

Florida

MANIA[®]



FITNESS PRO CONVENTION
MAY 5-7, 2017



scwfit.com/mania



WHAT IS MANIA®?

MANIA® is a three-day Fitness Education Conference, running 17 sessions every hour, featuring world-renowned Fitness Educators leading over 250 sessions on topics such as:

- ▶ **Personal and Group Training**
- ▶ **Boot Camp**
- ▶ **Barre**
- ▶ **Mind/Body**
- ▶ **Active Aging**
- ▶ **Nutrition**
- ▶ **Cycling**
- ▶ **Business**
- ▶ **Aqua**
- ▶ **And Much More!**

MANIA® is more than just a fitness convention; it's a place where the fitness community goes to be inspired, recharged and educated! MANIA® is affordable and perfectly suited for everyone from the budding exercise professional to the seasoned fitness veteran. Rub elbows with your favorite presenters (local and 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 will keep you coming back for more!

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



FLORIDA MANIA® FITNESS CONVENTION

May 5-7, 2017

CERTIFICATIONS

May 3-4, 2017

LOCATION

Doubletree By Hilton Orlando
At SeaWorld
10100 International Drive
Orlando, Fla. 32821
(800) 327-0363 (reservations only)
(407) 352-1100



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

Dear Florida MANIACs,

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

MANIA® is proud to offer 30 certifications and a weekend filled with more than 250 sessions featuring everything from Personal Training, Cycling, Barre and Boot Camp to Dance, Active Aging, Aqua, Nutrition and Business. In one weekend, you can fulfill all your CEC (Continuing Education Credits)

requirements for two years, expand your career and change lives around you!

With more than 70 world-renowned presenters, experience a weekend to remember at a price you can afford. Walk the halls with the presenters by your side and learn in face-to-face sessions, where questions are answered and education flourishes.

A weekend of MANIA® inspires Instructors, Trainers, Managers and Owners to make our industry stronger and smarter. Continue your education throughout the year with SCW OnDemand, a digital subscription service that provides you access to hundreds of fitness videos, filmed live at MANIA® conferences throughout the year, at a low monthly price of \$6.58 when you sign up at MANIA®. It's like Netflix for Fitness Pros!

SCW Fitness Education is excited about improving lives daily. We know you have a choice in education, and we are thrilled you are partnering with us to create a fitter, healthier and better-educated America!

Yours in health,

Sara Kooperman, JD
CEO, SCW Fitness Education

SCW FITNESS EDUCATION: WE'RE A FAMILY.

SCW is an internationally recognized educational organization that provides hands-on certifications and continuing-education courses and conventions to fitness professionals in multiple disciplines nationwide. 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 been certified through SCW. This outstanding family of leaders also supports managers, directors and owners of clubs and facilities nationwide with our business and management tracks. As the largest conference leader in the world, MANIA® offers eight professional training conventions in New York, California, Florida, Atlanta, Dallas, Washington, D.C., Midwest (Chicago) and Boston serving more than 10,000 health and wellness professionals.

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IT ALL STARTS HERE

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



200+
CERTIFICATIONS
& WORKSHOPS

60+
STAR
PRESENTERS

24
CEC &
CEU HOURS

15+
SESSIONS
EVERY HOUR

PREMIER SPONSORS



CO-SPONSORS



ASSOCIATE SPONSORS





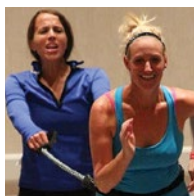
MOST POPULAR WAYS TO SAVE ON MANIA®



BE A STAFF ASSISTANT... SAVE MONEY WHILE EARNING YOUR CECS/CEUS!

SCW needs energetic, outgoing, flexible fitness professionals to help run this event. Become a Staff Assistant on Friday or Saturday for only \$99, or **SAVE \$20 and Pay Only \$79 for Sunday!** Go behind the scenes at the country's premier fitness education conference. As a Staff Assistant, you'll receive a FREE event t-shirt, an invitation to the SCW Staff dinner party, 50% off all certifications and 20% off all SCW products, all while earning up to 24 CECS/CEUs!

For further details or to register, please visit scwfit.com/staff, email staff@scwfit.com, or call Denise Johnston at 678-901-9642.



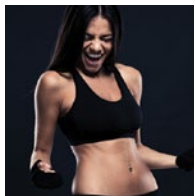
REFER-A-FRIEND DISCOUNT - EASY WAY TO SAVE BIG!

Learning is always more fun when you have a friend by your side. It's even more exciting when you can both save money! Take advantage of our Refer-a-Friend discount and pay only \$199 for the full three-day convention. That's a savings of \$60 each off the regular \$259 early-bird price. Use the Refer-a-Friend code when registering: FRIEND17. It's that easy to save big!



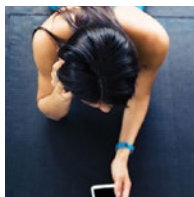
YMCA DISCOUNT RATE

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



WEEKEND WARRIOR SPECIAL!

Take charge with our Weekend Warrior special! Attend any two-day combination and pay only \$199! Use the Weekend Warrior code when registering: WEEKEND17. This offer maximizes your MANIA® dollar.



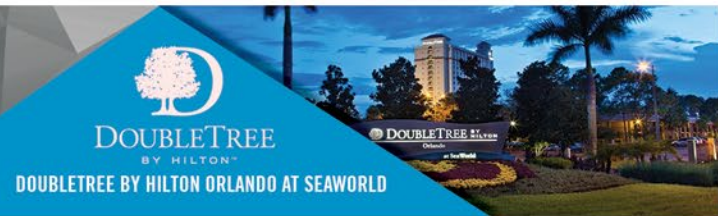
TEXT MESSAGE UPDATES

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



REGISTER ONLINE AND SAVE!

Register online at www.scwfit.com/MANIA. It's fast, easy and secure. Pay by Visa, MasterCard or Discover. A \$4 convenience processing fee applies to each registration. Questions? Email registration@scwfit.com or call 847-562-4020. We recommend that you use our automated Group Rate program (above) to save the \$25 per registration charge.



DOUBLETREE
BY HILTON™

DOUBLETREE BY HILTON ORLANDO AT SEAWORLD

LOCATION

Doubletree By Hilton Orlando At SeaWorld
10100 International Drive
Orlando, Fla. 32821
(800) 327-0363 (reservations only)
(407) 352-1100

HOTEL RATE:

Resort Rooms: \$117 per night, single-quad
Pay as little as \$29.25 when you share a room with three others!

Tower Rooms: \$147 per night, single-quad
Pay as little as \$36.75 when you share with three others!

HOTEL ROOM DISCOUNT DEADLINE: 4/21/17

AIRPORT TRANSPORTATION

Shuttle service from Mears Transportation is available from the airport to the hotel. Please look for the Mears Transportation Desk in the Ground Transportation/Baggage Claim Area of the Orlando International Airport. Shuttle service operates 24 hours a day. To arrange late-night service call 407-423-5566. Rates are approximately \$33 round trip and \$21 one way. Please reserve ahead of time.

PARKING

Self-parking: \$8 daily and overnight parking.
Valet parking: \$20 daily and overnight parking.
Lost parking ticket: \$20.

SCW Fitness Education is not responsible for changes in rates

TAXI

Cost is approximately \$40 one way.
Uber can be less, depending on time of day.

Florida MANIA
FITNESS PRO CONVENTION

SAVE UP TO \$80 INSTANTLY!

scwfit.com/florida/discount

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 three-day convention and pre- and post-convention certifications, including the Keynote speech and evening sessions! SCW, AFAA, ACE, NASM, ACSM, AEA and other providers accept MANIA® CECs/CEUs. SCW is committed to offering the maximum number of Continuing Education Credits 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

Outlines are NO LONGER PRINTED or provided on-site. All session outlines are housed on the web for your convenience. Simply go to www.scwfit.com/MANIA and select the desired MANIA® event. The outlines will remain online 30 days after the close of MANIA®, making it easier for you to retain this important information.



AMERICAN FOUNDATION FOR SUICIDE PREVENTION 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. The Charity Raffle supports the American Foundation for Suicide Prevention and will take place Saturday evening from 6:30pm–7:30pm in the EXPO area.



2017 SCW PRESENTERS OF THE YEAR AWARD!

Now, you can VOTE and Nominate your Favorite MANIA® Presenters & Programs! Presenters and programs are listed at www.scwfit.com/awards and are selected from YOUR feedback via the MANIA® session evaluations! One nominee per category will be honored per MANIA® location. As an added bonus, all voters receive the one-time use of a \$50 AWARD off the 2018 MANIA® of their choice!



ONE EXCELLENT EXPO!

You're going to love the great deals on Rykå shoes, fitness equipment, exercise videos, clothing, music, nutrition, fitness resource books and Online Certifications. The EXPO is FREE and open to the public.



EXHIBIT | ADVERTISE | SPONSOR

Would you like to be a sponsor or exhibitor at the country's best fitness convention? If you are interested in exhibiting at, advertising with or sponsoring MANIA®, go to www.scwfit.com/exhibit or www.scwfit.com/sponsor, email exhibit@scwfit.com or call Cheryl Vincent at 708-612-7599.

REGISTRATION HOURS

Wednesday, May 3:	8:00am - 6:30pm
Thursday, May 4:	6:00am - 7:30pm
Friday, May 5:	6:00am - 7:00pm
Saturday, May 6:	6:00am - 8:00pm
Sunday, May 7:	6:30am - 1:30pm

EXPO HOURS

Thursday, May 4:	5:00pm - 7:00pm
Friday, May 5:	8:45am - 2:30pm 5:15pm - 6:45pm
Saturday, May 6:	8:15am - 9:30am 12:15pm - 3:30pm 6:15pm - 7:45pm
Sunday, May 7:	10:00am - 1:30pm



FRIDAY, MAY 5 • 6:30PM-7:30PM

ENTER TO WIN:

- ▶ Ability to Present at 2017 MANIA®
- ▶ Full Year of Free mentoring
- ▶ Free SCW OnDemand For One Year
- ▶ Complimentary SCW Certification
- ▶ Fitness Equipment & Activewear

Apply today at scwfit.com/idol





OUR SPONSORS BRING IT



POWER SYSTEMS®

Power-Systems® LOGO 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.



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: www.waterinmotion.com, water@scwfit.com and 847-562-4020.



WATERROWER GX

WaterRower GX is excited to bring its internationally-renowned fitness programs,

Indo-Row and ShockWave, back for a seventh year to the SCW convention schedule. If you are looking to bring one or both of these renowned fitness programs to your facility, or you simply want to add another weapon to your personal training arsenal or juice up your circuit classes, don't miss out on the opportunity to take home our American-Made rowing machine with its unique WaterFlywheel resistance. As our show machines are limited, you cannot miss out on this chance to purchase the WaterRower GX Studio from the show for \$795 (a \$400 savings)! Lock in our best pricing of the year by contacting us at gx@waterrower.com or call 800-618-3730.



RYKA

Ryka footwear is made exclusively for women, because your feet are different than his. With a narrower heel, roomier forefoot, increased instep

volume and more secure footbed, our high-performance athletic shoes provide unsurpassed fit, comfort, cushioning and control. Join our fitness professional program – RykaFit. The program offers 20% off footwear, special promotions throughout the year and a rewards program. Visit our booth to sign up, or contact us at rykafit.com or 888-834-7952.



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.



SCHWINN®

Join the tens of thousands of successful indoor cycling instructors worldwide who are Schwinn Cycling Certified! You too can attend the industry's most comprehensive training program by registering now to join us for the Schwinn Cycling Instructor Certification on Thursday at this SCW event.

Then, take the education back to your club to certify your team! MANIA® attendees receive a 20% discount off the regular club certification price. For this and other show discounts on Schwinn® Indoor Cycling Bikes, visit the Schwinn Cycling room, call (360) 823-1906, go to www.SchwinnEducation.com or find us on Facebook at www.facebook.com/SchwinnIndoorCycling and Twitter @SCHWINNtraining.

PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

CERTIFICATIONS

WEDNESDAY, MAY 3

SCW PERSONAL TRAINING CERTIFICATION



Keli Roberts

Wednesday, May 3, 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).*

ONE DAY TO WELLNESS CERTIFICATION



Mindy Mylrea & Bruce Mylrea

Wednesday, May 3, 9:00am-6:00pm

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

This comprehensive training delivers evidence-based behavioral change and dietary research, eating strategies for sustained success, mindful and productive goal-setting, and movement that matters. We provide you with simple tools to steer you and your clients to optimized nutrition, fitness, and life balance. This is for anyone who is serious about making positive, health-enhancing improvements to their life and the lives of everyone they touch. When the day is over, you will have the tools you need to take your fitness and wellness career to the next level with turnkey, step-by-step training modules for assessment and practical application. *Certification includes: manual, tote bag, food samples, downloadable recipes, workouts, worksheets, ability to lead course lectures for recruitment, retention and revenue generation and ongoing webinars and support. CPR card not required. SCW (8.0), AFAA (9.0), ACE (0.9), NASM (0.9).*

SCW FUNCTIONAL FLEXIBILITY AND FASCIA FITNESS



Leslee Bender

Wednesday, May 3, 9:00am-4:00pm

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

This hands-on course is for personal trainers and small group fitness professionals looking to bring fascia to functional training and exercise programming. Learn how gravity, ground reaction and the kinetic chain influence every movement of the human body. Experience how planes of motion and exercise selection affect the integrity of connective tissue, and see why it's crucial to evaluate each client's movement discrepancies. Develop techniques that will improve your client's ability to move efficiently and decrease pain and injuries. The combination of fascia manipulation and movement will dramatically change the way you train your clients forever. *CPR card not required. SCW (8.0), AFAA (9.0), ACE (0.9), NASM (0.9), SCW (8.0), AFAA (9.0), NASM (0.9), ACE (0.9).*

THURSDAY, MAY 4

SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION



Doris Thews & Robert Sherman

Thursday, May 4, 7:00am-5:00pm

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

Get certified in the industry's most respected and progressive indoor cycling instructor training course. In one power-packed day, you'll get the tools you need to become a successful, sought-after instructor on any brand of bike. This critically acclaimed certification is based on the newly updated Schwinn Cycling Coach's Pyramid, a specialized system that makes teaching simple for you and an incredible experience for your students. You will learn bike fit, cycling science, class design, music, communication skills and motivation techniques. *Take home exclusives include a comprehensive manual and Certificate of Completion, eight complete class designs and Power Music® Schwinn Cycling Signature Music. CPR card not required. SCW (8.0), ACE (9), AFAA (8.25).*

SCW PILATES MATWORK CERTIFICATION



Abbie Appel

Thursday, May 4, 8:00am-5:00pm

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

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

SCW AQUATIC EXERCISE CERTIFICATION



Jeff Howard

Thursday, May 4, 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 GROUP EXERCISE CERTIFICATION



Irene Lewis-McCormick, MS, CSCS

Thursday, May 4, 8:00am-5:00pm

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

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

SCW GROUP STRENGTH CERTIFICATION



Irene Lewis-McCormick, MS, CSCS

Thursday, May 4, 5:30pm-9:30pm

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

Build upon the skills acquired during the SCW Group Exercise Certification using communication and musicality to create an amazing experience for fitness participants. Group Strength focuses on movement communication using the 32-count phrase with small, portable equipment (tubing, weights, etc.). Learn to create flowing, easy to follow exercises for delivery in a large group setting. We'll explore class design, resistance training benefits and ways in which to progress and regress movement for creating an inclusive environment. This hands-on training includes a master class and teaching opportunities so you can practice your new skills in real time. *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 YOGA I CERTIFICATION



Manuel Velazquez

Thursday, May 4, 8:00am-5:00pm

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

This Nationally Recognized Certification is the number one Yoga Certification in the U.S. offering the most comprehensive theoretical and practical approach to hands-on yoga instruction. Experience different Hatha yoga postures suitable for varying clientele - young, old, competitor, injured or recovering athlete, and advanced or deconditioned participant. Research, postures, program design and cueing techniques are addressed in a passionate and systematic approach. Participants leave qualified to lead a successful yoga class or yoga-inspired cool down regardless of their previous teaching experience. *Price includes training manual and testing fee (\$59 value) Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (7.0), ACE (0.8), AEA (4.0), NASM (0.7), ACSM (8.0).*



SCW YOGA II CERTIFICATION**Manuel Velazquez****Thursday, May 4, 5:30pm-9:30pm****\$99 MANIA® Attendees / \$129 Non-Attendees**

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

ZUMBA® BASIC SKILLS LEVEL 1**Jenna Bostic & Kelly Bullard****Thursday, May 4, 8:00am-5:00pm****\$225 Registration Fee (Use PROMO CODE: SCW25 to receive a \$25 discount.)**

This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to the four basic Zumba® rhythms (merengue, salsa, cumbia, and Reggaeton), and then you will learn how to put these steps together into a song! *Pre-con fee includes: Cardio Party and Live Class DVD, 20 Minute Express Workout DVD, 4 Basic Rhythms Review DVD, Cardio Party Music CD, The Zumba Instructor's Manual, and Zumba Certificate of Completion. SCW (8.0), AFAA (5.5), ACE (0.7).*

PILOXING SSP INSTRUCTOR TRAINING CERTIFICATION**Jordan Ballard****Thursday, May 4, 8:00am-5:00pm****\$200 MANIA® Attendees / \$225 Non-Attendees**

PILOXING SSP is the original fusion format that made PILOXING a worldwide success. Uniquely blending three of the industry's most powerful and timeless disciplines; Boxing, Pilates and Dance, in a high-energy interval workout. During this 9-hour hands-on workshop, you will learn the training methodology, principles and moves that make PILOXING SSP an effective, in-demand program. You will receive all the tools to successfully teach a several PILOXING SSP classes. *Price includes a PILOXING SSP digital instructor manual, full class video including 20+ PILOXING choreography/exercise segments, PILOXING Gloves, Certificate of Completion and Elite eligibility. SCW (8.0), AFAA (8.0), ACE (0.8).*

SCW BOXING CERTIFICATION**Steve Feinberg****Thursday, May 4, 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 AQUA BARRE CERTIFICATION**Billie Wartenberg & Elizabeth Bowersox****Thursday, May 4, 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), ACE (0.6), NASM (0.6), AEA (6.0), ACSM (6.0).*

SCW ACTIVE AGING CERTIFICATION**Ann Gilbert & Bernadette O'Brien, MA****Thursday, May 4, 9:00am-5:00pm****\$159 MANIA® Attendees / \$199 Non-Attendees**

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

SCW SPORTS NUTRITION CERTIFICATION**Fabio Comana, MA, MS****Thursday, May 4, 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, May 4, 5:30pm-10:00pm****\$99 MANIA® Attendees / \$129 Non-Attendees**

Learn how to engage individuals by effectively building rapport, igniting their passion for change, and empowering them to success and self-sufficiency. Discover the art forms for rapport-building, motivational interviewing, overcoming ambivalence and resistance, personality indexing, neuro-linguistic programming and behavioral change. Become an innovator and combine your science of programming with the art of behavioral change, coaching and communication. *Price includes training manual (\$24.95 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (4.0), AFAA (4.0), ACE (0.4), AEA (4.0), ACSM (4.0), NASM (0.4).*

BARRE ABOVE™**Tricia Murphy Madden****Thursday, May 4, 9:00am-5:00pm****\$199 MANIA® Attendees / \$229 Non-Attendees**

Join Barre Above™ for a totally dynamic and progressive method of barre training for all bodies. Learn the essentials and how to implement, launch and run a successful and in-demand barre program. Whether you have a barre, multiple barre set-ups, no barres at all, or are just using chairs, this education fits all needs for clubs, studios and independent instructors. Barre Above is based on applied science to create strength, flexibility and balance in the body. With flexible programming, and progressions and regressions, you will acquire the ability to teach a fun, effective and efficient barre workout for all fitness levels. *Includes two DVDs, Print & Electronic Instructor Manual, Instructor Web membership, Equipment & Apparel Discounts. No Licensing Fees. Options for Ongoing Choreography. CPR card not required. SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8).*

BODHI SUSPENSION SYSTEM CERTIFICATION**Nico Gonzalez****Thursday, May 4, 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).*

TABATA GX CERTIFICATION**Mindy Mylrea****Thursday, May 4, 10:00am-5:00pm****\$149 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 (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), AEA (3.5).*

SUCCESSFUL BOOTCAMP BUSINESS**Mindy Mylrea****Thursday, May 4, 5:30pm-9:30pm****\$79 MANIA® Attendees / \$119 Non-Attendees**

Two Bootcamp icons – Mindy Mylrea and SGT Ken® – have partnered to bring you the best of the best for YOUR Bootcamp Business success. You will own our unique 3Cs, 3Rs and take 3 principles of the business of bootcamp for maximum success. Whether you are a bootcamp trainer, a PT or a HIIT Group X instructor, if your students are looking to you for what is next: THIS IS IT. Mindy leads this lecture presentation, providing you the tools to take your bootcamp business to the next level. Learn valuable techniques to promote your program and the business strategies to generate the income you deserve. *Includes: 2 manuals, integrated website*

with turnkey applications to support your business, and discounts on all Tabata Bootcamp® equipment. SCW (4.0), ACE (0.4) AFAA (4), NASM (0.4), AEA (4.0).

SCW FIERCE INTERVAL RESISTANCE EXERCISE CERTIFICATION

Keli Roberts

Thursday, May 4, 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, May 4, 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, and 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, May 4, 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).*

SUNDAY, MAY 7

SCW BALLET BARRE CERTIFICATION

Abbie Appel

Sunday, May 7, 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 programing in any type of facility using a fixed ballet barre. Barre training combines the core conditioning of Pilates with

the flexibility of Yoga while increasing stability by using isometric exercises. Leave with an easy-to-follow, flexible, choreographed routine for a 60-minute Barre class that includes a plethora of variations enabling you to discover creative ways to structure your own Barre workouts for months to come. *Price include training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. Video and music support available. CPR card not required. SCW (7.0), AFAA (7.0), ACE (0.6), AEA (4.0), NASM (0.7), ACSM (7.0).*

SCW ADVANCED FUNCTIONAL PILATES CERTIFICATION

Leslee Bender

Sunday, May 7, 8:00am-4:00pm

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

In this certification, you experience a functional approach to Pilates mat utilizing props that simulate apparatus. Whether a seasoned Pilates trainer or new to teaching, you leave with essential tools and concepts that give you many ways to change a Pilates mat class for variety and implement progressions and regressions effectively. You also learn how to combine classical repertoire with a modern approach that challenges your students both vertically and horizontally to improve everyday activities, posture and reduce overuse injuries. Discover how to train your clients through various planes of motion and recognize postural concerns so you utilize exercises that lead to a better quality of life and improved functional strength. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), AEA (3.5), ACSM (7.0).*

WATERinMOTION® AQUA EXERCISE CERTIFICATION

Manuel Velazquez & Amy Weisenmiller

Sunday, May 7, 8:00am-4:00pm

Additional \$159 MANIA® Attendees and/or Instructor at a WATERinMOTION® licensed facility / \$199 Non-Attendees

This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing techniques, deck teaching skills and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation and leadership development. Leave certified in both the WATERinMOTION® Original program and the WATERinMOTION® Platinum (older adult) program and with the skills to teach your best class, every class! Every WATERinMOTION® certified instructor on Wautoship may attend any live WATERinMOTION® certification for free! *Includes a FREE downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and Video assessment (\$300 value). Club discounts available. Fully integrated website with ongoing marketing and educational support included. Instructors do not need to pay a monthly licensing fee. SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), AEA (8.0), ACSM (7.0).*

FXP HULA HOOP® CERTIFICATION

Kristin Benton

Sunday, May 7, 8:00am-4:00pm

\$225 MANIA® Attendees/Non-Attendees

The FXP Fitness Hula Hoop® workout is a fresh, new approach to group fitness! Utilizing the

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

LABLAST® FITNESS CERTIFICATION

Beth Canuel & Megan Cooperman

Sunday, May 7, 8:00am-4:00pm

\$99 registration plus a mandatory \$30/month, 1-year subscription fee to the LaBlast® Instructor Foundation (LIF) with access to playlists, videos, bonus content and more to ensure your success as a LaBlast® instructor.

LaBlast® Fitness is a one-day, 9-hour instructor training that will get you ready to teach your own partner-free Ballroom Dancing-based fitness classes. Learn 14 dances that you see on "Dancing with The Stars" such as Jive, Foxtrot, Disco, Tango, Rumba, Lindy Hop, Viennese Waltz and many more. Experience philosophies that will create a cardio-blasting, muscle-toning and life-changing LaBlast® class appealing to dance and fitness lovers alike. Want to set yourself apart? Let's LaBlast®! *SCW (8.0), AFAA (8.0), ACE (0.8).*

PLYOGA® CERTIFICATION

Stephanie Lauren

Sunday, May 7, 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).*

MANIA® COURSE DESCRIPTIONS

FRIDAY, MAY 5

FR1

7:30AM-9:00AM

LES MILLS BODYPUMP® 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.

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

SESSION NO LONGER AVAILABLE.

TRUE BODY PROJECT Robert Sherman

Train your True Body and find out what has been missing. In this workshop, you will learn how to truly unlock imbalances, increase awareness and understand alignment and posture. This class will build balance, stamina, endurance and train under-used muscles to get your body and mind moving right.

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

BARRE TRICKS Tricia Murphy Madden



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!

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

LABLAST® SHAPE: DANCE CORE FITNESS



Beth Canuel & Megan Cooperman

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

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

TRANSFORMATIONAL POSTURE 2017 Leslee Bender

Posture should always be dynamic; however, our bodies get stuck in habitual patterns that cause postural dysfunctions leading to pain and injuries, which can be prevented with the right training techniques. You learn what causes postural issues from poor training techniques, habits and heredity, which compromises your clients' ability to move.

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

DYNAMIC FLEXIBILITY FOR A 3D LIFE Manuel Velazquez

Dynamic flexibility is important to increase range of motion, core temperature and nervous system activity, all of which prepare your body for enhanced movement and activities of daily living. Learn how to apply a variety of flexibility and stretching techniques as a warm-up, a recovery after a session or even as a workout in itself. This session will explore and discuss motion and lengthen in 3D three planes of motion to enhance your clients' mobility and abilities.

FR1G 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™.

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

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.

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

SCHWINN®: HOW TO WOW! Doris Thews



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

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

POOLATES Lisa Gibson

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

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

Barre H2O Billie Wartenberg & Elizabeth Bowersox

Make a splash in the water with Wet Barre! 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. Wet Barre always guarantees a great time.

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

COMMON SENSE NUTRITION: YOUR SCOPE

Herson & Kimberly Garcia

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

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

EFFECTIVE TEACHING TECHNIQUES

Bernadette O'Brien, MA

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

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

DNA OF SUCCESSFUL FITNESS MANAGERS Ann Gilbert

This educational lecture is a resource for the development of a successful fitness manager. Learn how to get the job done and understand if you have the DNA to be a fitness manager while making yourself indispensable. Study proven strategies of those with over 30+ years of leadership experience. (LECTURE)

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

FR2

10:00AM-11:30AM

FOOLPROOF FITNESS CONSULTATION



Shannon Fable

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

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

TABATA BOOTCAMP™ - WEIGHT LOSS CHALLENGE**Tricia Murphy Madden**

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

FR2B Friday, 10:00am-11:30am**UPPER EXTREMITY MOVEMENT MECHANICS****Fabio Comana, MS, MA**

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

FR2C Friday, 10:00am-11:30am**PILOXING® BARRE - PUNCH 'N' PLIÉ****Jordan Ballard**

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

FR2D Friday, 10:00am-11:30am**BOLLYX® - THE BOLLYWOOD WORKOUT****Fen Tung**

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

FR2E Friday, 10:00am-11:30am**FXP HULA HOOP®: BODY SCULPT****Kristin Benton**

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

FR2F Friday, 10:00am-11:30am**SHOCKWAVE****Doris Thews, Shannon Colavecchio & Tahneetra Crosby**

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

FR2G Friday, 10:00am-11:30am**MELT THROUGH YOGA****Robert Sherman**

Build an advanced Yoga practice achieving a deeper experience of mindfulness and muscle. Discover athletic, progressive movements and the perfect way to not force, but find patience, peace and balance for the next challenge in your Yoga path.

FR2H Friday, 10:00am-11:30am**THINKFIT: SMART MULTI-LEVEL CIRCUITS****Erika Quest**

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

FR2I Friday, 10:00am-11:30am**SCHWINN®: UNAPOLOGETICALLY AUTHENTIC****Keli Roberts**

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

FR2J Friday, 10:00am-11:30am**GIRLS JUST WANNA HAVE FUN****Sara Kooperman, Irene Lewis-****McCormick, MS, CSCS, Ann Gilbert, Jessica Pinkowski & 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.

FR2K Friday, 10:00am-11:30am**AQUA ZUMBA®**

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

FR2L Friday, 10:00am-11:30am**SNEAKY STRATEGIES TO MANAGE WEIGHT****Tricia Silverman, RD, MBA**

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

FR2M Friday, 10:00am-11:30am**SOLUTIONS FOR TOP ORTHOPEDIC INJURIES****Dr. Ryan Geringer**

Dr. Geringer will educate on the most common injuries. He will cover incident, pathology, and different treatments for each injury to help your clients stay active. The injuries covered include Osteoarthritis, Ankle Sprain, Plantar Fasciitis, Achilles Tendonitis, and Epicondylitis. (LECTURE)

FR2N Friday, 10:00am-11:30am**PUSH HARDER**

MASTER PLAN: RETENTION & NEW MEMBERS Jeff Howard

Explore the promotions that produce the best results for club retention and the marketing choices suited for new member expansion. Discover social media alternatives and what they affect as well as organic versus purchased leads. Learn from Jeff, his club's Promotional Director of Fitness, who successfully expanded memberships through a dedicated marketing effort. (LECTURE)
FR2O Friday, 10:00am-11:30am

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.

FR2P Friday, 10:00am-11:30am**INTRODUCING HIIT MIX BY STAIRMASTER**

Sonja Friend-Uhl

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

FR2Q Friday, 10:00am-11:30am**FR3 - SESSION 1****11:45AM-1:15PM**

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

EXTREME EXERCISE MAKEOVER Mindy Mylrea

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

FR3B Friday, 11:45am-1:15pm**MINI BAND MANIAC** Abbie Appel

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

FR3C Friday, 11:45am-1:15pm**BARRE TRILOGY** Leslee Bender

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

FR3D Friday, 11:45am-1:15pm**FUNCTIONAL FIXES FOR FORWARD SHOULDERS**

Dr. Evan Osar

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

FR3G Friday, 11:45am-1:15pm**PLYOGA®: FLOW** Stephanie Lauren

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

FR3H Friday, 11:45am-1:15pm**AQUA CARPE DIEM** Bernadette O'Brien, MA

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

FR3K Friday, 11:45am-1:15pm**CARDIO WAVE: FOUNDATIONS** Tiffany Harrison

GLIDE

This session Introduces the fundamentals of working out on an unstable surface in the water utilizing our floating platform. You'll execute movements that build strength from head to toe while raising heart rate with the bonus of firing stabilizers that often go unused in a fun new way.

FR3L Friday, 11:45am-1:15pm**BOXMASTER® CIRCUIT: ROUND 1**

Sonja Friend-Uhl & Pete McCall, MS

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

FR3Q Friday, 11:45am-1:15pm**FR3 - SESSION 2****12:30PM-2:00PM**

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

BODY BREAKTHROUGH Jeff Howard

This session encompasses an easy-to-follow format that will build your best body, boost fat burning and jump start your metabolism. This is a progressive full-body strength training routine with sweat inducing choreography designed to tone every muscle and improve muscular strength and endurance.

FR3A Friday, 12:30pm-2:00pm

RAISE THE BARRE

PILOXING® SSP – PARTY

Jordan Ballard

Come experience why PILOXING® is a globally recognized brand. PILOXING® SSP is a high-energy interval workout that uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. Add FUN dance moves for a PILOXING® Party to tone muscle, burn fat and empower you!

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

PILOXING



KELI ROBERTS

Keli is the recipient of the 2003 IDEA International Fitness Instructor of the Year award and in 2007, Keli was inducted into the National Fitness Hall of Fame. As an ACE Master Trainer and SCW Faculty member, Keli is known for acclaimed workshops worldwide. Her award-winning videos demonstrate her exceptional teaching skills. Keli is ACSM HFS certified and holds certifications through AFAA, ACE and Level 1 Precision Nutrition. Additionally, Keli is a BOSU® Developmental Team Member and a Schwinn® Master Trainer.

INDO-ROW®: PERFECT CALORIE BURN

Doris Thews & Shannon Colavecchio

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

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

WaterRowers® GX

ACTIVE AGING YOGA: CHAIR & MAT Sara Kooperman, JD

Yoga has positive effects on the decreases in power, strength, aerobic capacity and flexibility that occur after the age of 50. Focus on maintaining independence, avoiding injuries and improving quality of life. Postural alignment, muscle/movement balances and maintenance of mobility create a union of traditional and restorative yoga perfect for Active Agers. Chairs, mats and bodyweight are integrated into this creative session.

FR3I Friday, 12:30pm-2:00pm

SCHWINN®: THE "HARD" CONVERSATION

Tahneetra Crosby

Today, time often out-values money, so people demand more from the time dedicated to training. This whistle-blowing workshop illustrates five ways the industry is making classes harder, what is happening and what to do instead. Learn solid strategies to keep your class challenging while getting more bang for the proverbial buck.

FR3J Friday, 12:30pm-2:00pm



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, credible online resources to help figure out what really is 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)

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

BUILDING BLOCKS: CORE SCIENCE & TRAINING

Fabio Comana, MA, MS

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

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

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)

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

BODHI SUSPENSION: CARDIO Erika Quest

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

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



FR4

2:15PM-3:45PM

ZUMBA® STEP Jenna Bostic

Take lower body workouts and calorie burning to new heights with ZUMBA® Step! Tone and strengthen glutes and legs with a gravity-defying blend of ZUMBA® routines and step moves. Bring your students maximum results and let the rhythm take your class to the next level.

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



COMPLETELY CORE Abbie Appel

Experience this dynamic core workshop with two, 30-minute comprehensive workouts. Review new research on core training and learn how the core musculature works. Discover how easy it is to create a complete, five foundational-movement core program that is effective, challenging and keeps clients and classes coming back for more core!

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

THE ULTIMATE LIGHT KETTLEBELL WORKOUT

Irene Lewis-McCormick, MS, CSCS

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

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



BARRE ABOVE: LENGTHEN, STRENGTHEN & INSPIRE

Tricia Murphy Madden & Leslee Bender

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, STRENGTHED and INSPIRED!

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



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.

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



PLYOGA®: YOUR BODY IS POWER® Stephanie Lauren

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

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



POUND® ROCKOUT WORKOUT Michele Bastos

Sweat, Sculpt & ROCK in this 45-minute cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga- and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

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



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!

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

BALANCED BODY MOTR®: AGILITY + CORE

Keli Roberts

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.

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

**SCHWINN®: C3 CONTENT, CONNECTION & CHARISMA**

Doris Thews

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

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

**WATERinMOTION® 29**

Sara Kooperman, Manuel Velazquez, Ann Gilbert, Jessica Pinkowski & Amy Weisenmiller

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

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

**BREATH TRAINING AND TECHNIQUE** Fabio Comana, MA, MS

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

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

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)

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

BECOME A RETENTION ROCKSTAR 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)

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

BODHI SUSPENSION: PILATES Nico Gonzalez

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

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

**INTRODUCING HIIT MIX BY STAIRMASTER**

Sonja Friend-Uhl

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

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



FR5

4:00PM-5:30PM

SUCCESSFUL GROUP PERSONAL TRAINING

Shannon Fable

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

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

**TRIFECTA FITNESS** Manuel Velazquez

Various HIIT protocols combine with challenging and fun fusion-cardio and strength sequences that move you through the three planes of motion. The result is an amazing HIIT challenge! Add toys such as Gliding Discs, medicine balls, tubing, dumbbells and weighted bars to increase intensity and sweat with this FUN-ctional workout.

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

**LITTLE TWEAKS FOR BIG RESULTS** Keli Roberts

Learn to make small modifications to traditional exercises to change the exercises for a variety of body types and health conditions. See how changes in planes of motion, foot, hand, hip and shoulder positioning can make a difference. Little Tweaks in verbal, visual and kinesthetic coaching will create big results!

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

BARRE TAB Billie Wartenberg

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

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

MAGIC IN DANCE FITNESS Alana Sanders, MS

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

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

FXP HULA HOOP®: CORE FLOW Kristin Benton

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

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

**CORRECTIVE EXERCISE: FEMALE CORE** Dr. Evan Osar

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

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

DAANASANA™ YOGA 360 Julio Papi


Daanasana™ are two Sanskrit words: Daan (share) and asana (posture) expressing the act of sharing asana. Daanasana™ is a Yoga Alliance approved course that focuses on an alignment-oriented style of Yoga

that is very intense, effective and physical. Using Hatha Yoga as a gate, join Julio and experience this powerful self-development process.

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

ACTIVE AGING: NO PLACE LIKE FOAM Sara Kooperman, JD
This exploratory session addresses foam rolling for the Active Ager. Self-care is increasingly important to incorporate into our daily activity to ensure that our body functions optimally. Get "on a roll" to explore safe methods of myofascial release, including self-massage, to manage reduced flexibility, accumulated injuries and decreased mobility and circulation for the 50+ market.

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

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

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

LIQUID LEVELS Jessica Pinkowski
This session focuses on three different "liquid levels" all derived from movements specific to the water. Explore the difference between these three levels – rebounding, neutral and suspended – and how to effectively add them to aqua classes. You will learn why each of these levels has a different exercise expenditure and outcome.

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

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

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

LIVING AND THRIVING WITH CANCER

Bruce Mylrea & Mindy Mylrea

Living with and fighting cancer requires a team of experts open to ALL integrated approaches. Integrated care involves the whole person - what they eat, how they cope, what exercise they choose and who surrounds them. Bruce will share a LIFE-SAVING, plant-based eating plan developed through thousands of hours of study. (LECTURE)

FR5M Friday, 4:00pm-5:30pm

RECOVERY: THE FORGOTTEN TRAINING VARIABLE

Pete McCall, MS

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

FR5N Friday, 4:00pm-5:30pm

TIDBITS TO GROW YOUR BUSINESS

Paul Bosley

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

FR5O Friday, 4:00pm-5:30pm

BODHI SUSPENSION: CIRCUITS

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

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

FR6 - EVENING SESSIONS 6:30PM-7:30PM

FITNESS IDOL


Sara Kooperman, Keli Roberts, Leslee Bender & Yury Rockit
Do you have what it takes to become the next SCW Fitness Idol? As the winner of this prestigious title, not only will you receive coverage in 2017 SCW press releases, but you'll get a chance to show off your skills as a featured presenter at the 2018 SCW MANIA® Convention of your choice! Each 2017 SCW Fitness Idol Winner receives:

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

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


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

LES MILLS SPRINT™ WORKOUT

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

FR6J Friday, 6:30pm-7:30pm

CARDIO WAVE: CARDIO MAX

Tiffany Harrison 
Learn how to bring props to your pool workout, multitask and create muscle confusion by tackling balance on an unstable surface while building strength. Experience a full body workout and lots of laughter moving in and out of the water using medicine balls, bands and a variety of props to challenge your workout.

FR6L Friday, 6:30pm-7:30pm

STATE OF THE INDUSTRY PANEL DISCUSSION

Irene Lewis-McCormick, MS, CSCS, Pete McCall, MS, David Pitts & Fabio Comana

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 wine and cheese! (LECTURE)

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



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.

MAY 3-4

WEDNESDAY MAY 3 PRE-CONVENTION EVENTS		 SCW Personal Training Certification Roberts 9:00am-6:00pm • Pg 7	Functional Flexibility and Fascia Fitness Bender 9:00am-4:00pm Pg. 8			 ONE DAY TO WELLNESS B. Mylrea & M. Mylrea 9am-6pm • Pg. 7		
THURSDAY MAY 4 PRE-CONVENTION EVENTS	SCW F.I.R.E. Fierce Interval Resistance Exercise Certification Roberts 11:00am-5:00pm Pg. 9	Tabata GX Certification M. Mylrea 10:00am-5:00pm Pg. 8	SCW Group Exercise Certification Lewis-McCormick 8:00am-5:00pm Pg. 7	 Savvy Fitness Barre Above™ Murphy Madden 9:00am-5:00pm Pg. 8	Zumba® Basic Skills Level 1 Instructor Training Bostic & Bullard 8:00am-5:00pm Pg. 8	SCW Kettlebell Practical Certification McCall 1:00pm-5:00pm Pg. 9	PILOXING® SSP Instructor Training Certification Ballard 8:00am-5:00pm Pg. 8	SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg. 7
THURSDAY EVENING MAY 4 PRE-CONVENTION EVENTS		Successful Bootcamp Business M. Mylrea 5:30pm-9:30pm Pg. 9	SCW Group Strength Certification Lewis-McCormick 5:30am-9:30pm Pg. 7			SCW Core Training Specialist McCall 5:30pm-9:30pm Pg. 9		SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg. 8



A HIIT / GROUP TRAINING	B BOOT CAMP / GROUP EX	C PT / SMALL GROUP	D BARRE	E DANCE	F STRENGTH / SPECIALTY	G FUNCTIONAL TRAINING	H MIND / BODY
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FR1 7:30am-9:00am	Les Mills BODYPUMP® Workout Parrish Pg. 10	True Body Project Sherman Pg. 10	Barre Tricks Murphy Madden Pg. 10	LaBlast Shape: Dance Core Fitness Canuel & Cooperman Pg. 10	Transformational Posture 2017 Bender Pg. 10	Dynamic Flexibility for a 3D Life Velazquez Pg. 10	KiPranJ™: The Flow Papi Pg. 10
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EXPO OPEN 8:45am-2:30pm


FR2 10:00am-11:30am	Foolproof Fitness Consultation Fable Pg. 10	Tabata Bootcamp™ - Weight Loss Challenge Murphy Madden Pg. 11	Upper Extremity Movement Mechanics Comana Pg. 11	PILOXING® Barre - Punch 'n' Plié Ballard Pg. 11	BollyX® - The Bollywood Workout Tung Pg. 11	FXP Hula Hoop®: Body Sculpt Benton Pg. 11	Shockwave Thews, Colavecchio & Crosby Pg. 11	Melt Through Yoga Sherman Pg. 11
FR3 SESSION 1 11:45am-1:15pm	Body Breakthrough Howard Session 2 Pg. 12	Extreme Exercise Makeover M. Mylrea Session 1 Pg. 12	Mini Band Maniac Appel Session 1 Pg. 12	Barre Trilogy Bender Session 1 Pg. 12	PILOXING® SSP - Party Ballard Session 2 Pg. 13	Indo-Row®: The Perfect Calorie Burn Thews & Colavecchio Session 2 Pg. 13	Functional Fixes for Forward Shoulders Osar Session 1 Pg. 12	PLYOGA®: Flow Lauren Session 1 Pg. 12
FR3 SESSION 2 12:30pm-2:00pm								
FR4 2:15pm-3:45pm	Zumba® Step Bostic Pg. 13	Completely Core Appel Pg. 13	The Ultimate Light Kettlebell Workout Lewis-McCormick Pg. 13	Barre Above: Lengthen, Strengthen and Inspire Murphy Madden & Bender Pg. 13	LaBlast Silk: Accessible Dance Fitness Canuel & Cooperman Pg. 13	PLYOGA®: Your Body is Power Lauren Pg. 13	POUND® Rockout Workout Bastos Pg. 13	Be Yo-Ga®: Forms & Flows Rockit Pg. 14
FR5 4:00pm-5:30pm	Successful Group Personal Training Fable Pg. 14	Trifecta Fitness Velazquez Pg. 14	Little Tweaks for Big Results Roberts Pg. 14	Barre Tab Wartenberg Pg. 14	Magic in Dance Fitness Sanders Pg. 14	FXP Hula Hoop®: Core Flow Benton Pg. 14	Corrective Exercise: Female Core Osar Pg. 14	Daanasana™ Yoga 360 Papi Pg. 14

EXPO OPEN 5:15pm-6:45pm

FR6 EVENING SESSIONS 6:30pm-7:30pm	 FITNESS IDOL	FITNESS IDOL CONTEST with Judges Kooperman, Rockit, Bender & Roberts • Pg. 15						
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SA1 7:00am-8:30am	Top 10 Abdominal Exercises Tumminello Pg. 18	Fluid Strength M. Mylrea Pg. 18	Mastering the Assessment McCall Pg. 18	Barre Fight Wartenberg Pg. 18	Zumba® Let it MOVE YOU! Bostic & Bullard Pg. 18	Pilates for Injury Prevention Bender Pg. 18	Corrective Exercise: Psoas-Glute Connection Osar Pg. 18	Daanasana™ Yoga Healthy Spine Papi Pg. 18
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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 Pg. 18							
SA3 11:00am-12:30pm	Joint-Friendly Strength Training Tumminello Pg. 19	Tabata Bootcamp™ - Express Workout M. Mylrea Pg. 19	Dynamic Anatomy - Core/Upper Body McCall Pg. 19	Gliding Scales - Barre with Gliders Appel Pg. 19	LaBlast: Fitness Powered by Dance Canuel & Cooperman Pg. 19	Functional Fixes for Dysfunctional Feet Osar Pg. 19	POUND® Rockout Workout Bastos Pg. 19	Extreme Tabata Yoga Howard Pg. 19


EXPO OPEN 12:15pm-3:30pm

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	No Equipment, No Problem Velazquez Session 1 Pg. 20	Dynamic Anatomy - Glutes/Lower Body McCall Session 1 Pg. 20	Barre Breakthrough Appel Session 2 Pg. 20	BollyX® LIT - The Bollywood Workout Tung Session 2 Pg. 21	Indo-Row®: Skills, Drills & Thrills Thews & Roberts Session 1 Pg. 20	The Reverse Warrior Lauren Session 2 Pg. 21	KiPranJ™: Earth Elements Papi Session 2 Pg. 21
SA5 3:15pm-4:45pm	Top Glute Training Exercises & Techniques Tumminello Pg. 21	Les Mills BODYATTACK® Workout Parrish Pg. 21	The Other 23 Hours B. Mylrea & M. Mylrea Pg. 21	Graceful Strength: Dancer Body Sculpting Roberts Pg. 21	STRONG by Zumba® Bullard Pg. 21	Pilates Strong Bender Pg. 21	Shockwave Thews, Colavecchio & Crosby Pg. 22	Spirited® 2 Rockit Pg. 22
SA6 5:00pm-6:30pm	Don't Step On It Howard Pg. 22	Ultimate Strength & Conditioning Workout Papi Pg. 22	Small Group PT Core Circuit Gonzalez Pg. 22	PILOXING® Barre - Punch 'n' Plié Ballard Pg. 22	LaBlast Shape: Dance Core Fitness Canuel & Cooperman Pg. 22	FXP Hula Hoop®: Body Sculpt Benton Pg. 23	POUND® Rockout Workout Bastos Pg. 23	Tai Chi 24 Yang Style Haan Pg. 23



CHARITY RAFFLE & EXPO OPEN 6:15pm-7:45pm

SA7 EVENING SESSION 7:30pm-8:30pm								
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SATURDAY, MAY 6

SU1 7:00am-8:30am	ESP HIIT Circuits Lewis-McCormick Pg. 23	20x3 Howard Pg. 24	Inner & Outer Core Fusion Gonzalez Pg. 24	 LaBlast FITNESS CERTIFICATION Beth Canuel & Megan Cooperman 8:00am-4:00pm • Pg. 9	BollyX® - The Bollywood Workout Tung Pg. 24	 LaBlast FITNESS CERTIFICATION Beth Canuel & Megan Cooperman 8:00am-4:00pm • Pg. 9	POUND® Rockout Workout Bastos Pg. 24	Yin Yoga Gibson Pg. 24
SU2 8:45am-10:15am	Core Hammer Gavigan Pg. 24	Les Mills GRIT™ Parrish Pg. 24	Training the Athlete in Everyone Pitts Pg. 25	Cardio Confiti Rockit Pg. 25			New Paradigm: Stability, Mobility & Balance Roberts Pg. 25	Qi Gong for Every Body Haan Pg. 25

EXPO OPEN 10:00am-1:30pm

SU3 11:15am-12:45pm	Introduction to PowerWave™ Training Gavigan Pg. 26	Group Exercise or Group Injury? H. Garcia & K. Garcia Pg. 26	Kettlebell Express Roberts Pg. 26	 SCW BARRE CERTIFICATION with Abbie Appel 8:00am-4:00pm Pg. 9	BollyX® LIT - The Bollywood Workout Tung Pg. 27	 FXP HULA HOOP® CERTIFICATION Kristin Benton 8:00am-4:00pm • Pg. 9	PILOXING® Knockout - Total Body Challenge Ballard Pg. 26	Flexibility + Performance = Wellness Howard Pg. 26
SU4 1:00pm-2:30pm	Foam Rolling: Recover, Rejuvenate & Revitalize Lewis-McCormick Pg. 27	HIIT ReMix Wartenberg Pg. 27	Shoulder Stabilization and Mobilization Gonzalez Pg. 27				Punching to 32: Cardio-Kickboxing Magic Merrill Pg. 27	Introduction to Meditation Rockit Pg. 27

SUNDAY, MAY 7

SCW FLORIDAMANIA® Schedule

	Schwinn®: Indoor Cycling Instructor Certification Thews & Sherman 7:00am-5:00pm Pg. 7		SCW Aquatic Exercise Certification Howard 8:00am-5:00pm Pg. 7	SCW Sports Nutrition Certification 9:00am-3:30pm Comana Pg. 8		SCW Aqua Barre Certification Wartenberg & Bowersox 9:00am-4:00pm Pg. 8	Bodhi Suspension System Certification Gonzalez 9:00am-5:00pm Pg. 8	
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I ACTIVE AGING / RECOVERY	J SCHWINN® CYCLING	K AQUA STARTS AT POOL	L AQUA STARTS AT LECTURE	M NUTRITION / HEALTH	N EX. SCIENCE / LEADERSHIP	O BUSINESS	P SUSPENSION	Q BOXING / CIRCUIT
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Spirited® Tune-Up: Toes to Nose Rockit Pg. 10	Schwinn®: How to WOW! Thews Pg. 10	Poolates Gibson Pg. 10	Barre H2O Wartenberg & Bowersox Pg. 10	Common Sense Nutrition: Your Scope H. Garcia & K. Garcia Pg. 10	Effective Teaching Techniques O'Brien Pg. 10	DNA of Successful Fitness Managers Gilbert Pg. 10			FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

ThinkFit: Smart Multi-level Circuits Quest Pg. 11	Schwinn®: Unapologetically Authentic Roberts Pg. 11	Girls Just Wanna Have Fun Kooperman, Lewis-McCormick, Pinkowski, Gilbert & Wartenberg Pg. 11	Aqua Zumba® Bostic & Bullard Pg. 11	Sneaky Strategies to Manage Weight Silverman Pg. 11	Solutions for Top Orthopedic Injuries Geringer Pg. 11	Master Plan: Retention and New Members Howard Pg. 12	Bodhi Suspension: Focus on Flexibility Gonzalez Pg. 12	Introducing HIIT Mix By Stairmaster® Friend-Uhl Pg. 12	FR2 10:00am-11:30am
Active Aging Yoga: Chair & Mat Kooperman Session 2 Pg. 13	Schwinn®: The "HARD" Conversation Crosby Session 2 Pg. 13	Aqua Carpe Diem O'Brien Session 1 Pg. 12	Cardio Wave: Foundations Harrison Session 1 Pg. 12	What's in your Food? Silverman Session 2 Pg. 13	Building Blocks: Core Science & Training McCall Session 2 Pg. 13	Social Media Marketing Sanders Session 2 Pg. 13	Bodhi Suspension: Cardio Quest Session 2 Pg. 13	BoxMaster Circuit Round 1 Friend-Uhl & McCall Session 1 Pg. 12	FR3 11:45am-1:15pm 12:30pm-2:00pm
Balanced Body MOTR®: Agility + Core Roberts Pg. 14	Schwinn®: C3 Content, Connection & Charisma Thews Pg. 14		WATERinMOTION® 29 Kooperman, Velazquez, Pinkowski, Gilbert & Weisenmiller Pg. 14	Breath Training and Technique Comana Pg. 14	Train the Brain Dennis Pg. 14	Become a Retention Rockstar H. Garcia & K. Garcia Pg. 14	Bodhi Suspension: Pilates Quest Pg. 14	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg. 14	FR4 2:15pm-3:45pm
Active Aging: No Place Like Foam Kooperman Pg. 15	Schwinn®: Build It & They'll Come Appel Pg. 15	Liquid Levels Pinkowski Pg. 15	Aqua for Active Aging O'Brien Pg. 15	Living and Thriving with Cancer B. Mylrea & M. Mylrea Pg. 15	Recovery: The Forgotten Training Variable McCall Pg. 15	Tidbits to Grow Your Business Bosley Pg. 15	Bodhi Suspension: Circuits Quest Pg. 15		FR5 4:00pm-5:30pm

EXPO OPEN 5:15pm-6:45pm

	Les Mills SPRINT™ Workout Parrish Pg. 15		Cardio Wave: Cardio Max Harrison Pg. 15	FREE WINE & CHEESE!					FR6 6:30pm-7:30pm
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Balanced Body: Run Your MOTR® Gonzalez Pg. 18	Schwinn®: Train Right to Ride Right Roberts Pg. 18	Tabata Water Sports Martin Pg. 18	Spirited Surf 2 Rockit Pg. 18	Weight Loss Aquatic Style Gilbert Pg. 18	Go Bones H. Garcia & K. Garcia Pg. 18	Build Your Best Business Strategies Quest Pg. 18			SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am

									SA2 9:30am-10:45am
The Big Balance Theory Pinkowski & Dennis Pg. 19	Schwinn®: Teaching Tips from TED® Thews Pg. 19	Playful Aqua Patterns Gilbert Pg. 19	Cardio Wave: Get Wet & Sweat Harrison Pg. 19	Are All Calories Equal? Comana Pg. 19	HIIT Extravaganza: 10 New Programs Kravitz Pg. 19	Successful Business Strategies: Owners & Managers Kooperman Pg. 20	Bodhi Suspension: Pilates Gonzalez Pg. 20	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg. 20	SA3 11:00am-12:30pm

EXPO OPEN 12:15pm-3:30pm

Strength Training for Longevity & Vitality Kooperman Session 2 Pg. 21	Schwinn®: To Breathless & Back Kerr Session 1 Pg. 20	Poolates Gibson Session 2 Pg. 21	LaBlast® Aqua SPLASH Canuel & Cooperman Session 2 Pg. 21	Sugar Shockers and Shakedown Silverman Session 1 Pg. 20	The Female Training Advantage 2017 Kravitz Session 2 Pg. 21	Financing Options for Your Business Bosley Session 2 Pg. 21	Bodhi Suspension: Circuits Quest Session 1 Pg. 20	BoxMaster Circuit Round 2 Friend-Uhl Session 1 Pg. 20	SA4 12:45pm-2:15pm 1:30pm-3:00pm
ThinkFit: Smart Multi-level Circuits Quest Pg. 22	Schwinn®: All About the BASE Appel Pg. 22		WATERinMOTION® Platinum 8 Kooperman, Velazquez, Pinkowski, Gilbert, Henry & Weisenmiller Pg. 22	Longevity Lab: Eats and Feats Silverman Pg. 22	Wellness for Optimal Aging Dennis Pg. 22	7 Steps to Selling Pitts Pg. 22	Bodhi Suspension: Chisel Gonzalez Pg. 22	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg. 22	SA5 3:15pm-4:45pm
Relax & Restore: Release & Mobilize Velazquez Pg. 23	Schwinn®: Girl Power 2.0 Thews & Roberts Pg. 23	Aqua Quality Movement Pinkowski Pg. 23	Athletic Aquatics Bretz Pg. 23	Nutrition Tips, Tidbits & Treats B. Mylrea & M. Mylrea Pg. 23	Ultimate Metabolic and Calorie-Burning Makeover Kravitz Pg. 23	Profitable Public Speaking for Trainers Watkis Pg. 23	Bodhi Suspension: Cardio Quest Pg. 23		SA6 5:00pm-6:30pm

CHARITY RAFFLE & EXPO OPEN 6:15pm-7:45pm

			FREE WINE & CHEESE!						SA7 7:30pm-8:30pm
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Boomer Beat Pinkowski & Dennis Pg. 24	Schwinn®: There's An App! Gilbert Pg. 24	Buns and Gums in the Pool Harrison Pg. 24	Cardio Wave: Cardio Max Harrison Pg. 24	Transition to a Plant-Based Diet B. Mylrea & M. Mylrea Pg. 24	Prenatal Fitness Review Hruska Pg. 24	Creative Group Fitness Programming Merrill Pg. 24			SU1 7:00am-8:30am
Balanced Body: Pilates on MOTR® Quest Pg. 25	Schwinn®: Hot Topics Crosby Pg. 25	Atomic Aquatics Bretz Pg. 25	Barre-A-Cuda Kooperman Pg. 25	Solutions for Top Orthopedic Injuries Geringer Pg. 25	Everything Resistance Training Kravitz Pg. 25	How to Plan Your Presentation Watkis Pg. 26	Bodhi Suspension: Chisel Gonzalez Pg. 26		SU2 8:45am-10:15am

EXPO OPEN 10:00am-1:30pm

Sole Strength Pinkowski & Dennis Pg. 26	Schwinn®: Pedal N' Pulse M. Mylrea Pg. 26	Anchor Down Henry Pg. 26	Aquatic Solutions for the Aging Gilbert Pg. 27	Transform Your Posture Seftchick Pg. 27	Biomechanics of Motherhood Hruska Pg. 27	Generating & Selling PT Leads Pitts Pg. 27	Bodhi Suspension: Circuits Quest Pg. 27		SU3 11:15am-12:45pm
Core Fit for Seniors Haan Pg. 27		Waves on Fire: Active Agers Martin Pg. 27	H.E.A.T. Waves Henry Pg. 27	Pain To Performance Seftchick Pg. 27	The Modern Science of Longevity Kravitz Pg. 27	Communication Strategies for Fitness Professionals Watkis Pg. 27			SU4 1:00pm-2:30pm

SATURDAY, MAY 6, 2017**SA1****7:00AM-8:30AM****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.

SA1A Saturday, 7:00am-8:30am**FLUID STRENGTH Mindy Mylrea**

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

SA1B Saturday, 7:00am-8:30am**Savvier Fitness****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.

SA1C Saturday, 7:00am-8:30am**BARRE FIGHT Billie Wartenberg**

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

SA1D Saturday, 7:00am-8:30am**ZUMBA®: LET IT MOVE YOU!****Jenna Bostic & Kelly Bullard**

Dozens of exhilarating rhythms, one amazing experience! Experience a high-energy ZUMBA® workout with choreography that will take you on a journey of the exotic sounds of African, French Reggaeton, cutting edge hip hop and sexy Latin rhythms. Learn new choreography techniques to a non-stop, get down-and-dance, calorie burning, high-energy workout!

SA1E Saturday, 7:00am-8:30am**ZUMBA****PILATES FOR INJURY PREVENTION****Leslee Bender**

Many students who have experienced classical Mat Pilates leave with back pain due to the amount of supine flexion and overuse of the hip flexors. In this session, you leave with functional exercises that promote flexibility and core strength in a safe and effective manner.

SA1F Saturday, 7:00am-8:30am**CORRECTIVE EXERCISE: PSOAS-GLUTE CONNECTION****Dr. Evan Osar**

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

SA1G Saturday, 7:00am-8:30am**DAANASANA™ YOGA HEALTHY SPINE Julio Papi**

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

SA1H Saturday, 7:00am-8:30am**BALANCED BODY®: RUN YOUR MOTR® Nico Gonzalez**

Add balance, agility and a whole lot of fun to your cardio training using the MOTR®. The rounded surface and variable resistance provides a super challenging workout to keep even your most fit clients working at their max.

SA1I Saturday, 7:00am-8:30am**SCHWINN®: TRAIN RIGHT 2 RIDE RIGHT Keli Roberts**

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

SA1J Saturday, 7:00am-8:30am**TABATA WATER SPORTS Connie Martin, M.A.**

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

SA1K Saturday, 7:00am-8:30am**SPIRITED SURF 2® 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.

SA1L Saturday, 7:00am-8:30am**OnDemand****WEIGHT LOSS AQUATIC STYLE Ann Gilbert**

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

SA1M Saturday, 7:00am-8:30am**GO BONES Herson & Kimberly Garcia**

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

SA1N Saturday, 7:00am-8:30am**BUILD YOUR BEST BUSINESS STRATEGY Erika Quest**

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

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

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

POWER UP



SA3

11:00AM-12:30PM

JOINT-FRIENDLY STRENGTH TRAINING

Nick Tumminello



This workshop shows you exactly how to build strength, increase muscle and improve physical appearance for clients and athletes with wounded knees, shell-shocked shoulders or bad backs. You'll experience alternative exercises that you can immediately use to work around commonly sensitive spots and still make gains in strength and performance.

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

TABATA BOOTCAMP™ - EXPRESS WORKOUT

Mindy Mylrea



Tabata Bootcamp™ is a revolution in HIIT training. Mindy shows how an amazing 30 minutes can lead to real change. Using the 20-10 timing protocol with max intervals, mixed intervals and our unique signature foundational moves timing of 30-20 10, you experience a new way to excite and challenge your students.

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

DYNAMIC ANATOMY - CORE/UPPER BODY

Pete McCall, MS

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

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

GLIDING SCALES - BARRE WITH GLIDERS

Abbie Appel

Slide into plies, scales and tendus with this exciting Barre-based workout that incorporates one piece of equipment: gliders. With a variety of dynamic exercises for upper body, lower body and core, discover how gliders can enhance creativity and effectiveness of standard Barre movements. Experience Barre on a whole new level!

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

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.

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

FUNCTIONAL FIXES FOR DYSFUNCTIONAL FEET

Dr. Evan Osar

The feet are your client's foundation and connection to the ground. They are often neglected and a common contributor to balance and gait issues. Discover how the foot functions, what commonly goes wrong and how to incorporate easy-to-implement foot corrections to create powerful and immediate changes in your clients with dysfunctional feet.

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

POUND® ROCKOUT WORKOUT

Michele Bastos



Sweat, Sculpt & ROCK in this 45-minute cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga- and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

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

EXTREME TABATA YOGA

Jeff Howard

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

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

THE BIG BALANCE THEORY

Jessica Pinkowski & 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. The 'Theory' is simple: The fear of falling can be conquered, and the risk of falling can be reduced! Learn how to create a fall-prevention program that fuses theory with practical application.

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

SCHWINN®: TEACHING TIPS FROM TED®

Doris Thews



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

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

PLAYFUL AQUA PATTERNS

Ann Gilbert

Study innovative science-based patterns to incorporate into your aqua classes. Learn to balance movement patterns to ensure that you know how to incorporate a well-designed warm-up and cool-down section to your class while capturing the attention of the group and retain them for years to come.

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

CARDIO WAVE: GET WET & SWEAT

Tiffany Harrison

GLIDE

Cardio Wave will introduce single leg movement, plyometrics and fun agility drills moving around the platform in and out of the water to increase cardio endurance and build strength. Participants will get wet while having fun and improving mobility and stability.

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

ARE ALL CALORIES EQUAL?

Fabio Comana, MA, MS

What is best - higher-intensity with more carbohydrate calories vs. lower intensity with more fat calories? Does fat intake vs. carbohydrate intake really matter and what are the pros and cons. This session will sift through the information separating fact from fiction. Leave with a clearer understanding of nutritional truths. (LECTURE)

SA3M 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)

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



GET UP

SUCCESSFUL BUSINESS STRATEGIES: OWNERS & MANAGERS Sara Kooperman, JD

OnDemand

If you are a new owner, veteran manager or aspiring coordinator, we need effective methods to manage and motivate ourselves and others. Whether coordinating a large company or leading a group of trainers, strategies for successful goal-setting and effective execution are addressed in this entertaining presentation. Leave refreshed and excited to conquer your world! (LECTURE)

SA30 Saturday, 11:00am-12:30pm

BODHI SUSPENSION: PILATES Nico Gonzalez

balanced body

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®.

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

INTRODUCING HIIT MIX BY STAIRMASTER

StairMaster

Sonja Friend-Uhl

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

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

SA4 - SESSION 1

12:45PM-2:15PM

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

SESSION NO LONGER
AVAILABLE.

NO EQUIPMENT, NO PROBLEM Manuel Velazquez

OnDemand

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!

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

DYNAMIC ANATOMY - 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.

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

INDO-ROW®: SKILLS, DRILLS & THRILLS

WaterRower® GX

Doris Thews & Keli Roberts

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

SA4F Saturday, 12:45pm-2:15pm

SCHWINN®: TO BREATHLESS & BACK Francesca Kerr



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

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

SUGAR SHOCKERS AND SHAKEDOWN

Tricia Silverman, RD, MBA

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

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

BODHI SUSPENSION: CIRCUITS Erika Quest



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

SA4P Saturday, 12:45pm-2:15pm

BOXMASTER® CIRCUIT: ROUND 2 - SPORTS PERFORMANCE Sonja Friend-Uhl

StairMaster

Did you enjoy Round 1 with BoxMaster® Circuit? We are just getting started! Join us for Round 2 on the BoxMaster®, which is the latest training tool for boxing specialists and fitness enthusiasts alike. Take your reaction time, agility, stamina and coordination to the next level as rounds get longer and the combos are more complex. By using strategic combinations participants will improve power, speed, and endurance! Boost your member retention with an entirely different way to get in shape!

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

SA4 - SESSION 2

1:30PM-3:00PM

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

BARRE BREAKTHROUGH Abbie Appel

Break through training plateaus and break out of your traditional strength workouts with this Ballet-inspired Barre workout. Incorporate elements of dance and functional strength training for this one-of-a-kind total body experience. Learn this easy-to-follow sequence of movements while moving to upbeat, exciting music with

a variety of props and a Ballet Barre. Customize the workout for all fitness levels with precise cues, modifications and progressions.

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

BOLLYX® LIT - THE BOLLYWOOD WORKOUT



Fen Tung

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

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

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!

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

KIPRANJ™ EARTH ELEMENT **Julio Papi**

The first time 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.

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

STRENGTH TRAINING FOR LONGEVITY & VITALITY



Sara Kooperman, JD

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

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

POOLATES **Lisa Gibson**

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

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

LABLAST® AQUA SPLASH



Beth Canuel & Megan Cooperman

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

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

THE FEMALE TRAINING ADVANTAGE 2017 **Len Kravitz, PhD**

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

SA4N Saturday, 1:30pm-3:00pm

FINANCING OPTIONS FOR YOUR BUSINESS **Paul Bosley**

This session is designed to teach attendees methods of securing financing for their businesses. During the first half of the class, the attendees will learn how to prepare for underwriting, which is a relatively standard

process used by all lenders and investors. The second half of the class reviews all potential sources of securing debt and equity financing available in the current marketplace. The last 10-15 minutes is reserved for questions and answers. (LECTURE)

SA4O Saturday, 1:30pm-3:00pm

SA5

3:15PM-4:45PM

TOP GLUTES TRAINING EXERCISES & TECHNIQUES



Nick Tumminello

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

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

LES MILLS BODYATTACK® **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.

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

THE OTHER 23 HOURS **Bruce Mylrea & Mindy Mylrea**



How much time do we spend with each client per day and what about the other hours? We can have a huge impact on the wellness of our students' lives by the seeds we plant when we ARE with them. This workshop sheds light on new research regarding behavioral change.

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

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 Ballet Barre focused, non-impact workout leaves you feeling refreshed and energized. Discover the dancer within and sculpt a dancer's body!

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

STRONG BY ZUMBA® **Kelly Bullard**



In HIIT programs, music is an afterthought. STRONG by ZUMBA® combines HIIT with the science of Synced Music Motivation. Using only body weight, students workout to music that's been reverse-engineered to match every move. STRONG is feeling the beat instead of counting reps to push students past their perceived limits. Let It Sync In™.

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

PILATES STRONG! **Leslee Bender**

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

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



SARA KOOPERMAN, JD

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

SHOCKWAVE**Doris Thews, Shannon Colavecchio & Tahneetra Crosby**

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

SA5G Saturday, 3:15pm-4:45pm**SPIRITED 2® Yury Rockit**

Yury's "Spirited" program appears internationally with its appealing easy combination of 20-minute sections of cardiovascular, strength and flexibility. Learn to train the body in 60 minutes using just bodyweight and non-traditional, inspiring music, designed to train with the four elements of earth, fire, water and air.

SA5H Saturday, 3:15pm-4:45pm**THINKFIT: SMART MULTI-LEVEL CIRCUITS Erika Quest**

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

SA5I Saturday, 3:15pm-4:45pm**SCHWINN®: ALL ABOUT THE BASE Abbie Appel**

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

SA5J Saturday, 3:15pm-4:45pm**WATERINMOTION® PLATINUM 8****Sara Kooperman, Manuel Velazquez, Ann Gilbert, Jessica Pinkowski, Chris Henry & 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!

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

WaterRowers® GX

raw and steamed vegetables can lengthen your lifespan, while other foods have the opposite effect. (LECTURE)

SA5M Saturday, 3:15pm-4:45pm**WELLNESS FOR OPTIMAL AGING Cammy Dennis**

Examine the multiple dimensions of wellness and their influence on aging optimally. Physical fitness is 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)

SA5N Saturday, 3:15pm-4:45pm**7 STEPS TO SELLING David Pitts**

Most fitness professionals feel uncomfortable talking about pricing and sales. In fact, you likely HATE it! In this valuable session, learn seven steps to selling your services in a way that won't leave you feeling like a used car salesman. Discover how sales really is service. (LECTURE)

SA5O Saturday, 3:15pm-4:45pm**BODHI SUSPENSION: CHISEL 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.

SA5P Saturday, 3:15pm-4:45pm**INTRODUCING HIIT MIX BY STAIRMASTER****Sonja Friend-Uhl**

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

SA5Q Saturday, 3:15pm-4:45pm**SA6****5:00PM-6:30PM****DON'T STEP ON IT Jeff Howard**

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

SA6A Saturday, 5:00pm-6:30pm**ULTIMATE STRENGTH & CONDITIONING WORKOUT****Julio Papi**

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

SA6B Saturday, 5:00pm-6:30pm**SMALL GROUP PT CORE FUSION Nico Gonzalez**

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

SA6C Saturday, 5:00pm-6:30pm**PILOXING® BARRE - PUNCH 'N' PLIÉ Jordan Ballard**

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

SA6D Saturday, 5:00pm-6:30pm**GIVE ME ZEN**

LABLAST® SHAPE: DANCE CORE FITNESS



Beth Canuel & Megan Cooperman

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

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

FXP HULA HOOP®: BODY SCULPT



Kristin Benton

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

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

POUND® ROCKOUT WORKOUT Michele Bastos



Sweat, Sculpt & ROCK in this 45-minute cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga- and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

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

TAI CHI 24 YANG STYLE Elian Haan

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

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

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.

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

SCHWINN®: GIRL POWER 2.0



Doris Thews & Keli Roberts

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

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

AQUA QUALITY MOVEMENT Jessica Pinkowski

The quality of movement is critical for optimal outcomes at any age. The aqua environment is unique and instructors need a specialized skill set to help active agers achieve success. Learn how to develop this set of "teaching tools" including visual and verbal cueing to promote proper posture and effective movement mechanics.

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

ATHLETIC AQUATICS Kim Bretz, MS

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

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



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.

NUTRITION TIPS, TIDBITS & TREATS



Bruce Mylrea & Mindy Mylrea

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

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

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)

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

PUBLIC SPEAKING PROFITS FOR TRAINERS John Watkis

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

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

BODHI SUSPENSION: CARDIO Erika Quest



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

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

SA7

7:30PM-8:30PM

AQUA PANEL: EBBS & FLOWS

Irene Lewis-McCormick, MS, CSCS, Manuel Velazquez, Jeff Howard, Ann Gilbert & Chris Henry

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 WINE AND CHEESE WILL BE PROVIDED!

SA7M Saturday, 7:30pm-8:30pm

SUNDAY, MAY 7

SU1

7:00AM-8:30AM

ESP HIIT CIRCUITS Irene Lewis-McCormick, MS, CSCS



Learn to design circuits with a focus on Endurance, Strength and Power for individuals, partners and group training. The secret to facilitating challenging but easy-to-follow High Intensity

Interval Training programs is in the design using a variety of equipment and simple performance coaching cues. Power Systems tools and toys elevate the fun factor to guarantee results.

SU1A Sunday, 7:00am-8:30am

20X3 Jeff Howard

OnDemand

This one-hour workout combines three 20-minute segments to deliver results. Experience three of the hottest fitness trends united to provide excitement. The first 20 minutes is a heart-pumping Tabata workout followed by 20 minutes of integrated explosive exercises and the last 20 minutes is a traditional body conditioning segment used as a recovery component.

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

INNER & OUTER CORE FUSION Nico Gonzalez

This action-packed session will showcase a variety of fun-filled movements to challenge beginners and your hard-core clients. It is time to move your body beyond front/back and side to side. Learn to incorporate your "super highways" of movement efficiently and safely. Core strength guaranteed!

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

BOLLYX® - THE BOLLYWOOD WORKOUT Fen Tung

BOLLYX

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.

SU1E Sunday, 7:00am-8:30am

POUND® - ROCKOUT WORKOUT Michele Bastos

POUND

Sweat, Sculpt & ROCK in this 45-minute cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga- and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

SU1G Sunday, 7:00am-8:30am

YIN YOGA Lisa Gibson

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

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

BOOMER BEAT Cammy Dennis & Jessica Pinkowski

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

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

SCHWINN®: THERE'S AN APP! Francesca Kerr



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

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

BUNS & GUNS IN THE POOL Ann Gilbert

Practice innovative strength training workout patterns that allow you to take your class to a new level. Study a trainer's cueing patterns and learn how to implement them into this class format. Grab a



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.

noodle and buoy and hit the pool this season with the ultimate "switch it up" class format.

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

CARDIO WAVE: CARDIO MAX Tiffany Harrison

GLIDE

Learn how to bring props to your pool workout, multitask and create muscle confusion by tackling balance on an unstable surface while building strength. Experience a full body workout and lots of laughter moving in and out of the water using medicine balls, bands and a variety of props to challenge your workout.

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

TRANSITION TO A PLANT-BASED DIET

Savvier Fitness

Bruce Mylrea & Mindy Mylrea

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

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

PRENATAL FITNESS REVIEW Farel Hruska

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

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

CREATIVE GROUP FITNESS PROGRAMMING Kari Merrill

Stimulate your creativity in this interactive lecture. Amp up your group fitness or small group training sessions with ingenious and fun ideas to change-up reps, pyramids and intervals by adding the element of creativity with dice, cards, trivia and more. Get ready to shake things up in your group ex schedule. (LECTURE)

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

SU2

8:45AM-10:15AM

CORE HAMMER Andrew Gavigan

POWER SYSTEMS

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

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

LES MILLS GRIT™ 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.

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

TRAINING THE ATHLETE IN EVERYONE David Pitts

Workouts should be challenging in order to progress, but they also should be fun to keep your clients coming back for more! Learn how to bring out the best in each of your clients with these high-intensity functional movements. Join me as I bring the intensity and energy that is certain to bring out the athlete in YOU!

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

CARDIO CONFETTI Yury Rockit

With all the approaches to cardiovascular training, group ex instructors have a wide variety of choices for creating classes. Instead of one approach, Yury will lead you through a buffet of innovative ways to achieve the same goal: make our heart stronger for its cardioprotective benefits. Abandon your sense of boredom with class ideas Yury has been sharing with his clients in Asia for years.

SU2E Sunday, 8:45am-10:15am

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.

SU2G Sunday, 8:45am-10:15am

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.

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

BALANCED BODY®: PILATES ON MOTR® Erika Quest

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

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



SCHWINN®: HOT TOPICS Tahneetra Crosby



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

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

ATOMIC AQUATICS Kim Bretz, MS

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

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

BARRE-A-CUDA



Sara Kooperman, JD

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.

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

SOLUTIONS FOR TOP ORTHOPEDIC INJURIES



Dr. Ryan Geringer

Dr. Geringer will educate on the most common injuries. He will cover incident, pathology, and different treatments for each injury to help your clients stay active. The injuries covered include Osteoarthritis, Ankle Sprain, Plantar Fasciitis, Achilles Tendonitis, and Epicondylitis. (LECTURE)

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

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)

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

ROLL WITH IT





HOW TO PLAN YOUR PRESENTATION

John Watkis

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

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

BODHI SUSPENSION: CHISEL 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.

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



SU3

11:15AM-12:45PM

INTRODUCTION TO POWERWAVE™ TRAINING

Andrew Gavigan

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

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

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.

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

SESSION NO LONGER AVAILABLE.

PILOXING® KNOCKOUT - TOTAL BODY CHALLENGE PILOXING

Jordan Ballard

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

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

FLEXIBILITY + PERFORMANCE = WELLNESS Jeff Howard

Partner-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.

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

SOLE STRENGTH Jessica Pinkowski & Cammy Dennis

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

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

SCHWINN®: PEDAL N PULSE Mindy Mylrea

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

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



ANCHOR DOWN Chris Henry

This aquatic exercise session focuses on grounded/anchored movements often omitted or overlooked in traditional exercises classes. In this course, we'll focus on the benefits of these isolated exercises that can increase core strength, stability, power and flexibility as well as compliment other exercise regimens. Come for a surprisingly challenging workout!

SU3K Sunday, 11:15am-12:45pm

AQUATIC SOLUTIONS FOR THE AGING Ann Gilbert

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

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

TRANSFORM YOUR POSTURE Stephen Sefchick

Postural issues are mostly habitual poor mechanics and over time can lead to pain and injuries if not addressed. In this session, you'll discover that it all happens from the ground up, and the feet are a major influence on dysfunction and postural anomalies! Walk away with the latest techniques to perform functional evaluations and strategies that will transform your clients' bodies and perhaps drastically improve their quality of life. (LECTURE)

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

BIOMECHANICS OF MOTHERHOOD Farel Hruska

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

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

GENERATING & SELLING PT LEADS David Pitts

In this course, experience how to generate leads for your business, and David will also teach you the art of engaging EVERY ONE of your leads in a way will speed up the process of getting them to know, like and trust you enough to schedule an appointment with you and BUY! (LECTURE)

SU3O Sunday, 11:15am-12:45pm

BODHI SUSPENSION: CIRCUITS Erika Quest

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

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



SU4

1:00PM-2:30PM

FOAM ROLLING: RECOVER, 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.

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

**HIIT REMIXX** Billie Wartenberg

HIIT Remixx is a high-energy class that will "take you back to the old school" with the best moves of the past combined with modern exercise formats. You will experience hip hop, kickboxing, sculpt and athletic drills that keep you on your toes wanting more!

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

SHOULDER MOBILIZATION & STABILIZATION Nico Gonzalez

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

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

BOLLYX® LIT - THE BOLLYWOOD WORKOUT Fen Tung

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



principles to get your heart pumping and your BOLLYWOOD on!

SU4E Sunday, 1:00pm-2:30pm

PUNCHING TO 32: CARDIO-KICKBOXING MAGIC

Kari Merrill

Bring the individually choreographed class back and create and breakdown a series of cardio-kickboxing combos taught utilizing the 32 count of square music. Keep energy flowing and your participants moving with an array of punching and kicking while incorporating agility, core and spunk. The magic is in the breakdown and building-up.

SU4G 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.

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

**CORE FIT FOR SENIORS** 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.

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

WAVES ON FIRE: ACTIVE AGERS Connie Martin, M.A.

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

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

H.E.A.T. WAVES Chris Henry

H.E.A.T. waves (High Energy Aquatic Training) is a non-traditional water exercise experience offering unconventional drills, which utilize water resistance to challenge participants. Take your class to another level by incorporating movements that challenge the entire body and really get your heart pumping! With 360 degrees of resistance, water is the best equipment of all. We'll use basic water exercise moves for warm-up and rhythmic limbering of muscles and joints, then hold on tight. It is a wet and bumpy ride!

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

PAIN TO PERFORMANCE Stephen Sefchick

This presentation will show you how you can reduce pain in muscles and joints and reach your full potential. Learn about a powerful exercise program that will change the way you think about fitness, making you feel younger with decreased pain and lowering your risk for injury. (LECTURE)

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

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)

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

COMMUNICATION STRATEGIES FOR FITNESS

PROFESSIONALS John Watkis

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

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

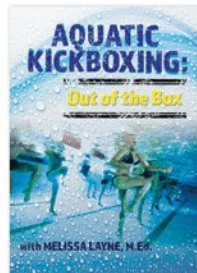
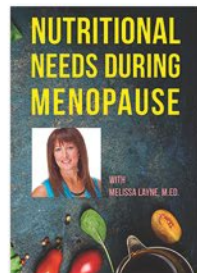
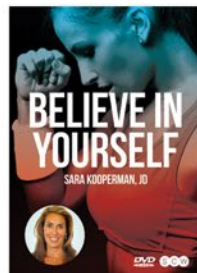
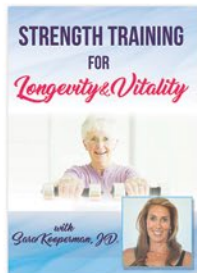
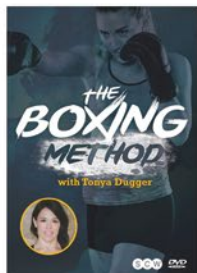
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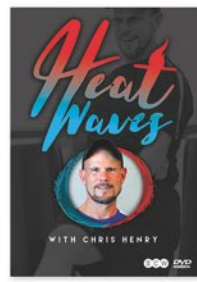
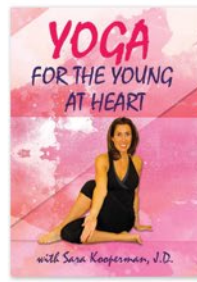
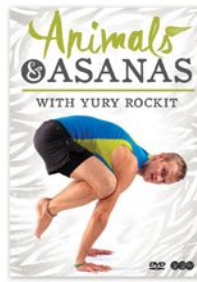


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1: ATTENDEE INFORMATION

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
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 Fax: (847) 562-4080

FIRST NAME _____ LAST NAME _____

EMAIL ADDRESS _____
 (_____)

CELL PHONE _____

HOME STREET ADDRESS _____

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2: MANIA® RATES

	Before 4/21/17	After 4/21/17
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"/> \$129	<input type="checkbox"/> \$189
Staff Assistant	<input type="checkbox"/> \$99	<input type="checkbox"/> \$129
Staff Assistant (Sunday Only)	<input type="checkbox"/> \$79	<input type="checkbox"/> \$99

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

3: CONVENTION CERTIFICATIONS

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

5: FEE TOTAL

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

6: PAYMENT INFORMATION

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

Credit Card # _____

Expiration Date _____ / _____

Print Cardholder's Name _____

Cardholder's Signature _____

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

Check # _____

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

7: DIRECTIONS FOR REGISTRATION

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

FRIDAY, MAY 5, 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, MAY 6, 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, MAY 7, 2017

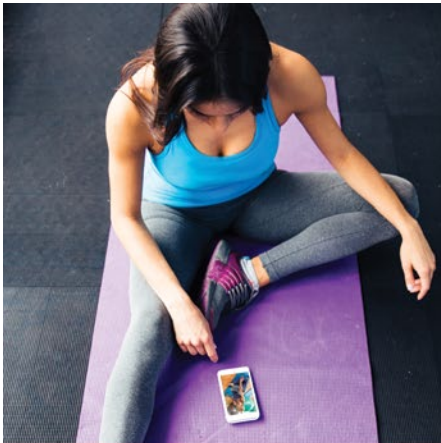
SESSION TIME		1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SU1	_____	_____	_____
8:45am-10:15am	SU2	_____	_____	_____
11:15am-12:45pm	SU3	_____	_____	_____
1:00pm-2:30pm	SU4	_____	_____	_____

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/florida/faqs/>.

Signature required _____ Date _____




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*Membership deadline required. Activity subject to equipment availability.

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MANIA® FITNESS PROFESSIONAL CONVENTIONS

							
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