

rykä Fit



SCW SHOW SPECIAL!

Join rykä Fit & RECEIVE A FREE COLD WEATHER HEADBAND!\*

**\$55** For ALL Athletic Styles  
FREE Rykä Tote Bag With Every Purchase\*

\*While supplies last; valid this weekend at the Rykä booth only



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visit [www.spri.com](http://www.spri.com) or call 800-222-7774

SCW DIGITAL VIDEOS: BUY 2 GET 1 FREE!



Become a Zumba Instructor!  
Stop by the Zumba booth today & sign up to get 50% off any BI training or sign up at home with \$25off discount:  
**TSUSA25**

50%offer discount only valid at the Zumba booth.

water in motion  
Digital!

- Video (\$25 Value)
- Music CD (\$25 Value)
- Choreo Booklet & Edu. Material (\$25 Value)
- Flash Cards & Cliff Notes (\$25 Value)

Total Value \$100



DIGITAL!  
New Release Hit  
**\$49.95**  
Available at MANIA® only



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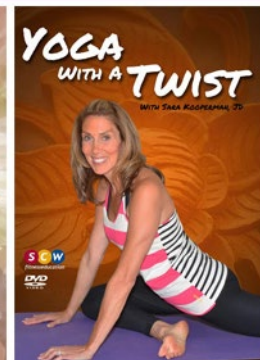
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Keli Roberts Videos: Buy 2 get 1 FREE



at the SCW booth

SARA KOOPERMAN YOGA VIDEOS



Only \$24.95

Available at the SCW Booth





**New T-shirts!**  
~~\$24.95~~ \$19.95  
 at the SCW Booth

SCW

**Irene Lewis-McCormick: A Woman's Guide to Muscle and Strength**

**A Woman's Guide to Muscle and Strength**  
 Programs you need for the body you want

at the SCW Booth SCW  
 Irene Lewis-McCormick

**FREE Windscreens!**  
Color selection may vary from shown.

Stop by the Yes! Booth to pick up your FREE windscreens and shop other exciting offers!

yes! fitness music

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**ABBIE APPEL BARRE VIDEOS**

\$24.95

at the SCW Booth SCW

**water in motion**

- DVD (\$25 Value)
- Music CD (\$25 Value)
- Choreo Booklet & Edu. Material (\$25 Value)
- Flash Cards & Cliff Notes (\$25 Value)

**Older PHYSICAL Kits (while supplies last)**  
**\$59.95**  
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*Total Value \$100*

Tabata Yoga

DIGITAL!

with Jeff Howard

**Jeff Howard Videos**

SCW AVAILABLE AT THE SCW BOOTH

**BUY 2 GET 1 FREE**

**JILLIAN MICHAELS BODYSHRED™**

BECOME A BODYSHRED INSTRUCTOR  
 TRAIN HARD. TRAIN SMART. GET SHREDED.

USE COUPON CODE: SCWMANIA10 TO GET 10% OFF ANY OF OUR WORKSHOPS

JILLIAN MICHAELS BODYSHRED™ is a 30 minute, Group X Class utilizing Jillian's proven 3-2-1 method. Earn CEUs for: ACE (.8), AFAA (7.5), NASM (.8), NESTA (.5)

FIND A WORKSHOP NEAR YOU AT: [jillianmichaelsbodyshred.com/workshop](http://jillianmichaelsbodyshred.com/workshop)



# Aqua Noodles

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At the SCW Booth

# DON'T QUIT

SCW

**\$19.95** at the SCW Booth

**New T-shirts!**

*Lady in the Streets*  
**FREAK IN THE GYM**

**\$24.95 \$19.95**  
at the SCW Booth

**EAT CLEAN TRAIN DIRTY**

**MY FEET HURT FROM KICKING TOO MUCH BUTT.**

Irene Lewis-McCormick  
**VIDEOS**

**R&R**  
Relax and Restore  
Foam Roller Training

with Irene McCormick, M.S., C.S.C.S.

at the SCW Booth

**Manuel Velzquez Videos**

**TRIFECTA FITNESS:**  
HIIT - CARDIO - STRENGTH

**AQUA CORE TRAINING**  
with Manuel Velazquez

**DIGITAL!**

**BUY 2 GET 1 FREE**

AVAILABLE AT THE SCW BOOTH

**Jeff Howard Aqua Videos**

**Tab-Aqua POWER**  
with Jeff Howard

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with Jeff Howard

**DIGITAL!**

**BUY 2 GET 1 FREE**

AVAILABLE AT THE SCW BOOTH

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# SUCCESS TRAINS HERE

SCW

**\$19.95**  
at the SCW Booth





**BARRE-A-CUDA**  
~ Aqua Workout ~  
WITH SARA KOOPERMAN, J.D.

**UNDER CURRENTS**  
WITH SARA KOOPERMAN, J.D. AND CONNIE WARASILA

**AQUA VIDEOS**

WITH SARA KOOPERMAN

AVAILABLE AT THE SCW BOOTH



**TIPPING THE SCALES**

HOW TO IMPLEMENT SIMPLE WEIGHT MANAGEMENT SOLUTIONS

FEATURING **FABIO COMANA** M.S.W.

**FABIO COMANA VIDEOS**

AVAILABLE AT THE SCW BOOTH



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**water in motion**

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- 64-Count Phrasing
- 55 Minutes

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Register for LOK  
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FLOW three-hour  
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register by Feb. 22nd.



# BELIEVE IN YOURSELF.

SCW

**\$19.95** at the SCW Booth



## water in motion Platinum Digital!

- Video (\$25 Value)
- Music CD (\$25 Value)
- Choreo Booklet & Edu. Material (\$25 Value)
- Flash Cards & Cliff Notes (\$25 Value)



**DIGITAL!**  
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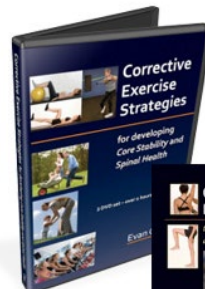


Tired muscles?  
Need an energy boost?

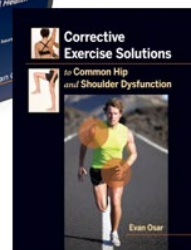
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Keys to Essential Oils  
booth

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## DVD & BOOK!

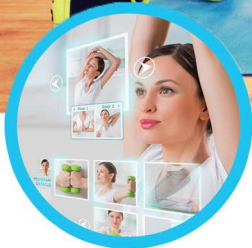


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