



*Philadelphia*  
**MANIA**<sup>®</sup>  
FITNESS PRO CONVENTION  
SCW

FEBRUARY 19-21, 2016

**DISCOUNT  
DEADLINE  
EXTENDED!**

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Until Monday  
Feb. 15th  
at 12 Midnight

[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 Philadelphia MANIA® convention! Philadelphia MANIA® will be an exciting weekend with more than 250 sessions on topics such as Personal Training, High Intensity Interval Training, Functional Training, Barre, Boot Camp, Yoga, Pilates, Active Aging, Cycling and more!

With more than 70 world-renowned presenters, we are confident that you will receive quality education at an affordable price. For over 30 years, SCW Fitness Education has been working hard to insure that you have the opportunity to receive the most up-to-date information in the fitness industry.

We know that you are passionate about fitness and so are we. 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. SCW Fitness Education is excited about changing lives daily, and we are glad that you are partnering with us to create a fitter, healthier America!

Please be sure to visit the EXPO and get all the equipment, DVDs, books, and apparel that you need to ensure that you are well-equipped for 2016!

Yours in fitness,

Sara Kooperman, JD  
CEO, SCW Fitness Education

## SCW FITNESS EDUCATION WE'RE A FAMILY



SCW is an internationally recognized educational organization that provides hands-on 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 certified through SCW. This outstanding family of leaders also supports managers, directors and owners of clubs and facilities nationwide with our business and management tracks. As the largest conference leader in the world, MANIA® offers eight professional training conventions in Philadelphia, California, Florida, Atlanta, Dallas, DC, Midwest (Chicago), and Boston serving more than 8,000 health and wellness professionals.



## PHILADELPHIA MANIA® CONVENTION

February 19-21, 2016

## CERTIFICATIONS

February 17-18, 2016

## LOCATION

Sheraton Philadelphia Downtown  
201 N. 17th Street  
(17th and Race Streets)  
Philadelphia PA 19103

## WHAT IS MANIA®?

MANIA® is a three-day fitness education conference featuring world-renowned fitness educators leading more than 250 sessions on topics such as:

- Personal and Group Training
- Business
- Barre
- Yoga and Pilates
- Active Aging
- Nutrition
- Bootcamp
- Cycling
- Aqua
- 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 educated! MANIA® is affordable and is perfectly suited for everyone from 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!

|                                                   |              |
|---------------------------------------------------|--------------|
| <b>FYI</b> .....                                  | <b>4-5</b>   |
| <b>SPONSOR SPECIALS &amp; BUYER'S GUIDE</b> ..... | <b>6-7</b>   |
| <b>PRE-CONVENTION EVENTS</b> .....                | <b>7-10</b>  |
| <b>CONVENTION COURSES</b> .....                   | <b>11-15</b> |
| <b>SCHEDULE AT-A-GLANCE</b> .....                 | <b>16-17</b> |
| <b>CONVENTION COURSES</b> .....                   | <b>18-28</b> |
| <b>PRESENTERS</b> .....                           | <b>30</b>    |
| <b>REGISTRATION FORMS</b> .....                   | <b>31</b>    |



RESULTS DRIVEN.  
FUN FOCUSED.



**250+**  
WORKSHOPS  
& CERTIFICATIONS

**70+**  
STAR  
PRESENTERS

**21**  
CEC & CEU  
HOURS

**17**  
SESSIONS  
EVERY HOUR

PREMIERE SPONSORS



CO-SPONSORS



ASSOCIATE SPONSORS





# PUSHING LIMITS

## MOST POPULAR WAYS TO SAVE ON MANIA®



### BE A STAFF ASSISTANT...SAVE MONEY WHILE EARNING YOUR CECs/CEUs!

SCW needs energetic, outgoing, and flexible fitness professionals to help run this event. Become a Staff Assistant for only \$99 and 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 one SCW certification and 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 [www.scwfit.com/staff](http://www.scwfit.com/staff), email [staff@scwfit.com](mailto:staff@scwfit.com), or call Denise Johnston at (678) 901-9642.



### REFER-A-FRIEND DISCOUNT - EASY WAY 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: FRIEND16. It's that easy to save big!



### YMCA DISCOUNT RATE

For our friends at the YMCA, we offer a special discount of \$179 when you use our special YMCA discount code: YMCA16. All Group Exercise Instructors, Personal Trainers, Aqua Instructors, Cycle Instructors and Management Staff receive this special discount. Please know that we are required to confirm your affiliation with the YMCA.



### SAVE BIG WITH OUR GROUP RATE:

Groups of 10 or more can achieve an even greater discount! If you are interested in inquiring about our group rate, please contact the registration staff for assistance at [registration@scwfit.com](mailto:registration@scwfit.com).

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



### 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. Use the Weekend Warrior code when registering: WEEKEND16. This offer maximizes your MANIA® dollar!



### WATCH FOR TEXT MESSAGE UPDATES

SCW will send text messages regarding updates and discounts so watch your cell phones!

## TRAVEL & HOTEL INFORMATION



### LOCATION

Sheraton Philadelphia Downtown  
201 N. 17th Street  
(17th and Race Streets)  
Philadelphia PA 19103  
(800) 325-3535 (reservations only)  
(215) 448-2000

\$174 Single-Double. Triple \$194, Quad \$214 (pay as little as \$53.50 per night when you share a room with three others!). Conveniently located on-site. **Cut-off Date: January 17, 2016**

### PARKING

For Sheraton Philadelphia Downtown hotel guests staying overnight parking Sunday through Thursday is \$39 per day. On Friday and Saturday parking is \$20 per day. These include in and out privileges.

Philadelphia Gateway Parking Garage\*  
(Across from the Sheraton at 1540 Vine Street)  
Weekend Rate - 5pm Fri - 9am Mon: \$5 per day  
Weekday Rate - In by 9am & out by 6pm: \$14 per day

\*Excludes in and out privileges. For more information call, 215-246-0300

\*\*Please call the hotel or parking garage to confirm rates.

### AIRPORT SHUTTLE

Travel distance is 8.0 miles. Transportation is available from Lady Liberty Shuttle and operates from 5:30am-Midnight. For reservations, call (215)724-8888 or dial 27 from the courtesy phone at the ground transportation desk located in baggage claim. The fee is approximately \$10 one way.

### TRAIN

The Septa platform is located across the street from baggage claim. Take the train in-bound and get off at the Suburban Station. Walk three blocks north on either 16th or 17th Street to Race Street. The Sheraton Philadelphia is located on Race Street and 17th Street. Fee is approximately \$8 one way; the train operates 24 hours to and from the airport.

### TAXI

Approximately \$25 one-way.





## REGISTER ONLINE & SAVE

Register online at [www.scwfit.com/MANIA](http://www.scwfit.com/MANIA). It's fast, easy and secure. Pay by VISA, MasterCard or Discover. A \$4 convenience processing fee applies to each registration. An additional fee of \$25 is required for each mailed or faxed registration. Questions? Email [registration@scwfit.com](mailto:registration@scwfit.com) or call (847)562-4020. We recommend that you use our automated Group Rate program (previous page) to save the \$25 per registration charge.

## PAYING BY CHECK OR MONEY ORDER

If paying by check or money order as an individual or group, an additional \$25 per registration (per person) will be assessed. A \$4 convenience fee also applies. Registration(s) can be mailed either individually or as a group to SCW with a check/money order enclosed and made out to:

SCW Fitness Education  
3675 Commercial Ave.  
Northbrook, IL 60062

A check 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: signed informed consent and class selections. Registrations received without payment will not be processed.

## MANIA® AND SCW FITNESS EDUCATION INFORMATION: WHAT YOU NEED TO KNOW



### YOU NEED 'EM, WE GOT 'EM! MANIA® OFFERS 21 CONTINUING EDUCATION CREDITS/UNITS 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 other providers 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 certification organization to determine the exact number of CECs/CEUs required for credential maintenance. All courses are subject to CEC/CEU approval by your corresponding educational organization.



### EASILY ACCESSIBLE OUTLINES ONLINE

Outlines are NO LONGER PRINTED or provided on-site. All session outlines are housed on the web for your convenience. Simply go to [www.scwfit.com/MANIA](http://www.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.



### ONE EXCELLENT EXPO!

You're going to love the great deals on RYKA shoes, fitness equipment, exercise videos, clothing, music, nutrition, fitness resource books, and Online Certifications. The EXPO is FREE and open to the public.



### EXHIBIT | 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.



### 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 6:30pm-7:30pm in the EXPO area.

## REGISTRATION HOURS

|                         |                 |
|-------------------------|-----------------|
| Wednesday, February 17: | 8:00am - 6:30pm |
| Thursday, February 18:  | 7:00am - 7:30pm |
| Friday, February 19:    | 6:00am - 7:00pm |
| Saturday, February 20:  | 6:00am - 7:45pm |
| Sunday, February 21:    | 6:30am - 1:30pm |

## EXPO HOURS

|                        |                                                   |
|------------------------|---------------------------------------------------|
| Friday, February 19:   | 8:45am-10:15am<br>11:15am-2:30pm<br>5:15pm-6:45pm |
| Saturday, February 20: | 8:30am-9:30am<br>12:30pm-3:30pm<br>6:15pm-7:45pm  |
| Sunday, February 21:   | 10:00am - 1:30pm                                  |



## NEW THIS YEAR! 2016 SCW PRESENTERS OF THE YEAR AWARD!

Now, you can VOTE and Nominate your Favorite MANIA® Presenters & Programs!

Presenters and programs are listed at [www.scwfit.com/awards](http://www.scwfit.com/awards) and are selected from YOUR feedback via the MANIA® session evaluations! One nominee per category will be honored per MANIA® location. Once a presenter wins a particular "MANIA" nomination, he/she is automatically nominated as an entry into the prestigious 2016 "SCW" Presenter of the Year Awards.

All winners will be announced at Midwest MANIA® 2016 (Sep. 30 - Oct. 2, 2016 in Chicago).

As an added bonus, all voters receive the one-time use of a \$50 AWARD off the 2017 MANIA® of their choice! Vote now, and vote often!



## JOIN THE SCW MEMBER CLUB & BECOME A MANIA® VIP!

- Pay as little as \$179 for the full 3-day MANIA®
- First choice class selection at MANIA® guaranteed
- Free MANIA® Masterclass
- 20% discount on all SCW products
- Access to our Members Only room at MANIA® for complimentary refreshments all weekend
- **WOW!** Only \$79 for one year membership

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



**TURNING  
SWEAT INTO  
SWEETNESS**

**waterinmotion®**  
The new wave in aqua exercise



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. WATERinMOTION® is a systemized, turn-key program that improves and retains quality control in your aquatic fitness department. Aquatic programs show increases in staff retention and membership usage. For licensing information go to [www.waterinmotion.com](http://www.waterinmotion.com), contact [water@scwfitness.com](mailto:water@scwfitness.com) or call 847-562-4020.

**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.



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, go to [www.SchwinnEducation.com](http://www.SchwinnEducation.com) or find us on Facebook at [www.Facebook.com/SchwinnIndoorCycling](http://www.Facebook.com/SchwinnIndoorCycling) and 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](mailto:gx@waterrower.com) or simply call us at 800-618-3730.



# PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

## SCW CERTIFICATIONS

### WEDNESDAY, FEBRUARY 17

#### SCW PERSONAL TRAINING CERTIFICATION

**Keli Roberts**

**Wednesday, February 17, 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), ACSM (8.0)

### THURSDAY, FEBRUARY 18

#### SCW AQUATIC EXERCISE CERTIFICATION

**Connie Warasila**

**Thursday, February 18, 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 (8.0), AFAA (6.5), ACE (0.7), AEA (8.0), ACSM (8.0).

#### SCW YOGA I CERTIFICATION

**Jeff Howard**

**Thursday, February 18, 8:00am-5:30pm**

**\$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) 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 GROUP EXERCISE CERTIFICATION

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

**Thursday, February 18, 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 (4.0), ACSM (8.0).

#### SCW PILATES MATWORK CERTIFICATION

**Abbie Appel**

**Thursday, February 18, 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 SMALL GROUP TRAINING CERTIFICATION

**Keli Roberts**

**Thursday, February 18, 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 SPORTS NUTRITION CERTIFICATION

**Fabio Comana, MA, MS**

**Thursday, February 18, 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 (6.0), AFAA (6.0), ACE (0.6), AEA (3.0), ACSM (6.0), NASM (0.6).

#### SCW TRAINING WITH KETTLEBELLS CERTIFICATION

**Pete McCall, MS**

**Thursday, February 18, 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 training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (6.0), AFAA (6.5), ACE (0.6), AEA (3.0), ACSM (6.0), NASM (0.6).

## SCW SEVEN KEYS TO OPENING YOUR OWN FACILITY CERTIFICATION



Casey Conrad, JD

Thursday, February 18, 9:00am-5:00pm

**\$159 MANIA® Attendees**

**\$199 Non-Attendees**

Many fitness professionals aspire to one day own their own facility. Most, however, didn't get an education in business nor have years of experience on the operational side. In this certification, Casey, long-time club consultant and former owner of a 122 chain of facilities, shares the components to successfully opening and operating a facility and the biggest mistakes to avoid. Participants learn:

- How to know if you have a marketable model
- How to identify if you have what it takes
- Key legal decisions and issues
- Components of marketing plan "musts"
- Minimizing risk and maximizing profits

CPR card not required. SCW (7.0), ACSM (7.0)

## SCW GROUP STRENGTH CERTIFICATION



Irene Lewis-McCormick, MS, CSCS

Thursday, February 18, 5:30pm-9:30pm

**\$99 MANIA® Attendees**

**\$129 Non-Attendees**

This training continues to build upon the skills acquired during the SCW Group Exercise Certification using communication and musicality to create an amazing experience for fitness participants. Group Strength focuses on movement communication using the 32-count phrase with small, portable equipment (tubing, weights, etc.). Learn to create flowing, easy to follow exercises for delivery in a large group setting. We'll explore class design, resistance training benefits and ways in which to progress and regress movement for creating an inclusive environment. This hands-on training includes a master class and teaching opportunities so you can practice your new skills in real time. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (4.0), AFAA (4.0), ACE (0.4), AEA (2.0), ACSM (4.0), NASM (0.4).

## SCW LIFESTYLE AND BEHAVIORAL COACHING WORKSHOP



Fabio Comana, MA, MS

Thursday, February 18, 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). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (4.0), AFAA (4.0), ACE (0.4), AEA (4.0), ACSM (4.0), NASM (0.4).



## STEPHANIE MASCERI, MED

Stephanie is a national and international education specialist and presenter for Zumba®. She has choreographed and been featured in the Zumba® Instructor Network DVDs. She was also part of the development team for the Zumba® Kids and Zumba® Kids Jr. program and was co-author of the instructor training manual. Stephanie has taught dance to children and adults for 13 years. She holds a master's degree in elementary education and is a certified group exercise instructor.

## SCW YOGA II CERTIFICATION



Jeff Howard

Thursday, February 18, 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) Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (4.0), AFAA (4.0), ACE (0.4), AEA (2.0), ACSM (4.0).

## SPONSORED CERTIFICATIONS

### BARRE ABOVE™ CERTIFICATION



Tricia Murphy-Madden

Wednesday, February 17, 10:00am-6:00pm

**\$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 and Bender Ball (items a \$125 Value). No additional fees once certified. CPR card not required. SCW (7.0), AFAA (7.0).

### JUNGSHIN LEVEL 1 INSTRUCTOR CERTIFICATION



Annika Kahn, MS

Wednesday, February 17, 9:00am-6:00pm

**\$149 MANIA® Attendees**

**\$189 Non-Attendees**

This certification will develop the Athletic Flow Instructor who can successfully lead an inspiring Athletic Flow class, personal training session and small group fee-based training. Jungshin draws upon the modalities of Eastern martial arts and bringing the ancient benefits to the modern world. Throughout the training, you will participate in classes to gain a strong understanding of the mind-body benefits supporting Jungshin Fitness. You will also

learn the various teaching strategies and be introduced to the Core and Cut components of Jungshin Fitness. Leave with the ability to teach a class on Monday morning. SCW (8.0), AFAA (8.5), AEA (8.0), ACE (0.9), ACSM (8.0).

## TAIJIFIT™ FOUNDATIONS – THE BASIC TRAINING COURSE



David-Dorian Ross

Wednesday, February 17, 8:00am-5:00pm

**\$159 MANIA® Attendees**

**\$199 Non-Attendees**

TaijiFit™ is a unique workout that combines the best elements of fitness, meditation and the ancient martial art of Taiji (Tai Chi). Move with the grace and confidence of the ancient Taiji masters who understood the secret of balancing yin and yang. In this training intensive, experience Taijifit basic flow movements, qi-cueing, assessment skills, biomechanics, and more. Leave ready to start teaching the program to various demographics such as baby boomers, special interest groups (vets, disabled, rehab), corporate wellness participants, and group exercise students. Includes access to university-style online study and videos featuring the 17 forms and 5 combinations used in the class. No CPR card required. SCW (7.0)

## MYOFASCIAL COMPRESSION TECHNIQUES: THE EVOLUTION OF FOAM ROLLING



Susane Pata

Thursday, February 18, 9:00am-5:00pm

**\$175 MANIA® Attendees**

**\$225 Non-Attendees**

Take your knowledge of self-myofascial release beyond just foam rolling. This eight-hour, hands-on, workshop focuses on the practical application of TriggerPoint's Myofascial Compression™ Techniques, which is a systematic approach to address the body's soft tissue. Learn how to apply these techniques to improve mobility, increase range of motion and enhance performance for an overall improvement in the body's biomechanics. You will leave this course with an in-depth, practical knowledge of how to properly teach these techniques to increase the performance and training results your clients receive in your sessions. CPR card not required. SCW (7.0), ACSM (7.0)

## SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION



Jeffrey Scott & Amy Dixon

Thursday, February 18, 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 (8.0), ACE (.9), AFAA (8.25).

**TABATA BOOTCAMP™**



**Mindy Mylrea**

**Thursday, February 18, 8:00am-5:00pm**

**\$199 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 200 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 (8.0), ACE (0.8) AFAA (9.0), NASM (0.8).

**ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING**



**Stephanie Masceri, MEd**

**Thursday, February 18, 8:00am-5:00pm**

**Additional \$225 early bird registration**

**(IMPORTANT: Use Promo Code: SCW25 to get \$25 off from the price. Training Fee increases to \$290 after 2/11). For details and registration, please visit:**

**www.scwfit.com/philadelphia**

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).

**MOVING TO HAPPINESS® COACHING METHOD**

**Petra Kolber**

**Thursday, February 18, 9:00am-5:00pm**

**\$99 MANIA® Attendees & Non-Attendees**

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 (7.0), AFAA (7.25), ACE (0.7), RYT (8.0).

**GET RIPPED! INSTRUCTOR CERTIFICATION**

**Jari Love & Ali Bryan**

**Thursday, February 18, 9:00am-5:00pm**

**\$200 MANIA® Attendees & Non-Attendees**

Pack your classes and get paid to Get RIPPED! This 8 hour comprehensive Instructor Certification Training program includes both the theory and practical components required to teach Jari Love's critically-acclaimed Get RIPPED! program. Registrants will learn the Compound Phase of the series and will receive choreography, music and videos for not one, but two programs: Get RIPPED! 96-1 and 96-2. Participants will explore the science behind the program, the concept of periodization as it applies to Get RIPPED! and learn the structure, core moves, cueing formula and customized music that have made Get RIPPED! a worldwide hit. CPR card not required. SCW (7.0)

**URBANKICK® INSTRUCTOR CERTIFICATION**

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

**Thursday, February 18, 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.

**SAVE UP TO \$80 INSTANTLY ON PHILLY MANIA®**

**USE THE DISCOUNT FINDER:**

[scwfit.com/philadelphia/discount-finder](http://scwfit.com/philadelphia/discount-finder)

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. CPR card not required. SCW (7.0), ACE (.9), AFAA (8.0).

**IN-TRINITY® INSTRUCTOR CERTIFICATION**



**Intrinity Master Trainer**

**Thursday, February 18, 8:00am-5:00pm**

**\$399 MANIA® Attendees & Non-Attendees**

The IN-TRINITY® Certification provides Instructors with the tools to learn and teach IN-TRINITY® programming. The IN-TRINITY Board by Matrix, created by Johnny G, uses a sleek slanting board to integrate and enhance benefits and challenges of gravity training. Incorporating familiar movements from Yoga, Pilates, Qi Gong, Martial Arts and strength and flexibility training, this intelligently designed piece of equipment will introduce you to a new paradigm of training while breaking through limitations of traditional movement. Under the guidance of a Master Instructor, participants will go into depth and gain a deeper knowledge learning the Orientation, Warrior 1 and IN-TRINITY® 1 programs.

- Discover specific benefits, cueing, modifications and progressions for each of the three primary IN-TRINITY® programs
- Delve into how the eight Elements of the IN-TRINITY® board provide new access to existing movement systems
- Explore Brainwave Entrainment (BWE) as an essential component of an IN-TRINITY® program

CPR Card not required. SCW (8.0), ACE (.8), AFAA (7.5)

**SHIFTING PERSPECTIVES**



## SUNDAY POST-CONVENTION CERTIFICATIONS

### SCW BALLET BARRE CERTIFICATION



**Abbie Appel**

**Sunday, February 21, 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 include 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 (7.0), AFAA (7.0), ACE (0.6), AEA (3.0), NASM (0.7), ACSM (7.0).

### JILLIAN MICHAELS BODYSHRED™ CERTIFICATION



**Dania Green, MS, RD**

**Sunday, February 21, 7:00am-4:00pm**

**\$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 (.8), NESTA (.5).

### PLYOGA® CERTIFICATION



**Stephanie Lauren**

**Sunday, February 21, 8:00am-4:00pm**

**\$199 MANIA® Attendees**

**\$250 Non-Attendees**

The PLYOGA® certification is an interactive 7-hour workshop that will offer all of the knowledge, support, and resources you will need in order to be a successful PLYOGA® trainer. PLYOGA® is a four-part plyometric-based interval system using fundamental and fluent yoga postures as an active recovery. PLYOGA® implements smart recovery through basic and static yoga poses as transitions from intense bursts of anaerobic training with functional movement. The course is designed for any fitness professional looking to expand their repertoire, get ahead of trends and offer something challenging yet achievable, to help clients, class participants and athletes of all fitness levels reach the next level! CPR card not required. SCW (7.0), AFAA (5), NASM (0.6), ACE (0.7), CFP (3)

### WATERinMOTION® AQUA EXERCISE CERTIFICATION



**Connie Warasila**

**Sunday, February 21, 9:00am-5:00pm**

**Additional \$159 MANIA® Attendees and/or**

**Instructor at a WATERinMOTION® licensed**

**facility / \$199 Non-Attendees**

This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing techniques, deck teaching skills and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation and leadership development. Leave certified in both the WATERinMOTION® Original program and the WATERinMOTION® Platinum (older adult) program and 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 (\$300 value). Club discounts available. Fully integrated website with ongoing marketing and educational support included. Instructor licensing not required. SCW (7.0), AFAA (8.5), AEA (8.0), ACE (0.9), ACSM (7.0).

SCW  
NATIONALLY RECOGNIZED  
**ONLINE CERTIFICATIONS**  
**BOOST YOUR CAREER RIGHT FROM YOUR OWN COMPUTER**  
NEW DIGITAL VIDEOS & DOWNLOADABLE EDUCATION MATERIALS  
*Get Certified Anywhere. Anytime.*  
Visit [scwfit.com/shop](http://scwfit.com/shop)

### MOI CYCLE INSTRUCTOR CERTIFICATION LEVEL 1



**MOi Cycle Team**

**Sunday, February 21, 8:00am-12:00pm**

**Additional \$149 MANIA® Attendees**

**\$199 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)

### SCW WEIGHT MANAGEMENT CERTIFICATION



**Fabio Comana, MA, MS**

**Sunday, February 21, 8:00am-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 (7.0).

## BRIAN NUNEZ

Brian has over 15 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. Brian was nominated for the 2015 Boston MANIA® Presenter of the Year.





# MANIA® COURSE DESCRIPTIONS

**FRIDAY, FEBRUARY 19**

**FR1**

**7:30AM-9:00AM**

## **ROPES UNLEASHED: POWER MEETS PRECISION** Brian Nunez

Just when you thought you knew the power of rope training, this program will take your classes to the next level. Using a unique combination of ropes and medicine balls, you will challenge your power to match your precision. Learn new moves on the ropes coupled with fun and partner based drills moving using medicine balls. Hone your skills in this high-intensity, fun and challenging workout.

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

**SPRI**

## **ALL SMALL BALL** Abbie Appel

With special focus on the abs, back and butt, this beyond-the-basics small weightless ball training session will show you how to teach to optimize strength and posture. Use Pilates principles and traditional terminology to cue corrections and modifications as needed to train the most important muscles in the body. From top to bottom, inside and out, experience the power of ball training.

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



## **LOCKED IN**

## **GET RIPPED! WORKSHOP** Jari Love & Ali Bryan

This workshop explores the science behind Get RIPPED!, which is the critically-acclaimed total body workout system designed to maximize fat loss, burn calories and sculpt lean muscle. Created by Jari Love, in collaboration with exercise physiologists, RIPPED! has been clinically proven to burn up to 3X the calories of a traditional weight training program. The workshop concludes with a workout featuring highlights from RIPPED! 96-1 & 96-2 - the "96 rep" compound phase of the Get RIPPED! series.

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



## **BARRE ADVANCED** Tricia Murphy-Madden

This session will give you the jump start on exercise sequences and formats created to challenge your members and clients without overuse and injury. Create progressions and regressions that stimulate muscular endurance and increase range of motion. This session will help you create a challenging but fun Barre class that has the intensity of a Bootcamp and the safe practice of a functional training workout.

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



## **PLYOGA®: FLOW** Stephanie Lauren

PLYOGA® Flow is our kicked up, hybrid, Yoga inspired workout. We will be moving fast and mixing in subtle agility movements with the timely muscle recovery that you need. PLYOGA® Flow is a phenomenal session where a touch of power and endurance based training merges with the balance and flexibility components in exercise. Reveal your inner athlete and sustain the journey with PLYOGA® Founder Stephanie Lauren!

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



## **LOK FITNESS: FLOW** Dana Roxas & Jessica Maurer

Let the music take you through a yoga-inspired movement class, which utilizes upbeat, top 40 and instructor's choices of music. This is not your typical yoga class, but rather; an experience in flowing. Use this method as your cool down in your strength classes, put it on your group fitness schedule as an independent class or teach a few songs to your one-on-one clients. FLOW allows you, as an instructor, to find your own style of movement.

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



## **BALANCE STRATEGIES FOR OLDER ADULTS** Dr. Evan Osar

Every day in the US, 10,000 individuals turn 65, and 1/3 over the age of 65 will fall costing the health care system nearly \$80 billion every year. During this workshop, you will discover why your clients are falling and strategies that you can implement to have an immediate effect on your client's balance. You will discover safe progressions to improve your client's balance as well as what exercises you should avoid in their training.

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



## **JUNGSHIN COMBAT®: LONG SWORD** Annika Kahn, MS

Sword sparring is ideal for small group and personal training. Sword combat includes the study and practice of offensive, defensive, and neutral tactics. In Jungshin, we use sword sparring techniques to practice how we present ourselves in the world. Every stance tells a story and every stance has an attitude or psychology associated with it. This session is about play, combat, and increasing your own personal programming using Jungshin Combat®.

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



## **HYDRO ZEN FLUID FUSION** Manuel Velazquez

This is a non-traditional, calorie burning, mind/body Aqua class. Yoga postures flow into dynamic vinyasas and morph into Pilates movements, which lead into gyro inspired movement for muscular strength and flexibility that is challenged through water properties. You'll learn techniques to build a unique, fun-fusion aqua class while combining strength, flexibility and exercise progressions that is perfect for all fitness levels and facilities.

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



## **SUSPENDED AQUA CORE** Karen Westfall, MS

Challenge your core without the crunch in a suspended floating position. New research indicates "bracing" while moving the limbs under resistance is a more effective technique to strengthen the core than traditional "crunch" exercises. You'll learn how to effectively brace the core while powering the limbs through the deep water.

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

## **SCHWINN®: TRAIN RIGHT 2 RIDE RIGHT** Keli Roberts

When it comes to Indoor Cycling, our motto at Schwinn is Ride Right. We love motivating the masses on bikes, but we also know the workout off the bike is integral to a well-balanced fitness program. This workshop reviews ranges of motion and common muscular imbalances associated with indoor cycling and provides the tools needed to create complimentary flexibility and strength based programs. You will experience two cross-training programs that integrate mobility, strength and cardiovascular exercise.

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

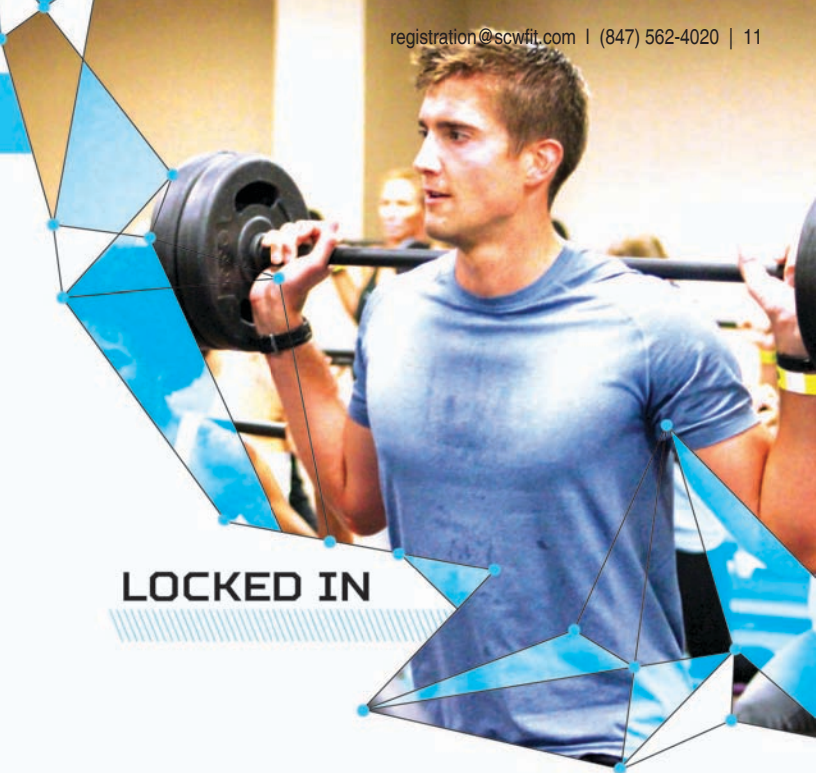


## **INTRODUCTION TO IN-TRINITY®**

### **Intrinity Master Trainer**

The IN-TRINITY Board by Matrix, created by Johnny G, uses a sleek slanting board to integrate and enhance the benefits and challenges of gravity training. Incorporating familiar movements from Yoga, Pilates, Qi Gong, Martial Arts and strength and flexibility training, this intelligently designed piece of equipment will introduce you to a new paradigm of training for your body while breaking through the limitations of traditional movement. Come experience the IN-TRINITY Orientation Program, consisting of movements from different disciplines of exercise.

**FR1L Friday, 7:30am-9:00am**





## JORDAN BALLARD

Jordan is the Director of Education for Piloxing and Piloxing Barre as well as the Senior US Master Trainer for both programs and a certified private Pilates Instructor. After years of performing several leading roles on Broadway and touring with leading artists such as Taylor Swift, Bette Midler and Liza Minnelli, Jordan discovered Piloxing® and a new passion was born. She is an International Presenter and Educator for the program and has certified over 2,000 instructors across the world.

## JILLIAN MICHAELS

**BODYSHRED™ Dania Green, MS, RD**  
Join Dania as she 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!  
**FR2B Friday, 10:00am-11:30am**



### DIET FADS AND FACTS: ENDING THE FRUSTRATION

**Sohailla Digsby, RD, LD**  
Overwhelmed with the many diets and weight loss options out there from Paleo to Gluten Free? Are your clients and class participants frustrated and confused? Do you know the fads from the facts? Learn from a registered dietician and fitness instructor who works on the front lines. She will teach you just exactly what works and why. (LECTURE)  
**FR1M Friday, 7:30am-9:00am**

### AGILE TO STARTING: UNDERSTANDING STRENGTH

**Pete McCall, MS**  
According to the SAID Principle, the human body adapts to the specific demands placed on it. There are many different types of strength and training for each requires a specific approach. This lecture will describe various types of strength including agile, maximum and starting as well as address how to design exercise programs for each. Learning how to apply the different types of strength means your clients programs will never be the same. (LECTURE)  
**FR1N Friday, 7:30am-9:00am**

### 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)  
**FR1O Friday, 7:30am-9:00am**

### BODHI SUSPENSION SYSTEM®: SUSPENSION MEETS CARDIO

**Nico Gonzalez**  
Time to combine suspension training with high intensity cardio drills! Use the Bodhi Suspension Training system to challenge balance, stability, and muscular endurance. Use fun cardio drills for short periods of time to elevate your heart rate and increase your cardiovascular fitness. Alternate between cardio and strength to create an amazing experience that will always keep your clients engaged, challenged, and asking for more!  
**FR1P Friday, 7:30am-9:00am**



### BOXMASTER® CIRCUIT: ROUND 1

**Sonja Friend-Uhl**  
BoxMaster® is the latest training tool for boxing specialists and fitness enthusiasts alike. If you want to improve your reaction time, agility, stamina or coordination, BoxMaster® is the opponent for you! This is a new form of boxing style conditioning that will WOW your members and help boost retention. Join our Master Trainer, Sonja Friend-Uhl, in this high energy class that takes you through drills, skills and full body conditioning exercises.  
**FR1Q Friday, 7:30am-9:00am**



**FR2 10:00AM-11:30AM**

### SPRI ATHLETIC PERFORMANCE

**Brian Nunez**  
Life is reactive. Learn to move like a pro whether you are beginning your exercise journey or competing at elite levels. Starting with a baseline understanding of "athletic position", use the SPRI Athletic Performance System (Absorb, Apply, Explode) to enhance your reactive abilities. Use some of our common tools to achieve uncommon results.  
**FR2A Friday, 10:00am-11:30am**



### 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.  
**FR2C Friday, 10:00am-11:30am**

### PILOXING® SSP: OPPOSITES ATTRACT

**Jordan Ballard**  
Want better quality of movement from your participants? Learn how to incorporate the principle of Opposition to maintain alignment and create 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 SSP is an hour-long cardio interval fusion of standing Pilates, boxing and dance.  
**FR2D Friday, 10:00am-11:30am**



### NOT YOUR MAMA'S BODY SCULPT

**Keli Roberts**  
Body Sculpt classes are some of the most popular at clubs around the world. This workshop brings Body Sculpting into the 21st Century with a functional upgrade. Learn simple tweaks to traditional exercises that create a modern approach to total body muscle conditioning. This effective workout is appropriate for all populations and appealing for all levels of fitness.  
**FR2E Friday, 10:00am-11:30am**

### YOGA RHYTHM DANCE

**Sara Kooperman, JD**  
Connect yoga poses using the musical rhythms in 32-count combinations. Relax and re-balance yourself and your students while applying graceful movement patterns to clear stress, release tension and reinvigorate your body and mind. Build patterns to improve posture, strength and flexibility while keeping even the most distracted student engaged. This unique program marries traditional poses with beautiful musical interpretations.  
**FR2F Friday, 10:00am-11:30am**



### TRIGGERPOINT™: INJURY PREVENTION & BETTER MOVEMENT

**Susane Pata**  
Injuries occur due to the muscles' inability to tolerate demands placed upon them. See how you can make an impact on your clients' biomechanical function and injury profile with Myofascial Compression™ Techniques (MCT). Developed by Cassidy Phillips, 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. Unlock your body and release with MCT's step-by-step program.  
**FR2G Friday, 10:00am-11:30am**



### DOO-WOP BOP

**Karen Westfall, MS**  
Doo Wop Bop is designed to provide a fun cardio workout for the aging adult or anyone loving the music of the 50s & 60s. Movements are fun, easy to learn and follow, and provide the perfect intensity level. Learn about the aging process and how we can actually slow aging by improving balance, recruitment of fast twitch muscle fibers and brain function. Leave this session with a balance of science and choreography to expand your fitness programming.  
**FR2H Friday, 10:00am-11:30am**

### AQUA ABS

**Cheri Kulp**  
This WATERinMOTION® inspired workshop will explore the benefits and challenges of working our core in an aquatic environment. We will discuss ways that you can use progressions and regressions for





some movements to ensure greater participant success regardless of exercise experience. A practical section that focuses on progressions and regressions in the water will be included in this session. We will also focus on many of the core routines from WATERinMOTION®.

**FR2I Friday, 10:00am-11:30am**

### **AQUA YOGA FLOW** Connie Warasila

Slip into the pool and experience a relaxing yoga-inspired aqua session. You will journey to a place of deep physical and mental relaxation while practicing breathing techniques, vinyasas and balance postures. Come and wash away the day's tension and stress. You will float away refreshed, renewed and calm.

**FR2J Friday, 10:00am-11:30am**

### **SCHWINN®: MUSIC MAKEOVER - THERE'S AN APP!** Jeffrey Scott



Join Schwinn's music experts and dive deep into amazing technology available to make playlists memorable. Music is a magical ingredient that helps you stand out while keeping riders motivated from warm-up to cool-down. If the thought of finding, mixing and customizing music to playlists overwhelms you, come see how this process is easier and more accessible than ever. We'll have your playlists pumping like the hottest nightclub DJ and guarantee you'll walk away with tools to set your playlist apart.

**FR2K Friday, 10:00am-11:30am**

### **IN-TRINITY® WARRIOR PROGRAM** Intrinity Master Trainer



The IN-TRINITY Board by Matrix, created by Johnny G, uses a sleek slanting board to integrate and enhance the benefits and challenges of gravity training while incorporating movements from Yoga, Qi Gong, Martial Arts, strength and flexibility training. The Warrior Program introduces new rhythm, pacing and breathing guidelines applying the unique characteristics of the IN-TRINITY® board. Expand your knowledge of the core principles, concepts, and signature movements of the IN-TRINITY®. Explore personal challenges and opportunities to improve familiar movement patterns.

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

### **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)

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

### **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)

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

### **ATTRACT PARTICIPANTS ONLINE & THROUGH SOCIAL MEDIA** Asaf B. Goldfrid

Social media is a very efficient and cost-effective way to market and grow your fitness business. Learn how to use Facebook, Twitter, LinkedIn, Instagram and more to promote you and your business. As more individuals and prospective prospects use the internet as a means of communication, you need to ensure that you and your business have a presence there as well. Leave with strategies that you can use on Monday morning to enhance your business. (LECTURE)

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

## **FR3 - SESSION 1**

**11:45AM-1:15PM**

If you choose this session, then 1:15pm-2:15pm will be your EXPO and lunch break.

### **CORE REBORN** Abbie Appel

**SPRI**

Think you've seen it all with the stability ball? Discover a powerful new way to challenge your core with stability ball training by both creating and preventing rotation with the ball. Leave with exciting new moves plus a simple system for creating your own new progressions. Finish with a crazy fun team circuit challenge that you can use right away!

**FR3B Friday, 11:45am-1:15pm**

### **ZUMBA® CARDIO BLAST!** Stephanie Masceri, MEd



What's intense, easy to follow and a fantastic workout? ZUMBA® fans are die-hard party people who love partying to the ZUMBA® Beat! 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 all at the same time! Learn how to make your routines really 'pop' with hits from multi-platinum Latin artists. So come on! "Walk In and Dance Out"!

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

### **ASSISTS & ASSESSMENTS** Robert Sherman

What takes an instructor from good to great is the ability to know how to assess your participants and be able to give them the insight, touch and knowledge to empower their practice. Learn the specific process to transformation and give immediate feedback to change, grow and develop personal strength from the inside out. Practice hands on assists and feel the energy of experience, partner work and connect as a teacher, learn as a student.

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

### **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 boot camp 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.

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

### **AQUA HIP & FUNK** Manuel Velazquez



Take your body and hips and make them funk in the pool! Approach your aqua class from another point of view with this cardio-based hip/hop and funk oriented type of workout. Enough ideas to help you deliver creative ways to transform your regular aquatic moves using progressions and rhythm changes as you make them look more hip and funk. You will put your class on the cutting edge.

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

### **AQUA CIRCUIT BOOTCAMP** Irene Lewis-McCormick, MS, CSCS

Circuit training is one of the most effective forms of fitness and Boot Camp classes are athletic, effective and safe in water. Combine the best of both using these easy-to-follow drills in an efficient and fast-paced workout that incorporates stations. Learn to cue, coach and communicate to move quickly and efficiently using hand buoys and noodles. All that and more in this powerful shallow or deep water circuit workout.

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

**BREAKING BARRIERS**



## SCHWINN®: ABCS OF INDOOR CYCLING Doris Thews



In this coaching based course, we unpack the secrets to a Schwinn Instructor's success. The Schwinn Coaches Pyramid provides a process to organize and prioritize the key elements of a top-notch ride. While keeping the ride simple, we focus on creating profound experiences through a coaching style designed to appeal to all. We'll provide a list of drills to practice and a checklist designed for self-evaluation. New instructors feel in control and veterans discover tweaks needed to go from good-to-great.

**FR3K Friday, 11:45am-1:15pm**

## BEST BODY COUNTDOWN Sohaila 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)

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

## BOXMASTER® CIRCUIT: ROUND 2 - SPORTS PERFORMANCE Sonja Friend-Uhl



Did you enjoy Round 1 with BoxMaster® Circuit? We are just getting started! Join us for Round 2 on the BoxMaster®, which is the latest training tool for boxing specialists and fitness enthusiasts alike. Take your reaction time, agility, stamina and coordination to the next level as rounds get longer and the combos are more complex. By using strategic combinations participants will improve power, speed, and endurance! Boost your member retention with an entirely different way to get in shape!

**FR3Q Friday, 11:45am-1:15pm**

## FR3 - SESSION 2

12:30PM-2:00PM

If you choose this session, then 11:30am-12:30am will be your EXPO and lunch break.

## HIIT PARADE Mindy Mylrea



The terms Fartlek, Tabata, 30-20-10, 12-8, positive recovery, negative recovery, longer intervals and shorter intervals along with when to use them can be confusing. There are so many options and so little time. What is a trainer to do? Mindy will hold your hand and guide you through the HIIT Parade. Learn the science, then strategically put HIIT training to the test. Formulate progressions and principals for success and retention and create training sessions that matter.

**FR3A Friday, 12:35pm-2:00pm**

## BALANCED BODY® BARRE: POWER BARRE Joy Karley, MA



Who says women can't be strong? This Barre class focuses on creating power in the legs and strength in the upper body. The moves are designed to help you fully experience the strength and power your body is capable of during your workout. Needless to say, this workshop will make you work!

**FR3D Friday, 12:35pm-2:00pm**

## FIND YOUR BEAT WITH DRUMFIT® Mara Hoskin



DrumFIT® is a cardio drumming program that combines mental health benefits of drumming with the overall health benefits of physical fitness for a full-body workout! Drumsticks, fitness ball, high-energy music and a specially choreographed routine that mixes high and low intensity exercises to tone, build muscle and burn calories while you beat out some sweet rhythms and smile your way to a fit body! DrumFIT® is an innovative program that truly engages everyone! Stay fit and keep smiling!

**FR3E Friday, 12:35pm-2:00pm**

## QI GONG AND TAI CHI FOR SENIORS Elian Haan

Targeted to the 55+ fitness client, still active, and looking to make the most of their hourly fitness class, the four focus components are Movement, Meditation, Balance and Breath. Every class starts with a Qi Gong warm up and 20 minutes learning the Tai Chi 24 Short Form. This is a gentle moving class, popular with people that are motivated to increase their flexibility and movement in general and like to improve their posture and balance.

**FR3G Friday, 12:35pm-2:00pm**

## MOI CYCLE: INTERVAL RIDE Asaf B. Goldfrid & Lori Lowell



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, 12:35pm-2:00pm**

## TO HIIT OR NOT TO HIIT Fabio Comana, MA, MS

High Intensity Interval Training (HIIT) remains a popular form of training today given its perceived and actual effectiveness in attaining results, but do you fully understand HIIT training? Are your programs built around maximal performance or maximal effort? Do you know they are different? Confused - then this session is a MUST! Learn how to effectively design more appropriate Variable Intensity Interval Training, Variable Interval Training and Velocity Maximum Training programs for your clients to achieve maximize results. (LECTURE)

**FR3N Friday, 12:35pm-2:00pm**

## 2016-17 TRENDS IN FITNESS PROGRAMMING & TRAINING Sara Kooperman, JD

This entertaining presentation examines the common threads in society that will drive our health and wellness businesses to success in 2016. Customer experience, programming options, technological advancements and electronic influences are the keys to our fitness future. To unlock our potential, we will examine implementation, experimentation and systematization of both fads and trends. Review the best practices of various companies both within the fitness industry and beyond. (LECTURE)

**FR3O Friday, 12:35pm-2:00pm**

## BODHI SUSPENSION SYSTEM®: CHISEL YOUR PHYSIQUE! 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.

**FR3P Friday, 12:35pm-2:00pm**



**GAINING GROUND**



FR4

2:15PM-3:45PM

**FEMALE FORMULA:  
BATTLE IT OUT!** Chris Freytag **SPRI**

Get a high-intensity, full-body workout incorporating the battle ropes. This session tests your aerobic capacity like no other while working upper and lower body muscles! Alternate the ropes with body-weight exercises and take your fitness to a new level. Learn basic thru advanced rope moves and sequence them in partners or small groups. You'll switch between timed intervals of rope work and "breaks" of body weight exercises like squats, lunges, and planks. Push your muscles and metabolism to another level.

**FR4A Friday, 2:15pm-3:45pm****BARBELL STRENGTH:  
STRONG FOR LIFE, RIP®** 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 to drive the workout 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, license-free, customizable and affordable.

**FR4B Friday, 2:15pm-3:45pm****URBANKICK & H.I.I.T**

Shane Barnard, JD &amp; 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.

**FR4C Friday, 2:15pm-3:45pm****SOUL BODY BARRE: FORM & FLOW**

Stacey Vandiver &amp; Ann Marie Barbour



Learn to properly teach an effective "Barre" class focusing on form and flow. Additionally, learn to execute and cue proper body alignment, work in neutral spine and recruit muscles effectively and efficiently. We work on helping participants understand body awareness and think total body connectivity. Soul Body Barre classes utilize flow and seamless transitions so when choreographing our classes we layer complexity and intensity that enables the class to continually move to music in a graceful manner almost like a dance.

**FR4D Friday, 2:15pm-3:45pm****COREBAR™ STRONG** Anita Tonne & Kimberly Turi

Welcome to Corebar™ STRONG, a unique core training method, which incorporates the elements of mobility, balance, strength and flexibility. Expertly designed choreography leads you through Corebar™ strength exercises, which utilize the signature bent, weighted Corebar™. Incorporating the Corebar™ into exercises will challenge you in new and exciting ways so you work with an unstable base and manage the weight of the Corebar™. We guarantee that you will experience a new way to challenge strength, mobility and flexibility.

**FR4E Friday, 2:15pm-3:45pm****MAKING MAGIC WITH THE CIRCLE** Abbie Appel

Learn fun and new ideas to build intensity and develop quality movements in your Pilates and traditional strength classes. The Pilates Magic Circle is a great tool to make movements more challenging but most importantly, create body awareness and make exercises more effective. Discuss muscular interconnection and how using the Magic Circle assists your class participants activate deep muscles. Review a variety of unique exercises and fresh techniques to create a memorable and "magical" experience with each class.

**FR4F Friday, 2:15pm-3:45pm****TRIGGERPOINT™: APPLIED  
TECHNIQUES FOR RE-GEN®** Susane Pata

Regenerate and prepare for what's next! How many times have you heard that foam rolling after exercise can flush out lactic acid and reduce soreness? Does research actually support this theory? Foam rolling

**CHRIS FREYTAG**

Chris is a health and fitness expert, blogger, author, motivational speaker and valued presenter for SCW and a Master Trainer for SPRI. She has been teaching fitness classes and personal training for over 24 years. She is a contributing editor for Prevention Magazine, the fitness contributor for the NBC affiliate in Minneapolis and emeritus member of the Board of Directors for ACE. Chris has authored seven books, created dozens of fitness DVDs and is the founder of GetHealthyU.com – a website dedicated to helping you get better every day!

works to promote circulation, create tissue pliability and initiates the recovery process but this may lead to an absence of muscle soreness. This workshop focuses on the application of TriggerPoint foam rolling using full-body releases to speed-up recovery and prepares you for the next workout.

**FR4G Friday, 2:15pm-3:45pm****INDO-ROW®: THE PERFECT  
CALORIE BURN** Josh Crosby & Doris Thews

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.

**FR4H Friday, 2:15pm-3:45pm****WATERinMOTION® 25**

Connie Warasila, Cherie Kulp, Manuel Velazquez



This WATERinMOTION® workshop will encourage you to feel comfortable evaluating yourself. We will discuss ways that you improve client satisfaction and exercise adherence while showing supervisors and management that you are pro-active, interested in personal growth and meeting client needs. We will also focus on eight different 64-count choreography segments that will be taught and provided in written form. Leave with a flood of new moves to bring back to your pool!

**FR4J Friday, 2:15pm-3:45pm****SCHWINN®:  
IT'S ALL ABOUT THE BASE** Amy Dixon

HIIT is a super effective way to train, but, according to research, it should only make-up approximately 20% of the total weekly training volume. The other 80% should focus on endurance based training, which increases aerobic capacity, relieves stress, increases power and improves fitness. This workshop shines a light on the "Anti-HIIT Workout", which has riders going harder for longer to increase wattage output and burn more calories. Learn the secrets of creating and delivering Anti-HIIT workout stages and classes.

**FR4K Friday, 2:15pm-3:45pm****INTRODUCTION TO IN-TRINITY®**

Intrinity Master Trainer



The IN-TRINITY Board by Matrix, created by Johnny G, uses a sleek slanting board to integrate and enhance the benefits and challenges of gravity training. Incorporating familiar movements from Yoga, Pilates, Qi Gong, Martial Arts and strength and flexibility training, this intelligently designed piece of equipment will introduce you to a new paradigm of training for your body while breaking through the limitations of traditional movement. Come experience the IN-TRINITY Orientation Program, consisting of movements from different disciplines of exercise.

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

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

FEB 17-18

|                                                           |                                                                |                                                                   |                                                                   |                                                                              |                                                                |                                                                       |                                                            |                                                                          |                                               |  |
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| <b>WEDNESDAY<br/>FEBRUARY 17</b><br>PRE-CONVENTION EVENTS | SCW Personal Training Certification 9:00am-6:00pm Roberts Pg 7 | Barre Above™ Certification 10:00am-6:00pm Madden Pg 7             | Jungshin Level 1 Instructor Certification 9:00am-6:00pm Kahn Pg 8 | Taijifit™ Foundations - The Basic Training Course 9:00am-6:00pm D. Ross Pg 8 |                                                                |                                                                       |                                                            |                                                                          |                                               |  |
| <b>THURSDAY<br/>FEBRUARY 18</b><br>PRE-CONVENTION EVENTS  | SCW Yoga I Certification 8:00am-5:30pm Howard Pg 7             | SCW Small Group Training Certification 9:00am-5:00pm Roberts Pg 7 | SCW Sports Nutrition Certification 9:00am-3:30pm Comana Pg 7      | SCW Group Exercise Certification 8:00am-5:00pm Lewis-McCormick Pg 7          | SCW Aquatic Exercise Certification 8:00am-5:00pm Warasila Pg 7 | SCW Training with Kettlebells Certification 9:00am-4:00pm McCall Pg 7 | SCW Pilates Matwork Certification 8:00am-5:00pm Appel Pg 8 | Myofascial Compression™ Techniques: Foam Rolling 9:00am-5:00pm Pata Pg 8 | Tabata BootCamp™ 8:00am-5:00pm M. Mylrea Pg 9 |  |

FRIDAY, FEBRUARY 19

|                                        |                                   |                           |                               |                                            |                       |                              |                                            |
|----------------------------------------|-----------------------------------|---------------------------|-------------------------------|--------------------------------------------|-----------------------|------------------------------|--------------------------------------------|
| <b>A</b><br>BOOT CAMP & GROUP TRAINING | <b>B</b><br>GROUP TRAINING & HIIT | <b>C</b><br>DANCE & GROUP | <b>D</b><br>BARRE & SPECIALTY | <b>E</b><br>FUNCTIONAL TRAINING & STRENGTH | <b>F</b><br>MIND/BODY | <b>G</b><br>RECOVERY & AGING | <b>H</b><br>KETTLEBELLS & CIRCUIT TRAINING |
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| <b>FR1</b><br>7:30am-9:00am | Ropes Unleashed: Power Meets Precision Nunez Pg 11 | All Small Ball Appel Pg 11 | Get RIPPED! Workshop Love & Bryan Pg 11 | Barre Advanced! Madden Pg 11 | PLYOGA® Flow Lauren Pg 11 | LOK Fitness: FLOW Roxas & Maurer Pg 11 | Balance Strategies for Older Adults Osar Pg 11 | Jungshin Combat® - Long Sword Kahn Pg 11 |
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EXPO OPEN 8:45am-10:15am & 11:15am-2:30pm

|                                           |                                               |                                                           |                                                          |                                                          |                                                           |                                                      |                                                               |                                                         |                                                 |
|-------------------------------------------|-----------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------|
| <b>FR2</b><br>10:00am-11:30am             | SPRI Athletic Performance Nunez Pg 12         | Jillian Michael's BodyShred™ Workshop Green Pg 12         | Get Centered - Dance, Tai Chi & Yoga Fusion Kolber Pg 12 | PILOXING® SSP: Opposites Attract Ballard Pg 12           | Not Your Mama's Body Sculpt Roberts Pg 12                 | Yoga Rhythm Dance Kooperman Pg 12                    | TriggerPoint™: Injury Prevention & Better Movement Pata Pg 12 | Doo-Wop Bop Westfall Pg 12                              |                                                 |
| <b>FR3</b><br>SESSION 1<br>11:45am-1:15pm | <b>FR3</b><br>SESSION 2<br>12:30pm-2:00pm     | HIT Parade M. Mylrea Session 2 Pg 14                      | Core Reborn Appel Session 1 Pg 13                        | Zumba® Cardio Blast! Masceri Session 1 Pg 13             | Balanced Body Barre®: Power Barre! Karley Session 2 Pg 14 | Find Your Beat with DrumFIT®! Hoskin Session 2 Pg 14 | Assists & Assessments Sherman Session 1 Pg 13                 | QI Gong and Tai Chi for Seniors Haan Session 2 Pg 14    | Shockwave Dixon, Crosby & Scott Session 1 Pg 13 |
| <b>FR4</b><br>2:15pm-3:45pm               | Female Formula - Battle It Out! Freytag Pg 15 | Barbell Strength: Strong For Life, RIP® Livingstone Pg 15 | UrbanKick® and H.I.I.T. Barnard & Natsuki Pg 15          | Soul Body Barre - Form and Flow Barbour & Vandiver Pg 15 | Corebar STRONG Tonne & Turi Pg 15                         | Making Magic with the Circle Appel Pg 15             | TriggerPoint™: Applied Techniques for Re-Gen® Pata Pg 15      | Indo-Row: The Perfect Calorie Burn Thews & Crosby Pg 15 |                                                 |
| <b>FR5</b><br>4:00pm-5:30pm               | Battle with the Bands Nunez Pg 18             | Crazy Core and So Much More M. Mylrea Pg 18               | Zumba®: Diva Nation Masceri Pg 18                        | Beyond Bands for Barre Appel Pg 18                       | POUND® Towey Pg 18                                        | TaijiFit Strength D. Ross Pg 18                      | Next-Level Recovery Auer-Sears & Ferguson Pg 18               | Kettlebell: Beyond the Turkish Getup McCall Pg 18       |                                                 |

EXPO OPEN 5:15pm-6:45pm

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| <b>FR6</b><br>6:30pm-7:30pm | Tubing Training Redefined Ross Pg 19 |  |  |  |  | Yoga Flow State Sherman Pg 19 |  |  |
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| <b>SA1</b><br>7:00am-8:30am | Strength Circuit Ramping Freytag Pg 19 | Jillian Michaels BODYSHRED™ Green Pg 20 | LOK Fitness: Kick Camp Roxas & Maurer Pg 20 | PILOXING® Barre: Cardio Meets Barre Ballard Pg 20 | Corebar BOOST Tonne & Turi Pg 20 | Yoga for Seniors Haan Pg 20 | Training Older Clients with Osteoarthritis Osar Pg 20 | The One Weight Workout: Kettlebell McCall Pg 20 |
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EXPO OPEN 9:30am-3:30pm

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| <b>AWARDS CEREMONY &amp; KEYNOTE</b><br>9:30am-10:45am | Exercise: The Magic Bullet Kravitz Pg 21 |                                                  |                                   |                                                                         |                                            |                                             |                                                 |                                      |
| <b>SA2</b><br>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 | Soul Body Barre - Modifications and Challenges Barbour & Vandiver Pg 21 | PLYOGA® - Your Body is Power® Lauren Pg 21 | Yoga for the Young at Heart Kooperman Pg 21 | Next-Level Recovery Auer-Sears & Ferguson Pg 21 | Shockwave Thews, Crosby & Cook Pg 21 |

EXPO OPEN 9:30am-3:30pm

|                                           |                                          |                                                   |                                        |                                                 |                                                       |                                                |                                                                    |                                                                       |                                                                             |
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| <b>SA3</b><br>SESSION 1<br>12:45pm-2:15pm | <b>SA3</b><br>SESSION 2<br>1:30pm-3:00pm | Align and Define Appel Session 2 Pg 23            | Primal Movement Comana Session 1 Pg 22 | Zumba! Let it MOVE YOU! Masceri Session 1 Pg 22 | Balanced Body®: HIIT the Barre Karley Session 2 Pg 23 | LES MILLS GRIT® Cardio Bramski Session 1 Pg 22 | Bamboo Fusion-Yoga Grows and Tai Chi Flows D. Ross Session 2 Pg 23 | Chair Workout: Flexibility & Mobility Lewis-McCormick Session 2 Pg 23 | Indo-Row: Team Attack on Total Body Training Thews & Crosby Session 1 Pg 22 |
| <b>SA4</b><br>3:15pm-4:45pm               | Jillian Michaels BODYSHRED™ Green Pg 23  | Athletic Step Conditioning with POWER STEP® Pg 24 | RIPPED! Intensity Love & Bryan Pg 24   | Barre Above, Choreography Overload Madden Pg 24 | Total Body Core Training McCall Pg 24                 | Steel Pilates Howard Pg 24                     | Psoas and Glutes Strategies Osar Pg 24                             | Jungshin Rhythm® - Double Short Swords Kahn Pg 24                     |                                                                             |
| <b>SA5</b><br>5:00pm-6:00pm               | Move Free - Strands J. Ross Pg 25        | Extreme Exercise Makeover M. Mylrea Pg 25         | POUND®: Rockout - Workout. Towey Pg 25 | PLYOGA® - The Reverse Warrior Lauren Pg 25      | Balanced Body®: Get Your MOTR™ Running Gonzalez Pg 25 | Taijifit™ Flow D. Ross Mats Pg 25              | Relax & Restore Foam Roller Training Lewis-McCormick Pg 25         | 20x3 Howard Pg 25                                                     |                                                                             |

EXPO OPEN 6:15pm-7:45pm

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| <b>SA6</b><br>7:30pm-8:30pm |  |  | GET RIPPED! 96-2 Love & Bryan Pg 26 |  | DrumFIT®: Exercise for Body & Brain! Hoskin Pg 26 |  | LOK Fitness: Toy Box Roxas & Maurer Pg 26 |  |
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SUNDAY, FEBRUARY 21

|                               |                                              |                                                     |                                                          |                                                                                      |                                                                                      |                                                   |                                                                                       |                                                                                       |
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| <b>SU1</b><br>7:00am-8:30am   | Roll, Restore, Recharge J. Ross Pg 26        | LES MILLS BODYPUMP® Bramski Pg 26                   | UrbanKick® and H.I.I.T. Barnard & Natsuki Pg 26          |   | Balanced Body® Fit: Functional Fun Master Trainer Pg 27                              | The Rotator Cuff: Corrective Exercises Osar Pg 27 |  |                                                                                       |
| <b>SU2</b><br>8:45am-10:15am  | Female Formula - Bal-lapalloza Freytag Pg 27 | Group RX: No Equipment Vanderburg Pg 27             | POUND® Fit Towey Pg 27                                   |  | Tabata Yoga Howard Pg 27                                                             | TriggerPoint™: Life after Foam Rolling Pata Pg 27 |                                                                                       |                                                                                       |
| EXPO OPEN 10:00am-1:30pm      |                                              |                                                     |                                                          |                                                                                      |                                                                                      |                                                   |                                                                                       |                                                                                       |
| <b>SU3</b><br>11:15am-12:45pm | Move Free - Foam Roller & Bar Freytag Pg 28  | Body Weight Boot Camp M. Mylrea Pg 28               | Knockout: Test Your Athleticism, PILOXING® Ballard Pg 28 |   |  | Barefoot Strength and Endurance Howard Pg 28      | Core Fit for Seniors Haan Pg 28                                                       |  |
| <b>SU4</b><br>1:00pm-2:30pm   | TRANSFORMATION Begins Here Livingston Pg 29  | TriggerPoint™: Hip and Shoulder Mobility Pata Pg 29 | Get Learning, Get Burning With DrumFIT®! Hoskin Pg 29    | BALLET BARRE CERTIFICATION with Abbie Appel 8:00am-4:00pm Pg 10                      | JILLIAN MICHAELS BODYSHRED™ with Dania Green 7:00am-4:00pm Pg 10                     | Awareness Enhanced Pilates Grant Pg 29            | Flexibility Formulas Vanderburg Pg 29                                                 | PLYOGA® CERTIFICATION with Stephanie Lauren 8:00am-4:00pm Pg 10                       |





# PHILLY MANIA® Schedule at a Glance

|                                                                            |                                                                            |                                                                |                                                                      |                                                                          |                                                                                  |                                                                                             |                                                     |                                                                     |                                                            |
|----------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------|
| ZUMBA® Basic Skills Level 1 Instructor Training 8:00am-5:00pm Masceri Pg 9 | Schwinn® Cycling Instructor Certification 8:00am-5:00pm Scott & Dixon Pg 9 | Moving to Happiness® Coaching Method 9:00am-5:00pm Kolber Pg 9 | Get RIPPED! Instructor Certification 9:00am-5:00pm Love & Bryan Pg 9 | Urbankick® Instructor Certification 9:00am-5:00pm Barnard & Natsuki Pg 9 | In-Trinity® Instructor Certification 8:00am-5:00pm InTrinity Master Trainer Pg 9 | SCW Seven Keys to Opening Your Own Fitness Facility Certification 9:00am-5:00pm Conrad Pg 8 | SCW Yoga II Certification 5:30pm-9:30pm Howard Pg 8 | SCW Group Strength Certification 5:30pm-9:30pm Lewis-McCormick Pg 8 | SCW Lifestyle and Behavioral Coaching Workshop Comana Pg 7 |
|----------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------|

| I<br>AQUA (ACTIVITY) | J<br>AQUA (LECTURE) | K<br>SCHWINN® CYCLING | L<br>MATRIX / MOI | M<br>NUTRITION LECTURE | N<br>EXERCISE SCIENCE & NUTRITION LECTURE | O<br>BUSINESS & MOTIVATION LECTURE | P<br>SUSPENSION & CIRCUIT TRAINING | Q<br>BOXMASTER® |
|----------------------|---------------------|-----------------------|-------------------|------------------------|-------------------------------------------|------------------------------------|------------------------------------|-----------------|
|----------------------|---------------------|-----------------------|-------------------|------------------------|-------------------------------------------|------------------------------------|------------------------------------|-----------------|

|                                        |                                    |                                                  |                                                             |                                                          |                                                        |                                                          |                                                                  |                                              |
|----------------------------------------|------------------------------------|--------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------|
| Hydro Zen Fluid Fusion Velazquez Pg 11 | Suspended Aqua Core Westfall Pg 11 | Schwinn®: Train Right 2 Ride Right Roberts Pg 11 | Introduction to IN-TRINITY® In-Trinity Master Trainer Pg 11 | Diet Fads and Facts: Ending the Frustration Digsby Pg 12 | Agile to Starting: Understanding Strength McCall Pg 12 | Making More Money as a Fitness Professional Conrad Pg 12 | Bodhi Suspension System®: Suspension Meets Cardio Gonzalez Pg 12 | BoxMaster® Circuit: Round 1 Friend-Uhl Pg 12 |
|----------------------------------------|------------------------------------|--------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------|

### EXPO OPEN 8:45am-10:15am & 11:15am-2:30pm

|                                                    |                                                       |                                                           |                                                             |                                                                       |                                                               |                                                                              |                                                                       |                                                                           |
|----------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------|
| Aqua Abs Kulp Pg 12                                | Aqua Yoga Flow Warasila Pg 13                         | Schwinn®: Music Makeover - There's an App! Scott Pg 13    | IN-TRINITY® Warrior Program In-Trinity Master Trainer Pg 13 | Metabolism, Fat, Abs, Butts and Thighs Comana Pg 13                   | Increase Your Energy Naturally Conrad Pg 13                   | Attract Participants Online & Through Social Media Goldfrid Pg 13            |                                                                       |                                                                           |
| Aqua Hip And Funk! Velazquez Session 1 Pg 13       | Aqua Circuit Bootcamp Lewis-McCormick Session 1 Pg 13 | Schwinn®: ABCs of Indoor Cycling Thews Session 1 Pg 14    | MOI Cycle: Interval Ride Goldfrid & Lowell Session 2 Pg 14  | Best Body Countdown Digsby Session 1 Pg 14                            | To HIIT Or Not To HIIT Comana Session 2 Pg 14                 | 2016-17 Trends in Fitness Programming & Training - Kooperman Session 2 Pg 14 | Bodhi Suspension System® Chisel Your Physique! Karley Session 2 Pg 14 | BoxMaster® Circuit: Round 2 Sports Performance Friend-Uhl Session 1 Pg 14 |
| Water in Motion 25 Warasila, Kulp, Velazquez Pg 15 | Water in Motion 25 Warasila, Kulp, Velazquez Pg 15    | Schwinn® Cycling: It's All About the BASE Dixon Pg 15     | Introduction to IN-TRINITY® In-Trinity Master Trainer Pg 15 | Introduction to The Moving to Happiness® Coaching Method Kolber Pg 15 | Group exercise or group injury? H. Garcia & K. Garcia         | Group Fitness Management & Promotional Strategies Howard                     | Bodhi Suspension System®: Focus On Flexibility Karley                 | Boxmaster® Circuit: Round 3 - Warrior Training Friend-Uhl & McCall        |
| Water Cardio and Core Warasila Pg 18               | Zenergy H20 Lewis-McCormick Pg 18                     | Schwinn®: Dynamic Duos Thews, Dixon, Sherman, Scott Pg 19 | MOI Cycle: Endurance Ride Goldfrid & Lowell Pg 19           | The Scoop on Sugar Digsby Pg 19                                       | Exercise and Aging: Best Practice Programming Kooperman Pg 19 | Become A Retention Rockstar H. Garcia & K. Garcia Pg 19                      | Bodhi Suspension System®: Suspension Circuits Gonzalez Pg 19          |                                                                           |

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

|  |  |                                       |  |                                                                                                |                                                                                                           |  |  |  |
|--|--|---------------------------------------|--|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--|--|--|
|  |  | LES MILLS SPRINT™ Workout Brams Pg 19 |  | State of the Industry Address: Trends for 2016 Nunez, Lewis-McCormick, Robinson, Freytag Pg 19 | Ebbs and Flows of Aqua Exercise: Panel Discussion Kooperman, Velazquez, Warasila, Howard & Westfall Pg 19 |  |  |  |
|--|--|---------------------------------------|--|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--|--|--|

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|-----------------------------------------------------------|---------------------------------|-----------------------------------------------|-------------------------------------------------------------|----------------------------------|-------------------------|------------------------------------|-----------------------------------------------------------------|--|
| Horiz. & Vert. Dynamic Aqua Core Training Velazquez Pg 20 | Tab-aqua Boot Camp Howard Pg 20 | Schwinn®: Teaching Tips from TED® Scott Pg 20 | IN-TRINITY® Warrior Program In-Trinity Master Trainer Pg 20 | Metabolism Makeover Digsby Pg 20 | 50+ Females Layne Pg 21 | The Perfection Detox® Kolber Pg 21 | Bodhi Suspension System®: Pilates Meets Suspension Karley Pg 21 |  |
|-----------------------------------------------------------|---------------------------------|-----------------------------------------------|-------------------------------------------------------------|----------------------------------|-------------------------|------------------------------------|-----------------------------------------------------------------|--|

### EXPO OPEN 9:30am-3:30pm

|                                   |                                       |                                                  |                                         |                                        |                                               |                                                  |                                                            |                                                                      |
|-----------------------------------|---------------------------------------|--------------------------------------------------|-----------------------------------------|----------------------------------------|-----------------------------------------------|--------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------------|
|                                   |                                       |                                                  |                                         |                                        |                                               |                                                  |                                                            |                                                                      |
| Fluid HIIT Fusion Velazquez Pg 21 | Deep Water Dance Party Westfall Pg 22 | Schwinn®: Build It, They Will Come Sherman Pg 22 | MOI Cycle: Race Day Ride Goldfrid Pg 22 | Irisin, Insulin and Inulin Layne Pg 22 | Supramaximal Eccentric Training Kravitz Pg 22 | Using Social Media to Up Your Game Freytag Pg 22 | Bodhi Suspension System®: Suspension Circuits Karley Pg 22 | BoxMaster® Circuit: Final Round-Fight Club Friend-Uhl & McCall Pg 22 |

### EXPO OPEN 9:30am-3:30pm

|                                     |                                                                        |                                                                               |                                                                       |                                                                      |                                                  |                                                                                |                                                                  |                                                                        |
|-------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------------|
| Pool Pyramids Layne Session 1 Pg 23 | Barre-a-Cuda Sidelines: Aqua Ballet Velazquez Session 1 Pg 23          | Schwinn® Unapologetically Authentic Roberts & Cook Session 2 Pg 23            | Introduction to IN-TRINITY® In-Trinity Master Trainer Session 1 Pg 23 | The 12 Truths of Fat Loss Kravitz Session 1 Pg 23                    | Go Bones H. Garcia & K. Garcia 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                 |
|                                     | Water in Motion Platinum 4 Warasila, Velazquez, Henry, Kooperman Pg 24 | Schwinn®: Coaches Survival Kit Scott & Thews Pg 24                            | MOI Cycle: Strength Ride Goldfrid Pg 24                               | Common Sense Nutrition Within Your Scope H. Garcia & K. Garcia Pg 24 | New Rules for Peak Nutrient Timing Kravitz Pg 24 | Business Trends: Become an Online Personal Trainer D. Ross Pg 24               | Bodhi Suspension System®: Suspension Meets Cardio Gonzalez Pg 24 | BoxMaster® Circuit: Round 2 Sports Performance Friend-Uhl Pg 25        |
| Doo Wop Aqua Westfall Pg 25         | Aqua Zen Warasila Pg 25                                                | Schwinn®: Girl Power & the Schwinn® Sisterhood Vanderburg, Thews, Dixon Pg 25 | IN-TRINITY® Warrior Program In-Trinity Master Trainer Pg 25           | "No-Way!" Nutrition Nuggets Digsby Pg 26                             | Stress and Inflammation Comana Pg 26             | Building Your Brand for Success Robinson Pg 26                                 | Bodhi Suspension System®: Dancing With The Ropes Gonzalez Pg 26  | BoxMaster® Circuit: Round 3 Warrior Training Friend-Uhl & McCall Pg 26 |

### EXPO OPEN 6:15pm-7:45pm

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|--|-------------------------------------------|----------------------------------------------------|--|--|-------------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------|--|--|
|  | Aqua Block Party Layne Pg 27              | Schwinn®: The "HARD" Conversation Vanderburg Pg 27 |  |  | Solutions for Women, Hormones and Metabolism Kravitz Pg 27        | What Do I Eat? M. Mylrea & B. Mylrea Pg 27                | Bodhi Suspension System®: Focus On Flexibility Karley Pg 27     |                                                             |  |  |
|  | Align & Define in the Pool Westfall Pg 27 | Schwinn®: Revolution Evolution M. Mylrea Pg 28     |  |  | Myths, Misconceptions and Controversies in Exercise Kravitz Pg 28 | Nutritional Needs During Menopause Layne Pg 28            | Bodhi Suspension System®: Pilates Meets Suspension Karley Pg 28 | BoxMaster® Circuit: Final Round-Fight Club Friend-Uhl Pg 28 |  |  |
|  | Anchor Down Henry Pg 28                   | Schwinn®: Recovery RX Cook & Vanderburg Pg 28      |  |  | EXPO OPEN 10:00am-1:30pm                                          |                                                           |                                                                 |                                                             |  |  |
|  | Go Deep Henry Pg 29                       |                                                    |  |  | What's Really Making You Crazy? Layne Pg 28                       | Opening Your Own Fitness Facility Conrad Pg 29            | Bodhi Suspension System®: Chisel Your Physique! Gonzalez Pg 29  | BoxMaster® Circuit: Round 1 Friend-Uhl Pg 29                |  |  |
|  |                                           |                                                    |  |  | Hot Topics in Nutrition Layne Pg 29                               | Essential Oils for Recovery and Recuperation Conrad Pg 29 |                                                                 |                                                             |  |  |

**GROUP EXERCISE****OR GROUP INJURY? Herson & Kimberly Garcia**

Musculoskeletal injuries accounted for more than 57 million health care visits in 2004. As group fitness programs continue to rise and time efficient, high intensity exercise routines are in demand, it's critical to learn how to offer your clients a little of what they want and a lot of what they need. Join NeuroKinetic Practitioners, Herson and Kimberly Garcia, to learn how you can design programs that deliver consistent results without the injury. (LECTURE)

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

**GROUP FITNESS MANAGEMENT****& PROMOTIONAL STRATEGIES Jeff Howard**

In this session, you will explore how to manipulate classes and schedules to maximize session attendance and club growth. Jeff shares with you the ins and outs of managing both people and programs. He has successfully revived failing programs and he has driven his department to success with the implementation of effective events. Come with plenty of questions and leave with practical solutions. (LECTURE)

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

**BODHI SUSPENSION SYSTEM®:****FOCUS ON FLEXIBILITY Joy Karley, MA**

Keep pursuing the activities you love without the restriction of tight overworked muscles. Learn mobility drills using the Bodhi Suspension System to keep you moving well for years to come. Sequences can be used at the end of a class for a cool down or can be combined for a truly "feel good" Bodhi experience.

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

**BOXMASTER® CIRCUIT: ROUND 3 - WARRIOR TRAINING****Sonja Friend-Uhl & Pete McCall, MS**

Southpaws and conventional boxers alike will appreciate the intense combinations in BoxMaster® Round 3! This round is designed to test not only your fitness and skill but your efficiency and ability to stay focused in a state of fatigue. Welcome to Warrior Training on the BoxMaster®. Take your reaction time, agility, stamina and coordination to the next level as the combinations become more complex and even the active "recovery" is hard core!

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

**FR5**

**4:00PM-5:30PM**

**BATTLE WITH THE BANDS Brian Nunez**

**SPRI**

This session contains Little Equipment with Big Results. Learn to implement the SPRI three-step system to enhance movement and performance by utilizing three specific types of elastic bands. Whether you are working with one-on-ones, partners or small groups, 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 power. Burn a little rubber and lot of fat!

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

**CRAZY CORE AND SO MUCH MORE Mindy Mylrea**

**Savvier Fitness**

The core is the powerhouse of the body, and we should attack the core from every angle and in every way. This workshop is jam packed with critical cutting edge core research as well as amazing ab and back routines using every twist and turn in the book. Mindy will show you how one rep done right is better than 10 done wrong. You will learn the best core exercises on the planet

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

**MINDY MYLREA**

Mindy is the 2015 PFP Trainer of the Year, 2013 CanFitPro Specialty Presenter of the Year, 2008 Fitness Presenter of the Year, 2004 Can Fit Pro International Presenter of the Year, 1999 International Fitness Instructor of the Year, a National and World Aerobic Champion, 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. Mindy was nominated for the 2015 Boston MANIA® Presenter of the Year.

**ZUMBA® DIVA NATION Stephanie Masceri, MEd**

**ZUMBA**

Embrace your inner Diva/Divo and strut your stuff to the music of icons such as Beyonce and more. This session is dedicated to the fierceness inside each of us and will get your heart pumping and booty shaking. You'll walk in an instructor, but walk out a ZUMBA® Diva. You'll be able to take the choreographies you learn in this session to your classes back home and show your students that strong and powerful can be sexy.

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

**BEYOND BANDS FOR BARRE Abbie Appel**

**VIDEO**

Experience resistance band work like never before. Utilize two flat elastic bands, which include a short band and a long band (4-5 feet) to challenge the upper body, lower body and core. Begin with long band work to train hard-to-reach areas like the back. Finish with short band work to train the lower body and co-contract the deep core stabilizers. Learn unique movements that utilize a variety of cues, modifications and progressions for strength programs, Pilates classes and Barre workouts.

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

**POUND® Melissa Towey**

**POUND**

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**

**TAIJIFIT STRENGTH David-Dorian Ross**

**TaijiFit**

This class combines the experience of TaijiFit Flow with the power of a warrior. The weighted Chi balls are an integral part of this class, helping to build strength, improving joint mobility and adding a unique element to the experience. Similar to the TaijiFit Flow class, but taken up a few notches, it's where we say East meets West in Qi and Sweat.

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

**NEXT LEVEL RECOVERY****Jason Auer-Sears & Robert Ferguson**

**VIDEO BUDDY**

This session features full recovery in no time at all. With a simple focus on a therapeutic technique developed for athletes in a sports medicine clinic, we are going to focus on this three-step protocol: Compress + Percuss + Stretch. You will learn this easy and effective method for yourself and with a partner. You are familiar with foam rollers and stretching and now we are adding the electric percussive massager to cut your recovery time in half!

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

**KETTLEBELL: BEYOND THE TURKISH GET-UP Pete McCall, MS**

The Turkish Get-up (TGU) is a challenging exercise comprised of a number of complex movements involving the entire myofascial system. The TGU is extremely effective at developing the coordination and strength to stand up from a lying position but it is not the only exercise, which can provide this benefit. This interactive session will review the physiology, biomechanics and benefits of ground-to-standing exercises and how they can be used to help improve joint mobility and tissue extensibility

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

**WATER CARDIO AND CORE Connie Warasila**

**VIDEO**

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.

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

**ZENERGY H2O****Irene Lewis-McCormick, MS, CSCS**

Powerful water movements combined with mind-body intervals make this class a creative and effective water fitness experience. Using a 2:1 ratio, the "Zen" (90 seconds) includes mindful, yoga and Pilates inspired water movements teamed with "Zenergy" (3 minutes) consisting of explosive; powerful rebounding, suspended and neutral choreography within a single water fitness experience. This class is twice as fun and extremely replicable.

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





## SCHWINN® CYCLING: DYNAMIC DUOS

**Doris Thews, Amy Dixon,  
Robert Sherman & Jeffrey Scott**

Join us for a faceoff of our very own dynamic duos. Pairs of powerhouses will have you riding, sweating, laughing and loving in this team teaching inspired all-star ride. Not only will you witness some of the best in the business create magic on the bike in tandem, but you'll learn tricks of the team teaching trade. It may not take two to make a thing go right, but it certainly can help double the fun. Come find out how.

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



## MOI CYCLE: ENDURANCE RIDE

**Asaf B. Goldfrid & Lori Lowell**

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.

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



## TRENDING UPWARD



## THE SCOOP ON SUGAR

**Sohailla Digsby, RD, LD**

Is sugar evil? Which types of sweeteners are okay? Which is worse: sugar or fat? Do you get cravings for sugary foods? Addicted to sugar? This class, taught by a registered dietitian, author, and fitness instructor, will enhance your understanding of the sweet tooth and what to do about it. (LECTURE)

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

## EXERCISE & AGING: BEST PRACTICE PROGRAMMING

**Sara Kooperman, JD**

By the year 2030, the fastest growing segment of the population with 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)

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

## BECOME A RETENTION ROCKSTAR Herson & Kimberly Garcia

It's easy to attract clients, but how do you keep them coming back? Master Personal Trainers and Holistic Health Practitioners, Herson and Kimberly Garcia, offer their inspiring and effective tips on how to retain clients for 10+ years. As co-owners of the Garcia Institute of Modern Excellence, they demonstrate how to expand from simple outdoor boot camps to owning a 4,600 square foot performance center producing over \$350,000 in revenue annually. (LECTURE)

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

## BODHI SUSPENSION SYSTEM®:

**SUSPENSION CIRCUITS 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.

**FR5P Friday, 4:00pm-5:30pm**



**FR6**

**6:30PM-7:30PM**

## TUBING TRAINING REDEFINED

**Jonathan Ross**

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!

**FR6A Friday, 6:30pm-7:30pm**

**SPRI**

## YOGA FLOW STATE Robert Sherman

The Yoga Flow State is finding perfect moments in your teaching that transcend any preparation. You get into a rhythm of breath, pose and

counter-pose that link into a flow that you never want to end. Learn progressions that build, peak and recover into a perfect yogic journey for body and mind.

**FR6F Friday, 6:30pm-7:30pm**

## LES MILLS SPRINT® Adam Bramski

**LES MILLS**

Take your training to the next level with a new cycling workout built on the science of high-intensity interval training (HIIT) that returns rapid results with minimal joint impact. The short duration of the workout will motivate you to push your physical and mental limits. This is a great session for instructors to walk away from with an understanding of how to be a world-class HIIT coach using cycling as the driving tool.

**FR6K Friday, 6:30pm-7:30pm**

## STATE OF THE INDUSTRY ADDRESS: TRENDS FOR 2016

**Irene Lewis-McCormick, MS, CSCS,  
Chris Freytag, Brian Nunez, Petra Robinson**

In this new format for 2016, 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. Free wine and cheese provided. (LECTURE)

**FR6M Friday, 6:30pm-7:30pm**

## EBBS AND FLOWS OF AQUA EXERCISE: PANEL DISCUSSION

**Sara Kooperman, JD, Connie Warasila,  
Manuel Velazquez, Jeff Howard & Karen Westfall, MS**

Explore the most current tips and trends in water exercise. This panel of industry experts addresses 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)

**FR6N Friday, 6:30pm-7:30pm**

## SATURDAY, FEBRUARY 20

**SA1**

**7:00AM-8:30AM**

## STRENGTH CIRCUIT RAMPING Chris Freytag

**SPRI**

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.

**SA1A Saturday, 7:00am-8:30am**

# MOVING FORWARD



## JILLIAN MICHAELS BODYSHRED™ Dania Green, MS, RD

Join Dania as she 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!

**SA1B Saturday, 7:00am-8:30am**



## LOK FITNESS: KICK KAMP Dana Roxas & Jessica Maurer

Cardio kickboxing is an amazing workout since it trains your cardiovascular system while strengthening your entire body. In recent years, the focus of group fitness kickboxing classes has been complicated choreography, which leaves many participants behind the class. Kick Kamp simplifies the choreography so the class can concentrate on form and intensity instead of fancy footwork. Alternate between cardio kickboxing drills, upper body strengthening and body weight core endurance movements for a challenging, yet fun, workout.

**SA1C Saturday, 7:00am-8:30am**



## PILOXING® BARRE:

### CARDIO MEETS 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.

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



## COREBAR® BOOST! Anita Tonne & Kimberly Turi

Corebar is a unique and highly effective fitness concept which uses a bent, weighted corebar along with its signature moves and exercises to provide a challenging and fun workout unlike anything you have tried before! Corebar BOOST is an interval based cardio and core class incorporating our signature "boost" segments, the segments where you push yourself to your training max to achieve the ultimate calorie burn! Let the music drive you and get ready to Train Hard and Have Fun!

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



## YOGA FOR SENIORS Elian Haan

This session combines basic principles from Hatha yoga, Vinyasa flow and Pilates core to emphasize flexibility, posture and strength. The session also focuses on breathing techniques and balance and ends with guided meditation and chakra relaxation techniques.

**SA1F Saturday, 7:00am-8:30am**

## TRAINING OLDER CLIENTS WITH OSTEOARTHRITIS

### Dr. Evan Osar

If you work with baby boomers or seniors, then you likely work with individuals who have been diagnosed with osteoarthritis or degenerative joint disease (DJD). DJD is one of the most common orthopedic issues keeping individuals from effectively walking, biking, exercising and/or performing daily activities. During this session, you



will learn exactly why your clients develop joint issues and discover a corrective exercise strategy to safely and effectively improve your clients' stabilization and movement patterns. (LECTURE)

**SA1G Saturday, 7:00am-8:30am**

## THE ONE WEIGHT WORKOUT: KETTLEBELL Pete McCall, MS

Do you have a limited budget for only a few pieces of equipment? This session will teach you strategies for creating a fun and challenging workout that addresses mobility, strength, power and metabolic conditioning using only the Kettlebell.

**SA1H Saturday, 7:00am-8:30am**

## HORIZONTAL & VERTICAL DYNAMIC AQUA CORE TRAINING Manuel Velazquez

This session will focus on 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 cardio, core and total body workout.

**SA1I Saturday, 7:00am-8:30am**



## TAB-AQUA BOOT CAMP Jeff Howard

Come experience Tabata in the water. This exciting exercise strategy is sweeping the country and includes alternating bouts of short intense anaerobic exercise with less intense recovery periods. Experience this exhilarating workout in the comfortable environment of the pool. Use this program as cross-training for athletic land-based performance or as a buoyant alternative to land Tabata training. Big results combine with little time to push your participants to the max.

**SA1J Saturday, 7:00am-8:30am**



## SCHWINN®: TEACHING

### TIPS FROM TED® Jeffrey Scott

TED (Technology, Education & Design) Talks are short, poignant and prophetic presentations that move people to action. There's much we can learn from the masterful TED speakers about stage presence, word choice, structure and more. This workshop delivers the top 10 tips of professional talk organizational structure and the three pillars of influence that, when applied, will help you create cycling classes that are profound. Walk away with a list of coaching and cueing tips that are Monday morning ready.

**SA1K Saturday, 7:00am-8:30am**



## IN-TRINITY® WARRIOR PROGRAM

### Intrinity Master Trainer

The IN-TRINITY Board by Matrix, created by Johnny G, uses a sleek slanting board to integrate and enhance the benefits and challenges of gravity training while incorporating movements from Yoga, Qi Gong, Martial Arts, strength and flexibility training. The Warrior Program introduces new rhythm, pacing and breathing guidelines applying the unique characteristics of the IN-TRINITY® board. Expand your knowledge of the core principles, concepts, and signature movements of the IN-TRINITY®. Explore personal challenges and opportunities to improve familiar movement patterns.

**SA1L Saturday, 7:00am-8:30am**



## METABOLISM MAKEOVER Sohaila 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)

**SA1M Saturday, 7:00am-8:30am**



**50+ FEMALES** Melissa Layne, MEd

Women, it will happen! The body changes with the rise and fall of estrogen and progesterone. Hormones affect our metabolism and the more we know, the more we can alter our food choices and our workouts and teach our clients how to do the same. This session covers the physiological changes to our body and how proper nutrition and efficient training for women can aid in maintaining a healthy menopausal being, both mentally and physically.

**SA1N Saturday, 7:00am-8:30am**

**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. (LECTURE)

**SA1O Saturday, 7:00am-8:30am**

**BODHI SUSPENSION SYSTEM®:**

**PILATES MEETS SUSPENSION** Joy, Karley, MA

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.

**SA1P Saturday, 7:00am-8:30am**



**SOUL BODY BARRE: MODIFICATIONS AND CHALLENGES**

**Stacey Vandiver & Ann Marie Barbour**

Learn to teach all levels in a one-hour mindfully intense "Barre" class. How do you take one exercise and layer in complexity to challenge or modify for form and strength but still create effectiveness? Soul Body takes you through the flow of our SB Body Barre class and shows how to ramp-up or tone-down each exercise. We focus on proper form and body alignment and you will learn how you can demonstrate, cue, correct and inspire EVERYONE in your class.

**SA2D Saturday, 11:00am-12:30pm**



**PLYOGA®: YOUR BODY IS POWER®** Stephanie Lauren

You are ready for this! PLYOGA® is highly challenging but it is equally modifiable! We have reinvented interval training by giving you a chance to actually recover as part of the class. Use it! Love it! Take it to the next level! This four part high intensity interval system uses accelerated and fundamental Yoga as a fluent and active recovery for Plyometric movements. Come enjoy a format that is sweeping the Americas! YOUR BODY IS POWER®!

**SA2E Saturday, 11:00am-12:30pm**



**YOGA FOR THE YOUNG AT HEART** Sara Kooperman, JD

Yoga has positive effects on inevitable decreases in power, strength, aerobic capacity and flexibility that occur after age 50. This session focuses on maintaining independence, avoiding injuries and improving quality of life. Postural alignment, muscle/movement balances and maintenance of mobility create a union of traditional and restorative yoga perfect for active 50-90 year olds. A summary of the aging process blends with practical recommendations regarding safe and effective movement for multiple yoga poses creating vinyasas that every instructor can utilize.

**SA2F Saturday, 11:00am-12:30pm**

**KEYNOTE ADDRESS 9:30AM -10:45AM**

**EXERCISE: THE MAGIC BULLET** Len Kravitz, PhD

This multi-media presentation will be sure to inspire, motivate and educate. Join Dr. Len Kravitz in an incredible journey through new advances in the effects of exercise. Explore 20 'think different be different' fitness ideas along with 10 motivational messages from famous individuals that demonstrate the positive life impacts of exercise.

**Room A Saturday, 9:30am-10:45am**

**SA2 11:00AM-12:30PM**

**360 TRAINING DRILLS** Brian Nunez

Train like never before with the SPRI 360 Trainer. One Tool, tons of training! Increase mobility, balance, reaction-time, endurance, strength, power and athletic performance. Combine partner drills, team coaching and individual skill challenges to create the complete 360 training experience. Hit the mark and bring your training full-circle.

**SA2A Saturday, 11:00am-12:30pm**

**SPRI**

**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 to a full wellness journey for real change. Using the 20-10 timing protocol with max intervals, mixed intervals, and our unique signature foundational moves timing of 30-20-10, you will experience a total new way to excite and challenge your students for maximum sustained success.

**SA2B Saturday, 11:00am-12:30pm**



**NEXT LEVEL RECOVERY**

**Jason Auer-Sears & Robert Ferguson**

This session features full recovery in no time at all. With a simple focus on a therapeutic technique developed for athletes in a sports medicine clinic, we are going to focus on this three-step protocol: Compress + Percuss + Stretch. You will learn this easy and effective method for yourself and with a partner. You are familiar with foam rollers and stretching and now we are adding the electric percussive massager to cut your recovery time in half!

**SA2G Saturday, 11:00am-12:30pm**



**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 boot camp 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.

**SA2H Saturday, 11:00am-12:30pm**



**FLUID HIIT FUSION** Manuel Velazquez

Fluid Fusion is an aqua interval training workout designed to maximize your benefits by using the unique properties of water. The workout flows between anaerobic bursts to increase your cardiovascular capacity and active rest periods that focus on functional strength. Enjoy this fluid workout that will increase and improve muscle strength and facilitate muscle and joint performance all while enhancing your cardiovascular system. Learn more about how water exercise can open the door to fitness for a variety of participants.

**SA2I Saturday, 11:00am-12:30pm**



**DANCING FOR JOY 2016** Petra Kolber

Join Petra in a non-stop, choreography packed and easy to replicate dance workout that is Monday morning ready. Learn how to 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, 11:00am-12:30pm**



**SARA KOOPERMAN, JD**

Sara is a favorite IHRSA, Club Industry, YMCA, AYP and Athletic Business Conference presenter. She presents internationally at Asia Fitness Conference, CanFitPro, IDEA, FitPro, and Flex as well as over a dozen international events throughout the world. Sara is the owner and Executive Director of SCW Fitness Education and the founder of the eight MANIA® Fitness Instructor Training Conventions along with WATERinMOTION®. Sara is an attorney who graduated from Washington University School of Law and completed undergraduate work from Cambridge University in England.

**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!

**SA2J Saturday, 11:00am-12:30pm**

**SCHWINN®: BUILD IT, THEY WILL COME Robert Sherman**

Looking for ways to ensure your riders get what they need every time they sit in the saddle? Experience Schwinn's new and improved class design system, which provides the framework for unforgettable class experiences. Leave with an easy-to-follow system for selecting content, layering in mind-body elements and organizing music to bring it all together. Whether you're new to indoor cycling or a long-time cycling coach, this session will fill your toolbox with practical tips you'll put to work right away!

**SA2K Saturday, 11:00am-12:30pm**

**MOI CYCLE: RACE DAY RIDE Asaf B. Goldfrid**

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.

**SA2L Saturday, 11:00am-12:30pm**

**IRISIN, INSULIN AND INULIN Melissa Layne, MEd**

Can a hormone really turn white fat into more metabolically active brown fat? How? What about the circulating insulin levels and how levels affect our nutrient metabolism and the newest fiber in the forefront of health, inulin? What are the benefits, side effects and implications of supplements? All of this information is presented in one focused lecture to make your nutritional and workout choices clear. (LECTURE)

**SA2M Saturday, 11:00am-12:30pm**

**SUPRAMAXIMAL ECCENTRIC TRAINING Len Kravitz, PhD**

Join Len and learn Supramaximal Eccentric Training, which is the most powerful resistance training tool for women and men. Plus, this cutting-edge lecture will go over all of the newest research on Delayed Onset Muscle Soreness (DOMS), the repeated bout effect with eccentric exercise, the mystery of eccentric exercise and metabolism and the unique new research on the use of eccentric training in rehabilitation settings. Len will showcase 30 great eccentric exercises using multi-media technology plus three different eccentric training techniques. A must attend for every serious personal trainer. (LECTURE)

**SA2N Saturday, 11:00am-12:30pm**

**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 webinar, 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)

**SA2O Saturday, 11:00am-12:30pm**

**BODHI SUSPENSION SYSTEM®: SUSPENSION CIRCUITS 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.

**SA2P Saturday, 11:00am-12:30pm**

**BOXMASTER® CIRCUIT: FINAL ROUND - FIGHT CLUB**

**Sonja Friend-Uhl & Pete McCall, MS**



Calling all fighters! If your right hook is more important to you than your golf swing, you will love this class! Learn boxing combinations and coaching techniques designed by former Australian Light Weight Champ Rai Fazio. Welcome to the Final Round on the BoxMaster®. The combinations in this workout replicate preparation for a real boxing match. Participants will learn how to use the BoxMaster® to improve power, speed, and boxing technique. Get ready for the bell!

**SA2Q Saturday, 11:00am-12:30pm**

**SA3 - SESSION 1****12:45PM-2:15PM**

If you choose this session, then 2:15pm-3:15pm will be your EXPO and lunch break.

**PRIMAL MOVEMENT Fabio Comana, MA, MS**

Proper movement in classes and sessions should always be a fundamental goal for all fitness professionals. Coaching primary human movements involves a solid understanding of stability and mobility throughout the kinetic chain. This session will focus on the latest movement research and teach you how to properly coach these movement patterns that represent the exercises we instruct and use with clients.

**SA3B Saturday, 12:45pm-2:15pm**

**ZUMBA®: LET IT MOVE YOU!**

**Stephanie Masceri, MEd**



Dozens of exhilarating rhythms, one amazing experience! 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.

**SA3C Saturday, 12:45pm-2:15pm**

**LES MILLS GRIT® CARDIO Adam Bramski**

LES MILLS GRIT® Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT® Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

**SA3E Saturday, 12:45pm-2:15pm**

**INDO-ROW®: TEAM ATTACK ON TOTAL BODY TRAINING Josh Crosby & Doris Thews**

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!

**SA3H Saturday, 12:45pm-2:15pm**

**TRUE PASSION**



## 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.

**SA3I Saturday, 12:45pm-2:15pm**



## ASAF B. GOLDFRID

Asaf was born in Tel Aviv, Israel to a fitness-oriented family. At age nine, he started training in contemporary dance with the local Tel Aviv dance group. In 1998, Moi, his childhood friend, shared the passion for indoor cycling helping him to complete his first fitness certification. Asaf joined the Israeli Intelligence Forces at the age of 18. With his 15 years of experience in fitness, Asaf co-founded MOi Cycle, and he is currently the company's Creative Director.

## BARRE-A-CUDA SIDELINES:

**AQUA BALLET Manuel Velazquez**

Enjoy wall training in this innovative water workout that marries aquatic exercise and Ballet Barre sequences. Simple plies (squats), battements (kicks) and port de bras (arm patterns) unite to develop a toning class with creative and effective patterns. A core workout using the pool walls is perfectly integrated into this comprehensive water program.

**SA3J Saturday, 12:45pm-2:15pm**

## INTRODUCTION TO IN-TRINITY®

**In-trinity Master Trainer**

The IN-TRINITY Board by Matrix, created by Johnny G, uses a sleek slanting board to integrate and enhance the benefits and challenges of gravity training. Incorporating familiar movements from Yoga, Pilates, Qi Gong, Martial Arts and strength and flexibility training, this intelligently designed piece of equipment will introduce you to a new paradigm of training for your body while breaking through the limitations of traditional movement. Come experience the IN-TRINITY Orientation Program, consisting of movements from different disciplines of exercise.

**SA3L Saturday, 12:45pm-2:15pm**



## THE 12 TRUTHS OF FAT LOSS

**Len Kravitz, PhD**

One of the most captivating and misunderstood topics for fitness professionals is what works and what doesn't work for successful fat and weight loss. This session covers the current research on fat loss, the essential components of metabolism and fat physiology, factors that positively affect fat loss and the best exercise programs to enhance fat loss and prevent weight gain. You will leave with 10 evidence-based workout plans for optimizing fat loss and 12 genuine truths on fat loss.

**SA3M Saturday, 12:45pm-2:15pm**

## BOXMASTER® CIRCUIT: ROUND 1 Sonja Friend-Uhl

BoxMaster® is the latest training tool for boxing specialists and fitness enthusiasts alike. If you want to improve your reaction time, agility, stamina or coordination, BoxMaster® is the opponent for you! This is a new form of boxing style conditioning that will WOW your members and help boost retention. Join our Master Trainer, Sonja Friend-Uhl, in this high energy class that takes you through drills, skills and full body conditioning exercises.

**SA3Q Saturday, 12:45pm-2:15pm**

## SA3 - SESSION 2

**1:30PM-3:00PM**

If you choose this session, then 12:30pm-1:30pm will be your EXPO and lunch break.

## ALIGN AND DEFINE Abbie Appel

Better alignment gets you more defined. This Barre/Pilates-inspired, barefoot program will improve posture, movement and efficiency and enable you to do more work with less effort leading to total body muscle development. Leave with new ideas that increase deep core engagement, muscular recruitment and enhance optimal alignment and symmetry. Internal focus leads to external excellence.

**SA3A Saturday, 1:30pm-3:00pm**



## BALANCED BODY®:

**HIIT THE BARRE Joy, Karley, MA**

High intensity interval training meets Barre to create a fun, interactive, intense workout guaranteed to blast your entire body with a powerful workout like you've never experienced before. Jump, turn, lift, lunge, squat and push your way into shape. Choreography notes included.

**SA3D Saturday, 1:30pm-3:00pm**



## BAMBOO FUSION-YOGA GROWS & TAI CHI FLOWS David Dorian-Ross

This wonderful session fuses the movements, energy and spirit of Tai Chi, Qigong and hatha yoga. Both hatha yoga and Tai Chi create the same kinds of shapes and motions with the human body's energy pathways. Tai Chi Bow Steps flow into yoga lunges and Grasping the Bird's Tail slides into the Warrior series. The elements of wood and water are fused together seamlessly in this sessions filled with power and calm.

**SA3F Saturday, 1:30pm-3:00pm**



## CHAIR WORKOUT: FLEXIBILITY & MOBILITY

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

Aging populations are one of the fastest growing demographics in the fitness industry, and their exercise needs are closely tied to their health and ability for self-care. Functional movement, range of motion and the ability to perform unassisted daily activities are strongly linked to joint flexibility, soft tissue range of motion, balance and agility. This session explores the sub-types of aging populations, socialization in fitness settings, suggestions for movement and a rationale for exercise selection.

**SA3G Saturday, 1:30pm-3:00pm**



## SCHWINN®: UNAPOLOGETICALLY AUTHENTIC Keli Roberts & Gregg Cook

Indoor cycling is crowded with programs, and it's tempting to cater to a core group of riders. Schwinn believes outdoor riding can meet group fitness to deliver rides that are simple and entertaining. Authenticity is the A in the Schwinn ABC's of Indoor Cycling. Learn how to combine group fitness with the second most popular activity on the planet (outdoor cycling). Walk away with three fully-baked, authentic and theme-based rides that will impress hard core cyclists and entertain enthusiasts.

**SA3K Saturday, 1:30pm-3:00pm**



## GO BONES Herson & Kimberly Garcia

More than half of the population over 50 years of age has been diagnosed with osteoporosis. The numbers of those suffering with chronic joint pain and loss of lean body mass continues to rise. These clients are seeking support and need your help in learning how to safely exercise to become stronger, leaner and sturdier. Join NeuroKinetic Practitioners, Herson and Kim Garcia to learn how you can safely empower individuals to age well. (LECTURE)

**SA3N Saturday, 1:30pm-3:00pm**

## SUCCESSFUL BUSINESS STRATEGIES FOR OWNERS & MANAGERS Sara Kooperman, JD

If you are a new owner, a veteran manager or an aspiring coordinator, we all need effective methods to manage and motivate ourselves and others. Whether it is coordinating a large company or leading a small group of passionate trainers, strategies for successful goal setting and effective execution are addressed in this creative and entertaining presentation. Leave refreshed and excited to conquer your world!

**SA3O Saturday, 1:30pm-3:00pm**

**SA4**

**3:15PM-4:45PM**

## JILLIAN MICHAELS BODYSHRED™ Dania Green, MS, RD

Join Dania as she 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!

**SA4A Saturday, 3:15pm-4:45pm**





## JEFFREY SCOTT

Jeffrey is an International Fitness Presenter, the Lead Master Trainer for Schwinn Indoor Cycling and the Senior National Group Fitness Manager of Cycling for Equinox Fitness Clubs. With over 20 years of experience in the health and fitness industry, Jeffrey has conducted training workshops in over 15 countries around the world and is recognized as a top fitness educator, instructor and personal trainer who is known for his creative program development and motivational teaching.

## WATERINMOTION® PLATINUM 4

Connie Warasila, Manuel Velazquez, Chris Henry & Sara Kooperman



Platinum is a shallow-water, low-impact aqua exercise experience that offers older adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized educational exercise system provides easy-to-teach and learn choreography, fantastic marketing and a scientifically designed program. Leave with 8 new 64 count choreography blocks and a fun list of usable music.

SA4J Saturday, 3:15pm-4:45pm

## ATHLETIC STEP CONDITIONING

WITH POWER STEP® Kristen Livingston, MEd



Step into the future of fitness with functional athletic training incorporating a platform for cardio, power, strength, balance and agility. Learn how the kinetic chain unfolds using the step and dive into the physiology behind the athleticism. The step gives you a chance to reinvent your workouts to draw new clients to your classes while providing vertical, horizontal and diagonal movement. Immediate impact and usable choreography will ignite the passion you have for teaching clients and gaining their undying devotion.

SA4B Saturday, 3:15pm-4:45pm

## RIPPED! INTENSITY Jari Love & Ali Bryan



Get ready to Get RIPPED! Join Get RIPPED! creator Jari Love for INTENSITY. Using steps and handheld weights, this 60-minute intermediate workout will rev up the heart rate and strengthen lean muscle. Combining the most-effective compound exercises with progressive cardio intervals, this choreographed workout burns more calories than a six-mile run and is loaded with all the elements required to get truly RIPPED!

SA4C Saturday, 3:15pm-4:45pm

## BARRE ABOVE:

CHOREOGRAPHY OVERLOAD Tricia Murphy Madden



When teaching Barre, like any other format our minds and bodies need new choreography, new sequences and new ways for creating change in participants' bodies. This session will be your choreography overload and will send you back to your classes with enough unique movement patterns to last you months. Bring lots of energy because this session is non-stop movement and choreography.

SA4D Saturday, 3:15pm-4:45pm

## TOTAL BODY CORE TRAINING Pete McCall, MS

Effective core training should integrate all muscles to work effectively around the center of gravity. Traditional core exercises have clients lying on the ground moving in a single plane, which does not prepare the muscles for the forces they will experience during upright, ground-based movement. Training with various equipment will help you design a core training program that prepares the body for the way it is designed to work in a three-dimensional environment. (LECTURE)

SA4E Saturday, 3:15pm-4:45pm

## STEEL PILATES Jeff Howard



This Pilates inspired workout is designed to improve strength, endurance and definition for the entire body. Steel Pilates is a class with emphasis on new ideas, progressions and regressions making your workouts all-encompassing and user friendly. This workout is ideal for group exercise and personal training professionals.

SA4F Saturday, 3:15pm-4:45pm

## PSOAS AND GLUTES STRATEGIES Dr. Evan Osar



Hip dysfunction is one of the leading causes of decreased performance and the development of chronic pain. The psoas and glutes are vital to maintaining optimal functioning of both the hip and spine. Unfortunately, most strategies only focus on stretching the psoas and strengthening the glutes. Discover how to identify the common signs of dysfunction and the corrective exercises necessary for improving the psoas and glutes function. (LECTURE)

SA4G Saturday, 3:15pm-4:45pm

## JUNGSHIN RHYTHM®

DOUBLE SHORT SWORDS Annika Kahn, MS



This dynamic class is a fun, full-body workout for all levels involving the Jungshin short swords with a focus on synchronizing precise movements in sync with the rhythm of energizing music. You will build stamina and strength in your arms, legs, core, joints and tendons and develop your coordination and mental focus as you unite the internal rhythm of your body with the external rhythm of the music.

SA4H Saturday, 3:15pm-4:45pm

## SCHWINN®: COACHES SURVIVAL KIT

Jeffrey Scott & Doris Thews



Teach long enough and you'll meet Murphy's law, which is what can go wrong will go wrong at some point in your teaching career: stereo doesn't work, mic batteries dead, new member 10 minutes late, bikes broken, etc. We created your cycling survival kit so you don't have to! Walk away with a comprehensive list, designed by cycling veterans, of what you need stashed in your bag, your head and on your phone to handle every situation like a pro.

SA4K Saturday, 3:15pm-4:45pm

## MOI CYCLE: STRENGTH RIDE Asaf B. Goldfrid



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!

SA4L Saturday, 3:15pm-4:45pm

## COMMON SENSE NUTRITION WITHIN YOUR SCOPE

Kimberly Garcia & Herson Garcia

Are your clients eating healthy, but still seem unable to lose unwanted body fat? Are they lacking energy during their training program or taking longer to heal? Holistic Health Practitioner, Kimberly Garcia, will discuss how deficiencies can hinder clients' results and make your job much more difficult. Learn how micro-nutrients influence, for better or worse, metabolism, well-being and performance. Discover ways to effectively help your clients become vitamin-infused all-stars. (LECTURE)

SA4M Saturday, 3:15pm-4:45pm

## NEW RULES FOR PEAK NUTRIENT TIMING Len Kravitz, PhD

This groundbreaking lecture explains a revolutionary approach to enhance performance, promote recovery and improve muscle integrity through Nutrient Timing. This technologically advanced presentation explains what nutrient timing is including the energy phase, anabolic phase, growth phase and metabolic physiology. Additionally, you will learn how to apply this totally new concept for endurance exercise, resistance training and the prevention of overtraining. This lecture is directed to personal trainers and fitness professionals seeking to add a new dimension to their training. (LECTURE)

SA4N Saturday, 3:15pm-4:45pm

## BUSINESS TRENDS - BECOME AN ONLINE PERSONAL TRAINER David-Dorian Ross



In a technology-obsessed world, live online interactive training is the hottest way to grow your client base. Join the ranks of celebrity fitness trainers on the web. Group classes or one-on-one, minimize travel time and expense or start your own business without the cost of renting studio space. David shares how he built his own virtual studio using web-based tools. Guaranteed to change the way you look at running your personal training or group business. (LECTURE)

SA4O Saturday, 3:15pm-4:45pm

## BODHI SUSPENSION SYSTEM®:

SUSPENSION MEETS CARDIO Nico Gonzalez



Time to combine suspension training with high intensity cardio drills! Use the Bodhi Suspension Training system to challenge balance, stability, and muscular endurance. Use fun cardio drills for short periods of time to elevate your heart rate and increase your cardiovascular fitness. Alternate between cardio and strength to create an amazing experience that will always keep your clients engaged, challenged, and asking for more!

SA4P Saturday, 3:15pm-4:45pm



**BOXMASTER® CIRCUIT: ROUND 2 - SPORTS PERFORMANCE**

**Sonja Friend-Uhl**



Did you enjoy Round 1 with BoxMaster® Circuit? We are just getting started! Join us for Round 2 on the BoxMaster®, which is the latest training tool for boxing specialists and fitness enthusiasts alike. Take your reaction time, agility, stamina and coordination to the next level as rounds get longer and the combos are more complex. By using strategic combinations participants will improve power, speed, and endurance! Boost your member retention with an entirely different way to get in shape!

**SA4Q Saturday, 3:15pm-4:45pm**

**SA5**

**5:00PM-6:30PM**

**MOVE FREE: STRANDS**

**Jonathan Ross**



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!

**SA5A Saturday, 5:00pm-6:30pm**

**EXTREME EXERCISE MAKEOVER**

**Mindy Mylrea**



Squat, push up, burpee, lunge, sit up. We've been there and done that over and over. Ready to mix it up? Mindy transforms regular exercise staples into new and creative movements. Experience new ways to bring to life the basics we all know and learn how to progress and regress each to make sense for all fitness levels. You'll never want to do a regular old squat, push up, or lunge again.

**SA5B Saturday, 5:00pm-6:30pm**

**POUND®: ROCKOUT - WORKOUT**

**Melissa Towey**



POUND® is a full-body cardio jam session combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles.

**SA5C Saturday, 5:00pm-6:30pm**

**PLYOGA®: THE REVERSE WARRIOR**

**Stephanie Lauren**



We need "Core Focused Training" and so do you. We have taken our PLYOGAVERSE™ bundled format and reversed it. You will see Core, Core, Explode rather than Explode, Explode, Core. You will be working your entire mid-section along with features of balance, muscle elongation, agility and endurance exercises. When you are done, you will never look at "Your Abs Day" the same again! You will BURN CALORIES FOR DAYS!!! "Good bye abs workout, hello functional core training!"

**SA5D Saturday, 5:00pm-6:30pm**

**BALANCED BODY®:**

**GET YOUR MOTR™ RUNNING**

**Nico Gonzalez**



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.

**SA5E Saturday, 5:00pm-6:30pm**

**TAIJIFIT™ FLOW**

**David-Dorian Ross**



Join David-Dorian Ross, Tai Chi world champion and developer of the TaijiFit program, in an experience of Flow. You'll find yourself moving your body with the grace and confidence of the ancient Taiji masters. Accompanied by inspiring and motivating music, you'll be led through six chains of traditional Tai Chi and Qigong movements - all you have to do is follow. There's no routine or choreography to memorize or "get right." Just flow.

**SA5F Saturday, 5:00pm-6:30pm**

**RELAX AND RESTORE**

**FOAM ROLLER TRAINING**

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



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.

**SA5G Saturday, 5:00pm-6:30pm**

**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!

**SA5H Saturday, 5:00pm-6:30pm**

**DOO WOP AQUA**

**Karen Westfall, MS**

Doo Wop Aqua is a fun and effective cardio workout for the aging adult or anyone loving the music of the 50s & 60s. Movements are fun, easy to learn and follow and provide the perfect intensity level for older adults. Learn about the aging process and how we can actually slow aging by improving balance, recruitment of fast twitch muscle fibers and increasing brain function.

**SA5I Saturday, 5:00pm-6:30pm**

**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.

**SA5J Saturday, 5:00pm-6:30pm**

**SCHWINN®: GIRL POWER & THE SCHWINN® SISTERHOOD**

**Helen Vanderburg, Doris Thews & Amy Dixon**



We're taking the conversation to the next level after the first two years of this record breaking Schwinn workshop. What do your female students need to have an amazing class experience? What holds them back and how do you, their trainer, find the sweet spot between fierce challenge and ferocious fun? This workshop is stacked with the latest applied research, strategies for reaching out to every personality in the room and advice from female icons to inspire and uplift you.

**SA5K Saturday, 5:00pm-6:30pm**

**IN-TRINITY® WARRIOR PROGRAM**

**Intrinity Master Trainer**



The IN-TRINITY Board by Matrix, created by Johnny G, uses a sleek slanting board to integrate and enhance the benefits and challenges of gravity training while incorporating movements from Yoga, Qi Gong, Martial Arts, strength and flexibility training. The Warrior Program introduces new rhythm, pacing and breathing guidelines applying the unique characteristics of the IN-TRINITY® board. Expand your knowledge of the core principles, concepts, and signature movements of the IN-TRINITY®. Explore personal challenges and opportunities to improve familiar movement patterns.

**SA5L Saturday, 5:00pm-6:30pm**

**IN THE ZONE**





## 100% INSPIRING

### **"NO-WAY!" NUTRITION NUGGETS** Sohaila 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)

**SA5M Saturday, 5:00pm-6:30pm**

### **STRESS AND INFLAMMATION** Fabio Comana, MA, MS

It is inevitable that stress and inflammation continue to garner more and more medical and media attention but is it justified? Is there really a real link between stress, inflammation, and the overall quality of life? If so, what can we, as fitness professionals, suggest and implement to reduce them within our client's lives? Fabio reviews emerging research in stress and inflammation and how our diet, exercise and stress-coping mechanisms can all impact our overall quality of life. (LECTURE)

**SA5N Saturday, 5:00pm-6:30pm**

### **BUILDING YOUR BRAND FOR SUCCESS**

**Petra Robinson**



From AFAA to Zumba, Piloxing and more, Petra shares her many stories and personal experiences launching these and other successful programs. The ins and outs of event promotions, whirlwind negotiation strategies, explosive in-club expansions and international influences are presented in a unique, entertaining and usable format guaranteed to motivate you to create and launch a successful brand of your own! (LECTURE)

**SA5O Saturday, 5:00pm-6:30pm**

### **BODHI SUSPENSION SYSTEM®:**

**DANCING WITH ROPES** Joy Karley, MA



Suspension isn't just for athletes anymore! Take dance moves and fun choreography onto the Bodhi for a unique experience that will open your eyes to the true potential of suspension training while working the body to develop true length and strength.

**SA5P Saturday, 5:00pm-6:30pm**

### **BOXMASTER® CIRCUIT: ROUND 3 -**

**WARRIOR TRAINING** Sonja Friend-Uhl & Pete McCall, MS



Southpaws and conventional boxers alike will appreciate the intense combinations in BoxMaster® Round 3! This round is designed to test not only your fitness and skill but your efficiency and ability to stay focused in a state of fatigue. Welcome to Warrior Training on the BoxMaster®. Take your reaction time, agility, stamina and coordination to the next level as the combinations become more complex and even the active "recovery" is hard core!

**SA5Q Saturday, 5:00pm-6:30pm**

**SA6**

**7:30PM-8:30PM**

### **RIPPED! 96-2** Jari Love & Ali Bryan



Get ready to Get RIPPED! Join Get RIPPED! creator Jari Love for an intense 60-minute workout that promises to burn fat, blast calories, sculpt lean muscle and elevate the heart rate. The workout is in the reps - 96 of them to be exact! This choreographed class features compound exercises for quick results. The recovery is active, the moves modifiable and the music infectious. Discover why Jari Love has sold over a million DVDs worldwide. FREE MASTERCLASS. NO CECS.

**SA6C Saturday, 7:30pm-8:30pm**

### **DRUMFIT®: EXERCISE FOR BODY & BRAIN**



**Mara Hoskin**

Learn how new research supports the importance of keeping our brains fit along with our bodies! Discover how drumming with DrumFIT® can improve cognitive function, sharpen memory, reduce stress and anxiety, regulate emotions and burn major calories! By integrating elements of brain fitness and cross body movement, DrumFIT® incorporates movements that challenge your brain and your body! The creativity and flexibility built into our classes will kick your butt in a heartbeat no matter what your fitness level!

FREE MASTERCLASS. NO CECS.

**SA6E Saturday, 7:30pm-8:30pm**

### **LOK FITNESS: TOY BOX** Dana Roxas & Jessica Maurer



As a gym owner, manager, or group fitness director, you would like your personal trainers and instructors to use more of the equipment you invested in purchasing, right? Then this taster session to the Toy Box is the answer! Custom build your instructors' "tool boxes" with equipment you already have in your gym including walls, chairs and other participants. FREE MASTERCLASS: NO CECS.

**SA6G Saturday, 7:30pm-8:30pm**

## SUNDAY, FEBRUARY 21

**SU1**

**7:00AM-8:30AM**

### **ROLL, RESTORE, RECHARGE!** Jonathan Ross



Roll away restrictions, rehydrate your muscles and enhance recovery. Reactivate and recharge less active muscles using the "soften, lengthen and strengthen" method for regaining joint mobility and muscle flexibility. Use self-massage combined with unique and creative exercises to enhance your warm-ups and workouts. Remove the brakes, reactivate muscles and perform better and then do the same for your clients!

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

### **LES MILLS BODYPUMP®** Adam Bramski



BODYPUMP® is the original Les Mills barbell class that sculpts, tones and strengthens your entire body, fast! BODYPUMP® is for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetitions, BODYPUMP® gives you a total body workout. Whether part of the Les Mills tribe or attending the session to expand your knowledge, all participants leave with choreography alternatives to improve free-style group programming and personal training sessions.

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

### **URBANKICK & H.I.I.T**

**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.

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



**BALANCED BODY® FIT: FUNCTIONAL FUN** Nico Gonzalez



Experience high energy circuits designed to provide a balanced, whole body workout with an emphasis on functional movements. Using a variety of Balanced Body's latest fitness tools, take your teaching up a notch with sequences designed to create balance in every area of the body.

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

**THE ROTATOR CUFF: CORRECTIVE EXERCISES** Dr. Evan Osar



Many of our clients experience tightness, impingement and pain in the rotator cuff. Over time, rotator cuff problems limit shoulder range of motion and lead to weakness that affects the ability to exercise as well as function in everyday life. Discover exactly how rotator cuff issues develop and how to implement a strategy for integrating the most effective corrective exercises into your client's program to improve function of their rotator cuff. (LECTURE)

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

**AQUA BLOCK PARTY** Melissa Layne, MEd

It's a water choreography party complete with dance steps, athletic moves and syncopation. This workshop gives you endless combinations of over a dozen 32-count blocks which you can mix and match dependent on your population and teaching style. The blocks may be introduced in a rebound level and progressed or regressed to anchored, neutral or grounded. The party never ends with all these options!

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

**SCHWINN®: THE "HARD" CONVERSATION** Helen Vanderburg



In our time-crunched society, everyone wants to leave class feeling like they got enough. Cyclists are constantly looking for new ways to 'up the ante'. Unfortunately, many myths exist regarding how to make class tough. In this whistle-blowing workshop, we'll shine light on the top five ways instructors and riders attempt to make class harder, what's actually happening and what to do instead. Learn to avoid the temptation of using ineffective methods and replace them with solid strategies.

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

**SOLUTIONS FOR WOMEN, HORMONES AND METABOLISM** Len Kravitz, PhD

This highly updated lecture summarizes recently published research and the latest science on the physiological effects of hormones, metabolism and energy expenditure in women. A comprehensive review of fat metabolism, muscle fiber characteristics, body composition, endocrinology, caloric expenditure and female physiology related to exercise is presented. Resistance and aerobic training program designs, specifically for women, are presented, which are all based from scientific studies. This ultramodern lecture is a 'must attend' for any personal trainer who trains female clients. (LECTURE)

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

**WHAT DO I EAT?** Mindy & Bruce Mylrea



Are you or your clients frustrated with making basic decisions about breakfast, lunch, dinner and snacks? This informative lecture distills the latest in nutritional research into delicious, easy to prepare meals and snacks. Whether time is short, money is tight or you just need a tweak in your overall diet strategy, this lecture teaches you to make the right decisions about what to eat, how to guide client's nutrition and how to prepare nutrient dense, healthy recipes to satisfy everyone.

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

**BODHI SUSPENSION SYSTEM®: FOCUS ON FLEXIBILITY**



Joy Karley, MA

Keep pursuing the activities you love without the restriction of tight overworked muscles. Learn mobility drills using the Bodhi Suspension System to keep you moving well for years to come. Sequences can be used at the end of a class for a cool down or can be combined for a truly "feel good" Bodhi experience.

**SU1P Sunday, 7:00am-8:30am**

**SU2**

**8:45AM-10:15AM**

**FEMALE FORMULA: BALLAPALOOZA** Chris Freytag **SPRI**

Let's party! Throw it, catch it, toss it, slam it... nothings 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 your strength moves, and top it off with an ultra-dynamic weighted ball move. Come prepared to work hard and play hard!

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

**GROUP RX: NO EQUIPMENT** Helen Vanderburg

Join in the Body Weight revolution. In this workshop, you will learn a variety of innovative exercises for the upper body, lower body and core using your own body weight as resistance. Whether you are a personal trainer or group exercise instructor, you will be able to use these efficient exercise routines with absolutely no equipment and achieve great results.

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

**POUND® FIT** Melissa Towey



Designed for all fitness levels, POUND® hooks gym-goers, exercise novices and conditioned athletes alike by condensing cardio, strength training, Pilates and HIIT techniques into a streamlined sequence that is intensified by the intermittent conditioning and stability elements of drumming. Distracted by the mesmerizing beat, participants become addicted to this unrivaled calorie-torching cardio jam session.

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

**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.

**SU2F Sunday, 8:45am-10:15am**

**TRIGGERPOINT™: LIFE AFTER FOAM ROLLING** Susane Pata



Mobility is a buzz word in the fitness industry, but when do you introduce it? What if the body needs stability instead? The body functions as a kinetic chain and if one joint can't move, others move more, which is one of the primary causes of pain and injury. Learn to use TriggerPoint's Myofascial Compression™ Techniques and dynamic stretching along with core, balance and reactive training to integrate the nervous system and walk away with a new approach to assessments.

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

**ALIGN & DEFINE IN THE POOL** Karen Westfall, MS

Learn the benefits of improved posture and the devastating consequences of poor posture. Misalignments including head protrusion, forward inclination and kyphosis will be discussed and corrective exercises will be presented. Learn techniques to enhance posture during traditional resistance training.

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



**SHANE BARNARD, JD**

Shane is NASM, ACE, AFAA and USATF certified and the creator of the Urbankick format and instructor certifications, co-founder of Urbanplay, a nonprofit health and fitness education program for youth and a business partner at Studio360. With over 20 years of fitness experience, she is a nationally recognized presenter and currently teaches at Crunch, Fitness SF and the University of California at Berkeley where she is an instructor and health coach. Shane is a CEC provider for ACE and AFAA and an honored ambassador for lululemon.

**SCHWINN®:  
REVOLUTION EVOLUTION** 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 Start a Revolution in your classes! Through research-based coaching, cueing and discussion that you can take right into the ride, Mindy will show you how to create a connection with your students that ignites positive behavioral change for life.

**SU2K Sunday, 8:45am-10:15am****MYTHS, MISCONCEPTIONS  
AND CONTROVERSIES IN EXERCISE** Len Kravitz, PhD

Join Len for this no-holds-barred lecture on current myths, misconceptions and major controversies in the fitness industry. Scientific studies will be presented answering controversial questions about fat burning, concurrent training, post exercise fat burning, muscle acidosis, metabolic stress, extreme conditioning, fatigue, HIT vs Continuous cardio exercise, ideal substrate utilization strategies, high fructose corn syrup and MORE. (LECTURE)

**SU2N Sunday, 8:45am-10:15am****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)

**SU2O Sunday, 8:45am-10:15am****BODHI SUSPENSION SYSTEM®:  
PILATES MEETS SUSPENSION** Joy Karley, MA

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.

**SU2P Sunday, 8:45am-10:15am****BOXMASTER® CIRCUIT:  
FINAL ROUND - FIGHT CLUB** Sonja Friend-Uhl

Calling all fighters! If your right hook is more important to you than your golf swing, you will love this class! Learn boxing combinations and coaching techniques designed by former Australian Light Weight Champ Rai Fazio. Welcome to the Final Round on the BoxMaster®. The combinations in this workout replicate preparation for a real boxing match. Participants will learn how to use the BoxMaster® to improve power, speed, and boxing technique. Get ready for the bell!

**SU2Q Sunday, 8:45am-10:15am****SU3****11:15AM-12:45PM****MOVE FREE: FOAM ROLLER & BAR** Chris Freytag **SPRI**

Free your body to move as it was meant to! Improve stability, mobility and coordination to enhance your efficiency of movement. Use the SPRI Training Bar to identify movement challenges and the foam roller to unlock them. Come Assess, Engage and Improve human performance through our unique system of exercises.

**SU3A Sunday, 11:15am-12:45pm****BODY WEIGHT  
BOOT CAMP** Mindy Mylrea

No equipment, well almost no equipment. Using the best tool you own, your body, you will experience a boot camp like no other. Mindy is the best at creating super cool, creative, challenging, and off the chart skills and drills for any type of boot camp held anywhere. Enjoy an interval workout that is an explosion for the sweat glands and go home with more ideas, tips, tricks and games then you could possibly imagine.

**SU3B Sunday, 11:15am-12:45pm****KNOCKOUT: TEST YOUR  
ATHLETICISM, PILOXING®** Jordan Ballard

Push yourself through a 45-minute high intensity interval-training program consisting of boxing, Pilates, plyometrics, and sports drills. This core strengthening power workout is sure to KNOCK you OUT!

**SU3C Sunday, 11:15am-12:45pm****BAREFOOT STRENGTH  
AND ENDURANCE** Jeff Howard

This unique conditioning program increases your peak performance developing longer and leaner muscles while helping clients reach their physical potential. Learn the benefit's for training "barefoot" while gaining ultimate conditioning to decrease fatigue and build the best pound for pound body of your life. Great additions to your already existing sculpt or mind-body curriculum is enhanced through this one of a kind workout.

**SU3F Sunday, 11:15am-12:45pm****CORE FIT FOR SENIORS** Elian Haan

The main ingredients for this class are balance, flexibility and strength. This class delivers quality over quantity with an emphasis on physical knowledge and the how and why of movement. Adults are looking for simple, fun and effective and this class delivers. Four or five blocks of ten minutes of lunges/squats, arms/weights, balance exercises and floor work for core strength and flexibility is included in this session.

**SU3G Sunday, 11:15am-12:45pm****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!

**SU3J Sunday, 11:15am-12:45pm****SCHWINN®: THE RECOVERY RX****Gregg Cook & Helen Vanderburg**

The peaks of training get the attention as we continue to tweak the "work" to be more challenging and effective while overlooking the important part our 'valleys' play in "prescribing" programs for our riders. Understanding how fuel, flexibility and strength training and sub-anaerobic work challenge you and can enhance performance is very important. Learn the secrets to effective recovery strategies inside and outside the cycling studio. Review the research, resources, and rides to give students just what the doctor ordered.

**SU3K Sunday, 11:15am-12:45pm****WHAT'S REALLY MAKING YOU CRAZY?****Melissa Layne, MEd**

As the female body changes due to progesterone and estrogen levels, so does stress, sleep and mood patterns. It is not all in the mind! This session covers the how's and why's regarding hormonal changes that affect our personalities and daily lives. Together, we will review the research on surviving the stress and moody witch periods when our bodies change with some practical and proven modifications.

**SU3N Sunday, 11:15am-12:45pm****KRISTEN LIVINGSTON, MEd**

Kristen is Power Music's WAR Program Developer as well as a multi-program video and convention presenter. As a passionate educator, she has shared her love of learning in higher education, public schools, community centers and high-end club chains. Kristen owns her own health coaching company, KLivFit, where her joyful approach to exercise and life in general attracts clients and customers of all ages and fitness levels.



**OPENING YOUR OWN FITNESS FACILITY Casey Conrad, JD**

If you are going to open any type of facility, there are key strategies, tools and operational skills you need. Learn from Casey who has owned facilities and consults around the world. In this session, you will discuss the key legal decisions you need to make, how to set up your marketing plan and specific sales strategies that you will need to follow to succeed and open a fitness facility that is profitable and rewarding. (LECTURE)  
**SU3O Sunday, 11:15am-12:45pm**

**BODHI SUSPENSION SYSTEM®:****CHISEL YOUR PHYSIQUE! 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.

**SU3P Sunday, 11:15am-12:45pm**

**BOXMASTER® CIRCUIT: ROUND 1****Sonja Friend-Uhl**

BoxMaster® is the latest training tool for boxing specialists and fitness enthusiasts alike. If you want to improve your reaction time, agility, stamina or coordination, BoxMaster® is the opponent for you! This is a new form of boxing style conditioning that will WOW your members and help boost retention. Join our Master Trainer, Sonja Friend-Uhl, in this high energy class that takes you through drills, skills and full body conditioning exercises.

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

**SU4****1:00PM-2:30PM****TRANSFORMATION****BEGINS HERE Kristen Livingston, MEd**

TRANSFORM by Group Rx is inspired by uniting yoga and sport and extracting from these practices to create an integrated and unique experience. Movement from traditional yoga poses thread throughout the experience while sport-influenced movements are incorporated progressively to allow self-guided intensity. Get ready to move and then stretch and regain control of your breath. This volley back and forth is the essence of life and the essence of our program. TRANSFORM Yourself!

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

**TRIGGERPOINT™: HIP AND SHOULDER MOBILITY****Susane Pata**

The hips and shoulders are the most mobile joints in the body, but they often lock-up creating improper movement patterns and injuries. Normal functional activities, such as walking, require extension, flexion, and rotation of the hips and shoulders. If this can't occur, the nervous system alters the movement pattern. Learn to quickly identify these patterns and properly address with self-myofascial release. This advanced approach creates the myofascial relationships necessary to optimize movement, prevent injury and enable the body to perform optimally.

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

**GET LEARNING, GET****BURNING WITH DRUMFIT® Mara Hoskin**

DrumFIT® is a unique cardio-based drumming program that combines aerobic movement, music, rhythm and drumming in a way that decreases stress, anxiety, regulates emotions and increases memory and cognitive function. DrumFIT® combines the mental health benefits of drumming with the overall health benefits of physical fitness for a full-body workout!

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

**AWARENESS ENHANCED PILATES Valerie Grant**

Learn 10 "Oh WOW" tenets from the Feldenkrais Method that will transform your Pilates teaching immediately. Enjoy a fresh new look at classical Pilates exercises by exploring both non-traditional cues and movement progressions to create an improved awareness that will lead to more efficient performance (less strain = more GAIN!). Your students will see all of your classes and their practice in a brand new light.

**SU4F Sunday, 1:00pm-2:30pm**

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**FLEXIBILITY FORMULAS Helen Vanderburg**

Flexibility training is the final frontier in exercise design and research. As much as we know about flexibility training, there is still much that is unknown. The debate of "to stretch or not to stretch" seems based more on personal preference. In this session, we look at the science of flexibility, stretching progressions and a variety of stretching techniques. Learn the latest techniques of stretching and the process to determine, which method is the right one for your clients.

**SU4G Sunday, 1:00pm-2:30pm**

**GO DEEP! Chris Henry**

Water can be a real drag! Find out in this session just how much power and core-strength is needed to effectively move in deep water. We'll detail the distinct differences between shallow and deep workouts and explore creative and challenging ways to make your deep water classes fun and challenging.

**SU4j Sunday, 1:00pm-2:30pm**

**HOT TOPICS IN NUTRITION Melissa Layne, MEd**

Probiotics, prebiotics, gluten sensitivities, discoveries about saturated fat and all the other nutrition news are woven into one easy to understand lecture. Which topics in today's news are worth the time and effort to research and which are just hype? More people are going gluten free and ingesting probiotic and prebiotic supplements. What does the newest research on saturated fats reveal? You will leave this lecture armed with all the information to make an educated choice for you!

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

**ESSENTIAL OILS FOR RECOVERY AND RECUPERATION Casey Conrad, JD**

Whether it is from teaching or working out, you have undoubtedly experienced sore and tired muscles and perhaps, even an injury. Good news; you can support your body through the discomforts of exercise with all-natural essential oils. Athletes worldwide use very specific essential oils for performance enhancement, recovery and recuperation. Learn the what's, why's and how's in this seminar. All attendees will get to experience a variety of oils for free. (LECTURE)

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



# PRESENTERS

FULL BIOS ONLINE AT [scwfit.com/philadelphia](http://scwfit.com/philadelphia)



**ABBIE APPEL**  
SPRIE® / SCW



**JORDAN BALLARD**  
PILOXING®



**ANN MARIE BARBOUR**  
SOUL BODY



**SHANE BARNARD, JD**  
URBANKICK



**ADAM BRAMSKI**  
LES MILLS®



**ALI BRYAN**  
GET RIPPED!



**FABIO COMANA, MA, MS**  
SCW



**CASEY CONRAD, JD**  
SCW / KEYS TO ESSENTIAL OILS



**GREGG COOK**  
SCHWINN®



**JOSH CROSBY**  
WATERROWER GX®



**SOHAILLA DIGSBY, RD, LD**



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



**ROBERT FERGUSON**  
MYBUDDY



**CHRIS FREYTAG**  
SPRIE®



**HERSON GARCIA**



**KIMBERLY GARCIA**



**ASAF B. GOLDFRID**  
MOICYCLE



**NICO GONZALEZ**  
BALANCED BODY®



**VALERIE GRANT**



**DANIA MERCADANTE GREEN, MS, RD**  
BODYSHRED®



**ELIAN HAAN**



**CHRIS HENRY**  
WATERINMOTION®



**MARA HOSKIN**  
DRUMFIT



**JEFF HOWARD**  
SCW



**ANNIKA KAHN, MS**  
JUNGSHIN FITNESS



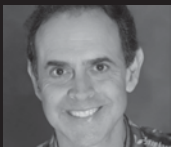
**JOY KARLEY, MA**  
BALANCED BODY®



**PETRA KOLBER**



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



**LEN KRAVITZ, PHD**



**CHERI KULP**  
WATERINMOTION®



**STEPHANIE LAUREN**  
PLYOGAR® FITNESS



**MELISSA LAYNE, MED**



**KRISTEN LIVINGSTON, MED**  
POWER MUSIC®



**JARI LOVE**  
GET RIPPED!



**LORI LOWELL**  
MOICYCLE



**TRICIA MURPHY MADDEN**  
SAVVIER® FITNESS



**JESSICA MAURER**  
LOK FITNESS



**STEPHANIE MASCE RI, MED**  
ZUMBA®



**PETE MCCALL, MS**  
SCW / BOXMASTER®



**IRENE LEWIS-McCORMICK, MS, CSCS**  
SCW



**BRUCE MYLREA**  
SAVVIER FITNESS®



**MINDY MYLREA**  
SAVVIER FITNESS®



**MIWA NATSUKI, MA**  
URBANKICK



**BRIAN NUNEZ**  
SPRIE®



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TAJI FIT



**DANA ROXAS**  
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**JEFFREY SCOTT**  
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MYBUDDY



**ROBERT SHERMAN**  
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**DORIS THEWS**  
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**ANITA TONNE**  
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**MANUEL VELAZQUEZ**  
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**KAREN WESTFALL, MS**

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## 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 \_\_\_\_\_

## 2: MANIA® RATES

|                                           | Before 2/15/16                 | After 2/15/16                  |
|-------------------------------------------|--------------------------------|--------------------------------|
| Registration                              | <input type="checkbox"/> \$259 | <input type="checkbox"/> \$319 |
| Previous Attendee                         | <input type="checkbox"/> \$229 | <input type="checkbox"/> \$289 |
| 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/mania](http://scwfit.com/mania)

## 3: CONVENTION CERTIFICATIONS

|                             |            |          |
|-----------------------------|------------|----------|
| NAME OF CERTIFICATION _____ | DATE _____ | \$ _____ |
| NAME OF CERTIFICATION _____ | DATE _____ | \$ _____ |
| NAME OF CERTIFICATION _____ | DATE _____ | \$ _____ |

## 4: MASTERCLASSES

|                           |            |          |
|---------------------------|------------|----------|
| NAME OF MASTERCLASS _____ | DATE _____ | \$ _____ |
| NAME OF MASTERCLASS _____ | DATE _____ | \$ _____ |

## 5: FEE TOTAL

|                                 |             |
|---------------------------------|-------------|
| SCW Membership                  | \$ _____    |
| MANIA® Convention Rate          | \$ _____    |
| Convention Certs                | \$ _____    |
| Masterclasses                   | \$ _____    |
| Mail/Fax/Phone Registration Fee | \$ 25 _____ |
| Processing Fee                  | \$ 4 _____  |
| <b>TOTAL</b>                    | \$ _____    |

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

### FRIDAY, FEBRUARY 19, 2016

| 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, FEBRUARY 20, 2016

| SESSION TIME    | 1ST CHOICE      | 2ND CHOICE | 3RD CHOICE |
|-----------------|-----------------|------------|------------|
| 7:00am-8:30am   | SA1 _____       | _____      | _____      |
| 9:30am-10:45am  | KEYNOTE LECTURE | _____      | _____      |
| 11:00am-12:30pm | SA2 _____       | _____      | _____      |
| 12:45pm-2:15pm  | _____           | _____      | _____      |
| or              |                 |            |            |
| 1:30pm-3:00pm   | SA3 _____       | _____      | _____      |
| 3:15pm-4:45pm   | SA4 _____       | _____      | _____      |
| 5:00pm-6:30pm   | SA5 _____       | _____      | _____      |
| 7:30pm-8:30pm*  | SA6 _____       | _____      | _____      |

### SUNDAY, FEBRUARY 21, 2016

| 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, 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. Our sponsors, presenters, and exhibitors and affiliates may also video, audio record and photograph attendees without any compensation. 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: [www.scwfit.com/philadelphia/policy](http://www.scwfit.com/philadelphia/policy).

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



3675 Commercial Avenue  
 Northbrook, IL 60062  
 847.562.4020  
[www.scwfit.com/mania](http://www.scwfit.com/mania)

**THE BEST WAY TO  
 PREDICT YOUR FUTURE  
 IS TO CREATE IT.**

*Philadelphia*  
**MANIA**  
 FITNESS PRO CONVENTION  
 SCW  
 FEBRUARY 19-21, 2016

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- |                                             |                                                   |                                              |                                               |                                             |                                          |                                                   |                                             |
|---------------------------------------------|---------------------------------------------------|----------------------------------------------|-----------------------------------------------|---------------------------------------------|------------------------------------------|---------------------------------------------------|---------------------------------------------|
| <b>PHILLY<br/>MANIA®</b><br>Feb 19-21, 2016 | <b>CALIFORNIA<br/>MANIA®</b><br>March 18-20, 2016 | <b>FLORIDA<br/>MANIA®</b><br>May 20-22, 2016 | <b>ATLANTA<br/>MANIA®</b><br>July 29-31, 2016 | <b>DALLAS<br/>MANIA®</b><br>Aug 26-28, 2016 | <b>D.C.<br/>MANIA®</b><br>Sep 9-11, 2016 | <b>MIDWEST<br/>MANIA®</b><br>Sep 30 - Oct 2, 2016 | <b>BOSTON<br/>MANIA®</b><br>Nov 11-13, 2016 |
|---------------------------------------------|---------------------------------------------------|----------------------------------------------|-----------------------------------------------|---------------------------------------------|------------------------------------------|---------------------------------------------------|---------------------------------------------|