





MARCH 16-17

WEDNESDAY MARCH 16 PRE-CONVENTION EVENTS				Barre Above™ Certification 10:00am-6:00pm Madden	SCW Personal Training Certification 9:00am-6:00pm Roberts	SCW Yoga I Certification 8:30am-6:00pm Velazquez	Rolling for Real Mobility Results Certification 9:00am-4:00pm Oktyabrskiy & Lindstrom	
THURSDAY MARCH 17 PRE-CONVENTION EVENTS		SCW Group Exercise Certification 8:00am-5:00pm Lewis-McCormick	Zumba® Instructor Certification 8:00am-5:00pm Stone	SCW Pilates Matwork Certification 8:00am-5:00pm Appel		SCW Active Aging Certification 9:00am-5:00pm Biscontini	Myofascial Compression™ Techniques: The Evolution of Foam Rolling 9:00am-5:00pm Coronel	
THURSDAY EVENING MARCH 17 PRE-CONVENTION EVENTS		SCW Group Strength Certification 5:30pm-9:30pm Lewis-McCormick			SCW Small Group Training Certification 9:00am-5:00pm Roberts	SCW Yoga II Certification 5:30pm-9:30pm Velazquez		SCW Training with Kettlebells 9:00am-4:00pm McCall

A BOOT CAMP & GROUP TRAINING	B GROUP TRAINING & HIIT	C DANCE & GROUP EX	D BARRE & & SPECIALTY	E FUNCTIONAL TRAINING & STRENGTH	F MIND/BODY	G RECOVERY & AGING	H KETTLEBELLS & CIRCUIT TRAINING
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FR1 7:30am-9:00am	Ropes Unleashed: Power Meets Performance Nunez	All Small Ball Appel	PLYOGA®: Flow Lauren	Barre Advanced Madden	Jungshin Combat® - Long Sword Kahn	LOK Fitness: FLOW Roxas & Maurer	Balance Strategies for Older Adults Osar	Balanced Body Fit®: Multi-Level Circuits Quest
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EXPO OPEN 8:45am-10:15pm

FR2 10:00am-11:30am	Jillian Michael's BodyShred™ Workshop Young	SPRI® Athletic Performance Nunez	Get Centered - Dance, Tai Chi & Yoga Fusion Kolber	Barre Defined Appel	Crunch: 360 and BBT Bootcamp Renfro	Yoga for the Young at Heart Kooperman	TriggerPoint™: Injury Prevention & Better Movement Coronel	Doo-Wop Bop Westfall
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EXPO OPEN 11:15am-2:30pm

FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	HIIT Parade M. Mylrea Session 2	Core Reborn Appel Session 1	Zumba® Cardio Blast Stone Session 1	Tabara Hudson Session 2	Find Your Beat with DrumFIT®! Shah Session 2	Bootie Camp Yoga Trabelsi Session 1	Mobility is Freedom Oktyabrskiy & Lindstrom Session 2	Shockwave Dixon, Jennings & Scott Session 1
FR4 2:15pm-3:45pm	Barbell Strength: Strong For Life, RIP® Livingston		Female Formula: Battle It Out! Nunez	U-JAM Fitness Ramos	Barre Above: Choreography Overload Madden	Balanced Body MOTR = Movement Magic Valentin	TriggerPoint™: Hip and Shoulder Mobility Coronel	Indo-Row: The Perfect Calorie Burn Thews, Roberts & Jennings	
FR5 4:00pm-5:30pm	Battle with the Bands Nunez	Crazy Core and So Much More M. Mylrea	Zumba® Diva Nation Stone	Beyond Bands for Barre Appel	POUND® Bruehl	Stick Yoga™: Brain & Total Body Fitness Faygenholtz	Next-Level Recovery Kennamore	Kettlebell: Beyond the Turkish Getup McCall	

EXPO OPEN 5:15pm-6:45pm

FR6 MASTERCLASSES 6:30pm-7:30pm	Tubing Training Redefined Ross					H.I.I.T. It with Zen Training Jennings		
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SA1 7:00am-8:30am	Tabata Bootcamp™: Express Workout M. Mylrea	Ramp Up Your Strength Appel	John Garey TV Circuit Party Garey	Crunch Live: Diesel and Absolution Opperman		Bootie Camp Yoga® Trabelsi	Training Older Clients with Osteoarthritis Osar	The One Weight Workout: Kettlebell McCall
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EXPO OPEN 8:15am-9:30am

SA2 AWARDS CEREMONY & KEYNOTE 9:30am-10:30am	Exercise: The Magic Bullet Kravitz								
SA3 10:45am-12:15pm		Jillian Michaels BODYSHRED™ Workshop Young	ZUMBA® Gold: Walk in, Dance Out Stone		Jungshin Athletic Flow - Long Sword Formats Kahn	Shakti: The Experience® Biscontini	Stick Stretching for Brain/Body Fitness Faygenholtz		
SA4 SESSION 1 12:30pm-1:45pm	SA4 SESSION 2 1:00pm-2:15pm	360 Training Drills Nunez Session 2	Primal Movement Comana Session 2	Dancing For Joy 2016 Kolber Session 1	PLYOGA® - YOUR BODY IS POWER® Lauren Session 2	LES MILLS GRIT® CARDIO Schultz Session 1	Balanced Body MOTR®: Run Your MOTR® Valentin Session 2	Next-Level Recovery Kennamore Session 1	Shockwave Thews & Jennings Session 2

EXPO OPEN 10:30am-2:45pm

SA5 2:30pm-3:45pm	Align and Define Appel	MMA Conditioning: Battle Obesity with WAR Livingston	Zumba® Let it MOVE YOU! Stone	LOK Fitness: Toy Box Roxas & Maurer	Jungshin Rhythm® - Double Short Swords Kahn	Steel Pilates Howard	Strength Training for Longevity & Vitality Kooperman	Indo-Row: Team Attack on Total Body Training Thews & Jennings
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EXPO OPEN 3:30pm-5:00pm

SA6 4:45pm-6:00pm	Move Free - Strands Ross	Primal Playtime Comana	LOK Fitness: Kick Camp Roxas & Maurer	Pilates with ReXist360 Kostabi	CMT™ Sport Opperman	Animals & Asanas Rockit	Psoas and Glutes Strategies Osar	The Ultimate Workouts: Kettlebells & Dumbbells Lewis-McCormick
SA7 6:15pm-7:30pm	Extreme Exercise Makeover M. Mylrea	Relax & Restore Foam Roller Training Lewis-McCormick	POUND® : Rockout - Workout Bruehl	Assume the Postion Biscontini	Balanced Body® Fit: Functional Fun Valentin	PLYOGA® - The Reverse Warrior Lauren	Active Aging Chair Yoga Kooperman	Total Body Makeover: Core to Extremities Rockit

FRIDAY, MARCH 18

SATURDAY, MARCH 19

SUNDAY, MARCH 20

SU1 7:00am-8:30am	LES MILLS BODYPUMP® Schultz	Roll, Restore, Recharge Ross	U-JAM Fitness Ramos			20x3 Howard	The Rotator Cuff: Corrective Exercises Osar	
SU2 8:45am-10:15am	Female Formula: Ballapalooza Ross	ReXist360 HIIT Kostabi	POUND® Bruehl			Tabata Yoga Howard	TriggerPoint™: Life after Foam Rolling Coronel	
EXPO OPEN 10:00am-1:30pm								
SU3 11:15am-12:45pm	Body Weight Boot Camp M. Mylrea	Move Free - Foam Roller & Bar Ross	DrumFIT®: Exercise for Body & Brain! Shah			Barefoot Strength and Endurance Howard	Balanced Body MOTR: Senior Power Quest	
SU4 1:00pm-2:30pm	Transform: Uniting Yoga & Sport Livingston	Get Learning, Get Burning with Drum- FIT®! Shah	All You Need is You Garey	BALLET BARRE CERTIFICATION with Abbie Appel 8:00am-4:00pm	JILLIAN MICHAELS BODYSHRED™ with Elle Young 7:00am-4:00pm	Yoga, Zen and Discipline Jennings	Know Knots & Mobility Oktyabrskiy & Lindstrom	CERTIFICATION with Stephanie Lauren 8:00am-4:00pm

SCW CALIFORNIA MANIA® *Schedule at a Glance*

SCW Aquatic Exercise Certification 8:00am-5:00pm Warasila	Schwinn® Cycling: Indoor Cycling Instructor Certification 8:00am-5:00pm Scott & Dixon	 In-Trinity Instructor Certification 8:00am-5:00pm Intrinity Master Trainer	SCW Sports Nutrition Certification 9:00am-3:30pm Comana	 U-JAM Certification 8:00am-5:00pm Marks	Moving to Happiness Instructor Training 9:00am-5:00pm Kolber	Jungshin Fitness Instructor Certification 8:00am-5:00pm Kahn
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I AQUA (ACTIVITY)	J AQUA (LECTURE)	K SCHWINN® CYCLING	L MATRIX / IN-TRINITY® / MOI CYCLING	M NUTRITION LECTURE	N EXERCISE SCIENCE & NUTRITION LECTURE	O BUSINESS & MOTIVATION LECTURE	P SUSPENSION & CIRCUIT TRAINING	Q BOXMASTER®
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Hydro Zen Fluid Fusion Velazquez	Suspended Aqua Core Westfall	Schwinn®: Train Right 2 Ride Right Dixon	Introduction to IN-TRINITY® Intrinity Master Trainer	Fun Factor Food for Kids Lewis-McCormick	Agile to Starting: Understanding Strength McCall	Social Media Primer Biscontini	BoxMaster® Circuit: Round 1 Friend-Uhl
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EXPO OPEN 8:45am-10:15pm

Aqua Abs Kulp	Aqua Yoga Flow Warasila	Schwinn®: Music Makeover - There's an App! Scott	IN-TRINITY® Warrior Program Intrinity Master Trainer	Metabolism, Fat, Abs, Butt and Thighs Comana	Small Group Personal Training: Focus on Females Lewis-McCormick	Cream Rises: Promoting Trainer & Instructor Excellence Biscontini	Bodhi Suspension System®: Suspension Meets Cardio Quest
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EXPO OPEN 11:15am-2:30pm

Aqua Hip And Funk! Velazquez Session 1	Spirited Surf® Rockit Session 1	Schwinn®: The ABCs of Indoor Cycling Thews Session 1	MOI Cycle: Intervals Goldfrid, Lowell & Wertz Session 2	The Obesity Epidemic Westfall Session 1	To HIIT or not to HIIT Comana Session 2	2016-17 Trends In Fitness Programming & Training Kooperman Session 2	BoxMaster® Circuit: Round 2 Sports Performance Friend-Uhl Session 1
Water Cardio and Core Warasila	Zenergy H2O Lewis-McCormick	Schwinn®: Dynamic Duos Thews, Dixon, Jennings, Scott	MOI Cycle: Endurance Goldfrid, Lowell & Wertz	Meals & Musings Biscontini	Exercise & Aging: Best Practice Programming Kooperman	Group Fitness Management & Promotional Strategies Howard	BoxMaster® Circuit: Round 3 Warrior Training Friend-Uhl

EXPO OPEN 5:15pm-6:45pm

					Ebbs and Flows of Aqua Exercise: Panel Discussion Howard, Kooperman, Velazquez, Warasila & Westfall		
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Horizontal & Vertical Dynamic Aqua Core Training Velazquez	Tab-Aqua Boot Camp Howard	Schwinn®: Teaching Tips from TED® Scott	IN-TRINITY® Warrior Program Intrinity Master Trainer	50+ Females Layne	The Perfection Detox® Kolber	Fitness - Years From Now Scott Scudder	Bodhi Suspension System®: Pilates Meets Suspension Quest
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EXPO OPEN 8:15am-9:30am

	Align & Define in the Pool Westfall	LES MILLS SPRINT® Schultz		State of the Industry: Trends for 2016 Lewis-McCormick, Kooperman, Kravitz, Nunez, Roberts, Rockit & Scott-Scudder			
Fluid HIIT Fusion Velazquez Session 1	Deep Water Dance Party Westfall Session 1	Schwinn®: Build It, They Will Come Jennings & Thews Session 2	MOI Cycle: Race Day Goldfrid & Wertz Session 1	Irisin, Insulin and Inulin Layne Session 2	Supramaximal Eccentric Training Kravitz Session 1	Become a Master Trainer Lewis-McCormick Session 2	BoxMaster® Circuit: Final Round Fight Club Friend-Uhl & McCall Session 2

EXPO OPEN 10:30am-2:45pm

Pool Pyramids Layne	Poolates Gibson	Schwinn®: Unapologetically Authentic Roberts	Introduction to IN-TRINITY® Intrinity Master Trainer	The 12 Truths of Fat Loss Kravitz	Go Bones H. Garcia & K. Garcia	What Do I Eat? M. Mylrea & B. Mylrea	BoxMaster® Circuit: Round 1 Friend-Uhl
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EXPO OPEN 3:30pm-5:00pm

	WaterinMotion® Platinum 4 Warasila, Velazquez, Kulp	Schwinn®: Coaches Survival Kit Scott & Thews	MOI Cycle: Strength Ride Goldfrid & Wertz	Common Sense Nutrition Within Your Scope H. Garcia & K. Garcia	New Rules for Peak Nutrient Timing Kravitz	Cashing in on 50+ Markets Scott Scudder	Bodhi Suspension System®: Dancing With Ropes Valentin	BoxMaster® Circuit: Round 2 Sports Performance Friend-Uhl
Doo Wop Aqua Westfall	Aqua Zen Warasila	Schwinn®: Girl Power & the Schwinn Sisterhood Roberts, Thews, Dixon	IN-TRINITY® Warrior Program Intrinity Master Trainer	Hot Topics in Nutrition Layne	Stress and Inflammation Comana	Making Money Using Business Trends Scott Scudder	Bodhi Suspension System®: Suspension Meets Cardio Quest	BoxMaster® Circuit: Round 3 Warrior Training Friend-Uhl & McCall

	Aqua Block Party Layne	Schwinn®: The "HARD" Conversation Roberts			Solutions for Women, Hormones and Metabolism Kravitz	Management Stuff You Gotta Know Scott Scudder	Bodhi Suspension System®: Focus On Flexibility Valentin	
	Barre-A-Cuda Basics: Aqua Ballet Barre Kulp	Schwinn®: Revolution Evolution M. Mylrea			Engaging Millenials with HIIT Solutions Schultz	Speed Mentoring Biscontini	Bodhi Suspension System®: Pilates Meets Suspension Quest	BoxMaster® Circuit: Final Round Fight Club Friend-Uhl
	Poolates Gibson	Schwinn®: The Recovery RX Jennings	MOI CYCLE™ INSTRUCTOR CERTIFICATION LEVEL 1 with the Moi Cycle Team 8:00am-12:00pm	SCW WEIGHT MANAGEMENT CERTIFICATION with Fabio Comana 8:00am-3:30pm	Myths, Misconceptions and Controversies in Exercise Kravitz	Nutritional Needs During Menopause Layne		BoxMaster® Circuit: Round 1 Friend-Uhl
	AQUA ZUMBA®: WET N WILD! Stone				What's Really Making You Crazy? Layne	Running the Show: Customer Service Biscontini		