Zumba workout with choreography that will take you on a journey of the exotic sounds from African, French Reggaeton, cutting edge hip hop, and sexy Latin rhythms. Learn new choreography techniques to a non-stop, get-down-and-dance, calorie burning, high energy workout! Feeling the music and getting fit never felt so good! Take your body, mind and soul on a full-blown fitness journey.

**SA3F Saturday, 11:15am-12:45pm**

**KETTLEBODY BY BROOK**

**Brook Benten, MEd**

Kettlebell workouts deliver intense cardio, strength, and power. The kettlebell is a great tool for shocking the body. However, if we continually beat the body down through extremely vigorous workouts every day, we get fatigued and frustrated. Kettlebody by Brook is a program that combines a cardio kettlebell workout, yoga-derived workout, and a bell/body weight muscular endurance workout. In this session, you'll experience cardio, strength, power, flexibility, and a deeply relaxing finish.

**SA3G Saturday, 11:15am-12:45pm**

**SCHWINN® CYCLING:**

**HOT TOPICS IN THE SADDLE**



**Gregg Cook**

Whether in your classes or in the media, people are talking about these indoor cycling issues - resistance, leg speed and muscle hypertrophy, total body strength work during the ride, heart rate training versus training with wattage, and coaching with display technology. Come hear Schwinn's take on these hot topics, coupled with the science to clear-up myths and misconceptions. Then experience a ride that only Schwinn can offer, filled with dynamic interaction, motivation and music.

**SA3J Saturday, 11:15am-12:45pm**

**CORE ESSENTIALS IN EXERCISE SCIENCE**

**Fabio Comana, MA, MS**

For many, the key exercise science concepts and principles you learned are a distant memory and perhaps antiquated. Yet, how often do we need to call upon this knowledge to explain or refute myths, misconceptions and ideologies like morning exercise in a fasted states? Perhaps you're due for an exercise science refresher on various topics. This session reviews current research and provides practical applications to ensure you deliver the best-in-class information and programs to your clients. (LECTURE)

**SA3N Saturday, 11:15am-12:45pm**

**PROTEIN FOR POWER PLAY**

**Melissa Layne, MEd**

It's the macronutrient with the highest thermic effect and the reputation for "building muscle" but how else can we use it to our body's best advantage? Do we really need to think of it only as lean chicken, beef and buffalo? Where do protein powders and branched-chain supplements come into play? Can we overeat protein? All of your questions will be answered plus more. (LECTURE)

**SA3O Saturday, 11:15am-12:45pm**

**BODHI SUSPENSION SYSTEM  
PILATES MEETS SUSPENSION**



**Nico Gonzalez**

Suspension training goes mind body in this core centered class combining the refinement and detail of Pilates with the athleticism and strength of suspension. Sequences for core training, stability, balance and flexibility are the focus of this unique take on Suspension Training from Balanced Body.

**SA3Q Saturday, 11:15am-12:45pm**

**SA4: KEYNOTE ADDRESS  
1:00PM-1:45PM**

**TRAINER LOGIC**

**Jillian Michaels**



Jillian Michaels is one of the leading health and wellness experts in the country for over 20 years. Her commitment to empowering millions and producing results is her primary focus. Jillian launched her first gym-based fitness class, Jillian Michaels BODYSHRED™, in the U.S. and Canada in September 2012. This high intensity workout is based on Jillian's 3-2-1 interval training approach: three minutes of strength, two minutes of cardio, and one minute of core work. In September 2013, JMBS launched an Instructor certification program, open and available to all Instructors who want to learn to teach this phenomenal 30-minute workout.

**Room A Saturday, 1:00pm-1:45pm**

**SA5 2:00pm-3:30pm**

**JILLIAN MICHAELS BODYSHRED™**

**Jillian Michaels**



Join Jillian as he leads you through a Jillian Michaels BODYSHRED™ class! This revolutionary 30-minute interval workout consists of three minutes of strength, two minutes of cardio, and one minute of core work. Each exercise in each category lasts 30 seconds and the full circuit is repeated until you hit 30 minutes. There are no recovery breaks, so get ready for the ultimate sweat session!

**SA5A Saturday, 2:00pm-2:45pm and 3:00pm-3:45pm**

**YOGATHEA™ CHRISTIAN YOGA + MEDITATION**

**Tara Galles, MS, OTR**



Reach a brand-new demographic in fitness and open exciting possibilities for personal, professional and facility growth with YogaThea™ programming. YogaThea's™ fresh approach in fitness inspires all to connect in an experience that is uniquely physical AND spiritual in a welcoming and friendly environment. Join us as we "Breathe the Peace Which Transcends All Understanding ~ Mind + Body + Spirit."

**SA5D Saturday, 2:00pm-3:30pm**

**BREATHE IN, OUT,  
AND OFTEN**



**Stephanie Lyons**

Ever wonder how to elevate the heart rate without running in place, jumping jacks, or burpees? We'll show you! Join us as we share the secrets of sequencing, the power of cueing, and creative choreography to get the heart pumping. It's time to add intensity to barre classes.

**SA5E Saturday, 2:00pm-3:30pm**

**HIT IT!® KICKBOX II**



**Constance Barker & Kevin Barker**

A fusion of cardio kickbox nightlife culture and HIIT! The same awesome intensity and killer music as HIT It!® Kickbox BUT this workout also incorporates HIIT Drills. This format makes Kickbox easier to follow for newbies, jacks up the intensity for your intermediate to advanced fitness junkies and provides plenty of modifications for those who typically cannot handle HIIT.

**SA5F Saturday, 2:00pm-3:30pm**

**OULA® FITNESS**



**Kali Lindner**

OULA® is one epic hour of sweat, joy and total inspiration! It is a motivating hour of high-energy dance fitness to great music where participants are free to let it all out and dance free of judgement. OULA® is not just an exercise class, it is an experience. Our participants experience transformation from the inside out and enjoy our philosophy that when you feel good, you look amazing. OULA® is Dancemania for the Soul.

**SA5G Saturday, 2:00pm-3:30pm**

**WATERinMOTION® 23:  
THE RIPPLE EFFECT**



**Ann Gilbert, Sara Kooperman, JD, Chris Henry, Jen Keet, MS, Melissa Layne, MEd, Manuel Velazquez & Connie Warasila**

The keys to a stellar aqua workout include outstanding leadership. The RIPPLE Effect focuses on six elements used to enhance WATERinMOTION® teaching techniques that apply to every program. Remember your choreography, Instruct verbally, Perform physically, Personalize the workout, Lead the group and Excite the people. Leave with eight segments of 64 count choreography notes. This blend of theoretical and practical skills makes this workshop a must see!

**SA5I Saturday, 2:00pm-3:30pm**

**SCHWINN® CYCLING:  
GOT LACTATE?**



**Keli Roberts**

Want to know what the experts are saying, playing, and doing in their classes? Here's your chance! Join industry icon, Keli Roberts, in a unique and memorable ride based on the art and science of lactate threshold training. Bonus: a complete ride walk thru and a class design sheet breaking down every stage!

**SA5J Saturday, 2:00pm-3:30pm**

**WOMEN, HORMONES, METABOLISM AND ENERGY****Len Kravitz, PhD**

This lecture summarizes recently published research on the physiological effects of hormones, metabolism and energy expenditure in women. A comprehensive review of fat metabolism, body composition, endocrinology, caloric expenditure and female physiology related to exercise is discussed. Len will showcase 20 great exercise ideas and some excellent training programs for your female clients.

**SA5M Saturday, 2:00pm-3:30pm****TRENDS: USE 'EM TO FINE-TUNE YOUR BUSINESS STRATEGIES****Michael Scott Scudder**

Trends are not just iconic representations of what has happened, they point the way to future occurrences and help you to more expertly manage your fitness business. Learn how to distinguish trends from fads and what the top current trends are in the fitness industry. Know the difference between emerging and fading trends. Walk away from this seminar understanding the consumer needs and behaviors underneath trends and how your club can capitalize on trend information. (LECTURE)

**SA5O Saturday, 2:00pm-3:30pm****BALANCED BODY FIT: SUSPENSION MEETS CIRCUIT TRAINING****Nico Gonzalez**

The intensity of suspension using the Bodhi system from Balanced Body is a great addition to a high intensity circuit class. Combine suspension, Smartbells and other small props to create dynamic circuits for your classes or small group training.

**SA5Q Saturday, 2:00pm-3:30pm****SA6 4:30pm-6:00pm****QUICKIES: GET MORE DONE IN LESS TIME****Mindy Mylrea**

The number one reason for not working out is lack of time. Let's get more done in less time. Mindy excites every sense in your body with an integrated approach to fitness. Explore mini workouts that incorporate a total body challenge by addressing strength, cardio, and HIIT. Experience workouts that are short and sweet and continue the conversation long after the workout is over by lighting the fat burning engine. Attend this workshop - you owe it to your clients.

**SA6A Saturday, 4:30pm-6:00pm****REACTIVE OVERLOAD****Abbie Appel**

Your muscles are only as strong as the structure and nervous system that support them. Experience peak muscle activation, definition and performance with the SPRI360 reactive trainer. Its unstable flat-platform surface, combined with body weight, rubber resistance and weighted resistance exercises

stimulates muscles to respond and develop using a progressive Re-ACTIVE training method; Contract, React, Repeat. Come learn a series of intense strength-conditioning routines designed to help you reach your peak performance goals!

**SA6B Saturday, 4:30pm-6:00pm****TABATA YOGA****Jeff Howard**

Tabata utilizes alternating work and rest for periods of time in a sequence of eight repetitions. This practice lends itself to yoga; holding a pose for 20 seconds, then resting for 10 seconds and repeating brings one to nirvana. Experiencing the link between yoga poses and Tabata will add to your existing yoga practice.

**SA6C Saturday, 4:30pm-6:00pm****BARRE ABOVE™: CORE CONNECTION****Leslee Bender & June Kahn**

This dynamic session helps you learn why and how the core begins from the floor. This session's exercises recruit the core authentically for balance, strength and flexibility for all levels of students. Learn why lengthening against gravity is more efficient than shortening muscles for a long, lean dancer's body. Learn how to create barre classes where every exercise has a purpose. You will leave with innovative ideas that take your barre class above and beyond and your participants coming back.

**SA6D Saturday, 4:30pm-6:00pm****BOSU® PLYO POWER****Douglas Brooks, MS**

Quick, explosive movement is essential for developing athleticism. BOSU® Plyo Power focuses on total body plyometric progressions, which can be appropriate for most clients and athletes. Learn drill mechanics, progressions and coaching cues to successfully implement plyo training into fitness and sport programs. Challenge yourself with advanced training techniques and optimize results!

**SA6E Saturday, 4:30pm-6:00pm****BOLLYX®: FINDING YOUR BOLLYWOOD SWAGGER****Minal Mehta, MBA and Shahil Patel**

BollyX is a Bollywood-inspired cardio dance fitness class which utilizes the principles of interval training to give you an effective, yet super fun workout! This dance format incorporates the genres of South Asian dance styles, including Bollywood, Bhangra, and Indian Folk. This workshop breaks down authentic dance technique and takes you through an exhilarating master class. Get ready to rock out with BollyX!

**SA6F Saturday, 4:30pm-6:00pm****BALANCED BODY: MOTR™= MOVEMENT MAGIC!****Valentin**

Move, groove and feel how the MOTR enhances every exercise when combined with the magic of music in this dynamic workshop.

The MOTR combines the challenges of a roller with the refinement of a pulley resistance system to create endless choreographic possibilities. Come and see how MOTR can make your classes magic!

**SA6G Saturday, 4:30pm-6:00pm****101 WAYS TO WATER WALK****Karen Westfall, MS**

Are there really that many ways to walk in the water? Yes, and so much more! We'll walk, skip, leap and glide from side to side and from shallow to deep. Walking variations challenge all of the major muscle groups while providing a unique cardio workout. Walking exercises can be added to traditional choreography or be used to create a class all by itself.

**SA6H Saturday, 4:30pm-6:00pm****POOLATES****Lisa Gibson**

Poolates takes the principles of Pilates and translates them into the aquatic environment. Class participants will learn basic Poolates exercises and how they can be modified for any exercise population, how the eight Pilates principles apply in the water and how Poolates is different from other aqua workout methods. A Pilates background is helpful but not necessary to take this class.

**SA6I Saturday, 4:30pm-6:00pm****SCHWINN® CYCLING: GIRL POWER!****Keli Roberts, Haley Stone & Doris Thews**

Who runs the world? In this workshop, Schwinn's top female trainers give you an overview of must-knows for coaching female riders plus five ways to win with women in fitness and keep them coming back for more. Experience a complete workout filled with power (and empowerment!), measurement and motivation that is fabulous, fierce, and the perfect fit for this audience.

**SA6J Saturday, 4:30pm-6:00pm****REALRYDER®: TIME CRUNCHED AND OFF COURSE****Adam Reid**

Learn how to coach indoor cycling and teach like the pros in RealRyder's NEW Performance Training Series (PTS). Distinctly different! Are your riders not getting the results they want? Don't let them give up on their goals because they are crunched for time. This session is designed to maximize results and minimize your time investment. Learn the keys to efficient program design. Get the most for your riders' precious time investment and make every workout count!

**SA6K Saturday, 4:30pm-6:00pm****MOI CYCLE: RACE DAY RIDE****MOi Cycle Team**

Following a short lecture, this ride is designed to prepare the rider for peak performance requiring physical and mental focus. The music and ride will give you a euphoric experience like no other. Walk away with a whole new way to train your members and find a new level of inspiration in the way you teach your rides.

**SA6L Saturday, 4:30pm-6:00pm**



## HEART RATE VARIABILITY AND OVERTRAINING

**Len Kravitz, PhD**

Heart rate variability (HRV) is a non-invasive assessment of the autonomic regulation of heart rate in real-life conditions. It can be used to assess autonomic changes associated with endurance training in exercise and high-performance training. HRV is also a diagnostic marker of overtraining. This session will present cutting-edge research on HRV physiology and overtraining and provide several evidence-based applications to optimize performance in clients. (LECTURE)  
**SA6M Saturday, 4:30pm-6:00pm**

## NUTRITIONAL NEEDS DURING MENOPAUSE

**Melissa Layne, MEd**

Women, it will happen. The body changes with the rise and fall of estrogen. Estrogen affects the oxidation of food and the more we know affects choices we make and teach our clients to make. This session covers the physiological changes to our body and how proper nutrition can aid in maintaining a healthy menopausal being, both mentally and physically. (LECTURE)  
**SA6N Saturday, 4:30pm-6:00pm**

## USING SOCIAL MEDIA TO UP YOUR GAME

**Chris Freytag**

Social media marketing is no longer trendy, it's necessary! It's the most cost-effective way for health and fitness professionals to build their brand, engage participants, gain referrals, and increase retention. In this session, we will discuss Facebook, Twitter, Instagram, Pinterest and YouTube. Chris will explain each platform and discuss how to decide, which will benefit your business the most while focusing on best practices, expert tips and tricks, and tactics on growing a community of followers. (LECTURE)  
**SA6O Saturday, 4:30pm-6:00pm**

## PAIN RELIEF, NATURALLY!

**Casey Conrad, JD**

If you have experienced any kind of pain, you know how horrible it can be. Whether severe or chronic, pain can overwhelm all aspects of our well-being - mind, body, spirit, emotions - and disrupt our lives. Although over the counter and pharmaceutical drugs alleviate pain, they only mask symptoms and have negative side effects. Essential oils and natural supplements provide your body with the raw materials it needs to heal itself WITHOUT the potential side effects of synthetic drugs. (LECTURE)  
**SA6P Saturday, 4:30pm-6:00pm**

**SA7**

**6:15pm-7:30pm**

## POUND®

**Michelle Opperman**

Any workout can be set to music, but POUND is the only workout that puts you in charge of the music. In the same way your favorite



song motivates you to power through the tail-end of the most grueling workout, POUND fuses the most challenging series of core, leg, and upper body conditioning moves with interval training and most importantly, the fun (and distraction) of drumming. Using lightly weighted drumsticks, Ripstix, you'll turn into a calorie-torching drummer Pounding off pounds.

**SA7A Saturday, 6:15pm-7:30pm**

## TRIGGERPOINT: MYOFASCIAL COMPRESSION™ TECHNIQUES FOR MULTI-SPORT TRAINING

**Kimberly Shah**

Learn the Myofascial Compression™ Techniques (MCT) used by many of the best triathletes in the world to stay injury-free. Whether it's running, swimming, or cycling, improper biomechanics will ultimately lead to lack of tissue tolerance and eventually, injury. Examine the simple foundations of hydration, movement, and MCT to restore normal tissue mobility and eliminate the opportunity for overuse injuries.

**SA7B Saturday, 6:15pm-7:30pm**

## MMA CONDITIONING: BATTLE OBESITY WITH WAR

**Kristen Livingston, MEd**

With an emphasis on mixed martial arts (MMA), WAR incorporates all planes of motion, varying lever lengths and peripheral heart action (PHA) in every class to give your clients the most lean muscle and highest caloric expenditure possible. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros utilizing the music to foster motivation. This is a WAR worth fighting.

**SA7C Saturday, 6:15pm-7:30pm**

## BALANCE NOW!

**Derek Mikulski**

Improving balance abilities at any age is about removing uncertainty, building confidence and increasing functional strength. Using a bar with internal rolling resistance creates an immediate feedback tool for recognizing the need to stabilize and engage the core bracing system. Learn new, innovative, fun and progressive ways to help your active agers and clients of all fitness levels build better mind-muscle connectivity, balance and core strength using the science-backed ActivMotion Bar.

**SA7D Saturday, 6:15pm-7:30pm**

## 20X3

**Jeff Howard**

This one-hour workout combines three 20-minute segments to feed a challenged-hungry crowd. Come experience three of the hottest fitness trends united into a full hour of excitement. The first 20 minutes is a heart-pumping Tabata workout. The second 20 minutes is a multi-repetition program using integrated explosive exercises, and the last 20 minutes is traditional body conditioning segment used as a recovery cycle. 20X3 is truly a workout for the new millennium!  
**SA7E Saturday, 6:15pm-7:30pm**

## CHOREOGRAPHY WERQSHOP

**Haley Stone**

WERQ Dance Fitness choreographer, Haley Stone, gives you the secrets behind designing stellar dance fitness choreography. Set up basic movement patterns, define movement inspiration, decode the art of transitions, and learn how to seamlessly string dance fitness choreography together to build a scalable combo. WERQ it out during the group practice portion and leave with new dance combos to plug into your next cardio class.

**SA7F Saturday, 6:15pm-7:30pm**

## THE M.I.X. 3D!

**Carolyn Kimmel**

Movement occurs in three dimensions! Learn to design functional, layered exercises that students can choose from to increase intensity! Give your class a little TLC with a 3D personal training feel! Design each class to be playful and challenging but never duplicated. Movements are not flat; therefore, your workouts should be in 3D.

**SA7G Saturday, 6:15pm-7:30pm**

## H2O LUSCIOUS LIMBS: LOWER BODY STRENGTHENING

**Ann Gilbert**

Strengthen and lengthen the major muscles of the lower body while adding integrity at the joint as well as increased mobility. Learn how to deliver a safe and effective class format. Practice strategies to use when designing your class format and learn to practice not only professional cueing but postural demonstration techniques. This session will also incorporate new programming options using the toys of our trade.

**SA7H Saturday, 6:15pm-7:30pm**

## ANCHOR DOWN

**Chris Henry**

This aquatic exercise session focuses on grounded/anchored movements often omitted or overlooked in traditional exercises classes. In this course, we'll focus on the benefits of these isolated exercises that can increase core strength, stability, power and flexibility as well as compliment other exercise regimens. Come for a surprisingly challenging workout!

**SA7I Saturday, 6:15pm-7:30pm**

## REALRYDER®: PRECISION TRAINING

**Douglas Brooks, MS & Casey Stutzman**

Learn to coach like the pros in RealRyder's NEW Performance Training Series (PTS). "Why am I doing this?" is the question behind every ride profile. Learn why recovery is as important as hard work and how often you should push the limits. Remove the guesswork with Lactate Threshold Heart Rate (LTHR) using a simple eight-minute test. Create a fun, challenging ride that is the right balance of "too hot," "too cold" and "just right" based on individual riders' LTHR zones.

**SA7K Saturday, 6:15pm-7:30pm**



**MOI CYCLE: STRENGTH RIDE****MOi Cycle Team**

RPM and Music BPM match perfectly to ensure a rhythmic and results-oriented ride. Our Strength ride is packed with hills and challenging terrain along with smooth recoveries teaching the rider how to become strong and efficient with climbing technique. Following a short lecture, prepare to blast your heart, lungs, and legs in a 55-minute fun, exhilarating, and successful ride. Get yourself MOi'd!

**SA7L Saturday, 6:15pm-7:30pm**

**INTRODUCTION TO THE MOVING TO HAPPINESS® COACHING METHOD****Petra Kolber**

Years in the making, Petra's new coaching method is the first of its kind in the industry to change lives with the psychological link of positive psychology research that's been missing in the fitness space until now. By transforming both our view and our client's perspective of exercise, we shift into a mental and physical strength-based model that is built on a foundation of happiness. Come and experience a taste of Moving to Happiness®. (LECTURE)

**SA7M Saturday, 6:15pm-7:30pm**

**THE HIIT ADVANTAGE FOR WOMEN****Irene Lewis-McCormick, MS**

As high-intensity interval training programs have proliferated in the fitness industry, an obvious need has developed for a complete explanation of what HIIT is and how it can be used to enhance training. This session takes a decisive approach to HIIT, examining the science of manipulating the energy systems with purposeful exercises for women looking for quick, effective workouts that elicit major changes in body composition through enhanced calorie burning and increased fat loss. (LECTURE)

**SA7N Saturday, 6:15pm-7:30pm**

**THE ULTIMATE PERSONAL TRAINING EXPERIENCE SYSTEM****Nick Osborne**

Systems are the reasons why some training departments and health clubs are extremely profitable and others still struggle to break through the 3% - 5% barrier of their members using personal training. In this session, owners and managers will learn the "How's" and the "Whys" of systematizing every aspect of their personal training department and how to manage it once these systems are in place. (LECTURE)

**SA7O Saturday, 6:15pm-7:30pm**

**ATTRACT NEW PARTICIPANTS ONLINE: SOCIAL STRATEGIES TO BUILD YOUR BUSINESS****Susannah Maher**

Discover how to develop a stunning and simple mobile experience for your clients, your staff, and yourself. From social sharing to automated business management, you'll leave with tips on how to utilize today's fast-paced lifestyle to turn clients into ambassadors and take the work out of your business.

**SA7P Saturday, 6:15pm-7:30pm**

**SUNDAY, SEPTEMBER 27****SU1****7:00am-8:30am****BALLAPALOOZA****Chris Freytag**

Throw it, catch it, toss it, slam it - nothing is off limits. Experience a variety of integrated total body conditioning weighted ball moves with this progressive variable intensity training program. Learn a series of fun and unique partner training routines using a lighter weight oversized ball for volume moves, a slightly smaller and higher weight ball for strength moves, and top it off with an ultra-dynamic weighted ball move. Come prepared to work hard and play hard!

**SU1A Sunday, 7:00am-8:30am**

**POUND®****Michelle Opperman**

Any workout can be set to music, but POUND is the only workout that puts you in charge of the music. In the same way your favorite song motivates you to power through the tail-end of the most grueling workout, POUND fuses the most challenging series of core, leg, and upper body conditioning moves with interval training and most importantly, the fun (and distraction) of drumming. Using lightly weighted drumsticks, Ripstix, you'll turn into a calorie-torching drummer Pounding off pounds.

**SU1B Sunday, 7:00am-8:30am**

**ANATOMY AND PHYSIOLOGY OF YOGA****Tara Galles, MS, OTR**

Get a three-dimensional glimpse under the skin of what happens in yoga. Based on a collegiate level course and the Yogatheo™ Module I Certification covering Anatomy and Physiology of Yoga, Tara Galles MS, OTR, shares her expertise and a fascinating perspective of the postures to help you rethink your understanding and cueing from the inside out!

**SU1C Sunday, 7:00am-8:30am**

**BOSU® DIMENSIONAL CORE TRAINING****Erika Quest**

Advance your core training techniques by taking a global approach as you explore multi-dimensional methods to effectively produce power and improve core function. Learn a series of integrated core exercises to mobilize, stabilize and strengthen the core giving you greater ability to access the core for optimal function. Dimensional core training delivers results!

**SU1E Sunday, 7:00am-8:30am**

**RECESS LAB****Irene Lewis-McCormick, MS, CSCS**

Join Irene in this session, which will be packed with ideas on how to help kids, ages 9-12, fill their days with quality movement. Additionally, you will learn ways to make educating them about nutrition more fun. Come and experience and age-appropriate movement and exercise experience along with an engaging and interactive nutrition lecture so that you can assist our future generations flourish.

**SU1F Sunday, 7:00am-8:30am**

**GROUP RX: BOOT UP - UNLEASH THE GRID****Kristen Livingston, MEd**

Elevate your group fitness game and discover your inner athlete with Group Rx BOOT. Learn how to successfully unleash the Grid by incorporating cardio, balance, strength and flexibility. Focus on the whole body using metabolic resistance training. Team-up with the BOOT pros to discover how to effectively utilize the Grid in the gym, outdoors, or in a home environment. The Grid is functional, orthopedically-approved, and can be utilized by all ages and fitness levels. Unleash the Grid!

**SU1G Sunday, 7:00am-8:30am**

**WATER WARRIOR****Connie Warasila**

Become a champion for high intensity water fitness! A new wave of fit and skilled clients is looking for fresh ways to stay engaged and healthy. What better place than the water? It offers the perfect environment for high intensity training without the risk of injury.

**CHRIS FREYTAG**

is a health and fitness expert, blogger, author and motivational speaker. She has been teaching fitness classes and personal training for over 20 years. She is a contributing editor for Prevention Magazine, the fitness contributor for the NBC affiliate in Minneapolis, and Chairman of the Board of Directors for ACE. Chris has authored five books, created fitness DVDs, is a trainer for Exercise TV, and sells her line of healthy kitchen and fitness products on QVC.



Learn the tricks of the trade for adding intensity, motivating clients and attracting fit exercisers to the pool.

**SU1H Sunday, 7:00am-8:30am**

**POOL PYRAMIDS**

**Melissa Layne, MEd**

Most of us experience some kind of burnout after teaching multiple classes every week in the pool. Building timed pyramid intervals is a great way to combat boredom. Your pyramids may be based on time, strength, HIIT training or cardio. Members love the flexibility of the workout, and you will love the endless combinations.

**SU1I Sunday, 7:00am-8:30am**

**SCHWINN® CYCLING: HOW TO ROCK A THEME RIDE**

**Doris Thews**

When teaching consistently from week to week, top-notch instructors know how to create impact by shaking it up now and then with a theme ride. This workshop walks you through a grab-bag of theme ideas proven successful in an indoor cycling setting along with the tips, tricks and tools to pull them off. Come learn how to develop and deliver rides based on holidays, celebrations, music, and special intentions that will get the entire facility buzzing about the experience!

**SU1J Sunday, 7:00am-8:30am**

**REALRYDER®: CARDIO GAMES**

**Douglas Brooks, MS & Adam Reid**

Match indoor cycling and cardio training with high-energy interaction that keeps riders engaged and accountable. Learn how competition, coaching and psychology result in motivation that guarantees results and enhances fun. What works best? Trash talk, positive reinforcement, or friendly competition? Learn to guide group ladders, solo leads, sprint pyramid builds, teammate tag and coach, pedal with the pack, and follow the leader. You'll leave with six new interactive game formats you can implement in classes tomorrow. Let the games begin!

**SU1K Sunday, 7:00am-8:30am**

**MAXIMIZING MUSCLE STRENGTH**

**Len Kravitz, PhD**

Using cutting-edge computer-technology, Len will clearly show you the latest advances on the intricate eye-opening mechanisms involved in muscle force production for strength and hypertrophy. Many questions about muscle will be addressed regarding specific training applications including: muscle metabolism, motor unit recruitment, hypertrophy pathways, and fatigue resistance. This groundbreaking lecture will include the newest research AND real life training program designs for improving muscular strength and hypertrophy. (LECTURE)

**SU1M Sunday, 7:00am-8:30am**

**INCREASE YOUR ENERGY, NATURALLY!**

**Casey Conrad, JD**

As a fitness professional, you expend a lot of energy and put your body through a lot of abuse. Keeping energy levels high is critical to performance and health. We know about



the importance of good hydration, nutrition and stress management, but we reach for beverages and supplements that provide a short-term burst followed by a crash. There are natural alternatives that boost your energy and provide the body with important nutrition and frequencies that are simultaneously healthy and healing. (LECTURE)

**SU1N Sunday, 7:00am-8:30am**

**A DOOR SHUTS, A WINDOW OPENS**

**Leslie Grosshauser**

Finding your place in the industry is a work in progress. Sometimes the path you begin is not the path that was meant to be. Identify the signs and learn how to explore all opportunities that present themselves to you. Understand that everything happens for a reason. Trust your gut, your mind and follow your heart. Be true to yourself and your journey will take you places you never dreamed of! (LECTURE)

**SU1O Sunday, 7:00am-8:30am**

**BODHI SUSPENSION SYSTEM CSI: CIRCUIT SUSPENSION INTERVALS**

**Nico Gonzalez**

Suspension training is a great way to get an intense, whole body workout in a short time. Learn suspension sequences you can use alone, add to your circuit classes or combine for a full suspension blast!

**SU1Q Saturday, 7:00am-8:30am**



**SU2 8:45am-10:15am**

**ROLL, REGENERATE, REVITALIZE SPRI**

**Jonathan Ross**

Bring your tight, sore and knotted muscles to this session. Learn a very effective soften, lengthen and strengthen method for regaining joint mobility and muscle flexibility. With the use of foam rolling, stick rolling, ball rolling, and strap stretching and muscle resetting, you will release chronically tight muscles and break up restrictions. Also, learn unique and creative exercises to enhance your warm-ups, workouts, and postural training. Walk in tight, leave feeling right!

**SU2A Sunday, 8:45am-10:15am**

**PILOXING® BARRE®**

**Jordan Ballard**

Ever Boxed at the Barre before? PILOXING Barre utilizes the same fundamental disciplines (Pilates + Boxing) from the already world-renowned fitness craze, PILOXING. PILOXING Barre is a comprehensive Barre workout that is low-impact, yet intensity building while incorporating Boxing to achieve interval training as you sculpt and burn. This program creates full body awareness utilizing a Ballet Barre for the entire class, both standing and grounded.

**SU2B Sunday, 8:45am-10:15am**



**BALANCED BODY® FIT: 20 IS PLENTY- INTENSE INTERVAL TRAINING**

**Joy Karley, MA**

Get maximum benefits in record time while increasing cardio capacity and improving

muscular strength and endurance! Interval training is one of the best ways to improve fitness, and this workshop is guaranteed to raise your heart rate, challenge your muscles, and push the limits on FUN + FUNCTION! Walk away with plug and play workouts you can teach and do immediately using versatile and cutting edge Balanced Body® equipment. Get ready to shake things up!

**SU2C Sunday, 8:45am-10:15am**

**OUT OF BOUNDS!**

**Mindy Mylrea & Doris Thews**

This fast-paced workshop takes you out of your comfort zone and beyond your limits! Using a variety of functional training equipment, your heart will race, legs will burn, core will scream and arms will pump! This athletic-based circuit format works with different types of equipment and training goals. Embrace challenge and go Out of Bounds!

**SU2E Sunday, 8:45am-10:15am**

**KICK AND H.I.I.T. - URBANKICK® KICKBOXING CLASS**

**Shane Barnard, JD & Miwa Natsuki, MA**

Repeat session. Complete session description located on page 21.

**SU2G Sunday, 8:45am-10:15am**

**H.E.A.T. WAVES**

**Chris Henry**

H.E.A.T. waves (High Energy Aquatic Training) is a non-traditional water exercise experience offering unconventional drills, which utilize water resistance to challenge participants. Take your class to another level by incorporating movements that challenge the entire body and really get your heart pumping! With 360 degrees of resistance, water is the best equipment of all. We'll use basic water exercise moves for warm-up and rhythmic limbering of muscles and joints, then hold on tight. It is a wet and bumpy ride!

**SU2H Sunday, 8:45am-10:15am**

**BARRE-A-CUDA WATER WORKOUT**

**Sara Kooperman, JD**

Based upon the newest trend in land exercise, enjoy creative water exercise sequences that use a noodle as a ballet barre for both stability and challenge. This ballet-inspired barre aqua workout utilizes the principles of dance, functional strength training and Pilates to lengthen and strengthen your arms, legs and core. Experience small isometric movements and full range-of-motion exercises to tone and fatigue the muscles of the entire body set to motivational music for an intergenerational cutting-edge program.

**SU2I Sunday, 8:45am-10:15am**

**SCHWINN® CYCLING: TOTALLY COOK'D**

**Gregg Cook**

Want to know what the experts are saying, playing, and doing in their classes? Here's your chance! Join NYC's top trainer for a unique and memorable ride that will challenge your fitness and leave you completely spent. Bonus: a complete ride walk thru and a class design sheet breaking down every stage!

**SU2J Sunday, 8:45am-10:15am**



**REALRYDER®: INFLUENCING THE INFLUENCERS- WOMEN!****Leslee Bender**

Repeat session. Complete session description located on page 21.

**SU2K Sunday, 8:45am-10:15am****CIRCUIT TRAINING EXTRAVAGANZA****Len Kravitz, PhD**

There has been a recent surge in innovative circuit training research including new HIIT protocols. Join Len for a comprehensive review of the physiological processes that drive short-burst exercise and athletic performance. Controversial questions about anaerobic exercise, muscle acidosis, metabolic stress, extreme conditioning, fatigue, and substrate utilization are addressed. Participants will leave with NINE anaerobic training circuits (each circuit with five great exercises). (LECTURE)

**SU2M Sunday, 8:45am-10:15am****TRAINING DURING THE MENOPAUSAL YEARS****Melissa Layne, MEd**

As women, we strive to maintain a healthy body composition. Then comes "the change" and our training theory needs to change also. This session covers the hormonal happenings, how these happenings affect our body composition and how we can train smarter before, during and after menopause. (LECTURE)

**SU2N Sunday, 8:45am-10:15am****MARKETING AND SELLING S.M.A.R.T.****Michael Scott Scudder**

The sales process in the fitness business has been "show and tell" and produces lesser results each year. Learn why present sales methods in 90% of clubs are outdated and how current techniques restrict production of personal training sales and ancillary income. Find out why most clubs doom themselves to 40% or higher member attrition during the sales process and how clubs can sync sales efforts with consumers' needs. Michael will demonstrate a "modern method" of selling using advanced-but-simple technology. (LECTURE)

**SU2O Sunday, 8:45am-10:15am****BODHI SUPENSION SYSTEM CHISELED SUSPENSION TRAINING****Nico Gonzalez**

Define, delineate and detail your physique using the Bodhi Suspension System from Balanced Body. Learn moves and sequences to target every part of your body and create classes that truly change how the body looks, feels and performs.

**SU2Q Saturday, 8:45am-10:15am****SU3 11:15am-12:45pm****TRIGGERPOINT: GRID® LOCK****Kimberly Shah**

Are you ready to ramp-up your training? Get on the GRID and discover integrated movements that strengthen and stabilize the entire core including the erector spinae, glutes, abdominals and obliques. Then, learn exactly how to coach your clients through this comprehensive core training session. Walk away with the tools you need to help anyone create a stronger core, boost agility and increase flexibility, all while improving your client's back health.

**SU3A Sunday, 11:15am-12:45pm****SPEEDBALL CORE****Steve Feinberg**

Speedball is intense, NON-STOP multi-directional conditioning utilizing the medicine ball. The methodology combines cardio, muscular endurance, core stability and utilizing the medicine ball. We balance mobility and stability incorporating interactive partner training with manual resistance. The program can be performed in an existing conditioning class or seamlessly inserted into a personal training session.

**SU3B Sunday, 11:15am-12:45pm****COREZONE COMMOTION™****Leslie Grosshauser**

CoreZone Commotion™ is a fun, friendly and functional workout designed to make you feel good and energized! Utilizing small hand weights you will experience movement patterns that you execute in everyday life. The constant rhythmic movements set to uplifting music will make you feel strong and balanced! This program is perfect for everybody.

**SU3C Sunday, 11:15am-12:45pm****ZUMBA KIDS® AND KIDS JR®****Jessica Witt**

Kids love to crank-up the music, shake, wiggle, sing along to great songs and have a blast with their friends. This class will show you how to fuse the Zumba® program's unique formula with the psychology and physiology relevant to teaching kids ages 4-12. You'll learn how to modify Zumba moves to get optimal results. Exercise programs for kids are incredibly important to prevent childhood obesity and sedentary behavior.

**SU3E Sunday, 11:15am-12:45pm****WATER CARDIO & CORE****Connie Warasila**

It's time to rev up your heart rate and tighten up your center. Combine fast-paced cardio moves with snippets of core-focused exercises to create a class that helps clients identify what challenging, aerobic exercise really feels like. Plus, you will enhance your kinesthetic understanding of the core and discover how to fire it up. It's a two-fer! Finish with a plan you can implement at your next class.

**SU3H Sunday, 11:15am-12:45pm****H2O VERTICALLY CHALLENGED****Ann Gilbert**

Vertically challenged is an aquatic class that will address the postural alignment challenges and the functional needs of the mature adult. Gain a clear understanding of the challenges mature adults face when addressing postural and functional challenges in the aquatic class of today. Learn how to distinguish between the class designed for the mature adult and the active aging Boomer member.

**SU3I Sunday, 11:15am-12:45pm****SCHWINN® CYCLING: START A REVOLUTION****Mindy Mylrea**

As fitness professionals, we know that an hour on the bike is only the beginning of real health and wellness. Come to this session for a true-to-form inspirational Mindy Mylrea indoor cycling workout and to learn how to Start a Revolution in your classes! Through research-based coaching, cueing and discussion that you can bake right into the ride, Mindy will show you how to create a connection with your students that ignites positive behavioral change for life.

**SU3J Sunday, 11:15am-12:45pm****CAFFEINE, CREATINE AND COCONUTS****Melissa Layne, MEd**

Three of the hottest topics in nutrition but only a sampling of what we will discuss in this workshop. Which supplements are actually ergogenic aids and how and when can they be used to your advantage? What about the negative side effects? Are they worth it? Come armed with your clients' myths, misconceptions and questions. (LECTURE)

**SU3M Sunday, 11:15am-12:45pm****SMALL GROUP PERSONAL TRAINING: FOCUS ON FEMALES****Irene Lewis-McCormick, MS**

If you are a personal trainer wanting to move into small group training, your first step is to think of yourself as a group leader rather than a "personal trainer leading a group." This session teaches how to manage, educate and move several people using a variety of equipment. Learn the ropes of small group training while focusing on the female client. You'll increase revenue, save time and provide a valuable and effective service to clients of all fitness levels. (LECTURE)

**SU3N Sunday, 11:15am-12:45pm****50+ CUSTOMERS: HOW TO GET US, SERVE US, AND KEEP US****Michael Scott Scudder**

Join Michael as he teaches you how to fully understand the size of the 50+ market in fitness facilities, now and in the near future. The revenue value of this market will exceed all other member demographics. Learn how to attract this market to a facility including a sample ad that can be used immediately. You will take away why this market can become your most active referral source. (LECTURE)

**SU3O Sunday, 11:15am-12:45pm****BODHI SUPENSION SYSTEM**



**PILATES MEETS SUSPENSION**

**Nico Gonzalez**

Suspension training goes mind body in this core centered class combining the refinement and detail of Pilates with the athleticism and strength of suspension. Sequences for core training, stability, balance and flexibility are the focus of this unique take on Suspension Training from Balanced Body.

**SU3Q Saturday, 11:15am-12:45pm**

**SU4**

**1:00pm-2:30pm**

**RELAX & RESTORE FOAM ROLLER TRAINING**



**Irene Lewis-McCormick, MS**

Foam rollers can be used to release muscle tension and increase range of motion at the soft tissue level, which is part of recovery and performance enhancement. Learn to address posture and spinal alignment in your clients while helping them to identify muscle restrictions and body awareness. Using foam rollers and tennis balls, create effective programming with results that are immediate and long-term.

**SU4A Sunday, 1:00pm-2:30pm**

**FUN FITNESS FOR CHILDREN**

**Jen Keet, MS**

This session looks at what children love to do, play! It incorporates how to easily create a 10-30 minute class full of everyday activities to encourage fun as you work on building physical skills and focus. Collaborating with a musical educator credited with over 100 songs for children over her 30+ years as a Music Director, Jen has co-created a soundtrack to a 20 minute fitness and movement experience.

**SU4B Sunday, 1:00pm-2:30pm**

**BALANCED BODY: MOTR™ = GET YOUR MOTR RUNNING!**



**Valentin**

Do you want to try something new? Experience the excitement of a dynamic, full bodied workout using the MOTR™. Combine core, cardio, resistance training and balance into a powerful and versatile fitness adventure. Enjoy a true mind body fitness experience backed by the Balanced Body Movement Principles.

**SU4C Sunday, 1:00pm-2:30pm**

**THE M.I.X. 3D!**

**Carolyn Kimmel**

Movement occurs in three dimensions! Learn to design functional, layered exercises that students can choose from to increase intensity! Give your class a little TLC with a 3D personal training feel! Design each class to be playful and challenging but never duplicated. Movements are not flat; therefore, your workouts should be in 3D.

**SU4E Sunday, 1:00pm-2:30pm**

**AQUA ZUMBA®: WET N WILD!**



**Tony Witt**

Aqua Zumba is the ultimate aquatic workout that brings the fun and flavor of Zumba Fitness to the pool. In this session, participants will experience a complete Aqua Zumba class in the pool. A practical (dry-land) session will

follow to explain how the same steps and choreographies from the Zumba Fitness program are modified and fused with basic aquatic principles to give participants the sensation that they are dancing underwater.

**SU4H Sunday, 1:00pm-2:30pm**

**POOLATES**



**Lisa Gibson**

Poolates takes the principles of Pilates and translates them into the aquatic environment. Class participants will learn basic Poolates exercises and how they can be modified for any exercise population, how the eight Pilates principles apply in the water and how Poolates is different from other aqua workout methods. A Pilates background is helpful but not necessary to take this class.

**SU4I Sunday, 1:00pm-2:30pm**

**DRINKS AFTER WORK**

**Melissa Layne, MEd**

What could it hurt? Plenty, according to the most recent research on the moderate intake of alcohol. Many of our clients and participants make a glass of wine part of dinner or a beer at happy hour an everyday occurrence. Learn what we need to tell our clients about the world's most popular pastime. (LECTURE)

**SU4M Sunday, 1:00pm-2:30pm**

**IT'S ALL ABOUT YOU!**



**Leslie Grosshauser**

You have chosen the fitness industry because you are passionate about health. We teach and train relentlessly, sometimes forgetting about our own health and longevity. You can prevent overtraining, injuries and simple burnout! Listen to the seasoned veterans in the industry and take control of your schedule, your body and your health! You are setting an example for all, are you setting the right example? (LECTURE)

**SU4N Sunday, 1:00pm-2:30pm**

**BUILDING A GREAT TEAM OF PERSONAL**

**TRAINERS**

**Nick Osborne**

Owners and Managers do not know why they end up with personal trainer drama. They try to build a team out of people who don't know how or why to work as a team. We will uncover the seven major personality types of trainers based on the Enneagram Personality Inventory. You will learn how to uncover the "right types" during the interview, learn which ones to keep, and learn to communicate and motivate all of your personal trainers. (LECTURE)

**SU4O Sunday, 1:00pm-2:30pm**

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DCAC	19	195	13	\$179	48	2	\$140
ECA	20	189	10	\$229-\$329	62	2	\$260
<b>MANIA®</b>	<b>21</b>	<b>200</b>	<b>15</b>	<b>\$199-\$249</b>	<b>70</b>	<b>8</b>	<b>\$129-\$175</b>
EMPOWER	12	60	4	\$209	12	8	\$120
IDEA PT	13	80	10	\$439	56	2	\$129
IDEA WORLD	21	360	25	\$489	180	1	\$232

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PILOXING®



**CONSTANCE CONTURSI BARKER**  
HIT IT! FITNESS



**KEVIN BARKER**  
HIT IT! FITNESS



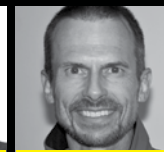
**SHANE BARNARD, JD**  
URBANKICK®



**LESLEE BENDER**  
GRAY INSTITUTE® / REALYDER®  
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**BROOK BENTE, Med**  
SCW



**DOUGLAS BROOKS, MS**  
REALYDER® / BOSU®



**FABIO COMANA, MA, MS**  
SCW



**CASEY CONRAD, JD**  
ESSENTIAL OILS



**GREGG COOK**  
SCHWINN® / WATERROWER GX



**JOSH CROSBY**  
WATERROWER GX



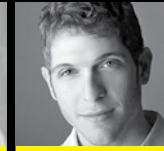
**SOHAILLA DIGSBY, RD, LD**



**AMY DIXON**  
BOSU® / SCHWINN® /  
WATERROWER GX



**SHANNON FABLE**  
BOSU® / SCHWINN®



**STEVE FEINBERG**  
SPEEDBALL FITNESS



**CHRIS FREYTAG**  
SPRI® / POWER MUSIC®



**TARA GALLES, MS, OTR**  
YOGAHEAR®



**LISA GIBSON**  
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WATERMOTION®



**JEFF HOWARD**  
SCW



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WATERMOTION®



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**PETRA KOLBER**



**SARA KOOPERMAN, JD**  
SCW / WATERMOTION®



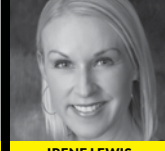
**LEN KRAVITZ, PHD**



**MELISSA LAYNE, MED**  
WATERMOTION®



**SEAN LEVESQUE**  
JILLIAN MICHAELS BODYSHRED™



**IRENE LEWIS-McCORMICK**  
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**KALI LINDNER**  
OULA FITNESS



**KRISTEN LIVINGSTON, MED**  
POWER MUSIC®



**JEREMY LOWELL**  
MOI CYCLE®



**LORI LOWELL**  
MOI CYCLE®



**STEPHANIE LYONS**  
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**TRICIA MURPHY MADDEN**  
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**SUSANNAH MAHER**  
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CRUNCH®



**JESSICA WITT**  
ZUMBA®



**TONY WITT**  
ZUMBA®



**KAREN WOODARD**



## 1: ATTENDEE INFORMATION

If you are mailing or faxing in your MANIA® registration, begin here and complete steps 1-7 and sign and date the disclaimer. (Please print legibly):

SCW Fitness Education  
3675 Commercial Avenue  
Northbrook, IL 60062  
Fax: (847) 562-4080

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_  
( ) \_\_\_\_\_

CELL PHONE \_\_\_\_\_

HOME STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

As an SCW member, your first choice session selection is GUARANTEED\*, and includes one FREE evening Masterclass. \* Subject to equipment availability; Attendee must register before the initial deadline.

- Yes! I would like to become an SCW Member  No, I would not like to take advantage of this fantastic offer at this time.
- \$79 One Year Membership  \$129 Two Year Membership

## 2: MANIA® RATES

	Before 8/31/15	After 8/31/15
Registration	<input type="checkbox"/> \$259	<input type="checkbox"/> \$319
Previous Attendee	<input type="checkbox"/> \$229	<input type="checkbox"/> \$279
Refer-a-Friend Rate*	<input type="checkbox"/> \$199	<input type="checkbox"/> \$249
Weekend Warrior Special (Any 2 Days)	<input type="checkbox"/> \$199	<input type="checkbox"/> \$249
SCW Member Rate	<input type="checkbox"/> \$179	<input type="checkbox"/> \$179
Any ONE Day: Friday or Saturday Or Sunday	<input type="checkbox"/> \$179	<input type="checkbox"/> \$229
Staff Assistant	<input type="checkbox"/> \$99	<input type="checkbox"/> \$99

\* Refer a Friend name \_\_\_\_\_  
Email address \_\_\_\_\_  
Cell phone # (\_\_\_\_\_) \_\_\_\_\_

You can also register online at: [scwfit.com/midwest](http://scwfit.com/midwest)

## 3: CONVENTION CERTIFICATIONS

NAME OF CERTIFICATION \_\_\_\_\_ DATE \_\_\_\_\_ \$ \_\_\_\_\_ AMOUNT

NAME OF CERTIFICATION \_\_\_\_\_ DATE \_\_\_\_\_ \$ \_\_\_\_\_ AMOUNT

## 4: MASTERCLASSES

NAME OF MASTERCLASS \_\_\_\_\_ DATE \_\_\_\_\_ \$ \_\_\_\_\_ AMOUNT

NAME OF MASTERCLASS \_\_\_\_\_ DATE \_\_\_\_\_ \$ \_\_\_\_\_ AMOUNT

## 5: FEE TOTAL

SCW Membership \$ \_\_\_\_\_  
MANIA® Convention Rate \$ \_\_\_\_\_  
Convention Certs \$ \_\_\_\_\_  
Masterclasses \$ \_\_\_\_\_  
Processing Fee \$ 4.00 \_\_\_\_\_  
TOTAL \$ \_\_\_\_\_

## 6: PAYMENT INFORMATION

Payment Method:  MasterCard  Visa  Discover  Check or money order\*\*

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ / \_\_\_\_\_

Print Cardholder's Name \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Your signature is required. Your above signature authorizes SCW to charge your credit card.

Check # \_\_\_\_\_

\*\*If paying by check or money order your registration must be mailed to SCW with check/money order enclosed and made out to: SCW. A check payment made by a third party (employer, club, etc.) MUST have your name and the name of the MANIA® convention on it. You must send in all registration forms including: Credit card signatures, signed informed consent, and class selections. Registrations received without payment will not be processed.

## 7: DIRECTIONS FOR REGISTRATION

Manual Registration below requires three class selections. Online Registration only requires one class selection at [scwfit.com/midwest](http://scwfit.com/midwest).

### FRIDAY, SEPTEMBER 25, 2015

SESSION TIME	1ST CHOICE	2ND CHOICE	3RD CHOICE
7:30am - 9:00am	FR1 _____	_____	_____
10:00am-11:30am	FR2 _____	_____	_____
11:45am-1:15pm	_____	_____	_____
or			
12:30pm-2:00pm	FR3 _____	_____	_____
2:15pm-3:45pm	FR4 _____	_____	_____
4:00pm-5:30pm	FR5 _____	_____	_____
6:30pm-7:30pm*	FR6 _____	_____	_____

### SATURDAY, SEPTEMBER 26, 2015

SESSION TIME	1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SA1 _____	_____	_____
8:45am-10:15am	SA2 _____	_____	_____
10:45am-12:15pm	_____	_____	_____
or			
11:15am-12:45pm	SA3 _____	_____	_____
1:00pm-1:45pm	KEYNOTE	_____	_____
2:00pm-3:30pm	SA5 _____	_____	_____
4:30pm-6:00pm	SA6 _____	_____	_____
6:15pm-7:30pm	SA7 _____	_____	_____

### SUNDAY, SEPTEMBER 27, 2015

SESSION TIME	1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SU1 _____	_____	_____
8:45am-10:15am	SU2 _____	_____	_____
11:15am-12:45pm	SU3 _____	_____	_____
1:00pm-2:30pm	SU4 _____	_____	_____

\* Masterclasses may require additional fees

Please read, sign and date. I agree to hold harmless Sara's City Workout, Inc. dba SCW Fitness Education, SCW WIM, Inc. dba Water In Motion, their subsidiaries, shareholders, directors, officers, employees, conference presenters, conference sponsors, staff (including staff assistants and convention staff), MANIA® sponsors, their respective agents, successors and assigns, from any and all liability whatsoever arising out of this event including, but not limited to: physical injuries, muscle strains, tears, pulls, broken bones, miscarriage, death, and any and all illness, or loss of personal property and income. I understand the risks involved with participating in this strenuous event and attest that I am in sound physical condition. I also understand that I may be videotaped, audio-recorded and/or photographed during this event, and Sara's City Workout, Inc. dba SCW Fitness Education, dba, SCW WIM, Inc. dba Water In Motion, and their affiliates and sponsors, may use any and all imagery before, during and after the event, both photos and videos, for any and all promotional and financial purposes. I further agree to all conditions of registration, including but not limited to, the No Refund Policy. Sara's City Workout, Inc. and its affiliates may give or rent your email address, mailing address and/or phone number(s) to other health and/or fitness related organizations with whom it has a trusted relationship and share common goals. I attest that I have read and understand and agree to the above and have read the Refund Policy and other Important Information found online at: [scwfit.com/midwest/policy](http://scwfit.com/midwest/policy).

Signature required \_\_\_\_\_ Date \_\_\_\_\_



3675 Commercial Avenue  
 Northbrook, IL 60062  
 847.562.4020  
 scwfit.com/mania

# WE JUST COULDN'T WAIT.

*Midwest* MANIA® | **NEW EARLIER DATE: SEPT. 25-27**

[www.scwfit.com/MANIA](http://www.scwfit.com/MANIA)

PERSONAL TRAINING • GROUP EXERCISE • AQUA EXERCISE • SPORTS NUTRITION • BALLET BARRE • GROUP STRENGTH • KIDS IN MOTION

# GET CERTIFIED.

Nationally recognized and offered live or online, SCW provides reliable, respected, affordable and high-quality fitness certifications.

Turn to pages 8-10 to view the SCW Certifications offered at MANIA®

MOMS IN MOTION • PILATES • SMALL GROUP TRAINING • T'AI CHI & QI GONG • TRAINING WITH KETTLEBELLS • WEIGHT MANAGEMENT • YOGA

<b>MIDWEST</b> September 25 - 27, 2015	<b>D.C.</b> October 16 - 18, 2015	<b>BOSTON</b> November 13 - 15, 2015	<b>PHILADELPHIA</b> February 19 - 21, 2016	<b>CALIFORNIA</b> March 18 - 20, 2016	<b>FLORIDA</b> May 20 - 22, 2016	<b>ATLANTA</b> July 29 - 31, 2016	<b>DALLAS</b> August 26 - 28, 2016