

D.C.

MANIA[®]

SCW

FITNESS PRO CONVENTION
OCTOBER 27-29, 2017



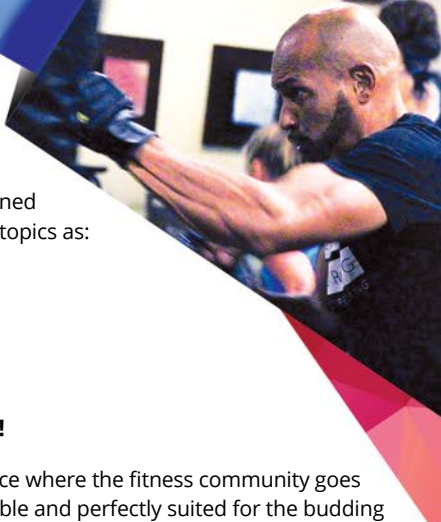
WHAT IS MANIA®?

MANIA® is a three-day Fitness Education Conference, running 12 sessions every hour and featuring world-renowned Fitness Educators leading more than 150 sessions on such topics as:

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

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



D.C. MANIA® FITNESS CONVENTION

October 27-29, 2017

CERTIFICATIONS

October 25, 26 & October 29, 2017

LOCATION

Hyatt Regency Reston Hotel
1800 Presidents St.
Reston, VA 20190
888-591-1234
703-709-1234



LETTER FROM SARA KOOPERMAN, JD CEO, SCW FITNESS EDUCATION

MANIA® is 30 years old this year!

I was in my 20s when I started this business three decades ago.

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

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

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

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

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

In Health and Wellness,

Sara Kooperman, JD
CEO, SCW Fitness Education

SCW FITNESS EDUCATION: WE'RE A FAMILY.

SCW is an internationally recognized education body that provides hands-on certifications and continuing education courses and conventions to fitness professionals in multiple disciplines nationwide. For the past 30 years, since 1987, Personal Trainers, Group Exercise Instructors, Small Group Training Leaders, Aquatic Exercise Professionals, Cycling Teachers, Mind-Body Experts, Sport-Specific Training Educators and many more have gotten certified through SCW. This outstanding Family of Leaders also supports Managers, Directors and Owners of clubs and facilities nationwide with our business and management tracks. As the largest conference leader in the world, MANIA® offers eight Professional Training Conventions annually in New York City, California (San Francisco), Florida (Orlando), Atlanta, Dallas, DC, Midwest (Chicago) and Boston. SCW serves over 10,000 health and wellness professionals at our events, and we virtually reach more than 90,000 through our SCW OnDemand program and Online Certifications.

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IT ALL STARTS HERE

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



200+
CERTIFICATIONS
& WORKSHOPS

50+
STAR
PRESENTERS

24
CEC &
CEU HOURS

12
SESSIONS
EVERY HOUR

PREMIERE SPONSORS



CO-SPONSORS



ASSOCIATE SPONSORS





MOST POPULAR WAYS TO SAVE ON MANIA®

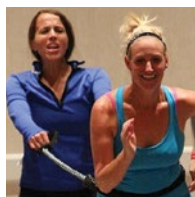


BE PART OF THE STAFF ASSISTANT CREW & SAVE MONEY WHILE EARNING UP TO 24 CECS/CEUS!

SCW needs energetic, outgoing, flexible fitness pros who GET IT! Create the MANIA® experience and RUN THE SHOW! Be a Door Monitor and be in the action as you workout and get your CECS! 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!

DC Staff Assistants pay just \$79 – that’s \$180 off the regular price of \$259! 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 still will receive CECS.

For further details or to register, visit www.scwfit.com/staff or call Denise Johnston at 678-901-9642 or our office at 847-562-4020.



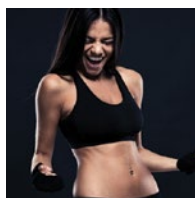
REFER-A-FRIEND DISCOUNT - EASY WAY TO SAVE BIG!

Learning is always more fun when you have a friend by your side. It’s even more exciting when you can both save money! Take advantage of our Refer-a-Friend discount and pay only \$199 for the full three-day convention. That’s a savings of \$60 each off the regular \$259 early-bird price. Use the Refer-a-Friend code when registering: FRIEND17. Provide your friends name who is attending, and t’s that easy to save big!



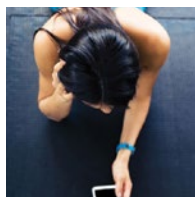
YMCA DISCOUNT RATE

For our friends at the YMCA, we offer an \$80 Savings (Regularly \$259, Now \$179) when you use our special YMCA discount code: YMCA17. All Group Exercise Instructors, Personal Trainers, Aqua Instructors, Cycle Instructors and Management Staff receive this special discount. Please know that we are required to confirm your affiliation with the YMCA.



WEEKEND WARRIOR SPECIAL!

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



TEXT MESSAGE UPDATES

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



REGISTER ONLINE AND SAVE!

Register Online at www.scwfit.com/dc. 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

Hyatt Regency Reston Hotel
1800 Presidents St.
Reston, VA 20190
888-591-1234
703-709-1234

HOTEL RATE

AS LOW AS \$37.25 PER NIGHT

\$149 Single-Quad: Pay just \$37.25 a night when you share a room with three others – WOW! What a savings! Remember to reference “SCW MANIA” when booking!

Cut-Off Date: October 3, 2017

PARKING

MANIA® attendees staying at the Hyatt Regency Reston Hotel will receive a SPECIAL RATE OF \$10 a day for overnight parking.

Valet Parking: \$18 – Daily, \$25 – Overnight

FREE PARKING is available on the weekend at the Reston Town Center garage, which is located across the street from the hotel.

** SCW Fitness Education is not responsible for validation or changes in rates at any location.**

COMPLIMENTARY AIRPORT SHUTTLE

The Hyatt Regency Reston offers a complimentary shuttle that arrives at Dulles Airport (IAD, which is located 6.7 miles from the hotel) at the top of each hour between 6:00am-10:00pm Monday through Friday, and 7:00am-10:00pm on Saturday and Sunday. The pick-up and drop-off points will be at curbs 2A and 2H, adjacent to the lower-level baggage claim. Return shuttle transportation from the hotel departs on the :45 of every hour, beginning at 5:45am Monday-Friday and 6:45am on Saturday & Sunday. For more information, please call the concierge at 703-709-1234, extension 51.

TAXI / UBER / LYFT

Taxi service is available from Dulles Airport to the Hyatt Regency Reston through Washington Sedan Service for approximately \$30 one way. Call 703-475-8294 for reservations.

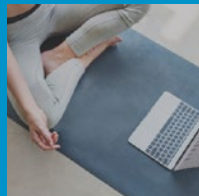
Lyft or Uber can run between \$15-\$25 each way, depending on the time of day.

MANIA® AND SCW FITNESS EDUCATION



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

MANIA® Conventions supply you with up to 24 Continuing Education Credits/Units during the 3-day convention and pre/post-convention certifications, including the Keynote speech and evening sessions! SCW, AFAA, ACE, NASM, AEA, ACSM and other providers accept MANIA® CECs/CEUs. We are happy to help you secure Physical Therapy or other CEUs! SCW is committed to offering the maximum number of CECs possible and therefore utilizes only certified presenters or presenters with fitness-related graduate or undergraduate degrees. Please check with your certification organization to determine the exact number of CECs/CEUs required for credential maintenance. All courses are subject to CEC/CEU approval by your corresponding educational organization.



EASILY ACCESSIBLE OUTLINES ONLINE

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



2017 SCW PRESENTERS OF THE YEAR AWARD!

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



SEMPER K9 ASSISTANCE DOGS CHARITY RAFFLE & RECEPTION

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



ONE EXCELLENT EXPO!

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



PARTNER WITH "THE BEST"! EXHIBIT | ADVERTISE | SPONSOR

Reach 10,000 Fitness Professionals in face-to-face contact and another 90,000 in virtual reaches. All our event sites are held at Non-Union Hotels. Our MANIA® attendees will use your products, try your program or and experience your presenters! Host MANIA® sessions, receive a premier Expo booth (including table, chairs, carpet, etc.), have inserts into the Welcome Bag, publish Articles with Ads in our Newsletter and get Discount Coupons in our Emails, go to www.scwfit.com/partner, email partner@scwfit.com or call our Partner Director, Cheryl Vincent, directly at 708-612-7599 or our office at 847-562-4020.

REGISTRATION HOURS

Wednesday, October 25:	8:00am - 6:30pm
Thursday, October 26:	6:00am - 7:30pm
Friday, October 27:	6:00am - 7:00pm
Saturday, October 28:	6:00am - 7:45pm
Sunday, October 29:	6:00am - 1:30pm

EXPO HOURS

Thursday, October 26:	5:00pm - 7:00pm
Friday, October 27:	8:45am - 2:30pm 5:15pm - 6:45pm
Saturday, October 28:	8:15am - 9:30am 12:15pm - 3:30pm 6:15pm - 7:45pm
Sunday, October 29:	10:00am - 1:30pm



FRIDAY • OCTOBER 27 - 6:30PM-7:30PM

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

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

Apply today at scwfit.com/idol





OUR
SPONSORS
BRING IT.

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SYSTEMS
A PLAYCORE Company

water
motion[®]

POWER SYSTEMS[®]

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

Visit www.power-systems.com or call 800-321-6975.

 **balanced body**[®]

BALANCED BODY[®]

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.

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.

 **rykä**

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 – RykäFit. The program offers 20% off footwear, special promotions throughout the year and a rewards program. Visit our booth to sign up, or contact us at rykafit.com or 888-834-7952.

PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

WEDNESDAY, OCTOBER 25

SCW PERSONAL TRAINING CERTIFICATION

Keli Roberts

Wednesday, October 25, 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, October 25, 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 produces this cutting-edge Group Exercise Certification perfect to prepare you for the newest variety of fitness programming - Hi/low impact, muscle sculpting, HIIT programming, and more. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (8.0), AEA (4.5), NASM (0.8), ACSM (8.0).*

TABATA GX CERTIFICATION

Riley Shaia

Wednesday, October 25, 9:00am-3:00pm

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

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

trainings, plus discounts on all Tabata Bootcamp® and Tabata GX gear and equipment. CPR card not required. SCW (6.0), AFAA (6.0), ACE (0.6), NASM (0.6), AEA (3.0).

THURSDAY, OCTOBER 26

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

Keli Roberts

Thursday, October 26, 11:00am-5:00pm

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

Become a Fierce Interval Resistance Exercise (F.I.R.E.) certified instructor and earn valuable CECs. This six-hour, in-depth course reviews the science behind metabolic conditioning, functional training and high intensity interval training. Trainers develop essential coaching skills through practical application. This step-by-step system provides you with three full total-body metabolic workouts suitable for Small Group Training and traditional Group Exercise settings. Learn plug and play formats ready to go for your class on Monday! *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (6.0), AFAA (6.0), ACE (0.6), NASM (0.6), AEA (3.0), ACSM (6.0).*

SCW KETTLEBELL PRACTICAL CERTIFICATION

Pete McCall, MS

Thursday, October 26, 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, October 26, 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 PILATES MATWORK CERTIFICATION

Abbie Appel

Thursday, October 26, 8:00am-5:00pm

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

This Nationally Recognized Certification introduces a progressive series of exercises and modifications based on the methods of Joseph Pilates. The principles of core stabilization, Pilates mat work, and physical therapy techniques create the foundation for this intensive combination of theoretical and practical training. Proper execution of form, technique, and programming are explored as they apply to training the young, old, athletic, sedentary, and even those rehabilitating from injury. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (8.0), ACE (0.8), AEA (4.5), NASM (0.8), ACSM (8.0).*

SCW YOGA I CERTIFICATION

Manuel Velazquez

Thursday, October 26, 8:00am-5:00pm

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

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

SCW YOGA II CERTIFICATION

Manuel Velazquez

Thursday, October 26, 5:30pm-9:30pm

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

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

SCW ACTIVE AGING CERTIFICATION



Yury Rockit & Bernadette O'Brien, MA
Thursday, October 26, 9:00am-5:00pm

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

Many individuals are living longer and better than ever. Cutting-edge research reveals the secrets involving aging and how we can proactively become involved with our chronologically enriched friends. We know that we can train and slow the aging process by focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention and balance. Yury 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 AQUATIC EXERCISE CERTIFICATION



Jeff Howard

Thursday, October 26, 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 AQUA BARRE CERTIFICATION



Billie Wartenberg & Elizabeth Bowersox
Thursday, October 26, 9:00am-4:00pm

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

Ready to dive into the hottest up-and-coming trend? Bring the extremely popular Barre format to the pool with this brand-new certification, which uses a noodle as a ballet barre for stability. Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen and improve your range of motion. Leave with innovative programming that will allow you to creatively plan multiple Aqua Barre workouts appropriate for all levels of fitness. Discover the aqua excitement a Barre-A-Cuda Class can bring and be among the first to offer this fun and inspiring water workout! *Price includes training manual and testing fee*

(\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. CPR card not required. SCW (6.0), AFAA (6.0), NASM (0.6), AEA (6.0), ACSM (6.0).

SCW SPORTS NUTRITION CERTIFICATION



Fabio Comana, MA, MS

Thursday, October 26, 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, October 26, 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™



Pattie Bostick-Winn

Thursday, October 26, 9:00am-5:00pm

\$229 MANIA® Attendees & Non-Attendees

Join Barre Above™ for a totally dynamic and progressive method of barre training for all bodies. Learn the essentials and how to implement, launch and run a successful and in-demand barre program. Whether you have a barre, multiple barre set-ups, no barres at all, or are just using chairs, this education fits all needs for clubs, studios and independent instructors. Barre Above is based on applied science to create strength, flexibility and balance in the body. With flexible programming, and progressions and regressions, you will acquire the ability to teach a fun, effective and efficient barre workout for all fitness levels. *Includes two DVDs, Print & Electronic Instructor Manual, Instructor Web membership, Equipment & Apparel Discounts.*

No Licensing Fees. Options for Ongoing Choreography. CPR card not required. SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8).

BODHI SUSPENSION SYSTEM CERTIFICATION



Nico Gonzalez

Thursday, October 26, 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).*

SPEEDBALL INSTRUCTOR CERTIFICATION

Steve Feinberg

Thursday, October 26, 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).*

SCW FOAM ROLLING CERTIFICATION



Irene Lewis-McCormick, MS, CSCS

Thursday, October 26, 5:30pm-9:30pm

\$159 MANIA® Attendees / \$199 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, OCTOBER 29

SCW BARRE CERTIFICATION



Abbie Appel

Sunday, October 29, 8:00am-4:00pm

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

This one-day Nationally Recognized Certification does not require a dance background and enables each participant to teach Barre to his or her clients and implement programming in any type of facility using a fixed ballet barre. Barre training combines the core conditioning of Pilates with the flexibility of Yoga while increasing stability by using isometric exercises. Leave with an easy-to-follow, flexible, choreographed routine for a 60-minute Barre class that includes a plethora of variations enabling you to discover creative ways to structure your own Barre workouts for months to come. Equipment options include light dumbbells, flat resistance bands, and mini-balls. *Price include training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. Video and music support available. CPR card not required. SCW (7.0), AFAA (7.0), ACE (0.6), AEA (4.0), NASM (0.7), ACSM (7.0).*

SCW BOXING CERTIFICATION



Steve Feinberg

Sunday, October 29, 8:00am-4:00pm

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

This certification provides the tools you need to implement the basics of boxing into programs you already teach. This comprehensive program explains the "sweet science" behind the sport, and you'll leave with the knowledge and confidence to empower others – from novices to well-trained fighters. This certification will explore three learning styles, auditory, visual and tactile and provide you with several authentic workouts that would be taught at a traditional boxing gym. Prepare to shock your students and their bodies! *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 (0.8), NASM (0.7), AEA (4.0), ACSM (7.0).*

SCW PRACTICAL GUIDE TO NUTRITION, HORMONES AND METABOLISM CERTIFICATION



Melissa Layne, MEd

Sunday, October 29, 9:00am-3:30pm

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

This practical program provides participants with cutting-edge information on nutrition, hormones and metabolism. In easy-to-understand terms, learn how each macronutrient operates within energy pathways and how digestive and reproductive hormones affect metabolism. The body's adaptations to an incomplete diet and/or disease and the physiological consequences during various exercise regimes will be addressed during this session. You receive a handout detailing simple nutritional calculations and recommendations that fitness professionals can incorporate into a nutritional counseling session while remaining within the scope of practice. This comprehensive certification also provides information pertaining to Nutritional Health History Forms with prescriptive dietary

suggestions that can be used immediately. (LECTURE). *Price includes training manual (\$24.95 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), AEA (7.0), ACSM (7.0).*

WATERinMOTION® AQUA EXERCISE CERTIFICATION



Manuel Velazquez

Sunday, October 29, 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).*

PLYOGA® CERTIFICATION



Stephanie Lauren

Sunday, October 29, 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).*

LABLAST® FITNESS CERTIFICATION



Beth Canuel & Megan Cooperman

Sunday, October 29, 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).*



ABBIE APPEL

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

MANIA® COURSE DESCRIPTIONS

FRIDAY, OCTOBER 27

FR1
7:30AM-9:00AM

ESP HIIT CIRCUITS

Irene Lewis-McCormick, MS, CSCS

Learn to design incredible, high-intensity circuits with a focus on Endurance, Strength and Power for individuals, partners and group training. The secret to facilitating intense but easy-to-follow circuits is in program design using high-quality equipment and performance coaching cues. These methods allow participants to work at their own progression in an organized format. Power Systems tools and toys will elevate the fun factor to guarantee high quality, best efforts and guaranteed results.

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


KETTLEBELL EXPRESS Keli Roberts

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

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


KUSHH! PLYO/STRENGTH Gin Miller

This is not your momma's STEP! Load and explode with this Plyo/Strength combo on the KUSHH! Exert maximum force in short intervals while increasing power and speed on this unstable, cushioned platform. Boost your muscle strength, balance, and agility while absorbing the shock and impact. Expand your trainer toolbox with KUSHH!

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

BARRE ABOVE: LENGTHEN, STRENGTHEN & INSPIRE Pattie Bostick-Winn

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


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!

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


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™.

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


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 in-spired 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.

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

TAB-AQUA QUICKIES Jeff Howard

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

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


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)

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

FROM THE GROUND UP Karli Taylor

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

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

CREATIVE PROGRAMMING FOR 55+

Billie Wartenberg & Elizabeth Bowersox

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)

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

BODHI SUSPENSION: PILATES Nico Gonzalez

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

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

FR2
10:00AM-11:30AM

REACTIVE TRAINING 101: BOX JUMP BREAKDOWN Elisabeth Fouts

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



movements such as hopping, jumping and bounding for any fitness level.

FR2A Friday, 10:00am-11:30am

EXTREME EXERCISE MAKEOVER Riley Shaia

**Savvier
Fitness**

Squat, push-up, burpee – yes, we have performed those exercises before. Now, it is time to expand our exercise library. Riley transforms regular exercise staples into home run gems. Riley 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

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.

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

RAISED BARRE Laurie Greenway

raisedbarre

Raisedbarre is a pre-choreographed, athletic barre program. Raisedbarre is set up on a quarterly release basis, which includes music, video and choreography notes. We run 11 tracks, each with a specific focus. We use portable bars, balls and dumbbells.

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

BOLLYX® - THE BOLLYWOOD WORKOUT

BOLLYX

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.

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

PLYOGA®: FLOW Stephanie Lauren

PLYOGA

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

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

STRENGTH TRAINING FOR LONGEVITY & VITALITY Sara Kooperman, JD

OnDemand

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.

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

LABLAST® AQUA SPLASH Megan Cooperman

LaBlast

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.

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

METABOLISM MAKEOVER

OnDemand

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)

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

BUILDING BLOCKS: CORE SCIENCE & TRAINING Fabio Comana, MA, MS

OnDemand

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)

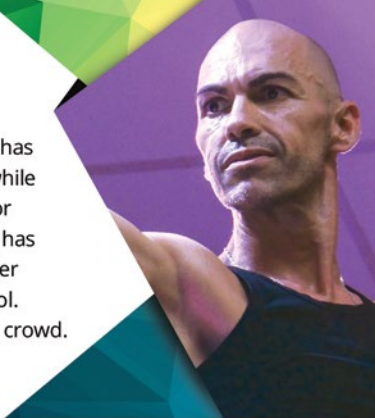
FR2J Friday, 10:00am-11:30am

**PUSH
HARDER**



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!



PILATES ON THE BALL

Abbie Appel

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

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



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)

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



BODHI SUSPENSION: CARDIO Nico Gonzalez

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!

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



FR3 - SESSION 1

11:45AM-1:15PM

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

TOP 10 ABDOMINAL EXERCISES

Nick Tumminello

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

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



MASTERING THE ASSESSMENT Pete McCall, MS

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

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

BARRE TRICKS Pattie Bostick-Winn

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



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.

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



LESSONS LEARNED FROM BOUTIQUE STUDIOS

Rebecca Cofod

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

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

FR3 - SESSION 2

12:30PM-2:00PM

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

BALANCED BODY MOTR®: AGILITY + CORE

Nico Gonzalez

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

FR3C Friday, 12:30pm-2:00pm



LABLAST®: FITNESS POWERED BY DANCE

Beth Canuel & Megan Cooperman

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

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



GIRLS JUST WANNA HAVE FUN!

Sara Kooperman, JD, Irene Lewis-McCormick, MS, CSCS, Connie Warasila & 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.

FR3H Friday, 12:30pm-2:00pm



DIETARY DIVERSITY Melissa Layne, MEd

OnDemand

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)

FR3I Friday, 12:30pm-2:00pm**CALCULATED RESULTS** Herson & Kimberly Garcia

Herson and Kim are known worldwide for their ability to achieve phenomenal results! Their client adherence is over 90%. This course helps you learn how to effectively implement tools to track lean body mass, basal metabolic rate and adequate recovery to deliver optimal outcomes! Learn their secrets to EXCELLENCE! (LECTURE)

FR3J Friday, 12:30pm-2:00pm**BOXING: THE METHOD** Steve Feinberg

OnDemand

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.

FR3L Friday, 12:30pm-2:00pm**FR4****2:15PM-3:45PM****TOP GLUTES TRAINING EXERCISES & TECHNIQUES** Nick Tumminello

POWER SYSTEMS

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

FR4A Friday, 2:15pm-3:45pm**COMPLETELY CORE** Abbie Appel

OnDemand

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!

FR4B Friday, 2:15pm-3:45pm**KUSHH! SMALL GROUP TRAINING** Gin Miller

Be one of the first to experience this innovative, all-inclusive training program on this unstable, cushioned platform with a variety of training protocols and configurations! Build new class designs that introduce traditional exercises both increasing challenge while improving comfort. The KUSHH offers optimal results for training both young athletic and aging exercisers.

BARREFLOW Karli Taylor

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

FR4D Friday, 2:15pm-3:45pm**THE ART OF DANCE FITNESS****Alana Sanders, MS**

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

FR4E Friday, 2:15pm-3:45pm**NEW PARADIGM: MOBILITY, STABILITY & BALANCE****Keli Roberts**

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

FR4F Friday, 2:15pm-3:45pm**DAANASANA™ YOGA HEALTHY SPINE** Julio Papi

OnDemand

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."

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

RAISE THE BARRE





LEAD THE CHARGE

WATERinMOTION® 29

Sara Kooperman, JD, Connie Warasila, Manuel Velazquez & Amy Weisenmiller

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

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

waterinmotion OnDemand

52 DAYS: YOUR BEST BODY

Sohailla 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)

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

OnDemand

STRESS AND INFLAMMATION

Fabio Comana, MS, MA

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

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

OnDemand

MAXIMIZING YOUR PROGRAMMING MIX

Rebecca Cofod

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

FR4K Friday, 2:15pm-3:45pm

OnDemand

3:1 PUNCHOUT Steve Feinberg

Have you ever trained at a Boxing Gym? That "old school" feeling and the respect that embodies the coaches and the workout is priceless. Join SCW as we delve into the sweet

science of boxing and experience a high-intensity combat-sport workout. Work your body and mind and experience the training of a discipline that still is considered one of the toughest sports in the world.

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

FR5

4:00PM-5:30PM

RELAX & RESTORE: RELEASE & MOBILIZE

Manuel Velazquez

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

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

OnDemand

LES MILLS BODYATTACK® WORKOUT

Andy Parrish

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.

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

LES MILLS

YOGA, BALLET & BALANCE WITH KUSHH!

Gin Miller

Come experience this Mind/Body integration of yoga, ballet and balance programming using the KUSHH! This innovative cushioned exercise platform creates new challenges and variety to traditional moves. Enjoy this rigid frame with a firm, yet unstable, surface that adds the functional elements of balance, coordination and stabilization to your Mind/Body practice.

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

BARRE FIGHT

Billie Wartenberg & Elizabeth Bowersox

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

OnDemand

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!

FR5E 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!

FR5F Friday, 4:00pm-5:30pm**FLEXIBILITY & MOBILITY: CHAIR-BASED PERFORMANCE**  **Irene Lewis-McCormick, MS, CSCS**

In this performance-based older adult workshop, Irene addresses mobility, range of motion and total body awareness for the functionally oldest of clients. Examine increasing balance, reducing stress, improving the ability for self-care. Explore soft tissue extensibility, power, assistance and accompanying movement selection using two stable chairs for increased movement variety and confidence.

FR5G 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.

FR5H Friday, 4:00pm-5:30pm**METABOLIC TRAINING ADAPTATIONS****Melissa Layne, MEd**

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

FR5I 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)

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

FR5K Friday, 4:00pm-5:30pm**BODHI SUSPENSION: CIRCUITS** **Nico Gonzalez**

The intensity of suspension using the Bodhi system from Balanced Body is a great addition to a high intensity circuit class. Combine suspension, Smartbells and other small props to create dynamic circuits for your classes or small group training.

FR5L Friday, 4:00pm-5:30pm**FR6 - EVENING SESSIONS 6:30PM-7:30PM****FITNESS IDOL****With Judges: Sara Kooperman, JD, Keli Roberts, Julio Papi & Yury Rockit**

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

Each 2017 SCW Fitness Idol Winner receives:

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

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

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

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

FR6E Friday, 6:30pm-7:30pm**SARA KOOPERMAN, JD**

Sara is an international favorite MANIA®, IDEA, AFC, CanFitPro, Club Industry, YMCA, MFA, ICAA and AB Show Conference presenter. Sara is the owner and Executive Director of SCW Fitness Education and founder of the eight MANIA® Fitness Instructor Training Conventions along with WATERinMOTION®.

Sara is an attorney who was selected as a Gold Medal winner distinguishing her as a business leader who has contributed to the economic health of her community. She also received the state honor as Business Woman of the Year. Sara is a former lecturer for NASM and ACSM and is the proud recipient of AEA's Global Award for Contribution to the Aquatic Industry. Sara has served on the Gold's Gym Think Tank and has been inducted into the National Fitness Hall of Fame.

OCTOBER 25-26

WEDNESDAY OCTOBER 25 PRE-CONVENTION EVENTS	Personal Training Certification Roberts • 11:00am-5:00pm	SCW Group Exercise Certification Lewis-McCormick 9:00am-6:00pm	Tabata GX Certification Shaia 9:00am-3:00pm			YOGA 1 CERTIFICATION Velazquez • 8:00am-5:00pm
THURSDAY OCTOBER 26 PRE-CONVENTION EVENTS	SCW F.I.R.E. Fierce Interval Resistance Exercise Certification Roberts 11:00am-5:00pm	SCW Kettlebell Practical Certification McCall 1:00pm-5:00pm	PILATES MATWORK CERTIFICATION Appel 8:00am-5:00pm	Savvier Fitness BARRE ABOVE™ Bostick-Winn 9:00am-5:00pm	Speedball Instructor Certification Feinberg 8:00am-5:00pm	
		SCW Core Training Specialist McCall 5:30pm-9:30pm	SCW Foam Rolling Certification Lewis-McCormick 5:30pm-9:30pm			SCW Yoga II Certification Velazquez 5:30pm-9:30pm



A HIIT / FUNCTIONAL TRAINING	B BOOT CAMP / PT	C STRENGTH / SPECIALTY	D BARRE	E DANCE	F MIND-BODY / POWER
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FR1 7:30am-9:00am	ESP HIIT Circuits Lewis-McCormick	Kettlebell Express Roberts	Kushh! Plyo/Strength Miller	Barre Above™: Lengthen, Strengthen and Inspire Bostick-Winn	Magic in Dance Fitness Sanders	KiPranJ™: The Flow Papi
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EXPO OPEN 8:45am-2:30pm

FRIDAY, OCTOBER 27

FR2 10:00am-11:30am	Reactive Training 101: Box Jump Breakdown Fouts	Extreme Exercise Makeover Shaia	Speedball Core Feinberg	raisedbarre Greenway	BollyX® - The Bollywood Workout Higgins	PLYOGA®: Flow Lauren
FR3 SESSION 1 11:45am-1:15pm	Top 10 Abdominal Exercises Tumminello Session 1	Mastering the Assessment McCall Session 1	Balanced Body MOTR™: Agility + Core Gonzalez Session 2	Barre Tricks Bostick-Winn Session 1	LaBlast®: Fitness Powered by Dance Canuel & Cooperman Session 2	Pilates on the Ball Appel Session 1
FR3 SESSION 2 12:30pm-2:00pm						
FR4 2:15pm-3:45pm	Top Glute Training Exercises & Techniques Tumminello	Completely Core Appel	Kushh! Small Group Training Miller	BarreFlow Taylor	The Art of Dance Fitness Sanders	New Paradigm: Mobility, Stability & Balance Roberts
FR5 4:00pm-5:30pm	Relax & Restore: Release & Mobilize Velazquez	Les Mills BODYATTACK® Workout Parrish		Barre Fight Wartenberg & Bowersox	BollyX® LIT - The Bollywood Workout Higgins	PLYOGA®: The Reverse Warrior Lauren

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

FR6 EVENING SESSIONS 6:30pm-7:30pm	FITNESS IDOL BECOME THE NEXT 6:30pm-7:30pm with Judges Kooperman, Roberts, Rockit & Papi				LaBlast® Line Dance Canuel & Cooperman	Yoga Rhythm Dance Velazquez
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SA1 7:00am-8:30am	Lower Extremity Movement Mechanics Comana	Dynamic Anatomy - Core/Upper Body McCall	Balanced Body: Pilates on MOTR® Gonzalez	Barre Hop Wartenberg & Bowersox	Graceful Strength: Dancer Body Sculpting Roberts	Daanasana™ Yoga 360 Papi
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EXPO OPEN 8:15am-9:30am

SATURDAY, OCTOBER 28

SA2 KEYNOTE & AWARDS 9:30am-10:45am	KEYNOTE ADDRESS: PROMOTING THE ATTITUDE OF GRATITUDE with Irene Lewis-McCormick • 9:30am-10:45am					
SA3 11:00am-12:30pm	Breaking in to Corporate Wellness Gavigan	Dynamic Anatomy - Glutes/Lower Body McCall	Les Mills GRIT™ Cardio Parrish	BarreFlow Taylor	LaBlast® Shape: Dance Core Fitness Canuel & Cooperman	Extreme Tabata Yoga Howard

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

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	PROJECT STEEL™ Stahl Session 1	Crazy Core and So Much More Shaia Session 1	Yoga, Ballet & Balance With Kushh! Miller Session 2	Best of Barre Appel Session 1	BollyX® - The Bollywood Workout Higgins Session 2	PLYOGA®: Your Body is Power Lauren Session 2
SA5 3:15pm-4:45pm							
SA6 5:00pm-6:30pm	Funtensity Bootcamp Ross	Tabata GX Shaia	Speedball Feinberg	raisedbarre Greenway	KiPranJ™: Earth Elements Papi	Ring of Fire - Pilates Ring Appel	
SA7 EVENING SESSIONS 6:45pm-7:45pm	Foam Rolling: Relax, Rejuvenate & Revitalize Lewis-McCormick	No Equipment, No Problem Velazquez	ThinkFit: Functional Circuit Progressions Gonzalez		LaBlast® Silk: Accessible Dance Fitness Canuel & Cooperman	Qi Gong for Every Body Haan	Yoga Flow Haan

SUNDAY, OCTOBER 29

SU1 7:00am-8:30am	Les Mills BODYPUMP® Workout Parrish	Abs Revealed Ross	Ultimate Strength & Conditioning Workout Papi	BARRE CERTIFICATION Appel • 8:00am-4:00pm	FITNESS CERTIFICATION Canuel & Cooperman 8:00am-4:00pm	Be Yo-Ga®: Forms & Flows Rockit
SU2 8:45am-10:15am	The Rolling Barbell - Meet The Axle Page	Hurricane Howard	ThinkFit: Smart Multi-Level Circuits Gonzalez			Tai Chi 24 Yang Style Haan

EXPO OPEN 10:00am-1:30pm

SU3 11:15am-12:45pm	Tubing Training Redefined Ross	Group Exercise or Group Injury? K. Garcia & H. Garcia	Kushh! Plyo/Strength Miller	water in motion	WATERinMOTION® CERTIFICATION Velazquez • 8:00am-4:00pm	Yin Yoga Chapman
SU4 1:00pm-2:30pm	Roll, Restore, Recharge! Ross	Training the Transverse Plane McCloskey	Core Fit Haan			Introduction to Meditation Rockit

SCW D.C. MANIA® *Schedule at a Glance*

 ACTIVE AGING CERTIFICATION Rockit & O'Brien • 9:00am-5:00pm	SCW Aquatic Exercise Certification Howard 8:00am-5:00pm	SCW Aqua Barre Certification Wartenberg & Bowersox 9:00am-4:00pm	SCW Sports Nutrition Certification Comana 9:00am-3:30pm		 BODHI SUSPENSION SYSTEM CERTIFICATION Gonzalez • 9:00am-5:00pm
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G ACTIVE AGING / RECOVERY	P POOL	H AQUA (LECTURE)	I NUTRITION / EX SCIENCE	J LEADERSHIP / TRAINING	K BUSINESS	L BOXING / CIRCUIT
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Spirited Self-Care Rockit	Tab-Aqua Quickies Howard	Diet Fads & Facts: Ending Frustration Digsby	From the Ground Up Taylor	Creative Programming for 55+ Wartenberg & Bowersox	Bodhi Suspension: Pilates Gonzalez	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Strength Training for Longevity & Vitality Kooperman	The Best Balance Aqua Workout Vandendriessche	LaBlast® Aqua SPLASH Cooperman	Metabolism Makeover Digsby	Building Blocks: Core Science & Training Comana	Social Media Marketing Sanders	Bodhi Suspension: Cardio Gonzalez	FR2 10:00am-11:30am
Dynamic Flexibility: A 3D Life Velazquez Session 1		Girls Just Wanna Have Fun! Kooperman, Lewis- McCormick, Wartenberg & Warasila Session 2	Dietary Diversity Layne Session 2	Calculated Results H. Garcia & K. Garcia Session 2	Lessons Learned from Boutique Studios Cofod Session 1	Boxing: The Method Feinberg Session 2	FR3 11:45am-1:15pm 12:30pm-2:00pm
Daanasana™ Yoga Healthy Spine Papi	The Best Balance Aqua Workout Vandendriessche	WATERinMOTION® 29 Kooperman, Warasila, Velazquez & Weisenmiller	52 Days: Your Best Body Digsby	Stress and Inflammation Comana	Maximizing Your Programming Mix Cofod	3:1 Punchout Feinberg	FR4 2:15pm-3:45pm
Flexibility & Mobility: Chair-Based Performance Lewis-McCormick		Spirited® Surf Rockit	Metabolic Training Adaptations Layne	Recovery: The Forgotten Training Variable McCall	Steps to Strengthening Your Brand Fouts	Bodhi Suspension: Circuits Gonzalez	FR5 4:00pm-5:30pm

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


				 STATE OF THE INDUSTRY: TRENDS FOR 2017-2018 Lewy McCormick, McCall, Howard & Comana			FR6 6:30pm-7:30pm
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Spirited Tune-Up: Toes to Nose Rockit	Aqua Bits and Pieces Layne	Sugar, Snacks & Heart Attacks Digsby	Cueing Tune-up Taylor	Become a Retention Rock Star H. Garcia & K. Garcia			SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am



							SA2 9:30am-10:45am
The Big Balance Theory Dennis	The Best Balance Aqua Workout Vandendriessche	Barre H2O Wartenberg & Bowersox	Top 10 for Weight Loss Digsby	HIIT Extravaganza: 10 New Programs Kravitz	Successful Business Strategies for Owners & Managers Kooperman	Bodhi Suspension: Chisel Your Physique Gonzalez	SA3 11:00am-12:30pm

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

Active Aging: No Place Like Foam Kooperman Session 1		It's Raining Men! Howard, Velazquez & Rockit Session 2	Train the Brain Dennis Session 2	Targeting Hypertrophy Layne Session 2	Unleash Your Willpower Ross Session 1	Boxing Bootcamp Feinberg Session 1	SA4 12:45pm-2:15pm 1:30pm-3:00pm
Boomer BEAT Dennis	The Best Balance Aqua Workout Vandendriessche	WATERinMOTION® Platinum 8 Kooperman, Warasila, Velazquez & Weisenmiller	What's in your Food? Silverman	The Modern Science of Longevity Kravitz	Fitness Program Comprehension and Creation Stahl	Bodhi Suspension: Focus on Flexibility Gonzalez	SA5 3:15pm-4:45pm
Yoga for the Young at Heart: Chair Kooperman		Aqua Zen Warasila	Longevity Lab: Eats and Feats Silverman	The Female Training Advantage 2017 Kravitz	Social Media: Heart of Club Howard	Boxing: The Method Feinberg	SA6 5:00pm-6:30pm
				 AQUA EXERCISE PANEL: EBBS & FLOWS Warasila, Howard & Layne			SA7 7:30pm-8:30pm

Global Assessment Versus Local Assessment McCloskey		Barre-A-Cuda Weisenmiller	Common Sense Nutrition: Your Scope H. Garcia & K. Garcia	Creating Caring Community in Class Chapman	 SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, & METABOLISM Layne • 9:00am-9:30pm		SU1 7:00am-8:30am
Rehabilitation Strategies for Lower-Extremities McCloskey	The Best Balance Aqua Workout Vandendriessche	Hydro Playground Warasila	Embracing Wellness for Optimal Aging Dennis	Everything Resistance Training Kravitz			SU2 8:45am-10:15am

EXPO OPEN 10:00am-1:30pm

Flexibility + Performance = Wellness Howard		Aqua Abs WIM-SY Weisenmiller	Sugar Shockers and Shakedown Silverman	Ultimate Metabolic and Calorie-Burning Makeover Kravitz	 SCW BOXING CERTIFICATION Feinberg • 8:00am-4:00pm	 PLYOGA® CERTIFICATION Lauren • 8:00am-4:00pm	SU3 11:15am-12:45pm
Sole Strength Dennis		Aqua Yoga Flow Warasila	Sneaky Strategies to Manage Weight Silverman	New Client: The WOW Experience Gonzalez			SU4 1:00pm-2:30pm

YOGA RHYTHM DANCE Manuel Velazquez

OnDemand

Connect yoga poses using the musical rhythms in 32-count combinations. Relax and rebalance yourself and your students while applying graceful movement patterns to clear stress, release tension and reinvigorate your body and mind. Build patterns to improve posture, strength and flexibility while keeping even the most distracted student engaged. This unique program marries traditional poses with beautiful musical interpretations.

FR6F Friday, 6:30pm-7:30pm**STATE OF THE INDUSTRY PANEL DISCUSSION****Irene Lewis McCormick, MS, CSCS, Jeff Howard, Pete McCall, MS & Fabio Comana, MA, MS**

Meet with industry experts regarding the future of group fitness, personal training, nutrition and club operations as they discuss where our industry is now, the challenges we are facing in today's market, and where our future lies. Questions will be asked to the group to stimulate unified answers and differing opinions. An open forum will follow where you can address the experts and hear first-hand the best practices that exist today. THIS SESSION IS OPEN TO THE PUBLIC, AND THERE WILL BE FREE REFRESHMENTS! (LECTURE)

FR6J Friday, 6:30pm-7:30pm**SATURDAY, OCTOBER 28****SA1****7:00AM-8:30AM****LOWER EXTREMITY MOVEMENT MECHANICS****Fabio Comana, MS, MA**

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

SA1A Saturday, 7:00am-8:30am**DYNAMIC ANATOMY - CORE/UPPER BODY**

OnDemand

Pete McCall, MS

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

SA1B Saturday, 7:00am-8:30am**IRENE LEWIS-McCORMICK, MS, CSCS**

Irene is an honored SCW Faculty Member having authored and contributed to several SCW Certifications. She is an adjunct faculty at Drake University and holds a MS in Exercise Science. The Education Director for Octane Fitness, an Orange Theory Fitness coach and a featured international conference speaker, Irene is a Master Trainer for TRX®, Tabata Bootcamp™, Barre Above™, Knot Out® and countless others. Irene is a RYKA® FitPro and a Subject Matter Expert for NASM and ACE. Irene has written eleven educational manuals and two books for Human Kinetics Publishing: A Woman's Guide to Muscle & Strength, and The HIIT Advantage for Women.

BALANCED BODY®: PILATES ON MOTR®

balanced body

Nico Gonzalez

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!

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

OnDemand

Billie Wartenberg & Elizabeth Bowersox

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.

SA1D Saturday, 7:00am-8:30am**GRACEFUL STRENGTH: DANCER BODY SCULPTING****Keli Roberts**

Moving gracefully, with fluidity, instructors will experience a Barre-inspired group exercise program that conditions the body from the inside-out. Core-centric, whole body functional movements enhance balance, posture and strength endurance. This non-impact workout leaves you feeling refreshed and energized. Discover the dancer within and sculpt a dancer's body!

SA1E Saturday, 7:00am-8:30am**DAANASANA™ YOGA 360 Julio Papi**

OnDemand

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.

SA1F Saturday, 7:00am-8:30am**SPIRITED TUNE-UP: TOES TO NOSE Yury Rockit**

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

SA1G Saturday, 7:00am-8:30am**AQUA BITS & PIECES Melissa Layne, MEd**

OnDemand

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!

SA1H Saturday, 7:00am-8:30am**SUGAR, SNACKS & HEART**

OnDemand

ATTACKS Sohaila 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)

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

POWER ON



CUEING TUNE-UP Karli Taylor

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

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

BECOME A RETENTION ROCK STAR

Herson & Kimberly Garcia

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

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

OnDemand

SA2 - KEYNOTE ADDRESS 9:30AM-10:45AM

PROMOTING THE ATTITUDE OF GRATITUDE

Irene Lewis-McCormick, MS, CSCS

Gratitude is about feeling and expressing appreciation, not only for what we have, but for what we don't. As a fitness professional, it's easy to experience feelings of frustration, dissatisfaction and resentment as we grow bored, become burnt out or fail to feel appreciated. There is always something to be grateful for, no matter how negative or desperate things seem. Developing a conscious awareness of gratitude is a skill we can profit from immensely with benefits that are both immediate and long term. Sometimes we must work harder to locate the positive and unearth its gifts, but if we take the time and invest the energy to look closely and search consciously, we will gain considerable opportunity for learning, growth and healing.

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

SA3 11:00AM-12:30PM

BREAKING IN TO CORPORATE WELLNESS

Andrew Gavigan

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

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

POWER SYSTEMS

DYNAMIC ANATOMY - GLUTES/LOWER BODY

Pete McCall, MS

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

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

OnDemand

LES MILLS GRIT™ CARDIO Andy Parrish

LES MILLS

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

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

BARREFLOW Karli Taylor

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

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

LABLAST® SHAPE: DANCE CORE FITNESS

LaBlast

Beth Canuel & Megan Cooperman

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

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

EXTREME TABATA YOGA Jeff Howard

OnDemand

Tabata utilizes alternating work and rest for periods of time in a sequence of eight repetitions. This practice lends itself to yoga while holding a pose for 20 seconds and then resting for 10 seconds. Learn more Vinyasa's that will challenge your members and Yoga asanas that are linked together for a great challenge!

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



GET UP

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.

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

BARRE H2O

Billie Wartenberg & Elizabeth Bowersox

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

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

TOP 10 FOR WEIGHT LOSS

Sohailla 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)

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

HIIT EXTRAVAGANZA: 10 NEW PROGRAMS

Len Kravitz, PhD

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

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

SUCCESSFUL BUSINESS STRATEGIES FOR OWNERS & MANAGERS Sara Kooperman, JD

If you are a new owner, a veteran manager or an aspiring coordinator, we all need effective methods to manage and motivate ourselves and others. Whether it is coordinating a

large company or leading a small group of passionate trainers, strategies for successful goal setting and effective execution are addressed in this creative and entertaining presentation. Leave refreshed and excited to conquer your world! (LECTURE)

BODHI SUSPENSION: CHISEL YOUR PHYSIQUE



Nico Gonzalez

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

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

SA4 - SESSION 1

12:45PM-2:15PM

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

PROJECT STEEL™ PJ Stahl, MA



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

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

CRAZY CORE AND SO MUCH MORE Riley Shaia



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

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

BEST OF BARRE Abbie Appel

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

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

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.

SA4G Saturday, 12:45pm-2:15pm

UNLEASH YOUR WILLPOWER Jonathan Ross

What is willpower? How do you get more of it? Discover how attitudes toward exercise are learned and how to change the learned responses for a more positive result. Enhanced desire for healthy behaviors rather than just doing them because you "should" is the secret to immediate and long-term motivation. Join this interactive lecture to unleash your motivation! (LECTURE)

SA4K Saturday, 12:45pm-2:15pm

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.

SA4L Saturday, 12:45pm-2:15pm

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!

SA4H Saturday, 1:30pm-3:00pm

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!' (LECTURE)

SA4I Saturday, 1:30pm-3:00pm

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)

SA4J Saturday, 1:30pm-3:00pm

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.

SA5 3:15PM-4:45PM

YOGA, BALLET & BALANCE WITH KUSHH! Gin Miller

Come experience this Mind/Body integration of yoga, ballet and balance programming using the KUSHH! This innovative cushioned exercise platform creates new challenges and variety to traditional moves. Enjoy this rigid frame with a firm, yet unstable, surface that adds the functional elements of balance, coordination and stabilization to your Mind/Body practice.

SA4C Saturday, 1:30pm-3:00pm

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.

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

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!

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

IT'S RAINING MEN!



Jeff Howard, Manuel Velazquez & 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

FUNTENSITY BOOTCAMP Jonathan Ross

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

SA5A Saturday, 3:15pm-4:45pm

TABATA GX Riley Shaia



Tabata Bootcamp™ is a revolution in HIIT training and wellness coaching. Riley introduces you to the Tabata Bootcamp™ workout, Tabata Express, and shows how an amazing 30 minutes can lead to a full wellness journey for real change. Using the 20-10 timing protocol with max intervals, mixed intervals, and our unique signature foundational moves timing of 30-20-10, you will experience a total new way to excite and challenge your students for maximum sustained success.

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

SPEEDBALL Steve Feinberg

Speedball is an intense, NON-STOP multi-directional conditioning program featuring the revolutionary SpeedBALL. Progressions to increase range of motion or add impact are



MANUEL VELAZQUEZ

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

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.

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

RAISEDBARRE Laurie Greenway



Raisedbarre is a pre-choreographed, athletic barre program. Raisedbarre is set up on a quarterly release basis, which includes music, video and choreography notes. We run 11 tracks, each with a specific focus. We use portable bars, balls and dumbbells.

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

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.

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

RING OF FIRE – PILATES RING Abbie Appel

This HOT, informative workshop will give you new ideas on how to build intensity in your Pilates and traditional strength classes. The Pilates ring is a great tool to make movements more challenging and exercises more effective. Discuss how the Pilates ring can assist your participants turn on muscles they didn't know they had. Review a variety of fresh techniques to create a memorable experience with each class.

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

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!

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

WATERINMOTION® PLATINUM 8



Sara Kooperman, JD, Connie Warasila, Manuel Velazquez & Amy Weisenmiller

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

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

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)

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

THE MODERN SCIENCE OF LONGEVITY

Len Kravitz, PhD

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

SA5J 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)

SA5K Saturday, 3:15pm-4:45pm

BODHI SUSPENSION: FOCUS ON FLEXIBILITY Nico Gonzalez



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

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

SA6

5:00PM-6:30PM

FOAM ROLLING: RELAX, REJUVENATE & REVITALIZE



Irene Lewis-McCormick, MS, CSCS

Foam rolling has been transformed from an elite recovery technique into a daily fitness practice. Foam rollers are used to release muscle tension, enhance mobility and improve posture. This session offers a comprehensive self-massage routine with spinal alignment techniques to help clients recover faster, rejuvenate their mind and revitalize their body.

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

NO EQUIPMENT, NO PROBLEM Manuel Velazquez



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

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

THINKFIT: FUNCTIONAL CIRCUIT PROGRESSIONS Nico Gonzalez



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

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

LABLAST® SILK: ACCESSIBLE DANCE FITNESS



Beth Canuel & Megan Cooperman

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

SA6E Saturday, 5:00pm-6:30pm

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.

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

YOGA FOR THE YOUNG AT HEART: CHAIR



Sara Kooperman, JD

This creative workshop focuses on yoga postures done with the support of a chair. Standing, seated and floor work poses are beautifully blended into asanas that encompass a creative strength building and flexibility promoting workout. A union of mind, body and spirit are at the heart of this program with special attention focused on activities of daily living and the ability to rise, fall and flow by oneself. Supported by a group of like-minded individuals, this program has far-reaching positive effects on aging exercisers of all shapes and sizes, building communities with a mindful attention to self-awareness.

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

AQUA ZEN Connie Warasila



Slip into the pool and experience a relaxing blend of ancient movement forms (Yoga and Tai-Chi) and more contemporary mind/body movement (Ai-Chi, Pilates, dance, aqua movement). You will journey to a place of deep physical and mental relaxation while practicing breathing techniques, centering, balance, core control and free-flow forms. Wash away the day's tension and stress and float away refreshed, renewed and calm.

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

LONGEVITY LAB: EATS AND FEATS

Tricia Silverman, RD, MBA

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

SA6I Saturday, 5:00pm-6:30pm

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)

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

SOCIAL MEDIA: HEART OF CLUB Jeff Howard

Social media is a core part of our mixed media marketing approach. We leverage paid social media's unparalleled targeting capabilities to deliver hyper relevant ads to prospects and motivational/educational content to members. We maximize organic reach by empowering members to share their health journeys acting as authentic mouthpieces for the brand. (LECTURE)

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

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.

SA6L Saturday, 5:00pm-6:30pm**JEFF HOWARD**

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

SA7**7:30PM-8:30PM****YOGA FLOW Elian Haan**

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

SA7G Saturday, 7:30pm-8:30pm**AQUA EXERCISE PANEL: EBBS AND FLOWS**

Connie Warasila, Jeff Howard, Manuel Velazquez & Melissa Layne, MED

Explore the most current tips and trends in water exercise. This panel of industry experts addresses topics including aqua programming options such as HIIT, barre training and mind/body classes. Our presenters also expand upon water exercise scheduling variations, salary comparisons and certification requirements. Discussions on deck teaching approaches, arm placement (in and out of the water) and cueing techniques make for a lively review. Come with plenty of comments and questions and learn from aqua's best! (LECTURE) THIS SESSION IS OPEN TO THE PUBLIC, and FREE REFRESHMENTS WILL BE PROVIDED!

SA7J Saturday, 7:30pm-8:30pm**SUNDAY, OCTOBER 29****SU1****7:00AM-8:30AM****LES MILLS BODYPUMP® WORKOUT**

Andy Parrish

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.

SU1A Sunday, 7:00am-8:30am**ABS REVEALED****Jonathan Ross**

Everyone wants better abs. Give them abs for "show" and "go" while using smart programming. Learn when to follow the rules of ab training – and when to break them. Learn to use crunches with smarter versions. Discover creative new exercises to help clients achieve well-developed and well-functioning abdominals. Exercises are tied together in a complete, progressive training program for great abs.

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

SU1C Sunday, 7:00am-8:30am**BE YO-GA®: FORMS & FLOWS****Yury Rockit**

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

SU1F Sunday, 7:00am-8:30am**GLOBAL ASSESSMENT VERSUS LOCAL ASSESSMENT****Patrick McCloskey**

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

SU1G 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.

SU1H Sunday, 7:00am-8:30am**COMMON SENSE NUTRITION: YOUR SCOPE**

Kimberly & Herson Garcia

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

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

CREATING CARING COMMUNITY IN CLASS**Whitney Chapman**

Learn how to create a caring, inclusive community in every class you teach or program you offer. Expand your vision of well-being by creating well-meaning programs that celebrate and expand the diversity of your clientele making the classroom environment more enticing for you and your students with the 6 C's of Communication. (LECTURE)

SU1J Sunday, 7:00am-8:30am**SU2****8:45AM-10:15AM****THE ROLLING BARBELL - MEET THE AXLE****Andrew Page**

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

SU2A Sunday, 8:45am-10:15am**HURRICANE Jeff Howard**

Learn how to construct this class, which is easy to design and effective. Determine how to layer exercises for maximum results and experience this total body "plateau proof fitness formula" workout utilizing resistance and cardio training, which masterfully combines intervals, power and endurance to help tone your body.

SU2B Sunday, 8:45am-10:15am**THINKFIT: SMART MULTI-LEVEL CIRCUITS****Nico Gonzalez**

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.

SU2C 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.

SU2F Sunday, 8:45am-10:15am**REHABILITATION STRATEGIES****FOR LOWER-EXTREMITIES Patrick McCloskey**

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

SU2G Sunday, 8:45am-10:15am**HYDRO PLAYGROUND Connie Warasila**

Turn your pool into a playground. Fun and games in the water can bring joy and laughter to your classes when introduced with sensitivity and an inclusive approach. Get creative ideas for designing interactive play and learn methods to introduce students to a fun way of exercising and interacting with fellow class participants.

SU2H Sunday, 8:45am-10:15am**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. Learn how the dimensions of wellness can positively impact the health of body, brain and spirit. (LECTURE)

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

ROLL WITH IT





ALL SYSTEMS GO

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)

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

SU3

11:15AM-12:45PM

TUBING TRAINING REDEFINED Jonathan Ross

Rediscover the lost art of eccentric load training fused with alternating tempo (speed) training. In this partner-based workout session, rubber resistance will be used to regulate and modify both load and tempo creating a series of tri-set superset training routines that will activate and stimulate the muscles like never before. These routines may be put together for a full workout or incorporated into shorter, more intense training sessions. Join us and get Jacked!

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

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.

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

KUSHH! PLYO/STRENGTH Gin Miller

This is not your momma's STEP! Load and explode with this Plyo/Strength combo on the KUSHH! Exert maximum force in short intervals while increasing power and speed on this unstable, cushioned platform. Boost your muscle strength, balance, and agility while absorbing the shock and impact. Expand your trainer toolbox with KUSHH!

YIN YOGA Whitney Chapman

OnDemand

Yin Yoga takes you deeper into your experience by slowing down the mind while creating deep openings and awareness in the body. Simultaneously intense and gentle, learn how to surrender into restrictions to awaken what is hidden in our bodies to create space, relaxation and give quiet to the mind.

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

FLEXIBILITY + PERFORMANCE = WELLNESS

OnDemand

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.

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

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!

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

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)

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

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)

SU3J Sunday, 11:15am-12:45pm

SU4

1:00PM-2:30PM

ROLL, RESTORE, RECHARGE!

Jonathan Ross

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

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

TRAINING THE TRANSVERSE PLANE

Patrick McCloskey

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

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

CORE FIT **Elian Haan**

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

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

INTRODUCTION TO MEDITATION

Yury Rockit

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.

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

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 your spirit and allow your body to move as nature intended.

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

AQUA YOGA FLOW **Connie Warasila**

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

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

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)

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

NEW CLIENT - THE WOW EXPERIENCE **Nico Gonzalez**

Let's make our clients' first visit an amazing extravaganza. Shine your skills through client rapport, emails and emotional heart strings. Gain insight into what clients really want during the initial consultation and training sessions. Walk away with easy-to-implement tools for all personal trainers who want retention to stay high and the wow factor to be spectacular. (LECTURE)

SU4J Sunday, 1:00pm-2:30pm

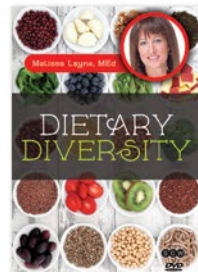
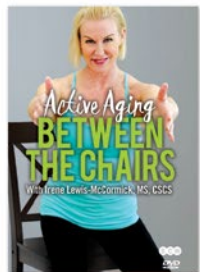
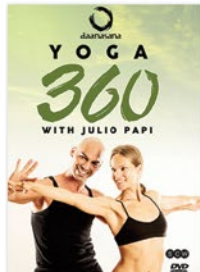
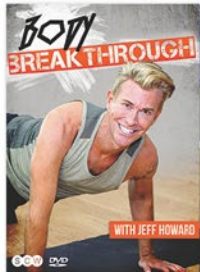
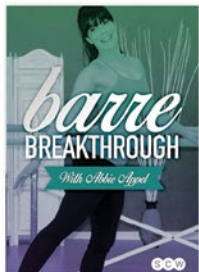
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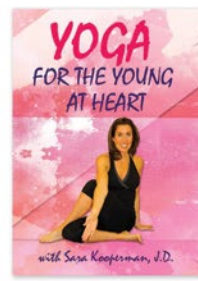
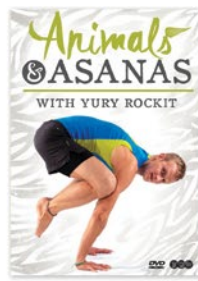
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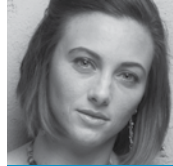
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1: ATTENDEE INFORMATION

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

SCW Fitness Education
 3675 Commercial Avenue
 Northbrook, IL 60062
 Fax: (847) 562-4080

FIRST NAME _____ LAST NAME _____

EMAIL ADDRESS _____
 (_____)

CELL PHONE _____

HOME STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

2: MANIA® RATES

	Before 10/3/17	After 10/3/17
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 (Does not apply to online registration)
or Online Processing Fee	\$ 4.00 (Register at www.scwfit.com/dc)
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/dc

FRIDAY, OCTOBER 27, 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, OCTOBER 28, 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, OCTOBER 29, 2017

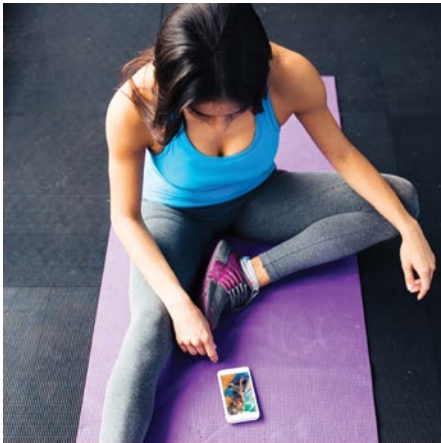
SESSION TIME		1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SU1	_____	_____	_____
8:45am-10:15am	SU2	_____	_____	_____
11:15am-12:45pm	SU3	_____	_____	_____
1:00pm-2:30pm	SU4	_____	_____	_____

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/dc/faqs/>.

Signature required _____ Date _____




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MANIA® FITNESS PROFESSIONAL CONVENTIONS



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DALLAS MANIA®
AUG 25-27, 2017



MIDWEST MANIA®
SEPT 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



FLORIDA MANIA®
MAY 4-6, 2018