





MAY 18-19

<b>WEDNESDAY MAY 18</b> PRE-CONVENTION EVENTS				Barre Above™ Certification 10:00am-6:00pm Bender Pg 8	SCW Personal Training Certification 9:00am-6:00pm Roberts Pg 7		KnoutOut® Rolling for Real Mobility Results Certification 9:00am-6:00pm Oktyabrskiy & Lindstrom Pg 8	
<b>THURSDAY MAY 19</b> PRE-CONVENTION EVENTS		SCW Group Exercise Certification 8:00am-5:00pm Lewis-McCormick Pg 7	Zumba® Instructor Certification 8:00am-5:00pm Bostic & Bullard Pg 8	SCW Pilates Matwork Certification 8:00am-5:00pm Appel Pg 7	SCW Small Group Training Certification 9:00am-5:00pm Roberts	<b>SCW Yoga I Certification</b> 8:00am-5:30pm Velazquez Pg 7	Myofascial Compression™ Techniques: The Evolution of Foam Rolling 9:00am-5:00pm Patrick Pg 8	
<b>THURSDAY EVENING MAY 19</b> PRE-CONVENTION EVENTS		SCW Group Strength Certification 5:30pm-9:30pm Lewis-McCormick Pg 8			SCW Functional Flexibility & Fascia 5:30pm-9:30pm Bender Pg 8	SCW Yoga II Certification 5:30pm-9:30pm Velazquez Pg 8		<b>SCW Training with Kettlebells Certification</b> 9:00am-4:00pm McCall Pg 7

FRIDAY, MAY 20

<b>A</b> BOOT CAMP & GROUP TRAINING		<b>B</b> GROUP TRAINING & HIIT		<b>C</b> DANCE & GROUP EX		<b>D</b> BARRE & & SPECIALTY		<b>E</b> FUNCTIONAL TRAINING & STRENGTH		<b>F</b> MIND/BODY		<b>G</b> RECOVERY & AGING		<b>H</b> KETTLEBELLS & CIRCUIT TRAINING	
<b>FR1</b> 7:30am-9:00am		Ropes Unleashed: Power Meets Performance Nunez Pg 11	All Small Ball Appel Pg 11	Get RIPPED! Work- shop Bryan & Orringer Pg 11	Barre Advanced! Bender Pg 11	PLYOGA® Flow Balance Flexibility Recovery Lauren Pg 11	Pilates for Yogis Taback Pg 11	Balance Strategies for Older Adults Osar Pg 11	Shockwave Thews, Scott & Colavecchio Pg 11	EXPO OPEN 8:45am-2:30pm					
<b>FR2</b> 10:00am-11:30am		SPRI® Athletic Performance Nunez Pg 12	Crunch: 360 & BBT Bootcamp Jennifer Renfroe Pg 12	Get Centered: Dance, Tai Chi & Yoga Fusion Kolber Pg 12	Barre Elongate and Activate Bender Pg 12	Find Your Beat with DrumFIT®! Shah Pg 12	Active Aging Chair Yoga Kooperman Pg 12	TriggerPoint™ : Injury Prevention and Better Movement Patrick Pg 12	Indo-Row: The Perfect Calorie Burn Thews & Roberts Pg 12	EXPO OPEN 5:15pm-6:45pm					
<b>FR3</b> SESSION 1 11:45am-1:15pm	<b>FR3</b> SESSION 2 12:30pm-2:00pm	Extreme Exercise Makeover M. Mylrea Session 2 Pg 14	Core Reborn Appel Session 1 Pg 13	ZUMBA® Step to the Zumba Beat! Bostic Session 1 Pg 13	Enhancing Fun & Function with Older Adults Dennis & Pinkowski Session 1 Pg 13	DrumFit: Exercise for Body & Brain! Shah Session 2 Pg 15	YOGATHEA® Christian Yoga & Meditation Galles Session 1 Pg 13	Roll'n Motion Oktyabrskiy, Lindstrom Session 2 Pg 14	Go Ballistic Roberts Session 1 Pg 13	EXPO OPEN 12:15pm-3:30pm					
<b>FR4</b> 2:15pm-3:45pm		Female Formula - Battle It Out! Freytag Pg 15	Barbell Strength: Strong For Life, RIP® T. Crosby Pg 15	Line Dancing: Young & Old Kittay Pg 15	Barre Defined Appel Pg 15	Balanced Body®: Run Your MOTR® Quest	Reformer On The Mat Bender Pg 15	Psoas and Glutes Strategies Osar Pg 15	Ultimate Workouts: Dumbbells & Kettlebells Lewis-McCormick Pg 15	EXPO OPEN 6:15pm-7:45pm					
<b>FR5</b> 4:00pm-5:30pm		Battle with the Bands Nunez Pg 18	Crazy Core and So Much More M. Mylrea Pg 18	Zumba® Toning Bullard Pg 18	Beyond Bands for Barre Appel Pg 18	POUND® Chang Pg 18	Playful Pilates Taback Pg 18	Next-Level Recovery Ferguson Pg 18	Kettlebell: Beyond the Turkish Getup McCall Pg 18	SA6 MASTERCLASSES 7:30pm-8:30pm					
<b>FR6 MASTERCLASSES</b> 6:30pm-7:30pm		Tubing Training Redefined Ross Pg 19		FITNESS IDOL with Judges: Kooperman, Appel, Bender, Gilbert, Roberts Pg 19			Drishti Beats Lowell Pg 19			SA1 7:00am-8:30am					

SATURDAY, MAY 21

<b>SA1</b> 7:00am-8:30am		Strength Circuit Ramping Freytag Pg 20	Bootcamp Challenge®: Circuit Breakers Patterson Pg 20	Soul Grooves Harris Pg 20	DrumFIT®: Exercise for Body & Brain! Shah Pg 20	POUND Fit Chang	Quieting The Mind: Meditation Varasila Pg 20	Training Older Clients with Osteoarthritis Osar Pg 20	The One Weight Workout: Kettlebell McCall Pg 20	KEYNOTE ADDRESS & AWARDS 9:30am-10:45am					
<b>SA2</b> 11:00am-12:30pm		360 Training Drills Nunez Pg 21	Tabata Bootcamp™ Express Workout M. Mylrea Pg 21	Dancing For Joy 2016 Kolber Pg 21	Primal Movement Comana Pg 21	PLYOGA® - Your Body Is Power® Kooperman Pg 21	Yoga for the Young at Heart Kooperman Pg 21	Next-Level Recovery Ferguson Pg 21	Indo-Row: Team Attack on Total Body Training Thews & Colavecchio Pg 21	Keynote Address: <b>EXERCISE: THE MAGIC BULLET</b> with Len Kravitz, PhD. 9:30am-10:45am • Page 21					
<b>SA3</b> SESSION 1 12:45pm-2:15pm	<b>SA3</b> SESSION 2 1:30pm-3:00pm	Align and Define Appel Session 2 Pg 23	Bootcamp Challenge®: It's All Fun & Games Patterson Session 1 Pg 22	Zumba! Let it MOVE YOU! Bostic & Bullard Session 1 Pg 22	Anatomy & Physiology of Yoga Galles Session 2 Pg 23	LES MILLS GRIT® CARDIO Bramski Session 1 Pg 22	Pilates for Seniors Taback Session 2 Pg 23	Chair Workout: Flexibility & Mobility Lewis-McCormick Session 2 Pg 23	Shockwave Thews, Scott & Cook Session 2 Pg 23	EXPO OPEN 10:00am-1:30pm					
<b>SA4</b> 3:15pm-4:45pm		CRUNCH: Hard Knocks and Best of Booty Santa Maria & Siroospour Pg 24	MMA Conditioning: Battle Obesity With War T. Crosby Pg 24	Get RIPPED! Intensity Bryan & Orringer Pg 24	Barre Above, Choreography Overload Bender Pg 24	Total Body Core Training McCall Pg 24	Steel Pilates Howard Pg 24	TriggerPoint™: Hip and Shoulder Mobility Patrick Pg 24	Kettlebell HIIT Supreme Roberts Pg 24	CHARITY RAFFLE & EXPO OPEN 6:15pm-7:45pm					
<b>SA5</b> 5:00pm-6:30pm		Move Free Strands Ross Pg 25	Fluid Strength M. Mylrea Pg 25	POUND® Rockout Workout. Chang Pg 25	PLYOGA® - The Reverse Warrior Lauren Pg 25	Balanced Body® Fit: Circuit Blast Quest Pg 25	Fused Renfroe Pg 25	Relax & Restore Foam Roller Training Lewis-McCormick Pg 25	Primal Playtime Comana Pg 25	SA6 MASTERCLASSES 7:30pm-8:30pm					

SUNDAY, MAY 22

<b>SU1</b> 7:00am-8:30am		Roll, Restore, Recharge Ross Pg 26	Les Mills BODYPUMP® Workout Bramski Pg 26	Soul Grooves Harris Pg 27		20x3 Howard Pg 27	YOGATHEA® Christian Yoga & Meditation Galles	The Rotator Cuff: Corrective Exercises Osar Pg 27		EXPO OPEN 10:00am-1:30pm					
<b>SU2</b> 8:45am-10:15am		Female Formula Ballapalooza Freytag Pg 27	CMT™ Sport Santa Maria & Gronholm Pg 27	POUND® Fit Chang Pg 27		Balanced Body Fit: Functional Fun Gonzalez	Tabata Yoga Howard Pg 28	TriggerPoint™: Life After Foam Rolling Patrick Pg 28		EXPO OPEN 10:00am-1:30pm					
<b>SU3</b> 11:15am-12:45pm		Move Free - Foam Roller & Bar Freytag Pg 28	Body Weight Boot Camp M. Mylrea Pg 28	ZUMBA® Cardio Blast! Bostic & Bullard Pg 28		Balanced Body MOTR: Senior Power Quest Pg 28	Barefoot Strength and Endurance Howard Pg 28	Mobility is Freedom Oktyabrskiy, Lindstrom Pg 28		Ballet Barre Certification with Abbie Appel 8:00am-4:00pm Page 9					
<b>SU4</b> 1:00pm-2:30pm		Foundation Focus with Athletic Step Training T. Crosby Pg 29	Trifecta Fitness Velazquez Pg 29	Crunch: Cardio Burst and Yoga Body Sculpt Steinhauser & Fenton-Irias Pg 29		Big Balance Theory Dennis & Pinkowski Pg 29	YOGATHEA® Christian Yoga & Meditation Galles Pg 29	TriggerPoint™: Applied Techniques for Re-Gen® Patrick Pg 29		PLYOGA® CERTIFICATION with Stephanie Lauren 8:00am-4:00pm Page 10					

# SCW FLORIDA MANIA® *Schedule at a Glance*

SCW Aquatic Exercise Certification 8:00am-5:00pm Gilbert	Schwinn® Cycling: Indoor Cycling Instructor Certification 8:00am-5:00pm Scott & Thews	 In-Trinity® Instructor Certification 8:00am-5:00pm In-Trinity Master Trainer Page 9	SCW Sports Nutrition Certification 9:00am-3:30pm Comana Pg 7	 Moving to Happiness Instructor Training 9:00am-5:00pm Kolber Page 9	SCW Open Your Own Fitness Facility Certification 9:00am-5:00pm Conrad Pg 7	Get RIPPED! Instructor Certification 9:00am-5:00pm Bryan & Orringer
			SCW Lifestyle and Behavioral Coaching 5:30pm-10:00pm Comana Pg 8			

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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Aquatic Solutions For Active Aging Gilbert Pg 11	Aqua Yoga Flow Warasila Pg 11	Schwinn®: Train Right 2 Ride Right Roberts Pg 11	Introduction to IN-TRINITY® In-Trinity Master Trainer Pg 11	The Moving to Happiness® Coaching Method Kolber Pg 12	Agile to Starting: Understanding Strength McCall Pg 12	Making More Money as a Fitness Professional Conrad Pg 12	Bodhi Suspension: Suspension Meets Cardio Gonzalez Pg 12	
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### EXPO OPEN 8:45am-2:30pm

Poolates Gibson Pg 12	A-Wake Older Adult Flexibility Pinkowski Pg 12	Schwinn®: Music Makeover - There's an App for That! Scott Pg 13	IN-TRINITY® Warrior Program In-Trinity Master Trainer Pg 13	Metabolism, Fat, Abs, Butts and Thighs Comana Pg 13	Low Back Considerations & Functional Solutions Wolf Pg 13	Using Social Media to Up Your Game Freytag Pg 13		BoxMaster® Circuit: Round 1 Friend-Uhl Pg 13
Aqua Hip And Funk! Velazquez Session 1 Pg 13	Aqua Circuit Bootcamp Lewis-McCormick Session 1 Pg 14	Schwinn®: The ABCs of Indoor Cycling Thews Session 1 Pg 14	MOI Cycle: Interval Ride J. Lowell & L. Lowell Session 2 Pg 14	Stress & Chronic Disease H. Garcia & K. Garcia Session 1 Pg 14	Flexibility Highways in Motion Wolf Session 2 Pg 14	2016-17 Trends In Fitness Programming & Training Kooperman Session 2 Pg 14	Bodhi Suspension: Chisel Your Physique! Gonzalez Session 2 Pg 14	BoxMaster® Circuit: Round 2 Sports Performance Friend-Uhl Session 1 Pg 14
	WATERinMOTION® 25 Kooperman, Kulp, Velazquez, Warasila & Gilbert Pg 15	Schwinn®: It's All About The BASE Roberts Pg 15	Introduction to IN-TRINITY® In-Trinity Master Trainer Pg 15	Insights Into Functional Training Wolf Pg 15	Group Exercise or Group Injury? H. Garcia & K. Garcia Pg 15	Group Fitness Management & Promotional Strategies Howard Pg 18	Bodhi Suspension: Suspension Circuits Gonzalez Pg 18	BoxMaster® Circuit: Round 3 Warrior Training Friend-Uhl & McCall Pg 18
Aqua Abs Kulp Pg 18	Special Programming for Special Pops Gilbert Pg 18	Schwinn®: Dynamic Duos Roberts, Thews, Cook & Scott Pg 18	MOI Cycle: Endurance Ride Goldfrid & Wertz Pg 19	Debunking Common Myths in Nutrition Comana Pg 19	Exercise and Aging: Best Practice Programming Kooperman Pg 19	Bootcamp Challenge®: The Business To Boot! Patterson Pg 19	Bodhi Suspension: Focus On Flexibility Quest Pg 19	

### EXPO OPEN 5:15pm-6:45pm

		LES MILLS SPRINT® Workout Bramski Pg 19		State of the Industry: Trends for 2016 Lewis-McCormick, Nunez, Freytag, Robinson Pg 19	EBBS and FLOWS of Aqua Exercise: Panel Discussion Velazquez, Warasila, Howard Pg 19			
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Aqua ZUMBA® Wet N Wild! Bostic & Bullard Pg 20	Tab-Aqua Boot Camp Howard Pg 20	Schwinn®: Teaching Tips from TED® Scott Pg 20	Introduction to IN-TRINITY® In-Trinity Master Trainer Pg 20	Go Bones H. Garcia & K. Garcia Pg 21	Brain Boosters Dennis Pg 21	The Perfection Detox® Kolber Pg 21	Bodhi Suspension: Pilates Meets Suspension Gonzalez Pg 21	
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### EXPO OPEN 8:15am-9:30am

H.E.A.T. Waves Henry Pg 22	H2O Luscious Limbs Gilbert Pg 22	Schwinn®: Build It, They Will Come Cook Pg 22	MOI Cycle: Race Day Ride Lowell & Wertz Pg 22	The 12 Truths of Fat Loss Kraivit Pg 22	Embracing Wellness for Optimal Aging Dennis Pg 22	Tidbits to Grow Your Business Bosley Pg 22	Bodhi Suspension: Suspension Circuits Gonzalez Pg 22	BoxMaster® Circuit: Final Round Fight Club Friend-Uhl & McCall Pg 22

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

Poolates Gibson Session 1 Pg 22	Oceans Deep Pinkowski Session 1 Pg 23	Schwinn®: Unapologetically Authentic Roberts Session 1 Pg 23	Introduction to IN-TRINITY® In-Trinity Master Trainer Session 1 Pg 23	Common Sense Nutrition Within Your Scope H. Garcia & K. Garcia Session 1 Pg 23	Supramaximal Eccentric Training Kraivit Session 2 Pg 23	Successful Business Strategies For Owners & Managers Kooperman Session 2 Pg 23		BoxMaster® Circuit: Round 1 Friend-Uhl Session 1 Pg 23
	WATERinMOTION® Platinum 4 Warasila, Velazquez, Henry, Kooperman, Kulp, Gilbert Pg 24	Schwinn®: Coaches Survival Kit Scott & Appel Pg 24	MOI Cycle: Strength Ride Goldfrid & Wertz Pg 24	Effective Long-Term Fat Loss Josephson Pg 24	Core Connections Wolf Pg 24	Financing Options For Your Business Bosley Pg 25	Bodhi Suspension: Dancing With The Ropes Quest Pg 25	BoxMaster® Circuit: Round 2 Sports Performance Friend-Uhl Pg 25
Anchor Down Henry Pg 25	Aqua Zen Warasila Pg 25	Schwinn®: Girl Power & the Schwinn Sisterhood Roberts, Thews & Appel Pg 26	IN-TRINITY® Warrior Program In-Trinity Master Trainer Pg 26	The New Rules for Peak Nutrient Timing Kraivit Pg 26	Internal Cleansing & Detox! Josephson Pg 26	Building Your Brand for Success Robinson Pg 26	Bodhi Suspension: Suspension Meets Cardio Gonzalez Pg 26	BoxMaster® Circuit: Round 3 Warrior Training Friend-Uhl & McCall Pg 26

### CHARITY RAFFLE & EXPO OPEN 6:15pm-7:45pm

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	Barre-a-Cuda Basics: Aqua Ballet Barre Kulp Pg 27	Schwinn®: The "HARD" Conversation Roberts Pg 27			Solutions for Women, Hormones and Metabolism Kraivit Pg 27	What Do I Eat? M. Mylrea & B. Mylrea Pg 27	Bodhi Suspension: Pilates Meets Suspension Gonzalez Pg 27	
	Ageless Aqua Pinkowski Pg 28	Schwinn®: Revolution Evolution M. Mylrea Pg 28			Raw Food, Pure Food! Josephson Pg 28	Bootcamp Challenge®: More Than Just Moves Patterson Pg 28	Bodhi Suspension: Focus On Flexibility Quest Pg 28	BoxMaster® Circuit: Final Round Fight Club Friend-Uhl Pg 28
	Go Deep Henry Pg 28	Schwinn®: Recovery RX Cook Pg 29			Women, Weights & Results Josephson Pg 29	Introduction to Opening Your Own Facility Conrad Pg 29	Bodhi Suspension: Chisel Your Physique! Gonzalez Pg 29	BoxMaster® Circuit: Round 1 Friend-Uhl Pg 29
	H2O Vertically Challenged Gilbert Pg 29		<b>MOI CYCLE™ INSTRUCTOR CERTIFICATION LEVEL 1</b> with the MOI Cycle Team 8:00am-12:00pm Page 10	<b>WEIGHT MANAGEMENT CERTIFICATION</b> with Fabio Comana 8:00am-3:30pm Page 10	Sports Nutrition & Performance Josephson Pg 29	Essential Oils for Recovery and Recuperation Conrad Pg 29		

### EXPO OPEN 10:00am-1:30pm