

BOSTON MANIA® SCHEDULE-AT-A-GLANCE

WEDS. DEC. 5
& THURS. DEC. 6

WEDS. DEC. 5 (Noted by WEDNESDAY) & THURS. DEC. 6 PRE-CONVENTION WORKSHOPS	 HIGH FITNESS INSTRUCTOR TRAINING Nelson 8:30am-5:00pm	 SCW Nutrition, Hormones and Metabolism Lewis-McCormick 9:00am-3:30pm	 SCW Aqua Barre Certification Wartenberg 9:00am-4:00pm	 ONE DAY TO WELLNESS B. & M. Mylrea 8:00am-5:00pm	 SCW Aquatic Exercise Certification Howard 9:00am-6:00pm	 WOMEN'S LEADERSHIP SUMMIT Kooperman, K. Roberts, Gray, Hogg, LaCombe 8:30am-4:30pm	 ZUMBA BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING Saldi - 8:00am-5:00pm	 SCW PERSONAL TRAINING CERTIFICATION Roberts 8:00am-5:00pm
	 SCW Lifestyle Behavioral Coaching Workshop Comana 5:30pm-10:00pm	 SCW Core Training Certification McCall 5:30pm-9:30pm						

	A FUNCTIONAL TRAINING	B HIIT / CORE / ROWING	C PT / GROUP EX	D BARRE	E STRENGTH / SPECIALTY	F DANCE / AEROBIC	G MIND / BODY	H ACTIVE AGING
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FR1 7:30am-9:00am	Short Circuit: Group Training Edition Fouts	Below the Belt - Glutes & Legs! M. Mylrea	Upper Extremity Movement Mechanics Comana	Barre Fight Wartenberg	Speedball Core Feinberg	LaBlast - Partner - Free Ballroom Dance Van Amstel	Extreme Tabata Yoga Howard	30-50-90 Multi Generational Fitness Rockit, Biscontini, O'Brien
FR2 10:00am-11:30am	Balance Training for Your Active Agers Abel	TriggerPoint™: GRID® Lock Coronel	POUND® - Why Your Body Rocks! Ward	Barre Moves - New Choreography Ideas Lenart	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter	HIGH Fitness: Aerobics is Back! Nelson	3X3 Dynamic Stretch / Sculpt Ross	Active Aging: Between the Chairs Lewis-McCormick
FR3 SESSION 1 11:45am-1:15pm SESSION 2 12:30pm-2:00pm	Coaching Squat and Lunge Variations Comana Session 2	InTENSity by Hedstrom Fitness Lenart Session 2	The Ultimate Group X Experience Brodowsky Session 1	Best of Barre Appel Session 1	Les Mills GRIT™ Plyo Schroder Session 2	Zumba® Cardio Blast Saldi Session 2	Rhythm Yoga Velazquez Session 1	Seniors 65+: The Untapped Market Kelly Session 2
FR4 2:15pm-3:45pm	Warm Up! Performance Flexibility & SMR Lewis-McCormick	Completely Core Appel	Aerropes Gaylord	"HIIT" the Party at the Barre McDonald	Beachbody Strength Brodowsky	SOUL CLAP: Become the Music Freeman	Putting "Intensity" Back into Tai Chi Biscontini	Active Aging: No Place Like Foam Kooperman
FR5 4:00pm-5:30pm	Coaching Camp: Group Training Growth Fouts	BOSU® Up Down All Around Lenart	Rockit Strength®: Hard Core/Peace Core Rockit	RaQiSa® Belly Dance Barre Doherty	RUMBLE by R.I.P.P.E.D.® Moore	Unleashed! Velazquez	Pilates on the Ball Appel	Body & Sole for Active Agers Biscontini & O'Brien

FR6 EVENING SESSIONS 6:30pm-7:30pm	 FITNESS IDOL COMPETITION with Judges: Kooperman, K. Roberts, Wartenberg & Rockit 6:30pm-7:30pm						Love Your Body Belly Dance Doherty	
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SA1 7:00am-8:30am	Pulling for Power™ SGT Ken®	POUND® - Rockout. Workout. Ward	Quick & Dirty 30 Lewis-McCormick	Power Body Barre Wartenberg	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter	SOUL CLAP: Stepping & Body Percussion Freeman	The Perfect Fusion With Plyo Comeiro	Exercise for the Fountain of Youth McCall
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SA2 KEYNOTE & AWARDS 9:30am-10:45am	 KEYNOTE ADDRESS LEAD TO SUCCEED: SGT KEN® 9:30am-10:45am							
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SA3 11:00am-12:30pm	Foundations 360 PJ Stahl	INSURGENT by Hedstrom Fitness K. Roberts	Kardio Kombat Feinberg	Balletone® - A Dancer's Workout for the NON-DANCER Lenart	STRONG by Zumba® Bayersdorfer	LaBlast Silk: Accessible Dance Fitness Van Amstel	Pilates Strong 2018 Bender	Strength Training for Longevity & Vitality Kooperman
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SA4 SESSION 1 12:45pm-2:15pm SESSION 2 1:30pm-3:00pm	Crazy Core Combos M. Mylrea Session 2	The Female Training Model Parsons Session 2	Rethinking & Retooling Group Exercise Osar Session 1	Barre 360 Appel Session 2	Speedball Feinberg Session 1	HIGH Fitness: Aerobics is Back! Nelson Session 1	Spirited® Elements Rockit Session 2	Yoga for the Young at Heart: Chair Kooperman Session 2
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SA5 3:15pm-4:45pm	The EPOCalyse WaterRower® Power Workout™ Lewis-McCormick	ROC STEADY by PROJECT STEEL™ Stahl	Aerropes Gaylord	Center Floor Lenart	3X3 Amped-Up Body Sculpt Ross	SOUL CLAP: Become the Music Freeman	Warrior Tai Chi Yoga® J. Roberts	Marketing to the 65+ Population Kelly
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SA6 5:00pm-6:30pm	Functional Fluid Fitness for Longevity Conti	The Ultimate Cardio Kickboxing Party Comeiro	Training Mom Parsons	RaQiSa® Belly Dance Barre Doherty	RUMBLE by R.I.P.P.E.D.® Moore	Get LO Outlaw	Functional Movement, Pilates Style Bender	Multi-Generational Fitness Wartenberg
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SA7 EVENING SESSIONS 6:45pm-7:45pm	MANIA® Dance Off! LaBlast®, POUND®, RaQiSa®, Soul Clap, ZUMBA®						Recovery Through Meditation Rockit	
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SU1 7:00am-8:30am	THE AMRAP ASSAULT SGT. Ken®	Les Mills GRIT®: Cardio & HIIT Schroder	Understanding Movement McCall	 Flexibility + Performance = Wellness Howard	 Fitness Affirmations: Arthritis & Autoimmune Disease Conti	 Y3: Yin Yang Yoga Rockit		
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SU2 8:45am-10:15am	So Much More Than Kegels Abel	Female Core Training 2.0 Osar	RUNhabX: The ChiStrong Games Matalon	 Tukong Cardio Combat Kickboxing Smith	 Face it Together Conti	 RUNhabX: ChiRunning Matalon		
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SU3 11:15am-12:45pm	The Warrior Fit Games SGT Ken®	Beyond Bootcamp by Hedstrom Fitness M. Mylrea	20x3 Howard	 BARRE CERTIFICATION APPEL 8:00am-4:00pm	 The Warrior® Experience J. Roberts	 RHYTHM & SOUL! WITH SOUL CLAP FITNESS FREEMAN 8:00am-4:00pm	 Vinyasa Flow: Feel the Resistance Conti	 STRONG BY ZUMBA® BAYERSDORFER 8:00am-4:00pm
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SU4 1:00pm-2:30pm	Crew Conditioning™ with SGT Ken®	Axle: Lift, Burn, Move Page	Corrective Exercise for the Problem Shoulder Pata					
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FRIDAY, DECEMBER 7

SATURDAY, DECEMBER 8

SUNDAY, DECEMBER 9

SHOPPING HOURS

Friday, Dec. 7:.....8:45am - 2:30pm, 5pm - 6:45pm
Saturday, Dec. 8:.....8:15am - 3:30pm, 6pm - 7pm
Sunday, Dec. 9:.....10:00am - 1:30pm

 SCW PILATES MATWORK CERTIFICATION April 8 - 10:00am-4:00pm	 ActivMotion Bar Foundations Certification Mikulski 9:00am-4:00pm	 YOGA I CERTIFICATION VELAZQUEZ - 8:00am-5:00pm	 SCW Active Aging Certification Biscontini & O'Brien 9:00am-5:00pm	 TriggerPoint™ Foam Rolling: Principles & Practices Coronel 8:00am-12:00pm	 Speedball Instructor Certification Feinberg 8:00am-4:00pm
 SCW Meditation Certification Rockit 5:30pm-9:30pm	 SCHWINN® INDOOR CYCLING INSTRUCTOR CERTIFICATION Hogg & Stenis 7:00am-9:00pm	 SCW Yoga II Certification Velazquez 5:30pm-9:30pm	 SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm	 TriggerPoint™ Assessments to Performance Pata 1:00pm-5:00pm	 BARRE ABOVE POWERED BY SAVVIER® Lenart & McDonald 9:00am-5:00pm

I RECOVERY	J SCHWINN® CYCLING	K AQUA (STARTS IN POOL)	L AQUA (STARTS IN LECTURE)	M NUTRITION / WELLNESS	N EXERCISE SCIENCE / LEADERSHIP	O BUSINESS	P BOXING / CIRCUIT
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East Meets Western Techniques: Rollga® Roller Bender	Schwinn®: How to WOW! Stenis	Hydro Playground Warasila	H2O Functional Frolics Gilbert	Sugar Shockers and Shakedown Silverman	The Science of Myofascial Release Coronel	Soft Skills for Hard Bodies Lacombe	Stairmaster® Presents - HIIT Mix Solution McCall	FR1 7:30am-9:00am
Deep Stretch and the Aging Gilbert	Schwinn®: The Power Behind POWER K. Roberts	LaBlast - Splash Van Amstel	Spiritual DJ H2O Biscontini	Diet Diagnosis B. Mylrea & M. Mylrea	Building Blocks: Core Science & Training Comana	Social Media Storytelling Gray	Boxing: The Method Feinberg	FR2 10:00am-11:30am
Foam Rolling Applied Programming: REGEN® Pata Session 2	Schwinn®: To Breathless & Back M. Mylrea Session 1	Aqua Athlete Howard Session 1	Girls Just Wanna Have Fun Kooperman, Lewis-McCormick, Wartenberg & Warasila Session 1	Nutrition and Sleep: Fascinating Connections Silverman Session 2	Programming Pillars for Active Adults Mikulski Session 1	Steps to Strengthening Your Fouts Session 2	Stairmaster® Presents - BoxMaster® McCall Session 1	FR3 11:45am-1:15pm 12:30pm-2:00pm
Functional Circuits for the Active Adult Mikulski	Schwinn®: The Magic Of The 3 C's Hogg	Power Plunge Stenis	Dive Into Aqua Choreography Velazquez, Warasila, Gilbert, Wartenberg	Nutrition Panel - Comana, B. Mylrea, Silverman, K. Roberts & Layne	Electric Stimulation For Athletic Performance Feinberg	BAM! Strong Mind, Strong Business Gray	Stairmaster® Presents - HIIT Mix Solution McCall	FR4 2:15pm-3:45pm
Best Psoas & Glutes Exercises Osar	Schwinn®: B1G1 Free, Class Design M. Mylrea	Barre-A-Cuda Wartenberg	No Equipment? Water Works! Stenis	Gut Health: Your First Brain Layne	Female Leadership: Personal & Professional Kooperman, K. Roberts, Gilbert, Lewis-McCormick, Parsons	Up Your Training Game: INSANITY! Brodowsky		FR5 4:00pm-5:30pm

	Les Mills SPRINT™: Cycling Success Schroder			 STATE OF THE INDUSTRY: TRENDS FOR 2018 Honored: Lewis-McCormick, McCall & Osar - ROOM M 6:30pm-7:30pm				FR6 6:30pm-7:30pm
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Myofascial Compression for Injury Prevention Pata	Schwinn®: Rhythm Done Right Hogg	Water X 3 Velazquez	Aqua Core Options Warasila	What's In Your Food Silverman	The Female Client and Menopause Parsons	Comprehensive Fitness Program: Build Your Business Stahl	Boxing Bootcamp Feinberg	SA1 7:00am-8:30am
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								SA2 9:30am-10:45am
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Progressive Systems to Self-Myofascial Release Coronel	Schwinn®: Train Right Reimagined Appel	Surf & Turf Gilbert	It's Raining Men! Howard, Velazquez & Rockit	Nutrition Tips, Tidbits & Treats B. Mylrea & M. Mylrea	From Passionate Trainer to Successful Entrepreneur Parsons	Building Blocks for Career Longevity Brodowsky	Stairmaster® Presents - HIIT Mix Solution McCall	SA3 11:00am-12:30pm
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Relax & Restore: Foam Roller Training Lewis-McCormick Session 1	Schwinn®: Tour de Schwinn® K. Roberts Session 2	Aquatic Options for Active Agers Gilbert Session 2	Aqua Yoga Flow Warasila Session 2	10X Habits for Nutrition Success Layne Session 1	Foam Rolling: Rolling Pins to Vibration Pata Session 2	Time-Saving Tools for Digital Music Howard & Velazquez Session 1	Stairmaster® Presents - BoxMaster® McCall Session 2	SA4 12:45pm-2:15pm 1:30pm-3:00pm
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Ageless Body Recovery with ROLLGA® Bender	Schwinn®: Music Magic! Appel	Tab-Aqua Quickies Howard	Silver Aqua Solutions Velazquez, Warasila, Wartenberg, Gilbert	Secret Life of a Fat Cell Kravitz	Leading for Max Performance Kooperman	Creating the Perfect Workout Program Comeiro	3:1 PUNCHOUT Feinberg	SA5 3:15pm-4:45pm
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The Sweatless Worksite Workout Lewis-McCormick	Schwinn®: #WHOAMI Hogg	H2O Luscious Limbs Gilbert	Aqua Zen Warasila	Prevention & Recovery through Muscle Stimulation Feinberg	World's Best Resistance Training Programs Kravitz	The Business of Personal Training K. Roberts	Stairmaster® Presents - HIIT Mix Solution McCall	SA6 5:00pm-6:30pm
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Problem Shoulders? Use These Exercises! Osar	Schwinn®: Pedal & Pulse M. Mylrea	 Balletone 1 POWERED BY SAVVIER FITNESS® CERTIFICATION Lenart - 8:30am-4:00pm	LaBlast - Splash Van Amstel	Nutrition Coaching For Personal Trainers Layne	The Female Training Advantages 2018 Kravitz	 Water in Motion® Warasila 8:00am-4:00pm	 SCW BOXING CERTIFICATION Feinberg 8:00am-4:00pm	SU1 7:00am-8:30am
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Functional Flexibility with ActivMotion Bar Bender	 SCW FOAM ROLLING CERTIFICATION LEWIS-McCORMICK 9:00am-3:00pm	 BECOME A PIVO INSTRUCTOR Comeiro 8:00am-4:00pm	Aqua Athlete Howard	Foods for Optimal Health B. Mylrea & M. Mylrea	10 Key Rules for Longevity Kravitz			SU2 8:45am-10:15am
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TriggerPoint™ for Movement Coronel			Spirited® Surf 2 Rockit	The Ageless Body with ROLLGA® Bender	Eight Best Anaerobic Circuit Programs Kravitz			SU3 11:15am-12:45pm
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Knee and Foot Solutions 2.0 Osar			Barre H2O Wartenberg	Nutrition Uncensored Layne	APP-etite for Wellness Rockit			SU4 1:00pm-2:30pm
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