## 16 **REGISTER TODAY: www.scwfit.com/DALLAS**

W Personal Traini Certification Roberts 8:00am-5:00pm Pg 7



PRE-CONVENTION WORKSHOPS WEDNESDAY, AUGUST 22

PRE-CONVENTION WORKSHOPS THURSDAY, AUGUST 24

	CLICK HERE » TO ENLARGE & PRINT	GROUP EX & CIRCUIT	B HIIT / CORE	BALANCE & STRENGTH	MIND / BODY	ACTIVE AGING / RECOVERY	DYNAMIC TRAINING	<b>G</b> BARRE	DANCE /POWER	SPECIALTY	STRENGTH / REHAB
	FR1 7:30am-9:00am	Corrective Exercise: Female Core Osar Pg 1	Below the Belt - Glutes & Legs! M. Mylrea Pg 10	Upper Extremity Movement Mechanics Comana Pg 10	Club Pilates: Mat Work Level 1 Huffman Pg 10	Functional Circuits for Aging Clients Sipe Pg 10	RUMBLE by R.I.P.P.E.D.® Jessup Pg 10	Barre for Athletes Hall Pg 10	HIGH Fitness: Aerobics is Back! Zenith Pg 10	Get "On Board" with Juvo Smith-Yates Pg 10	HIIT the Turf Stryska & Hughe Pg 10
				EXPO	OPEN 8:45am-2	:30pm					
T 24	FR2 10:00am-11:30am	Short Circuit: Group Training Edition Fouts Pg 11	Pulling for Power™ SGT Ken® Pg 11	InTENsity by Hedstrom Fitness Dixon Pg 11	Extreme Tabata Yoga Howard Pg 11	TriggerPoint™: GRID® Lock Coronel Pg 11	Rolling with Mindfulness and Breathwork Bettendorf Pg 11	Barre Moves - Update Your Choreography Murphy- Madden, Bender & George Pg 11	Club Vibe® - Dance Meets Fitness Ponte & Schur Pg 11	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter Pg 11	Speedball Core Feinberg & Schill Pg 11
AUGUST	FR3 Session 1 11:45am- 1:15pm FR3 Session 2 12:30pm- 2:00pm	Coaching Camp: Group Training Growth Fouts Session 2 Pg 12	Coaching Squat and Lunge Variations Comana Session 1 Pg 12	BOSU® + Bar: Grip, Tip, Flip & Strip Galvan Session 2 Pg 13	Rhythm Yoga Velazquez Session 1 Pg 12	Body & Sole for Active Agers Biscontini & O'Brien Session 2 Pg 13	The Ultimate Group X Experience Dobson & Natoni Session 1 Pg 12	ThinkFit™: Bells at the Barre Appel Session 2 Pg 13	Zumba® Cardio Blast Bullard Session 2 Pg 13	Ageless Body Trilogy - Rollga® Bender Session 1 Pg 12	Iron Ankles Stren In Balance Lake Session 1 Pg 12
AX,	FR4 2:15pm-3:45pm	Quick & Dirty 30 Lewis-McCormick Pg 13	Willow - 6Pack Abs, 6Pack Mind Boynton & Hubbert Pg 13	Foam Rolling Applied Programming: REGEN® Wagner Pg 13	Pilates Strong 2018 Bender Pg 13	Power Training for Older Adults Sipe Pg 14	ThinkFit <sup>™</sup> Cardio: MOTR™ Fueled Intervals Gonzalez Pg 14	Make Your Barre Classes a "HIIT" Murphy-Madden & George Pg 14	LaBlast Silk: Accessible Dance Fitness Van Amstel Pg 14	Juvo Flow Smith-Yates Pg 14	Functional Circui for the Active Add Coronel Pg 14
FRID	FR5 4:00pm-5:30pm	Warm Up! Performance Flexibility & SMR Lewis-McCormick Pg 14	Extreme Chaos Meets Fluid Strength M. Mylrea & Erickson Pg 14	POUND® - Rockout. Workout. DesOrmeaux Pg 14	Dynamic Flexibility: A 3D Life Velazquez Pg 15	Active Aging: No Place Like Foam Kooperman Pg 15	Functional Pilates Flows by ActivMotion™ Bar Quest Pg 15	Power Body Barre Wartenberg Pg 15	MASHUP®: VIIT IT! Zacharias & Brown Pg 15	The Ultimate Cardio Kickboxing Party Dobson Pg 15	Recess! For the Ki & the Kid in You Hall Pg 15
				CHARITY RAFFL	E & EXPO OPEN	5:15pm-6:45pm	1				
	FR6 6:30pm-7:30pm	Unifying Community with U-Jam Leslie Pg 18	FITNESS IDOL	TNESS IDOL COMPETITION WITH JUDGES: KOOPERMAN, Oberts, Wartenberg & Rockit Dom B = 6:30PM-7:30PM = PG 18							
		•									
	SA1 7:00am-8:30am	POUND® - Rockout. Workout. DesOrmeaux Pg 18	The Rowing Rush™ Sponsored by Waterrower SGT Ken® Pg 18	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter Pg 18	Spirited® Elements Rockit Pg 18	Myofascial Compression Techniques for Injury Prevention Wagner Pg 18	Roll Better, Roll Less Bettendorf Pg 19	Barre Fight Wartenberg Pg 19	Center Floor Murphy-Madden & George Pg 19	Mind Body Flow Juvo Smith-Yates Pg 19	MMA For Group Fitness Dobson Pg 19
					PEN 8:15am-9:3	0am					
AUGUST 25	SA2 9:30am-10:45am Keynote / Awards		LEAD TO SUCCEED: SCT HEAD ROOM B 9-30am Pg 19								
	SA3 11:00am-12:30pm	Piloxing® SSP Ballard Pg 19	Foundations 360 Stahl Pg 20	INSURG3NT by Hedstrom Fitness Roberts Pg 20	Pilates on the Ball Appel Pg 20	Strength Training for Longevity & Vitality Kooperman Pg 20	ThinkFit™: 3D Core Vanderburg Pg 20	Let The Beat Drop Murphy-Madden & George Pg 20	LaBlast - Partner Free Ballroom Dance Van Amstel Pg 20	Rock the Core by ActivMotion Bar® Coronel Pg 20	RUMBLE by R.I.P.P.E.D.® jessup Pg 20
		-		EXPO OPEN 12:	15pm-3:30pm I	6:15pm-7:45pm	1				
IRDAY,	SA4 Session 1 12:45am- 2:15pm Session 2 1:30pm- 3:00pm	Crazy Core Combos M. Mylrea Session 1 Pg 21	Crew Conditioning™ with SGT Ken® Session 2 Pg 21	BOSU® Sport C.A.M.P. Thews Session 2 Pg 22	Club Pilates Mat Class - Level 2 Huffman Session 1 Pg 21	Yoga for the Young at Heart: Chair Kooperman Session 2 Pg 22		Gliding Scales - Barre With Gliders Appel Session 1 Pg 21	Club Vibe® - Dance Meets Fitness Ponte & Schur Session 2 Pg 22	Juvo Core Like Never Before Smith-Yates Session 2 Pg 22	HIIT the Turf Stryska & Hughe Session 2 Pg 22
ATURD	SA5	ROC STEADY by PROJECT STEEL™	Max Interval Training with INSANITY	The Mix by Piloxing® Ballard	Relax & Restore Foam Roller Training	TriggerPoint™ for Movement	LaBlast® Line Dance Van Amstel	Barre 360 Appel	Country Fusion Mooney	Ageless Body Recovery with ROLLGA®	Speedball Feinberg & Schill

CCC CCC VOCA I CERTIFICATION LAQUEZ - 8:00am-5:00pm - Pg7

SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg 7

SCW Active Aging Certification Biscontini & O'Brien 9:00am-5:00pm Pg 7

SCW Active Aging Jutrition Certificatio Silverman 5:30pm-9:30pm Pg 8

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SA5 3:15pm-4:45pm	PROJECT STEEL™ Stahl Pg 22	with INSANITY Natoni Pg 22	The Mix by Piloxing® Ballard Pg 22	Roller Training Lewis-McCormick Pg 23	for Movement Coronel Pg 23	LaBlast® Line Dance Van Amstel Pg 23	Barre 360 Appel Pg 23	Country Fusion Mooney Pg 23	Recovery with ROLLGA® Bender Pg 23	Speedball Feinberg & Schiller Pg 23	Done Right Vanderburg Pg 23	Tab-Aqua Quickies Howard Pg 23	Velazquez, W Wartenberg, Pg 23
SA6 5:00pm-6:30pm	STRONG by Zumba® Bullard Pg 24	Axle Loaded Page Pg 24	Extreme Results Driven by Chaos Erickson Pg 24	The Perfect Fusion With Piyo Dobson Pg 24	Psoas & Glutes: Corrective Exercise Osar Pg 24	Les Mills BODYATTACK™ Kattar Pg 24	Best of Barre Appel Pg 24	HIGH Fitness: Aerobics is Back! Zenith Pg 24	Abs & Assets: Juvo Pilates/Barre Smith-Yates Pg 24	Core Fit Haan Pg 24	Schwinn®: B1G1 Free, Class Design M. Mylrea Pg 24	Barre-A-Cuda Wartenberg Pg 24	Luscious L Gilbert Pg 24
SA7 6:45pm-7:45pm		MANIA® Dance Off Club Vibe, Country Fusion, Jenn Hall, LaBlast, Piloxing, U-Jam, Zumba Pg 25		Recovery Through Meditation Rockit Pg 25									
SU1 7:00am-8:30am	MASHUP® YOUR WORKOUT Zacharias & Brown Pg 25	The Warrior Fit Games SGT Ken® Pg 25	BOSU® Pilates Core Power Quest Pg 25	Qi Gong for Every Body Haan Pg 25	Progressive Systems to Self-Myofascial Release Coronel Pg 25			Unifying Community with U-Jam Leslie Pg 25	-	Iron Ankles Strength Training Lake Pg 26		Hydro Playground Warasila Pg 26	Aqua Ath Howar Pg 26
SU2 8:45am-10:15am	Shoulder Issues? Corrective Exercise Strategy Osar Pg 26	Les Mills GRIT™ Cardio & HIIT Kattar Pg 26	Flexibility + Performance = Wellness Howard Pg 26	ThinkFit™ Pilates: Mat Circuit Circus Quest Pg 26	RumbleRoller Group Exercise Flow Bettendorf Pg 26			LaBlast Shape: Interval Based Dance Fitness Van Amstel Pg 26		HIIT the Turf Stryska & Hughes Pg 27		Surf & Turf Gilbert Pg 27	Spirited® S Rockit Pg 27
		EN 10:00am-1:30	)pm								June 1	EXPO	OPEN 10:

**SCW** 

PILATES MATWORN CERTIFICATION

SCW Meditation Certification Rockit 5:30pm-9:30pm Pg 8

FUNCTIONAL PILATES CERTIFICATIO

Savyier Fitness

BARRE ABOVE

MASHUP® Zacharias & Brown 8:00am-5:00pm Pg 9

SU3 11:15am-12:45pm

SU4 1:00pm-2:30pm

he 4 F's of Ex Haan Pg 27

up Ex Inst rective E Osar Pg 28

ASSAULT SGT. Ken® Pg 27

SPORT™ by Group RX Boynton Pg 28

edstrom Fitn M. Mylrea Pg 27

for Every Body Haan Pg 25	Self-Myofascial Release Coronel Pg 25	STRONG PZONBA		with Lu P
hinkFit™ Pilates: lat Circuit Circus Quest Pg 26	RumbleRoller Group Exercise Flow Bettendorf Pg 26			LaBlas Interval E Fit Van P
3: Yin Yang Yoga Rockit Pg 27	Move Active Agers with Music Finley-Norwood Pg 27		SCW	Count Mc P
Relaxercise Haan Pg 28	Corrective Exercise for the Problem Shoulder Wagner Pg 28	STRONG BY ZUMBA® CERTIFICATION BULLARD 8:00am-4:00pm • Pg 9	BARRE CERTIFICATION APPEL 8:00am-4:00pm - Pg 9	HIIT the I H

TriggerPoint <sup>™</sup> Foam Rolling: Principles & Practices Coronel			SCW Aqua Barre Certification Wartenberg 9:00am-4:00pm	Pg7 SCW Sports Nutrition Certification Comana 9:00am-3:30pm	Leadership Summit Kooperman, Thews, Biscontini, Bosley		SCW Nutrition, Hormones and Metabolism McCormick		HIGH Fitness Instructor Training Zenith 8:30am-5:00pm	SCW Core Training Certification McCall 1:00pm- 5:00pm
8:00am-12:00pm Pg 8 TriggerPoint™ Assessments to Performance Wagner	SCHWINN®: INDOOR CYCLING INSTRUCTOR CERTIFICATION DIXON & THEWS 7:00am-5:00pm + Pg 8		Pg 7	Pg 7 SCW Lifestyle Behavioral Coaching Workshop Comana	Biscontext, bostey, Biscontext, bostey, Biscon	ONE DAY TO WELLNESS CERTIFICATION Bruce 8. Mindy Mylrea 8:00am-5:00pm • Pg 8	9:00am-3:30pm Pg 7	StateMaster BDXMASTER CERTIFICATION	Pg 8	Pg 8 SCW Kettlebell Practical Certification McCall 5:30pm-9:30pm
1:00pm-5:00pm Pg 8	7:00am-5:00pm + Pg 8			5:30pm-10:00pm Pg 7		₽ 8:00am-5:00pm • Pg 8		Pg 8	FRIEND-UHL • 1.00pm-5.00pm • Pg 8	Pg 8
STRENGTH / REHAB		AQUA			EX. SCIENCE / LEADERSHIP	HEALTH / WELLNESS	BUSINESS	SUSPENSION / BOXING	<b>S</b> STAIRMASTER	
HIIT the Turf Stryska & Hughes Pg 10	Schwinn®: How to WOW! Thews Pg 10	Aquatic Solutions for Active Agers Gilbert Pg 10	Spiritual DJ H2O Biscontini Pg 10	Nutrition & Mental Health Garcia Pg 11	Steps to Strengthening Your Brand Fouts Pg 11	Self Coaching Strategies for Wellness Silverman Pg 11	52 Days: Your Best Body Digsby Pg 11	ThinkFit™ Suspension: Game On With Gravity Quest Pg 11	Stairmaster® Presents -HIIT Mix Solution Friend-Uhl Pg 11	FR1 7:30am-9:00am
					O OPEN 8:45am	•		ThinkFit™		
Speedball Core Feinberg & Schiller Pg 11	Schwinn®: Music MAGIC! Appel Pg 11	Barre H2O Wartenberg Pg 11	Aqua Currents of Cardio Confetti Rockit Pg 11	Diet Diagnosis B. Mylrea & M. Mylrea Pg 12	Personal & Professional Kooperman, Gilbert, K. Roberts Pg 12	Building Blocks: Core Science & Training Comana Pg 12	Creating a Lasting Brand Natoni Pg 12	Suspension: Meet the Beat Gonzalez Pg 12		FR2 10:00am-11:30am
Iron Ankles Strength In Balance Lake Session 1 Pg 12	Schwinn®: To Breathless & Back Dixon Session 2 Pg 13	Tab-Aqua Power Howard Session 1 Pg 13	Girls Just WannaHave Fun Kooperman, Lewis- McCormick, Wartenberg, & Warasila Session 1 Pg 12	6 Sneaky Strategies 4 Cancer Survival Hall Session 1 Pg 12	Unleash the Power of Music Thews Session 2 Pg 13	Programming Pillars for Active Adults Coronel Session 2 Pg 13	Tidbits to Grow Your Business Bosley Session 1 Pg 12	Boxing: The Method Feinberg Session 2 Pg 13	Stairmaster® Presents - BoxMaster® McCall Session 1 Pg 12	FR3 11:45am-1:15pm 12:30pm-2:00pm
Functional Circuits for the Active Adult Coronel Pg 14	Schwinn®: Pedal & Pulse M. Mylrea Pg 14	Aquatic Baby Boomer Bootcamp Watkins Pg 14	Dive Into Aqua Choreography Velazquez, Warasila, Wartenberg, Gilbert Pg 14	Nutrition Panel - Comana, B. Mylrea, Silverman, Digsby, Garcia Pg 14	Up Your Training Game: INSANITY Natoni Pg 14	Nervous Hacks for Mobility Bettendorf Pg 14	How to Hire & Retain Gorsline Pg 14			<b>FR4</b> 2:15pm-3:45pm
Recess! For the Kids & the Kid in You! Hall Pg 15	Schwinn®: Tour de Schwinn® Roberts Pg 15	H2O Functional Frolics Gilbert Pg 15	Aqua Chi-Flow Haan Pg 15	Sugar Shockers and Shakedown Silverman Pg 15	The Science of Myofascial Release Coronel Pg 15	Prevention & Recovery through Muscle Stimulation Feinberg Pg 18	Self-Publish a Book or EBook Digsby Pg 18		Stairmaster® Presents - HIIT Mix Solution Appel Pg 18	FR5 4:00pm-5:30pm
				CHARITY RAF		N 5:15pm-6:45p	om			
	Les Mills SPRINT™: Cycling Success Kattar Pg 18	Aqua Zumba® Bullard Pg 18		<b>T</b>	STATE OF THE INDUSTRY: TRENDS FOR 2018 HOWARD, LEWIS-MCCORNICK, OSAR & MCCALL - ROOM N 6:30pm-7:30pm - Pg 10					FR6 6:30pm-7:30pm
MMA For Group Fitness	Schwinn®: The Magic Of The 3 C's	Aqua Yoga Flow Warasila	ABC- Aqua Bootcamp Circuit	Nutrition & Sleep: Fascinating Connections	Fitness Program Comprehension and Creation	The Ageless Body with ROLLGA®	Building Blocks for Career Longevity	Boxing Bootcamp Feinberg	Stairmaster® Presents - BoxMaster®	SA1
Dobson Pg 19	Thews Pg 19	Pg 19	Lewis-McCormick Pg 19	Silverman Pg 19	Stahl Pg 19	Bender Pg 19	Brodowsky Pg 19	Pg 19	Friend-Uhl Pg 19	7:00am-8:30am
				EXPU	OPEN 8:15am-9	:30am				642
						Electronic		ThinkFit™	Stairmaster®	<b>SA2</b> 9:30am-10:45am
RUMBLE by R.I.P.P.E.D.® Jessup Pg 20	Schwinn®: Train Right Reimagined Dixon Pg 20	Aquatic Core & More Watkins Pg 20	It's Raining Men! Howard, Velazquez & Rockit Pg 20	Top 10 for Weight Loss Digsby Pg 20	Secret Life of a Fat Cell Kravitz Pg 20	Stimulation for Athletic Performance Feinberg Pg 20	Become A Retention Rock Star Garcia Pg 20	Suspension: Circuits 2.0 Quest Pg 21	Presents - HIIT Mix Solution McCall Pg 21	<b>SA3</b> 11:00am-12:30pm
HIIT the Turf	Schwinn®:	Aqua Team HIIT	Zonovar H2O	EXPO OPEN 12 What's in Your Food?	2:15pm-3:30pm Foam Rolling:	I 6:15pm-7:00p Assess, Explore,	Time-Saving Tools	ThinkFit™		
Stryska & Hughes Session 2 Pg 22	The Power Behind POWER Roberts Session 1 Pg 21	Bonina Session 1 Pg 22	Zenergy H2O Lewis-McCormick Session 1 Pg 21	Silverman Session 1 Pg 21	Rolling Pins to Vibration Wagner Session 2 Pg 22	Pattern-Functional Pilates Bender Session 1 Pg 21	for Digital Music Howard & Velazquez Session 1 Pg 21	Suspension: Power and Endurance Gonzalez Session 1 Pg 21		<b>SA4</b> 12:45pm-2:15pm 1:30pm-3:00pm
Speedball Feinberg & Schiller Pg 23	Schwinn®: Rhythm Done Right Vanderburg Pg 23	Tab-Aqua Quickies Howard Pg 23	Silver Aqua Solutions Velazquez, Warasila, Wartenberg, Gilbert Pg 23	Nutrition Tips, Tidbits & Treats B. Mylrea & M. Mylrea Pg 23	The Female Training Advantages 2018 Kravitz Pg 23	Sneaky Strategies to Manage Weight Silverman Pg 23	Leading for Max Performance Kooperman Pg 23	ThinkFit™ Suspension: Pilates- Inspired Gonzalez Pg 23	Stairmaster® Presents - HIIT Mix Solution McCall Pg 23	<b>SA5</b> 3:15pm-4:45pm
Core Fit Haan Pg 24	Schwinn®: B1G1 Free, Class Design M. Mylrea Pg 24	Barre-A-Cuda Wartenberg Pg 24	Luscious Limbs Gilbert Pg 24	Metabolism Makeover Digsby Pg 25	World's Best Resistance Training Programs Kravitz Pg 25	Inspired to THRIVE- The Journey Ponte & Schur Pg 25	Coping With Different Personalities Gorsline Pg 25	3:1 Punchout Feinberg Pg 25		<b>SA6</b> 5:00pm-6:30pm
				Ebbs FLOWS HOWARD, ROOM	GILBERT, WARASILA & VELAZOUEZ N 6:45pm-7:45pm • Pg 25					<b>SA7</b> 6:45pm-7:45pm
Iron Ankles Strength Training Lake Pg 26		Hydro Playground Warasila Pg 26	Aqua Athlete Howard Pg 26	Foods for Optimal Health B. Mylrea & M. Mylrea Pg 26	Prevention and Performance for Runners Bettendorf Pg 26	Schwinn®: #WhoAmI Thews Pg 26	Fitness Insurance - An Enlightening Experience Sanders Pg 26			<b>SU1</b> 7:00am-8:30am
HIIT the Turf Stryska & Hughes Pg 27		Surf & Turf Gilbert Pg 27	Spirited® Surf 2 Rockit Pg 27	Pg 20 Meatless Monday? Plant Protein Demystified Hall Pg 27	10 Key Rules for Longevity Kravitz Pg 27		Get More Personal Training Orientations Stowell Pg 27	water <u>motion</u>	THE AXLE WORKOUT CERTIFICATION	<b>SU2</b> 8:45am-10:15am
		EXPO	OPEN 10:00am			RA	- g 27	VELAZQUEZ + 9:00am-5:00pm + Pg 9	PAGE • 8:00am-4:00pm • Pg 9	
Strong Mind Strong Body Bonina Pg 27	PiYO	Aquatic Kick & Burn Bootcamp Watkins Pg 27	Playful Aqua Patterns Gilbert Pg 27	Common Sense Nutrition: Your Scope Garcia Pg 27	Eight Best Anaerobic Circuit Programs Kravitz Pg 27	SCW	Stability & Security: Your Pilates Career Huffman Pg 27			<b>SU3</b> 11:15am-12:45pm
Iron Ankles Lower Body Strength & Tone Lake Pg 28	BECOME A PIYO INSTRUCTOR DOBSON 8:00am-4:00pm • Pg 9	Aqua Zen Warasila Pg 28	Aquatic Muscle Mix Watkins Pg 28	Nutrition & Chronic Pain Garcia Pg 28	The Art of Cueing™ Ponte & Schur Pg 28	FOAM ROLLING CERTIFICATION Lewis-McCormick 9:00am-3:00pm - Pg 9	Scripts for the Non- Sales Person Stowell Pg 28	BOXING CERTIFICATION FEINBERG + 8:00am-4:00pm + Pg 9	THE MIX BY PILOXING® Ballard - 8:00am-4:00pm + Pg 9	<b>SU4</b> 1:00pm-2:30pm
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## **DALLAS MANIA<sup>®</sup> SCHEDULE**

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Schedule is subject to change. Please visit www.scwfit.com/DALLAS for updates.