

OCTOBER 25-26

WEDNESDAY OCTOBER 25 PRE-CONVENTION EVENTS		SCW Group Exercise Certification Lewis-McCormick 9:00am-6:00pm	Tabata GX Certification Shaia 9:00am-3:00pm		Speedball Instructor Certification Feinberg 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	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

FRIDAY, OCTOBER 27

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
EXPO OPEN 8:45am-2:30pm						
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 Patel	PLYOGA®: Flow Lauren
FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	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	Pilates on the Ball Appel Session 1
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 Patel	PLYOGA®: The Reverse Warrior Lauren	

SATURDAY, OCTOBER 28

FR6 EVENING SESSIONS 6:30pm-7:30pm					LaBlast® Line Dance Canuel & Cooperman	Yoga Rhythm Dance Velazquez
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	Daanana™ Yoga 360 Papi
EXPO OPEN 8:15am-9:30am						
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 Patel Session 2
SA5 3:15pm-4:45pm	Funtensity Bootcamp Ross	Tabata GX Shaia	Speedball Feinberg	raisedbarre Greenway	KiPranJ™: Earth Elements Papi	Ring of Fire - Pilates Ring Appel
SA6 5:00pm-6:30pm	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	
SA7 EVENING SESSIONS 6:45pm-7:45pm						Yoga Flow Haan

SUNDAY, OCTOBER 29

SU1 7:00am-8:30am	Les Mills BODYPUMP® Workout Parrish	Abs Revealed Ross	Ultimate Strength & Conditioning Workout Papi			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			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

	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	
			SCW Lifestyle and Behavioral Coaching Workshop Comana 5:30pm-10:00pm	

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
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
Daanana™ 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
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

FR6 6:30pm-7:30pm		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

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
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
						SA7 6:45pm-7:45pm

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		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		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

