

CELEBRATING 30 YEARS!

Midwest

MANIA[®]

SCW

FITNESS PRO CONVENTION
SEPTEMBER 22-24, 2017



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:

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

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

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



MIDWEST MANIA® FITNESS CONVENTION

September 22-24, 2017

CERTIFICATIONS

September 20, 21 & September 24, 2017

LOCATION

The Westin O'Hare
6100 North River Road
Rosemont, Illinois 60018
800-937-8461
847-698-6000



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

MANIA® is 30 years old this year!

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

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

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

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

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

In Health and Wellness,

Sara Kooperman, JD
CEO, SCW Fitness Education

SCW FITNESS EDUCATION: WE'RE A FAMILY.

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

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IT ALL STARTS HERE

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



250+
CERTIFICATIONS
& WORKSHOPS

70+
STAR
PRESENTERS

24
CEC &
CEU HOURS

17
SESSIONS
EVERY HOUR

PREMIERE SPONSORS



CO-SPONSORS



ASSOCIATE SPONSORS





WESTIN
HOTELS & RESORTS

LOCATION

The Westin O'Hare
6100 North River Road
Rosemont, Illinois 60018
800-937-8461
847-698-6000

HOTEL RATE

AS LOW AS \$37 PER NIGHT

\$148 Single-Quad: Pay just \$37 a night when you share a room with three others - WOW! What a savings! Remember to reference "SCW MANIA" when booking!
Cut-Off Date: August 31, 2017

PARKING

MANIA® attendees will receive a special parking rate from the hotel of \$10 per night (regularly \$25).

Valet parking is \$35 per night.

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

FREE AIRPORT SHUTTLE

The Westin offers a complimentary shuttle service to and from Chicago's O'Hare Airport. For domestic flights, pickup is at the Hotel Shuttle Center Door #3, which is located just off the baggage-claim area.

Between midnight and 5:00am, please call 847-698-6000 to arrange service.

Pickup at the International Terminal is available upon request. Please call the hotel directly upon arrival to arrange for pickup.

Disabled-accessible shuttles are available upon request.

TAXI / UBER / LYFT

Cost is approximately \$27 each way from the airport to the hotel.

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

MOST POPULAR WAYS TO SAVE ON MANIA®



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

SCW needs energetic, outgoing, flexible fitness pros who GET IT! Create the MANIA® experience and RUN THE SHOW! Our SCW Crew are leaders who go behind the scenes to make this amazing educational experience happen. Mingle with Presenters, network with like-minded crew members, join the ranks of the SCW Office Team, and MAKE A DIFFERENCE! Sunday Door Teams pay only \$79 - Saving \$180 off the regular price of \$259! Other Staff Assistants pay just \$99. *Staff Assistants do not register for specific class selections and may attend any session they wish when not working. NOTE: If a session is full or has limited equipment, Staff Assistants may be asked to audit/observe that session but will still receive CECS.*

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



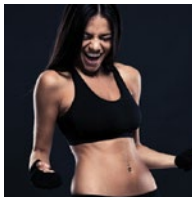
REFER-A-FRIEND DISCOUNT - EASY WAY TO SAVE BIG!

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



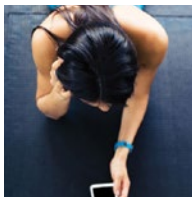
YMCA DISCOUNT RATE

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



WEEKEND WARRIOR SPECIAL!

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



TEXT MESSAGE UPDATES

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



REGISTER ONLINE AND SAVE!

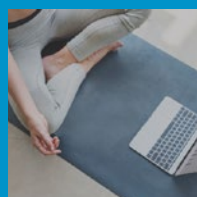
Register Online at www.scwfit.com/midwest. It's fast, easy and secure. Pay by Visa, MasterCard or Discover. A \$4 convenience processing fee applies to each registration. Mailed or Faxed registrations pay an additional \$25. Questions? Email registration@scwfit.com or call 847-562-4020. We are always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

MANIA® AND SCW FITNESS EDUCATION



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

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



EASILY ACCESSIBLE OUTLINES ONLINE

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



2017 SCW PRESENTERS OF THE YEAR AWARD!

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



ONE EXCELLENT EXPO!

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



PARTNER WITH THE BEST! EXHIBIT | ADVERTISE | SPONSOR

Would you like to be a sponsor, exhibitor or advertiser at the country's best fitness convention? To be a Presenter, access the highest traffic Booth, receive inserts into the Welcome Bag, publish Articles with Ads in our Newsletter and/or get Discount Coupons in our Emails, just go to www.scwfit.com/PARTNER, email partner@scwfit.com or call Cheryl Vincent at 708-612-7599.

REGISTRATION HOURS

Wednesday, September 20: 8:00am - 6:30pm
Thursday, September 21: 6:00am - 7:30pm
Friday, September 22: 6:00am - 7:00pm
Saturday, September 23: 6:00am - 7:45pm
Sunday, September 24: 6:30am - 1:30pm

EXPO HOURS

Friday, September 22: 8:45am - 2:30pm
5:15pm - 6:45pm
Saturday, September 23: 8:15am - 9:30am
12:15pm - 3:30pm
6:15pm - 7:45pm
Sunday, September 24: 10:00am - 1:30pm



FRIDAY • SEPTEMBER 22 - 6:30PM-7:30PM

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

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

Apply today at scwfit.com/idol

30 YEARS STRONG! MIDWEST MANIA® THANKS YOU!

SCW is proud to announce this year marks the 30TH Midwest MANIA® Fitness Pro Convention, and we couldn't have gotten here without YOU! Thank you for all the years of support - We look forward to many more years to come!





OUR SPONSORS BRING IT.



POWER SYSTEMS
Since 1986, Power Systems' passion for fitness has been fueled by our customers. Our mission is to advance health, fitness, and

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



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

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



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

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



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



WATERINMOTION®
Discover how WATERinMOTION® has resuscitated hundreds of aqua programs

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



SCHWINN®
Join the tens of thousands of successful indoor cycling instructors worldwide who are Schwinn® Cycling Certified! You too can attend the industry's most comprehensive training program by registering now to join us for the Schwinn® Cycling Instructor

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



balanced body®

BALANCED BODY®
Balanced Body® has worked with commercial fitness facilities for 40 years to create the very best in mindful movement equipment and training. Learn cutting edge programming and choreography with top notch teachers, and enjoy playing with great exercise tools

like MOTR® and the Bodhi Suspension System®. In 2017 we will also introduce ThinkFit®, a programming system that combines the fitness essentials of cardiorespiratory training, strength, neuromotor training and flexibility with the Balanced Body Movement Principles. Create classes for clients at all levels of ability, and take your teaching to a new level! Info: www.balancedbody.com, 800-745-2837.



HEDSTROM® FITNESS

HEDSTROM® FITNESS

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

PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

WEDNESDAY, SEPTEMBER 20

SCW GROUP EXERCISE CERTIFICATION



Irene Lewis-McCormick, MS, CSCS
Wednesday, September 20, 9:00am-6:00pm
\$159 MANIA® Attendees / \$199 Non-Attendees
 Learn class sequencing, warm-up progressions, musical phrasing, proper cueing techniques, choreography development and all the practical skills required to teach your best class, every class. Leave this Nationally Recognized Certification with confidence in your ability to lead and demonstrate proper group teaching skills. Understand cardiovascular training, muscular endurance and flexibility training techniques with one of our industry's finest. The balance of theoretical and practical training produces this cutting-edge Group Exercise Certification perfect to prepare you for the newest variety of fitness programming - Hi/low impact, muscle sculpting, HIIT programming, and more. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (8.0), AFAA (8.0), AEA (4.5), NASM (0.8), ACSM (8.0).

TABATA GX & BOOTCAMP BUSINESS



Mindy Mylrea
Wednesday, September 20, 9:00am-6:00pm
\$229.99 MANIA® Attendees / \$249 Non-Attendees
 Presenting two trainings in one! First, TABATA GX, the most intelligent HIIT group exercise program around, provides the science and sizzle. Mindy will introduce specific applications to create the ultimate group exercise experience. Master the art of inspiration and delivery with our proven teaching methodology. Next, step into BOOTCAMP BUSINESS! Two bootcamp icons, Mindy Mylrea and SGT Ken®, teamed up to provide the best tools and practices to elevate your bootcamp business. You'll walk away with unique and impactful business ideas sure to guarantee maximum success. Whether you're a bootcamp trainer, personal trainer or group exercise instructor, you'll learn valuable techniques to promote your program and business strategies to generate the income you deserve. *Lunch is a 1-hour "working" lunch. Participants are encouraged to bring their own lunch. Certification includes: 2 manuals, opportunity to have access to over 250 online workouts and nutrition-support videos, discounts on equipment and Tabata Bootcamp™ apparel, and fully integrated and turnkey website that provides ongoing support for each trainer!* SCW (9.0), AFAA (9.0), ACE (0.9), NASM (0.9).

SCW AQUATIC EXERCISE CERTIFICATION



Jeff Howard
Wednesday, September 20, 9:00am-6:00pm
\$159 MANIA® Attendees / \$199 Non-Attendees
 Drawing on over 100 years of combined expertise in the aquatic fitness industry, this Nationally Recognized Certification serves as an important first step into the field of teaching water exercise. This comprehensive course addresses practical skill mastery while reinforcing the benefits of aquatic exercise in the unique environment of water. The principles of aquatic training as they apply to general anatomy, kinesiology, water depth, movement plans, practical cueing skills, musical usage, and special population adaptations are thoroughly addressed. The need for professionalism, leadership skills, and legal considerations are reinforced. Practical on-site coaching of teaching skills is included. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (8.0), AFAA (8.0), ACE (0.7), AEA (9.0), NASM (0.7), ACSM (8.0).

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



Keli Roberts
Wednesday, September 20, 12:00pm-6:00pm
\$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).

THURSDAY, SEPTEMBER 21

SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION



Jeffrey Scott & Doris Thews
Thursday, September 21, 7:00am-5:00pm
\$199 MANIA® Attendees / \$229 Non-Attendees
 Get certified in the industry's most respected and progressive indoor cycling instructor training course. In one power-packed day, you'll get the tools you need to become a successful, sought-after instructor on any brand of bike. This critically acclaimed certification is based on the newly updated Schwinn Cycling Coach's Pyramid, a specialized system that makes teaching simple for you and an incredible experience for your students. You will learn bike fit, cycling science, class design, music, communication skills and motivation techniques. *Take-home exclusives include a comprehensive manual and Certificate of Completion, eight complete class designs and Power Music® Schwinn Cycling Signature Music. CPR card not required.* SCW (8.0), ACE (0.9), AFAA (8.25).

SCW PERSONAL TRAINING CERTIFICATION



Keli Roberts
Thursday, September 21, 8:00am-5:00pm
\$159 MANIA® Attendees / \$199 Non-Attendees
 This Nationally Recognized Personal Training Certification is led by only the top Presenter/Trainers in the country. Combining lecture and activity, this workshop addresses academic foundations, training principles, and hands-on program design to provide students with the skill sets and critical knowledge required to guide individuals to achieve their health-fitness and performance goals. The essentials of exercise physiology and kinesiology, health-risk assessment, physical evaluations, programming alternatives for cardio, strength and flexibility advancement, and an introduction to facilitating behavior change along with basic business and marketing skills are all addressed in this day-long course. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (8.0), AEA (4.0), ACSM (8.0).

SCW PILATES MATWORK CERTIFICATION



Abbie Appel
Thursday, September 21, 8:00am-5:00pm
\$159 MANIA® Attendees / \$199 Non-Attendees
 This Nationally Recognized Certification introduces a progressive series of exercises and modifications based on the methods of Joseph Pilates. The principles of core stabilization, Pilates mat work, and physical therapy techniques create the foundation for this intensive combination of theoretical and practical training. Proper execution of form, technique, and programming are explored as they apply to training the young, old, athletic, sedentary, and even those rehabilitating from injury.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (8.0), ACE (0.8), AEA (4.5), NASM (0.8), ACSM (8.0).

SCW YOGA I CERTIFICATION



Manuel Velazquez
Thursday, September 21, 8:00am-5:00pm
\$159 MANIA® Attendees / \$199 Non-Attendees
 This Nationally Recognized Certification is the number one Yoga Certification in the U.S. offering the most comprehensive theoretical and practical approach to hands-on yoga instruction. Experience different Hatha yoga postures suitable for varying clientele - young, old, competitor, injured or recovering athlete, and advanced or deconditioned participant. Research, postures, program design and cueing techniques are addressed in a passionate and systematic approach. Participants leave qualified to lead a successful yoga class or yoga-inspired cool down regardless of their previous teaching experience. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (8.0), AFAA (8.0), ACE (0.8), AEA (4.0), NASM (0.8), ACSM (8.0).

SCW YOGA II CERTIFICATION



Manuel Velazquez
Thursday, September 21, 5:30pm-9:30pm
\$99 MANIA® Attendees / \$129 Non-Attendees
 Take a deeper look into the fundamentals of Yoga instruction from an authentic, fitness-appropriate perspective. This condensed course serves as the next level of the Hatha Yoga postures discussed in Yoga Fundamentals I, addressing the eight limbs of yoga, detailed pranayama study, partner yoga, inversions, chanting, and chakras. SCW Yoga Fundamentals I is recommended but not required. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (4.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (2.0), ACSM (4.0).

ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING



Jenna Bostic
Thursday, September 21, 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, September 21, 8:00am-5:00pm
\$200 MANIA® Attendees / \$225 Non-Attendees
 PILOXING® SSP is the original fusion format that made PILOXING® a worldwide success. Uniquely blending three of the industry's most powerful and timeless disciplines; Boxing, Pilates and Dance, in a high-energy interval workout. During this 9-hour hands-on workshop, you will learn the training methodology, principles and moves that make PILOXING® SSP an effective, in-demand program. You will receive all the tools to successfully teach a several PILOXING® SSP classes. *Price includes a PILOXING® SSP digital instructor manual, full class video including 20+ PILOXING® choreography/exercise segments, PILOXING® Gloves, Certificate of Completion and Elite eligibility.* SCW (8.0), AFAA (8.0), ACE (0.8).

SPEEDBALL INSTRUCTOR CERTIFICATION**Steve Feinberg****Thursday, September 21, 8:00am-5:00pm****\$199 MANIA® Attendees & Non-Attendees**

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

SOUL GROOVES®**Tammy Harris****Thursday, September 21, 8:00am-5:00pm****\$150 MANIA® Attendees & Non-Attendees**

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

SCW AQUA BARRE CERTIFICATION**Billie Wartenberg & Elizabeth Bowersox****Thursday, September 21, 9:00am-4:00pm****\$159 MANIA® Attendees / \$199 Non-Attendees**

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

SCW ACTIVE AGING CERTIFICATION**Ann Gilbert & Bernadette O'Brien, MA****Thursday, September 21, 9:00am-5:00pm****\$159 MANIA® Attendees / \$199 Non-Attendees**

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

SCW SPORTS NUTRITION CERTIFICATION**Fabio Comana, MA, MS****Thursday, September 21, 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, September 21, 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 & Cassie Hilleboe****Thursday, September 21, 9:00am-5:00pm****\$199 MANIA® Attendees / \$229 Non-Attendees**

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

BOSU® SKILLS & DRILLS CERTIFICATION**Shannon Fable & Lucy Waite, MS****Thursday, September 21, 9:00am-4:00pm****\$129 MANIA® Attendees / \$159 Non-Attendees**

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

BODHI SUSPENSION SYSTEM CERTIFICATION**Nico Gonzalez****Thursday, September 21, 9:00am-5:00pm****\$199 MANIA® Attendees / \$229 Non-Attendees**

Suspension training is a great addition to one-on-one, small group or circuit training. The Bodhi Suspension System takes suspension to a whole new level with four points of suspension, dynamic ropes, easy-to-adjust loops and handles and a mind-body approach. This one-day course

introduces you to the power of suspension and provides you with exercises for any class or client. The course focuses on the Balanced Body Movement Principles and Balanced Body Track System to make you a better trainer and program suspension classes that are well balanced and effective. Add suspension to your tool box or expand your understanding of suspension. *This certification includes a detailed handout and video support. CPR card not required.* SCW (7.0).

SCW KETTLEBELL PRACTICAL CERTIFICATION**Pete McCall, MS****Thursday, September 21, 1:00pm-5:00pm****\$99 MANIA® Attendees / \$129 Non-Attendees**

Kettlebells provide a complete cardio, strength, and power workout. This equipment can be beneficial for clients of all ages and abilities and not just advanced lifters. Empower your clients by teaching them how to train with this great tool. In this certification, you will learn:

- Sample programs for your Level 1, 2 & 3 clients
- Kettlebell class design
- How to choreograph kettlebell to music
- Hard, soft, and fluid-style Swings
- Circuit-style versus Continuous Cardio Kettlebell

This certification is designed for personal trainers and group fitness instructors. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (4.0), AFAA (4.0), ACE (0.4), AEA (2.0), ACSM (4.0), NASM (0.4).

SCW CORE TRAINING SPECIALIST**Pete McCall, MS****Thursday, September 21, 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).

TRIGGERPOINT®: SELF-MYOFASCIAL RELEASE - ASSESSMENTS TO PERFORMANCE**Brandon Wagner****Thursday, September 21, 1:00pm-5:00pm****\$100 MANIA® Attendees / \$125 Non-Attendees**

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

SUNDAY, SEPTEMBER 24**STRONG BY ZUMBA® CERTIFICATION****Kelly Bullard****Sunday, September 24, 8:00am-4:00pm****\$225 Registration Fee (Use PROMO CODE: SCW25 to receive a \$25 discount.)**

STRONG by Zumba® combines high intensity interval training (HIIT) with the science of Synced Music Motivation for a group fitness experience like no other. During an intensive 1-day training,

you'll learn the science behind high intensity cardio and bodyweight training, as well as how to combine moves and patterns with perfectly synced music, and all about the program's unique progression system used to increase intensity. The training will also touch on topics such as physiology, bio-mechanics, movement fundamentals, and injury prevention. *Price includes Electronic Instructor Training Manual, Training Recap Video - delivered digitally, STRONG by Zumba™ My First Class™ - 60 minutes of music and moves delivered digitally, E-learning course with the foundational fitness moves and science behind the program and Certificate of Completion.* SCW (8.0), AFAA (8.0), ACE (0.8).

BOOT CAMP INSTRUCTOR CERTIFICATION COURSE

SGT Ken®
Sunday, September 24, 8:00am-4:00pm
\$209 MANIA® Attendees / \$249 Non-Attendees
 Developed by U.S. Army Master Fitness Trainer and highly decorated combat veteran, Ken Weichert (aka SGT Ken®), along with certified life coach, author and personal trainer, Stephanie Weichert, this course utilizes effective physical / resiliency training techniques practiced by military forces. Participants are immersed in proper form and safety, executing fitness programs, cadence calls, circuit training, obstacle courses, fitness games / tests, partner-assisted exercises, individual tracking and program implementation. One participant said, "I just got a crushing shot of Boot Camp adrenaline! This instructor program ROCKS! HOOAH!" *This cert includes a one-hour working lunch.* SCW (8.0), AFAA (7.5), ACE (0.8), NASM (0.8), ACSM (7.0).

SCW BARRE CERTIFICATION

Abbie Appel
Sunday, September 24, 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. Equipment options include light dumbbells, flat resistance bands, and mini-balls. *Price include training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. Video and music support available. CPR card not required.* SCW (7.0), AFAA (7.0), ACE (0.6), AEA (4.0), NASM (0.7), ACSM (7.0).

SCW ADVANCED FUNCTIONAL PILATES CERTIFICATION

Leslee Bender
Sunday, September 24, 8:00am-4:00pm
\$159 MANIA® Attendees / \$199 Non-Attendees
 Experience a very functional approach to Pilates mat utilizing props that simulate apparatus. Whether you are a seasoned Pilates trainer or new to teaching, you will leave with several essential tools and concepts that give you many ways to change a mat class for variety. You also will walk away with the understanding of how to combine classical repertoire with a modern approach that will challenge your students both vertically and horizontally to improve everyday activities and posture and reduce overuse injuries. Learn the science of modern functional Pilates: alignment, breath and exercises enhanced by using props simulating apparatus equipment used for training and rehabilitation. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), AEA (4.0), ACSM (7.0).

SCW BOXING CERTIFICATION

Steve Feinberg
Sunday, September 24, 8:00am-4:00pm
\$159 MANIA® Attendees / \$199 Non-Attendees
 This certification provides the tools you need to start and grow a boxing program in your gym or studio. Learn to implement the basics of boxing with this comprehensive program. Address the science behind the sport. Leave with the knowledge and confidence to empower others – from novices to well-trained fighters. This certification explores three learning styles, auditory, visual and tactile and provides you with several authentic workouts that are taught at a traditional boxing gym or independent studio. Prepare to shock your students and their bodies with this outstanding certification. *Price includes training manual and testing fee PLUS a FREE PAIR OF BOXING GLOVES (\$100 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (7.0), AFAA (7.0), ACE (0.8), NASM (0.7), AEA (4.0), ACSM (7.0).

WATERinMOTION® AQUA EXERCISE CERTIFICATION

Ann Gilbert
Sunday, September 24, 8:00am-4:00pm
Additional \$159 MANIA® Attendees / \$199 Non-Attendees
 This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing techniques, deck teaching skills and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation and leadership development. Leave certified in both the WATERinMOTION® Original program and the WATERinMOTION® Platinum (older adult) program and with the skills to teach your best class, every class! *Certification includes a FREE online 5-part course, downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and optional Video Assessment (\$300 value).* SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), AEA (8.0), ACSM (7.0).

FXP HULA HOOP® CERTIFICATION

Kristin Benton
Sunday, September 24, 8:00am-4:00pm
\$225 MANIA® Attendees/Non-Attendees
 The FXP Fitness Hula Hoop® workout is a fresh, new approach to group fitness! Utilizing the specially designed and weighted FXP™ Fitness Hula Hoop®, it will put the fun back in fitness with a low-impact, high-energy approach to achieving maximum caloric burn while toning and lengthening muscles. Get ready for a revolutionary way to get fit with a dynamic series of moves based on HIIT, ballet barre techniques, Pilates and yoga – all using the Hula Hoop® – that are guaranteed to keep you motivated and provide results! With best in the business trainer support and no required monthly fees, this program will fire you up! SCW (7.0), AFAA (6.5), ACE (0.7), NASM (0.8), NCCPT (0.8).

LABLAST® FITNESS CERTIFICATION

Beth Canuel & Danielle Janco
Sunday, September 24, 8:00am-4:00pm
Pay just \$99 down, followed by 6 monthly payments of \$30. During this time, the new instructor receives FREE access to our LIF membership which includes fresh full choreographies to your favorite songs, plus 2 one-hour music playlists monthly to ensure the instructor's continued LaBlast Fitness class success. LaBlast Fitness is a one-day, 9-hour instructor training that will get you ready to teach

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

PLYOGA® CERTIFICATION

Stephanie Lauren
Sunday, September 24, 8:00am-4:00pm
\$199 MANIA® Attendees / \$250 Non-Attendees
 PLYOGA® is a four-part HIIT system using fundamental, fluent and accelerated yoga postures as an active recovery for intense plyometric perfection. PLYOGA® was formed with two primary purposes in mind. The first is to reinvent interval training to incorporate a true active recovery measure with the goal being true safety and effective fitness in all planes of motion. The second is to give individuals, who favored boot-camp style workouts, an avenue where they could emphasize their flexibility, balance and muscle elongation. PLYOGA® is highly modifiable and can be taught without equipment or music cueing at any venue. *CPR card not required.* SCW (7.0), AFAA (5.0), NASM (0.6), ACE (0.7), CFP (3.0).

SCW PRACTICAL GUIDE TO NUTRITION, HORMONES AND METABOLISM CERTIFICATION

Melissa Layne, MEd
Sunday, September 24, 9:00am-3:30pm
\$159 MANIA® Attendees / \$199 Non-Attendees
 This practical program provides participants with cutting-edge information on nutrition, hormones and metabolism. In easy-to-understand terms, learn how each macronutrient operates within energy pathways and how digestive and reproductive hormones affect metabolism. The body's adaptations to an incomplete diet and/or disease and the physiological consequences during various exercise regimes will be addressed during this session. You receive a handout detailing simple nutritional calculations and recommendations that fitness professionals can incorporate into a nutritional counseling session while remaining within the scope of practice. This comprehensive certification also provides information pertaining to Nutritional Health History Forms with prescriptive dietary suggestions that can be used immediately. (LECTURE). *Price includes training manual (\$24.95 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), AEA (7.0), ACSM (7.0).

SCW FOAM ROLLING CERTIFICATION

Irene Lewis-McCormick, MS, CSCS
Sunday, September 24, 9:00am-4:00pm
\$159 MANIA® Attendees / \$199 Non-Attendees
 Self-myofascial release, also known as foam rolling, has transformed from a once elite recovery technique into a daily fitness practice appropriate for all levels. Recent research, technology and affordable products have made this part of today's fitness culture. Self-massage is effective when applying pressure to specific points on the body and can be used to decrease tightness, increase mobility and improve joint stability. Correct Foam Rolling leads to faster and more complete recovery. This four-hour intense training will offer guidelines for Fitness Professionals on how to use foam rollers with coaching options. We'll examine the science of muscle, rolling and relaxation techniques and spinal alignment for enhanced posture. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required.* SCW (6.0), AFAA (6.0), ACE (0.4), NASM (0.6), AEA (3.0), ACSM (6.0).

MANIA® COURSE DESCRIPTIONS

FRIDAY, SEPTEMBER 22

FR1

7:30AM-9:00AM

OPERATION CRAVING COMPETITION™ SGT Ken®

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

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

STRONG BY ZUMBA® Kelly Bullard



In every other HIIT (High Intensity Interval Training) program, music is an afterthought. STRONG by Zumba® combines HIIT with the science of Synced Music Motivation. Using only their body weight, students work out in sync to music that's been reverse-engineered to match every move. STRONG by Zumba® is not dancing; it's feeling the beat instead of counting the reps to push students past their perceived limits into a whole new level of intensity. Let It Sync In™.

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

SHOCKWAVE Doris Thews, Jeffrey Scott & Josh Crosby



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

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

BARRE ABOVE: LENGTHEN, STRENGTHEN & INSPIRE



Tricia Murphy Madden

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

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

LABLAST®: FITNESS POWERED BY DANCE



Beth Canuel & Danielle Janco

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.

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

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.

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

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!

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

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!

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

BOOMER BEAT 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!

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

SCHWINN®: HOW TO WOW! Jenn Hogg



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

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

AQUA CARPE DIEM Bernadette O'Brien, MA

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

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

PLAYFUL 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.

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

DIET FADS & FACTS: ENDING FRUSTRATION

Sohailla Digsby, RDN, LD

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

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

PRENATAL FITNESS REVIEW Farel Hruska

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

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

BUILD YOUR BEST MARKETING STRATEGIES Erika Quest

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

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

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.

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

INTRODUCING HIIT MIX BY STAIRMASTER



Sonja Friend-Uhl

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

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

FR2

10:00AM-11:30AM

ESP HIIT CIRCUITS Irene Lewis-McCormick, MS, CSCS



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

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

EXTREME EXERCISE MAKEOVER Mindy Mylrea



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

FR2B Friday, 10:00am-11:30am

BOSU® UP DOWN ALL AROUND Shannon Fable



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

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

RAISEDBARRE Laurie Greenway & Michelle Cofer



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

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

SOUL GROOVES® Tammy Harris



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

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

INDO-ROW®: PERFECT CALORIE BURN



Doris Thews & Josh Crosby

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

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

POUND® ROCKOUT WORKOUT



Shannon Roentved

POUND® is a full-body cardio jam session combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn calories, strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique while rocking out to your favorite music.

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

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™.

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

GOLDEN OLDIES GROOVE & GAIT Jessica Pinkowski

Step back in time for a cardio workout to the classics! Get your golden oldies groove on with simple, easy-to-follow dance-style choreography. Low on impact and high on fun, this aerobics workout is never out-of-style with active agers. This session will focus on building simple, choreographed patterns and proper gait mechanics.

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

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



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

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

TAB-AQUA QUICKIES Jeff Howard

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

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

PUSH HARDER



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.



rate while improving strength and endurance. Train hard and get strong while using your most accessible piece of equipment, YOUR BODY!
FR3B Friday, 11:45am-1:15pm

ZUMBA® CARDIO BLAST



Jenna Bostic

ZUMBA® fans are die-hard individuals who love partying to the ZUMBA® Beat! Revolutionize your cardio workout and feel the Latin Heat with exotic world rhythms in red-hot, never-before-seen ways. This class will challenge and inspire you all at the same time! Learn how to make your routines really 'pop' with hits from multi-platinum Latin artists.

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

LABLAST® AQUA SPLASH Beth Canuel



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

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

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)

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

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



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

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

SOCIAL MEDIA MARKETING Alana Sanders, MS

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

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

BODHI SUSPENSION: 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.

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

BOXING: THE METHOD Steve Feinberg



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

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.

NO EQUIPMENT, NO PROBLEM Manuel Velazquez



This workout includes sequenced movements so your body works as one unit through all planes of motion without using equipment and with very little rest. The results include an increased metabolic

THE FEMALE CORE Farel Hruska

From pregnancy to post partum to perimenopause, the female frame goes through countless adaptations and alterations. Through an analysis of biology and function, explore the core using an array of exercises from supine to standing. Address a creative selection of movements from flexion, extension and rotation all aimed to create the best female form for you and your clients.

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

JUNGSHIN® ATHLETIC FLOW Annika Kahn, MS



Athletic Flow is a high-intensity class that blends Martial Arts techniques with modern fitness conditioning. The movements are choreographed implementing a unique tool: the sword. Used as an extension of the body, the sword builds core engagement, mental focus and flexibility while harmonizing the endocrine system and promoting overall health.

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

PILATES ON THE BALL Abbie Appel



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

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

CORRECTIVE EXERCISE FOR PSOAS & GLUTES Dr. Evan Osar

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

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

USE THE "F" WORD IN AQUATICS

Marty Biondi, PT, DPT, CSCS, CEEAA

Your water class surely includes strength, dynamic balance and flexibility. In this educational and exceptional program, expand on this focus and utilize the aquatic environment to develop FUNCTION. Learn functional techniques to train dynamic balance, improve transitional movements and increase gait speed. Dive in and use the "F" word!

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

GIRLS JUST WANNA HAVE FUN



Sara Kooperman, Irene Lewis-McCormick, 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.

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.

FOOLPROOF FITNESS CONSULTATION Shannon Fable

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

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

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!

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

BARRE TRICKS Tricia Murphy Madden & Mindy Mylrea

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

FR3D Friday, 12:30pm-2:00pm

SCHWINN®: TO BREATHLESS & BACK Jenn Hogg

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.

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

METABOLISM MAKEOVER Sohailla Digsby, RDN, LD

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

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

UNLEASH THE POWER OF MUSIC Doris Thews

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

FR3N 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

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.

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

OPERATION TEAM TRAINING SGT Ken®

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

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

RENEGADE: ATHLETIC CIRCUITS REINVENTED

Mindy Mylrea & Doris Thews

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

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

PILOXING® BARRE - PUNCH 'N' PLIÈ Jordan Ballard

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

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

BOLLYX® - THE BOLLYWOOD WORKOUT

Shahil Patel

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.

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

RAISE THE BARRE



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.

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

SPEEDBALL CORE Steve Feinberg

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

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

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.

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

TRIGGERPOINT™: PROGRESSIVE SYSTEMS TO**SELF-MYOFASCIAL RELEASE Brandon Wagner**

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

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

SCHWINN®: THE “HARD” CONVERSATION

Jeffrey Scott

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.

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

SPIRITED SURF® Yury Rockit

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

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

WATERinMOTION® 29

Sara Kooperman, JD, Ann Gilbert, Manuel Velazquez, 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

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)

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

DIETARY DIVERSITY Melissa Layne, MEd

In today's fast-paced world, nutritional choices have become mundane and routine. We will explore how this affects our bodies and minds and our hormones, neurotransmitters and vitamin and

mineral intakes. Learn about the latest research on superfoods and how we can utilize this research to optimize our health and increase longevity. (LECTURE)

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

CREATE A WEIGHT-LOSS CHALLENGE

Tricia Murphy Madden

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

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

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.

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

RELAX & RESTORE: RELEASE & MOBILIZE

Manuel Velazquez

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

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

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.

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

THE ULTIMATE LIGHT KETTLEBELL WORKOUT

Irene Lewis-McCormick, MS, CSCS

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

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

BARRE FIGHT Billie Wartenberg & Elizabeth Bowersox

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

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

MAGIC IN DANCE FITNESS Alana Sanders, MS

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

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

BALANCED BODY MOTR®: AGILITY + CORE**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.

FR5F Friday, 4:00pm-5:30pm**PILOXING® PARTY SSP Jordan Ballard**

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

FR5G Friday, 4:00pm-5:30pm**INTRODUCTION TO POWERWAVE™ TRAINING****Elisabeth Fouts**

This is not your average sandbag – the PowerWave™ is an all-in-one training device that is revolutionary by design with unique features built in to help you maintain proper body alignment as you maximize caloric expenditure. This session introduces you to the PowerWave™ as a single tool to design a total-body workout or as a dynamic addition to your next circuit training class.

FR5H Friday, 4:00pm-5:30pm**YOGA FOR THE YOUNG AT HEART: CHAIR****Sara Kooperman, JD**

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

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

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

FR5J Friday, 4:00pm-5:30pm**AQUA SOFT FITNESS FUSION****Melissa Layne, MEd**

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

FR5K Friday, 4:00pm-5:30pm**THE BEST BALANCE AQUA WORKOUT****Eric Vandendriessche**

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

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

FR5M Friday, 4:00pm-5:30pm**COMMON SENSE NUTRITION: YOUR SCOPE****Kimberly & Herson Garcia**

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

FR5N Friday, 4:00pm-5:30pm**MANAGEMENT GEMS FOR STUDIOS/BOUTIQUES****Ann Gilbert**

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

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

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

FR5Q Friday, 4:00pm-5:30pm**FR6 - EVENING SESSIONS****6:30PM-7:30PM****FITNESS IDOL****Sara Kooperman, JD, Keli Roberts, Julio Papi & Yury Rockit**

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

Each 2017 SCW Fitness Idol Winner receives:

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

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

FR6B Friday, 6:30pm-7:30pm**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.

SEPT. 20-21

WEDNESDAY SEPT. 20 PRE-CONVENTION EVENTS	SCW F.I.R.E. Fierce Interval Resistance Exercise Certification Roberts Pg 7	Tabata GX & Bootcamp Business M. Mylrea 9:00am-6:00pm Pg 7	SCW Group Exercise Certification Lewis-McCormick 9:00am-6:00pm Pg 7	SCW Aquatic Exercise Certification Howard 9:00am-6:00pm Pg 7				
THURSDAY SEPT. 21 PRE-CONVENTION EVENTS			BOSU® Skills & Drills Certification Fable & Waite 9:00am-4:00pm Pg 8		Zumba® Basic Skills Level 1 Instructor Training Bostic 8:00am-5:00pm Pg 7	SCW Kettlebell Practical Certification McCall 1:00pm-5:00pm Pg 8	Soul Grooves® Certification Harris 8:00am-5:00pm Pg 8	SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg 7



A HIIT / GROUP TRAINING	B BOOT CAMP / PT	C FUNCTIONAL TRAINING	D BARRE	E DANCE	F STRENGTH	G SPECIALTY	H MIND / BODY & POWER
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FR1 7:30am-9:00am	Operation Craving Competition™ SGT Ken® Pg 10	STRONG by Zumba® Bullard Pg 10	Shockwave Thews, Scott & Crosby Pg 10	Barre Above™: Lengthen, Strengthen and Inspire Murphy Madden Pg 10	LaBlast®: Fitness Powered by Dance Canuel & Janco Pg 10	FXP Hula Hoop®: Core Flow Benton Pg 10	Ultimate Strength & Conditioning Workout Papi Pg 10	Extreme Tabata Yoga Howard Pg 10
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EXPO OPEN 8:45am-2:30pm

FR2 10:00am-11:30am	ESP HIIT Circuits Lewis-McCormick Pg 11	Extreme Exercise Makeover M. Mylrea Pg 11	BOSU® Up Down All Around Fable Pg 11	raisedbarre Greenway & Cofor Pg 11	Soul Grooves® Harris Pg 11	Indo-Row®: The Perfect Calorie Burn Thews & Crosby Pg 11	POUND® - Rockout Workout Roentved Pg 11	KiPranJ™: The Flow Papi Pg 11
FR3 SESSION 1 11:45am-1:15pm	Foolproof Fitness Consultation Fable Session 2 Pg 13	No Equipment, No Problem Velazquez Session 1 Pg 12	Little Tweaks for Big Results Roberts Session 2 Pg 13	Barre Tricks Murphy Madden & M. Mylrea Session 2 Pg 13	Zumba® Cardio Blast Bostic Session 1 Pg 12	The Female Core Hruska Session 1 Pg 12	Jungshin® Athletic Flow Kahn Session 1 Pg 12	Pilates on the Ball Appel Session 1 Pg 12
FR3 SESSION 2 12:30pm-2:00pm		Successful Group Personal Training Fable Pg 13	Operation Team Training SGT Ken® Pg 13	Renegade - Athletic Circuits Reinvented M. Mylrea & Thews Pg 13	PILOXING® Barre - Punch 'n' Plié Ballard Pg 13	BollyX® - The Bollywood Workout Patel Pg 13	FXP Hula Hoop®: Body Sculpt Benton Pg 14	Speedball Core Feinberg Pg 14
FR4 2:15pm-3:45pm	Relax & Restore: Release & Mobilize Velazquez Pg 14	Dynamic Anatomy: Core/Upper Body McCall Pg 14	The Ultimate Light Kettlebell Workout Lewis-McCormick Pg 14	Barre Fight Wartenberg & Bowersox Pg 14	Magic in Dance Fitness Sanders Pg 14	Balanced Body MOTR: Agility + Core Roberts Pg 15	PILOXING® Party SSP Ballard Pg 15	Introduction to PowerWave™ Training Fouts Pg 15
FR5 4:00pm-5:30pm	EXPO OPEN 5:15pm-6:45pm							

FR6 EVENING SESSIONS 6:30pm-7:30pm								LaBlast® Line Dance Canuel & Janco Pg 18	
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SA1 7:00am-8:30am	Operation Shock & Awe™ SGT Ken® Pg 18	Body Weight Strength Explosion M. Mylrea Pg 18	Lower Extremity Movement Mechanics Conana Pg 18	Barre Tab Wartenberg & Bowersox Pg 18	The Art of Dance Fitness Sanders Pg 18	Indo-Row®: Skills, Drills & Thrills Thews & Crosby Pg 18	Jungshin®: Wisdom Warriors Kahn Pg 18	Daanasana™ Yoga 360 Papi Pg 18
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EXPO OPEN 8:15am-9:30am



SA2 KEYNOTE & AWARDS 9:30am-10:45am								
SA3 11:00am-12:30pm	PROJECT STEEL™ Stahl Pg 19	Tabata Bootcamp™ - Tabata GX M. Mylrea Pg 19	Fluid Fusion by Hedstrom Fitness Roberts Pg 19	PILOXING® Barre - Punch 'n' Plié Ballard Pg 19	LaBlast® Shape: Dance Core Fitness Canuel & Janco Pg 19	ThinkFit: Functional Circuit Progressions Gonzalez Pg 19	POUND® - How Your Body Rocks! Roentved Pg 20	PLYOGA®: Your Body is Power Lauren Pg 20

EXPO OPEN 12:15pm-3:30pm

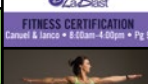
SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	Operation Battle Ropes and Beyond SGT Ken® Session 1 Pg 20	STRONG by Zumba® Bullard Session 1 Pg 20	Shockwave Thews, Hogg & Crosby Session 2 Pg 21	Best of Barre Appel Session 1 Pg 20	BollyX® LIT - The Bollywood Workout Patel Session 1 Pg 21	FXP Hula Hoop®: Hoopysa Flow Benton Session 2 Pg 21	Core Hammer Gavigan Session 2 Pg 21	Pilates Strong! Bender Session 2 Pg 21
SA5 3:15pm-4:45pm	Completely Core Appel Pg 22	Mastering the Assessment McCall Pg 22	Surge® Pyramid Power Roberts Pg 22	BarreFlow Taylor Pg 22	Soul Grooves® Harris Pg 22	Les Mills BODYATTACK® Workout Bramski Pg 22	PLYOGA®: The Reverse Warrior Lauren Pg 22	Pilates for Injury Prevention Bender Pg 22	
SA6 5:00pm-6:30pm	Foam Rolling: Relax, Rejuvenate & Revitalize Lewis-McCormick Pg 23	Dynamic Anatomy - Glutes/Lower Body McCall Pg 23	Small Group PT Core Fusion Gonzalez Pg 23	raisedbarre Greenway & Cofor Pg 23	LaBlast® Silk: Accessible Dance Fitness Canuel & Janco Pg 23	Balanced Body MOTR®: Senior Power Quest Pg 23	Speedball Feinberg Pg 23	Qi Gong for Every Body Haan Pg 23	

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

SA7 EVENING SESSIONS 7:30pm-8:30pm								
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SU1 7:00am-8:30am	Step Expressions Henry Pg 24	Hurricane Howard Pg 24	BOSU® Stability Ball Overhaul Thews Pg 24		Belly Dance Blast Bus Pg 24	ThinkFit: Smart Multi-Level Circuits Gonzalez Pg 24	Elite Coaching of Exercise Mechanics Gannaway Pg 24	KiPranJ™: Earth Elements Papi Pg 24
SU2 8:45am-10:15am	Reactive Training 101: Box Jump Breakdown Fouts Pg 25	Balance Strategies for Older Adults Osar Pg 25	BOSU® Dynamic Integrated Strength Quest Pg 25		Soul Grooves® Harris Pg 25	Training the Transverse Plane Hopson & Hollander Pg 25	POUND® - Rockout Workout Roentved Pg 26	Daanasana™ Yoga Healthy Spine Papi Pg 26

EXPO OPEN 10:00am-1:30pm



SU3 11:15am-12:45pm	Les Mills BODYPUMP® Workout Bramski Pg 26	Inner & Outer Core Circuits Gonzalez Pg 26	PILOXING® Knockout - Total Body Challenge Ballard Pg 26		BollyX® - The Bollywood Workout Patel Pg 27	Group Exercise or Group Injury? K. Garcia & H. Garcia Pg 27	Flexibility + Performance = Wellness Howard Pg 27	Tai Chi 24 Yang Style Haan Pg 27
SU4 1:00pm-2:30pm	Global Assessment Versus Local Assessment Hopson & Hollander Pg 27	Corrective Exercise: Female Core Osar Pg 27	Exercise Analysis at an Elite Level Gannaway Pg 27		Spirited Self-Care Rockit Pg 27	Punching to 32: Cardio-Kickboxing Magic Merrill Pg 28	Jungshin Slice® Kahn Pg 28	Yin Yoga - Less is More Chapman Pg 28

FRIDAY, SEPT. 22

SATURDAY, SEPT. 23

SUNDAY, SEPT. 24

SCW MIDWEST MANIA® *Schedule at a Glance*

 ACTIVE AGING CERTIFICATION Gilbert & O'Brien • 9:00am-5:00pm Pg 8	Schwinn®: Instructor Certification Scott & Thews 7:00am-5:00pm Pg 7	SCW Aqua Barre Certification Wartenberg & Bowersox 9:00am-4:00pm Pg 8	PILOXING® SSP Instructor Training Certification Ballard 8:00am-5:00pm Pg 7	TriggerPoint™: SMR Self-Myofascial Release: Assessments to Performance Wagner 1:00pm-5:00pm Pg 8	SCW Sports Nutrition Certification Comana 9:00am-3:30pm Pg 8	 BODHI SUSPENSION SYSTEM CERTIFICATION Gonzalez 9:00am-5:00pm • Pg 8	Speedball Certification Feinberg 8:00am-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 / TRAINING	N EX. SCIENCE / NOURISHMENT	O BUSINESS	P SUSPENSION	Q BOXING / CIRCUIT
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Boomer Beat Pinkowski Pg 10	Schwinn®: How to Wow! Hogg Pg 10	Aqua Carpe Diem O'Brien Pg 10	Playful Patterns Gilbert Pg 10	Diet Fads & Facts: Ending Frustration Digsby Pg 10	Prenatal Fitness Review Hruska Pg 10	Build Your Best Marketing Strategies Quest Pg 10	Bodhi Suspension: Focus on Flexibility Gonzalez Pg 10	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg 11	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Golden Oldies Groove & Gait Pinkowski Pg 11	Schwinn®: There's an App! Scott Pg 11	Tab-Aqua Quickies Howard Pg 11	LaBlast® Aqua SPLASH Canuel Pg 12	Building Blocks: Core Science & Training Comana Pg 12	52 Days: Your Best Body Digsby Pg 12	Social Media Marketing Sanders Pg 12	Bodhi Suspension: Circuits Quest Pg 12	Boxing: The Method Feinberg Pg 12	FR2 10:00am-11:30am
Corrective Exercise for Psos & Glutes Osar Session 1 Pg 12	Schwinn®: To Breathless & Back Hogg Session 2 Pg 13	Use the "F" Word in Aquatics Blondi Session 1 Pg 12	Girls Just Wanna Have Fun Kooperman, Lewis-McCormick, Pinkowski & Wartenberg Session 1 Pg 12	Metabolism Makeover Digsby Session 2 Pg 13	Unleash the Power of Music Thews 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
TriggerPoint™ : Progressive Systems to Self-Myofascial Release Wagner Pg 14	Schwinn®: The "HARD" Conversation Scott Pg 14	Spirited® Surf Rockit Pg 14	WATERinMOTION® 29 Kooperman, Gilbert, Pinkowski, Velazquez & Weisenmiller Pg 14	Recovery: The Forgotten Training Variable McCall Pg 14	Dietary Diversity Layne Pg 14	Create a Weight Loss Challenge Murphy Madden Pg 14	Bodhi Suspension: Chisel Gonzalez Pg 14	Introducing HIIT Mix By Stairmaster Friend-Uhl Pg 14	FR4 2:15pm-3:45pm
Yoga for the Young at Heart: Chair Kooperman Pg 15	Schwinn®: C3 Content, Connection & Charisma Scott & Thews Pg 15	Aqua Soft Fitness Fusion Layne Pg 15	The Best Balance Aqua Workout Vandendriessche Pg 15	Breath Training and Technique Comana Pg 15	Common Sense Nutrition: Your Scope H. Garcia & K. Garcia Pg 15	Management Gems for Studios/Boutiques Gilbert Pg 15		3:1 Punchout Feinberg Pg 15	FR5 4:00pm-5:30pm

EXPO OPEN 5:15pm-6:45pm

Dynamic Flexibility: A 3D Life Velazquez Pg 18	Les Mills SPRINT™ Workout Bramski Pg 18		The Best Balance Aqua Workout Vandendriessche Pg 18	 STATE OF THE INDUSTRY: TRENDS FOR 2017 Lewis-McCormick, Howard & Comana • Pg 18	Refreshments Provided!				FR6 6:30pm-7:30pm
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The Big Balance Theory Pinkowski Pg 18	Schwinn®: Train Right 2 Ride Right Roberts Pg 18	Aqua Bits and Pieces Layne Pg 18	Athletic Aquatics Bretz Pg 19	Top 10 for Weight Loss Digsby Pg 19	Cueing, Coaching & Communicating Lewis-McCormick Pg 19	Become a Retention Rock Star H. Garcia & K. Garcia Pg 19	Bodhi Suspension: Pilates Gonzalez Pg 19	Boxing: The Method Feinberg Pg 19	SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am





									SA2 9:30am-10:45am
Strength Training for Longevity & Vitality Kooperman Pg 20	Schwinn®: Teaching Tips from TED® Thews Pg 20	Aqua Circuit Bootcamp Lewis-McCormick Pg 20	The Best Balance Aqua Workout Vandendriessche Pg 20	Ultimate Metabolic and Calorie-Burning Makeover Kraivitz Pg 20	Sugar, Snacks & Heart Attacks Digsby Pg 20	Business Trends & Benchmarks Gilbert Pg 20	Bodhi Suspension: Circuits Quest Pg 20	BoxMaster Circuit Round 2 Friend-Uhl & McCall Pg 20	SA3 11:00am-12:30pm

EXPO OPEN 12:15pm-3:30pm



Active Aging: No Place Like Foam Kooperman Session 1 Pg 21	Schwinn®: Unapologetically Authentic Roberts Session 1 Pg 21	Aqua Quality Movement Pinkowski Session 2 Pg 21	It's Raining Men! Howard, Velazquez, Henry & Rockit Session 2 Pg 21	What's in your Food? Silverman Session 2 Pg 21	Stress and Chronic Disease H. Garcia & K. Garcia Session 1 Pg 21	DNA of Successful Fitness Managers Gilbert Session 1 Pg 21	Bodhi Suspension: Focus on Flexibility Gonzalez Session 2 Pg 21	Introducing HIIT Mix By Stairmaster Friend-Uhl Session 2 Pg 21	SA4 12:45pm-2:15pm 1:30pm-3:00pm
TriggerPoint™ for Desk Jockeys Wagner Pg 22	Schwinn®: All About the BASE Scott Pg 22	Aqua Zumba® Bullard & Bostic Pg 22	WATERinMOTION® Platinum 8 Kooperman, Gilbert, Pinkowski, Velazquez & Weisenmiller Pg 22	Longevity Lab: Eats and Feats Silverman Pg 22	Targeting Hypertrophy Layne Pg 23	Fitness Program Comprehension and Creation Stahl Pg 23	Bodhi Suspension: Cardio Quest Pg 23	Boxing Bootcamp Feinberg Pg 23	SA5 3:15pm-4:45pm
Functional Fixes for Forward Shoulders Osar Pg 23	Schwinn®: Girl Power 2.0 Thews & Roberts Pg 23	Anchor Down Henry Pg 23	Aqua Athlete Howard Pg 23	The Female Training Advantage 2017 Kraivitz Pg 23	Nutritional Tips, Tidbits and Treats B. Mylrea & M. Mylrea Pg 24	Communication Strategies for Fitness Professionals Watkins Pg 24		Introducing HIIT Mix By Stairmaster Friend-Uhl Pg 24	SA6 5:00pm-6:30pm

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

 INTRODUCTION TO MEDITATION ROCKIT • 7:30pm-8:30pm • Pg 24				 AQUA EXERCISE PANEL: EBBS & FLOWS Howard, Gilbert, Layne & Henry Pg 24	Refreshments Provided!			SA7 7:30pm-8:30pm
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Yoga Flow Haan Pg 24	Schwinn®: Build It & They'll Come Roberts Pg 25	Aqua Abs WIM-SV Weisenmiller Pg 25	Barre H2O Wartenberg & Bowersox Pg 25	Sneaky Strategies to Manage Weight Silverman Pg 25	From the Ground Up Taylor Pg 25	Creative Group Fitness Programming Merrill Pg 25	 FOAM ROLLING CERTIFICATION Lewis-McCormick 9:00am-4:00pm • Pg 9	 BOXING CERTIFICATION Feinberg 8:00am-4:00pm • Pg 9	 BOOT CAMP INSTRUCTOR CERTIFICATION SGT KENNY • 8:00am-4:00pm • Pg 9
Core Fit Haan Pg 26	Schwinn®: Hot Topics Hogg Pg 26	Tabata Water Sports Martin Pg 26	The Best Balance Aqua Workout Vandendriessche Pg 26	Everything Resistance Training Kraivitz Pg 26	Transition to a Plant-Based Diet B. Mylrea & M. Mylrea Pg 26	Profitable Public Speaking for Trainers Watkins Pg 26	Bodhi Suspension: Pilates Gonzalez Pg 26	 STRONG BY ZUMBA CERTIFICATION Bullard • 8:00am-4:00pm • Pg 9	

EXPO OPEN 10:00am-1:30pm

Rehabilitation Strategies for Lower-Extremity Injuries Hopson & Hollander Pg 27	Schwinn®: Hot Topics M. Mylrea Pg 27	Go Deep Henry Pg 27	Barre-A-Cuda Weisenmiller Pg 27	HIIT Extravaganza: 10 New Programs Kraivitz Pg 27	Sugar Shockers and Shakedown Silverman Pg 27	Creating Caring Community in Class Chapman Pg 27	Bodhi Suspension: Circuits Quest Pg 27	 ADVANCED FUNCTIONAL PILATES CERTIFICATION Bender • 8:00am-4:00pm Pg 9	 water motion CERTIFICATION Gilbert • 8:00am-4:00pm • Pg 9
TriggerPoint™: Science of Myofascial Release Wagner Pg 28	 FIP HULA HOOP CERTIFICATION Benton • 8:00am-4:00pm Pg 8	Atomic Aquatics Bretz Pg 28	Waves on Fire: Active Agers Martin Pg 28	The Modern Science of Longevity Kraivitz Pg 28	Fit Camp for Kids M. Mylrea Pg 28	How to Plan Your Presentation Watkins Pg 28	 PRACTICAL GUIDE TO NUTRITION, HORMONES & METABOLISM Layne • 9:00am-3:00pm • Pg 9		

LABLAST® LINE DANCE**Beth Canuel & Danielle Janco**

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

FR6E Friday, 6:30pm-7:30pm**DYNAMIC FLEXIBILITY: A 3D LIFE****Manuel Velazquez**

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

FR6I Friday, 6:30pm-7:30pm**LES MILLS SPRINT™ WORKOUT****Adam Bramski**

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**THE BEST BALANCE AQUA WORKOUT****Eric Vandendriessche**

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

FR6L Friday, 6:30pm-7:30pm**STATE OF THE INDUSTRY PANEL DISCUSSION****Irene Lewis McCormick, MS, CSCS, Jeff Howard & Fabio Comana, MA, MS**

Meet with industry experts regarding the future of group fitness, personal training, nutrition and club operations as they discuss where our industry is now, the challenges we are facing in today's market, and where our future lies. Questions will be asked to the group to stimulate unified answers and differing opinions. An open forum will follow where you can address the experts and hear first-hand the best practices that exist today. This session is open to the public, and there will be free refreshments! (LECTURE)

FR6N Friday, 6:30pm-7:30pm**SATURDAY, SEPTEMBER 22****SA1****7:00AM-8:30AM****OPERATION SHOCK AND AWE™ SGT Ken®**

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

SA1A Saturday, 7:00am-8:30am**BODY WEIGHT STRENGTH EXPLOSION Mindy Mylrea**

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

SA1B Saturday, 7:00am-8:30am**LOWER EXTREMITY MOVEMENT MECHANICS****Fabio Comana, MS, MA**

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

SA1C Saturday, 7:00am-8:30am**BARRE TAB Billie Wartenberg & Elizabeth Bowersox**

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

SA1D Saturday, 7:00am-8:30am**THE ART OF DANCE FITNESS Alana Sanders, MS**

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

SA1E Saturday, 7:00am-8:30am**INDO-ROW®: SKILLS, DRILLS & THRILLS****Josh Crosby & Doris Thews**

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

SA1F Saturday, 7:00am-8:30am**JUNGSHIN: WISDOM WARRIORS Annika Kahn, MS**

Honoring our Grey Warriors (45+ years young), this up-beat class harmonizes the connective tissues that stiffen as we age through a focus on alignment and energy flow. Posture is an essential part of our vitality, health and energy. With the help of the sword, we bring the body back into harmony!

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

SA1H Saturday, 7:00am-8:30am**THE BIG BALANCE THEORY Jessica Pinkowski**

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

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**AQUA BITS & PIECES Melissa Layne, MEd**

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

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

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.

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

TOP 10 FOR WEIGHT LOSS

Sohailla Digsby, RDN, LD

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

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

CUEING, COACHING & COMMUNICATING

Irene Lewis-McCormick, MS, CSCS

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

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

BECOME A RETENTION ROCK STAR

Herson & Kimberly Garcia

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

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

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®.

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

BOXING: THE METHOD Steve Feinberg

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

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

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

FITNESS GAME CHANGERS Kathy Smith

For the past four decades, Kathy Smith has enjoyed a front-row seat for the rapid evolution of the health and fitness industries. From leg warmers to Fit Bits, from step workouts to CrossFit, we've come a long way. And, in order to stay relevant, Kathy's own approach also has evolved, embracing ever-changing technology and cutting-edge methods for healthy living. Thanks to Kathy's ongoing mission to educate herself and others, she remains at the forefront of her industry, just as passionate as she was the day she began her journey. Discover Kathy's "game changers" – the core principles that have shaped her life and her career – and you'll walk away inspired, with a deeper understanding and appreciation for your own business.

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



POWER ON!

SA3

11:00AM-12:30PM

PROJECT STEEL™ PJ Stahl, MA

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

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

TABATA BOOTCAMP™ – TABATA GX Mindy Mylrea

Savvier Fitness

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

FLUID FUSION BY HEDSTROM FITNESS Keli Roberts

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

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

PILOXING® BARRE - PUNCH 'N' PLIÉ Jordan Ballard

PILOXING

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!

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

LABLAST® SHAPE: DANCE CORE FITNESS

LaBlast

Beth Canuel & Danielle Janco

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

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

THINKFIT: FUNCTIONAL CIRCUIT PROGRESSIONS

balanced body

Nico Gonzalez

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

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



GET UP

POUND® - HOW YOUR BODY ROCKS

Shannon Roentved

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

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



PLYOGA®: YOUR BODY IS POWER®

Stephanie Lauren

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

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



STRENGTH TRAINING FOR LONGEVITY & VITALITY

Sara Kooperman, JD

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

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



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



AQUA CIRCUIT BOOTCAMP

Irene Lewis-McCormick, MS, CSCS

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

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

THE BEST BALANCE AQUA WORKOUT

Eric Vandendriessche

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

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



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)

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

SUGAR, SNACKS & HEART ATTACKS

Sohaila Digsby, RDN, LD

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

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

BUSINESS TRENDS & BENCHMARKS

Ann Gilbert

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

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

BODHI SUSPENSION: CIRCUITS

Erika Quest

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

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



BOXMASTER CIRCUIT ROUND 2

Sonja Friend-Uhl & Pete McCall, MS

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!

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.

OPERATION BATTLE ROPES AND BEYOND

SGT Ken®

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

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

STRONG BY ZUMBA®

Kelly Bullard



In every other HIIT (High Intensity Interval Training) program, music is an afterthought. STRONG by Zumba® combines HIIT with the science of Synced Music Motivation. Using only their body weight, students work out in sync to music that's been reverse-engineered to match every move. STRONG by Zumba® is not dancing; it's feeling the beat instead of counting the reps to push students past their perceived limits into a whole new level of intensity. Let It Sync In™.

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

BEST OF BARRE

Abbie Appel

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

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

BOLLYX® LIT - THE BOLLYWOOD WORKOUT



Shahil Patel

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, 12:45pm-2:15pm

ACTIVE AGING: NO PLACE LIKE FOAM



Sara Kooperman, JD

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

SA4I Saturday, 12:45pm-2:15pm

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.

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

STRESS AND CHRONIC DISEASE



Kimberly & Herson Garcia

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

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

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)

SA4O 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.

SHOCKWAVE



Doris Thews, Jenn Hogg & Josh Crosby

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

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

FXP HULA HOOP®:



HOOPYASA FLOW **Kristin Benton**

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

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

CORE HAMMER



Andrew Gavigan

The MostFit Core Hammer is a functional training tool that provides a fun and challenging twist to your sessions due to its 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.

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

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!

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

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.

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

IT'S RAINING MEN!



Jeff Howard, Manuel Velazquez, Chris Henry & Yury Rockit

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

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

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 and credible online resources to determine what is really in your food and how safe it is to eat. Simple food label decoding tips will be shown, which you can share with your clients. (LECTURE)

SA4M Saturday, 1:30pm-3:00pm

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.

SA4P Saturday, 1:30pm-3:00pm

INTRODUCING HIIT MIX BY STAIRMASTER



Sonja Friend-Uhl

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

SA4Q Saturday, 1:30pm-3:00pm



SARA KOOPERMAN, JD

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

SA5

3:15PM-4:45PM

COMPLETELY CORE Abbie Appel

OnDemand

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

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

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.

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

SURGE® PYRAMID POWER Keli Roberts

HEDSTROM FITNESS

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

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

BARREFLOW Karli Taylor

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

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

SOUL GROOVES® Tammy Harris

Soul Grooves

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

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

LES MILLS BODYATTACK® WORKOUT

LES MILLS

Adam Bramski

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.

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

PLYOGA®: THE REVERSE WARRIOR Stephanie Lauren

PLYOGA

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

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

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.

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

TRIGGERPOINT™ FOR DESK JOCKEYS

TRIGGERPOINT

Brandon Wagner

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

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

SCHWINN®: ALL ABOUT THE BASE Jeffrey Scott

SCHWINN

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

AQUA ZUMBA® Kelly Bullard & Jenna Bostic

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!

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

WATERINMOTION® PLATINUM 8

waterinmotion OnDemand

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

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

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

LONGEVITY LAB: EATS AND FEATS

Tricia Silverman, RD, MBA

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

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

GIVE ME ZEN



**TARGETING HYPERTROPHY** Melissa Layne, MEd

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

SA5N Saturday, 3:15pm-4:45pm**FITNESS PROGRAM COMPREHENSION AND CREATION** PJ Stahl, MA

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

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

SA5P Saturday, 3:15pm-4:45pm**BOXING BOOTCAMP** Steve Feinberg

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

SA5Q Saturday, 3:15pm-4:45pm**SA6****5:00PM-6:30PM****FOAM ROLLING: RELAX, REJUVENATE & REVITALIZE** Irene Lewis-McCormick, MS, CSCS

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

SA6A Saturday, 5:00pm-6:30pm**DYNAMIC ANATOMY - GLUTES/LOWER BODY**

Pete McCall, MS

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

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**RAISEDBARRE** Laurie Greenway & Michelle Cofer

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

SA6D Saturday, 5:00pm-6:30pm**LABLAST® SILK: ACCESSIBLE DANCE FITNESS**

Beth Canuel & Danielle Janco

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

SA6E Saturday, 5:00pm-6:30pm**BALANCED BODY MOTR®: SENIOR POWER**

Erika Quest

Actively aging baby boomers can be your most dedicated and inspiring clients and the MOTR® is a fantastic tool for creating one on one and small group training for this population. Using the Balanced Body Movement Principles, you will learn engaging, flexible programming to keep your boomers fit and functional.

SA6F Saturday, 5:00pm-6:30pm**SPEEDBALL** Steve Feinberg

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

SA6G Saturday, 5:00pm-6:30pm**QI GONG FOR EVERY BODY** Elian Haan

This session focuses on the four focal components of Movement, Meditation, Balance and Breath. Every class starts with a Qi Gong warm-up and 20 minutes learning the Tai Chi 24 Short Form. This class is popular with individuals motivated to increase their flexibility and improve their posture and balance.

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

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**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!

SA6K Saturday, 5:00pm-6:30pm**AQUA ATHLETE** Jeff Howard

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

SA6L Saturday, 5:00pm-6:30pm**THE FEMALE TRAINING ADVANTAGE 2017** Len Kravitz, PhD

This new lecture summarizes recently published research and the latest science on the physiological effects of exercise in females. A comprehensive review of fat metabolism, hormones, caloric

expenditure and female physiology related to exercise is discussed. The new block, cluster set and PHA resistance training programs will also be introduced. (LECTURE)

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

NUTRITIONAL TIPS, TIDBITS & TREATS

Savvier Fitness

Bruce & Mindy Mylrea

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

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

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)

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

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.

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

SA7

7:30PM-8:30PM

INTRODUCTION TO MEDITATION

Yury Rockit

OnDemand

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

SA7I Saturday, 7:30pm-8:30pm

AQUA EXERCISE PANEL: EBS AND FLOWS

Jeff Howard, Ann Gilbert, Melissa Layne, MEd & 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 SNACKS WILL BE PROVIDED!

SA7N Saturday, 7:30pm-8:30pm

SUNDAY, SEPTEMBER 24

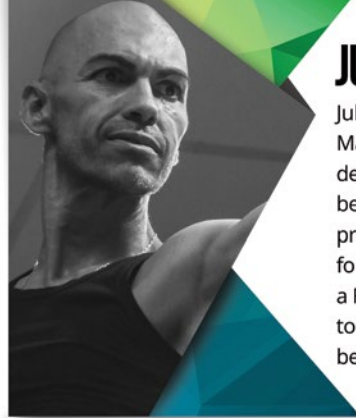
SU1

7:00AM-8:30AM

STEP EXPRESSIONS

Chris Henry

In this session, participants will do a self-examination of who they are as instructors. Using the step, we will utilize music to facilitate certain aspects of the breakdown as well as the choreography. During the session, you will review and discuss how to implement



JULIO PAPI

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

your individual personality and flair to each and every class, making it more dynamic and personal. Express yourself!

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

HURRICANE

Jeff Howard

OnDemand

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

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

BOSU® STABILITY BALL OVERHAUL

Doris Thews

BOSU

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

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

BELLY DANCE BLAST

Kelly Bus, RN

Belly dance is more than shimmies and shakes! Learn the proper posture and basic belly dance steps and drills. Feel confident learning authentic Egyptian Cabaret-style belly dance. Learn how to fuse belly dance into your current group fitness format and watch your classes fill up!

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

THINKFIT: SMART MULTI-LEVEL CIRCUITS

Nico Gonzalez

balanced body

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

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

ELITE COACHING OF EXERCISE MECHANICS

Chan Gannaway

Experience firsthand how elite coaches approach proper exercise mechanics for athletes and every day clients. Leave with a clear understanding of how to apply these techniques to Personal Training Clients and Group Training Sessions.

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

KIPRANJ™ EARTH ELEMENTS

Julio Papi

OnDemand

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

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

YOGA FLOW

Elian Haan

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

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

SCHWINN®: BUILD IT AND THEY'LL COME**Keli Roberts**

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

SU1J Sunday, 7:00am-8:30am**AQUA ABS: WIM-SY Amy Weisenmiller**

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

SU1K Sunday, 7:00am-8:30am**BARRE H2O Billie Wartenberg & Elizabeth Bowersox**

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

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

SU1M Sunday, 7:00am-8:30am**FROM THE GROUND UP Karli Taylor**

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

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

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

SU2A Sunday, 8:45am-10:15am**BALANCE STRATEGIES FOR OLDER ADULTS Dr. Evan Osar**

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

SU2B Sunday, 8:45am-10:15am**BOSU® DYNAMIC INTEGRATED STRENGTH****Erika Quest**

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

SU2C Sunday, 8:45am-10:15am**SOUL GROOVES® Tammy Harris**

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

SU2E Sunday, 8:45am-10:15am**TRAINING THE TRANSVERSE PLANE****Scott Hopson & Hayley Hollander**

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

SU2F Sunday, 8:45am-10:15am**ROLL WITH IT**

ALL SYSTEMS GO



POUND® ROCKOUT WORKOUT

Shannon Roentved

POUND® is a full-body cardio jam session combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn calories, strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique while rocking out to your favorite music.

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



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."

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

CORE FIT

Elian Haan

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

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

SCHWINN®: HOT TOPICS

Jenn Hogg

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



TABATA WATER SPORTS

Connie Martin, MA

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

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

THE BEST BALANCE AQUA WORKOUT

Eric Vandendriessche

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

SU2L 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)

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

TRANSITION TO A PLANT-BASED DIET

Bruce & Mindy Mylrea

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

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



PROFITABLE PUBLIC SPEAKING FOR TRAINERS

John Watkis

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

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

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®.

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



SU3

11:15AM-12:45PM

LES MILLS BODYPUMP® WORKOUT

Adam Bramski **LES MILLS**

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.

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

INNER & OUTER CORE CIRCUITS

Nico Gonzalez

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

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

PILOXING® KNOCKOUT - TOTAL BODY CHALLENGE

Jordan Ballard

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

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



BOLLYX® - THE BOLLYWOOD WORKOUT**Shahil Patel**

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.

SU3E 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.

SU3F Sunday, 11:15am-12:45pm**FLEXIBILITY + PERFORMANCE = WELLNESS****Jeff Howard**

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

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

SU3H Sunday, 11:15am-12:45pm**REHABILITATION STRATEGIES FOR LOWER-EXTREMITY INJURIES****Scott Hopson & Hayley Hollander**

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

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**GO DEEP!** **Chris Henry**

Water can be a real drag! Find out in this session just how much power and core-strength is needed to effectively move in deep water. We'll detail the distinct differences between shallow and deep workouts and explore creative and challenging ways to make your deep-water classes fun and challenging.

SU3K Sunday, 11:15am-12:45pm**BARRE-A-CUDA****Amy Weisenmiller**

Based upon the newest trend in land exercise, enjoy creative water exercise sequences that use a noodle as a ballet barre for both stability and challenge. This ballet-inspired barre aqua workout utilizes the principles of dance, functional strength training and Pilates to lengthen and strengthen your arms, legs and core.

Experience small isometric movements and full range-of-motion exercises to tone and fatigue the muscles of the entire body set to motivational music for an intergenerational cutting-edge program.

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

SU3M Sunday, 11:15am-12:45pm**SUGAR SHOCKERS AND SHAKEDOWN****Tricia Silverman, RD, MBA**

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

SU3N Sunday, 11:15am-12:45pm**CREATING CARING COMMUNITY IN CLASS****Whitney Chapman**

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

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****GLOBAL ASSESSMENT VERSUS LOCAL ASSESSMENT****Scott Hopson & Hayley Hollander**

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

SU4A Sunday, 1:00pm-2:30pm**CORRECTIVE EXERCISE: FEMALE CORE** **Dr. Evan Osar**

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

SU4B Sunday, 1:00pm-2:30pm**EXERCISE ANALYSIS AT AN ELITE LEVEL****Chan Gannaway**

Attendees learn four methods of analyzing exercises to customize and adjust training for every client's specific ability. This session is perfect for Personal Trainers and Group Fitness Professionals. Learn these four methods and greatly enhance your coaching ability.

SU4C Sunday, 1:00pm-2:30pm**SPIRITED SELF-CARE** **Yury Rockit**

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

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

JUNGSHIN SLICE® Annika Kahn, MS

Jungshin Slice® is a stimulating, cutting-edge workout using two different length swords. The difference in length challenges the body's balance and adds a fun brain boost to a challenging workout. Using eight simple stances and strikes, Jungshin Slice® works the entire body and provides the look and feel you desire!
SU4G Sunday, 1:00pm-2:30pm

YIN YOGA: LESS IS MORE Whitney Chapman

Yin Yoga takes you deeper into your experience by slowing down the mind while creating deep openings and awareness in the body. Simultaneously intense and gentle, learn how to surrender into restrictions to awaken what is hidden in our bodies to create space, relaxation and give quiet to the mind.
SU4H Sunday, 1:00pm-2:30pm

TRIGGERPOINT™: SCIENCE OF MYOFASCIAL RELEASE Brandon Wagner TRIGGERPOINT

For 10+ years, "foam rolling" and "self-myofascial release" have been used interchangeably. However, the application of foam rolling does not match the science of myofascial release. Discover the difference between foam rolling and myofascial release and explore how to achieve self-myofascial release through practical application on the TriggerPoint CORE Roller.
SU4I Sunday, 1:00pm-2:30pm

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

WAVES ON FIRE: ACTIVE AGERS Connie Martin, MA

Baby Boomers Unite! Heat up your water workouts and burn calories, sculpt and strengthen your entire body in a great movement environment - the pool. Stoke the fire of your internal furnace by using ability-based, low-impact and multi-joint movements. Learn to stabilize your core while benefiting from improved stability and mobility.
SU4L 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)
SU4M Sunday, 1:00pm-2:30pm

FIT CAMP FOR KIDS Mindy Mylrea



You want ideas for kids - maybe even some game ideas for your adults. Well, this is the workshop for you! Mindy is the best at creating fantastic games, drills and tangible teaching skills for kids programming. Learn 30+ ready-made games for instant application and tried and true terrific teaching techniques for all ages and stages. If you don't teach kids now, you'll want to after this workshop. A great workshop also for personal trainers and parents.
SU4N Sunday, 1:00pm-2:30pm

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

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PRESENTERS

For full presenter bios and videos please visit: www.scwfit.com/midwest



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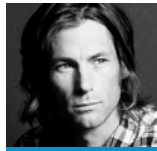
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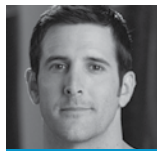
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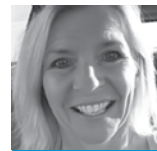
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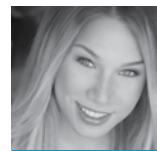
SCOTT HOPSON



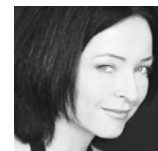
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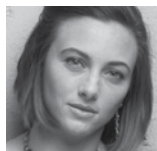
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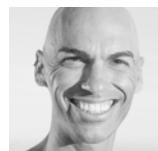
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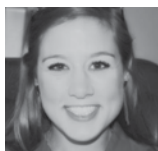
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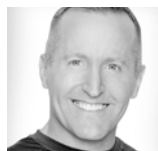
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1: ATTENDEE INFORMATION

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

SCW Fitness Education
 3675 Commercial Avenue
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 Fax: (847) 562-4080

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2: MANIA® RATES

	Before 6/12/17	After 6/12/17
Registration	<input type="checkbox"/> \$259	<input type="checkbox"/> \$319
Previous Attendee	<input type="checkbox"/> \$229	<input type="checkbox"/> \$289
Refer-a-Friend Rate*	<input type="checkbox"/> \$199	<input type="checkbox"/> \$249
Weekend Warrior Special (Any 2 Days)	<input type="checkbox"/> \$199	<input type="checkbox"/> \$249
SCW Member Rate	<input type="checkbox"/> \$179	<input type="checkbox"/> \$179
Any ONE Day: Friday or Saturday	<input type="checkbox"/> \$179	<input type="checkbox"/> \$229
Sunday Only	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189
Staff Assistant: Friday or Saturday	<input type="checkbox"/> \$99	<input type="checkbox"/> \$129
Staff Assistant (Sunday Only)	<input type="checkbox"/> \$79	<input type="checkbox"/> \$99

* Refer a Friend name _____
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3: CONVENTION CERTIFICATIONS

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

5: FEE TOTAL

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

6: PAYMENT INFORMATION

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

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Expiration Date _____ / _____

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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/midwest.

FRIDAY, SEPTEMBER 22, 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, SEPTEMBER 23, 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, SEPTEMBER 24, 2017

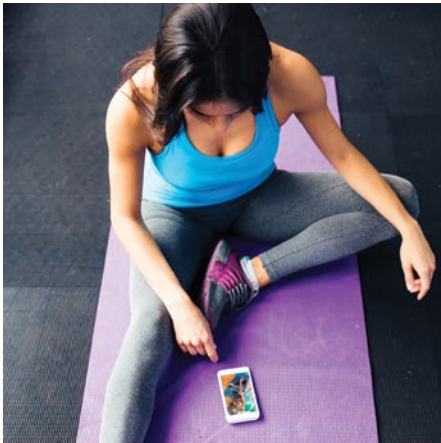
SESSION TIME		1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SU1	_____	_____	_____
8:45am-10:15am	SU2	_____	_____	_____
11:15am-12:45pm	SU3	_____	_____	_____
1:00pm-2:30pm	SU4	_____	_____	_____

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/midwest/faq/>.

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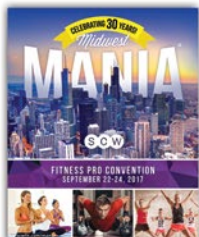
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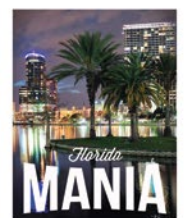
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