

Boston

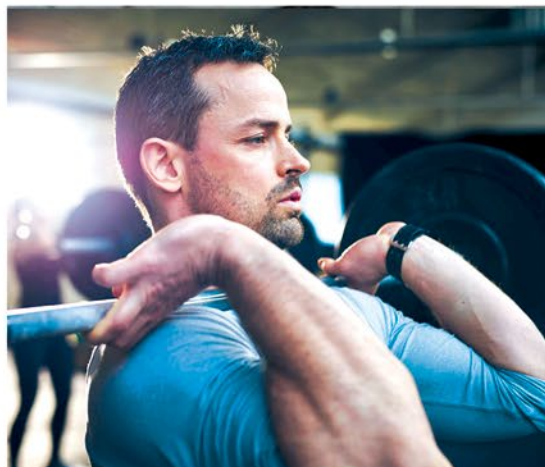
MANIA[®]

SCW

FITNESS PRO CONVENTION
NOVEMBER 10-12, 2017



scwfit.com/mania



WHAT IS MANIA®?

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

- ▶ **Group Fitness**
- ▶ **Personal Training**
- ▶ **Functional Training**
- ▶ **Leadership / Business**
- ▶ **HIIT / Boot Camp**
- ▶ **Cycling**
- ▶ **Mind-Body**
- ▶ **Active Aging**
- ▶ **Dance**
- ▶ **Barre**
- ▶ **Nutrition**
- ▶ **Aqua**
- ▶ **And Much More!**

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

Visit scwfit.com/mania to learn more about MANIA® Fitness Conventions



BOSTON MANIA® FITNESS CONVENTION

November 10-12, 2017

CERTIFICATIONS

November 8, 9 & 12, 2017

LOCATION

DoubleTree By Hilton Boston
North Shore
50 Ferncroft Rd
Danvers, MA 01923
978-777-2500



LETTER FROM SARA KOOPERMAN, JD CEO, SCW FITNESS EDUCATION / WATERinMOTION®

MANIA® is 30 years old this year!

I was in my 20's when I started this business three decades ago. My first office was sitting cross-legged on my queen-size bed. There were no fax machines or computers, and there was certainly no World Wide Web – just snail mail and word of mouth. No one had heard of social media, let alone ZUMBA or Step Aerobics! Strength Training meant doing low-impact aerobics with 2 lb. handweights to the tunes of Madonna and Michael Jackson.

To create our first database, I ordered the entire state of Illinois Yellow Pages and tore out health and fitness companies page by page. Then, using my trusty Panasonic Selectric Typewriter, I typed names one by one on pages of sticky labels (3 across and 10 down). I did this alphabetically (on the advice of my dad) so they could be copied at Kinko's.

Back in the day, there were no wireless microphones, iPhones to hold our music or PowerPoint projectors to view our outlines. My staff and I ran from room to room with a boom box in one hand and a bull horn in the other. We printed outline books with hundreds of pages, killing thousands of trees. Now we are all wireless.

The industry has changed infinitely over the last 30 years, and MANIA® has evolved with it. For SCW: The "C" stands for Change, and it's our middle name! Our success begins and ends with a great team of people, many who have been with us for multiple decades. You recognize them at Registration, in our booths and wearing headsets while moving equipment. It starts with our office staff, moves to our Nomad team and rises to excellence with our SCW Faculty and Presenters.

As we celebrate the 30th year of MANIA®, I feel truly blessed and eternally grateful, and I thank you for being a part of it.

In Health and Wellness,

Sara Kooperman, JD
CEO, SCW Fitness Education

SCW FITNESS EDUCATION: WE'RE A FAMILY.

SCW is an internationally recognized education body that provides hands-on certifications and continuing education courses and conventions to fitness professionals in multiple disciplines nationwide. For the past 30 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 have gotten 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 annually in New York City, California (San Francisco), Florida (Orlando), Atlanta, Dallas, DC, Midwest (Chicago) and Boston. SCW serves over 10,000 health and wellness professionals at our events, and we virtually reach more than 90,000 through our SCW OnDemand program and Online Certifications.

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IT ALL STARTS HERE

THERE IS NO BETTER TIME TO FURTHER YOUR FITNESS CAREER THAN **RIGHT NOW** AT MANIA.®



200+
CERTIFICATIONS
& WORKSHOPS

60+
STAR
PRESENTERS

24
CEC &
CEU HOURS

17
SESSIONS
EVERY HOUR

PREMIERE SPONSOR

POWER
SYSTEMS
A PLAYCORE Company

CO-SPONSORS

water in motion
The new wave in aqua exercise

rykō

Savvier
Fitness



ZUMBA

ASSOCIATE SPONSORS



BOLLY X

FXP
hula hoop

LaBlast

LES MILLS



POUND
BY GUY WOOD

POWER MUSIC

StairMaster

WaterRower GX
INDO. ROW SHOCKWAVE





LOCATION

DoubleTree By Hilton Boston North Shore
50 Ferncroft Rd
Danvers, MA 01923
978-777-2500

HOTEL RATE

AS LOW AS \$38.75 PER NIGHT

\$155 Single-Quad: Pay just \$38.75 a night when you share a room with three others – WOW! What a savings!

Cut-Off Date: October 13, 2017

PARKING

Parking is complimentary for all MANIA® Attendees.

FREE AIRPORT SHUTTLE

The hotel offers complimentary pick up from the Peabody Bus Terminal.

To get to Peabody from Boston's Logan International Airport, take the Logan Express Shuttle Service. The Shuttle stops at all airport terminals each hour from 4:15am to 1:15am (times are for Terminal A; the Shuttle departs to other terminals a few minutes later). It is a 30- to 45-minute ride to the Peabody Bus Terminal, and the cost is \$12 one way or \$22 round trip.

At Peabody, call the DoubleTree at 978-536-5081 for a pickup. It is recommended that reservations be made in advance. The hotel shuttle runs from 7:00am to 10:00pm; after hours, the hotel can send a taxi, which will cost \$80-90.

MOST POPULAR WAYS TO SAVE ON MANIA®



BE PART OF THE STAFF ASSISTANT CREW & SAVE MONEY WHILE EARNING UP TO 24 CECS/CEUS!

Become part of the Staff Assistant Team for only \$99 – saving up to \$160 off the regular \$259 price! Sunday Door Teams pay only \$79!

SCW needs energetic, outgoing, flexible fitness pros who GET IT. Create the MANIA® experience and RUN THE SHOW! Our SCW Crew are leaders who go behind the scenes to make this amazing educational experience happen. Mingle with presenters, network with like-minded crew members, join the ranks of the SCW Office Team and MAKE A DIFFERENCE!

Visit www.scwfit.com/staff for further details & registration or call Denise Johnston at 678-901-9642 or our office at 847-562-4020.



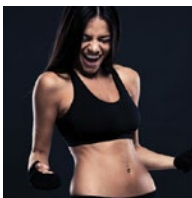
REFER-A-FRIEND DISCOUNT - EASY WAY TO SAVE BIG!

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: FRIEND17. Provide your friends name who is attending, and t's that easy to save big!



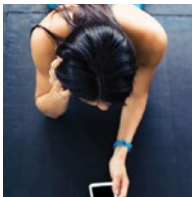
YMCA DISCOUNT RATE

For our friends at the YMCA, we offer an \$80 Savings (Regularly \$259, Now \$179) when you use our special YMCA discount code: YMCA17. 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.



WEEKEND WARRIOR SPECIAL!

Take charge with our Weekend Warrior special! Attend any two-day combination and pay only \$199! Use the Weekend Warrior code when registering: WEEKEND17. This offer maximizes your MANIA® dollar and lets you take a Sunday Certification, or go to your job on Friday and attend MANIA® on Saturday and Sunday!



TEXT MESSAGE UPDATES

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



REGISTER ONLINE AND SAVE!

Register Online at www.scwfit.com/boston. It's fast, easy and secure. Pay by Visa, MasterCard or Discover. A \$4 convenience processing fee applies to each registration. Mailed or Faxed registrations pay an additional \$25. Questions? Email registration@scwfit.com or call 847-562-4020. We are always here to help!

MANIA® AND SCW FITNESS EDUCATION



YOU NEED 'EM, WE GOT 'EM! MANIA® OFFERS 24 CONTINUING EDUCATION CREDITS/UNITS IN ONE WEEKEND—WOW!

MANIA® Conventions supply you with up to 24 Continuing Education Credits/Units during the 3-day convention and pre/post-convention certifications, including the Keynote speech and evening sessions! SCW, AFAA, ACE, NASM, AEA, ACSM and other providers accept MANIA® CECs/CEUs. We are happy to help you secure Physical Therapy or other CEUs! SCW is committed to offering the maximum number of CECs possible and therefore utilizes only certified presenters or presenters with fitness-related graduate or 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

Download & Print BEFORE you come! Outlines are not provided onsite. To download your outlines, go to www.scwfit.com/OUTLINES. The outlines will remain online 30 days after the close of MANIA®, making it easier for you to retain this important information.



2017 SCW PRESENTERS OF THE YEAR AWARD!

Now, you can VOTE for your Favorite MANIA® Presenters & Programs! All are listed on www.scwfit.com/AWARDS. One nominee per category will be honored per MANIA®. All voters receive the one-time use of a \$50 AWARD off the 2018 MANIA® of their choice!



ONE EXCELLENT EXPO!

Join SCW Fitness Education at our Reception and Charity Raffle for fabulous fitness equipment and resources donated by our generous exhibitors and sponsors. Proceeds support Semper K9, which trains shelter dogs to provide physical and emotional support for war veterans and their families. The Charity Raffle and Reception will take place Friday, 5:30pm-6:15pm in the EXPO area.



ONE EXCELLENT EXPO!

You're going to love the great deals on Power Systems fitness equipment, exercise videos, activewear, music, nutrition, fitness resource books, Rykå shoes and Online Certifications. The EXPO is FREE and open to the public! Invite your students, friends and family!



PARTNER WITH THE BEST! EXHIBIT | ADVERTISE | SPONSOR

Reach 10,000 Fitness Professionals in face-to-face contact and another 90,000 in virtual reaches. All our event sites are held at Non-Union Hotels. Our MANIA® attendees will use your products, try your program or and experience your presenters! Host MANIA® sessions, receive a premier Expo booth (including table, chairs, carpet, etc.), have inserts into the Welcome Bag, publish Articles with Ads in our Newsletter and get Discount Coupons in our Emails.

Just go to www.scwfit.com/PARTNER, email partner@scwfit.com or call our Partner Director, Cheryl Vincent, directly at 708-612-7599 or our office at 847-562-4020

REGISTRATION HOURS

Wednesday, November 8:	8:00am - 6:30pm
Thursday, November 9:	6:00am - 7:30pm
Friday, November 10:	6:00am - 7:00pm
Saturday, November 11:	6:00am - 7:45pm
Sunday, November 12:	6:00am - 1:30pm

EXPO HOURS

Thursday, November 9:	5:00pm - 7:00pm
Friday, November 10:	8:45am - 2:30pm 5:15pm - 6:45pm
Saturday, November 11:	8:15am - 9:30am 12:15pm - 3:30pm 6:15pm - 7:45pm
Sunday, November 12:	10:00am - 1:30pm



FRIDAY • NOVEMBER 10 - 6:45PM - 7:45PM

Interested in becoming a MANIA® Presenter?
Enter the SCW Fitness Idol competition!
Demonstrate a three-minute session and
you could win:

- ▶ Chance to present at a MANIA® in 2018, including promotion as a Presenter on the SCW website and in flyers and brochures, along with an invitation to the SCW Presenter Party
- ▶ Year of Mentoring with Lawrence Biscontin, MA
- ▶ Free SCW Online Certification
- ▶ 1-year membership to SCW OnDemand!

Apply today at scwfit.com/idol





OUR SPONSORS BRING IT.



POWER SYSTEMS®

Since 1986, Power Systems' passion for fitness has been fueled by our customers. Our mission is to advance health, fitness, and performance for everyone by being a resource to our customer, who understands your individual and collective goals then supplies targeted solutions to help Power Your Potential. Together and right alongside you, we have seen the fitness industry grow and change tremendously over the past three decades. We understand that in order to remain your trusted and valued partner, we must also continue to move forward with the same dynamics as our industry. As our company continues to evolve with the industry, we are in pursuit to reach our fullest potential of empowering you with everything you need to use fitness as a means to influence the world. By creating new partnerships, updating your favorite products, and providing educational programs, we continue with great effort to become a complete solution for you. Visit www.power-systems.com or call 800-321-6975.



BALANCED BODY®

Balanced Body® has worked with commercial fitness facilities for 40 years to create the very best in mindful movement equipment and training. Learn cutting edge programming and choreography with top notch teachers, and enjoy playing with great exercise tools like MOTR® and the Bodhi Suspension System®. In 2017 we will also introduce ThinkFit®, a programming system that combines the fitness essentials of cardiorespiratory training, strength, neuromotor training and flexibility with the Balanced Body Movement Principles. Create classes for clients at all levels of ability, and take your teaching to a new level! Info: www.balancedbody.com, 800-745-2837.



WATERROWER GX

WaterRower GX is excited to bring its internationally-renowned fitness programs, Indo-Row and ShockWave, back for a seventh 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 (a \$400 savings)! Lock in our best pricing of the year by contacting us at gx@waterrower.com or call 800-618-3730.

WATERINMOTION®

Discover how WATERinMOTION® has resuscitated hundreds of aqua programs nationwide through a constant stream of exceptional music, invigorating choreography and magnificent marketing. Including free certifications, this innovative program empowers experienced aqua instructors, transitions land instructors to the pool smoothly and efficiently and provides high-quality available aqua subs consistently. For a fountain of creativity and education, dive into WATERinMOTION®! For info visit www.waterinmotion.com, email us at water@scwfit.com or call 847-562-4020.



SCHWINN®

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 and other show discounts on Schwinn® Indoor Cycling Bikes, visit the Schwinn® Cycling room, call (360) 823-1906, go to www.SchwinnEducation.com or find us on Facebook at www.Facebook.com/SchwinnIndoorCycling and Twitter @SCHWINNtraining.



RYKÄ®

Rykä® footwear is made exclusively for women, because your feet are different than his. With a narrower heel, roomier forefoot, increased instep volume and more secure footbed, our high-performance athletic shoes provide unsurpassed fit, comfort, cushioning and control. Join our fitness professional program - RykäFit. The program offers 20% off footwear, special promotions throughout the year and a rewards program. Visit our booth to sign up, or contact us at rykafit.com or 888-834-7952.

PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

WEDNESDAY, NOVEMBER 8

SCW PERSONAL TRAINING CERTIFICATION



Keli Roberts

Wednesday, November 8, 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. CPR card not required. SCW (8.0), AEA (4.0), ACSM (8.0).*

SCW AQUATIC EXERCISE CERTIFICATION



Jeff Howard

Wednesday, November 8, 9:00am-6:00pm

\$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 (8.0), ACE (0.7), AEA (9.0), NASM (0.7), ACSM (8.0).*

TABATA GX CERTIFICATION



Mindy Mylrea

Wednesday, November 8, 10:00am-4:00pm

\$169 MANIA® Attendees / \$199 Non-Attendees

The most intelligent HIIT GX program is now yours. Tabata GX provides the science and the sizzle. Master exercise applications and patterning for the ultimate Group X class for every body. Unique HIIT timing is utilized based on science and smarts. You will master the art of inspiration and delivery with our proven teaching methodology. Don't be just a good instructor. Let TABATA GX make you great! *Certification includes: manual, figure-eight tubing, complete exercise library with workout templates, certificate of completion No licensing fees and no cost to attend future Tabata Bootcamp® trainings, plus discounts on all Tabata Bootcamp® and Tabata GX gear and equipment. CPR card not required. SCW (6.0), AFAA (6.0), ACE (0.6), NASM (0.6), AEA (3.0).*

THURSDAY, NOVEMBER 9

SCW GROUP EXERCISE CERTIFICATION



Jeff Howard

Thursday, November 9, 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 produces 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 (8.0), AEA (4.5), NASM (0.8), ACSM (8.0).*

SCW F.I.R.E. FIERCE INTERVAL RESISTANCE EXERCISES CERTIFICATION



Keli Roberts

Thursday, November 9, 11:00am-5:00pm

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

Become a Fierce Interval Resistance Exercise (F.I.R.E.) certified instructor and earn valuable CECs. This six-hour, in-depth course reviews the science behind metabolic conditioning, functional training and high intensity interval training. Trainers develop essential coaching skills through practical application. This step-by-step system provides you with three full total-body metabolic workouts suitable for Small Group Training and traditional Group Exercise settings. Learn plug and play formats ready to go for your class on Monday! *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), NASM (0.6), AEA (3.0), ACSM (6.0).*

SCW CORE TRAINING SPECIALIST



Pete McCall, MS

Thursday, November 9, 1:00pm-5:00pm

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

Everyone wants a strong, lean, sculpted core. Effective core exercises require much more than just lying on the floor, knowing how the muscles of the core work can help you deliver results clients want. Upright movements require core muscles to work in all three planes of motion to control the body's center of gravity over a moving base of support. Learn how to design core training programs that help the body both move and look better to produce results clients want. *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 KETTLEBELL PRACTICAL CERTIFICATION



Pete McCall, MS

Thursday, November 9, 5:30pm-9:30pm

\$99 MANIA® Attendees / \$129 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 & 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 (4.0), AFAA (4.0), ACE (0.4), AEA (2.0), ACSM (4.0), NASM (0.4).*

SCW PILATES MATWORK CERTIFICATION



Abbie Appel

Thursday, November 9, 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 mat work, 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 (8.0), ACE (0.8), AEA (4.5), NASM (0.8), ACSM (8.0).*

SCW YOGA I CERTIFICATION



Manuel Velazquez

Thursday, November 9, 8:00am-5:00pm

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

This Nationally Recognized Certification is the number one Yoga Certification in the U.S. offering the most comprehensive theoretical and practical approach to hands-on yoga instruction. Experience different Hatha yoga postures suitable for varying clientele - young, old, competitor, injured or recovering athlete, and advanced or deconditioned participant. Research, postures, program design and cueing techniques are addressed in a passionate and systematic approach. Participants leave qualified to lead a successful yoga class or yoga-inspired cool down regardless of their previous teaching experience. *Price includes training manual and testing fee (\$59 value) Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (8.0), ACE (0.8), AEA (4.0), NASM (0.8), ACSM (8.0).*

SCW YOGA II CERTIFICATION



Manuel Velazquez

Thursday, November 9, 5:30pm-9:30pm

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

Take a deeper look in to 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), NASM (0.4), AEA (2.0), ACSM (4.0).*

SCW ACTIVE AGING CERTIFICATION



Lawrence Biscontini, MA & Bernadette O'Brien, MA

Thursday, November 9, 9:00am-5:00pm

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

Many individuals are living longer and better than ever. Cutting-edge research reveals the secrets involving aging and how we can proactively become involved with our chronologically enriched friends. We know that we can train and slow the aging process by focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention and balance. Lawrence and Bernadette will discuss why we don't just "teach seniors" any longer. Group fitness instructors, personal trainers and those in charge of active aging programming will enjoy this exciting day that combines research and practical approaches for training the brains and bodies of our 50+ participants. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (8.0), ACSM (8.0), ACE (0.7), AEA (4.0), AFAA (7.0), NASM (0.7).

SCW AQUA BARRE CERTIFICATION



Billie Wartenberg & Elizabeth Bowersox

Thursday, November 9, 9:00am-4:00pm

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

Ready to dive into the hottest up-and-coming trend? Bring the extremely popular Barre format to the pool with this brand-new certification, which uses a noodle as a ballet barre for stability. Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen and improve your range of motion. Leave with innovative programming that will allow you to creatively plan multiple Aqua Barre workouts appropriate for all levels of fitness. Discover the aqua excitement a Barre-A-Cuda Class can bring and be among the first to offer this fun and inspiring water workout! *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. CPR card not required.* SCW (6.0), AFAA (6.0), NASM (0.6), AEA (6.0), ACSM (6.0).

SCW SPORTS NUTRITION CERTIFICATION



Fabio Comana, MA, MS

Thursday, November 9, 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 (0.7), AEA (6.5), ACSM (6.0), NASM (0.6).

SCW LIFESTYLE AND BEHAVIORAL COACHING WORKSHOP



Fabio Comana, MA, MS

Thursday, November 9, 5:30pm-10:00pm

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

Learn how to engage individuals by effectively building rapport, igniting their passion for change, and empowering them to success and self-sufficiency. Discover 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).

SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION



Doris Thews & Dawn Stenis

Thursday, November 9, 7:00am-5:00pm

\$199 MANIA® Attendees / \$229 Non-Attendees

Get certified in the industry's most respected and progressive indoor cycling instructor training course. In one power-packed day, you'll get the tools you need to become a successful, sought-after instructor on any brand of bike. This critically acclaimed certification is based on the newly updated Schwinn Cycling Coach's Pyramid, a specialized system that makes teaching simple for you and an incredible experience for your students. You will learn bike fit, cycling science, class design, music, communication skills and motivation techniques. *Take-home exclusives include a comprehensive manual and Certificate of Completion, eight complete class designs and Power Music® Schwinn Cycling Signature Music. CPR card not required.* SCW (8.0), ACE (0.9), AFAA (8.25).

BARRE ABOVE™



Tricia Murphy Madden & Elizabeth Lenart, MA

Thursday, November 9, 9:00am-5:00pm

\$229 MANIA® Attendees & Non-Attendees

Join Barre Above™ for a totally dynamic 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 a

barre, multiple barre set-ups, no barres at all, or are just using 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, you will acquire the ability to teach a fun, effective and efficient barre workout for all fitness levels. *Includes two DVDs, Print & Electronic Instructor Manual, Instructor Web membership, Equipment & Apparel Discounts. No Licensing Fees. Options for Ongoing Choreography. CPR card not required.* SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8).

ZUMBA® BASIC SKILLS LEVEL 1 ZUMBA INSTRUCTOR TRAINING

Ann Saldi

Thursday, November 9, 8:00am-5:00pm

\$225 Registration Fee (Use PROMO CODE: SCW25 to receive a \$25 discount.)

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).

SPEEDBALL INSTRUCTOR CERTIFICATION

Steve Feinberg

Thursday, November 9, 8:00am-5:00pm

\$199 MANIA® Attendees & Non-Attendees

This certification will enable you to implement Speedball Fitness in any facility. Steve Feinberg, founder of Speedball Fitness, will help you master the foundational movements, class structure, choreography and athletic drills. You also will review musical phrasing, cueing and valuable group fitness teaching tools. *You will receive a weight-shifting SpeedBALL, custom music, and a year of online continuing education to keep your classes fresh!* SCW (8.0), AFAA (5.0), ACE (1.3), NASM (0.5).

SUNDAY, NOVEMBER 12

SCW BARRE CERTIFICATION



Abbie Appel

Sunday, November 12, 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 programming 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. CPR card not required.* SCW (7.0), AFAA (7.0), ACE (0.6), AEA (4.0), NASM (0.7), ACSM (7.0).



SCW BOXING CERTIFICATION**Steve Feinberg****Sunday, November 12, 8:00am-4:00pm****\$159 MANIA® Attendees / \$199 Non-Attendees**

This certification provides the tools you need to start and grow a boxing program in your gym or studio. Learn to implement the basics of boxing with this comprehensive program. Address the science behind the sport. Leave with the knowledge and confidence to empower others - from novices to well-trained fighters. This certification explores three learning styles, auditory, visual and tactile and provides you with several authentic workouts that are taught at a traditional boxing gym or independent studio. Prepare to shock your students and their bodies with this outstanding certification. *Price includes training manual and testing fee PLUS a FREE PAIR OF BOXING GLOVES (\$100 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (7.0), AFAA (7.0), ACE (0.8), NASM (0.7), AEA (4.0), ACSM (7.0).

SCW PRACTICAL GUIDE TO NUTRITION, HORMONES AND METABOLISM CERTIFICATION**Melissa Layne, MEd****Sunday, November 12, 9:00am-3:30pm****\$159 MANIA® Attendees / \$199 Non-Attendees**

This practical program provides participants with cutting-edge information on nutrition, hormones and metabolism. In easy-to-understand terms, learn how each macronutrient operates within energy pathways and how digestive and reproductive hormones affect metabolism. The body's adaptations to an incomplete diet and/or disease and the physiological consequences during various exercise regimes will be addressed during this session. You receive a handout detailing simple nutritional calculations and recommendations that fitness professionals can incorporate into a nutritional counseling session while remaining within the scope of practice. This comprehensive certification also provides information pertaining to Nutritional Health History Forms with prescriptive dietary suggestions that can be used immediately. (LECTURE). *Price includes training manual (\$24.95 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), AEA (7.0), ACSM (7.0).

WATERinMOTION® AQUA EXERCISE CERTIFICATION**Manuel Velazquez****Sunday, November 12, 8:00am-4:00pm****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! *Certification includes a FREE online 5-part course, downloadable choreography video, one-hour music CD, educational materials,*

choreography booklet, flash cards, memorization notes, and optional Video Assessment (\$300 value). SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), AEA (8.0), ACSM (7.0).

BOOT CAMP INSTRUCTOR CERTIFICATION COURSE**SGT Ken®****Sunday, November 12, 8:00am-4:00pm****\$209 MANIA® Attendees / \$249 Non-Attendees**

Developed by U.S. Army Master Fitness Trainer and highly decorated combat veteran, Ken Weichert (aka SGT Ken®), along with certified life coach, author and personal trainer, Stephanie Weichert, this course utilizes effective physical / resiliency training techniques practiced by military forces. Participants are immersed in proper form and safety, executing fitness programs, cadence calls, circuit training, obstacle courses, fitness games / tests, partner-assisted exercises, individual tracking and program implementation. One participant said, "I just got a crushing shot of Boot Camp adrenaline! This instructor program ROCKS! HOOAH!" *This cert includes a one-hour working lunch.* SCW (8.0), AFAA (7.5), ACE (0.8), NASM (0.8), ACSM (7.0).

PLYOGA® CERTIFICATION**Stephanie Lauren****Sunday, November 12, 8:00am-4:00pm****\$199 MANIA® Attendees / \$250 Non-Attendees**

PLYOGA® is a four-part HIIT system using fundamental, fluent and accelerated yoga postures as an active recovery for intense plyometric perfection. PLYOGA® was formed with two primary purposes in mind. The first is to reinvent interval training to incorporate a true active recovery measure with the goal being true safety and effective fitness in all planes of motion. The second is to give individuals, who favored boot-camp style workouts, an avenue where they could emphasize their flexibility, balance and muscle elongation. PLYOGA® is highly modifiable and can be taught without equipment or music cueing at any venue. *CPR card not required.* SCW (7.0), AFAA (5.0), NASM (0.6), ACE (0.7), CFP (3.0).

FXP HULA HOOP® CERTIFICATION**Kristin Benton****Sunday, November 12, 8:00am-4:00pm****\$225 MANIA® Attendees & Non-Attendees**

The FXP Fitness Hula Hoop® workout is a fresh, new approach to group fitness! Utilizing the specially designed and weighted FXP™ Fitness Hula Hoop®, it will put the fun back in fitness with a low-impact, high-energy approach to achieving maximum caloric burn while toning and lengthening muscles. Get ready for a revolutionary way to get fit with a dynamic series of moves based on HIIT, ballet barre techniques, Pilates and yoga - all using the Hula Hoop® - that are guaranteed to keep you motivated and provide results! With best in the business trainer support and no required monthly fees, this program will fire you up! *SCW (7.0), AFAA (6.5), ACE (0.7), NASM (0.8), NCCPT (0.8).*

LABLAST® FITNESS CERTIFICATION**Beth Canuel & Megan Cooperman****Sunday, November 12, 8:00am-4:00pm**

Pay just \$99 down, followed by 6 monthly payments of \$30. During this time, the new instructor receives FREE access to our LIF membership which includes fresh full choreographies to your favorite songs, plus 2 one-hour music playlists monthly to ensure the instructor's continued LaBlast Fitness class success. LaBlast Fitness is a one-day, 9-hour

instructor training that will get you ready to teach your own partner-free Ballroom Dancing-based fitness classes. Learn 14 dances that you see on "Dancing with The Stars" such as Jive, Foxtrot, Disco, Tango, Rumba, Lindy Hop, Viennese Waltz and many more. Experience philosophies that will create a cardio-blasting, muscle-toning and life-changing LaBlast class appealing to dance and fitness lovers alike. Want to set yourself apart? Let's LaBlast! SCW (8.0), AFAA (8.0), ACE (0.8).

STRONG BY ZUMBA® CERTIFICATION**Nathalia Ferreira****Sunday, November 12, 8:00am-4:00pm****\$225 Registration Fee (Use PROMO CODE: SCWSBZ25 to receive a \$25 discount.)**

STRONG by Zumba® combines high intensity interval training (HIIT) with the science of Synced Music Motivation for a group fitness experience like no other. During an intensive 1-day training, you'll learn the science behind high intensity cardio and bodyweight training, as well as how to combine moves and patterns with perfectly synced music, and all about the program's unique progression system used to increase intensity. The training will also touch on topics such as physiology, bio-mechanics, movement fundamentals, and injury prevention. *Price includes Electronic Instructor Training Manual, Training Recap Video - delivered digitally, STRONG by Zumba™ My First Class™ - 60 minutes of music and moves delivered digitally, E-learning course with the foundational fitness moves and science behind the program and Certificate of Completion.* SCW (8.0), AFAA (8.0), ACE (0.8).

AQUABODYSTRONG CERTIFICATION with Gia Lucy & Mia Nunez**Sunday, November 12, 8:00am-4:00pm****\$195 MANIA® Attendees / \$265 Non-Attendees**

AquaBodyStrong, a balance- and strength-based water-fitness class, challenges the body to maintain proper postural control and alignment while moving through a series of Yoga, HIIT and Pilates exercises on a tethered, floating, fitness mat. This total-body, core-strengthening workout is for all fitness levels. Our 8-hour course will give you all the tools necessary to teach a fun, successful and safe AquaBodyStrong class, including AquaBodyStrong exercises, progressions and regressions, and an understanding of the scientific principles that makes AquaBodyStrong an effective, in-demand program. *CECs: SCW (7.0), AFAA (8.0), NASM (8.0).*

MANIA® COURSE DESCRIPTIONS

FRIDAY, NOVEMBER 10

FR1

7:30AM-9:00AM

OPERATION SHOCK AND AWE™ SGT Ken®

Operation Shock and Awe™ utilizes highly effective interval training techniques practiced by the U.S. military. Designed like an obstacle course with multiple challenges that mimic the moves performed in combat, burn over 700 calories in 60 minutes! Over one million Soldiers, Sailors, Airmen and Marines have used SGT Ken's program to prepare for battle and leadership schools!

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

LES MILLS GRIT™ PLYO WORKOUT Nikki Schultz LES MILLS

LES MILLS GRIT™ Plyo is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout combines explosive jumping exercises with agility training to increase explosiveness and build a lean and athletic body. GRIT™ Plyo takes cutting-edge HIIT and combines it with powerful music for an awesome experience.

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

SMALL GROUP PT CORE FUSION Nico Gonzalez

This core-centric session will load your personal trainer toolbox with amazingly useful ideas. Experience movements that can easily be regressed and progressed for a variety of clients. Improve your overall body mechanics and learn new multi-planar exercises.

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

BARRE HOP Billie Wartenberg & Elizabeth Bowersox OnDemand

Get a "night club" feeling at the health club! Barre Hop is a high-energy fitness class that combines hip-hop dance with ballet barre-inspired elements that will tone and condition your entire body.

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

BOLLYX® - THE BOLLYWOOD WORKOUT BOLLYX

Fen Tung

BollyX® is the Bollywood-inspired dance workout where participants unleash their inner rock star! Come experience this interval-based dance format that incorporates authentic choreography to the best beats from around the world. This effective cardio workout will have you sweating and smiling at the same time.

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

FXP HULA HOOP®: BODY SCULPT Kristin Benton FXP hula hoop

The FXP Fitness Hula Hoop® Total Body Sculpt workout is a fresh, new approach to group fitness! Using our uniquely designed and weighted Fitness Hula Hoop®, we are "bringing back recess" with a low-impact, high-energy HIIT program that achieves maximum caloric burn while toning and lengthening muscles.

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

PLYOGA®: FLOW Stephanie Lauren PLYOGA

PLYOGA® Flow is our kicked-up, hybrid, Yoga-inspired workout. We move fast and mix in subtle agility movements with the muscle recovery that you need. PLYOGA® Flow is a phenomenal grounded course where a touch of power and endurance based training merges with the balance and flexibility components in every exercise plane.

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

KIPRANJ™: THE FLOW Julio Papi OnDemand

In this Yoga, Martial Arts and Dance (land) workshop, let your inner energy grow. The KiPranj™ vortex expands with a progressive integration of movement principles - earth, wind, and water. Water adds flow and a greater body awareness. Full of meaning, achieve perfection in action and concentrated power. Allow your energy to flow and experience to envelop your soul with KiPranj™.

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

ANCIENT DISCIPLINE FOR MODERN TIMES

Bernadette O'Brien, MA

This session incorporates the oldest group of movements on the planet. Utilizing brain, body, breath and balance, participants experience Qi Gong exercises, which include the Silk Brocade and the Swimming Dragon. Bring harmony with mind, body and breath to feel invigorated, energized and balanced from this choreographed flow of wellness.

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

SCHWINN®: HOW TO WOW! Dawn Stenis

Learn the secret to creating buzz in the locker room and a wait list for your class! You'll discover how to build class designs that WOW your participants by integrating the latest cycling protocols through Schwinn's proven system. Get ready to have your mind blown.

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

SPIRITED® SURF 2 Yury Rockit OnDemand

"Spirited®" offers you 20-minute sections of cardiovascular, strength and flexibility for shallow water aquatic training. Learn to train the body in 60 minutes taking advantage of the discussion on the physical and metaphysical vibrational qualities of water itself.

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

TAB-AQUA QUICKIES Jeff Howard OnDemand

Tab-Aqua Quickies is the exciting new component of Tab-Aqua Bootcamp. Work HARD for 20 seconds and rest for 10 seconds; HARDER for 20 seconds, rest 10; HARDEST for 20 seconds; rest 10; then FULL OUT for the last 20 seconds. Let the music guide you without worrying about watching the clock. Get motivated with aquatic moves that produce results fast.

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

WHAT'S IN YOUR FOOD?

Tricia Silverman, RD, MBA

Learn about pesky food additives that can be wreaking havoc on your body. Discover free, helpful and credible online resources to determine what is really in your food and how safe it is to eat. Simple food label decoding tips will be shown, which you can share with your clients. (LECTURE)

FR1M Friday, 7:30am-9:00am

CUEING TUNE-UP Karli Taylor

Have you ever looked around the group fitness room after giving a movement cue and thought, "That is not at all what I meant?" Cueing a seamless class is a skill that takes years to develop. Learn from my mistakes and the mistakes of your peers as we work together to improve the experience that we create for our students. (LECTURE)

FR1N Friday, 7:30am-9:00am

CREATE A WEIGHT-LOSS CHALLENGE Savvier Fitness

Tricia Murphy Madden

We will provide you the secret ingredients for launching a weight loss challenge to gain and retain members. From organizing your internal team, hiring the right coaches and marketing these incredible events, this session will provide you all the inspiration you need to create a weight loss challenge in your facility! (LECTURE)

FR1O Friday, 7:30am-9:00am

BODHI SUSPENSION: CARDIO Erika Quest balanced body

Combine suspension training with high-intensity cardio drills! Use the Bodhi Suspension System to challenge strength and muscular endurance and add fun cardio drills to elevate your heart rate and increase your cardiovascular fitness. Alternate cardio and strength to create an amazing experience to keep your clients asking for more!

FR1P Friday, 7:30am-9:00am

FR2

10:00AM-11:30AM

REACTIVE TRAINING 101: BOX JUMP BREAKDOWN**Elisabeth Fouts**

Box jumps, burpees and other plyometric exercises are popular in HIIT and boot camp programming. This workshop will explore the basics of reactive training, including the 3 phases of a plyometric exercise. By the end of this session, you will know how to coach safe and effective plyometric movements such as hopping, jumping and bounding for any fitness level.

FR2A Friday, 10:00am-11:30am**EXTREME EXERCISE MAKEOVER****Mindy Mylrea**

Squat, push-up, burpee – yes, we have performed those exercises before. Now, it is time to expand our exercise library. Mindy transforms regular exercise staples into home run gems. Experience 10 new ways to bring the basics to life and learn to progress and regress each exercise for all fitness levels.

FR2B Friday, 10:00am-11:30am**COMPLETELY CORE****Abbie Appel**

Experience this dynamic core workshop with one 15-minute and one 30-minute comprehensive workout. Learn to safely and effectively modify and progress movements for all participants. Discover how easy it is to create a complete and structured, five foundational-movement core program that is effective, challenging and keeps clients coming back for more core!

FR2C Friday, 10:00am-11:30am**BARREFLOW****Karli Taylor**

By combining aspects of yoga, Pilates, barre fitness and corrective exercise, BarreFlow incorporates strength, endurance and flexibility into one invigorating workout. The focus on posture and form and the smooth transitions between exercises will help students become more present since concentration is necessary to get the most out of this class.

FR2D Friday, 10:00am-11:30am**ZUMBA® CARDIO BLAST****Ann Saldi**

ZUMBA® fans are die-hard individuals 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.

FR2E Friday, 10:00am-11:30am**THINKFIT: SMART MULTI-LEVEL CIRCUITS****Erika Quest**

ThinkFit is a circuit-class formula you can use to develop classes for any population while using any equipment. Learn how to design and teach circuits for multilevel classes in this dynamic workshop.

FR2F Friday, 10:00am-11:30am**POUND® ROCKOUT WORKOUT****Jenny Anania & Amy Ward**

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 calories, strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique while rocking out to your favorite music.

FR2G Friday, 10:00am-11:30am**NIRVANAFITNESS®: BREATHING FITNESS TO MUSIC****Char Willingham**

NirvanaFitness® is a blend of simple-to-follow yoga/Pilates toning exercises and rhythmic breathing, set to a relaxing flow of uplifting, award-winning music, creating its own unique genre known as "Breathing Fitness to Music." Each NirvanaFitness® class leads participants to slower, deeper diaphragmatic breathing, which helps to reduce stress and improve overall well-being. Come experience the immediate and long-lasting benefits of NirvanaFitness®!

FR2H Friday, 10:00am-11:30am**CORRECTIVE EXERCISES FOR FORWARD SHOULDERS****Dr. Evan Osar**

Many of our clients have chronic postural issues such as the forward shoulder and head position that contribute to chronic tightness and discomfort, inhibiting them from exercising at the level they want. Discover how the shoulder truly works, how to use corrective exercise and functional progressions and how to integrate the most effective cueing to fix the forward shoulder and head position for good.

FR2I Friday, 10:00am-11:30am**SCHWINN® CYCLING: C3 CONTENT, CONNECTION****& CHARISMA Doris Thews**

The 3 C's are the secret behind every successful cycling instructor: Content, Connection and Charisma. Take a deep dive into what makes an ordinary class extraordinary and learn trade secrets to take your class to the next level. This workshop is one you do not want to miss!

FR2J Friday, 10:00am-11:30am**AQUABODYSTRONG FOR THE ACTIVE AGER****Gia Lucy & Mia Nunez**

AquaBodyStrong is the fun, new workout that takes Yoga, HIIT and Pilates exercises to the water on a tethered, floating, fitness mat. The instability of the board, coupled with water resistance exercises, bodyweight skills and flexibility for the active ager, all performed sitting down, improves strength, posture and proprioception.

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

**PUSH
HARDER**



LABLAST® AQUA SPLASH Megan Cooperman

Dive into the future of water fitness with LaBlast® SPLASH! The workout is low-impact, cardio-building, joint-friendly and outrageously fun. SPLASH celebrates the beauty of dance in water, which sets it apart from other water-aerobic formats. Learn the Cha Cha, Disco, Jive and more through whole body movement in the water.

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

SNEAKY STRATEGIES TO MANAGE WEIGHT

Tricia Silverman, RD, MBA

Discover simple techniques that will help you and/or your clients consciously and subconsciously make better choices that affect weight and health. Striking visuals will be displayed that will have you thinking twice about the plates and glasses you use, as well as how accessible food is at home and work. (LECTURE)

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

BUILDING BLOCKS: CORE SCIENCE & TRAINING

Fabio Comana, MA, MS

We all train utilizing core exercises, but do you have a sense of understanding regarding hip stability, the three layers of trunk musculature and respective functions? How about training specific to exercise progressions and balance to avoid low-back injury? Fabio provides answers to these questions and more. (LECTURE)

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

SOCIAL MEDIA MARKETING Alana Sanders, MS

Learn to navigate and effectively market through various social media channels. Management techniques, consistent and effective posting and the importance of utilizing visual materials will be addressed in this valuable session. Explore cost-effective promotional techniques for Fan and Personal pages, marketing to millennials and growing your market share. (LECTURE)

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

BODHI SUSPENSION: FOCUS ON FLEXIBILITY

Erika Quest

Keep pursuing the activities you love without the restriction of tight overworked muscles. Learn dynamic flexibility drills using the Bodhi Suspension System to keep the body moving. Sequences can be used for a cool-down or can be combined for a truly "feel good" Bodhi experience.

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

INTRODUCING HIIT MIX BY STAIRMASTER

Sonja Friend-Uhl

This session provides a turn-key HIIT System. Customizable to work with one or multiple Core Health & Fitness products this program provides a framework for complete 30-minute workouts for all fitness levels. Experience a series of interval protocols that provide circuit solutions for efficient and effective in-house HIIT programming.

FR2Q 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.

TOP GLUTES TRAINING EXERCISES & TECHNIQUES

Nick Tumminello

Discover the latest muscle assessments and best exercises guaranteed to help you develop a stronger, more functional and better-looking set of glutes! From this workshop, you'll walk away with a toolbox full of the most effective exercises for improving the strength, performance and shape of your backside!

FR3A Friday, 11:45am-1:15pm

OPERATION TEAM TRAINING SGT Ken®

Team Development Training™ with SGT Ken® includes several unique and exciting physical and psychological drills designed to create cohesion among team members and immediately increase morale. Learn to effectively communicate while discovering extraordinary problem-solving techniques for program success. Discover the type of military team training that will help you win battles on any front!

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

CORE TRAINING COMBINATION

Sheldon McBee, MS

Explore dynamic core training techniques using the frontal, sagittal and transverse planes. Experiment with standing, seated, and lying positions both with simple equipment and without. Small group training programs will explode using these exciting options. The science and movement are examined with both the fitness novice and the expert in mind.

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

BARRE ABOVE™: LENGTHEN, STRENGTHEN & INSPIRE

Tricia Murphy Madden & Dawn Stenis

Learn new ways to prepare your classes for challenging barre workouts! First, determine how to build lengthening options into your warm-up to better prepare your clients' bodies. Next, review new ways to sequence and develop strength in your classes without overuse or injury. Walk away LENGTHENED, STRENGTHENED and INSPIRED!

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

PILATES ON THE BALL Abbie Appel

Break through plateaus with an updated twist on Pilates. Incorporate a stability ball to enhance standard Mat and Pilates Reformer exercises. Learn fun and effective modifications and progressions for all demographics. Challenge upper body, lower body and core with movements that will spice up your Pilates workout.

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



DAANASANA™ YOGA HEALTHY SPINE **Julio Papi**

In 2012, Julio made a 25,000-mile World Yoga Tour where he included this incredibly powerful yoga practice that focuses on alignment and strength. In this particular session, asanas are adapted to people with back pain, hernias or other structural characteristics. Remember, "you are as young as your spine."

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

SCHWINN® CYCLING: UNAPOLOGETICALLY AUTHENTIC

Keli Roberts

The indoor cycling arena has expanded and now includes beyond-the-bike concepts. Feel pressure to keep up with the Joneses? Don't. Outdoor riding can effectively translate inside delivering effective and entertaining rides using Schwinn's A, B, C's. Stay true to this popular outdoor activity while providing the best indoor experiences.

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

BOXING: THE METHOD **Steve Feinberg**

This cardio boxing class uses the best asset in your studio: YOU! Experience a high-intensity level of training that incorporates the technique work of punches, method training and core work in one class. If you like to move to the beat of the music, you will LOVE this workout, which not only burns up calories and works your body but also trains your mind.

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

FR3 - SESSION 2

12:30PM-2:00PM

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

LABLAST®: FITNESS POWERED BY DANCE

Beth Canuel & Megan Cooperman

Join LaBlast® - the dance fitness program, created by Louis van Amstel, TV's Dancing with the Stars Star, that teaches you the true skill of dance while blasting calories. Even though LaBlast® is partner-free, don't be surprised to find yourself dancing with a partner or in a Conga line. Working out should be fun and desirable and provide results.

FR3E Friday, 12:30pm-2:00pm

FXP HULA HOOP®: HOOPYASA™ FLOW **Kristin Benton**

HOOPYASA™ is a vinyasa-inspired flow paired with the Hula hoop to enhance each stretch, make them more accessible, and/or deepen within the stretch as you move with the breath through each flow for an empowering and opening class.

FR3F Friday, 12:30pm-2:00pm

STRONG BY ZUMBA® **Nathalia Ferreira**

STRONG by Zumba® is a revolutionary high-intensity workout led by music. Body weight, muscle conditioning, cardio and plyometrics are synced to original music designed to match each move. Think you have what it takes? Join the STRONG by Zumba® Challenge! WINNERS RECEIVE PRIZES! Class participation required.

FR3G Friday, 12:30pm-2:00pm

BARRE H2O **Billie Wartenberg & Elizabeth Bowersox**

Make a splash in the water with Barre H2O! By combining the formats of aqua exercise with traditional barre movements, you will learn creative barre choreography while experiencing the amazing benefits of the water. Barre H2O always guarantees a great time.

FR3K Friday, 12:30pm-2:00pm

IT'S RAINING MEN!

Jeff Howard, Manuel Velazquez, Lawrence Biscontini, MA, & Yury Rockit

Enjoy this fantastic workout with our Men of MANIA®! The pool will never be the same when you experience this tidal wave of energy and enthusiasm. Each one of our fantastic presenters will focus on one body part - the heart, lungs, legs, arms and abs in this tempest of creativity.

JULIO PAPI

Julio is a true "Legend of Fitness" based in Bucharest, Romania. He is the Managing Director of Move on Fitness Education. Julio has two advanced degrees in Sport Sciences and in Physiotherapy while also holding a black belt in Kyokushinkai Karate. He is the creator of international acclaimed programs including KiPranJ™, and he has also been a Yoga practitioner for two decades. Julio is the founder of Daanasana™ School of Yoga, a Registered Yoga Alliance School. Julio is known for his incredible ability to motivate and inspire a crowd. He is a world-renown presenter not to be missed!

Leave with flood of new ideas to make a splash Monday morning!

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

COMMON SENSE NUTRITION: YOUR SCOPE

Kimberly & Herson Garcia

Are your clients eating healthy but still seem unable to lose unwanted body fat or are they lacking energy during their training program? Kimberly discusses how deficiencies hinder client results and make your job more difficult. Learn how micro-nutrients influence metabolism, well-being and performance. Effectively help your clients become vitamin-infused all-stars. (LECTURE)

FR3M Friday, 12:30pm-2:00pm

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

Stress and inflammation continue to garner medical and media attention, but what is the link between stress, inflammation and overall quality of life? We review emerging research in this area and how it trumps our diet and activity programming. Join us to gain a deeper understanding of concepts and applications. (LECTURE)

FR3N Friday, 12:30pm-2:00pm

MAXIMIZING YOUR PROGRAMMING MIX **Rebecca Cofod**

Join us to learn methods of building a successful programming mix for your business without spreading yourself too thin. You'll understand niche vs. mainstream programming, how to target specific demographics and how creating the best mix for your schedule will turn into increased revenue, retention and referrals. (LECTURE)

FR3O Friday, 12:30pm-2:00pm

BODHI SUSPENSION: CHISEL YOUR PHYSIQUE

Nico Gonzalez

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

FR3P Friday, 12:30pm-2:00pm

FR4

2:15PM-3:45PM

TOP 10 ABDOMINAL EXERCISES

Nick Tumminello

Abdominal training is always a hot topic. Yet, with hundreds of exercises from which to choose, it can be confusing as to what moves give you the best bang for your workout buck. Join Nick as he clarifies the confusion and narrows the field by showing you his top 10, scientifically founded and athlete-approved abdominal exercises. Plus, Nick will cover some of the popular beliefs about abdominal training even advanced trainers and coaches think are true.

FR4A Friday, 2:15pm-3:45pm

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!

FR4B Friday, 2:15pm-3:45pm



LEAD THE CHARGE

MASTERING THE ASSESSMENT

Pete McCall, MS

A successful workout provides the appropriate level of intensity. Therefore, you must identify an individual's existing level of movement skill and fitness level. This interactive session will discuss the need for assessments, define what to look for during an assessment and teach you how to integrate assessments into any workout.

FR4C Friday, 2:15pm-3:45pm

BARRE BREAKTHROUGH Abbie Appel

OnDemand

Break through training plateaus and break out of your traditional strength workouts with this Ballet-inspired Barre workout. Incorporate elements of dance and functional strength training for this one-of-a-kind total body experience. Learn this easy-to-follow sequence of movements while moving to upbeat, exciting music with a variety of props and a Ballet Barre. Customize the workout for all fitness levels with precise cues, modifications and progressions.

FR4D Friday, 2:15pm-3:45pm

BOLLYX® LIT - THE BOLLYWOOD WORKOUT

BOLLYX

Fen Tung

BollyX® LIT is the low-impact Bollywood-inspired dance workout where participants unleash all the same energy and swag as the original BollyX® format but without high impact dance movements! Learn safe and effective modifications while still applying interval training principles to get your heart pumping and your BOLLYWOOD on!

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

SPEEDBALL Steve Feinberg

Speedball is an intense, NON-STOP multi-directional conditioning program featuring the revolutionary SpeedBALL. Progressions to increase range of motion or add impact are available to challenge the conditioned athlete but the base techniques are safe and functional for any fitness level. The program simultaneously challenges muscular endurance and integrates functional core training without sacrificing cardiorespiratory intensity.

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

PLYOGA®: THE REVERSE WARRIOR Stephanie Lauren

PLYOGA

We have taken our four-part PLYOGA® system and turned it over. You will see Core, Core and Explode rather than Explode, Explode and Core. You will use your entire body in every plane with a focus on core elements to promote balance, muscle elongation, explosive agility and endurance. Hello functional core training!

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

NEW PARADIGM: MOBILITY, STABILITY & BALANCE

Keli Roberts

The human body needs stability, mobility and equilibrium to function effectively. Knowing how to apply traditional training principles to a dynamic, functional model can make significant changes to a client's body. Learn effective strategies to improve movement stability, mobility, body control, balance and coordination.

FR4H Friday, 2:15pm-3:45pm

PSOAS & GLUTES: A CORRECTIVE HIP STRATEGY

Dr. Evan Osar

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

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

SCHWINN® CYCLING: MUSIC MAKEOVER - THERE'S AN APP! Francesca Kerr



Join Schwinn's resident music experts for a digital deep dive into creating memorable and motivating playlists utilizing user-friendly technology. Music is a magical ingredient for an over-the-top class experience. Apps, music websites and easy-to-use computer programs; learn to use these tools to create pumping playlists like the hottest nightclub DJs!

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

WATERinMOTION® 29

waterinmotion OnDemand

Manuel Velazquez & Amy Weisenmiller

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!

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

METABOLIC TRAINING ADAPTATIONS

Melissa Layne, MEd

In easily understood terms, address the changes that occur with exercise to oxygen consumption, enzyme activity, lactate transportation, shuttles and thresholds. We will also explore the research on carb, protein and fat as fuels and what this means for increased strength and endurance gains and increasing lipolysis. (LECTURE)

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

FINE TUNE YOURSELF & YOUR PT TEAM Sheldon McBee, MS

Establish a path of development for entry level and mid-tier PT and Small Group teams to evolve a significant increase in quality and performance. Learn mentoring skills to grow yourself and your staff. Navigate and evolve with the ever expanding and complicated training world. (LECTURE)

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

LEADERSHIP SKILLS FOR MANAGERS Daniela Tempesta

Management can be difficult, and managing your team is no different. In this interactive environment, discover the skills with which you're already equipped to communicate with your staff and facility members. Learn to navigate difficult situations and embrace individuality while taking an inward, self-evaluation approach, ultimately giving you the freedom to manage your team from a neutral, productive perspective. (LECTURE)

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

BODHI SUSPENSION: CIRCUITS Erika Quest

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.



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

INTRODUCING HIIT MIX BY STAIRMASTER

Sonja Friend-Uhl



This session provides a turn-key HIIT System. Customizable to work with one or multiple Core Health & Fitness products this program provides a framework for complete 30-minute workouts for all fitness levels. Experience a series of interval protocols that provide circuit solutions for efficient and effective in-house HIIT programming.

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

FR5 4:00PM-5:30PM

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!

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

TRAINING TIPS FOR TOP CLASSES Daniela Tempesta

Running low on interval class ideas? Not sure how to take your classes to the next level? This workshop will ‘play’ with different principles of training with a focus on releasing the child within through interactive games.

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

LOWER EXTREMITY MOVEMENT MECHANICS

Fabio Comana, MS, MA

Coaching proper form and technique begins with movement patterns, not exercises. Adapt your knowledge of stability and mobility throughout the kinetic chain to teach proper movement and exercises for the lower extremity. Join this session focused on movement research and learn how to properly coach the lower extremity exercises.

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

BARRE TAB Billie Wartenberg & Elizabeth Bowersox



Barre Tab is a unique blend of Tabata training drills and ballet-barre elements. This all-in-one workout utilizes the cardio and strength 20/10 timing ratio allowing participants to experience endurance and strength breakthroughs. Your fitness “bill” will be paid in Barre Tab!

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

MAGIC IN DANCE FITNESS Alana Sanders, MS



Make magic with this SCW Fitness Idol Champion! Alana, a 20-year dance fitness veteran, shares techniques on how to effectively select, break down and choreograph to music. In this interactive session, practice choreography skills and then teach your routine to the class. You are the magician; so, let’s make some magic!

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

BALANCED BODY MOTR®: AGILITY + CORE



Nico Gonzalez

Ever wanted one piece of equipment you can use to train agility, balance, endurance and core? Meet the MOTR®! In this workshop, you will walk away with fun agility and balance movements you can apply right away. Experience exercises that will illuminate and challenge your imbalances.

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

POUND® - HOW YOUR BODY ROCKS



Jenny Anania & Amy Ward

Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into an incredibly effective way of working out. POUND® releases inner rock stars and creates environments that elicit confidence, enhance unity and ultimately, inspire positive action in life. Explore POUND’s effect on your mind and body as you delve into why and how your body rocks!

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

YOGA FLOW

Eliau 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.

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

DYNAMIC FLEXIBILITY: A 3D LIFE

Manuel Velazquez



Dynamic flexibility increases range of motion, core temperature and nervous system activity, which all prepare your body for enhanced movement and activities of daily living. Learn to apply a variety of flexibility/stretching techniques as a warm-up, recovery and workout. Explore muscle movement in 3D planes of motion to enhance your clients’ mobility and abilities.

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

SCHWINN® CYCLING: TRAIN RIGHT 2 RIDE RIGHT



Abbie Appel

This workshop reviews cycling science, common muscular imbalances of indoor riding and arms you with tools to create complementary flexibility and strength components to balance the workout. Two cross-training programs integrate mobility, strength and cardio while staying true to Schwinn’s promise to “Ride Right”. It’s the best of both worlds!

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

AOL: AQUATIC OUTBURSTS OF LAWRENCE



Lawrence Biscontini, MA

Get some creativity for your water training classes with a unique combo of interval training and aquatic dance, incorporating the noodle at all times as both our resistance tool and choreography aid. This will give you water dance choreography, ideas for reaching anaerobic training interval outbreak effects, and some partner possibilities.

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

THE BEST BALANCE AQUA WORKOUT



Eric Vandendriessche

AQUA STAND UP® is the first innovative aquatic workout using the water differently with a lot of fun and benefits. Inspired by stand-up paddle boarding and fitness, AQUA STAND UP® is a mix of Yoga, Pilates, HIIT, cardio training and muscular conditioning allowing you to burn up to 650 calories in 45 minutes.

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



ABBIE APPEL

Abbie is an international fitness expert and educator who has written the SCW Barre Certification and updated the SCW Pilates Matwork Certification. She is a Rykä® Ambassador and a Master Trainer and Consultant for Activmotion Bar™, Body Bar® and Schwinn®. As an honored SCW faculty member, she has designed fitness programs and contributed to certifications, videos, magazines and journals and possesses multiple certifications and awards.

NOV. 8-9

WEDNESDAY NOV. 8 PRE-CONVENTION EVENTS	Personal Training Certification Roberts • 9:00am-6:00pm • Pg 7		Tabata GX Certification Myrea 10:00am-4:00pm Pg 7						
THURSDAY NOV. 9 PRE-CONVENTION EVENTS	SCW F.I.R.E. Fierce Interval Resistance Exercise Certification Roberts 11:00am-5:00pm Pg 7	SCW Group Exercise Certification Howard 8:00am-5:00pm Pg 7	SCW Core Training Specialist McCall 1:00pm-5:00pm Pg 7		Zumba® Basic Skills Level 1 Instructor Training Saldi 8:00am-5:00pm Pg 8	Speedball Instructor Certification Feinberg 8:00am-5:00pm Pg 9		SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg 7	
			SCW Kettlebell Practical Certification McCall 5:30pm-9:30pm Pg 7	BARRE ABOVE™ Murphy Madden & Lenart, MA 9:00am-5:00pm Pg 8			PILATES MATWORK CERTIFICATION Appel • 8:00am-5:00pm Pg 7	SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg 7	

A HIIT / GROUP EX	B BOOT CAMP / SMALL GROUP	C PT / CORE	D BARRE	E DANCE	F STRENGTH / SPECIALTY	G FUNCTIONAL TRAINING	H MIND / BODY
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FR1 7:30am-9:00am	Operation Shock and Awe™ SGT Ken® Pg 10	Les Mills GRIT™ Plyo Workout Schultz Pg 10	Small Group PT Core Fusion Gonzalez Pg 10	Barre Hop Wartenberg & Bowersox Pg 10	BollyX® - The Bollywood Workout Tung Pg 10	FXP Hula Hoop®: Body Sculpt Benton Pg 10	PLYOGA®: Flow Lauren Pg 10	KIPRanJ™: The Flow Papi Pg 10
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EXPO OPEN 8:45am-2:30pm


FR2 10:00am-11:30am	Reactive Training 101: Box Jump Breakdown Fouts Pg 11	Extreme Exercise Makeover M. Myrea Pg 11	Completely Core Appel Pg 11	BarreFlow Taylor Pg 11	Zumba® Cardio Blast Saldi Pg 11	ThinkFit: Smart Multi-Level Circuits Quest Pg 11	POUND® - Rockout Workout Anania & Ward Pg 11	NirvanaFitness®: Breathing Fitness to Music Willingham Pg 11
FR3 SESSION 1 11:45am-1:15pm	Top Glute Training Exercises & Techniques Tuminello Session 1 Pg 12	Operation Team Training SGT Ken® Session 1 Pg 12	Core Training Combination McBee Session 1 Pg 12	Barre Above™: Lengthen, Strengthen and Inspire Murphy Madden & Stenis Session 1 Pg 12	LaBlast®: Fitness Powered by Dance Canuel & Cooperman Session 2 Pg 13	FXP Hula Hoop®: Hoopysa™ Flow Benton Session 2 Pg 13	Strong by Zumba® Ferreira Session 2 Pg 13	Pilates on the Ball Appel Session 1 Pg 12
FR3 SESSION 2 12:30pm-2:00pm								
FR4 2:15pm-3:45pm	Top 10 Abdominal Exercises Tuminello Pg 13	Tubing, Training, Redefined Ross Pg 13	Mastering the Assessment McCall Pg 14	Barre Breakthrough Appel Pg 14	BollyX® LIT - The Bollywood Workout Tung Pg 14	Speedball Feinberg Pg 14	PLYOGA®: The Reverse Warrior Lauren Pg 14	New Paradigm: Mobility, Stability & Balance Roberts Pg 14
FR5 4:00pm-5:30pm	Roll, Restore, Recharge Ross Pg 15	Training Tricks for Top Classes Tempesta Pg 15	Lower Extremity Movement Mechanics Comana Pg 15	Barre Tab Wartenberg & Bowersox Pg 15	Magic in Dance Fitness Sanders Pg 15	Balanced Body MOTR®: Agility + Core Gonzalez Pg 15	POUND® - How Your Body Rocks Anania & Ward Pg 15	Yoga Flow Haan Pg 15

CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm


FR6 EVENING SESSIONS 6:30pm-7:30pm		FITNESS IDOL CONTEST 6:30pm-7:30pm with Judges Biscontini, Roberts, Rockit & Papi • Pg 18			LaBlast® Line Dance Canuel & Cooperman Pg 18			
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SA1 7:00am-8:30am	Upper Extremity Movement Mechanics Comana Pg 18	Tabata Bootcamp™ - Tabata GX M. Myrea Pg 18	Dynamic Anatomy - Glutes/Lower Body McCall Pg 18	Barre Moves - Update Your Choreography Murphy Madden & Lenart, Ma Pg 18	Flirty Fitness Tempesta Pg 18	Cardio Confetti Rockit Pg 18	Functional Training World McBee Pg 19	Extreme Tabata Yoga Howard Pg 19
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EXPO OPEN 8:15am-9:30am





SA2 KEYNOTE & AWARDS 9:30am-10:45am		FUNTENSITY EMOTION IN MOTION KEYNOTE ADDRESS WITH JONATHAN ROSS 9:30am-10:45am • Pg 19						
SA3 11:00am-12:30pm	Operation Battle Ropes and Beyond SGT Ken® Pg 19	Funtensity Bootcamp Pg 19	Dynamic Anatomy - Core/Upper Body McCall Pg 20	Barre Tricks Murphy Madden & M. Myrea Pg 20	LaBlast® Shape: Dance Core Fitness Canuel & Cooperman Pg 20	Balanced Body®: Pilates on MOTR® Quest Pg 20	PLYOGA®: Your Body Is Power Lauren Pg 20	Daanasana™ Yoga 360 Papi Pg 20

EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:00pm

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	PROJECT STEEL™ Stahl Session 1 Pg 21	Body Weight Strength Explosion M. Myrea Pg 21	No Equipment, No Problem Velazquez Session 1 Pg 21	Best of Barre Appel Session 1 Pg 21	BollyX® - The Bollywood Workout Tung Session 1 Pg 21	Speedball Core Feinberg Session 2 Pg 21	POUND® - Rockout Workout Anania & Ward Session 2 Pg 21	Zen Overload: Unconventional Mind/Body Howard Session 2 Pg 22
SA5 3:15pm-4:45pm	Breaking in to Corporate Wellness Gavigan Pg 22	Operation Craving Competition™ SGT Ken® Pg 22	Mini Band Maniac Appel Pg 23	BarreFlow Taylor Pg 23	The Art of Dance Fitness Sanders Pg 23	FXP Hula Hoop®: Core Flow Benton Pg 23	Ultimate Strength & Conditioning Workout Papi Pg 23	Qi Gong for Every Body Haan Pg 23	
SA6 5:00pm-6:30pm	Relax & Restore: Release & Mobilize Velazquez Pg 24	Les Mills BODYATTACK® Workout Schultz Pg 24	Strong by Zumba® Ferreira Pg 24	Bodyweight Barre Roberts Pg 24	LaBlast® Silk: Accessible Dance Fitness Canuel & Cooperman Pg 24	ThinkFit: Smart Multi-Level Circuits Quest Pg 24	PLYOGA®: The Reverse Warrior Lauren Pg 24	Tai Chi 24 Yang Style Haan Pg 24	
SA7 EVENING SESSIONS 6:45pm-7:45pm		MANIA® Dance-Off! Zumba®, LaBlast®, BollyX® & POUND® Pg 25							

FRIDAY, NOV. 10

SATURDAY, NOV. 11

SU1 7:00am-8:30am	Don't Step on It Howard Pg 25	Kettlebell Express Roberts Pg 25	Inner & Outer Core Circuits Gonzalez Pg 25		Balanced Body®: Pilates on MOTR® Quest Pg 25		Global Assessment Versus Local Assessment Wasylow Pg 25
SU2 8:45am-10:15am	The Rolling Barbell - Meet the Axle Page Pg 26	DITTO - Do It Together Today Haan Pg 26	Protocols for Shoulder Mobilization & Stabilization Gonzalez Pg 26		Group Exercise or Group Injury? K. Garcia & H. Garcia Pg 26		Rehabilitation Strategies for Lower-Extremities Wasylow Pg 26
EXPO OPEN 10:00am-1:30pm							
SU3 11:15am-12:45pm	POUND® - How Your Body Rocks Anania & Ward Pg 27	Les Mills GRIT® Cardio Workout Schultz Pg 27	Core Fit Haan Pg 27		SCW BARRE CERTIFICATION Appel 8:00am-4:00pm • Pg 9		LABLAST® FITNESS CERTIFICATION Canuel & Cooperman 8:00am-4:00pm • Pg 9
SU4 1:00pm-2:30pm	Flexibility + Performance = Wellness Howard Pg 27	Training the Transverse Plane Wasylow Pg 28	Core & Restore Bretz Pg 28		ThinkFit: Functional Circuit Progressions Gonzalez Pg 27		Assume the Position Biscontini Pg 28
					Be Ye-Ga®: Forms & Flows Rockit Pg 27		STRONG BY ZUMBA® CERTIFICATION Ferreira • 8:00am-4:00pm Pg 9
					NirvanaFitness®: Breathing Fitness to Music Willingham Pg 28		

SUNDAY, NOV. 12



BOSTON MANIA® SCHEDULE-AT-A-GLANCE

		SCW Aquatic Exercise Certification Howard 9:00am-6:00pm Pg 7							
	Schwinn® Cycling: Instructor Certification Thews & Stenis 7:00am-5:00pm Pg 8		SCW Aqua Barre Certification Wartenberg & Bowersox 9:00am-4:00pm Pg 8	SCW Sports Nutrition Certification Comana 9:00am-3:30pm Pg 8					
				SCW Lifestyle and Behavioral Coaching Workshop Comana 5:30pm-10:00pm Pg 8					

I ACTIVE AGING / RECOVERY	J SCHWINN® CYCLING	K AQUA STARTS AT POOL	L AQUA STARTS AT LECTURE	M NUTRITION / EX SCIENCE	N LEADERSHIP	O BUSINESS	P CIRCUITS	Q SUSPENSION / BOXING
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Ancient Discipline for Modern Times O'Brien Pg 10	Schwinn®: How to Wow! Stenis Pg 10	Spirited® Surf 2 Rockit Pg 10	Tab-Aqua Quickies Howard Pg 10	What's in your Food? Silverman Pg 10	Cueing Tune-up Taylor Pg 10	Create a Weight Loss Challenge Murphy Madden Pg 10	Bodhi Suspension: Cardio Quest Pg 10	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Corrective Exercises for Forward Shoulders Osar Pg 11	Schwinn®: C3 Content, Connection & Charisma Thews Pg 11	AquaBodyStrong for the Active Ager Lucy & Nunez Pg 11	LaBlast® Aqua SPLASH Cooperman Pg 12	Sneaky Strategies to Manage Weight Silverman Pg 12	Building Blocks: Core Science & Training Comana Pg 12	Social Media Marketing Sanders Pg 12	Bodhi Suspension: Focus on Flexibility Gonzalez Pg 12	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg 12	FR2 10:00am-11:30am
Daanasana™ Yoga Healthy Spine Papi Session 1 Pg 13	Schwinn®: Unapologetically Authentic Roberts Session 1 Pg 13	Barre H2O Wartenberg & Bowersox Session 2 Pg 13	It's Raining Men! Biscontini, Howard, Velazquez & Rockit Session 2 Pg 13	Common Sense Nutrition: Your Scope K. Garcia & H. Garcia Session 2 Pg 13	Stress and Inflammation Comana Session 2 Pg 13	Maximizing Your Programming Mix Cofod Session 2 Pg 13	Bodhi Suspension: Chisel Your Physique Gonzalez Session 2 Pg 13	Boxing: The Method Feinberg Session 1 Pg 13	FR3 11:45am-1:15pm 12:30pm-2:00pm
Psosas-Glutes: A Corrective Hip Strategy Osar Pg 14	Schwinn®: Music Makeover - There's an App! Kerr Pg 14		WATERinMOTION® 29 Velazquez & Weisenmiller Pg 14	Metabolic Training Adaptations Layne Pg 14	Fine Tune Yourself & Your PT Team McBee Pg 14	Leadership Skills for Managers Tempesta Pg 14	Bodhi Suspension: Circuits Quest Pg 15	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg 15	FR4 2:15pm-3:45pm
Dynamic Flexibility: A 3D Life Velazquez Pg 15	Schwinn®: Train Right 2 Ride Right Appel Pg 15	AOL: Aquatic Outbursts of Lawrence Biscontini Pg 15	The Best Balance Aqua Workout Vandendriessche Pg 15	Nutritional Tips, Tidbits and Treats B. Mylrea & M. Mylrea Pg 18	Recovery: The Forgotten Training Variable McCall Pg 18	Lessons Learned from Boutique Studios Cofod Pg 18		3:1 Punchout Feinberg Pg 18	FR5 4:00pm-5:30pm

CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm

Les Mills SPRINT® Workout Schultz Pg 18							FR6 6:30pm-7:30pm
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Corrective Exercise: Female Core Osar Pg 19	Schwinn®: Teaching Tips from TED® Thews Pg 19	Aqua Bits and Pieces Layne Pg 19	The Best Balance Aqua Workout Vandendriessche Pg 19	Sugar Shockers and Shakedown Silverman Pg 19	From the Ground Up Taylor Pg 19	Become a Retention Rock Star K. Garcia & H. Garcia Pg 19	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg 19	SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am

								SA2 9:30am-10:45am	
Foot-Knee Complex: Corrective Exercises Osar Pg 20	Schwinn®: All About the BASE Roberts Pg 20	30 in 40 Biscontini Pg 20	Aqua Family Fit with HIIT Layne Pg 20	Longevity Lab: Eats and Feats Silverman Pg 20	Managing & Growing Your PT Team McBee Pg 20	Successful Business Strategies for Owners & Managers Kooperman Pg 21	Bodhi Suspension: Chisel Your Physique Gonzalez Pg 21	Boxing Bootcamp Feinberg Pg 21	SA3 11:00am-12:30pm

EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:00pm

NirvanaFitness®: Breathe Right, Live Long Willingham Session 2 Pg 22	Schwinn®: Girl Power 2.0 Thews & Kerr Session 2 Pg 22	AquaBodyStrong for the Fitness Enthusiast Lucy & Nunez Pg 22	Girls Just Wanna Have Fun! Kooperman, Layne & Weisenmiller Session 2 Pg 22	Obesity from a Different Perspective Galanto Session 1 Pg 21	The Female Training Advantage 2017 Kraivitz Session 1 Pg 21	Passion Plus Purpose Equals Profits Julia Session 2 Pg 22	Bodhi Suspension: Cardio Quest Session 2 Pg 22	Introducing HIIT Mix By Stairmaster Friend-Uhl Session 1 Pg 21	SA4 12:45pm-2:15pm 1:30pm-3:00pm
Spirited Tune-Up: Toes to Nose Rockit Pg 23	Schwinn®: Pedal N Pulse M. Mylrea Pg 23		WATERinMOTION® Platinum 8 Kooperman, Velazquez & Weisenmiller Pg 23	Scientific Reasoning for Personal Trainers Galanto Pg 23	The Modern Science of Longevity Kraivitz Pg 23	Fitness Program Comprehension and Creation Stahl Pg 23	Bodhi Suspension: Pilates Feinberg Pg 23	Boxing: The Method Feinberg Pg 23	SA5 3:15pm-4:45pm
Yoga for the Young at Heart: Chair Kooperman Pg 24	Schwinn®: Hot Topics Appel Pg 24	Athletic Aquatics Bretz Pg 24	Aqua Soft Fitness Fusion Layne Pg 24	Meals & Musings Biscontini Pg 24	HIIT Extravaganza: 10 New Programs Kraivitz Pg 24	Billions in Our Brains Julia Pg 24	Bodhi Suspension: Focus on Flexibility Gonzalez Pg 24	SA6 5:00pm-6:30pm	
					AQUA EXERCISE PANEL: EBBS & FLOWS Velazquez, Howard, Layne & Weisenmiller Pg 25			SA7 7:30pm-8:30pm	

KiPran™: Earth Elements Papi Pg 25			Aqua Abs: WIM-sy Weisenmiller Pg 26	Ultimate Metabolic and Calorie-Burning Makeover Kraivitz Pg 26	Running the Show: Customer Service Biscontini Pg 26				SU1 7:00am-8:30am
Strength Training for Longevity & Vitality Kooperman Pg 26			Atomic Aquatics Bretz Pg 27	Transition to a Plant-Based Diet B. Mylrea & M. Mylrea Pg 27	Business Management for Fitness Professionals Bellenger Pg 27				SU2 8:45am-10:15am
	<h3>EXPO OPEN 10:00am-1:30pm</h3>								
Active Aging: No Place Like Foam Kooperman Pg 27			AquaBodyStrong for the Active Youth Lucy & Nunez Pg 27	Everything Resistance Training Kraivitz Pg 27	5 Principles of Kickass Brand Marketing Weitzel Pg 27				SU3 11:15am-12:45pm
Creating Postural Habits That Last Osar Pg 28			Barre-A-Cuda Weisenmiller Pg 28	Medical Wellness Difference Bellenger Pg 28	Build Your Best Marketing Strategies Quest Pg 28				SU4 1:00pm-2:30pm

NUTRITIONAL TIPS, TIDBITS & TREATS**Bruce & Mindy Mylrea**

It is that time of day and you are hungry! You want quick and tasty. Your body wants nutritious and sustaining. You deserve great ideas to satisfy both your taste buds and your bodies nutritional needs. Learn to prepare yummy, healthy and easy-to-make snacks for every palate. (LECTURE)

FR5M Friday, 4:00pm-5:30pm**RECOVERY: THE FORGOTTEN TRAINING VARIABLE****Pete McCall, MS**

Do your clients love to exercise but can't seem to reach their goals? The typical mentality is that if a little exercise is good for us, then more must be better, however; overtraining is a serious issue with detrimental consequences. Learn to identify whether your clients suffer from being under-recovered. (LECTURE)

FR5N Friday, 4:00pm-5:30pm**LESSONS LEARNED FROM****BOUTIQUE STUDIOS Rebecca Cofod**

The growth of boutique studios is undeniable. Whether you work at, manage or own a studio or full-service fitness facility, there are many lessons that can be learned around building community, securing retention, and growing revenue through programming. Join this superstar of fitness programming development and explore how to utilize these tools to build success in your facility and in your program. (LECTURE)

FR5O Friday, 4:00pm-5:30pm**3:1 PUNCHOUT Steve Feinberg**

Have you ever trained at a Boxing Gym? That "old school" feeling and the respect that embodies the coaches and the workout is priceless. Join SCW as we delve into the sweet science of boxing and experience a high-intensity combat-sport workout. Work your body and mind and experience the training of a discipline that still is considered one of the toughest sports in the world.

FR5Q Friday, 4:00pm-5:30pm**STATE OF THE INDUSTRY PANEL DISCUSSION****Jeff Howard, Pete McCall, MS, Melissa Layne, MEd, & Fabio Comana, MA, MS**

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. THIS SESSION IS OPEN TO THE PUBLIC, AND THERE WILL BE FREE REFRESHMENTS! (LECTURE)

FR6N Friday, 6:30pm-7:30pm**SATURDAY, NOVEMBER 11****SA1****7:00AM-8:30AM****UPPER EXTREMITY MOVEMENT MECHANICS****Fabio Comana, MS, MA**

Coaching proper form and technique begins with movement patterns, not exercises. Adapt your knowledge of stability and mobility throughout the kinetic chain to teach proper movement and exercises for the upper extremity. Join this session focused on movement research and learn how to properly coach upper extremity exercises.

SA1A Saturday, 7:00am-8:30am**TABATA BOOTCAMP™ - TABATA GX****Mindy Mylrea**

Tabata Bootcamp™ is a revolution in HIIT training. Mindy shows how an amazing 30 minutes can lead to 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 experience a new way to excite and challenge your students.

SA1B Saturday, 7:00am-8:30am**FR6 - EVENING SESSIONS****6:30PM-7:30PM****FITNESS IDOL****Judges: Keli Roberts, Julio Papi, Lawrence Biscontini, MA, & Yury Rockit**

Do you have what it takes to become the next SCW Fitness Idol? As the winner of this prestigious title, not only will you receive coverage in 2017 SCW press releases, but you'll get a chance to show off your skills as a featured presenter at the 2018 SCW MANIA® Convention of your choice!

Each 2017 SCW Fitness Idol Winner receives:

- A slot as a presenter at a 2018 SCW MANIA®
- Complimentary SCW MANIA® Convention attendance*
- A complimentary SCW Certification
- Coverage in all SCW press releases
- Gifts from SCW MANIA® Sponsors
- Mentoring from SCW MANIA® judges

To compete, visit: www.scwfit.com/idol. Everyone is invited to attend. So, if you're not competing, come and watch, participate or cheer on the contestants!

FR6B Friday, 6:30pm-7:30pm**LABLAST® LINE DANCE Beth Canuel & Megan Cooperman**

Are you ready to take traditional line dancing out of the saddle and onto the ballroom floor while blasting it to a whole new level of partner-free fitness and fun? Then LaBlast® Line Dance is for you! Disco, Paso Doble, Jive, Foxtrot and more!

FR6E Friday, 6:30pm-7:30pm**LES MILLS SPRINT™ WORKOUT Nikki Schultz**

Take your training to the next level with a cycling workout built on the science of high-intensity interval training (HIIT) that returns rapid results. The short duration motivates you to push your physical and mental limits. Walk away and become a world-class HIIT coach using cycling as the driving tool.

FR6J Friday, 6:30pm-7:30pm**DYNAMIC ANATOMY - GLUTES/LOWER BODY****Pete McCall, MS**

Do you know how your hamstrings flex the knee, or what is the most effective way to train the adductor and abductor muscles? You must understand anatomy to develop and teach exercise programs that meet your clients' needs. This session creatively and comprehensively teaches you how muscles function during upright movement patterns.

SA1C Saturday, 7:00am-8:30am**BARRE MOVES - UPDATE YOUR CHOREOGRAPHY****Tricia Murphy Madden & Elizabeth Lenart, MA**

Refreshing your barre choreography doesn't have to be a chore. While you want to stay true to the purpose of barre, it doesn't mean you can't have fun with new ideas. Learn how to manipulate movement elements to create fresh sequences that will inspire and energize your students' class experience.

SA1D Saturday, 7:00am-8:30am**FLIRTY FITNESS Daniela Tempesta**

Find the diva within and dance your way to your summer bod! This workshop will give you the tools to layer flirty, funky dance moves in a group setting so that all levels of dancers will feel empowered!

SA1E Saturday, 7:00am-8:30am**CARDIO CONFETTI****Yury Rockit**

With all the approaches to cardiovascular training today, group ex instructors have a wide variety of choices for creating classes. Instead of following just one approach, Yury will lead you through a buffet of several innovative choices to achieve the same goal making our hearts stronger and our exercise selections a true celebration!

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

POWER ON



FUNCTIONAL TRAINING WORLD Sheldon McBee, MS

Whether you are looking for Personal Training, Small Group Training or a large Group Training experience that focuses on function, this is the workshop for you! Learn how to sell, communicate and engrain the concept of "function" to clients and members. Experience simple and effective concepts of coaching regressions and progressions so the deconditioned and elite fit are buzzing about the program.

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

EXTREME 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 while holding a pose for 20 seconds and then resting for 10 seconds. Learn more Vinyasa's that will challenge your members and Yoga asanas that are linked together for a great challenge!

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

CORRECTIVE EXERCISE: FEMALE CORE Dr. Evan Osar

More than 25 million individuals experience incontinence and 75-80% are females and more than one million women have abdominal and/or pelvic surgeries each year. Traditional core training approaches for these women rarely work and can frequently exacerbate their issues. Discover why many female clients struggle with abdominal and pelvic floor issues.

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

SCHWINN® CYCLING: TEACHING TIPS FROM TED®



Doris Thews

TED® Talks, known for their poignant and action-orientated style, illustrate the power of stage presence, word choice, structure and design. Think public speaking is not part of your job description? Think again! Learn 10 presentation tips and three pillars of influence to help deliver masterful cycling classes that move the room.

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

AQUA BITS & PIECES Melissa Layne, MEd



HIIT is popular, and clients are comfortable maintaining their anaerobic threshold. However, what happens if you intersperse anaerobic bits and pieces into aquatic choreography? Veteran participants enjoy instant progress and rookies experience an instant regression. Experience 32 block choreography with interspersed anaerobic bits and pieces that works for everyone!

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

THE BEST BALANCE AQUA WORKOUT

Eric Vandendriessche



AQUA STAND UP® is the first innovative aquatic workout using the water differently with a lot of fun and benefits. Inspired by stand-up paddle boarding and fitness, AQUA STAND UP® is a mix of Yoga, Pilates, HIIT, cardio training and muscular conditioning allowing you to burn up to 650 calories in 45 minutes.

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

SUGAR SHOCKERS AND SHAKEDOWN

Tricia Silverman, RD, MBA

In this captivating presentation, you will see and learn about the shocking amounts of sugar in some favorite foods. Learn why sugar is not so sweet for the mind, body, health and weight. Get helpful tips for reducing sugar intake, while keeping the diet satisfying and flavorful. (LECTURE)

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

FROM THE GROUND UP Karli Taylor

Imagine spending your hard-earned money on a huge beautiful home – only to find out that there are cracks in the foundation. If you are working on your clients' physiques without being mindful of their structural integrity, you may be building that exact house! (LECTURE)

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

BECOME A RETENTION ROCK STAR



Herson & Kimberly Garcia

It's easy to attract clients, but how do you keep them? Holistic Health Practitioners Herson and Kimberly Garcia offer inspiring and effective tips on how to retain clients for 10+ years. They also demonstrate how to expand from simple outdoor boot camps to owning a performance center producing over \$450,000 annually. (LECTURE)

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

INTRODUCING HIIT MIX BY STAIRMASTER



Sonja Friend-Uhl

This session provides a turn-key HIIT System. Customizable to work with one or multiple Core Health & Fitness products this program provides a framework for complete 30-minute workouts for all fitness levels. Experience a series of interval protocols that provide circuit solutions for efficient and effective in-house HIIT programming.

SA1Q Saturday, 7:00am-8:30am

SA2 - KEYNOTE ADDRESS

9:30AM-10:45AM

FUNTENSITY: EMOTION IN MOTION FITNESS

Jonathan Ross

Time flies when you're having fun – that's why workouts feel so long to most people. Transform the exercise experience forever to help them stick with it. Lose yourself in play to find yourself in fitness. Intensity changes the body – fun changes the mind. Become a professional of fun!

SA2B Saturday, 9:30am-10:45am

SA3

11:00AM-12:30PM

OPERATION BATTLE ROPES AND BEYOND SGT Ken®

This new training program is complete with 20 different safe and effective partner-assisted fitness drills. Using ropes and bands in your small group training and/or personal training programs will have you pounding for power! If you love battle ropes and resistance bands, come experience both in this 90-minute program packed with versatility to win any battle!

SA3A Saturday, 11:00am-12:30pm

FUNTENSITY BOOTCAMP Jonathan Ross

When was the last time you had so much fun that you didn't realize how hard you were working until you stopped? Time to feel that again! Experience exercises and games for a challenge in which you will lose yourself. Develop a stronger connection among your participants and to you as the professional in the center of the experience.

SA3B Saturday, 11:00am-12:30pm



GET UP

DYNAMIC ANATOMY - CORE/UPPER BODY

Pete McCall, MS

How does the position of the shoulders affect the hips? What is the most effective way to strengthen the rectus abdominus? You must understand anatomy to develop and teach exercise programs that meet your clients' needs. This session will help you appreciate how muscles function during upright movement patterns.

SA3C Saturday, 11:00am-12:30pm



BARRE TRICKS Tricia Murphy Madden & Mindy Mylrea



Barre rooms are filled with many small equipment exercise tools but you may find yourself going back to the same piece each time. Learn how to incorporate numerous types of equipment into your barre classes while utilizing traditional barre sequencing. Take away tons of unique ideas and invigorate your barre classes!

SA3D Saturday, 11:00am-12:30pm

LABLAST® SHAPE: DANCE CORE FITNESS



Beth Canuel & Megan Cooperman

Build strength, improve endurance and up the calorie burn with LaBlast® SHAPE, the fiercely fun high-energy dance format based on TV's Dancing with the Stars that combines high-impact cardio with muscle-sculpting resistance. Learn how to dance like a star!

SA3E Saturday, 11:00am-12:30pm

BALANCED BODY®: PILATES ON MOTR®



Erika Quest

Rev up your Pilates Mat and Reformer exercises by doing them on the MOTR®. Combining the round surface of a roller with variable, independent pulleys creates an amazing environment for challenging both beginning and advanced clients. Come feel how the MOTR® will wake up your body!

SA3F Saturday, 11:00am-12:30pm

PLYOGA®: YOUR BODY IS POWER Stephanie Lauren



We have reinvented interval training by giving you a highly challenging and modifiable workout in all planes of motion with our flagship format! This four-part high intensity interval system uses accelerated and fundamental Yoga as a fluent and active recovery for Plyometric movements. Enjoy a format that is sweeping the Americas!

SA3G Saturday, 11:00am-12:30pm

DAANASANA™ YOGA 360 Julio Papi



Daanasana™ are two Sanskrit words: Daan (share) and asana (posture) expressing the act of sharing asana. Daanasana™ is a Yoga Alliance approved course that focuses on an alignment-oriented style of Yoga that is very intense, effective and physical. Using Hatha Yoga as a gate, join Julio and experience this powerful self-development process.

SA3H Saturday, 11:00am-12:30pm

FOOT-KNEE COMPLEX: CORRECTIVE EXERCISES

Dr. Evan Osar

Many older adults experience chronic foot and knee issues, like osteoarthritis, that limit their ability to walk, run, and participate in activities they love. Unfortunately, many are not given great options outside of medications, orthotics, and rest. In this interactive session, learn why so many older adults have osteoarthritis of the foot and knee and discover the most effective corrective exercises to help your clients feel better.

SA3I Saturday, 11:00am-12:30pm

SCHWINN® CYCLING: ALL ABOUT THE BASE



Keli Roberts

HIIT has been crowned King of Results, but HIIT should comprise only 20% of your overall weekly workout volume. What about the other 80%? The answer is endurance-based training. This workshop illustrates the "anti-HIIT" solution that will have riders going harder for longer and producing more power for maximum caloric output.

SA3J Saturday, 11:00am-12:30pm

30 IN 40 Lawrence Biscotini, MA



This session features 30 years of aquatic celebrations condensed into 40 minutes! Lawrence began his aquatics career in 1984, and this session combines his favorite moves over the past 30 years for shallow, deep, grounded, and suspended techniques. Lawrence has created award-winning aquatic programming for Golden Door Spas, Canyon Ranch, and Equinox fitness clubs, and this session showcases all of Lawrence's best work.

SA3K Saturday, 11:00am-12:30pm

AQUA FAMILY FIT WITH HIIT Melissa Layne, MEd

The aquatic environment is popular with baby-boomers. More millennials are making their way into the pool and both groups are looking for the benefits of a HIIT aqua workout. This workshop has drill-based ideas that you can use with all ages and partner ideas that you can incorporate with no equipment.

SA3L Saturday, 11:00am-12:30pm

LONGEVITY LAB: EATS AND FEATS Tricia Silverman, RD, MBA

Learn which dietary and lifestyle practices lead to longevity across the world. Discover how the Okinawan way of life and practice of Hara Hachi Bu can help your clients eat less. See how eating more raw and steamed vegetables can lengthen your lifespan while other foods have the opposite effect. (LECTURE)

SA3M Saturday, 11:00am-12:30pm

MANAGING AND GROWING YOUR PT TEAM

Sheldon McBee, MS

Provide leadership, growth, quality control and usable business strategies to expand a progressive Personal Training team. Implement initiatives that enhance the member experience in order to exceed your personal and the company goals of usage and retention. This is hands-on workshop is perfect for independent Personal Trainers and Management Teams alike. (LECTURE)

SA3N Saturday, 11:00am-12:30pm

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!

(LECTURE)

SA3O Saturday, 11:00am-12:30pm

BODHI SUSPENSION: CHISEL YOUR PHYSIQUE

Nico Gonzalez

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

SA3P Saturday, 11:00am-12:30pm



BOXING BOOTCAMP Steve Feinberg

Looking for ideas for a new station in your Circuit class or Tabata Bootcamp? This session explores the basics of boxing through the use of bags, gloves, ropes, medicine balls and more. It has been proven that hitting a bag and focusing on combinations can provide relief from the aggression-filled issues that enter our lives. Experience a high-intensity level of training and enjoy one of the world's most disciplined sports: Boxing.

SA3Q Saturday, 11:00am-12:30pm



SA4 - SESSION 1

12:45PM-2:15PM

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

PROJECT STEEL™ PJ Stahl, MA

PROJECT STEEL™ is a full-body workout utilizing functional and dynamic movement patterns for all fitness levels. With a dynamic warm-up, strength training, bodyweight conditioning and stretching and mobility, you will be moved and motivated to finish stronger every day. Incorporate corrective exercises to blast your core and maximize RESULTS!

SA4A Saturday, 12:45pm-2:15pm



BODY WEIGHT STRENGTH EXPLOSION

Mindy Mylrea

Are you searching for a functional strength training program that will excite all senses? Mindy has found a way to fill the cracks between the start and end of an exercise. This is a revolutionary way to train every muscle in the body and the mind-body connection. Mindy will gracefully link movement to movement and generate an integrated approach to strength training that makes sense to the senses. Develop muscle that matters for increased strength, flexibility and function.

SA4B Saturday, 12:45pm-2:15pm



NO EQUIPMENT, NO PROBLEM

Manuel Velazquez

This workout includes sequenced movements so your body works as one unit through all planes of motion without using equipment and with very little rest. The results include an increased metabolic rate while improving strength and endurance. Train hard and get strong while using your most accessible piece of equipment, YOUR BODY!

SA4C Saturday, 12:45pm-2:15pm



BEST OF BARRE Abbie Appel

Experience the best of SCW Barre programming. Mix and match movements from four fabulous SCW Barre workouts to achieve the most effective total-body training. Learn this simple technique for designing classes and progressing barre movements, and discover how easy it is to create comprehensive barre workouts that challenge all levels.

SA4D Saturday, 12:45pm-2:15pm

BOLLYX® - THE BOLLYWOOD WORKOUT



Fen Tung

BollyX® is the Bollywood-inspired dance workout where participants unleash their inner rock star! Come experience this interval-based dance format that incorporates authentic choreography to the best beats from around the world. This effective cardio workout will have you sweating and smiling at the same time.

SA4E Saturday, 12:45pm-2:15pm

OBESITY FROM A DIFFERENT PERSPECTIVE Daniel Galanto

Weight loss is one of the most popular specialties among personal trainers, who are taught that exercise is the universal cure-all for obesity. This lecture shows trainers that there are other aspects of someone's life that could make them obese. Personal trainers are one of the few professionals that can help these people, sometimes without exercise. (LECTURE)

SA4M Saturday, 12:45pm-2:15pm

THE FEMALE TRAINING ADVANTAGE 2017

Len Kravitz, PhD

This new lecture summarizes recently published research and the latest science on the physiological effects of exercise in females. A comprehensive review of fat metabolism, hormones, caloric expenditure and female physiology related to exercise is discussed. The new block, cluster set and PHA resistance training programs will also be introduced. (LECTURE)

SA4N Saturday, 12:45pm-2:15pm

INTRODUCING HIIT MIX BY STAIRMASTER



Sonja Friend-Uhl

This session provides a turn-key HIIT System. Customizable to work with one or multiple Core Health & Fitness products this program provides a framework for complete 30-minute workouts for all fitness levels. Experience a series of interval protocols that provide circuit solutions for efficient and effective in-house HIIT programming.

SA4Q Saturday, 12:45pm-2:15pm

SA4 - SESSION 2

1:30PM-3:00PM

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

SPEEDBALL CORE Steve Feinberg

Speedball is an intense, NON-STOP multi-directional conditioning program featuring the revolutionary SpeedBALL. Speedball Core introduces unique core exercises, balance, mobility, stability and incorporates interactive partner training. The program can be performed in an existing conditioning class or seamlessly inserted into a personal training session.

SA4F Saturday, 1:30pm-3:00pm

POUND® ROCKOUT WORKOUT



Jenny Anania & Amy Ward

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 calories, strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique while rocking out to your favorite music.

SA4G Saturday, 1:30pm-3:00pm



JEFF HOWARD

Jeff is a world-renowned fitness presenter who has lived in South Africa, Puerto Rico and the United States. As part of the SCW Faculty, he has starred in numerous SCW Fitness videos and has educated fitness professionals at conventions worldwide for over a decade. Jeff trained countless celebrities as the pioneer instructor at the Golden Door Spa and has appeared on several national TV shows. Jeff is currently the Promotional Director of Fitness for Milestone Baptist East.

ZEN OVERLOAD: UNCONVENTIONAL MIND/BODY**Jeff Howard**

This workshop visits equipment we have in our mind/body studios; yoga blocks, Pilates rings and mats but uses them in a non-traditional way. Learn how equipment can be utilized differently in a workout that changes how you look at the studio and leaves you with programming to enhance your existing curriculum.

SA4H Saturday, 1:30pm-3:00pm**NIRVANAFITNESS®: BREATHE RIGHT, LIVE LONG****Char Willingham**

Learn how this revolutionary "Breathing Fitness to Music" program helps to combat modern chronic conditions, detox the mind and body and prepares the body for proper oxygenation. Explore the elements of the NirvanaFitness® system and how to join and share this worldwide mission of conscious breathing.

SA4I Saturday, 1:30pm-3:00pm**SCHWINN® CYCLING: GIRL POWER 2.0****Doris Thews & Francesca Kerr**

This crucial conversation is going next-level. What do female students need to have an amazing class experience? What holds women back? How can you bring acceptance, not judgement, into the room? This workshop is stacked with the latest research, strategies for every personality and uplifting advice from female industry icons.

SA4J Saturday, 1:30pm-3:00pm**AQUABODYSTRONG FOR THE FITNESS ENTHUSIAST****Gia Lucy & Mia Nunez**

Put your fitness to the test with AquaBodyStrong, the new, balance-and-strength-based water workout that challenges you to maintain proper postural control and alignment while performing Yoga, HIIT and Pilates exercises on a tethered, floating, fitness mat. You'll burn calories, increase strength, balance, endurance and focus while having the time of your life!

SA4K Saturday, 1:30pm-3:00pm**GIRLS JUST WANNA HAVE FUN!****Sara Kooperman, JD, Melissa Layne, MEd, & Amy Weisenmiller**

Bring a tidal wave of energy and excitement to the pool! The fabulous Women of MANIA® will provide a flood of new ideas that will give new meaning to fluid fun. Plunge into a fantastic workout that covers all body parts and add a major splash of WOW! to your aqua classes.

SA4L Saturday, 1:30pm-3:00pm**PASSION PLUS PURPOSE EQUALS PROFITS****Katrina Julia**

Unleash the passions and purpose within to transform and inspire so that you shine the spotlight in your life and fitness business. Experience interactive activities, including a panel with insight into social media, websites, giveaways, services and community activities. (LECTURE)

SA4O Saturday, 1:30pm-3:00pm**BODHI SUSPENSION: CARDIO****Erika Quest**

Combine suspension training with high-intensity cardio drills! Use the Bodhi Suspension System to challenge strength and muscular endurance and add fun cardio drills to elevate your heart rate and increase your cardiovascular fitness. Alternate cardio and strength to create an amazing experience to keep your clients asking for more!

SA4P Saturday, 1:30pm-3:00pm**SA5****3:15PM-4:45PM****BREAKING IN TO CORPORATE WELLNESS****Andrew Gavigan**

Corporate Wellness Programs are offered at 44% of U.S. businesses and the opportunities for fit pros to get involved are abundant. Get the business tools to obtain new, regional, corporate wellness clients and experience accessible, all inclusive, team-building workouts. Certified trainers, group exercise instructors and entrepreneurs won't want to miss this session!

SA5A Saturday, 3:15pm-4:45pm**OPERATION CRAVING COMPETITION™****SGT Ken®**

SGT Ken's Operation Craving Competition™ utilizes highly effective physical training techniques practiced by the U.S. military. Complete with nine stations filled with tactical fitness exercises, this course is one of the most functional fitness circuits ever designed! Using a military fitness strategy called Muscle Targeting, thousands of Soldiers, Sailors, Airmen and Marines prepare for leadership schools or combat.

SA5B Saturday, 3:15pm-4:45pm

MINI BAND MANIAC Abbie Appel

Discover how this incredible, inexpensive, core-activator will transform your workouts and bring a new dimension to your total body muscular endurance and strength programming. Learn 10 new movement progressions utilizing mini-bands for the entire body and experience new ways to add challenges for one-on-one clients, small group training and multi-level, group conditioning classes.

SA5C Saturday, 3:15pm-4:45pm

BARREFLOW Karli Taylor

By combining aspects of yoga, Pilates, barre fitness and corrective exercise, BarreFlow incorporates strength, endurance and flexibility into one invigorating workout. The focus on posture and form and the smooth transitions between exercises will help students become more present since concentration is necessary to get the most out of this class.

SA5D Saturday, 3:15pm-4:45pm

THE ART OF DANCE FITNESS

Alana Sanders, MS

Explore the art of translating dance moves into fitness terms with this SCW Fitness Idol Winner. Learn which muscles we use when we Salsa, Twerk and Shimmy. Discover how to effectively provide feedback to students while recognizing when options are required. Dance is an art form that requires no explanation, just translation!

SA5E Saturday, 3:15pm-4:45pm

FXP HULA HOOP®: CORE FLOW

Kristin Benton

The FXP Fitness Hula Hoop® Core Flow is a fresh, new approach to group fitness! The program utilizes our uniquely designed and weighted Fitness Hula Hoop® as a tool to enhance the core-centric moves of Pilates and strengthening benefits of ballet barre for a high energy, low-impact sweat-fest.

SA5F Saturday, 3:15pm-4:45pm

ULTIMATE STRENGTH & CONDITIONING WORKOUT

Julio Papi

The Ultimate Strength & Conditioning Workout is a dynamic body-weight session combining functional patterns, primal moves, martial arts, strength and mobility exercises. The main focus is to improve agility and develop the ability to change direction in the minimum unit of time. Agility includes strength, mobility and coordination.

SA5G Saturday, 3:15pm-4:45pm

QI GONG FOR EVERY BODY Elian Haan

This session focuses on the four focal components of 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 class is popular with individuals motivated to increase their flexibility and improve their posture and balance.

SA5H Saturday, 3:15pm-4:45pm

SPIRITED TUNE-UP: TOES TO NOSE Yury Rockit

Join Yury for an in-depth look at self-care as we focus on our breath, brains and bodies. Starting with the intrinsic muscles of the feet, we will learn rehabilitation movements to reprogram on our bare feet. Additionally, learn small adjustments to other body parts including hips and shoulders to tune-up our bodies.

SA5I Saturday, 3:15pm-4:45pm

SCHWINN® CYCLING: PEDAL N PULSE Mindy Mylrea

Schwinn Indoor Cycling meets Barre in a fusion program that's taking the country by storm. Amazing cardio combos on the bike flow into elongating, strength-based barre training on the floor using the bikes as barres. Finally, barre students work in the cardio and die-hard cyclists get the flexibility and elongation training.

SA5J Saturday, 3:15pm-4:45pm



MANUEL VELAZQUEZ

Manuel is a WATERinMOTION® National Trainer and SCW Fitness Education Faculty Presenter. He is the recipient of the "2011 ECA-NYC OBOW All-Around International Presenter of the Year" award and has been presenting at fitness conferences worldwide for over two decades and is on the continuing education faculty for SCW, ACE, AFAA, ACSM, AEA, and WATERinMOTION®. Manuel is also an AFAA Examiner, appears in many fitness DVDs and stars in the AFAA online bilingual "Sunrise Yoga," "Yo-Chi"® and "Cream Rises" programs.

WATERINMOTION® PLATINUM 8



Sara Kooperman, JD, Manuel Velazquez & Amy Weisenmiller

WATERinMOTION® Platinum is a creative aqua exercise program that is perfect for older adults. This fun water workout improves cardiovascular endurance, agility, balance, strength and flexibility. Experience this educational exercise system that provides easy-to-teach and learn choreography, fantastic music and a scientifically designed program. Leave with eight new 64-count choreography blocks ready to use Monday morning!

SA5L Saturday, 3:15pm-4:45pm

SCIENTIFIC REASONING FOR PERSONAL TRAINERS

Daniel Galanto

Many mediums influence personal trainers, and most have a conflicting 'science' regarding what are the best practice for fitness professionals. Without proper skills in this area, professionals are at risk for falling victim to misleading or false information. This lecture tells fitness professionals where to get information and how to interpret research in the field of exercise science and general health. (LECTURE)

SA5M Saturday, 3:15pm-4:45pm

THE MODERN SCIENCE OF LONGEVITY Len Kravitz, PhD

Increasing the life expectancy of humans has generated intense research on the biological mechanisms of longevity. In this presentation, the science of aging and anti-aging strategies to slow down aging and extend the lifespan will be discussed. This groundbreaking review will provide inspiring new interventions to extend one's lifespan. (LECTURE)

SA5N Saturday, 3:15pm-4:45pm

FITNESS PROGRAM COMPREHENSION AND CREATION PJ Stahl, MA



Become educated and motivated to discover better strategies to the methodology behind fitness programming. Explore scientific solutions to "fitness problems" and how to take the complexity of science and simplify the application. Create, comprehend and construct for more successful fitness program design and implementation. (LECTURE)

SA5O Saturday, 3:15pm-4:45pm

BODHI SUSPENSION: PILATES Nico Gonzalez



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

SA5P Saturday, 3:15pm-4:45pm

BOXING: THE METHOD Steve Feinberg



This cardio boxing class uses the best asset in your studio: YOU! Experience a high-intensity level of training that incorporates the technique work of punches, method training and core work in one class. If you like to move to the beat of the music, you will LOVE this workout, which not only burns up calories and works your body but also trains your mind.

SA5Q Saturday, 3:15pm-4:45pm

SA6

5:00PM-6:30PM

RELAX & RESTORE: RELEASE & MOBILIZE**Manuel Velazquez**

Using simple foam rollers, balls and your body weight, explore techniques to elongate and facilitate muscle tension release, improved circulation and enhanced relaxation. Perfect for fitness professionals, this session requires no music and simple equipment - rollers, small balls and your body weight. Leave with easy-to-follow exercises for a variety of demographics.

SA6A Saturday, 5:00pm-6:30pm**LES MILLS BODYATTACK® WORKOUT****Nikki Schultz**

BODYATTACK® is a high-energy workout with moves for beginners and serious fitness addicts. Combine athletic movements such as running and jumping with strength exercises like push-ups and squats. The workout is enhanced with energizing tunes that challenge your limits while burning calories and leaving you with a sense of achievement.

SA6B Saturday, 5:00pm-6:30pm**STRONG BY ZUMBA® Nathalia Ferreira**

STRONG by Zumba® is a revolutionary high-intensity workout led by music. Body weight, muscle conditioning, cardio and plyometrics are synced to original music designed to match each move. Think you have what it takes? Join the STRONG by Zumba® Challenge! WINNERS RECEIVE PRIZES! Class participation required.

SA6C Saturday, 5:00pm-6:30pm**BODYWEIGHT BARRE Keli Roberts**

Pure and simple, Bodyweight Barre offers an effective total body workout with no equipment. Graceful, flowing Barre inspired movements create a core-centric muscular endurance program that trains the body from the inside-out leaving you feeling refreshed and energized. Discover the grace within and sculpt a dancer's body!

SA6D Saturday, 5:00pm-6:30pm**LABLAST® SILK: ACCESSIBLE DANCE FITNESS****Beth Canuel & Megan Cooperman**

Ease into fitness with LaBlast® SILK, the dance fitness format based on TV's Dancing with the Stars and created by Louis van Amstel that allows the new dancer to gradually build strength and stamina with easy-to-follow, low-impact patterns.

SA6E Saturday, 5:00pm-6:30pm**THINKFIT: SMART MULTI-LEVEL CIRCUITS****Erika Quest**

ThinkFit is a circuit-class formula you can use to develop classes for any population while using any equipment. Learn how to design and teach circuits for multilevel classes in this dynamic workshop.

SA6F Saturday, 5:00pm-6:30pm**PLYOGA®: THE REVERSE WARRIOR Stephanie Lauren**

We have taken our four-part PLYOGA® system and turned it over. You will see Core, Core and Explode rather than Explode, Explode and Core. You will use your entire body in every plane with a focus on core elements to promote balance, muscle elongation, explosive agility and endurance. Hello functional core training!

SA6G Saturday, 5:00pm-6:30pm**TAI CHI 24 YANG STYLE Elian Haan**

The Tai Chi 24 Short Form Yang Style is a simplified version of the unique movements of Tai Chi. Elian has developed a simple way to explain and teach this form of exercise so you can quickly learn, join in anywhere and enjoy this beautiful style of movement and meditation.

SA6H Saturday, 5:00pm-6:30pm**YOGA FOR THE YOUNG AT HEART: CHAIR****Sara Kooperman, JD**

This creative workshop focuses on yoga postures done with the support of a chair. Standing, seated and floor work poses are beautifully blended into asanas that encompass a creative strength building and flexibility promoting workout. A union of mind, body and spirit are at the heart of this program with special attention focused on

activities of daily living and the ability to rise, fall and flow by oneself. Supported by a group of like-minded individuals, this program has far-reaching positive effects on aging exercisers of all shapes and sizes, building communities with a mindful attention to self-awareness.

SA6I Saturday, 5:00pm-6:30pm**SCHWINN® CYCLING: HOT TOPICS Abbie Appel**

Experience one of Schwinn's most popular and controversial workshops. There's buzz around indoor cycling issues - resistance, leg speed, upper body engagement, HR training versus training with power and coaching with display technology. Hear Schwinn's take on these topics coupled with the latest research and science to clear up myths and misconceptions.

SA6J Saturday, 5:00pm-6:30pm**ATHLETIC AQUATICS Kim Bretz, MS**

This innovative session merges the worlds of aquatics, sports and group ex to deliver a high intensity workout. Bring out your inner athlete through high intensity cardio, core and muscular training with movements utilized in swimming, water polo, aquatic exercise and land based conditioning classes.

SA6K Saturday, 5:00pm-6:30pm**AQUA SOFT FITNESS FUSION****Melissa Layne, MEd**

As high-intensity aqua workouts continue to gain in popularity, we need to offer workouts for the recovery days. This class format allows for active recovery focusing on stability and mobility, flexibility and muscular endurance while incorporating moves from barre classes as well as yoga and core based aqua formats.

SA6L Saturday, 5:00pm-6:30pm**MEALS & MUSINGS Lawrence Biscontini, MA**

Lawrence's best-selling book takes traditional recipes from around the world and reproduces them, both traditionally and with more healthy options. Explore current trends of whole, raw, slow and sustainable food, and discuss what fit people REALLY eat. From raw salads to decadent desserts, this session is for those who love to eat and want to learn simple, international twists on meals. (LECTURE)

SA6M Saturday, 5:00pm-6:30pm**HIIT EXTRAVAGANZA: 10 NEW PROGRAMS****Len Kravitz, PhD**

The emerging research examining high-intensity intermittent exercise indicates numerous benefits for cardiovascular health, fat loss, insulin resistance and cardiovascular performance. The physiological, metabolic and biological mechanisms underlying all of these responses and adaptations will be discussed. Len has scoured the research and come up with the 10 BEST HIIT programs. (LECTURE)

SA6N Saturday, 5:00pm-6:30pm**BILLIONS IN OUR BRAINS****Katrina Julia**

Break the barriers in your brain. We will start with money in the matrix, experience the 6 Pack to Wealth, and create wealth with limitless possibilities. Highlights will include interactive activities and will take you from the foundation of freebies to memberships to content to program to retreats to academies. (LECTURE)

SA6O Saturday, 5:00pm-6:30pm**BODHI SUSPENSION: FOCUS ON FLEXIBILITY****Nico Gonzalez**

Keep pursuing the activities you love without the restriction of tight overworked muscles. Learn dynamic flexibility drills using the Bodhi Suspension System to keep the body moving. Sequences can be used for a cool-down or can be combined for a truly "feel good" Bodhi experience.

SA6P Saturday, 5:00pm-6:30pm

SA7

6:45PM-7:45PM

MANIA® DANCE-OFF!

Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with LaBlast®, ZUMBA®, BollyX® and POUND®, and learn tons of new moves to drive your dance programs to the next level. You even can win a free certification from one of these amazing programs. It's going to be a party of epic proportions!
SA7B Saturday, 6:45pm-7:45pm

INTRODUCTION TO MEDITATION

Yury Rokkit & Lawrence Biscontini, MA



Learn the background to traditional tenets of Buddhist meditation from principles to prana to practices. Instead of learning just theory, we practice meditation to gain new pranayama skills and drills you can implement into your life or use with clients immediately for both physiological and psychological benefits for the mind and body.
SA7I Saturday, 6:45pm-7:45pm

AQUA EXERCISE PANEL: EBBS AND FLOWS

Jeff Howard, Manuel Velazquez, Melissa Layne, MEd & Amy Weisenmiller

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) THIS SESSION IS OPEN TO THE PUBLIC, and FREE REFRESHMENTS WILL BE PROVIDED!
SA7N Saturday, 6:45pm-7:45pm

SUNDAY, NOVEMBER 12

SU1

7:00AM-8:30AM

DON'T STEP ON IT Jeff Howard



This class is designed around a piece of equipment every gym has but never uses - "The Step". Learn how the step can be utilized differently without ever stepping on it. Experience the step in unconventional ways that are still effective. This workshop provides numerous ideas perfect for personal training and group exercise.
SU1A Sunday, 7:00am-8:30am

KETTLEBELL EXPRESS Keli Roberts



Quick, efficient workouts are key to busting excuses and there's no better tool than the kettlebell! Thirty minutes of effective functional whole-body training designed to enhance integrated strength and conditioning. Starting heavy with traditional movements and finishing with light complexes that improve coordination, this workshop leaves instructors with a simple, effective training plan.
SU1B Sunday, 7:00am-8:30am

INNER & OUTER CORE CIRCUITS Nico Gonzalez

This action-packed session will showcase a variety of fun filled movements to challenge beginners and your hard-core clients. It's time to move your body beyond front/back and side to side. Learn to incorporate your "super highways" of movement efficiently and safely. Core strength guaranteed!
SU1C Sunday, 7:00am-8:30am

BALANCED BODY®: PILATES on MOTR® Erika Quest



Rev up your Pilates Mat and Reformer exercises by doing them on the MOTR®. Combining the round surface of a roller with variable, independent pulleys creates an amazing environment for challenging both beginning and advanced clients. Come feel how the MOTR® will wake up your body!
SU1F Sunday, 7:00am-8:30am

GLOBAL ASSESSMENT VERSUS LOCAL ASSESSMENT

Andrea Wasylow

When it comes to function, we already know that we need to look at the body as a fully integrated unit, yet traditional assessment techniques tend to focus on local or isolated joints and movements. Join us for this unique look at true functional analysis.
SU1H Sunday, 7:00am-8:30am

KIPRANJ™ EARTH ELEMENTS Julio Papi



The first year in America, come experience KiPranJ™ with the Creator, and international fitness star, Julio Papi. Ki is the Japanese concept of energy. Prana and J are the Joy of movement and knowledge. Julio has made a powerfully unique fusion between Yoga, Martial Arts and Dance that is full of meaning while also driving one to achieve perfection in action and concentration.
SU1I Sunday, 7:00am-8:30am

ROLL WITH IT





ALL SYSTEMS GO

AQUA ABS: WIM-SY Amy Weisenmiller

This WATERinMOTION®-inspired workshop explores the benefits and challenges of working our core in an aquatic environment. Learn to use progressions and regressions for a variety of exercises and choreography blocks that ensure greater participant success regardless of fitness experience. Leave with eight new 64-count choreography routines that you can take home and integrate into your own program. Explore a flood of new Aqua Core Options!

SU1L Sunday, 7:00am-8:30am

ULTIMATE METABOLIC AND CALORIE-BURNING MAKEOVER

Len Kravitz, PhD

This engaging lecture will explain the components of metabolism and calorie burning, factors that affect RMR and the latest biomedical research understandings on exercise metabolism and caloric expenditure. In addition, participants will learn 15 documented ways to physiologically boost metabolism along with eight fabulous calorie-burning workouts. (LECTURE)

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

RUNNING THE SHOW: CUSTOMER SERVICE

Lawrence Biscontini, MA

Analyze and imitate the best in customer service from around the globe. Join Lawrence as he shares his two decades of experience on how to attract, train and maintain clients and members. Group Instructors, Personal Trainers and Owners will benefit from this creative and detailed presentation exploring customer acquisition, retention and management. Leave with tools to grow your client base and client satisfaction. (LECTURE)

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

SU2

8:45AM-10:15AM

THE ROLLING BARBELL - MEET THE AXLE

Andrew Page

The Axle is the barbell reinvented. Learn how to properly train midline core bracing with The Axle Barbell that lifts, rolls and pulls (with your feet!). The Axle Workout is derived from a system that pairs Olympic Lifting with midline (rolling) core bracing. Ultralight, collapsible and capable of adding any load, The Axle incorporates a training system built around athletic performance that optimizes human movement.

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

OnDemand

POWER SYSTEMS

DITTO (DO IT TOGETHER TODAY)

Elian Haan

DITTO is a program that inspires clients to keep working out together. Encouragement and motivation are key and the exercises in this program are done together, functional and fun. Exercise is proven to be the number one medicine to health and happiness. Ten simple and effective team-exercise routines are utilized!

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

PROTOCOLS FOR SHOULDER MOBILIZATION & STABILIZATION

Nico Gonzalez

A personal trainer will eventually encounter clients with some type of shoulder concerns. Learn to address these clients with assessment strategies and a 3-point protocol system. Knowing when to implement movements is as essential as knowing what movements to program. Walk away with programming for clients that have kyphosis, a mobile scapula and more.

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

GROUP EXERCISE OR GROUP INJURY?

Kimberly & Herson Garcia

Musculoskeletal injuries have accounted for 57 million + healthcare visits. As group fitness programs and high-intensity exercise routines grow, it's critical to learn how to offer clients a little of what they want and a lot of what they need. Learn how to design programs that deliver results without injury.

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

REHABILITATION STRATEGIES FOR LOWER-EXTREMITIES

Andrea Wasylow

In this presentation, we'll discuss strategies for working with the weekend warrior and post-rehabilitation training programs for common injuries of the lower extremities. Learn the principle-strategy-technique process and how to apply it to your clients and patients who are bouncing back from injury.

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

STRENGTH TRAINING FOR LONGEVITY & VITALITY

Sara Kooperman, JD

Whether a personal quest or way to engage the fastest growing population segment, this workout presents effective training techniques for the 50+ population. Experience this Group Strength Class using simple exercises and portable equipment for a total-body workout. It's not how long or hard you train, it's about exercising smart for longevity and vitality.

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

OnDemand

ATOMIC AQUATICS Kim Bretz, MS

Get ready to 'blast off' in this non-stop, high intensity aquatic workout. With a focus on intensity, you won't get cold in this powerhouse class as you challenge your cardiovascular system. Jump into high gear, defy your preconceived notions of aquatic exercise... this is the class you've been waiting for!

SU2L Sunday, 8:45am-10:15am

TRANSITION TO A PLANT-BASED DIET

Bruce & Mindy Mylrea

Plant-based foods have been proven to prevent or reduce the risk of chronic disease. However, making the transition to this type of diet can be an overwhelming obstacle. Armed with the latest research in behavioral change and nutrition, Bruce has jam packed this lecture with simple behavioral change strategies and nutritional tips. (LECTURE)

SU2M Sunday, 8:45am-10:15am

BUSINESS MANAGEMENT FOR FITNESS PROFESSIONALS

Debbie Bellenger

Do you want to take the step in your career from group fitness instructor/personal trainer to the coordinator or manager level in your facility? Learn the business management skills required to achieve that next step, and discover the strategies you can apply to get there. (LECTURE)

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

SU3

11:15AM-12:45PM

POUND® - HOW YOUR BODY ROCKS

Jenny Anania & Amy Ward

Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into an incredibly effective way of working out. POUND® releases inner rock stars and creates environments that elicit confidence, enhance unity and ultimately, inspire positive action in life. Explore POUND's effect on your mind and body as you delve into why and how your body rocks!

SU3A Sunday, 11:15am-12:45pm

LES MILLS GRIT™ CARDIO WORKOUT

Nikki Schultz

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.

SU3B Sunday, 11:15am-12:45pm

CORE FIT Elian Haan

The ingredients for this class are balance, flexibility and strength, which deliver quality over quantity with an emphasis on the how and why of movement. Participants look for simple, fun and effective moves. Four, 10-minute blocks of lunges/squats, arms/weights, balance exercises and floor work for core strength and flexibility is included.

SU3C Sunday, 11:15am-12:45pm

THINKFIT: FUNCTIONAL CIRCUIT PROGRESSIONS

Nico Gonzalez

Experience the power of ThinkFit circuit programming with specially designed progressions for developing better functional movement patterns. Learn sequences using a variety of small equipment and the ThinkFit class structure to make your teaching stand out.

SU3F Sunday, 11:15am-12:45pm



**Savvier
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LES MILLS

BE YO-GA®: FORMS & FLOWS

Yury Rokkit

Mix pop culture with prana in this non-traditional yoga workshop. Discover creative ways to mix popular, yet mindful, music featuring Beyonce with the practice of various types of Hatha yoga. Incorporate progressions and regressions to make an Ashtanga yoga practice accessible to all!

SU3H Sunday, 11:15am-12:45pm

ACTIVE AGING: NO PLACE LIKE FOAM

Sara Kooperman, JD

This exploratory session addresses foam rolling for the Active Ager. Self-care is increasingly important to incorporate into our daily activity to ensure that our body functions optimally. Get "on a roll" to explore safe methods of myofascial release, including self-massage, to manage reduced flexibility, accumulated injuries and decreased mobility and circulation for the 50+ market.

SU3I Sunday, 11:15am-12:45pm

AQUABODYSTRONG FOR THE ACTIVE YOUTH

Gia Lucy & Mia Nunez

AquaBodyStrong for kids, the fun, new, interactive workout performed on a floating fitness mat, keeps kids engaged and physically fit and builds executive function skills to improve focus, planning and control. Structured physical activities, team-based drills and confidence-building games will have your kids begging for their next AquaBodyStrong session!

SU3L Sunday, 11:15am-12:45pm

EVERYTHING RESISTANCE TRAINING Len Kravitz, PhD

Len shows you the latest advances on the intricate mechanisms involved in muscle-force production for strength and hypertrophy. Questions about muscles will be answered regarding specific applications to training including muscle metabolism and volume versus intensity. Come learn the newest research on training program designs for improving strength and hypertrophy. (LECTURE)

SU3M Sunday, 11:15am-12:45pm

5 PRINCIPLES OF KICKASS BRAND MARKETING Kristin Weitzel

Your long-term business success is driven by how well you communicate every aspect of your brand. This session uncovers keys to infusing everything you do – defining your offerings, website, list building, merchandise, social media, and customer service – with your unique and focused brand story. Get a diet of lean, mean brand marketing strategy and tactics so you can crush it forever after. (LECTURE)

SU3N Sunday, 11:15am-12:45pm

SU4

1:00PM-2:30PM

FLEXIBILITY + PERFORMANCE = WELLNESS Jeff Howard

Equipment-assisted stretching releases muscle tension and increases range-of-motion at the soft tissue level, which is part of recovery and performance enhancement. Using Yoga straps and stretches, we will address loosening tight hips, improving your range-of-motion and circulation, alleviating back pain and more. Add this programming to your curriculum quickly and easily.

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

**SARA KOOPERMAN, JD**

Sara is an international favorite MANIA®, IDEA, AFC, CanFitPro, Club Industry, YMCA, MFA, ICAA and AB Show Conference presenter. Sara is the owner and Executive Director of SCW Fitness Education and founder of the eight MANIA® Fitness Instructor Training Conventions along with WATERinMOTION®. Sara is an attorney who was selected as a Gold Medal winner distinguishing her as a business leader who has contributed to the economic health of her community. She also received the state honor as Business Woman of the Year. Sara is a former lecturer for NASM and ACSM and is the proud recipient of AEA's Global Award for Contribution to the Aquatic Industry. Sara has served on the Gold's Gym Think Tank and has been inducted into the National Fitness Hall of Fame.

TRAINING THE TRANSVERSE PLANE

Andrea Wasylow

The transverse plane of motion is vital to our daily function, and even more vital in sports and performance training, yet this is the plane of motion that is most often overlooked during our training programs. Learn how to incorporate rotational movement into your existing training programs and exercises.

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

CORE & RESTORE Kim Bretz, MS

You can have it all in this unique combination class geared to build core strength and stability in conjunction with rhythmic foam rolling to release muscle tension and adhesions. This focused workout, set to rhythmic energizing music, blends core stability and self-myofascial release to enhance daily functional fitness.

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

ASSUME THE POSITION

Lawrence Biscontini, MA

A common thread among personal-training sessions and fitness classes is movement. The human body moves via a finite number of positions from chair fitness to circus acrobatics. This session explores positions of the body for cardiovascular, strength and flexibility conditioning. In addition to gaining new movement pattern ideas for what the body can do safely, you will gain a new mindset for conceptualizing how to train clients.

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

NIRVANAFITNESS®: BREATHING FITNESS TO MUSIC

Char Willingham

NirvanaFitness® is a blend of simple-to-follow yoga/Pilates toning exercises and rhythmic breathing, set to a relaxing flow of uplifting, award-winning music, creating its own unique genre known as "Breathing Fitness to Music." Each NirvanaFitness® class leads participants to slower, deeper diaphragmatic breathing, which helps to reduce stress and improve overall wellbeing. Come experience the immediate and long-lasting benefits of NirvanaFitness®!

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

CREATING POSTURAL HABITS THAT LAST

Dr. Evan Osar

Why is it so hard to change posture and movement in your older clients? You will discover the neurological reasons why postural/movement habits become engrained and are subsequently so challenging to change. You will also discover a powerful 3-part strategy for empowering clients to create lasting postural/movement habits.

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

BARRE-A-CUDA Amy Weisenmiller

OnDemand

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

SU4L Sunday, 1:00pm-2:30pm

MEDICAL WELLNESS DIFFERENCE Debbie Bellenger

Learn the medical wellness difference. How may you leverage the needs of local healthcare and hospital systems to build your business and get more participants in your classes and training sessions? Which programs can you offer to expand your business? Successful programs will be shared to get you started. (LECTURE)

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

BUILD YOUR BEST MARKETING STRATEGIES

Erika Quest

Do you feel like marketing falls at the bottom of your list? Don't know where to start or how to create successful strategies? Learn to work smarter and not harder with simple, easy and effective ways to connect with your current loyal clients and attract new customers. (LECTURE)

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

JUST ADD WATER.

WATERinMOTION® provides you with everything you need to effectively market and sustain the best aqua fitness program your facility will ever experience. Learn how you can join the movement.



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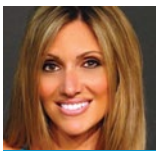


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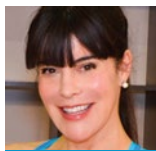
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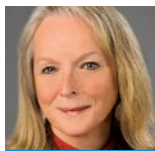
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JENNY ANANIA
POUND®



ABBIE APPEL
SCW / SCHWINN®



DEBBIE BELLEGER



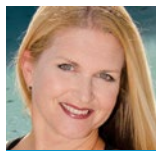
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KIM BRETZ, MS



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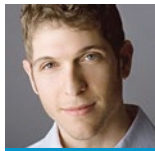
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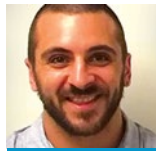
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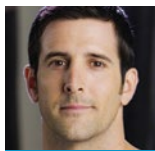
DANIEL GALANTO



HERSON GARCIA



KIMBERLY GARCIA



ANDREW GAVIGAN
POWER SYSTEMS



NICO GONZALEZ
BALANCED BODY®



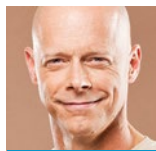
ELIAN HAAN



JEFF HOWARD
SCW



KATRINA JULIA



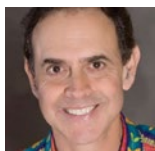
SGT KEN®



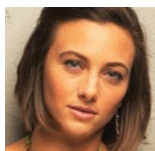
FRANCESCA KERR
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SARA KOOPERMAN
SCW / WATERINMOTION®



LEN KRAVITZ, PHD



STEPHANIE LAUREN
PLYOGA®



MELISSA LAYNE
SCW



GIA LUCY
AQUABODYSTRONG



SHELDON MCBEE, MS



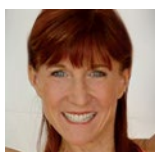
PETE MCCALL, MS
SCW



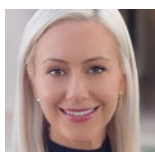
TRICIA MURPHY MADDEN
SAVVIER FITNESS®



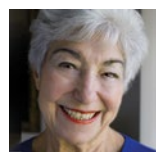
BRUCE MYLREA
SAVVIER® FITNESS



MINDY MYLREA
SAVVIER® FITNESS



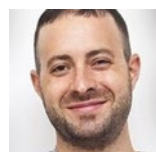
MIA NUNEZ
AQUABODYSTRONG



BERNADETTE O'BRIEN, MA
SCW



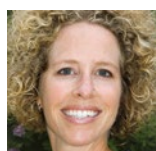
DR. EVAN OSAR



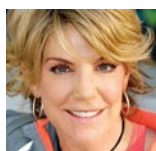
ANDREW PAGE
POWER SYSTEMS



JULIO PAPI



ERIKA QUEST
BALANCED BODY®



KELI ROBERTS
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YURY ROCKIT



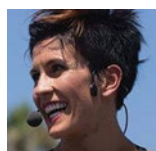
JONATHAN ROSS



ANN SALDI
ZUMBA®



ALANA SANDERS, MS



NIKKI SCHULTZ
LES MILLS



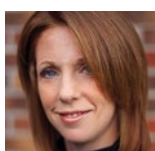
TRICIA SILVERMAN, RD, MBA



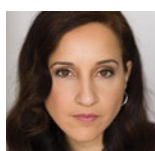
PJ STAHL, MA
POWER SYSTEMS



DAWN STENIS
SCHWINN® / SAVVIER® FITNESS



KARLI TAYLOR



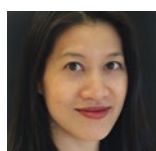
DANIELA TEMPESTA



DORIS THEWS
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NICK TUMMINELLO
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FEN TUNG
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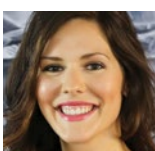
AMY WARD
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CHAR WILLINGHAM

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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. **NOTE: a \$25 processing fee applies to mailed, faxed, or phoned registrations.** 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 10/23/17	After 10/23/17
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	<input type="checkbox"/> \$179	<input type="checkbox"/> \$229
Sunday Only	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189
Staff Assistant: Friday or Saturday	<input type="checkbox"/> \$99	<input type="checkbox"/> \$129
Staff Assistant (Sunday Only)	<input type="checkbox"/> \$79	<input type="checkbox"/> \$99

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

3: CONVENTION CERTIFICATIONS

NAME OF CERTIFICATION _____	DATE _____	\$ _____
NAME OF CERTIFICATION _____	DATE _____	\$ _____

5: FEE TOTAL

SCW Membership	\$ _____
MANIA® Convention Rate	\$ _____
Convention Certs	\$ _____
Mail/Fax/Phone Processing Fee	\$ 25.00 <small>(Does not apply to online registration)</small>
or Online Processing Fee	\$ 4.00 <small>(Register at www.scwfit.com/boston)</small>
TOTAL	\$ _____

6: PAYMENT INFORMATION

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

Credit Card # _____

Expiration Date _____ / _____

Print Cardholder's Name _____

Cardholder's Signature _____

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

Check # _____

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

7: DIRECTIONS FOR REGISTRATION

Manual Registration below requires three class selections. Online Registration only requires one class selection at www.scwfit.com/boston.

FRIDAY, NOVEMBER 10, 2017

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, NOVEMBER 11, 2017

SESSION TIME		1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SA1	_____	_____	_____
9:30am-10:45am	SA2	KEYNOTE ADDRESS & AWARDS CEREMONY		
11:00am-12:30pm	SA3	_____	_____	_____
12:45pm-2:15pm				
or				
1:30pm-3:00pm	SA4	_____	_____	_____
3:15pm-4:45pm	SA5	_____	_____	_____
5:00pm-6:30pm	SA6	_____	_____	_____
6:45pm-7:45pm	SA7	_____	_____	_____

SUNDAY, NOVEMBER 12, 2017

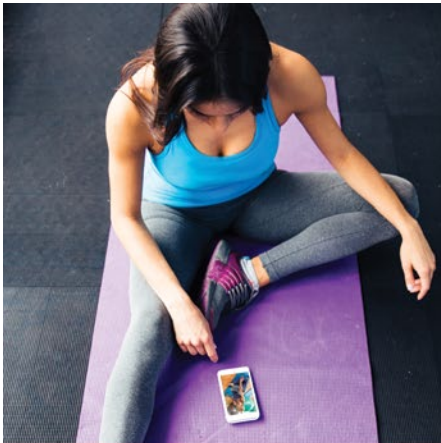
SESSION TIME		1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SU1	_____	_____	_____
8:45am-10:15am	SU2	_____	_____	_____
11:15am-12:45pm	SU3	_____	_____	_____
1:00pm-2:30pm	SU4	_____	_____	_____

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. By providing my cell phone number on any and all registration forms, I agreed and agree to receive text messages from SCW, WIM and any of its affiliates. 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: <http://scwfit.com/boston/faqs/>.

Signature required _____ Date _____




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- 20% OFF SCW Product Booth Sales
- 20% OFF SCW OnDemand - \$79 / year or \$6.58 / month

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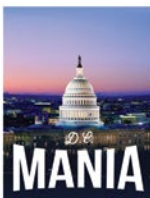
*Membership deadline required. Activity subject to equipment availability.

THE POWER OF NINE

MANIA® FITNESS PROFESSIONAL CONVENTIONS



MIDWEST MANIA®
SEPT 22-24, 2017



D.C. MANIA®
OCT 27-29, 2017



BOSTON MANIA®
NOV 10-12, 2017



NYC MANIA®
JAN. 26-28, 2018



CALIFORNIA MANIA®
APRIL 6-8, 2018



FLORIDA MANIA®
MAY 4-6, 2018



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JULY 27-29, 2018



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PHILLY MANIA®
SEPT. 21-23, 2018