

Dallas

MANIA[®]

SCW

FITNESS PRO CONVENTION
AUGUST 25-27, 2017



scwfit.com/mania



WHAT IS MANIA®?

MANIA® is a three-day Fitness Education Conference, running 19 sessions every hour, featuring world-renowned Fitness Educators leading over 270 sessions on topics such as:

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

MANIA® is more than just a Fitness Convention; it's the place where the fitness community goes to be inspired, recharged and 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



DALLAS MANIA® FITNESS CONVENTION

August 25-27, 2017

CERTIFICATIONS

August 23, 24 & 27, 2017

LOCATION

The Fairmont Dallas Hotel
171 N. Akard Street
Dallas TX 75201
800-441-1414
214-720-2020



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

Dear Dallas MANIACs,

Thank you for supporting SCW Fitness Education since 1987. MANIA® is 30 years strong this year!

MANIA® is proud to offer 35 certifications and a weekend filled with more than 270 sessions featuring everything from Personal Training, Cycling, Barre and Boot Camp to Dance, Active Aging, Aqua, Nutrition and Business. In one weekend, you can receive up to 24 CECs (Continuing Education Credits) to renew your certifications for two years.

Expand your career and change lives around you!

With more than 80 world-renowned presenters, experience a weekend to remember at a price you can afford. Walk the halls with the presenters by your side and learn in face-to-face sessions, where questions are answered and education flourishes.

A weekend of MANIA® inspires Instructors, Trainers, Managers and Owners to make our industry stronger and smarter.

We know you have a choice in education, and we are thrilled you are partnering with us to create a fitter, healthier and better-educated World!

Yours in health,

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 get certified through SCW. This outstanding Family of Leaders also supports Managers, Directors and Owners of clubs and facilities nationwide with our business and management tracks. As the largest conference leader in the world, MANIA® offers eight Professional Training Conventions in New York City, California (San Francisco), Florida (Orlando), Atlanta, Dallas, DC, Midwest (Chicago), and Boston. We physically touch over 10,000 at our events, and virtually serve over 90,000 health and wellness professionals 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.®



270+
CERTIFICATIONS
& WORKSHOPS

80+
STAR
PRESENTERS

24
CEC &
CEU HOURS

19
SESSIONS
EVERY HOUR

PREMIERE SPONSORS



CO-SPONSORS



ASSOCIATE SPONSORS





MOST POPULAR WAYS TO SAVE ON MANIA®



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

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! Sunday Door Teams pay only \$79 - Saving \$180 off the regular price of \$259! Other Staff Assistants pay just \$99. *Staff Assistants do not register for specific class selections and may attend any session they wish when not working.* NOTE: If a session is full or has limited equipment, Staff Assistants may be asked to audit/observe that session but will still receive CECS.

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



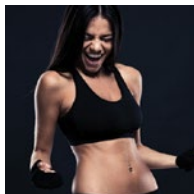
REFER-A-FRIEND DISCOUNT - EASY WAY TO SAVE BIG!

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. It's that easy to save big!



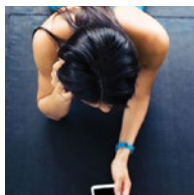
YMCA DISCOUNT RATE

For our friends at the YMCA, we offer a special discount of \$179 when you use our special YMCA discount code: 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.



WATCH FOR CELL PHONE 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/dallas 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!



LOCATION

The Fairmont Dallas Hotel
171 N. Akard Street
Dallas TX 75201
800-441-1414
214-720-2020

HOTEL RATE

\$163 Single or Double
\$173 Triple
\$183 Quad
WOW – what a savings! Pay as little as \$45.75 per night when you share a room with three others!
Remember to reference “SCW MANIA” when booking!

HOTEL ROOM DISCOUNT DEADLINE: August 1, 2017

TRANSPORTATION

PARKING

The Dallas Fairmont offers Valet parking.
0-4 hours: \$17
4-8 hours: \$23
Overnight: \$32 per day
Additional lots within walking distance are available for approximately \$5-\$20 per day.
*Rates do not include tax.
SCW is not responsible for changes in rates at any location.

AIRPORT SHUTTLE SERVICE

Transportation is available from the Dallas-Ft. Worth International Airport to the Fairmont Hotel for an average of \$19 per person through:
Super Shuttle (www.supershuttle.com)
GO Yellow Checkered Shuttle (www.yellowcheckershuttle.com)
City Shuttle (www.cityshuttle.net)
*It is strongly recommended that reservations be made in advance.

TAXI

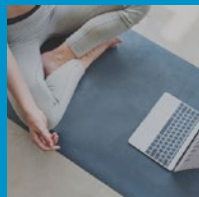
A taxi will cost approximately \$50-\$75 each way from the airport to the hotel.
Uber can run approximately \$25-32 one way.

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. 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 DOWNLOADABLE 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!

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



EXHIBIT | ADVERTISE | SPONSOR

Would you like to be a sponsor, exhibitor or advertiser at the country's best fitness convention?
Go to www.scwfit.com/partner, email sponsor@scwfit.com or call Cheryl Vincent at 708-612-7599.

REGISTRATION HOURS

Wednesday, August 23: 8:00 am - 6:30 pm
Thursday, August 24: 6:00 am - 7:30 pm
Friday, August 25: 6:00 am - 7:00 pm
Saturday, August 26: 6:00 am - 7:45 pm
Sunday, August 27: 6:30 am - 1:30 pm

EXPO HOURS

Thursday, August 24: 5:00 pm - 7:00 pm
Friday, August 25: 8:45 am - 2:30 pm
5:15 pm - 6:45 pm
Saturday, August 26: 8:15 am - 9:30 am
12:15 pm - 3:30 pm
6:15 pm - 7:45 pm
Sunday, August 27: 10:00 am - 1:30 pm



FRIDAY, AUGUST 25 • 6:30PM-7:30PM

ENTER TO WIN:

- ▶ Ability to Present at 2018 MANIA®
- ▶ Full Year of Free mentoring
- ▶ Free SCW OnDemand For One Year
- ▶ Complimentary SCW Certification

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.



RYKA®
Ryka® 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 - RykaFit. 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.



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.



BOSU®

BOSU® products are known and proven industry-wide for enhancing functional training, balance, core strength, flexibility and overall fitness levels. The BOSU® Balance Trainer, BOSU® Ballast® Ball, and BOSU® product accessories and DVDs challenge the entire body with integrated, multi-joint movement, and are applicable for athletes and fitness enthusiasts of all levels. Proudly made in the U.S.A. For certification and workshop information, including 3D XTREME™, and to pre-order demo equipment, e-mail sales@bosu.com, call 800-810-6528, or visit the booth!



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.



balanced body™

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.



HEDSTROM® FITNESS

HEDSTROM® FITNESS

Hedstrom® Fitness is dedicated to delivering products which are unique and versatile,

and fill a specific niche within the fitness industry. Hedstrom Fitness capitalizes on functional training with both the Kamagon® Ball and SURGE®. The Kamagon® Ball's patented Hydro-Inertia® technology adds up to 13 lbs. (9" size) or 45 lbs. (14" size) of fluid resistance to exercises and teaches the body to stabilize during workouts. The SURGE® is a product that lets you train for everyday life. The cylindrical shaped SURGE® imposes top-down instability and replicates the unstable demands of the body. Available in five colors and two sizes (30" and 42"), the SURGE® can be used and customized by anyone, no matter their fitness level. Both products are proudly made in the USA. For certification and workshop information and to pre-order demo equipment, email info@hedstromfitness.com, call (800) 810-6528, or visit the Hedstrom Fitness booth.

PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

WEDNESDAY, AUGUST 23

SCW PERSONAL TRAINING CERTIFICATION

Keli Roberts

Wednesday, August 23, 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 GROUP EXERCISE CERTIFICATION

Irene Lewis-McCormick, MS, CSCS

Wednesday, August 23, 9:00am-6:00pm

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

Learn class sequencing, warm-up progressions, musical phrasing, proper cueing techniques, choreography development and all the practical skills required to teach your best class, every class. Leave this Nationally Recognized Certification with confidence in your ability to lead and demonstrate proper group teaching skills. Understand cardiovascular training, muscular endurance and flexibility training techniques with one of our industry's finest. The balance of theoretical and practical training produce this cutting-edge Group Exercise Certification perfect to prepare you for the newest variety of fitness programming - Hi/low impact, muscle sculpting, HIIT programming, and more. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (8.0), AEA (4.5), NASM (0.8), ACSM (8.0).*

SCW FUNCTIONAL FLEXIBILITY & FASCIA FITNESS CERTIFICATION

Leslee Bender

Wednesday, August 23, 9:00am-6:00pm

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

This hands-on course is for personal trainers and small group fitness professionals looking to bring fascia to functional training and exercise programming. Learn how gravity, ground reaction and the kinetic chain influence every movement of the human body. Experience how planes of motion and exercise selection affect the integrity of connective tissue, and see why it's crucial to evaluate each client's movement discrepancies. Develop techniques that will improve your client's ability to move efficiently and decrease pain and injuries. The combination of fascia manipulation and movement will dramatically change the way you train your clients forever. *CPR card not required. SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8).*

TABATA GX & BOOTCAMP BUSINESS

Mindy Mylrea

Wednesday, August 23, 9:00am-6:00pm

\$229⁹⁹ MANIA® Attendees / \$249 Non-Attendees

Presenting two trainings in one! First, TABATA GX, the most intelligent HIIT group exercise program around, provides the science and sizzle. Mindy will introduce specific applications to create the ultimate group exercise experience. Master the art of inspiration and delivery with our proven teaching methodology.

Next, step into BOOTCAMP BUSINESS! Two bootcamp icons, Mindy Mylrea and SGT Ken®, teamed up to provide the best tools and practices to elevate your bootcamp business. You'll walk away with unique and impactful business ideas

sure to guarantee maximum success. Whether you're a bootcamp trainer, personal trainer or group exercise instructor, you'll learn valuable techniques to promote your program and business strategies to generate the income you deserve. *Lunch is a 1-hour "working" lunch. Participants are encouraged to bring their own lunch. Certification includes: 2 manuals, opportunity to have access to over 250 online workouts and nutrition-support videos, discounts on equipment and Tabata Bootcamp™ apparel, and fully integrated and turnkey website that provides ongoing support for each trainer! SCW (9.0), AFAA (9.0), ACE (0.9), NASM (0.9).*

THURSDAY, AUGUST 24

SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION

Jeffrey Scott & Amy Dixon

Thursday, August 24, 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).*

SCW PILATES MATWORK CERTIFICATION

Abbie Appel

Thursday, August 24, 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 AQUATIC EXERCISE CERTIFICATION

Jeff Howard

Thursday, August 24, 8:00am-5:00pm

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

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this Nationally Recognized Certification serves as an important first step into the field of teaching water exercise. This comprehensive course addresses practical skill mastery while reinforcing the benefits of aquatic exercise in the unique environment of water. The principles of aquatic training as they apply to general anatomy, kinesiology, water depth, movement plans, practical cueing skills, musical usage, and special population adaptations are thoroughly addressed. The need for professionalism, leadership skills, and legal considerations are reinforced. Practical on-site coaching of teaching skills is included. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (8.0), ACE (0.7), AEA (9.0), NASM (0.7), ACSM (8.0).*

SCW YOGA I CERTIFICATION

Manuel Velazquez

Thursday, August 24, 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 (7.0), ACE (0.8), AEA (4.0), NASM (0.7), ACSM (8.0).

SCW YOGA II CERTIFICATION

Manuel Velazquez

Thursday, August 24, 5:30pm-9:30pm

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

Take a deeper look into the fundamentals of Yoga instruction from an authentic, fitness-appropriate perspective. This condensed course serves as the next level of the Hatha Yoga postures discussed in Yoga Fundamentals I, addressing the eight limbs of yoga, detailed pranayama study, partner yoga, inversions, chanting, and chakras. SCW Yoga Fundamentals I is recommended but not required. *Price includes training manual and testing fee (\$59 value) Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (4.0), AFAA (4.0), NASM (0.4), ACE (0.4), AEA (2.0), ACSM (4.0).*

ZUMBA® BASIC SKILLS LEVEL 1 ZUMBA INSTRUCTOR TRAINING

Kelly Bullard & Guillermo Melendez

Thursday, August 24, 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).*

PILOXING® SSP INSTRUCTOR TRAINING CERTIFICATION

Jordan Ballard

Thursday, August 24, 8:00am-5:00pm

\$200 MANIA® Attendees / \$225 Non-Attendees

PILOXING® SSP is the original fusion format that made PILOXING® a worldwide success. Uniquely blending three of the industry's most powerful and timeless disciplines; Boxing, Pilates and Dance, in a high-energy interval workout. During this 9-hour hands-on workshop, you will learn the training methodology, principles and moves that make PILOXING® SSP an effective, in-demand program. You will receive all the tools to successfully teach a several PILOXING® SSP classes.

Price includes a PILOXING SSP digital instructor manual, full class video including 20+ PILOXING choreography/exercise segments, PILOXING Gloves, Certificate of Completion and Elite eligibility. SCW (8.0), AFAA (8.0), ACE (0.8).

SPEEDBALL INSTRUCTOR CERTIFICATION

Steve Feinberg

Thursday, August 24, 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).*

MASHUP™ CERTIFICATION**Jamie Zacharias, RN, MSN, NP-C
& Stacy Redwine****Thursday, August 24, 8:00am-5:00pm
\$199 MANIA® Attendees & Non-Attendees**

This certification enables you to implement MASHUP™ at any facility. MASHUP™ is a turn-key program providing you with all of the tools necessary to effectively deliver the only variable-intensity interval training (VIIT) program combining Mind/Body, Agility & Strength, and High-intensity intervals for three fitness levels in every workout. You will review group fitness fundamentals, safety cueing, music coaching commands, and how to integrate MASHUP™'s holistic coaching component within each workout. MASHUP™ is an ideal program for experienced instructors and personal trainers wanting to forget about choreography, insert their own creativity and skills, while minimizing preparation time! *Price includes a reference manual with sample exercises and workouts, visual whiteboards, custom playlists, health and fitness education resources and Connect eligibility. A basic group fitness/personal training certification or related degree is required. SCW (8.0), ACE (0.7), AFAA (7.0), NASM (0.7).*

SOUL GROOVES®**Tammy Harris****Thursday, August 24, 8:00am-5:00pm
\$150 MANIA® Attendees & Non-Attendees**

Soul Grooves® is a transformative mind, body and soul cardiovascular dance workout that inspires people to change their bodies as well as their lifestyles. It builds a community of compassionate, accepting people that are inspired to do better for themselves and others. With fun, effective, energetic and easy-to-follow dance routines, Soul Grooves® combines Hip Hop, Latin and athletic movements into one 60-minute experience and delivers an unforgettable workout that appeals to all fitness levels, ages, shapes, sizes, genders and backgrounds. *CPR card not required. SCW (8.0), AFAA (7.0), ACE (0.7).*

SCW AQUA BARRE CERTIFICATION**Billie Wartenberg****Thursday, August 24, 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), NASM (0.6), AEA (6.0), ACSM (6.0).*

SCW ACTIVE AGING CERTIFICATION**Ann Gilbert & Bernadette O'Brien, MA****Thursday, August 24, 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 and fall prevention and balance. Ann 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 SPORTS NUTRITION CERTIFICATION**Fabio Comana, MA, MS****Thursday, August 24, 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, August 24, 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).*

BARRE ABOVE™**Tricia Murphy Madden****Thursday, August 24, 9:00am-5:00pm
\$199 MANIA® Attendees / \$229 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).*

BOSU® SKILLS & DRILLS CERTIFICATION**Shannon Fable & Lucy Waite, MS****Thursday, August 24, 9:00am-4:00pm
\$129 MANIA® Attendees / \$159 Non-Attendees**

If you love the BOSU® Balance Trainer and are searching for innovative ways to incorporate it into your clients' programs, this certification is for you! Walk away with a toolbox full of skills and drills perfectly suited for your personal training clientele, and learn to seamlessly integrate balance training into your program design. Whether you choose cardio, strength, core, or dynamic mobility as the place to challenge your clients' functional fitness, BOSU has got you covered! *CPR card not required. SCW (6.0), AFAA (6.0), ACE (0.6).*

BODHI SUSPENSION SYSTEM CERTIFICATION**Erika Quest****Thursday, August 24, 9:00am-5:00pm
\$199 MANIA® Attendees / \$229 Non-Attendees**

Suspension training is a great addition to one-on-one, small group or circuit training. The Bodhi Suspension System takes suspension to a

whole new level with four points of suspension, dynamic ropes, easy-to-adjust loops and handles and a mind-body approach. This one-day course introduces you to the power of suspension and provides you with exercises for any class or client. The course focuses on the Balanced Body Movement Principles and Balanced Body Track System to make you a better trainer and program suspension classes that are well balanced and effective. Add suspension to your tool box or expand your understanding of suspension. *This certification includes a detailed handout and video support. CPR card not required. SCW (7.0).*

SCW F.I.R.E. FIERCE INTERVAL RESISTANCE EXERCISE CERTIFICATION**Keli Roberts****Thursday, August 24, 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).*

TRIGGERPOINT®: SELF-MYOFASCIAL RELEASE - ASSESSMENTS TO PERFORMANCE**Marc Coronel****Thursday, August 24, 1:00pm-5:00pm
\$100 MANIA® Attendees / \$125 Non-Attendees**

Self-myofascial release (SMR) has been shown to relieve muscle and joint pain and improve flexibility and range of motion. This 4-hour workshop teaches an advanced approach to SMR by covering fundamental principles of human movement science – including anatomy, joint motion, function and dysfunction – and the art of effective assessments. This information builds upon the MCT course and the research discussed in Foam Rolling: Principles & Practices course. Participants walk away with an understanding of movement principles and hands-on experience coaching and cueing various assessments along with SMR techniques utilizing the MB5 to best assist individuals in maximizing their movement patterns. *SCW (4.0), AFAA (4.0), ACE (0.4), NASM (0.4), PMA (4.0).*

SCW KETTLEBELL PRACTICAL CERTIFICATION**Pete McCall, MS****Thursday, August 24, 1:00pm-5:00pm
\$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 CORE TRAINING SPECIALIST**Pete McCall, MS****Thursday, August 24, 5:30pm-9:30pm
\$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 FOAM ROLLING CERTIFICATION

Irene Lewis-McCormick, MS, CSCS
Thursday, August 24, 5:30pm-9:30pm
\$99 MANIA® Attendees / \$129 Non-Attendees
 Self-myofascial release, also known as foam rolling, has transformed from a once elite recovery technique into a daily fitness practice appropriate for all levels. Recent research, technology and affordable products have made this part of today's fitness culture. Self-massage is effective when applying pressure to specific points on the body and can be used to decrease tightness, increase mobility and improve joint stability. Correct Foam Rolling leads to faster and more complete recovery. This four-hour intense training will offer guidelines for Fitness Professionals on how to use foam rollers with coaching options. We'll examine the science of muscle, rolling and relaxation techniques and spinal alignment for enhanced posture. *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).*

SUNDAY, AUGUST 27

STRONG BY ZUMBA® CERTIFICATION

Kelly Bullard & Guillermo Melendez
Sunday, August 27, 8:00am-4:00pm
\$225 Registration Fee (Use PROMO CODE: SCW25 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).*

BOOT CAMP INSTRUCTOR CERTIFICATION COURSE

SGT Ken®
Sunday, August 27, 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 (7.0), AFAA (7.5), ACE (0.8), NASM (0.8), ACSM (7.0).*

SCW BARRE CERTIFICATION

Abbie Appel
Sunday, August 27, 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. *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 ADVANCED FUNCTIONAL PILATES CERTIFICATION

Leslee Bender
Sunday, August 27, 8:00am-4:00pm
\$159 MANIA® Attendees / \$199 Non-Attendees
 Experience a very functional approach to Pilates mat utilizing props that simulate apparatus. Whether you are a seasoned Pilates trainer or new to teaching, you will leave with several essential tools and concepts that give you many ways to change a mat class for variety. You also will walk away with the understanding of how to combine classical repertoire with a modern approach that will challenge your students both vertically and horizontally to improve everyday activities and posture and reduce overuse injuries. Learn the science of modern functional Pilates. alignment, breath and exercises enhanced by using props simulating apparatus equipment used for training and rehabilitation. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), AEA (4.0), ACSM (7.0).*

SCW BOXING CERTIFICATION

Steve Feinberg
Sunday, August 27, 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).*

WATERinMOTION® AQUA EXERCISE CERTIFICATION

Manuel Velazquez
Sunday, August 27, 8:00am-4:00pm
Additional \$159 MANIA® Attendees / \$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).*

FXP HULA HOOP® CERTIFICATION

Kristin Benton
Sunday, August 27, 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
Sunday, August 27, 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).*

PLYOGA® CERTIFICATION

Stephanie Lauren
Sunday, August 27, 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).*

SCW PRACTICAL GUIDE TO NUTRITION, HORMONES AND METABOLISM CERTIFICATION

Melissa Layne, MEd
Sunday, August 27, 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).*

MANIA® COURSE DESCRIPTIONS

FRIDAY, AUGUST 25

FR1

7:30AM-9:00AM

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.

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

TOTAL BODY CORE TRAINING Pete McCall, MS

Many core exercises focus on using a single muscle, however, effective core training strategies should integrate all muscles to work synergistically around the center of gravity to help clients improve their movement efficiency. Learn techniques to design a core training program that prepares the body to produce, stabilize and control force in a three-dimensional environment – the way the body is designed to work.

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



SHOCKWAVE Amy Dixon, Jeffrey Scott & Josh Crosby

The media has dubbed ShockWave “The Most Efficient Total Body Workout in the World” and instructors are raving about this high-intensity circuit that builds community, competition and retention. Discover new ideas for Bootcamp and circuit workouts that include ShockWave’s jaw-dropping “secret sauce” designed to amplify team spirit, push limits and maximize the fun factor.

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



BARRE ABOVE: LENGTHEN, STRENGTHEN & INSPIRE

Tricia Murphy Madden

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!

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



SOUL GROOVES® Tammy Harris

Soul Grooves® is a transformative mind, body and soul cardiovascular dance workout that inspires people to change their bodies and their lifestyles. It builds a community of inspired, accepting and compassionate people. With fun, effective, energetic and easy-to-follow dance routines, Soul Grooves® combines Hip Hop, Latin and athletic movements into one 60-minute experience.

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



MASHUP™: HOLISTIC INTERVAL TRAINING

Jamie Zacharias, RN, MSN, NP-C & Stacy Redwine

Everyone knows exercise isn't the only thing that matters when it comes to seeing real changes in our physical performance and health, right? MASHUP™ demonstrates fun ways to integrate holistic coaching into a Variable-intensity Interval Training workout to unlock your participants' personal path to optimal wellness and achieving sustainable results.

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



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.

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

PILATES STRONG! Leslee Bender

This progressive and modern Pilates session will leave your students wanting more. Discover the vertical approach to supine exercises to lengthen and strengthen your core muscles. You will also experience exercises that are performed on Pilates apparatus that create strength and flexibility in the entire body!

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

FUNCTIONAL FIXES FOR FORWARD SHOULDERS

Dr. Evan Osar

Many clients have chronic postural issues such as the forward shoulder and head position that contributes to chronic tightness, discomfort and inhibits them from exercising optimally. Discover how the shoulder works, how to use corrective exercise and functional progressions and integrate the most effective cueing to fix the forward shoulder and head position.

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

SCHWINN®: HOW TO WOW! Doris Thews

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



AQUA CARPE DIEM Bernadette O'Brien, MA

Move between shallow and deep water, with intervals, using the properties of water for a full-body workout. Movements incorporate the three planes of motion, both unilaterally and bilaterally, to improve cardio, strength and endurance of the muscles. Neuroplasticity training or performing verbal tasks while moving, which challenges the brain, is included.

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

IT'S RAINING MEN!

Louis van Amstel, Manuel Velazquez, Jeff Howard & 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. Leave with flood of new ideas to make a splash Monday morning!

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



COMMON SENSE NUTRITION: YOUR SCOPE

Herson & Kimberly 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)

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



PRENATAL FITNESS REVIEW Farel Hruska

The American College of Obstetricians and Gynecologists (ACOG) guidelines for women and exercise have recently changed. Learn how to determine, which exercises are safe for pre- and post-natal women. Unfortunately, there is misleading and outdated information about prenatal exercise. Discover the facts regarding prenatal clients and exercises they can and cannot perform while pregnant. (LECTURE)

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

REFIT®: MORE THAN JUST FITNESS

Angela Beeler, Catherine Ballas & Emily Field

Did you know fitness can create opportunities for community and connection? Join the founders of REFIT® as they tap into the key elements that turn a fitness class into a fitness experience through proven community-building techniques that create a lasting impact from the inside out. (LECTURE)

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



FINANCING OPTIONS FOR YOUR BUSINESS Paul Bosley

This session is designed to teach attendees methods of securing financing for their businesses. During the first half of the class, the attendees will learn how to prepare for underwriting, which is a relatively standard process used by all lenders and investors. The second half of the class reviews all potential sources of securing debt and equity financing available in the current marketplace. The last 10-15 minutes is reserved for questions and answers. (LECTURE)

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

BODHI SUSPENSION: FOCUS ON FLEXIBILITY

Portia Page

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.

FR1Q Friday, 7:30am-9:00am

**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.

FR1R Friday, 7:30am-9:00am



FR2

10:00AM-11:30AM

ESP HIIT CIRCUITS Irene Lewis-McCormick, MS, CSCS

Learn to design circuits with a focus on Endurance, Strength and Power for individuals, partners and group training. The secret to facilitating challenging but easy-to-follow High Intensity Interval Training programs is in the design using a variety of equipment and simple performance coaching cues. Power Systems tools and toys elevate the fun factor to guarantee results.

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

**BOSU® UP DOWN ALL AROUND** Shannon Fable

In this fast-paced workshop, explore new ways to get your heart rate up, down, and all around while experimenting with the BOSU® Balance Trainer in the same way! Intertwine work/rest intervals with cardio, strength, core and more. Arm yourself with hundreds of ideas for timing, structure and execution for all audiences.

FR2C Friday, 10:00am-11:30am

**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.

FR2D Friday, 10:00am-11:30am

**LABLAST® SHAPE: DANCE CORE FITNESS**

Louis van Amstel

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!

FR2E Friday, 10:00am-11:30am

**INDO-ROW®: PERFECT CALORIE BURN**

Doris Thews & Josh Crosby

Sometimes, it's best not to mess with perfection. Dubbed "the perfect calorie burn", Indo-Row is a one-of-a-kind workout and hottest fitness trend in full-body training. You'll work in teams, partners and as one crew to finish together, breathless and begging for more. Give clients this high-intensity, energizing workout without the impact.

FR2F Friday, 10:00am-11:30am

**REALIGN WITH RESISTANCE BANDS** Farel Hruska

Pull your clients' bodies back into alignment with one basic tube. Experience a high-intensity, interval-based workout that hits cardio, strength and core to the MAX! Tubing is a portable and inexpensive piece of equipment; come see what this unassuming tool can do to your heart rate and strength gains.

FR2G Friday, 10:00am-11:30am

PLYOGA®: FLOW Stephanie Lauren

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.

FR2H Friday, 10:00am-11:30am

**FUNCTIONAL FLEXIBILITY 2017** Leslee Bender

This new and improved session combines the latest research on flexibility training with the combination of fascial release techniques. You will experience how and why movement and release prevents injuries, increases blood flow and improves performance. Learn why the top athletes in the world use similar strategies to stay in the game.

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

**SCHWINN®: THERE'S AN APP FOR THAT** Jeffrey Scott

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!

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

**AQUA FOR ACTIVE AGING** Bernadette O'Brien, MA

The health components of fitness are enhanced in this aqua movement class. The resistance of water and effect of buoyancy creates appropriate overload to improve muscular strength and endurance, flexibility and cardiorespiratory challenge. The functional training component also helps participants use the movements in water and land.

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

**PUSH
HARD**



AQUA ZUMBA® Kelly Bullard & Guillermo Melendez 

Make a splash and experience Aqua Zumba®. This refreshing, invigorating ZUMBA® pool party includes many different Latin and International dance rhythms in a whole new way! Experience this unique workout that complements muscles and allows individuals, including those that are fit and those with physical limitations, to join the ZUMBA® experience!

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

WEIGHT LOSS AQUATIC STYLE Ann Gilbert

With the growth in the number of members challenged with our nation's epidemic of obesity, it is time to implement a weight loss program that focuses on aquatic exercise as the catalyst to weight loss success. Learn proven strategies that allow you to launch your start-up program this season. (LECTURE)

FR2O 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)

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

BODHI SUSPENSION: CHISEL Portia Page

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.

FR2Q Friday, 10:00am-11:30am

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.

FR2R Friday, 10:00am-11:30am

**GET "ON BOARD" WITH JUVO**

Sauna Smith-Yates & Jodelle Fitzwater

Experience and discover the benefits of Balance and Elevate training with Juvo Board. Be inspired to create and perform endless new and exciting workout routines on one revolutionary surface no matter what fitness modality you teach. Be empowered to aid clients of all fitness levels.

FR2S 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.

POUND® ROCKOUT WORKOUT Amy Chang

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.

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

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!

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

BOLLYX® - THE BOLLYWOOD WORKOUT

Meredith Higgins

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.

FR3E Friday, 11:45am-1:15pm

BOOTIE CAMP YOGA® Michelle Trabelsi & Katie Rich

Bootie Camp Yoga® is a power yoga-based fitness program that sculpts the derriere! We focus on breath control & muscle resistance as we flow through poses, balance & booty exercises! You will feel AMAZING as BCY® sculpts your body and seriously kicks your BUTT! Voted 2014 BEST Sporting Activity in Inland Empire.

FR3G Friday, 11:45am-1:15pm

CORRECTIVE EXERCISE FOR PSOAS & GLUTES Dr. Evan Osar

Learn to improve your psoas-glute connection to promote better posture and decrease hip tightness. Discover why many clients don't have "weak" glutes and a "tight" psoas but a non-optimal strategy for expressing strength and range of motion. Evan discusses why many approaches fail to address common causes of psoas and glute issues.

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

BREATH TRAINING AND TECHNIQUE Fabio Comana, MA, MS

We all think about movement, metabolism and HIIT programs but often forget about breathing. It all begins with ventilation and breathing efficiency to help training, recovery and overall wellness. Understand the importance of respiration on health, fitness and performance, and learn key inhalation and exhalation strategies to use with your clients. (LECTURE)

FR3N Friday, 11:45am-1:15pm



RAISE THE BARRE

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!

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

that achieves results with less words.

FR3K Friday, 12:30pm-2:00pm**GIRLS JUST WANNA HAVE FUN** Sara Kooperman, Irene Lewis-McCormick, Ann Gilbert & Billie Wartenberg

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.

FR3L Friday, 12:30pm-2:00pm**BOXMASTER® CIRCUIT: ROUND 1**

Sonja Friend-Uhl & Pete McCall, MS

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

FR3R Friday, 11:45am-1:15pm**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)

FR3M Friday, 12:30pm-2:00pm**FR3 - SESSION 2****12:30PM-2:00PM**

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

FOOLPROOF FITNESS CONSULTATION Shannon Fable

Learn five critical components of an effective fitness consultation. We address what needs to be done before, during and after, and you'll also walk away with a well-designed initial workout you can easily progress, regress and repurpose for all clients. Let us help shorten prep time, fill your assessment toolbox and set you up for success!

FR3A Friday, 12:30pm-2:00pm**H.P.O.: HIIT PROGRESSIVE OVERLOAD** Manuel Velazquez

The human body must be challenged for strength and performance increases. HPO explores and delivers three basic and proven HIIT protocols to help participants push their strength and power boundaries to the next level. You'll be able to deliver an effective road map to assist your clients with achieving optimal overall health.

FR3B Friday, 12:30pm-2:00pm**THE REFIT® EXPERIENCE CLASS**

Angela Beeler, Catherine Ballas & Emily Field

REFIT® is a movement + music experience that combines multiple fitness components for a total-body workout. The infusion of positive values and an uplifting vibe delivers a powerful, music-driven experience that rocks your body, heart and soul. To put it boldly: It's a life-changing fitness experience.

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

FR3H Friday, 12:30pm-2:00pm**SCHWINN®: 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, 12:30pm-2:00pm**AQUA ATHLETE** Jeff Howard

This class simulates different sports ranging from tennis to volleyball in patterns unique to each athletic endeavor. Jeff uses a cognitive teaching method that is easy to simulate and very effective. It involves the ability to process information and learn a different way of cueing

TIDBITS TO GROW YOUR BUSINESS Paul Bosley

Whether you are thinking about opening your own studio or you already own a gym and are looking for ways to expand, Paul, an expert in financial management, can help you find a way to fulfill your dreams. In this presentation, you will review how to manage your money and grow your limited funds to increase your business, buy or lease equipment and maximize your return on investment. Come with plenty of questions and leave with tons of free advice. (LECTURE)

FR3P Friday, 12:30pm-2:00pm**FR4****2:15PM-3:45PM****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!

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

FR4B Friday, 2:15pm-3:45pm**RENEGADE: ATHLETIC CIRCUITS REINVENTED**

Mindy Mylrea & Doris Thews

This fast-paced athletic training circuit will push you out of your comfort zone and beyond your expectations! Using a variety of functional training equipment, this workout encourages you to meet challenge and unpredictability head on. Leave with a unique circuit format that will work your body from head to toe.

FR4C Friday, 2:15pm-3:45pm**BALANCED BODY BARRE: POWER BARRE** Portia Page

Learn how to teach a multi-level Barre class to keep your beginners and your experienced students excited, inspired and strong. Balanced Body takes the Barre format and creates safe, sensible classes for clients at all levels of ability. At Balanced Body Barre, everybody is welcome.

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

ZUMBA® CARDIO BLAST**Kelly Bullard & Guillermo Melendez**

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.

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

FR4F Friday, 2:15pm-3:45pm**FXP HULA HOOP®: BODY SCULPT Kristin Benton**

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.

FR4G Friday, 2:15pm-3:45pm**PILOXING® PARTY SSP Jordan Ballard**

Turn your passion into your profession. Pack your classes. Impact. Influence. INSPIRE. This non-stop program will get you excited to teach and allows your clientele to look forward to exercising while receiving all the benefits they're seeking. PILOXING® SSP is a high-energy interval workout that uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. Add FUN dance moves for a PILOXING® Party that will tone muscle, burn fat and empower!

FR4H Friday, 2:15pm-3:45pm**TRIGGERPOINT™: SCIENCE OF MYOFASCIAL RELEASE****Marc Coronel**

For 10+ years, "foam rolling" and "self-myofascial release" have been used interchangeably. However, the application of foam rolling does not match the science of myofascial release. Discover the difference between foam rolling and myofascial release and explore how to achieve self-myofascial release through practical application on the TriggerPoint CORE Roller.

FR4I Friday, 2:15pm-3:45pm**SCHWINN®: 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.

FR4J Friday, 2:15pm-3:45pm**WATERinMOTION® 29****Sara Kooperman, JD, Manuel Velazquez, Ann Gilbert & 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**DIET FADS & FACTS: ENDING FRUSTRATION****Sohailla Digsby, RDN, LD**

Overwhelmed with the many diets and weight loss options out there from Paleo to Gluten Free? Are clients frustrated and confused? Do you know the fads from the facts? Learn from a registered dietician/fitness instructor who works on the front lines. She will teach you exactly what works and why. (LECTURE)

FR4M Friday, 2:15pm-3:45pm**EFFECTIVE TEACHING TECHNIQUES Bernadette O'Brien, MA**

Teachers function like orchestra conductors getting students started and keeping them moving. Provide valuable information and point to innovative resources to coordinate a diverse but harmonious buzz of activity in your classroom. Make following instruction a learning experience for your clients. Experience tried and true practices in education as well as innovative approaches. (LECTURE)

FR4N Friday, 2:15pm-3:45pm**CREATE A WEIGHT-LOSS CHALLENGE****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)

FR4O Friday, 2:15pm-3:45pm**STEPS TO STRENGTHENING YOUR BRAND****Elisabeth Fouts**

As a fitness professional in one of the fastest growing and most dynamic industries, how will you stand out? This session will provide tools that you can apply to your brand and take not only your own success - but your clients' success - to the next level. (LECTURE)

FR4P Friday, 2:15pm-3:45pm**AERIAL SILKS FITNESS Jennifer Howes**

Defy Gravity! Train your body through various orientations to the ground including inverting and climbing. Learn aerial movements with regressions and progressions to accommodate all fitness levels. Jennifer's small group circuit training format with added floor stations, including "dishrocks" and "padding," completes this fun full body workshop.

FR4Q 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.

FR4R Friday, 2:15pm-3:45pm**KNEE-FRIENDLY GENTLE JUVO YOGA****Jodelle Fitzwater**

Can't get down to the floor? Be kind to your joints with Juvo Elevate, which brings the mat to you. Feeling safe and supported, Downward Dog and planks will be your clients' new favorite poses! Revitalize the end of class with a comfortable inverted savasana that rejuvenates both brain and body!

FR4S Friday, 2:15pm-3:45pm**FR5****4:00PM-5:30PM****SUCCESSFUL GROUP PERSONAL TRAINING****Shannon Fable**

In this hands-on session, learn a formula for designing and developing successful group personal training programming that stands out. Discover the perfect pairing of products for effective programming, the components that create magic for multiple members and a structure that simplifies your set up and guarantees success.

FR5A Friday, 4:00pm-5:30pm**THE ULTIMATE LIGHT KETTLEBELL WORKOUT****Irene Lewis-McCormick, MS, CSCS**

Learn to create an intense, total-body workout developing strength, stamina and range of motion using lightweight kettlebells. This ageless training tool allows for a wide range of planes of motion, emphasizing power and control. Using soft kettlebell training techniques, fitness professionals will acquire a fresh, variety of movement patterns to assist their groups in achieving total body fitness.

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

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!

FR5C Friday, 4:00pm-5:30pm**BARRE FIGHT** Billie Wartenberg

Unleash your inner beauty and beast! This new spin on cardio kickboxing is a high-energy knockout of a workout both on and off the barre. This 60-minute workout will certainly have you feeling stronger, leaner and more energetic. Please note that there is no actual fighting or physical contact.

FR5D Friday, 4:00pm-5:30pm**EVERYBODY DANCE 2017** Petra Kolber

This is a non-stop, choreography-packed and easy to replicate dance workout. Learn how to teach to your students' strengths and discover how to utilize techniques from the world of positive psychology. Your students will move into a happier mindset, leave class smiling and want to come back for more.

FR5E Friday, 4:00pm-5:30pm**BALANCED BODY: MOTR® FOR BALANCE**

Leslee Bender

Yoga and Pilates meet on the MOTR to help you find the perfect balance between flexibility and strength for a well-rounded workout. The focus is on slow controlled exercises that lengthen and strengthen both fascia and muscles for a more functionally balanced body.

FR5F Friday, 4:00pm-5:30pm**GROUP EXERCISE OR GROUP INJURY?**

Herson & Kimberly 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.

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

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

FR5I Friday, 4:00pm-5:30pm**SCHWINN®: C3 CONTENT, CONNECTION & CHARISMA**

Doris Thews & Jeffrey Scott

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!

FR5J Friday, 4:00pm-5:30pm**SPIRITED SURF®**

Yury Rockit

"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.

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**METABOLISM MAKEOVER**

Sohailla Digsby, RDN, LD

Do you feel sluggish and wish you had more energy to make it through the day? Are you and/or your clients at a plateau and frustrated about "those last few pounds?" This class will cover ways to boost your metabolism right as you wake up and even throughout your night's sleep. (LECTURE)

FR5M Friday, 4:00pm-5:30pm**BIOMECHANICS OF MOTHERHOOD**

Farel Hruska

Becoming a mom is life-changing mentally and physically! Learn the movement patterns, which occur in this new role and how to reverse them for optimal health. Strengthen and empower clients to feel strong in motherhood. (LECTURE)

FR5N 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)

FR5O Friday, 4:00pm-5:30pm**MANAGEMENT GEMS FOR STUDIOS/BOUTIQUES**

Ann Gilbert

A studio or boutique is not a "smaller version of a large club." This workshop familiarizes you with the differences between membership facilities and studios, alerts you to the inherent dangers in studio/boutique businesses and highlights the advantages of small facilities. (LECTURE)

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

FR5Q Friday, 4:00pm-5:30pm**PETRA KOLBER**

Petra is a columnist for Spry Living Magazine. Her column is called The 2015 Happiness Challenge and is delivered to nine million homes each month. Petra is also the spokesperson for Yes Fitness Music. She has consulted for companies such as Reebok, California Walnuts Health Magazine and Adidas. She has also been awarded the 2000 Can Fit Pro International Presenter of the Year, a 2001 Instructor of the Year award and is a four-time winner of the ECA Best Female Presenter.

AUGUST 23-24

WEDNESDAY AUGUST 23 PRE-CON. EVENTS	Tabata GX & Bootcamp Business M. Mylrea 9:00am-6:00pm Pg 7	SCW Personal Training Certification Roberts 9:00am-6:00pm Pg 7	SCW Group Exercise Certification Lewis-McCormick 9:00am-6:00pm Pg 7						SCW Functional Flexibility & Fascia Fitness Bender 9:00am-6:00pm Pg 7
THURSDAY AUGUST 24 PRE-CON. EVENTS	SCW F.I.R.E. Fierce Interval Resistance Exercise Certification Roberts 11:00am-5:00pm Pg 8		TriggerPoint™ SMR Self-Myofascial Release Assessments to Performance Coronel 1:00pm-5:00pm Pg 8		Zumba® Basic Skills Level 1 Instructor Training Bullard & Melendez 8:00am-5:00pm Pg 7	SCW Kettlebell Practical Certification McCall 1:00pm-5:00pm Pg 8	BOSU® Skills & Drills Certification Fable & Waite 9:00am-4:00pm Pg 8	SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg 7	
THURSDAY EVENING AUGUST 24 PRE-CON. EVENTS		SCW Pilates Matwork Certification Appel 8:00am-5:00pm Pg 7		 Barre Above™ Murphy Madden 9:00am-5:00pm Pg 8		SCW Core Training Specialist McCall 5:30pm-9:30pm Pg 8	SCW Foam Rolling Certification Lewis-McCormick 5:30pm-9:30pm Pg 9	SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg 7	SCW Active Aging Certification Gilbert & O'Brien 9:00am-5:00pm Pg 8



A HIIT / GROUP TRAINING	B BOOT CAMP / PT	C FUNCTIONAL TRAINING	D BARRE / TAP	E DANCE	F SPECIALTY	G STRENGTH	H MIND/BODY & POWER	I ACTIVE AGING / RECOVERY
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FRIDAY, AUGUST 25

FR1 7:30am-9:00am	Operation Craving Competition™ SGT Ken® Pg 10	Total Body Core Training McCall Pg 10	Shockwave Dixon, Scott & Crosby Pg 10	Barre Above™: Lengthen, Strengthen and Inspire Murphy Madden Pg 10	Soul Grooves® Harris Pg 10	MASHUP™: Holistic Interval Training Zacharias & Redwine Pg 10	Speedball Feinberg Pg 10	Pilates Strong! Bender Pg 10	Functional Fixes for Forward Shoulders Osar Pg 10	
EXPO OPEN 8:45am-2:30pm										
FR2 10:00am-11:30am	ESP HIIT Circuits Lewis-McCormick Pg 11	Extreme Exercise Makeover M. Mylrea Pg 11	BOSU® Up Down All Around Fable Pg 11	Best of Barre Appel Pg 11	LaBlast® Shape: Dance Core Fitness van Amstel Pg 11	Indo-Row®: The Perfect Calorie Burn Thews & Crosby Pg 11	Realign with Resistance Bands Hruska Pg 11	PLYOGA®: Flow Lauren Pg 11	Functional Flexibility Bender Pg 11	
FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	Foolproof Fitness Consultation Fable Session 2 Pg 13	H.P.O.: HIIT Progressive Overload Velazquez Session 2 Pg 13	POUND® - Rockout Workout Chang Session 1 Pg 12	Barre Tricks Murphy Madden & M. Mylrea Session 1 Pg 12	BollyX® - The Bollywood Workout Higgins Session 1 Pg 12	The REFIT® Experience Class Beeler, Ballas & Field Session 2 Pg 13	Bootie Camp Yoga® Trabelsi & Rich Session 1 Pg 12	KiPranJ™: Earth Elements Papi Session 2 Pg 13	Corrective Exercise for Psoas & Glutes Osar Session 1 Pg 12
FR4 2:15pm-3:45pm	Operation Team Training SGT Ken® Pg 13	Upper Extremity Movement Mechanics Comana Pg 13	Renegade - Athletic Circuits Reinvented M. Mylrea & Thews Pg 13	Balanced Body Barre: Power Barre Page Pg 13	Zumba® Cardio Blast Bullard & Melendez Pg 14	Magic in Dance Fitness Sanders Pg 14	FXP Hula Hoop®: Body Sculpt Benton Pg 14	PILOXING® Party 55P Ballard Pg 14	TriggerPoint™: Science of Myofascial Release Coronel Pg 14	
FR5 4:00pm-5:30pm	Successful Group Personal Training Fable Pg 14	The Ultimate Light Kettlebell Workout Lewis-McCormick Pg 14	PLYOGA®: The Reverse Warrior Lauren Pg 15	Barre Fight Wartenberg Pg 15	Everybody Dance 2017 Kolber Pg 15	Balanced Body: MOTR® for Balance Bender Pg 15	Group Exercise or Group Injury? K. Garcia & H. Garcia Pg 15	Daanasana™ Yoga 360 Papi Pg 15	Active Aging: No Place Like Foam Kooperman Pg 15	
EXPO OPEN 5:15pm-6:45pm										

FR6 EVENING SESSIONS 6:30pm-7:30pm	 FITNESS IDOL CONTEST 6:30pm-7:30pm Judges: Kooperman, Bender, Rockit & Roberts Pg 18			Sole Power Fitness Tolson Pg 18	LaBlast® Line Dance von Amstel, Canuel, DeLeon, Janco & LoGuercio Pg 18				
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SATURDAY, AUGUST 26


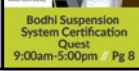
SA1 7:00am-8:30am	Operation Shock & Awe SGT Ken® Pg 18	Tabata Bootcamp™ - Tabata GX M. Mylrea Pg 18	POUND® - How Your Body Rocks! Chang Pg 18	Sole Power Fitness Tolson Pg 18	LaBlast®: Fitness Powered by Dance Janco & LoGuercio Pg 18	Balanced Body MOTR: Agility + Core Quest Pg 18	FXP Hula Hoop®: Hoopyasa Flow Benton Pg 18	Daanasana™ Yoga Healthy Spine Papi Pg 18	Balance Strategies for Older Adults Osar Pg 18	
EXPO OPEN 8:15am-9:30am										
SA2 KEYNOTE ADDRESS & AWARDS 9:30am-10:45am	 Keynote Address: The Happiness Epidemic - Catch It If You Can with Petra Kolber 9:30am-10:45am Pg 19									
SA3 11:00am-12:30pm	Completely Core Appel Pg 19	Fluid Strength M. Mylrea Pg 19	Fluid Fusion by Hedstrom Dixon Pg 19	Barre Tab Wartenberg Pg 19	Soul Grooves® Harris Pg 19	Indo-Row®: Skills, Drills & Thrills Thews & Crosby Pg 20	Bootie Camp Yoga® Extreme Trabelsi & Rich Pg 20	PILOXING® Knockout - Total Body Challenge Ballard Pg 20	Strength Training for Longevity & Vitality Kooperman Pg 20	
EXPO OPEN 12:15pm-3:30pm										
SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	Project Steel Steel Session 1 Pg 21	How Muscles Function McCall Session 2 Pg 21	Shockwave Thews, McLean & Crosby Session 1 Pg 21	PILOXING® Barre - Punch 'n' Plie Ballard Session 2 Pg 21	CHAKABOOM - The Optimal Dance Fitness Experience Magalhaes & Lins Session 2 Pg 21	MASHUP™: Fun Quick Total Fitness Zacharias & Redwine Session 2 Pg 21	Speedball Core Feinberg Session 2 Pg 21	LifePower Vinyasa Flow Yoga Spreen-Glick Session 1 Pg 21	The Big Balance Theory Dennis Session 2 Pg 22
SA5 3:15pm-4:45pm	Operation Battle Ropes and Beyond SGT Ken® Pg 22	Zumba® STRONG Bullard & Melendez Pg 22	Surge® Pyramid Power Roberts Pg 22	Barre Trilogy Bender Pg 22	BollyX® LIT - The Bollywood Workout Higgins Pg 22	ThinkFit: Functional Circuit Progressions Page Pg 22	Qi Gong for Every Body Haan Pg 22	PLYOGA®: Your Body is Power Lauren Pg 22	TriggerPoint™ for Desk Jockeys Coronel Pg 22	
SA6 5:00pm-6:30pm	Foam Rolling: Relax, Rejuvenate & Revitalize Lewis-McCormick Pg 23	Ultimate Strength & Conditioning Workout Papi Pg 23	Les Mills BODYPUMP® Workout Kattar Pg 23	Barre Hop Wartenberg Pg 23	LaBlast® Silk: Accessible Dance Fitness Canuel & DeLeon Pg 23	The Art of Cueing Motivation Sanders Pg 23	FXP Hula Hoop®: Core Flow Benton Pg 23	Dynamic Flexibility: A 3D Life Velazquez Pg 23	Yoga for the Young at Heart: Chairs Kooperman Pg 23	
EXPO OPEN 6:15pm-7:45pm										
SA7 EVENING SESSIONS 6:45pm-7:45pm								Introduction to Meditation Rockit Pg 24		

SUNDAY, AUGUST 27

SU1 7:00am-8:30am	Don't Step On It Howard Pg 24	Kettlebell HIIT Supreme Roberts Pg 24	BOSU® Stability Ball Overhaul Thews Pg 25			ThinkFit: Smart Multi-Level Circuits Quest Pg 25		KiPranJ™: The Flow Papi Pg 25	Boomer BEAT Dennis Pg 25
SU2 8:45am-10:15am	Reactive Training 101: Box Jump Breakdown Fouts Pg 26	POUND® - Rockout Workout Chang Pg 26	BOSU® Dynamic Integrated Strength Quest Pg 26	SCW BARRE CERTIFICATION Harris 8:00am-4:00pm Pg 9	LABLAST® FITNESS CERTIFICATION Canuel 8:00am-4:00pm Pg 9	CHAKABOUNCE Magalhaes & Lins Pg 26	PLYOGA® CERTIFICATION Lauren 8:00am-4:00pm Pg 9	Tai Chi 24 Yang Style Haan Pg 26	Sole Strength Dennis Pg 26
EXPO OPEN 10:00am-1:30pm									
SU3 11:15am-12:45pm	Core Hammer Gavigan Pg 27	Strike Kickboxing Spreen-Glick Pg 27	Les Mills BODYATTACK® Workout Kattar Pg 27			BollyX® - The Bollywood Workout Higgins Pg 27		Yin Yoga Gibson Pg 27	Flexibility + Performance = Wellness Howard Pg 27
SU4 1:00pm-2:30pm	Introduction to PowerWave™ Training Fouts Pg 27	Corrective Exercise: Female Core Osar Pg 28	DITTO (Do It Together Today) Kattar Pg 28	watermotion Velazquez 8:00am-4:00pm Pg 9	ZUMBA STRONG BY ZUMBA® CERTIFICATION Bullard & Melendez 8:00am-4:00pm Pg 9	Balanced Body: Pilates on MOTR® Page Pg 28	FXP CERTIFICATION Benton 8:00am-4:00pm Pg 9	Spirited Self-Care Rockit Pg 28	TriggerPoint™: Progressive Systems to Self-Myofascial Release Coronel Pg 28



DALLAS MANIA® SCHEDULE - CERTIFICATIONS & SESSIONS

Schwinn®: Instructor Certification Scott & Dixon 7:00am-5:00pm Pg 7	SCW Aquatic Exercise Certification Howard 8:00am-5:00pm Pg 7	SCW Aqua Barre Certification Wartenberg 9:00am-4:00pm Pg 8	PILOXING® SSP Instructor Training Certification Ballard 8:00am-5:00pm Pg 7	Soul Grooves® Certification Harris 8:00am-5:00pm Pg 8	MASHUP™ Certification Zacharias & Redwine 8:00am-5:00pm Pg 8	SCW Sports Nutrition Certification 9:00am-3:30pm Comana Pg 8	 Speedball Certification Feinberg 8:00am-5:00pm Pg 7	
						SCW Lifestyle and Behavioral Coaching Workshop Comana 5:30pm-10:00pm Pg 8	 Bodhi Suspension System Certification Quest 9:00am-5:00pm / Pg 8	


J SCHWINN® CYCLING	K AQUA (STARTS IN POOL)	L AQUA (STARTS IN LECTURE)	M NUTRITION / HEALTH	N EX SCIENCE / LEADERSHIP	O COACHING / TRAINING	P BUSINESS	Q SUSPENSION	R BOXING / CIRCUIT	S ELEVATED TRAINING
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Schwinn®: How to Wow! Thews Pg 10	Aqua Carpe Diem O'Brien Pg 10	It's Raining Men! van Amstel, Howard, Velazquez & Rockit Pg 10	Common Sense Nutrition: Your Scope H. Garcia & K. Garcia Pg 10	Prenatal Fitness Review Hruska Pg 10	REFIT®: More Than Just Fitness Beeler, Ballas & Field Pg 10	Financing Options for Your Business Bosley Pg 11	Bodhi Suspension: Focus on Flexibility Page Pg 11	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg 11	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Schwinn®: There's an App! Scott Pg 11	Aqua For Active Aging O'Brien Pg 11	Aqua Zumba® Bullard & Melendez Pg 12	Sneaky Strategies to Manage Weight Silverman Pg 12	Building Blocks: Core Science & Training Comana Pg 12	Weight Loss Aquatic Style Gilbert Pg 12	Social Media Marketing Sanders Pg 12	Bodhi Suspension: Chisel Page Pg 12	Boxing: The Method Feinberg Pg 12	Get "On Board" with Juvo Fitzwater & Smith-Yates Pg 12	FR2 10:00am-11:30am
Schwinn®: Unapologetically Authentic Roberts Session 2 Pg 13	Aqua Athlete Howard Session 2 Pg 13	Girls Just Wanna Have Fun Kooperman, Lewis-McCormick, Gilbert & Wartenberg Session 2 Pg 13	Sugar Shockers and Shakedown Silverman Session 2 Pg 13	Breath Training and Technique Comana Session 1 Pg 12	Tidbits to Grow Your Business Bosley Session 2 Pg 13	Bodhi Suspension: Cardio Quest Session 1 Pg 13	BoxMaster Circuit Round 1 Friend-Uhl & McCall Session 1 Pg 13			FR3 11:45am-11:55pm 12:30pm-2:00pm
Schwinn®: Hot Topics Appel Pg 14		WATERinMOTION® 29 Kooperman, Weisenmiller, Velazquez & Gilbert Pg 14	Diet Fads & Facts: Ending Frustration Digsby Pg 14	Effective Teaching Techniques O'Brien Pg 14	Create a Weight Loss Challenge Murphy Madden Pg 14	Steps to Strengthening Your Brand Fouts Pg 14	Aerial Silks Fitness Howes Pg 14	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg 14	Knee-Friendly Gentle Juvo Yoga Fitzwater Pg 14	FR4 2:15pm-3:45pm
Schwinn®: C3 Content, Connection & Charisma Thews & Scott Pg 15	Spirited® Surf Rockit Pg 15	The Best Balance Aqua Workout Vandendriessche Pg 15	Metabolism Makeover Digsby Pg 15	Biomechanics of Motherhood Hruska Pg 15	Recovery: The Forgotten Training Variable McCall Pg 15	Management Gems for Studios/Boutiques Gilbert Pg 15	Bodhi Suspension: Circuits Quest Pg 15			FR5 4:00pm-5:30pm

EXPO OPEN 5:15pm-6:45pm

Les Mills SPRINT™ Workout Kattar Pg 18			 STATE OF THE INDUSTRY: TRENDS FOR 2017 Kolber, Lewis-McCormick & Comana • Pg 18							FR6 6:30pm-7:30pm
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Schwinn®: Train Right 2 Ride Right Dixon Pg 18	Aqua Bits and Pieces Layne Pg 19	Poolates Gibson Pg 19	Longevity Lab: Eats and Feats Silverman Pg 19	Stress and Chronic Disease H. Garcia & K. Garcia Pg 19	Cueing, Coaching & Communicating Lewis-McCormick Pg 19	Unleash the Power of Music Thews Pg 19	Bodhi Suspension: Pilates Page Pg 19	Boxing Bootcamp Feinberg Pg 19		SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am


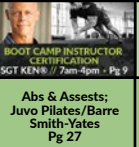
										SA2 9:30am-10:45am
Schwinn®: Teaching Tips from TED® Scott Pg 20	Aqua Circuit Bootcamp Lewis-McCormick Pg 20	The Best Balance Aqua Workout Vandendriessche Pg 20	What's in your Food? Silverman Pg 20	Women's Wellness After 40 Robinson Pg 20	Introduction to Moving to Happiness® Kolber Pg 20	Business Trends & Benchmarks Pg 20	Bodhi Suspension: Circuits Quest Pg 20	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg 20	JUST JUVO!! Total Body Jumpstart Smith-Yates Pg 20	SA3 11:00am-12:30pm

EXPO OPEN 12:15pm-3:30pm


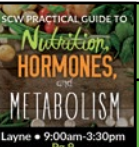
Schwinn®: All About the BASE Roberts Session 1 Pg 21	Aqua Soft Fitness Fusion Layne Session 2 Pg 22	LaBlast® Aqua SPLASH van Amstel Session 2 Pg 22	52 Days: Your Best Body Digsby Session 1 Pg 21	Objective of Gut Health & Disease Robinson Session 2 Pg 22	Ultimate Metabolic and Calorie-Burning Makeover Kravitz Session 1 Pg 21	Bodhi Suspension: Focus on Flexibility Page Session 1 Pg 21	BoxMaster Circuit Round 2 Friend-Uhl Session 1 Pg 21			SA4 12:45pm-2:15pm 1:30pm-3:00pm
Schwinn®: To Breathless & Back Dixon Pg 22		WATERinMOTION® Platinum 8 Kooperman, Velazquez, Weisenmiller & Gilbert Pg 23	Nutritional Tips, Tidbits and Treats B. Mylrea & M. Mylrea Pg 23	Targeting Hypertrophy Layne Pg 23	The Female Training Advantage 2017 Kravitz Pg 23	Fitness Program Comprehension and Creation Stahl Pg 23	Bodhi Suspension: Cardio Quest Pg 23	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg 23	Juvo Core Like Never Before Fitzwater Pg 23	SA5 3:15pm-4:45pm
Schwinn®: Girl Power 2.0 Thews, Roberts & Appel Pg 24	Aquatic Solutions for the Aging Gilbert Pg 24	Tab-Aqua Quickies Howard Pg 24	Dietary Diversity Layne Pg 24	The Gift of Letting Go Spreen-Glick Pg 24	What's Your Next Move? Kolber Pg 24	Profitable Public Speaking for Trainers Watkins Pg 24	Aerial Silks Fitness Howes Pg 24	3:1 Punchout Feinberg Pg 24		SA6 5:00pm-6:30pm

EXPO OPEN 6:15pm-7:45pm

			 AQUA EXERCISE PANEL: EBBS & FLOWS Velazquez, Gilbert, Lewis-McCormick & Weisenmiller • Pg 24							SA7 7:30pm-8:30pm
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Schwinn®: Build It & They'll Come McLean Pg 25	Barre-A-Cuda Weisenmiller Pg 25	H2O Luscious Limbs for Active Agers Gilbert Pg 25	Transition to a Plant-Based Diet B. Mylrea & M. Mylrea Pg 25	HIIT Extravaganza: 10 New Programs Kravitz Pg 25	Heavily Meditated & Highly Motivated Kolber Pg 25	Communication Strategies for Fitness Professionals Watkins Pg 25	Aerial Silks Fitness Howes Pg 25	 SCW BOXING CERTIFICATION Feinberg 8:00am-6:00pm Pg 9	 BOOT CAMP INSTRUCTOR CERTIFICATION SGT MERN // 7am-4pm - Pg 9	SU1 7:00am-8:30am
Schwinn®: Pedal N Pulse M. Mylrea Pg 26	Tabata Water Sports Martin Pg 26	Aqua Abs WIM-SY Weisenmiller Pg 26	Sugar, Snacks & Heart Attacks Digsby Pg 26	The Modern Science of Longevity Kravitz Pg 26	Create the Life You Want! Spreen-Glick Pg 26	Become a Retention Rock Star H. Garcia & K. Garcia Pg 26	Bodhi Suspension: Focus on Flexibility Page Pg 27		Abs & Assets: Juvo Pilates/Barre Smith-Yates Pg 27	SU2 8:45am-10:15am

EXPO OPEN 10:00am-1:30pm

Schwinn®: The "HARD" Conversation McLean Pg 27	Barre H2O Wartenberg Pg 27	Waves on Fire: Active Agers Martin Pg 27	Top 10 for Weight Loss Digsby Pg 27	Embracing Wellness for Optimal Aging Dennis Pg 27	Everything Resistance Training Kravitz Pg 27	How to Plan Your Presentation Watkins Pg 27	Bodhi Suspension: Circuits Quest Pg 27	 SCW ADVANCED FUNCTIONAL PILATES CERTIFICATION Bender 8:00am-4:00pm Pg 9	 SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, & METABOLISM Layne • 9:00am-3:30pm Pg 9	SU3 11:15am-12:45pm
	Poolates Gibson Pg 28	The Best Balance Aqua Workout Vandendriessche Pg 28	Go Bones H. Garcia & K. Garcia Pg 28	Train the Brain Dennis Pg 28	Creative Programming for 55+ Wartenberg Pg 28	Build Your Best Business Strategies Quest Pg 28				SU4 1:00pm-2:30pm

FR6 - EVENING SESSIONS

6:30PM-7:30PM

FITNESS IDOL

Sara Kooperman, JD, Keli Roberts, Leslee Bender & 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!

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

SOLE POWER FITNESS Aaron Tolson



Sole Power is an exciting new program straight out of NYC that combines tap dance with cardio class to deliver a fun, effective workout. Ideal for first time hoofers and seasoned dancers alike, Sole Power burns calories and strengthens all the major muscle groups as they turn participants into super-fit tap dancers!

FR6D Friday, 6:30pm-7:30pm

LABLAST® LINE DANCE



Louis van Amstel, Beth Canuel, Dawn LoGuercio, Danielle Janco & Esteban DeLeon

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



Alex Kattar

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

STATE OF THE INDUSTRY PANEL DISCUSSION

Petra Kolber, Irene Lewis McCormick, MS, CSCS, & 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 snacks! (LECTURE)

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

SATURDAY, AUGUST 26

SA1

7:00AM-8:30AM

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!

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

POUND® - HOW YOUR BODY ROCKS Amy Chang



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!

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

SOLE POWER FITNESS Aaron Tolson



Sole Power is an exciting new program straight out of NYC that combines tap dance with cardio class to deliver a fun, effective workout. Ideal for first time hoofers and seasoned dancers alike, Sole Power burns calories and strengthens all the major muscle groups as they turn participants into super-fit tap dancers!

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

LABLAST®: FITNESS POWERED BY DANCE



Danielle Janco & Dawn LoGuercio

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.

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

BALANCED BODY MOTR®: AGILITY + CORE Erika Quest



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.

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

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.

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

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."

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

BALANCE STRATEGIES FOR OLDER ADULTS Dr. Evan Osar

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

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

SCHWINN®: TRAIN RIGHT 2 RIDE RIGHT Amy Dixon



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!

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

POWER UP



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

POOLATES Lisa Gibson



Poolates takes the principles of Pilates and translates them into the aquatic environment. Class participants learn basic Poolates exercises and how they can be modified. Poolates also demonstrates how the eight Pilates principles apply in water and why Poolates is different from other aqua workout methods.

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

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)

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

STRESS AND CHRONIC DISEASE Kimberly & Herson Garcia

Is stubborn fat clinging to your clients' waistlines, and are they experiencing life-disrupting health symptoms? Kimberly shares how to identify the top stressors wreaking havoc on the body and how you can help clients control their well-being. This will accelerate results and ensure you are leading others to good health! (LECTURE)

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

CUEING, COACHING & COMMUNICATING

Irene Lewis-McCormick, MS, CSCS

Fitness professionals are drawn to group training because it's time-saving, cost-effective and represents a decreased workload. However, a fantastic trainer will not necessarily translate to excellence when training groups. Juggle the demands of group training by learning skills to create inclusive environments, fun and a tribe mentality that leads to more profit and impact. (LECTURE)

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

UNLEASH THE POWER OF MUSIC Doris Thews



Learn how music can create incredible emotion and action in your group classes. This session will update you on the latest tips, tricks and tools to organize and select the perfect music to make your classes stand out. Learn how to maximize a powerful music coaching approach and bring your class experience to the next level. Walk away with steps to create a custom and perfect playlist, and receive a free download from Power Music. (LECTURE)

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

BODHI SUSPENSION: PILATES Portia Page



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®.

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

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.

SA1R Saturday, 7:00am-8:30am

SA2 - KEYNOTE ADDRESS

9:30AM-10:45AM

THE HAPPINESS EPIDEMIC - CATCH IT IF YOU CAN

Petra Kolber

Join Petra in an interactive Keynote that will challenge you to rethink everything you believe about being an agent for change. What would happen if you never used weight loss as a goal but instead used happiness as the ultimate marker of success? The Happiness Epidemic reframes the "Why" behind the workouts and teaches you how to mobilize untapped motivation in both yourself and others. Train a body - change a body. Train a mind - change a life.

SA2A Saturday, 9:30am-10:45am

SA3

11:00AM-12:30PM

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!

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

FLUID STRENGTH Mindy Mylrea



Train for movement, and muscle will follow. Building muscle without movement patterning creates tight, short and inflexible arms/legs. Mindy will gracefully link movement and generate an integrated approach to strength training that makes sense. Develop muscle that matters for increased strength, flexibility and function.

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

FLUID FUSION BY HEDSTROM FITNESS Amy Dixon



This workshop explores how Hydro-Interia® enhances muscle recruitment in the core and improves movement quality throughout the body. The fusion of the Kamagon Ball® and Surge® into one workout combines powerful strength and cardio sequences, plyometrics and even controlled, balance based movements into an incredibly fluid, effective and fun workout.

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

BARRE TAB Billie Wartenberg

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!

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

SOUL GROOVES® Tammy Harris



Soul Grooves® is a transformative mind, body and soul cardiovascular dance workout that inspires people to change their bodies and their lifestyles. It builds a community of inspired, accepting and compassionate people. With fun, effective, energetic and easy-to-follow dance routines, Soul Grooves® combines Hip Hop, Latin and athletic movements into one 60-minute experience.

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



GET UP

INDO-ROW®: SKILLS, DRILLS & THRILLS

Josh Crosby & Doris Thews

Whether a veteran rower or new to the crew, this session brings out your personal best through team energy! You'll learn about the team culture of rowing, then experience the total-body, calorie burn of Indo-Row through challenging interval drills based on time, distance, power, team synchronicity and passion for an invigorating no-holds-barred workout.

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

WaterRower® GX

BOOTIE CAMP YOGA® EXTREME

Michelle Trabelsi & Katie Rich

Our version of Bootie Camp Yoga® on Steroids! This power yoga-based fitness program sculpts the derriere! Lite dumbbells are incorporated for 75 minutes of sheer booty bliss! You feel AMAZING after Bootie Camp Yoga® as it sculpts your body and seriously kicks your BUTT! Featured in American Fitness Magazine.

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

Bootie Camp
Yoga®

PILOXING® KNOCKOUT - TOTAL BODY CHALLENGE

Jordan Ballard

Turn up the calorie-torching engine with integrated training that puts a creative twist on athletic drills designed to increase the intensity of the workout and the fun factor. You will learn how the blend of cleverly timed strength and cardio drills is guaranteed to get your participants in shape, fast!

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

PILOXING

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.

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

OnDemand

SCHWINN®: TEACHING TIPS FROM TED®

Jeffrey Scott
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.

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

TED®

AQUA CIRCUIT BOOTCAMP

Irene Lewis-McCormick, MS, CSCS

Circuit training and Boot Camp classes are athletic, effective and safe in water. Combine them using easy-to-follow drills in a fast-paced workout that incorporates stations. Learn to cue, coach and communicate to move efficiently using hand buoys and noodles. All that and more in this powerful shallow or deep water circuit workout.

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

OnDemand

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

AQUA 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.

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

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)

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

WOMEN'S WELLNESS AFTER 40 Catherine Robinson

Women experience a multitude of physiological and psychological changes during perimenopause and menopause. Catherine will discuss how addressing these changes will make your training more effective. Topics covered include the effects of aging on metabolism, changes of transition through perimenopause and menopause, nutritional adjustments balancing the effects of aging and incorporating new training techniques. (LECTURE)

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

INTRODUCTION TO MOVING TO HAPPINESS® Petra Kolber

Petra's new coaching method is the first in the industry to change lives with the psychological link of positive psychology research. By transforming both our view and our client's perspective of exercise, we shift into a mental and physical strength-based model that is built on a foundation of happiness. (LECTURE)

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

BUSINESS TRENDS & BENCHMARKS Ann Gilbert

Explore the 12 fitness-business benchmarks to successfully open your own business. Learn how industry publications can mislead us about fitness statistics, why understanding key trends is so important to your business success and how you can profit from "getting the guidelines." (LECTURE)

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

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.

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

Balanced Body

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.

SA3R Saturday, 11:00am-12:30pm

StairMaster

JUST JUVO!! TOTAL BODY JUMPSTART

Sauna Smith-Yates

Jumpstart metabolism and strengthen the entire body with Juvo Board! No muscle is left untouched with this high-intensity, low-impact workout designed to rev up metabolism and create an "afterburner effect" to burn calories all day long! "Elevate" the heart and "Balance" the body!

SA3S Saturday, 11:00am-12:30pm

JUVO BOARD

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



SHOCKWAVE

Doris Thews, Alex McLean & Josh Crosby

The media has dubbed ShockWave "The Most Efficient Total Body Workout in the World" and instructors are raving about this high-intensity circuit that builds community, competition and retention. Discover new ideas for Bootcamp and circuit workouts that include ShockWave's jaw-dropping "secret sauce" designed to amplify team spirit, push limits and maximize the fun-factor.

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



LIFEPower VINYASA FLOW YOGA Kimberly Spreen-Glick

Enjoy a dynamic vinyasa flow practice designed to help you tap into your inner strength while letting go of what does not serve you. Fun sequencing set to uplifting music will have you smiling through the sweat. Let go of expectations and open your mind to an inspiring good time!

SA4H Saturday, 12:45pm-2:15pm

SCHWINN®: 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.

SA4J Saturday, 12:45pm-2:15pm



52 DAYS TO YOUR BEST BODY Sohaila Digsby, RDN, LD

Are your fitness efforts thwarted by how "life happens" between workouts? Can you ensure that efforts are evidenced in body fat percentages, Facebook "selfies" and in medical charts? Because 30 day challenges rarely work for more than 30 days, learn what 52 days can do to create Your Best Body! (LECTURE)

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



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)

SA4O Saturday, 12:45pm-2:15pm

BODHI SUSPENSION: FOCUS ON FLEXIBILITY

Portia Page

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.

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



BOXMASTER® CIRCUIT: ROUND 2

Sonja Friend-Uhl

Did you enjoy Round 1 with BoxMaster® Circuit? We are just getting started! Join us for Round 2 on the BoxMaster®, which is the latest training tool for boxing specialists and fitness enthusiasts alike. Take your



reaction time, agility, stamina and coordination to the next level as rounds get longer and the combos are more complex. By using strategic combinations participants will improve power, speed, and endurance! Boost your member retention with an entirely different way to get in shape!

SA4R 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.

HOW MUSCLES FUNCTION Pete McCall, MS

Why do bodybuilders look different than Olympic weightlifters? The answer lies in the fact that human muscle is comprised of two distinctly different types of tissue: the contractile element and the elastic component. Exercise programs should include strategies to properly enhance the function of each tissue. This interactive session will explain the difference between the types of muscle and address exercise strategies for improving the performance of each.

SA4B Saturday, 1:30pm-3:00pm



PILOXING® BARRE - PUNCH 'N' PLIÈ Jordan Ballard

It's time to Box at the Barre in this dynamic, interval fusion workout! Energizing cardio-boxing drills elevate the heart rate and blast calories while sculpting Barre exercises keep your muscles long and strong. Get ready to sweat in this one-of-a-kind Barre workout that will leave you feeling Powerful AND Graceful!

SA4D Saturday, 1:30pm-3:00pm



CHAKABOOM - THE OPTIMAL DANCE FITNESS EXPERIENCE Roberson Magalhaes & Leo Lins

NOT your average dance fitness workout - CHAKABOOM incorporates ORIGINAL choreography & many styles of music into an explosive group fitness experience. Learn the unique style and expertise of CHAKABOOM as it incorporates varied moves, music and styles within the genre of the music.

SA4E Saturday, 1:30pm-3:00pm



MASHUP™: FUN | QUICK | TOTAL FITNESS

Jamie Zacharias, RN, MSN, NP-C & Stacy Redwine

Reap the benefits of Mind/Body, Agility/Strength and High-Intensity Intervals in a one-of-a-kind Variable-Intensity workout!! No choreography to keep up with, and YOU get to choose your intensity! It's FUN, it's QUICK, it's TOTAL FITNESS that you control!

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



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.

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



SARA KOOPERMAN, JD

Sara is an international favorite IHRSA, IDEA, AFC, Club Industry, YMCA, AYP, MFA, ICAA and ABC 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 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.

THE BIG BALANCE THEORY Cammy Dennis

Falling is the leading cause of fatalities in older adults. The 'Big Balance Theory' helps active agers restore strength, improve balance and regain confidence and states: The fear of falling can be conquered, and the risk of falling can be reduced! Learn to create a fall-prevention program that fuses theory with practical application.
SA4I Saturday, 1:30pm-3:00pm

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.
SA4K Saturday, 1:30pm-3:00pm

LABLAST® AQUA SPLASH Louis van Amstel

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.
SA4L Saturday, 1:30pm-3:00pm

**OBJECTIVE OF GUT HEALTH & DISEASE Catherine Robinson**

Catherine will explain how factors such as environment, diet choices, medications, stress management, sleep and of exercise affect gut flora and health. Learn how this information relates to autoimmune diseases such as Type I diabetes, Parkinson's, MS, etc., as well as chronic illnesses. (LECTURE)
SA4N Saturday, 1:30pm-3:00pm

SA5**3:15PM-4:45PM****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!
SA5A Saturday, 3:15pm-4:45pm

STRONG BY ZUMBA®**Kelly Bullard and Guillermo Melendez**

In every other HIIT (High Intensity Interval Training) program, music is an afterthought. STRONG by Zumba® combines HIIT with the science of Synced Music Motivation. Using only their body weight,



students work out in sync to music that's been reverse-engineered to match every move. STRONG by Zumba® is not dancing; it's feeling the beat instead of counting the reps to push students past their perceived limits into a whole new level of intensity. Let It Sync In™.

SA5B Saturday, 3:15pm-4:45pm**SURGE® PYRAMID POWER Keli Roberts**

Using Hydro-Inertia® properties to test all aspects of fitness, learn how water can be the new steel. This scalable session applies reactive resistance programming in a pyramid protocol with drills that challenge clients in a mix of timed intervals. Experience the benefits of working with water as your unpredictable resistance.

SA5C Saturday, 3:15pm-4:45pm**BARRE TRILOGY Leslee Bender**

This progressive Barre Class is based on the science of movement with the use of bands, Gliding Discs and a small ball that will change your barre class forever. Learn how to use lengthening and not shortening progressions and regressions for all exercises and make them truly functional.

SA5D Saturday, 3:15pm-4:45pm**BOLLYX® LIT - THE BOLLYWOOD WORKOUT****Meredith Higgins**

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!

SA5E Saturday, 3:15pm-4:45pm**THINKFIT: FUNCTIONAL CIRCUIT PROGRESSIONS****Portia Page**

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.

SA5F 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.

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

SA5H Saturday, 3:15pm-4:45pm**TRIGGERPOINT™ FOR DESK JOCKEYS****Marc Coronel**

Corporate wellness programs increase productivity, boost morale and reduce stress because 86% of workers sit all day. While sitting, the body's soft tissue sticks together. Consequently, the body doesn't move well and it is difficult to initiate an exercise program. Learn to integrate a program designed to mobilize the desk jockey utilizing foam rolling.

SA5I Saturday, 3:15pm-4:45pm**SCHWINN®: TO BREATHLESS & BACK****Amy Dixon**

HIIT is here to stay, so keeping the workouts fresh is key. This workshop provides protocols, supported by HIIT research, that push students to the max and keep them coming back. Walk away with coaching tips and motivating strategies to keep HIIT at the top of the leader board.

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

GIVE ME ZEN



WATERINMOTION® PLATINUM 8

Sara Kooperman JD, Manuel Velazquez, Ann Gilbert & 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

NUTRITION 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)

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

TARGETING HYPERTROPHY Melissa Layne, MEd

Muscle hypertrophy is a complicated and multifaceted process with many factors dictating success or failure. Focus on the interaction of rest and recovery, hormones, nutritional factors and satellite cell theory. The transient interaction of growth hormone, testosterone and cortisol, volume vs intensity and the three types of mechanical stress will be discussed. (LECTURE)

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

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)

SA5O 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)

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

BODHI SUSPENSION: CARDIO 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.

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

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.

SA5R Saturday, 3:15pm-4:45pm

JUVO CORE LIKE NEVER BEFORE Jodelle Fitzwater

Try the fastest growing water sport, Stand Up Paddling, ON LAND! Sculpt abs in unique and fun ways with the simulated feeling of paddling on water with Juvo Balance! This workout will give clients the confidence to try SUP or keep your seasoned paddlers in peak shape.

SA5S Saturday, 3:15pm-4:45pm



SA6

5:00PM-6:30PM

FOAM ROLLING: RELAX, REJUVENATE & REVITALIZE

Irene Lewis-McCormick, MS, CSCS

Create quick and effective pre- and post-workout self-myofascial release routines for optimal warm-up and post-workout recovery in an easy-to-follow format using tennis balls and foam rollers. The results are immediate and long-term and important for pre-workout preparation and post-workout flexibility.

SA6A Saturday, 5:00pm-6:30pm

ULTIMATE STRENGTH & CONDITIONING WORKOUT

Julio Papi

This innovative and challenging session focuses on implementing the research behind body weight training. The sequences are smart and creative and organized in blocks with specific objectives. Functionality improves exponentially and so does the participants' motivation. This session combines an approach that is logical, effective and fun!

SA6B Saturday, 5:00pm-6:30pm

LES MILLS BODYPUMP® WORKOUT Alex Kattar

BODYPUMP® is the Les Mills' barbell class that sculpts, tones and strengthens your entire body, fast! Using weights with lots of repetitions, BODYPUMP® provides a total body workout. Whether part of the tribe or attending to expand your knowledge, you leave with choreography to improve programming and personal training sessions.

SA6C Saturday, 5:00pm-6:30pm

BARRE HOP Billie Wartenberg

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.

SA6D Saturday, 5:00pm-6:30pm

LABLAST® SILK: ACCESSIBLE DANCE FITNESS

Beth Canuel & Esteban DeLeon

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

THE ART OF CUEING MOTIVATION Alana Sanders, MS

Verbal and visual communication is an art form. This SCW Fitness Idol Champion explores the grace and talent of effectively leading a group while connecting with the individual. The most advanced or new instructor will learn valuable tips on motivating students with the voice and body to create a true work of art!

SA6F Saturday, 5:00pm-6:30pm

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.

SA6G Saturday, 5:00pm-6:30pm

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.

SA6H Saturday, 5:00pm-6:30pm

YOGA FOR THE YOUNG AT HEART: CHAIRS 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@: GIRL POWER 2.0

Doris Thews, Keli Roberts & Abbie Appel



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.

SA6J Saturday, 5:00pm-6:30pm

AQUATIC SOLUTIONS FOR THE AGING Ann Gilbert

OnDemand

During this session, you will identify typical functional declines of the active aging population and consider ways to adapt your aquatic programming to create effective formats that will improve walking efficiency, general mobility and confidence. Learn how a well-designed format increases confidence and decreases the fear associated with falling and muscular imbalances.

SA6K Saturday, 5:00pm-6:30pm

TAB-AQUA QUICKIES Jeff Howard

Tab-Aqua Quickies is the exciting new component of Tab-Aqua Bootcamp. Work HARD for 30 seconds, HARDER for 20 seconds, and HARDEST for 10 seconds for six cycles and then rest 10 seconds. Let the music guide you without worrying about watching the clock. Get motivated with aquatic moves that produce results fast.

SA6L Saturday, 5:00pm-6:30pm

DIETARY DIVERSITY Melissa Layne, MEd

In today's fast-paced world, nutritional choices have become mundane and routine. We will explore how this affects our bodies and minds and our hormones, neurotransmitters and vitamin and mineral intakes. Learn about the latest research on superfoods and how we can utilize this research to optimize our health and increase longevity. (LECTURE)

SA6M Saturday, 5:00pm-6:30pm

THE GIFT OF LETTING GO Kimberly Spreen-Glick

In a world where "getting" is usually the primary goal (getting something, someone or somewhere), it's hard to imagine that "letting go" actually can be the key to peace, happiness and even success. If you're open the conversation, or even curious, you don't want to miss this lecture from fitness industry icon Kimberly Spreen-Glick. (LECTURE)

SA6N Saturday, 5:00pm-6:30pm

WHAT'S YOUR NEXT MOVE? Petra Kolber

We are passion producers and often live for the next class or client, but what happens if you become injured or what you love to teach is no longer in fashion? Learn how to tap into your inspiration and explore ways to spread your message and motivation beyond the gym. (LECTURE)

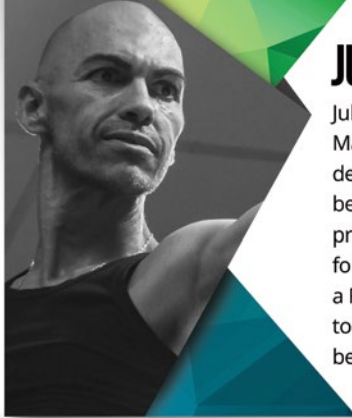
SA6O Saturday, 5:00pm-6:30pm

PROFITABLE PUBLIC SPEAKING FOR TRAINERS

John Watkis

Learn the secrets of attracting clients who willingly pay your fees when you share what you know about health and wellness. You'll discover how to find the right audience and deliver the right message that will have them asking to do business with you. (LECTURE)

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



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!

AERIAL SILKS FITNESS Jennifer Howes

Defy Gravity! Train your body through various orientations to the ground including inverting and climbing. Learn aerial movements with regressions and progressions to accommodate all fitness levels. Jennifer's small group circuit training format with added floor stations, including "dishrocks" and "paddling," completes this fun full body workshop.

SA6Q Saturday, 5:00pm-6:30pm

3:1 PUNCHOUT Steve Feinberg

OnDemand

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.

SA6R Saturday, 5:00pm-6:30pm

SA7

6:45PM-7:45PM

INTRODUCTION TO MEDITATION Yury Rockit

OnDemand

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.

SA7H Saturday, 6:45pm-7:45pm

AQUA EXERCISE PANEL: EBBS AND FLOWS

Manuel Velazquez, Irene Lewis-McCormick MS, CSCS, Ann Gilbert & 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 SNACKS WILL BE PROVIDED!

SA7M Saturday, 6:45pm-7:45pm

SUNDAY, AUGUST 27

SU1

7:00AM-8:30AM

DON'T STEP ON IT Jeff Howard

OnDemand

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 HIIT SUPREME Keli Roberts

OnDemand

Join Keli in this HIIT workout that incorporates plyometric movement with ballistic kettlebell exercises and learn proper kettlebell techniques to create a safe and effective workout. Multi-

plane and multi-joint movements will help to stimulate your Basal Metabolic Rate (BMR), which not only provides an increased caloric expenditure during the workout but also create the "afterburn" effect that everyone is looking for to lose fat quickly.

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

BOSU® STABILITY BALL OVERHAUL Doris Thews 

Stability balls stand the test of time as effective training tools for overall conditioning. Renew your love for stability ball training with this complete overhaul of innovative exercises and sequences. Add fresh ideas to your ball basics toolbox and experience the unique principles of training with the BOSU® Ballast Ball.

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

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.

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

KIPRANJ™: THE FLOW Julio Papi

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™.

SU1H Sunday, 7:00am-8:30am

BOOMER BEAT Cammy Dennis

This fitness jam session uses drum sticks to pound out the 'BEAT' and work up a sweat. 'Boomer BEAT' provides a significant challenge improving cardiovascular capability, strength and balance. Drum sticks encourage range of motion, support coordination and provide a host of opportunities for training balance. Get fit, have fun and ignite your inner rock star with Boomer BEAT!

SU1I Sunday, 7:00am-8:30am

SCHWINN®: BUILD IT AND THEY'LL COME 

Alex McLean

Say "NO!" to stressful class prep with Schwinn's proven design system that makes planning easy. The Coaches Pyramid provides a framework for unforgettable rides that are accessible to all levels. Discover an easy-to-follow system for selecting the best content, layering in mind/body elements and organizing music to bring it all together.

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

BARRE-A-CUDA Amy Weisenmiller 

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.

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

H2O LUSCIOUS LIMBS FOR ACTIVE AGERS Ann Gilbert

Strengthen and lengthen the major muscles of the lower body, adding integrity at the joint and increased mobility for the mature and active aging members of your next class.

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

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)

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

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)

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

HEAVILY MEDITATED & HIGHLY MOTIVATED Petra Kolber

The greatest "muscle" you will ever train is your mind. Come and learn "gateway" meditations that are first steps to incorporating mindfulness into a fitness lifestyle. Focus on the latest research and discover replicable mini-meditations that can be used immediately. Train a mind - change a life. (LECTURE)

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

COMMUNICATION STRATEGIES FOR FITNESS

PROFESSIONALS John Watkis

The communication puzzle can be difficult to solve. But if we don't solve it, we run the risk of creating conflict, having our instructions misunderstood by clients and missing opportunities to turn complaining customers into raving fans. This session will provide you with specific strategies to help you communicate effectively in a variety of situations with differing personality types. (LECTURE)

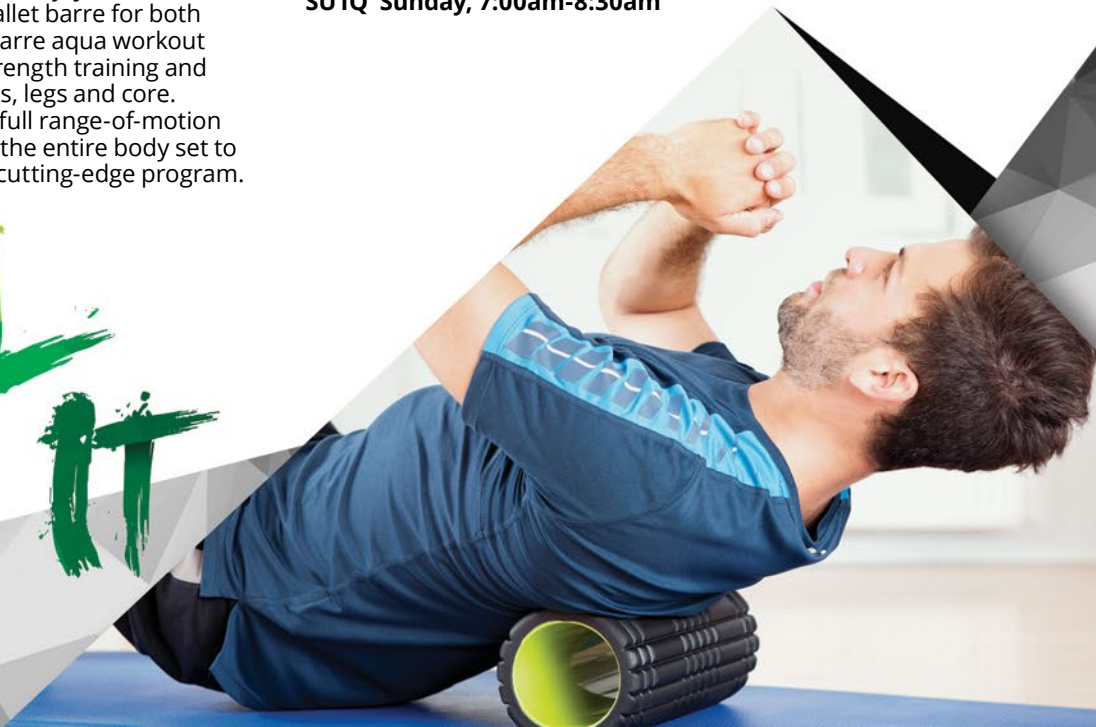
SU1P Sunday, 7:00am-8:30am

AERIAL SILKS FITNESS Jennifer Howes

Defy Gravity! Train your body through various orientations to the ground including inverting and climbing. Learn aerial movements with regressions and progressions to accommodate all fitness levels. Jennifer's small group circuit training format with added floor stations, including "dishrocks" and "paddling," completes this fun full body workshop.

SU1Q Sunday, 7:00am-8:30am

ROLL WITH IT





ALL SYSTEMS GO

SU2

8:45AM-10:15AM

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 three 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.

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

POUND® ROCKOUT WORKOUT

Amy Chang



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.

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

BOSU® DYNAMIC INTEGRATED STRENGTH



Erika Quest

In this bodyweight training workshop, experience an integrated approach to creating total body strength. Learn six flowing movement complexes that focus on balance, mobility and stability. Practice utilizing the core as the center of power and following the fascial lines of the body to enhance movement skill and ultimately performance.

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

CHAKABOUNCE

Roberson Magalhaes & Leo Lins



A phenomenal program performed with rebound shoes, CHAKABOUNCE has a style all its own. This distinctive mix of track-by-track and full-on choreography provides a low-impact, high-energy and a full-body workout. Bring this innovative and powerful mix to your students, improve muscle strength, burn calories and build endurance.

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

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.

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

SOLE STRENGTH

Cammy Dennis

Bare your 'soles' for an energizing barefoot workout! Shoes can inhibit the use of many muscles and joints in the feet. By freeing your feet, you will discover new ways to awaken energy and balance in your body. This workout is carefully crafted to provide a significant strength and cardio challenge. Liberate your 'soles' and allow your body to move as nature intended.

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

SCHWINN®: 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.

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

TABATA WATER SPORTS

Connie Martin, MA

Bring your passion for sports to the pool in this fun, energetic, functional movement workshop. Experience a dynamic interval aquatic routine while simulating athletic movements such as kickboxing, softball and volleyball. Share this Tabata trend that will bump up the intensity, strengthen the core and build endurance for any fitness level.

SU2K Sunday, 8:45am-10:15am

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!

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

SUGAR, SNACKS & HEART ATTACKS

Sohailla Digsby, RDN, LD

Is sugar evil, addictive, worth it? Which is worse: sugar or fat? What about snacks? Should it be fruit or bars or shakes? So many questions and so little time before most people encounter their first (and sometimes fatal and final) heart attack. Get answers! (LECTURE)

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

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)

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

CREATE THE LIFE YOU WANT

Kimberly Spreen-Glick

Let's discuss how you can create the life of your dreams by harnessing the power of your own beliefs and focus. You'll discover you have access to more happiness and inspiration than you thought possible as you, the creator of your experience, choose to live your life on purpose. (LECTURE)

SU2O Sunday, 8:45am-10:15am

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)

SU2P Sunday, 8:45am-10:15am

BODHI SUSPENSION: FOCUS ON FLEXIBILITY**Portia Page**

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.

SU2Q Sunday, 8:45am-10:15am**ABS & ASSETS: JUVO PILATES/BARRE****Sauna Smith-Yates**

Reach new levels in your Pilates mat and barre classes. Assist and empower the client in their workout by bringing the mat to them with Elevate. Amp up the challenge with the instability of Balance.

SU2S Sunday, 8:45am-10:15am**SU3****11:15AM-12:45PM****CORE HAMMER Andrew Gavigan**

The MostFit Core Hammer is a functional training tool that provides many unique training methods due to a distally loaded lever and associated torque and force. This workshop is intended for fitness professionals who work with any population looking for a stimulating workout while improving stability, strength and body alignment.

SU3A Sunday, 11:15am-12:45pm**STRIKE! KICKBOXING Kimberly Spreen-Glick**

Challenge yourself with a fierce, full-body interval workout that blends traditional kickboxing with strikes and blocks using a weighted bar, inspired by martial arts stick fighting. This class is strategically delivered in "rounds" to create a non-stop flow of pure energy and sweat. This is NOT your typical kickboxing class!

SU3B Sunday, 11:15am-12:45pm**LES MILLS BODYATTACK® WORKOUT Alex Kattar**

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.

SU3C Sunday, 11:15am-12:45pm**BOLLYX® - THE BOLLYWOOD WORKOUT****Meredith Higgins**

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.

SU3F Sunday, 11:15am-12:45pm**YIN YOGA Lisa Gibson**

You know Yang, come learn Yin. Yin yoga's focus is on stillness and holding poses for extended periods of time to stretch the bodies fascial tissue. Poses are all on the floor and held from two to five minutes. This is a strenuous class for beginner and advanced yogis alike.

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

SU3I Sunday, 11:15am-12:45pm**SCHWINN®: THE "HARD" CONVERSATION****Alex McLean**

Today, time often out-values money, so people demand more from the time dedicated to training. This whistle-blowing workshop illustrates five ways the industry is making classes harder, what is

happening and what to do instead. Learn solid strategies to keep your class challenging while getting more bang for the proverbial buck.

SU3J Sunday, 11:15am-12:45pm**BARRE H2O Billie Wartenberg**

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.

SU3K Sunday, 11:15am-12:45pm**WAVES ON FIRE: ACTIVE AGERS Connie Martin, MA**

Baby Boomers Unite! Heat up your water workouts and burn calories, sculpt and strengthen your entire body in a great movement environment - the pool. Stoke the fire of your internal furnace by using ability-based, low-impact and multi-joint movements. Learn to stabilize your core while benefiting from improved stability and mobility.

SU3L Sunday, 11:15am-12:45pm**TOP 10 FOR WEIGHT LOSS Sohaila Digsby, RDN, LD**

Is weight loss more difficult than it needs to be? Are there factors we overlook that contribute to weight loss struggles? What if 10 streamlined steps could relieve you from frustrating, wasted effort and endless trial and error? Learn what works and how from a registered dietitian. (LECTURE)

SU3M Sunday, 11:15am-12:45pm**EMBRACING WELLNESS FOR OPTIMAL AGING****Cammy Dennis**

This session will examine the multiple dimensions of wellness and the influence they have on aging optimally. Physical fitness is important however; it's only one piece of the 'wellness pie'. There are many things to consider when it comes to influencing the quality of life as we age. Join this discussion on how the dimensions of wellness can positively impact the health of body, brain and spirit. (LECTURE)

SU3N 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)

SU3O Sunday, 11:15am-12:45pm**HOW TO PLAN YOUR PRESENTATION John Watkis**

If you fail to plan, then you plan to fail. This is especially true when it comes to presentations. Learn a seven-step process you can use for any program. Discover how to avoid the traps and pitfalls of bad sessions while discovering the secrets of successful performance. (LECTURE)

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

SU3Q Sunday, 11:15am-12:45pm**SU4****1:00PM-2:30PM****INTRODUCTION TO POWERWAVE™ TRAINING****Elisabeth Fouts**

The PowerWave™ is a revolutionary all-in-one training device with unique features built-in to help you maintain proper body alignment as you maximize caloric expenditure. Learn how to use the PowerWave™ as a tool to help build a lean and tone body by unleashing core strength and physical endurance.

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

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.

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

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!

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

BALANCED BODY: PILATES ON MOTR® Portia Page

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!

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

SPIRITED SELF-CARE Yury Rockit

Taking care of the body involves a fine-tuning of the muscles and mind. Join Yury for an exploration of how to be inspired in various ways as personal trainers, group ex instructors and fitness consumers with the goal of tuning-up for a fresh feeling in mind and body.

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

TRIGGERPOINT™: PROGRESSIVE SYSTEMS TO SELF-MYOFASCIAL RELEASE Marc Coronel

Exercise modalities must progress for change to occur since the human body will only adapt if a stimulus becomes more challenging. Learn why beginning with more superficial static techniques lay a sound foundation for the deeper, active techniques that are better designed to achieve progressive foam rolling programs for your clients.

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

POOLATES Lisa Gibson

Poolates takes the principles of Pilates and translates them into the aquatic environment. Class participants learn basic Poolates exercises and how they can be modified. Poolates also demonstrates how the eight Pilates principles apply in water and why Poolates is different from other aqua workout methods.

SU4K Sunday, 1:00pm-2:30pm

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.

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

GO BONES Herson Garcia & Kimberly Garcia

Over 50% of those over 50 years old are diagnosed with osteoporosis. Individuals suffering with chronic joint pain continues to rise. These clients seek support and help in learning how to safely exercise to become stronger. Join Herson and Kimberly to learn how to safely empower individuals to age well. (LECTURE)

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

TRAIN THE BRAIN Cammy Dennis

Boost your brain health! This informative and interactive session has 'brain exercises' that can help with memory retention, critical thinking skills, processing speed and creative reasoning. This session includes basic neuroscience and activities that provide a mental workout to challenge cognition and 'train your brain'!

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

CREATIVE PROGRAMMING FOR 55+ Billie Wartenberg

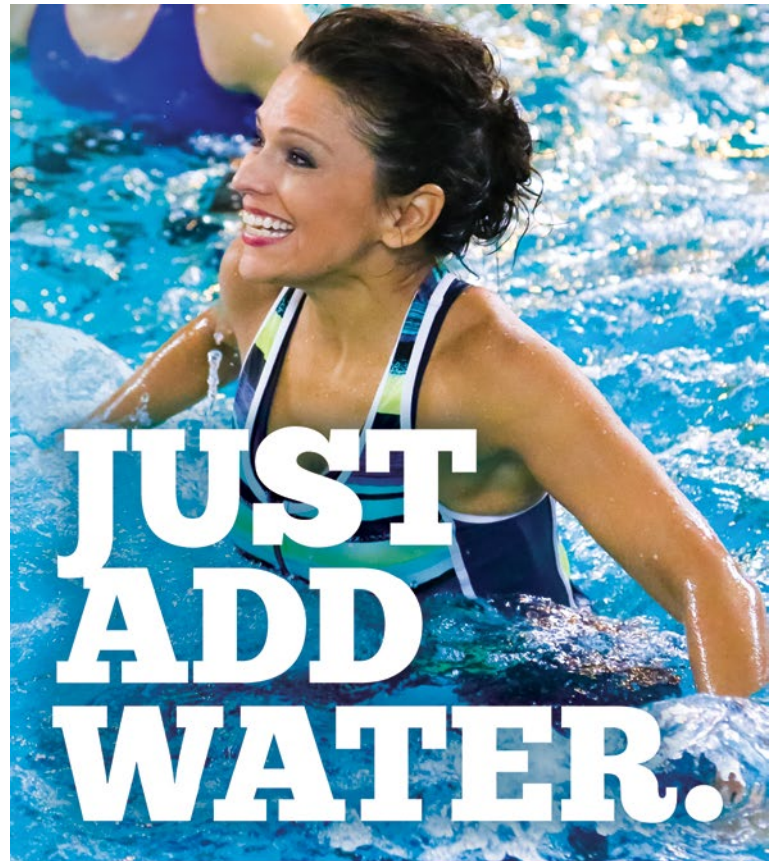
Americans age 55+ make up the largest segment of our population and these individuals are on fire when it comes to fitness and having fun. This Active Aging group is just that - Active! Learn creative ways to make your fitness programming fun and engaging while meeting the exercise needs for everyone. (LECTURE)

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

BUILD YOUR BEST BUSINESS 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)

SU4P Sunday, 1:00pm-2:30pm



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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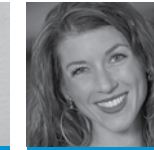
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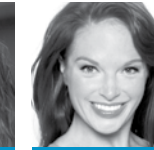
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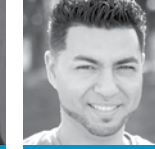
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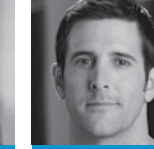
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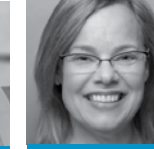
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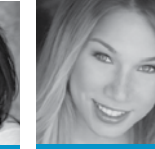
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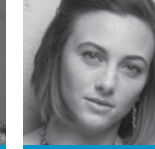
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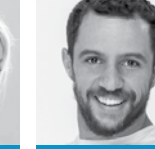
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BERNADETTE O'BRIEN, MA
SCW



DR. EVAN OSAR



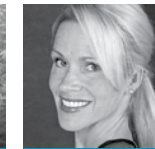
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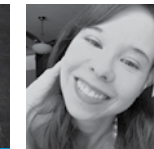
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YURY ROCKIT



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WATERROWER GX



MICHAEL SCOTT
SCUDDER



TRICIA SILVERMAN,
RD, MBA



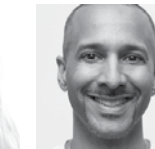
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JUVO BOARD



PJ STAHL, MA
POWER SYSTEMS



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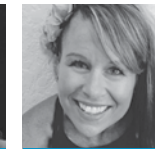
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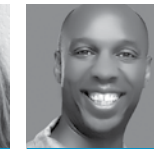
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If you are mailing or faxing in your MANIA® registration, begin here and complete steps 1-7 and sign and date the disclaimer. **NOTE: a \$25 processing fee applies to mailed, faxed, or phoned registrations.** Please print legibly.

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2: MANIA® RATES

	Before 6/12/17	After 6/12/17
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/dallas)</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/dallas.

FRIDAY, AUGUST 25, 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, AUGUST 26, 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	_____	_____	_____
7:30pm-8:30pm	SA7	_____	_____	_____

SUNDAY, AUGUST 27, 2017

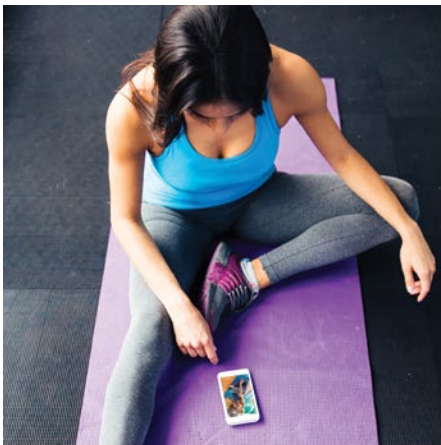
SESSION TIME		1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SU1	_____	_____	_____
8:45am-10:15am	SU2	_____	_____	_____
11:15am-12:45pm	SU3	_____	_____	_____
1:00pm-2:30pm	SU4	_____	_____	_____

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/dallas/faqs/>.

Signature required _____ Date _____




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*Membership deadline required. Activity subject to equipment availability.

THE POWER OF EIGHT

MANIA® FITNESS PROFESSIONAL CONVENTIONS



FLORIDA MANIA®
MAY 5-7, 2017



ATLANTA MANIA®
JULY 28-30, 2017



DALLAS MANIA®
AUG 25-27, 2017



MIDWEST MANIA®
SEP 22-24, 2017



D.C. MANIA®
OCT 27-29, 2017



BOSTON MANIA®
NOV 10-12, 2017



NYC MANIA®
FEB. 23-25, 2018



CALIFORNIA MANIA®
APRIL 6-8, 2018