

NEW YORK CITY
MANIA[®]
FITNESS PRO CONVENTION



SCW

JANUARY 26-28, 2018

NEW YORK CITY MANIA® FITNESS PRO CONVENTION

**NEW YORK CITY MANIA®
FITNESS PRO CONVENTION
JANUARY 26-28, 2018**

**CERTIFICATIONS
JANUARY 25, 28 and 29, 2018**

GRAND HYATT NEW YORK

109 East 42nd Street at
Grand Central Terminal
New York, New York
212-883-1234

**REGISTER ONLINE AT:
www.scwfit.com/nyc**



LETTER FROM SARA KOOPERMAN, JD

Dear New York MANIACs,

MANIA® is excited to be back in the Big Apple!

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. hand weights 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 our second year in New York City, I feel truly blessed and eternally grateful, and I thank you for being a part of it.

In Health and Wellness,

Sara Kooperman, JD

SAVE UP TO \$80 - DISCOUNT DEADLINE ENDS DEC. 28, 2017

BECAUSE IT'S YOUR



PASSION



NYC MANIA®

30 YEARS IN THE MAKING



250
CERTIFICATIONS
& WORKSHOPS



70
TOP INDUSTRY
PRESENTERS



24
CEC & CEU
HOURS AVAILABLE



17
WORKSHOPS
EVERY HOUR



SCW FITNESS EDUCATION WE'RE A FAMILY

SCW is an internationally recognized educational organization that provides hands-on certifications and continuing education courses and conventions to fitness professionals in multiple disciplines nationwide. For the past 31 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 obtained their certification 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 nine Professional Training Conventions annually in New York City, California (San Francisco), Florida (Orlando), Atlanta, Dallas, DC, Philadelphia, Midwest (Chicago) and Boston. SCW serves over 10,000 health and wellness professionals at our events, and we reach more than 90,000 virtually through our SCW OnDemand program and Online Certifications and Continuing Education Credit (CEC) programming.

EXPERIENCE MANIA®

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

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





CONVENTION & HOTEL INFORMATION

GRAND HYATT NEW YORK

109 East 42nd Street at Grand Central Terminal
New York, New York
212-883-1234

HOTEL ROOM RATE

\$199 (regularly \$320) - pay as little as \$49.75 per night when you share a room with three others. The conference is conveniently located on-site in AMAZING NEW YORK CITY!

You'll be staying in the heart of New York City at a four-star hotel located next to the Chrysler Building, directly above Grand Central Station and just a 10-minute walk to Times Square. Experience America's greatest city at the NYC MANIA® Conference, all at an extremely affordable rate!

HOTEL ROOM DISCOUNT DEADLINE

January 8, 2018

AIRPORT TRANSPORTATION

LaGuardia Airport is about a 30-minute ride and JFK International Airport is about 45 minutes from the hotel.

NYC Airporter (www.nycairporter.com) is an airport shuttle service that picks up from LaGuardia (\$15) and JFK (\$18) and drops off at Grand Central Terminal, which is next door to the hotel.

The AirTrain (\$7.75) runs between JFK and Penn Station. You can access Grand Central Station from Penn Station by taking the 1, 2, 3 (Red) subway line and transferring to the S line at Times Square Station.

A taxi will cost approximately \$30-40 from LaGuardia and \$50 from JFK. An Uber or Lyft might be less expensive, depending on time of day.

PARKING

The hotel offers valet parking at \$60 for up to six hours and \$70 for overnight. There are no self-parking options or in-and-out privileges at the hotel.

Nearby self-parking lots include:

Quik Park - www.iconquikpark.com

Manhattan Parking Group - www.mpsparking.com

iPark - www.ipark.com

CONVENIENTLY LOCATED ABOVE GRAND CENTRAL STATION!

Grand Central Station is served by the following train lines:
MTA Metro North

Subway 4, 5, and 6 lines (Green line)

Subway 7 line (Purple line)

Subway S line (Shuttle to Times Square)

MORE THAN JUST A FITNESS CONVENTION



MANIA® IS THE PLACE WHERE THE FITNESS COMMUNITY GOES TO BE INSPIRED, GET 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!

MANIA REGISTRATION OPTIONS & SAVINGS



BE PART OF THE STAFF ASSISTANT CREW ... SAVE MONEY & EARN UP TO 24 CECS/CEUs!

Become part of the Staff Assistant Team for only \$99 - saving up to \$160 off the regular \$259 price!

Our SCW Staff are leaders who go behind the scenes to make this amazing educational experience happen. Mingle with presenters, network with like-minded assistants and join the ranks of the SCW Office Team to MAKE A DIFFERENCE!



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. Provide your friend's name who is attending, and it's that easy to save big!



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® dollars and lets you take a Sunday Certification or go to your job on Friday and attend MANIA® on Saturday and Sunday!



YMCA DISCOUNT RATE

For our friends at the YMCA, we offer an \$80 Savings (Regularly \$259, Now \$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.



WATCH FOR TEXT MESSAGE UPDATES

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



REGISTER ONLINE & SAVE

Register Online at www.scwfit.com/NYC. It's fast, easy, safe 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® OFFERS 24 CECs/CEUs IN ONE WEEKEND – YOU NEED ‘EM, WE GOT ‘EM!



MANIA® CONVENTIONS SUPPLY YOU WITH UP TO 24 CONTINUING EDUCATION CREDITS/ UNITS DURING THE 3-DAY CONVENTION

including the Keynote presentation by TONY HORTON 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 excellence and utilizes only presenters that are certified or carry a fitness-related graduate or undergraduate degree. Please check with your individual 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 DOWNLOADABLE 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.



2018 SCW PRESENTERS OF THE YEAR AWARD!

Now, you can VOTE for your Favorite MANIA® Presenters & Programs at 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 2019 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!



FITNESS CARES CHARITY RAFFLE

Join SCW at our Reception and Charity Raffle for fabulous fitness equipment and resources donated by our generous exhibitors and sponsors. Proceeds support FitnessCares, which is providing support to victims of the hurricane disasters in Texas, Florida and Puerto Rico. The Charity Raffle and Reception will take place on Friday, 5:30pm-6:15pm in the EXPO area. Please visit scwfit.com/FitnessCares for more information.

REGISTRATION HOURS

Thursday, January 25:	7:00am – 6:30pm
Friday, January 26:	6:00am – 7:00pm
Saturday, January 27:	6:00am – 7:45pm
Sunday, January 28:	6:00am – 1:30pm
Monday, January 29:	7:00am – 7:30pm

EXPO HOURS

Friday, January 26:	8:45am – 2:30pm
Saturday, January 27:	5:15pm – 6:45pm
	8:15am – 9:30am
	12:15pm – 3:30pm
	6:15pm – 7:00pm
Sunday, January 28:	10:00am – 1:30pm



AQUA ON DECK

The Grand Hyatt does not have a pool, but Aqua Exercise is a big part of the MANIA® experience. As a result, NYC MANIA® will be offering simulated Aqua on Land sessions. This learning experience will help Fitness Professionals improve their Deck Teaching Skills instruction, which will also make taking notes a lot easier! Come check out the new format and benefit from this all hands-on deck experience!



PARTNER WITH “THE BEST” SPONSOR | EXHIBIT | ADVERTISE

Reach 10,000 Fitness Professionals in face-to-face contact and another 100,000+ virtually. All our event sites are held at Non-Union Hotels which saves thousands of dollars in shipping and handling. Our MANIA® attendees will use your products, try your program and experience your presenters! Host MANIA® sessions, receive a premier Expo booth (including table, chairs, carpet, etc.), provide inserts for the Welcome Bag, publish Articles and Ads in our Newsletter, reach hundreds of thousands through our social media platforms and send Discount Coupons in our Emails. Go to www.scwfit.com/PARTNER, email sponsor@scwfit.com or call our Partner Director, Cheryl Vincent, directly at 708-612-7599 or our office at 847-562-4020.

PUSH YOUR LIMITS

LOCKED IN



PREMIER SPONSORS



CO-SPONSORS



TRIGGERPOINT



ASSOCIATE SPONSORS



CHECK OUT OUR SPONSOR SPECIALS ON PAGE 29!

PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

THURSDAY, JANUARY 25

SCW PERSONAL TRAINING CERTIFICATION

Keli Roberts

Thursday, January 25, 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 GROUP EXERCISE CERTIFICATION

Irene Lewis-McCormick, MS, CSCS

Thursday, January 25, 8:00am-5:00pm

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

Learn class sequencing, warm-up progressions, musical phrasing, proper cueing techniques, choreography development and all the practical skills required to teach your best class, every class. Leave this Nationally Recognized Certification with confidence in your ability to lead and demonstrate proper group teaching skills. Understand cardiovascular training, muscular endurance and flexibility training techniques with one of our industry's finest. The balance of theoretical and practical training 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. SCW (8.0), AFAA (8.0), AEA (4.5), NASM (0.8), ACSM (8.0).*

SCW SPORTS NUTRITION CERTIFICATION

Fabio Comana, MA, MS

Thursday, January 25, 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. SCW (6.0), AFAA (6.0), ACE (0.7), AEA (6.5), ACSM (6.0), NASM (0.6).*

SCW LIFESTYLE BEHAVIORAL COACHING

Fabio Comana, MA, MS

Thursday, January 25, 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. SCW (4.0), AFAA (4.0), ACE (0.4), AEA (4.0), ACSM (4.0), NASM (0.4).*

SCW CORE TRAINING

Pete McCall, MS

Thursday, January 25, 1:00pm-5:00pm

\$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. SCW (4.0), AFAA (4.0), ACE (0.4), AEA (2.0), ACSM (4.0), NASM (0.4).*

SCW KETTLEBELL PRACTICAL CERTIFICATION

Pete McCall, MS

Thursday, January 25, 5:30pm-9:30pm

\$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. SCW (4.0), AFAA (4.0), ACE (0.4), AEA (2.0), ACSM (4.0), NASM (0.4).*

SCW MEDITATION CERTIFICATION

Yury Rockit

Thursday, January 25, 5:30pm-9:30pm

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

Learn the background to traditional tenets of Eastern meditation, from principles to prana to practices. Fuse theory and practical meditation techniques to gain a deeper sense of self and consciousness. Learn mindful skills that gradually progress with the potential to develop into a lifelong practice for yourself and others. Movement enhances our physical body; meditation improves our mental and emotional states. This vibrant program is suitable for any fitness professional with no experience required. Acquire new skills to be able to start your own meditation class or simply implement aspects of meditation into your current recovery programs. Strengthen your emotional balance, stimulate clearer thinking, and enhance your personal and professional creativity with this elevated course that encourages deeper sleep, reduced anxiety and increased self-confidence. *SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4)*

ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING

Irena Meletiu

Thursday, January 25, 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).*

HIGH FITNESS INSTRUCTOR TRAINING

Emily Nelson & Amber Zenith

Thursday, January 25, 8:30am-5:00pm

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

Aerobics is Back, Bigger, Better HIGHER! HIGH Fitness is a hardcore, fun group fitness class that has taken Aerobics and brought it to the next level with modern fitness techniques. Our full-day Instructor Training will provide you with everything you need to know to teach a HIGH Fitness class. This hands-on training will provide you with the skills, knowledge, tips and tricks to support you in becoming a successful HIGH Fitness Instructor. *SCW (7.5), AFAA (8.0), NASM (0.8), CanFitPro (4.0), AFLCA (6.5).*

BARRE ABOVE® BY SAVVIER FITNESS®

Tricia Murphy Madden

Thursday, January 25, 9:00am-5:00pm

\$229 Attendees & Non-Attendees

Whether you teach barre or are motivated to add this popular format to your repertoire, look no further than Barre Above®, one of the fastest growing barre programs in the country. Discover the essentials of barre, and see how this dynamic and progressive method of training enhances strength, flexibility and balance. Watch your toolbox expand as you study and practice the progressions and regressions necessary to teach a fun, effective and efficient barre workout perfect for all fitness levels. Learn how to implement, launch and run a successful and in-demand barre program that requires little to no equipment. *Certification includes: Two DVDs plus electronic versions, print and electronic instructor manual, instructor web membership, equipment and apparel discounts, no licensing fees, options for ongoing choreography, certificate of completion. SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8).*

PIYO CERTIFICATION

Kara Buono

Thursday, January 25, 9:00am-5:00pm

\$249 MANIA® Attendees & Non-Attendees

Celebrity fitness trainer Chalene Johnson created PiYo to prove that low-impact exercise can get beautiful results. As a PiYo Instructor, you'll lead dynamic and powerful flows designed to sculpt, stretch and strengthen a long, lean physique. In a one-day, hands-on session, you'll learn from and practice with top Master Trainers - leaving with the materials, inspiration and know-how to teach your first class, whether you've taught before or not. *SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), CanFitPro/FIS/PTS (4.0), REPS (7.0).*

ONE DAY TO WELLNESS CERTIFICATION

Bruce & Mindy Mylrea

Thursday, January 25, 8:00am-5:00pm

\$229 MANIA Attendees / \$249 Non-Attendees

What if one day could change your career and your life? One Day to Wellness is a comprehensive wellness course encompassing all the latest and

greatest in behavioral-change research, eating strategies for sustained success, and mindful and productive goal-setting. This course is for fitness, nutrition and wellness coaches who want to assist their clients with all the latest coaching and motivational tools, as well as anyone who needs that infusion of life-transforming energy. As a One Day to Wellness coach, you'll have all the resources you need to offer worksheets, assessments, applications and one-hour lectures to include in your toolbox for recruitment and retention. *Seminar day deliverables: Manual, tote bag, food samples, special gift, customized action plan, CD/DVD/downloads.* SCW (9.0), AFAA (9.0), ACE (0.9), NASM (0.9).

TRIGGERPOINT™ FOAM ROLLING: PRINCIPLES & PRACTICE

Sylvie Patrick
Thursday, January 25, 1:00pm-5:00pm
\$100 MANIA® Attendees / \$125 Non-Attendees
 Learn the fundamentals of myofascia, review the latest self-myofascial release (SMR) research, and dive into the TriggerPoint™ SMR movement philosophy using the GRID® foam roller. Walk away with practical knowledge and hands-on experience coaching and cueing movements that can be scaled for all client levels. *Each participant with completed registration will receive a free GRID® Foam Roller at the course.* SCW (4.0), ACE (0.4), AFAA (3.4), NASM (0.4), ACSM (0.4), CanFitPro/FIS/PTS (2.0), PTA Global (4.0), NCBTMB (3.5), USAT (2.0), PMA (4.0).

TRIGGERPOINT™ ASSESSMENTS TO PERFORMANCE

Susane Pata
Thursday, January 25, 5:30pm-9:30pm
\$100 MANIA® Attendees / \$125 Non-Attendees
 Unlike its predecessors - Foam Rolling Principles & Practices and Myofascial Compression Techniques: The Evolution of Foam Rolling - this course covers fundamental principles of human movement science, including anatomy, joint motion, function and dysfunction. Learn the logic behind assessment based programming to design and implement an effective self-myofascial release program. *Each participant with completed registration will receive a free MB5™ Massage Ball at the course.* SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4), ACSM (0.4), PMA (4.0).

SUNDAY, JANUARY 28

SCW BARRE CERTIFICATION

Abbie Appel
Sunday, January 28, 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 includes 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.* SCW (7.0), AFAA (7.0), ACE (0.6), AEA (4.0), NASM (0.7), ACSM (7.0).

SCW BOXING CERTIFICATION

Steve Feinberg & Lynze Schiller
Sunday, January 28, 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.* SCW (7.0), AFAA (7.0), ACE (0.8), NASM (0.7), AEA (4.0), ACSM (7.0).

SCW FUNCTIONAL PILATES CERTIFICATION

Leslee Bender
Sunday, January 28, 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.* SCW (7.0), AFAA (7.0), NASM (0.7), AEA (3.5), ACSM (7.0).

SCW NUTRITION, HORMONES & METABOLISM CERTIFICATION

Melissa Layne, MED
Sunday, January 28, 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.* SCW (7.0), AFAA (6.0), ACE (0.7), NASM (0.6), AEA (8.0), ACSM (7.0).

SCW FOAM ROLLING CERTIFICATION

Irene Lewis-McCormick, MS, CSCS
Sunday, January 28, 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.* SCW (6.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (2.0), ACSM (6.0).

SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION

Jeffrey Scott & Amy Dixon
Sunday, January 28, 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.* SCW (9.0), ACE (1.2), AFAA (8.0), NASM (.08).

P90X CERTIFICATION

Tony Horton & Bekah Jackson, MA
Sunday, January 28, 9:00am-5:00pm
\$249 MANIA® Attendees & Non-Attendees
 As a P90X Instructor, you'll help others get results with total-body strength and cardio-conditioning workouts featuring inspiring group camaraderie. Plus, with modifications for the toughest moves, you can help people of all fitness levels achieve their own incredible transformations. In a one-day, hands-on session, you'll learn from and practice with top Master Trainers — leaving with the materials, inspiration and know-how to teach your first class, whether you've taught before or not. *SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), CanFitPro/FIS/PTS (4.0), REPs (7.0).*

STRONG BY ZUMBA® CERTIFICATION

Irena Meletiou
Sunday, January 28, 8:00am-4:00pm
\$225 Registration Fee (Use PROMO CODE: SCWSBZ25 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, 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 also will touch on topics such as physiology, biomechanics, 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).

THE AXLE WORKOUT CERTIFICATION

Andrew Page
Sunday, January 28, 8:00am-4:00pm
\$199 MANIA® Attendees / \$229 Non-Attendees
 Learn the sports science of the Axle Workout, the unique functionality of the Axle, and the methodology of teaching the Axle Workout group fitness class. The curriculum provides fitness professionals with a progressive approach to learning the foundational movements and basics for group or personal instruction using the Axle. *SCW (8.0), AFAA (8.0), NASM (0.8).*

STAIRMASTER® PRESENTS - BOXMASTER® CERTIFICATION



Doris Thews

Sunday, January 28, 8:00am-12:00pm

\$129 MANIA® Attendees / \$159 Non-Attendees
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 clients and members! With the ability to cater to all levels of fitness, the BoxMaster® will not only excite and encourage greater participation in boxing style fitness training; it will also help boost your client/member retention with an entirely different way to get in shape! SCW (4.0), ACE (4.0), AFAA (5.0), NASM (0.5).

STAIRMASTER® PRESENTS HIIT MIX SOLUTIONS CERTIFICATION



Doris Thews

Sunday, January 28, 1:00pm-5:00pm

\$129 MANIA® Attendees / \$159 Non-Attendees
HIIT MIX is an easy to follow system, comprised of interval training protocols that can be mixed and matched on a variety of equipment. Simple execution and scientifically sound programming provide maximum impact on your small group training program for ultimate member engagement. HIIT MIX can be scaled up or down to suit the participant, space and available equipment options. It's a complete solution not only for members but the sales team as well. SCW (4.0), ACE (4.0).

SOLE OF THE CITY: ATHLETIC INSIDER'S NYC



Lawrence Biscontini, MA

Sunday, January 28, 3:00pm-7:00pm

\$29 for MANIA® Attendees & Non-Attendees
Join New Yorker and SCW Faculty, Author and Presenter Lawrence for an insider's New York fitness experience. Gather more than 10,000 steps as we walk over 5 miles of the City, including athletic Central Park, a boutique-unique and Ted-Talk gym, the City's most historic hotel, local and international cafés, several notable neighborhoods, a VIP tour of the world most

expensive store, and some surprises. Not only will you be physically active in NYC, you'll gain insider information and make contacts that will leave lasting impressions and connections between Gotham and you. We'll begin and end in the Grand Hyatt Lobby. Wear comfortable, warm shoes, and bring a charged movement tracker if you have one! SCW (4.0).

MONDAY, JANUARY 29

SCW PILATES MATWORK CERTIFICATION



Abbie Appel

Monday, January 29, 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. SCW (8.0), AFAA (8.0), ACE (0.8), AEA (4.5), NASM (0.8), ACSM (8.0).

SCW ACTIVE AGING CERTIFICATION



Lawrence Biscontini, MA & Bernadette O'Brien, MA

Monday, January 29, 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. Lawrence 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. SCW (8.0), ACSM (8.0), ACE (0.7), AEA (4.0), AFAA (7.0), NASM (0.7).

SCW YOGA I CERTIFICATION



Manuel Velazquez

Monday, January 29, 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. SCW (8.0), AFAA (8.0), ACE (0.8), AEA (4.0), AFAA (7.0), NASM (0.8), ACSM (8.0).

SCW YOGA II CERTIFICATION



Manuel Velazquez

Monday, January 29, 5:30pm-9:30pm

\$99 MANIA® Attendees / \$129 Non-Attendees
Take a deeper look in to 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. SCW (4.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (2.0), ACSM (4.0).



MANIA® COURSE DESCRIPTIONS

FRIDAY, JANUARY 26

FR1

7:30AM-9:00AM

KIBO Lisa Gaylord

The ultimate self-protection and fitness training system using a hybrid of martial arts and boxing developed by world renowned 8th degree Black Belt and weapons specialist, Lisa Gaylord. This program is designed for the fitness entrepreneur and combines Karate, Kickboxing, Jiu Jitsu, KravMaga, Arnis, Boxing and Self-Defense.

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

THE ULTIMATE GROUP X EXPERIENCE Kara Buono

Want to discover fresh and exciting group fitness classes? Beachbody LIVE Master Trainers deliver a sampling of pre-designed classes that touch all aspects of group exercise. Push your limits with INSANITY, strengthen head to toe with P90X, train MMA-style with CORE DE FORCE, and perfectly blend Pilates and Yoga with PiYo.

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



CREATIVE BARRE WARM-UPS Billie Wartenberg

Have you ever noticed that the hardest part of your class is just getting started? This session will guide you on how to create successful warm-ups for your members. Attendees will walk away with two brand new warm-ups so that you will be on your way to a GREAT class!

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

THINKFIT™: PYRAMIDS, STACKS AND MORE

Nico Gonzalez

Circuits are all the buzz, allowing clients and members to work at their own pace and effort level. Creating repetition lets everyone in the circuit master the foundation, build endurance and push harder. This workshop, powered by Balanced Body, will showcase cardio and resistance circuits using pyramids and stacks for maximum efficiency.

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



HIIT THE DANCE FLOOR Jenn Hall

You've never experienced a HIIT class quite like this! Explore how to create a totally dance-based, high intensity interval training class using specific music and easy-to-follow, dance-based choreography. Based on the latest HIIT research and designed to be so much fun that participants don't realize how much intensity they're exerting, this session will have you ready to HIIT the Dance Floor!

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

EXTREME TABATA YOGA Jeff Howard

OnDemand

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!

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

OUT WITH OLD, IN WITH OLDER!

OnDemand

Lawrence Biscontini, MA, & Bernadette O'Brien, MA

Join Lawrence and Bernadette for a theoretical and practical application of what it means to train "seniors" today. Teaching the "chronologically enriched" involves a new mindset and toolbox. This duo - with a combined age of over 130 - will discuss "age," new guidelines and practical stories of inspiration you can take to your older clients with a fresh approach.

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

TRIGGERPOINT™: GRID® LOCK FOR CORE TRAINING

TRIGGERPOINT

Sylvie Patrick

Confused about how core training is different from abdominal training? Get on the GRID® and discover integrated movements that strengthen and stabilize the core. Learn how to coach clients through this comprehensive core training session to help create a stronger core, boost agility and increase flexibility, all while improving your client's back health.

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

SCHWINN®: HOW TO WOW! Doris Thews



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

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

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)

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



PERFECT HEALTH: EAST MEETS WEST

Gina Rollins

Learn how to heal and protect the body using the ancient wisdom of Ayurveda. Identify your personal Dosha (mind-body personality) and how to use it to improve your health. Leave with a better understanding of yourself, your students and your loved ones. (LECTURE)

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

BECOME A RETENTION ROCK STAR

Kimberly Garcia

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

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

THINKFIT™ SUSPENSION: GAME ON WITH GRAVITY!

Erika Quest

The Bodhi Suspension system adds game-changing variety to a studio or fitness environment. Use gravity to deliver innovative sequences to enhance athletic performance, improve flexibility and/or coach clients into moving better every day. It's time to add suspension and change your workout game! Powered by Balanced Body.

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

STAIRMASTER® PRESENTS - HIIT MIX SOLUTION

Abbie Appel

StairMaster® has created a formula that allows clubs and trainers alike to utilize any/all available equipment with unique interval protocols, resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results-Driven, Interactive, Scalable, Exciting & Engaging and Team/Community-centric! Plug in the details and PLAY!

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

ABC - AQUA BOOTCAMP CIRCUIT

Irene Lewis-McCormick, MS, CSCS

Circuit training is one of the most effective forms of fitness, and Boot Camp classes are enormously popular, athletic, effective and safe in water. Combine the best of both using these easy as A, B, C drills in an efficient and fast-paced circuit workout.

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

FR2

10:00AM-11:30AM

CRAZY CORE COMBOS Mindy Mylrea

Would you like to experience some of the most efficient core exercises on the planet? Come to this session and learn 4 completely different core combinations that can be easily implemented on Monday morning. Packed with critical cutting-edge core research, this session delivers amazing abdominal and back routines.

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

EXERCISE PHYSIOLOGY: HOW MUSCLES FUNCTION

Pete McCall, MS

Why do bodybuilders look different than Olympic weightlifters? Muscle is comprised of two types of tissue – the contractile element and the elastic component – and exercise programs should include strategies to enhance the function of each. Learn the difference between the types of muscle and address specific strategies to improve the performance of each.

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

BARRE 360 Abbie Appel

Pulse, Squeeze, Lengthen! Barre can be done anywhere with any equipment. Experience a new sense of balance and confidence using the Step 360 in your Barre class. Feel staple Barre exercises in a new way, discover exercises utilizing small equipment, and understand why adding a reactive challenge is the evolution in Barre training.

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



SGT. KEN®

SGT Ken® is an award-winning international speaker, six-time Army Soldier of the Year, Master Fitness and Resilience Trainer, Counterintelligence Agent and highly decorated combat veteran. SGT Ken® is the recipient of the "Best New Presenter of the Year" award, the "Male Presenter of the Year" award, has been featured numerous times on ABC, CBS, NBC, Fox news and serves as a host for the Fit for Duty show on the Pentagon Channel. SGT Ken®'s mission is to provide safe and effective fitness and resilience training to help people turn stress into strength and obstacles into opportunities.

INTENSITY BY HEDSTROM FITNESS

Elizabeth Lenart, MA & Pam Benchley

TEN exercises, TEN reps, TEN rounds! This ferocious ladder approach progresses with each round – and you never have to answer, "how many?" Use in one-on-one or group workouts with unison or station formats. Learn a multitude of "TEN" drills to plug into a ladder template, with dynamic coaching techniques tying it all together.

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

HIGH FITNESS: AEROBICS IS BACK!

Emily Nelson & Amber Zenith

Aerobics is Back, Bigger, Better, HIGHer! HIGH Fitness is a hardcore, fun, group fitness class that takes Aerobics to the next level with modern fitness techniques. HIGH combines FUN with INTENSITY and CONSISTENCY. HIGH Fitness can be modified for beginners or athletes. It's proven to produce repeat participants and results!

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

PUTTING "INTENSITY" BACK INTO T'AI CHI

Lawrence Biscontini, MA

The martial arts of Chi Gong and T'ai Chi can be taught as powerful mind-body, cross-training disciplines for fit participants looking for new classes on mainstream group fitness menus. Giving athletes supreme body control, cardio junkies the ability to dance mindfully while barefoot and type "A" individuals the ability to slow down and focus, T'ai Chi offers intensity usually unexplored in the Western world.

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

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.

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

GLUTES AND PSOAS: CORRECTIVE EXERCISE Dr. Evan Osar

Hip tightness and discomfort are two of the leading causes of decreased performance and chronic pain. The psoas and glutes are vital to maintaining optimal function of the hip and spine. Unfortunately, most strategies focus only on stretching the psoas and strengthening the glutes. Discover how to identify the signs of dysfunction and the corrective exercises to improve psoas and glute function.

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

SCHWINN®: TOURDE SCHWINN® Keli Roberts

How much grit and mental strength does it take to get through a challenging workout? Come and find out how to both execute and coach the Tour de Schwinn®. Build your tool kit with an authentic set of cutting-edge sport psychology strategies that will help you and your members win every time!

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

SNEAKY STRATEGIES TO MANAGE WEIGHT**Tricia Silverman, RD, MBA**

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

FR2K Friday, 10:00am-11:30am**KELI ROBERTS**

Keli has been inducted into the National Fitness Hall of Fame and is a Schwinn® Master Trainer. She is the recipient of the IDEA International Fitness Instructor of the Year and OBOW ECA award for Best Use of Equipment, Best Female Presenter and Lifetime Achievement Award. As SCW Faculty and an ACE Master Trainer, Keli is known for her acclaimed workshops worldwide. Her award-winning videos demonstrate her exceptional teaching skills. Keli is ACSM HFS-certified and holds certifications through AFAA, ACE Group Fitness, ACE Gold Personal Trainer and Level 1 Precision Nutrition.

NEW EXERCISE SCIENCE RESEARCH & IDEAS**Fabio Comana, MA, MS**

Out with the old, in with the new... Get the latest update on exercise science research and programming applications. Be on the cutting edge of the industry with some of the latest ideas within these areas. Separate fact from fiction, don't restrain yourself with anecdotal opinion - build your credibility as a true, evidence-based practitioner. (LECTURE)

FR2L Friday, 10:00am-11:30am**FUNCTIONAL TRAINING FOR ACTIVE AGERS****Dianne McCaughey, PhD**

What is the MOST effective way to train older adults to maximize their functional abilities? Discover how to apply the Functional Aging Training Model to your programming to create a safe and effective approach for improving function in older adults of all ability levels. Presented by the Functional Aging Institute. (LECTURE)

FR2M Friday, 10:00am-11:30am**THINKFIT™ SUSPENSION: CIRCUITS 2.0****Erika Quest**

The Bodhi Suspension System is a great addition to a circuit class. Learn how to use the ThinkFit™ programming system with suspension and small props to create dynamic circuit classes combining stability, mobility, core and so much more! Powered by Balanced Body.

FR2N Friday, 10:00am-11:30am**BOXING: THE METHOD Steve Feinberg & Lynze Schiller**

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.

FR2O Friday, 10:00am-11:30am**BARRE H2O Billie Wartenberg**

Make a splash in the water with Barre H2O! By combining the formats of Aqua exercises with traditional Barre movements, you will learn creative Barre choreography while experiencing the amazing benefits of the water.

FR2P 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.

AXLE: LIFT, BURN, MOVE**Andrew Page**

The Axle is the barbell reinvented. Learn how to properly train midline core bracing with The Axle Barbell that lifts, rolls and pulls (with your feet!). The Axle Workout is derived from a system that pairs Olympic Lifting with midline (rolling) core bracing. Ultralight, collapsible and capable of adding any load, The Axle optimizes human movement.

FR3A Friday, 11:45am-1:15pm**AEROROPES Lisa Gaylord**

Aeroropes is an exclusive training system designed by Lisa Gaylord, one of the country's leading fitness experts. Aeroropes

uses lightweight ropes designed to improve cardiorespiratory conditioning while developing and increasing muscular strength, power and endurance. This calorie-blasting workout places minimal stress on joints and is appropriate for all ages and fitness levels.

FR3E Friday, 11:45am-1:15pm**SCHWINN®: B1G1 FREE - DESIGN ON A DIME****Doris Thews**

Back by popular demand! Our wildly successful Class Design workshop BOGOF is back, bigger, better and going to leave you with a TON of ideas to keep you & your riders happy for a very long time. We will discuss member's wants, needs and how to keep all types of riders happy in class. It's all in the way you set it up!

FR3J Friday, 11:45am-1:15pm**WHY FIGS FIT A HEALTHY LIFESTYLE Karla Stockli**

Feel like figs and fig flavors are everywhere these days? That's because FIGS FIT with today's demand for tasty, convenient and nutritious foods. Learn why California Figs are the best figs in the world and how to incorporate them in today's breakfast, lunch, dinner and snacking trends. (LECTURE)

FR3K Friday, 11:45am-1:15pm**CALCULATED RESULTS Kimberly Garcia**

Kim is known worldwide for her ability to achieve phenomenal results! Her client adherence is over 90%! This course helps you learn how to effectively implement tools to track lean body mass, basal metabolic rate and adequate recovery to deliver optimal outcomes! Learn their secrets to EXCELLENCE! (LECTURE)

FR3L Friday, 11:45am-1:15pm**THINKFIT™ SUSPENSION: MEET THE BEAT****Nico Gonzalez**

Moving with the ropes on the Bodhi Suspension System promotes rhythm and flow in a class setting! Come groove to the beat in multiple body positions while learning movement sequences to get your cardio pumping and your legs, arms, core and flexibility jumping! Powered by Balanced Body.

FR3N Friday, 11:45am-1:15pm**STAIRMASTER® BOXMASTER® Pete McCall, MS**

If you want to improve your reaction time, agility, stamina or coordination, BoxMaster® is the opponent for you! With the ability to cater to all fitness levels, the BoxMaster® will excite greater participation in boxing-style fitness training and help boost your client/member retention with an entirely different way to get in shape!

FR3O Friday, 11:45am-1:15pm**FR3 - SESSION 2****12:45PM-2:15PM**

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

TABATA GX™ - A NEW APPROACH Mindy Mylrea

Tabata GX™ is a revolution in HIIT training and wellness coaching. See how 30 minutes can lead you on a wellness journey that stimulates real change. Using the various timing protocols and intervals, and our signature TGX moves, you'll experience a new way to challenge your students for maximum, sustained success.

FR3C Friday, 12:45pm-2:15pm

THINKFIT™: BELLS AT THE BARRE Abbie Appel



Using the Smart Bells and a Barre, discover fun, new ways to build a strong, efficient and graceful body for you and your clients. Powered by Balanced Body, use the Balanced Body Movement Principles and ThinkFit™ strategies to create fun and functional sequences to music.
FR3D Friday, 12:45pm-2:15pm

ZUMBA® CARDIO BLAST Irena Meletiou



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! Learn how to make your routines 'pop' with hits from multi-platinum Latin artists like Pitbull, Jennifer Lopez, Shakira, Enrique Iglesias and more. Walk in, and dance out!
FR3F Friday, 12:45pm-2:15pm

RHYTHM YOGA Manuel Velazquez

Enjoy a glorious yoga fusion of movements in this rhythmic yoga program. Direct from the spa programming offered at Rancho La Puerta, Manuel shares his unique gifts of mind/body integration. Build patterns to relax and restore the body in this strong and powerful session that keeps you moving and marries traditional poses with music. Your 32-count phrase never felt so good!
FR3G Friday, 12:45pm-2:15pm

KNEE OSTEOARTHRITIS? CORRECTIVE EXERCISE STRATEGY

Dr. Evan Osar

Knee osteoarthritis limits individual's ability to walk, run and participate in many activities. Unfortunately, many individuals are not given great options outside of rest, medications and surgery. Discover why so many older adults have knee osteoarthritis and the most effective corrective exercises for improving your client's knee and foot function.
FR3H Friday, 12:45pm-2:15pm

RUMBLEROLLER: INTEGRATING SMR INTO GROUP EXERCISE



Brian Bettendorf, MSM, MS

While it's common to see SMR and mobility training performed as part of a personal training session, it's not often that you see it used in group exercise. Experience a full-body routine that's adaptable to a wide range of users.
FR3I Friday, 12:45pm-2:15pm

BUILD YOUR BEST BUSINESS STRATEGY

Erika Quest

Do you feel like marketing falls at the bottom of your list? Don't know where to start or how to create successful strategies? Learn to work smarter and not harder with simple, easy and effective ways to connect with your current loyal clients and attract new customers. (LECTURE)
FR3M Friday, 12:45pm-2:15pm

GIRLS JUST WANNA HAVE FUN!



Sara Kooperman, JD, Melissa Layne, MEd, Billie Wartenberg & Irene Lewis-McCormick, MS, CSCS

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.
FR3P Friday, 12:45pm-2:15pm

FR4 2:30PM-4:00PM

THE AMRAP ASSAULT SGT Ken®



Team-driven, five-event athletic challenge with your favorite functional training pieces! As a team, accumulate As Many Reps As Possible in each event & see how your team finishes. Qualifying teams (1st, 2nd, 3rd place) will be rewarded. This is not only a test of physical strength and stamina but of mental toughness and resilience!
FR4A Friday, 2:30pm-4:00pm

STRONG BY ZUMBA® Irena Meletiou



In every other HIIT program, music is an afterthought. STRONG by Zumba® combines HIIT with the science of Synced Music Motivation. Using only bodyweight, workout to music engineered to match every move. It's not dancing or counting reps but feeling the beat to push students into a new level of intensity. Let It Sync In™. We'll have Attendee Challenges and PRIZES!
FR4B Friday, 2:30pm-4:00pm

COACHING SQUAT AND LUNGE VARIATIONS

Fabio Comana, MA, MS

Coaching proper form is a fundamental responsibility for every professional, yet it requires a solid understanding of stability and mobility throughout the kinetic chain and serves as the basis every performing exercise. Join this session focused on movement research and learn how to properly coach the movement patterns of the lower extremity - the bend-and-lift or squat and the step/lunge, plus learn 3-dimensional variations that add more fun and function to your programs.
FR4C Friday, 2:30pm-4:00pm

MAKE YOUR BARRE CLASSES A "HIIT"



Tricia Murphy Madden

We've done it! We've combined two popular formats (Barre and HIIT) together to create one powerful workout that fuses true muscular endurance activity with challenging cardiovascular work. Explore the scientific principles behind both formats, and gain insight on how to properly implement the HIIT experience in your barre classes.
FR4D Friday, 2:30pm-4:00pm



DON'T JUST WARM UP



CATCH FIRE

RENEGADE - ATHLETIC CIRCUITS REINVENTED**Mindy Mylrea**

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.

FR4E Friday, 2:30pm-4:00pm**STOMP FIT Jenn Hall**

Using your body as an instrument, STOMP Fit will have you stomping, clapping, snapping and sweating! Together, we will create percussive rhythms and groove to the best music in a no pressure, no-dance-experience necessary, fun, fitness-filled session. If you can march in place and love music, this session is for you ... How much noise can you make?

FR4F Friday, 2:30pm-4:00pm**ZEN OVERLOAD: UNCONVENTIONAL MIND/BODY****Jeff Howard**

This workshop visits equipment we have in our mind/body studios; yoga blocks, Pilates rings and mats but uses them in a non-traditional way. Learn how equipment can be utilized differently in a workout that changes how you look at the studio and leaves you with programming to enhance your existing curriculum.

FR4G Friday, 2:30pm-4:00pm**FUNCTIONAL BALANCE FOR OLDER ADULTS****Dianne McCaughey, PhD**

Balance is a critical component of functioning that declines rapidly with age and inactivity. Yet effective balance training is much more than just standing on an unstable surface. Learn evidence-based strategies and exercises for improving specific aspects of balance to dramatically reduce fall risk and improve functional abilities of your older clients. Presented by the Functional Aging Institute.

FR4H Friday, 2:30pm-4:00pm**MYOFASCIAL COMPRESSION™ TECHNIQUES FOR INJURY PREVENTION****Susane Pata**

Learn how to make an impact on your clients' biomechanical function and injury profile with Myofascial Compression™ Techniques (MCT). Developed as an advanced approach to myofascial release, MCT improves the body's ability to move efficiently, preventing injury and preparing the body to perform at its best.

FR4I Friday, 2:30pm-4:00pm**SCHWINN®: THE POWER BEHIND POWER****Keli Roberts**

Power has become the hot topic in indoor cycling. Measurement is motivation and when used properly it can help members of all fitness levels improve their fitness. Learn what POWER is, how to coach to it, how to use it to motivate in a variety of different ways. There is power in POWER!

FR4J Friday, 2:30pm-4:00pm**OBESITY MAKEOVER**

Jonathan Ross
Be different to make a difference. Our current approach with training for obesity is less effective because it ignores critical aspects of human behavior. Discover how negative attitudes, opinions and feelings about exercise are learned and what one thing it takes to reverse them. Find the emotional relevance of exercise and you can

unleash motivation. (LECTURE)

FR4K Friday, 2:30pm-4:00pm**SEE WHAT YOU'RE MADE OF****Daniel Galman**

InBody is the global leader in BIA body composition. By utilizing the most advanced technology and modern BIA techniques, InBody devices can determine your Body Fat Percentage, Skeletal Muscle Mass, BMR, Total Body Water and more without using any empirical estimations. Let InBody guide you to a healthier, happier life. (LECTURE)

FR4L Friday, 2:30pm-4:00pm**POWER OF PROTOCOL PROGRAMMING****Paul Katami**

America's favorite fitness program has evolved in to the Group Fitness world using powerful science-based exercise Protocols that integrate seamlessly to create the perfect cardio and strength experience. Learn sample protocols and how they work to create a full-body workout, and find out how P90X has reshaped the fitness world. (LECTURE)

FR4M Friday, 2:30pm-4:00pm**THINKFIT™ SUSPENSION: PILATES-INSPIRED****Nico Gonzalez**

Pilates does an amazing job connecting the body from the inside out. Why not complement the method by adding balance, standing exercises and functional core challenges? Experience a Pilates-inspired session on the Bodhi Suspension System, and witness how your entire body reacts to gravitational pulls, level changes and more. Powered by Balance Body.

FR4N Friday, 2:30pm-4:00pm**3:1 PUNCHOUT****Steve Feinberg & Lynze Schiller**

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.

FR4O Friday, 2:30pm-4:00pm**WATERINMOTION®****Sara Kooperman, JD, Manuel Velazquez & Billie Wartenberg**

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!

FR4P Friday, 2:30pm-4:00pm**FR5****4:15PM-5:30PM****SHORT CIRCUIT: GROUP TRAINING EDITION****Elisabeth Fouts**

Energize your group training sessions with mix-and-match micro circuits! Experience plug-and-play short circuit workouts with targeted training goals such as muscular strength, metabolic conditioning and

mobility. Decrease your program planning time by learning how to mix and match these quick circuits to create a unique group training experience that will keep them coming back for more!

FR5A Friday, 4:15pm-5:30pm**LIFT, SHIFT AND TWIST!****Jonathan Ross**

Resistance training typically equals lifting. The fittest people do more than lift ... they shift and twist! Performance improves when the body is trained to integrate and coordinate movement with simultaneous mental focus and engagement. Discover how adding shifting and twisting to your lifting will

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.



FEEL THE



ZENERGY

take your results to new levels!
FR5B Friday, 4:15pm-5:30pm

CORRECTIVE EXERCISE ROUND-UP **Fabio Comana, MA, MS**
 Movement screens, muscle imbalance, myofascial release... interesting, important, confusing? Why not develop a simple, systematic approach addressing this need with your clients? Learn how to two simple screens, interpret the results and then implement ideas on mobilization and stabilization to restore integrative function – follow a 4-step corrective approach - Myofascial release, lengthen, strengthen, integration.

FR5C Friday, 4:15pm-5:30pm

BARRE MOVES – UPDATE YOUR CHOREOGRAPHY



Tricia Murphy Madden

Refreshing your barre choreography doesn't have to be a chore. While you want to stay true to the purpose of barre, it doesn't mean you can't have fun with new ideas. Learn how to manipulate movement elements to create fresh sequences that will inspire and energize your students' class experience.

FR5D Friday, 4:15pm-5:30pm

SPEEDBALL **Steve Feinberg & Lynze Schiller**



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.

FR5E Friday, 4:15pm-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!

FR5F Friday, 4:15pm-5:30pm

Y3: YIN-YANG YOGA **Yury Rockit**

Renovate your yoga formats with a variety of transformational practices that benefit body, breath and mind. Learn to complement dynamic asana flow (yang yoga) with a slower-paced practice (yin yoga) to create a balanced movement experience enhancing your relaxation response.

FR5G Friday, 4:15pm-5:30pm

EXERCISE FOR THE FOUNTAIN OF YOUTH

Pete McCall, MS

Would your clients over 50 like to slow down the biological aging process? The right exercises can boost production of the hormones that add muscle and enhance performance of physiological systems affected by the aging process. Learn how to design workouts to help

clients turn back the clock and find their fountain of youth.
FR5H Friday, 4:15pm-5:30pm

GROUP EXERCISE OR GROUP INJURY?

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.

FR5I Friday, 4:15pm-5:30pm

SCHWINN®: TO BREATHLESS AND BACK **Amy Dixon**



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

FR5J Friday, 4:15pm-5:30pm

DIET DIAGNOSIS **Bruce & Mindy Mylrea**



Scores of new diet books are published every year by the \$60B weight loss industry, however, the general population still is gaining weight. What gives? Mindy and Bruce sift through scientific evidence of the current largest diet trends to diagnose which, if any, actually work for sustained, healthy, long-term weight loss. (LECTURE)

FR5K Friday, 4:15pm-5:30pm

RUMBLEROLLER: SMR FOR ENDURANCE RUNNERS



Brian Bettendorf, MSM, MS

Understand current research on managing runners in pain. Learn movement screens and self-myofascial release that is focused on helping runners move better and recover faster. (LECTURE)

FR5L Friday, 4:15pm-5:30pm

TRENDS IN FITNESS PROGRAMMING

Sara Kooperman, JD



This presentation examines societal factors that will drive our businesses to success in 2018. Customer experience, programming, technology and electronic influences are keys to our fitness future. To unlock potential, we examine implementation, experimentation and systematization of fads and trends. Review the best practices of various companies inside and outside of the fitness industry. (LECTURE)

FR5M Friday, 4:15pm-5:30pm

STAIRMASTER® PRESENTS – HIIT MIX SOLUTION



Doris Thews

StairMaster® has created a formula that allows clubs and trainers alike to utilize any/all available equipment with unique interval protocols, resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results-Driven, Interactive, Scalable, Exciting & Engaging and Team/Community-centric! Plug in the details and PLAY!



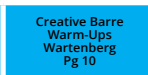

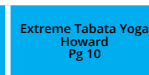


FR5O Friday, 4:15pm-5:30pm

THURSDAY, JAN. 25

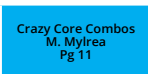
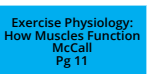

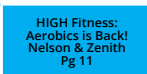



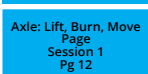
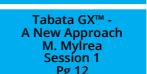

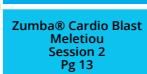
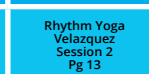
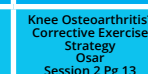


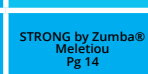
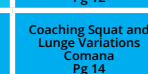
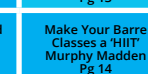
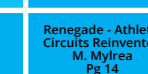


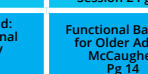

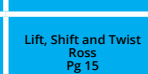
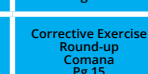
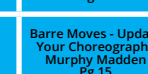
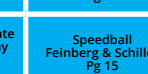

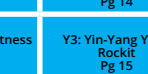

THURSDAY PRE-CONVENTION WORKSHOPS THURSDAY, JAN. 25	 SCW Group Exercise Certification Lewis-McCormick 8:00am-5:00pm Pg 7	 HIGH Fitness Instructor Training Nelson & Zenith 8:30am-5:00pm Pg 7	 BARRE ABOVE! 30 SAVIER FITNESS MURPHY MADDEN 8:00AM-5:00PM Pg 7	 PiYo Certification Buono 9:00am-5:00pm Pg 7	 Zumba® Basic Skills Level 1 Instructor Training Meletiou 8:00am-5:00pm Pg 7	 SCW Sports Nutrition Certification Comana 9:00am-3:30pm Pg 7	 SCW Core Training McCall 1:00pm-5:00pm Pg 7
THURSDAY EVENING PRE-CONVENTION WORKSHOPS THURSDAY, JAN. 25	 PERSONAL TRAINING CERTIFICATION ROBERTS 9:00AM-6:00PM - Pg 7		 SCW Meditation Rockit 5:30pm-9:30pm Pg 7			 SCW Lifestyle Behavioral Coaching Comana 5:30pm-10:00pm Pg 7	 SCW Kettlebell Practical Certification McCall 5:30pm-9:30pm Pg 7

 **CLICK HERE >> TO ENLARGE & PRINT**

A FUNCTIONAL TRAINING	B HIIT / CORE	C PT / GROUP EX	D BARRE	E STRENGTH / SPECIALTY	F DANCE / AEROBICS	G MIND / BODY	H ACTIVE AGING
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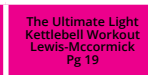


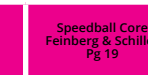
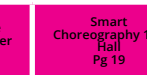
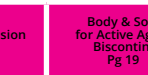
FR1 7:30am-9:00am	 KIBO Gaylord Pg 10		 The Ultimate Group X Experience Buono Pg 10	 Creative Barre Warm-Ups Wartenberg Pg 10	 ThinkFit™: Pyramids, Stacks and More Gonzalez Pg 10	 HIIT the Dance Floor Hall Pg 10	 Extreme Tabata Yoga Howard Pg 10	 Out with Old, In with Older! Biscontin & O'Brien Pg 10
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EXPO OPEN 8:45am-2:30pm

FR2 10:00am-11:30am	 Crazy Core Combos M. Mylrea Pg 11		 Exercise Physiology: How Muscles Function McCall Pg 11	 Barre 360 Appel Pg 11	 InTENSity by Hedstrom Fitness Lenart & Benchley Pg 11	 HIGH Fitness: Aerobics is Back! Nelson & Zenith Pg 11	 Putting Intensity Back into Tai Chi Biscontin Pg 11	 Yoga for the Young at Heart: Chair Kooperman Pg 11
FR3 SESSION 1 11:45am-1:15pm	 Axle: Lift, Burn, Move Page Session 1 Pg 12		 Tabata GX™ - A New Approach M. Mylrea Session 1 Pg 12	 ThinkFit™: Bells at the Barre Appel Session 2 Pg 13	 AeroRopes™ Gaylord Session 1 Pg 12	 Zumba® Cardio Blast Meletiou Session 2 Pg 13	 Rhythm Yoga Velazquez Session 2 Pg 13	 Knee Osteoarthritis? Corrective Exercise Strategy Osaf Session 2 Pg 13
FR3 SESSION 2 12:45pm-2:15pm								
FR4 2:30pm-4:00pm	 The Amrap Assault SGT Ken® Pg 13	 STRONG by Zumba® Meletiou Pg 14	 Coaching Squat and Lunge Variations Comana Pg 14	 Make Your Barre Classes a 'HIIT' Murphy Madden Pg 14	 Renegade - Athletic Circuits Reinvited M. Mylrea Pg 14	 STOMP Fit Hall Pg 14	 Zen Overload: Unconventional Mind/Body Howard Pg 14	 Functional Balance for Older Adults McCaughy Pg 14
FR5 4:15pm-5:30pm	 Short Circuit Group Training Edition Fouts Pg 15	 Lift, Shift and Twist Ross Pg 15	 Corrective Exercise Round-up Comana Pg 15	 Barre Moves - Update Your Choreography Murphy Madden Pg 15	 Speedball Feinberg & Schiller Pg 15	 Magic in Dance Fitness Sanders Pg 15	 Y3: Yin-Yang Yoga Rockit Pg 15	 Exercise for the Fountain of Youth McCall Pg 15

CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm


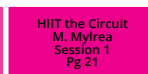
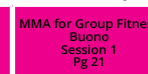

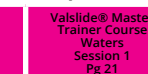
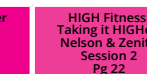
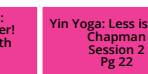

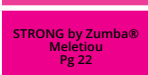
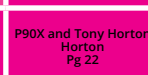
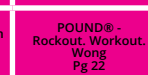
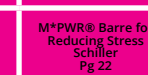
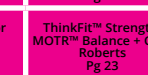
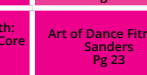
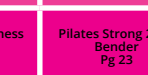

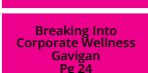

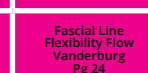
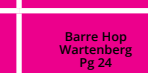
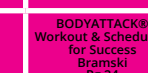
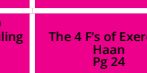


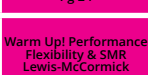


FR6 EVENING SESSIONS 6:30pm-7:30pm	 Reactive Training 101: Box Jump Breakdown Fouts	 DANCE AFTER DARK ROOM C & J • 6:45PM - 9:30PM	 SPRY - Anchor & Amplify Your Practice Kleidman & Horne	 FITNESS IDOL WITH JUDGES: ADRIENNE MANN, BISCONTINI, ROBERTS & ROCKIT Room C • Pg 18	 POUND® - Rockout. Workout. Wong
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SA1 7:00am-8:30am	 The Warrior Fit Games SGT Ken® Pg 18	 The Ultimate Light Kettlebell Workout Lewis-McCormick Pg 19	 Beauty of the Beast Ropes Ross Pg 19	 Barre Tricks Murphy Madden Pg 19	 Speedball Core Feinberg & Schiller Pg 19	 Smart Choreography 101 Hall Pg 19	 The Perfect Fusion Jackson Pg 19	 Body & Sole for Active Agers Biscontin Pg 19
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EXPO OPEN 8:15am-9:30am

SA2 KEYNOTE & AWARDS 9:30am-10:45am	 KEYNOTE ADDRESS: LIVING LARGE WITH TONY HORTON ROOM 1 Pg 20							
SA3 11:00am-12:30pm	 SPORT™ by Group Rx Anderson Pg 20	 Below the Belt Training M. Mylrea Pg 20	 Funtensity Bootcamp Ross Pg 20	 Barre Fight Wartenberg Pg 20	 BOSU® Up Down All Around Thevs Pg 20	 Soul Clap Fitness Freeman Pg 20	 Pilates Undressed Howard & Gonzalez Pg 20	 Strength Training for Longevity & Vitality Kooperman Pg 20

EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:00pm


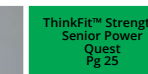
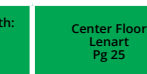

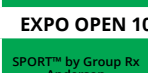





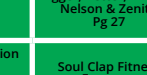

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	 PROJECT STEEL™ Stahl Session 2 Pg 22	 HIIT the Circuit M. Mylrea Session 1 Pg 21	 MMA for Group Fitness Buono Session 1 Pg 21	 Best of Barre Appel Session 1 Pg 21	 Valslide® Master Trainer Course Waters Session 1 Pg 21	 HIGH Fitness: Taking it HIGHER! Nelson & Zenith Session 2 Pg 22	 Yin Yoga: Less is More Chapman Session 2 Pg 22	 Active Aging: No Place Like Foam Kooperman Session 1 Pg 21
SA5 3:15pm-4:45pm		 STRONG by Zumba® Meletiou Pg 22	 P90X and Tony Horton Horton Pg 22	 POUND® - Rockout. Workout. Wong Pg 22	 M*PWR® Barre for Reducing Stress Schiller Pg 22	 ThinkFit™ Strength: MOTR™ Balance + Core Roberts Pg 23	 Art of Dance Fitness Sanders Pg 23	 Pilates Strong 2018 Bender Pg 23	 Move Active Agers with Music Finley-Norwood Pg 23
SA6 5:00pm-6:30pm		 Breaking Into Corporate Wellness Gavigan Pg 24	 Completely Core Appel Pg 24	 Fascial Line Flexibility Flow Vanderburg Pg 24	 Barre Hop Wartenberg Pg 24	 BODYPATTACK® Workout & Scheduling for Success Bramski Pg 24	 The 4 F's of Exercise Haan Pg 24	 Pilates for Injury Prevention Bender Pg 24	 Active Aging: Between the Chairs Lewis-McCormick Pg 24
SA7 EVENING SESSIONS 6:45pm-7:45pm		 Warm Up! Performance Flexibility & SMR Lewis-McCormick		 DANCE AFTER DARK ROOM C & J • 6:45PM - 9:30PM				 INTRODUCTION TO MEDITATION ROCKIT & BISCONTINI Pg 25	

FRIDAY, JAN. 26

SATURDAY, JAN. 27

SUNDAY, JAN. 28

MONDAY, JAN. 29

SU1 7:00am-8:30am	 Don't Step on It Howard Pg 25	 STRONG by Zumba® MELETIU 8:00AM-4:00PM - Pg 8	 D'Fine Vanderburg Pg 25	 POUND® - Rockout. Workout. Wong Pg 26	 ThinkFit™ Strength: Senior Power Quest Pg 25	 Center Floor Lenart Pg 25	 Spirited® Elements Rockit Pg 25	 Restorative Yoga - Prop-Free! Chapman Pg 25
SU2 8:45am-10:15am	 Coaching Camp: Group-Training Growth Fouts Pg 26				 BOSU® Pilates Core Power Quest Pg 26	 Bodyweight Barre Roberts Pg 26	 Take it Lying Down Biscontin Pg 26	 Qi Gong for Every Body Haan Pg 26
EXPO OPEN 10:00am-1:30pm								
SU3 11:15am-12:45pm	 SPORT™ by Group Rx Anderson Pg 27	 Les Mills GRIT®: Cardio & HIIT Bramski Pg 27		 Flexibility + Performance = Wellness Howard Pg 28	 ThinkFit™: 3D Core Vanderburg Pg 27	 HIGH Fitness: Bigger, Better, HIGHER! Nelson & Zenith Pg 27	 Strong Mind / Strong Body Bonina Pg 27	 Yoga Flow Haan Pg 27
SU4 1:00pm-2:30pm	 No Equipment, No Problem Velazquez Pg 27	 THE AXLE WORKOUT CERTIFICATION PAGE • 3:00AM-4:00PM • Pg 9		 SCW BARRE CERTIFICATION APPEL 8:00AM-4:00PM • Pg 8	 Valslide® Immersion Training - 'Amazing Seven' Waters Pg 28	 Soul Clap Fitness Freeman Pg 28	 Yoga for Optimal Client Performance Vanderburg Pg 28	 Tai Chi with Lots of Qi Haan Pg 28

MONDAY POST-CONVENTION WORKSHOPS MONDAY, JAN. 29				 Speedball Certification Feinberg 8:00am-5:00pm Pg 9	 SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg 9	 SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg 9	 ACTIVE AGING CERTIFICATION Biscontin & O'Brien 9:00am-5:00pm • Pg 9
MONDAY POST-CONVENTION EVENING WORKSHOPS MONDAY, JAN. 29				 PILATES MATWORK CERTIFICATION APPEL • 8:00am-5:00pm Pg 9			

NEW YORK CITY MANIA® 2018

SCHEDULE-AT-A-GLANCE

TriggerPoint™ Foam Rolling: Principles & Practices Patrick 1:00pm-5:00pm Pg 8	One Day to Wellness Certification B. & M. Mylrea 8:00am-5:00pm Pg 7
TriggerPoint™ Assessments to Performance Pata 5:30pm-9:30pm Pg 8	

I RECOVERY	J SCHWINN® CYCLING	K NUTRITION	L LEADERSHIP / EX SCIENCE	M BUSINESS	N SUSPENSION	O BOXING & CIRCUIT	P AQUA ON DECK
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TriggerPoint™ GRID® Lock for Core Training Patrick Pg 10	Schwinn®: How to Wow! Thews Pg 10	Sugar Shockers and Shakedown Silverman Pg 11	Perfect Health: East Meets West Rollins Pg 11	Become a Retention Rock Star Garcia Pg 11	ThinkFit™ Suspension: Game On With Gravity Quest Pg 11	StairMaster® Presents - HIIT MIX Solution Appel Pg 11	ABC - Aqua Bootcamp Circuit Lewis-McCormick Pg 11	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Glutes and Psoas: Corrective Exercise Osar Pg 12	Schwinn®: Tour de Schwinn® Roberts Pg 12	Sneaky Strategies to Manage Weight Silverman Pg 12	New Exercise Science Research & Ideas Comana Pg 12	Functional Training for Active Agers McCaughey Pg 12	ThinkFit™ Suspension: Circuits 2.0 Quest Pg 12	Boxing: The Method Feinberg & Schiller Pg 12	Barre H2O Wartenberg Pg 12	FR2 10:00am-11:30am
RumbleRoller Integrating SMR into Group Exercise Bettendorf Session 2 Pg 13	Schwinn®: B1G1 Free - Class Design Thews Session 1 Pg 12	Why Figs Fit a Healthy Lifestyle Stockill Session 1 Pg 12	Calculated Results Garcia Session 1 Pg 12	Build Your Best Business Strategy Quest Session 2 Pg 13	ThinkFit™ Suspension: Meet the Beat Gonzalez Session 1 Pg 12	StairMaster® BoxMaster McCall Session 1 Pg 13	Girls Just Wanna Have Fun! Kooperman, Layne, Lewis-McCormick, & Wartenberg Session 2 Pg 13	FR3 11:45am-1:15pm 12:45pm-2:15pm
Myofascial Compression™ Techniques for Injury Prevention Pata Pg 14	Schwinn®: The Power Behind POWER Roberts Pg 14	Obesity Makeover Ross Pg 14	See What You're Made Of Galman Pg 14	Power of Protocol Programming Katami Pg 14	ThinkFit™ Suspension: Pilates-Inspired Gonzalez Pg 14	3:1 Punchout Feinberg & Schiller Pg 14	WATERinMOTION® Kooperman, Velazquez & Wartenberg Pg 15	FR4 2:30pm-4:00pm
Group Exercise or Group Injury? Garcia Pg 15	Schwinn®: To Breathless and Back Dixon Pg 15	Diet Diagnosis B. & M. Mylrea Pg 18	SMR for Endurance Runners Bettendorf Pg 18	Trends In Fitness Programming Kooperman Pg 18		StairMaster® Presents - HIIT MIX Solution Thews Pg 18	H2WHOA Layne Pg 18	FR5 4:15pm-5:30pm

CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm

Les Mills SPRINT™: Cycling Success Bramski Pg 18							Healing from the Foot Up Olsen Figlo, D.P.M.	FR6 6:30pm-7:30pm
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Group Exercise Instructor? Corrective Exercise Osar Pg 19	Schwinn®: Pedal and Pulse M. Mylrea Pg 19	Common Sense Nutrition: Your Scope Garcia Pg 19	9 Months: A Lifetime Impact Citron Pg 19	Social Media Marketing for Beginners Sanders Pg 19	ThinkFit™ Suspension: Power and Endurance Gonzalez Pg 19	StairMaster® Presents - HIIT MIX Solution Thews Pg 19	Athletic Aqua Advantage Layne Pg 20	SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am


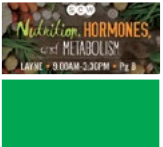





								SA2 9:30am-10:45am
Prevention & Recovery Through Muscle Stimulation Feinberg Pg 20	Schwinn®: Rhythm Done Right Dixon Pg 20	52 Days to Your Best Body Digsby Pg 20	Secret Life of a Fat Cell Kravitz Pg 20	Fitness Comprehension & Creation Stahl Pg 21	ThinkFit™ Suspension: Game On With Gravity! Quest Pg 21	StairMaster® BoxMaster® McCall Pg 21	Aqua Run Layne Pg 21	SA3 11:00am-12:30pm

EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:00pm

Corrective Exercise for the Problem Shoulder Pata Session 2 Pg 22	Schwinn®: Music MAGIC! Scott Session 1 Pg 21	Top 10 for Weight Loss Digsby Session 2 Pg 22	The Female Training Advantages 2018 Kravitz Session 2 Pg 22	Business of Small Group Personal Training Roberts Session 2 Pg 22	ThinkFit™ Suspension: Meet the Beat Gonzalez Session 2 Pg 22	Boxing Bootcamp Feinberg & Schiller Session 1 Pg 21	It's Raining Men! Howard, Velazquez & Rockett Session 1 Pg 22	SA4 12:45pm-2:15pm 1:30pm-3:00pm
RumbleRoller: Integrating Mindfulness to SMR Bettendorf Pg 23	Schwinn®: Train Right Re-imagined Dixon Pg 23	Cooking with California Figs Ragone Pg 23	Unleash the Power of Music Thews Pg 23	Self-Publish A Book Or Ebook Digsby Pg 23	ThinkFit™ Suspension: Circuits 2.0 Quest Pg 23	StairMaster® Presents - HIIT MIX Solution Appel Pg 23	WATERinMOTION® Platinum Kooperman, Velazquez & Wartenberg Pg 23	SA5 3:15pm-4:45pm
Progressive Systems to Self-Myofascial Release Patrick Pg 24	Schwinn®: The Magic of the 3 C's Scott Pg 24	Nutrition Tips, Tidbits & Treats B. & M. Mylrea Pg 24	World's Best Resistance Training Programs Kravitz Pg 24	Steps to Strengthening Your Brand Fouts Pg 25			Currents of Cardio Confetti Rockett Pg 25	SA6 5:00pm-6:30pm
	Schwinn® Cycling: #WhoAmI Scott & Thews Pg 25			Developing a Cult Following Etuk				SA7 6:45pm-7:45pm

Shoulder Issues? Corrective Exercise Strategy Osar Pg 25		What to Eat for Optimal Health B. & M. Mylrea Pg 26	The Science of Myofascial Release Patrick Pg 26	Next-Level Social Media Sanders Pg 26				SU1 7:00am-8:30am
Dynamic Flexibility: A 3D Life Velazquez Pg 26		Metabolism Makeover Digsby Pg 26	Eight Best Anaerobic Circuit Programs Kravitz Pg 27	Building the Blocks for Career Longevity Brodovsky Pg 27				SU2 8:45am-10:15am

EXPO OPEN 10:00am-1:30pm

Foam Rolling Applied Programming: ReGen® Pata Pg 27		What's In Your Food? Silverman Pg 27	10 Key Rules for Longevity Kravitz Pg 27	Run an 8-Week Challenge: Studio Synergy Kravitz Pg 27				SU3 11:15am-12:45pm
RumbleRoller: Roll Better & Roll Less Bettendorf Pg 28		Longevity Lab: Fats & Feats Silverman Pg 28	First & Last 5: Intros & Exits Biscontini Pg 28	Creating Caring Community in Class Chapman Pg 28				SU4 1:00pm-2:30pm

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

FEARLESS

LEADERS START HERE

H2WHOA Melissa Layne, MEd

Make your class members holler "WHOA" when you take a basic 32-count water combination and add a unique direction, shape or tempo change. With multiple ideas to incorporate into existing combinations, this choreography can be milked for months by adding syncopation, turns, shapes or unusual arm patterns.

FR5P Friday, 4:15pm-5:30pm

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

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.

Learn how to coach safe and effective plyometric movements such as hopping, jumping and bounding for any fitness level.

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

SPRY - ANCHOR & AMPLIFY YOUR PRACTICE

Lorna Kleidman & Mary Horne

SPRY invites you to experience a different element of challenge and engagement by including a single light weight with yoga flow. SPRY is a sophisticated and mindful experience, weaving movements together in a unique way, like a dance, encouraging new awareness, stability and long lines. All levels welcome.

FR6F Friday, 6:30pm-7:30pm

FITNESS IDOL

Judges: Sara Kooperman, JD, Keli Roberts, Lawrence Biscontini, MA, & Yuri 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 2018 SCW press releases, but you'll get a chance to show off your skills as a featured presenter at the 2019 SCW MANIA® Convention of your choice!

Each 2018 SCW Fitness Idol Winner receives:

- A slot as a presenter at a 2019 SCW MANIA®
- Complimentary SCW MANIA® Convention attendance
- Coverage in all SCW press releases
- Gifts from SCW MANIA® Sponsors
- Mentoring from a SCW MANIA® judge

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!

FR6G Friday, 6:30pm-7:30pm

POUND® - ROCKOUT. WORKOUT. Joyce Wong



Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.

FR3H Friday, 6:30pm-7:30pm

LES MILLS SPRINT™: CYCLING SUCCESS



Adam Bramski

Take your training to the next level with a new cycling workout built on the science of high-intensity interval training (HIIT) that returns rapid results with minimal joint impact. Learn how to increase your offerings to maximize value of your cycling studio, increasing

attendance and pinpoint more demographics.

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

STATE OF THE INDUSTRY PANEL DISCUSSION

Irene Lewis-McCormick, MS, CSCS, Jeff Howard, Melissa Layne, MEd, Pete McCall, MS & 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)

FR6K Friday, 6:30pm-7:30pm

DEVELOPING A CULT FOLLOWING Ntiedo (Nt) Etuk, MBA

Client loyalty is everything when growing your business. It shows that your current members love you, demonstrates your value to potential customers, and is the key to exploding your client base. Build your tribe, deliver great service, and become a force for health, wellness and positive change in your community.

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

HEALING FROM THE FOOT UP Dr. Dawn Olsen Figlo, D.P.M.

Experience the health benefits and natural solutions on the cellular level using Certified Pure Essential Oils. The class will cover what essential oils are, how to use them safely and the importance of purity. Help decrease your toxic load, excrete toxins and enhance cellular repair. (LECTURE)

FR6P Friday, 6:30pm-7:30pm

BONUS EVENING SESSION 5:45PM-9:30PM

DANCE AFTER DARK - HAPPY HOUR JUST GOT HOTTER!

Join us as we welcome talent from all around the country...as well as our own Backyard..NYC! Kicking off Dance After Dark we have SayQuon Keys offering B'More Afro Fusion, followed by our Southern Hip Hop Mama, Allison Lilly doing her signature Hip Hop ReDefined! Keep that energy flowing as NYC's very own Antboogie takes the stage with his Urban Hip-Hop, and then you will need to dig deep for the finale, that will be a long awaited collaboration between premiere choreographers Kendra Kemerley and Calvin Wiley that will feature a Jazz fusion of K'motion Dance and Calvinography.

FR6A Friday, 5:45pm-9:30pm

SATURDAY, JANUARY 27

SA1

7:00AM-8:30AM

THE WARRIOR FIT GAMES SGT Ken®



Experience highly effective exercises uniquely arranged in an obstacle course to awaken the competitor in you! A combination of exercises from the 1946 US Army Physical Fitness manual and athletic sporting events, this program can create the next American Ninja Warrior or CrossFit Games contender. Don't miss your chance to thrive in the WARRIOR FIT GAMES!

SA1A Saturday, 7:00am-8:30am

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.

SA1B Saturday, 7:00am-8:30am**BEAUTY OF THE BEAST ROPES Jonathan Ross**

Amplify the impact and benefit of your ropes training like you never thought possible. Using the elastic Beast Ropes, explore expanded challenges to familiar heavy ropes exercises and discover new exercises impossible to perform with standard heavy ropes. This lighter, more portable and more versatile battle rope training option will make you better and your clients fitter.

SA1C Saturday, 7:00am-8:30am**BARRE TRICKS Tricia Murphy Madden**

It's easy to get in a rut! Do you find yourself using the same equipment every time? It may be time to reinvigorate your barre class with other available tools. This enlightening session offers unique ideas on how to incorporate different types of equipment for a better barre experience.

SA1D Saturday, 7:00am-8:30am**SPEEDBALL CORE Steve Feinberg & Lynze Schiller**

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.

SA1E Saturday, 7:00am-8:30am**SMART CHOREOGRAPHY 101 Jenn Hall**

Explore methods to choreograph an entire cardio-dance class based on how the brain processes movement. Discover a method that allows the brain to create new neural pathways while the body reaps benefits from cardio-dance training. Work collaboratively to create a whole new cardio-dance class in a session that is all about you.

SA1F Saturday, 7:00am-8:30am**PIYO – THE PERFECT FUSION Bekah Jackson, MA**

Pilates and Yoga are some of the most popular classes in group fitness, and Beachbody LIVE has created the perfect fusion with PiYo. You'll perform a series of low-impact, high-intensity Pilates- and yoga-inspired moves to work every single muscle in your body, all to the beat of the best music.

SA1G Saturday, 7:00am-8:30am**BODY & SOLE FOR ACTIVE AGERS****Lawrence Biscontini, MA**

A big fear as we age is falling, yet we rarely spend time with our active agers addressing the feet. Research and Review from the Barefoot Trend is hotter than ever, and this workshop fuses the latest cutting-edge information with practical applications of shoeless movement for older adults. We will blend research with foot hygiene, muscular anatomy, and stability and mobility movements to train lower-leg complex to improve balance and foot function.

SA1H Saturday, 7:00am-8:30am**GROUP EXERCISE INSTRUCTOR?****CORRECTIVE EXERCISE Dr. Evan Osar**

Group Exercise Instructors: You are at the forefront of our industry and increasing numbers of individuals are seeking out your classes. Unfortunately, many exercises are creating chronic tightness/discomfort. Discover common exercises that contribute to tightness and discomfort and how simple changes in alignment, control and cuing can make all the difference.

SA1I Saturday, 7:00am-8:30am**SCHWINN®: PEDAL AND PULSE****Mindy Mylrea**

Schwinn Indoor Cycling meets Barre in a fusion program 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 their bodies crave.

SA1J Saturday, 7:00am-8:30am**COMMON SENSE NUTRITION: YOUR SCOPE****Kimberly Garcia**

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

SA1K Saturday, 7:00am-8:30am**9 MONTHS: A LIFETIME IMPACT****Brittany Citron**

With researchers deeming maternal inactivity "the greatest global health crisis in the 21st century," proper prenatal movement is more important than ever. Learn the latest research and evolving international guidelines, and take away simple yet powerful tips that can make the biggest difference for your expecting clients – and their babies! (LECTURE)

SA1L Saturday, 7:00am-8:30am**SOCIAL MEDIA MARKETING FOR BEGINNERS****Alana Sanders, MS**

Explore how to market through Social Media's various tools for management techniques, how to create consistency when posting online, the importance of utilizing visual materials, and the difference between a Fan and a personal page. Alana will show you how to use basic tools to manage your social media stress-free. (LECTURE)

SA1M Saturday, 7:00am-8:30am**THINKFIT™ SUSPENSION: POWER AND ENDURANCE****Nico Gonzalez**

The Bodhi Suspension System has revolutionized everything! Introduce your clients to this two-rope system to awaken your senses and challenge every part of your body. Learn innovative movement sequences designed to improve athletic performance and muscular endurance. Powered by Balanced Body.

SA1N Saturday, 7:00am-8:30am**STAIRMASTER® PRESENTS – HIIT MIX SOLUTION****Doris Thews**

StairMaster® has created a formula that allows clubs and trainers alike to utilize any/all available equipment with unique interval protocols, resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results-Driven, Interactive, Scalable, Exciting & Engaging and Team/Community-centric! Plug in the details and PLAY!

SA1O Saturday, 7:00am-8:30am**LAWRENCE BISCONTINI, MA**

Lawrence is an SCW Faculty Member, Presenter and Mindful Movement Specialist who has won multiple industry-recognized awards. He is currently on the Advisory Board for the International Council on Active Aging (ICAA), and he is the Senior Consultant for Power Music®. Lawrence has contributed to the BOSU® Developmental Team and is currently a Registered Yoga Alliance Teacher. His newest book is "Stories of Color", which is a fictional book supporting his charity and scholarships. Find Lawrence at www.findlawrence.com.

ATHLETIC AQUA ADVANTAGE Melissa Layne, MEd

Focusing on speed and agility, this combination of fitness-related components and water resistance will make you faster, stronger and a more elite athlete. Challenging the ability to move through water with fancy footwork and daunting drills, this session boosts all components of fitness while also improving activities of daily life for our aging population.

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

SA2 - KEYNOTE ADDRESS 9:30AM-10:45AM**LIVING LARGE WITH TONY HORTON
6 SIMPLE STEPS TO A BIGGER, HAPPIER, HEALTHIER,
MORE PRODUCTIVE LIFE**

Tony Horton

Are you looking for more purpose, balance and fulfillment in your life? Come listen to Tony Horton, creator of the world-famous P90X® franchise and 22 Minute Hardcorps, and find out exactly how he realized his life's purpose. Tony will share how you can tap into motivation, take action and consistently stay on track. Learn why variety and intensity are imperative to achieving success and how to face your fears. You will walk away knowing exactly what it takes to live large and bring more purpose and intensity to every area of your life.

SA2I Saturday, 9:30am-10:45am

SA3 11:00AM-12:30PM**SPORT™ BY GROUP RX** Dana Anderson

SPORT™ by Group Rx is a game-changer. Using a variety of tools such as steps and dumbbells, learn how strategically chosen movements conquer fears and leave you and your participants with a "Yes I Can!" attitude. SPORT training strengthens the heart, increases bone mineral density and tones the entire body with every move you make. It's GO Time!

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

**BELOW THE BELT TRAINING** Mindy Mylrea

Come and experience a booty-kicking workout. You will learn 4 different "below the belt" combinations that are as creative as they are effective. Packed with critical cutting-edge research, this session delivers amazing glute and leg routines for your Monday morning crowd.

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

**FUNTENSITY BOOTCAMP** Jonathan Ross

When was the last time you had so much fun you didn't realize how hard you were working? Mix fun and fitness like you haven't since all you knew was fun. Experience exercises and games for a challenge you'll lose yourself in. Develop a stronger connection among your participants and to you as the professional in the center of the experience.

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

BARRE FIGHT Billie Wartenberg

Unleash your inner beauty and best! This new spin on cardio kickboxing is a high-energy knockout of workout both on and off the barre. This 60-minute workout will certainly have you feeling stronger,

leaner and more energetic. *No actual fighting or physical contact.

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

BOSU® UP DOWN ALL AROUND Doris Thews

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.

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

SOUL CLAP FITNESS Khalid Freeman

WHAT is Soul Clap Fitness? It's a dance fitness program "Where YOU become the MUSIC." It brings body percussion to the fitness world using stomps, claps and fun rhythms set to soul classics from the 60s, 70s and 80s, and it's guaranteed to add flava to your fitness. Can you dig it?

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

PILATES UNDRESSED Jeff Howard & Nico Gonzalez

This new bootcamp-inspired Pilates format is easy to teach using current fitness trends. Nico and Jeff will demonstrate numerous formats that can be based on time, repetition and/or intensity. The twist: You'll use traditional Pilates methods and equipment. Get ready for amazing sequences that are easy to implement right away.

SA3G 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.

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

PREVENTION & RECOVERY THROUGH MUSCLE

STIMULATION Steve Feinberg

The latest technology of injury prevention and muscle recovery now fits in your pocket. We will show you how you and your clients can experience a transformative physiological experience with the use of our device, which is already helping millions across the world.

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

SCHWINN®: RHYTHM DONE RIGHT Amy Dixon

When the music and coaching are spot on Rhythm Riding can be a magical experience. The RIGHT Rhythm ride doesn't need smoke and mirrors or unnecessary distractions. We will show you how to capture and captivate your riders the RIGHT way and provide your members with a memorable, results based, musically amazing cycling experience.

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

52 DAYS: YOUR BEST BODY Sohaila Digsby, RD, LD

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? Since 30-day challenges rarely work for more than 30 days, come learn what 52 days can do to keep you at Your Best Body! (LECTURE)

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

SECRET LIFE OF A FAT CELL

Len Kravitz, PhD

This profoundly researched presentation covers numerous topics, including the purposes of fat in the body, the role of fat for energy production and athletic performance, fat metabolism, gender differences in fat metabolism, health issues with fat and countless myths and misconceptions about fat. Leave with eight fabulous calorie-burning workouts and countless practical ideas to reduce fat. (LECTURE)

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

TONY HORTON

Over the past 25 years, elite trainer Tony Horton has revolutionized the fitness world by helping millions of people get ripped and healthy through his world-renowned, total-body workouts. These groundbreaking programs are among the most popular home workouts ever, selling a combined total of more than 7 million copies and counting! Always on the cutting edge of sports science and nutrition, he's a trainer who knows how to get results. Today, people all over the world - from athletes and movie stars to members of the military and Congress - can credit their improved stamina, strength and extreme body transformations to Tony Horton.





STRONGER TOGETHER



FITNESS PROGRAM COMPREHENSION & CREATION



PJ Stahl, MA, CSCS

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)

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

THINKFIT™ SUSPENSION: GAME ON WITH GRAVITY!



Erika Quest

The Bodhi Suspension system adds game changing variety to a studio or fitness environment. Use gravity to deliver innovative sequences to enhance athletic performance, improve flexibility and/or coach clients into moving better every day. It's time to add suspension and change your workout game! Powered by Balanced Body.

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

STAIRMASTER® BOXMASTER® Pete McCall, MS



If you want to improve your reaction time, agility, stamina or coordination, BoxMaster® is the opponent for you! With the ability to cater to all fitness levels, the BoxMaster® will excite greater participation in boxing-style fitness training and help boost your client/member retention with an entirely different way to get in shape!

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

AQUA RUN Melissa Layne, MEd

Water walking or running is an incredible workout if done utilizing the properties of water as a deterrent and not an aid. The lecture will encompass many ways to increase the intensity of aqua running, and our workout will incorporate even more ideas to appeal to the masses, rookies and veterans. Be prepared to work in the aerobic and anaerobic energy systems!

SA3P 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.

HIIT THE CIRCUIT Mindy Mylrea



Take your circuit class to new heights with a HIIT-themed circuit format that blows all other circuits out of the water. Mindy is renowned for creating creative and challenging combos, drills, skills and transitions that are unique, fun and over-the-top effective. Experience a circuit session like no other.

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

MMA FOR GROUP FITNESS Kara Buono



MMA-inspired workouts are everywhere, and CORE DE FORCE from Beachbody LIVE is the predesigned format that makes it easy to lead the fight — one badass class at a time. In this workshop you'll learn the class-teaching formula as well as the authentic techniques behind the stances, punches and kicks.

SA4C 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

VALSLIDE® MASTER TRAINER COURSE



Valerie Waters

The creator of the Valslide®, Valerie Waters, will put you through an intense workout utilizing her famous Valslide®. She also will unveil the key strategies she shares with her clients for sticking to a healthy lifestyle, which is a balance of working out and eating right.

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.

SA4H Saturday, 12:45pm-2:15pm

SCHWINN®: MUSIC MAGIC! Jeffrey Scott



In this workshop you will learn what to play, when to play it, and where to FIND the music and remixes that no one else on your team will have. Music is magic and we are going to make you all magicians!

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

BOXING BOOTCAMP Steve Feinberg & Lynze Schiller



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.

SA4O Saturday, 12:45pm-2:15pm



MANUEL VELAZQUEZ

Manuel is a proud Faculty Member for SCW Fitness Education, while being a valued trainer for Hydro-Fit, Bosu, Tabata Bootcamp and Barre Above. He is a WATERinMOTION® National Trainer and a recipient ECA-NYC OBOW All-Around International Presenter of the Year award and has been presenting at fitness conferences worldwide for over two decades. Manuel is a continuing education faculty for SCW, ACE, AFAA, ACSM, AEA, and WATERinMOTION®, and stars in over 50 Fitness Instructor Training Videos. He is an AFAA Team Pro and Examiner, and is a Lead Instructor at the Golden Door Spa in Puerto Rico and is RYT-200 Yoga certified.

research and science on the physiological effects of exercise in females. A comprehensive review of fat metabolism, hormones, caloric expenditure and female physiology related to exercise will be discussed. Several new and highly effective resistance training and endurance workouts (from studies) will be introduced. (LECTURE)

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

BUSINESS OF SMALL GROUP PERSONAL TRAINING

Keli Roberts

Small Group Training offers the best of both

worlds: the energy of group fitness and the one-on-one personal touch. What's more, the earning potential for trainers is significantly higher. Discover the essentials for starting and running your own SGT business. Learn how to set up a business plan, and gain valuable insight into marketing through social media. (LECTURE)

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

IT'S RAINING MEN!

Jeff Howard, Manuel Velazquez & 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!

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



SA4 - SESSION 2

1:30PM-3:00PM

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

PROJECT STEEL™ PJ Stahl, MA, CSCS

PROJECT STEEL™ has reinvented steady-state training into a functional and motivational workout that keeps participants engaged to get cardiovascular results without the monotony of one-dimensional training. Featuring a dynamic warm-up, strength training, bodyweight conditioning and finishing with stretching and mobility, this non-intimidating class with unlimited variations will challenge your body in new ways!

SA4A Saturday, 1:30pm-3:00pm



HIGH FITNESS: TAKING IT HIGHER!

Emily Nelson & Amber Zenith

By modernizing old-school aerobics and mixing it with HIIT training, HIGH Fitness pushes participants beyond what they imagine they can do! CONSISTENT fitness choreography and FUN music combined with INTENSITY leads to a hardcore, fun, group fitness class. HIGH Fitness can be taken HIGHer or modified for the beginner!

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



YIN YOGA: LESS IS MORE Whitney Chapman

Yin Yoga deepens your yoga experience by working with gravity and slowing down your mind, creating deep openings and awareness in your body. Learn how to sustain postures, surrender into restrictions and awaken what is hidden in our bodies, creating space and relaxation and quieting our minds.

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



CORRECTIVE EXERCISE FOR THE PROBLEM SHOULDER

The shoulder is one of the most problematic joints in the body yet one of the most mobile. Personal Trainers coach "put your shoulders down and back", but is this always best? Examine the anatomy behind common shoulder injuries and learn a new perspective on corrective exercise program design.

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



TOP 10 FOR WEIGHT LOSS Sohaila Digsby, RD, LD

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

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



THE FEMALE TRAINING ADVANTAGES 2018

Len Kravitz, PhD

This state-of-the art lecture summarizes recently published

THINKFIT™ SUSPENSION: MEET THE BEAT

Nico Gonzalez

Moving with the ropes on the Bodhi Suspension System promotes rhythm and flow in a class setting! Come groove to the beat in multiple body positions while learning movement sequences to get your cardio pumping and your legs, arms, core and flexibility jumping! Powered by Balanced Body.

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



SA5

3:15PM-4:45PM

STRONG BY ZUMBA®

Irena Meletiou

In every other HIIT program, music is an afterthought. STRONG by Zumba® combines HIIT with the science of Synced Music Motivation. Using only bodyweight, workout to music engineered to match every move. It's not dancing or counting reps but feeling the beat to push students into a new level of intensity. Let It Sync In™. We'll have Attendee Challenges and PRIZES!

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



P90X AND TONY HORTON Tony Horton

Searching to teach a predesigned program that incorporates cardio and full-body muscle conditioning? P90X by Beachbody LIVE shows you effective workouts using science-based protocols for maximizing results. Experience a master class that helps you build strong, lean muscle and bust through any plateaus that stand in your way.

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



POUND® - ROCKOUT. WORKOUT. Joyce Wong

Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.

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



M*PWR® BARRE FOR REDUCING STRESS Lynze Schiller

Fuse Lynze's M*PWR® philosophy into your barre experience. In this session, you will use mindfulness techniques with traditional barefoot barre movements, then connect them in a way that can purposefully reduce specific stressful triggers elsewhere in life.

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

THINKFIT™ STRENGTH: MOTR™ BALANCE + CORE

Keli Roberts

The older we get, the more balance work we need! Balance your body by working from the inside out using the MOTR™ to experience unstable surfaces, resistance training and core challenges. Developing a balanced core improves the body's function in sports and daily activities. Powered by Balanced Body.

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



ART OF DANCE FITNESS Alana Sanders, MS

Explore the art of translating dance moves into doable 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!
SA5F Saturday, 3:15pm-4:45pm

PILATES STRONG 2018 Leslee Bender

This is the modernized functional approach to Pilates training getting vertical. Classical Pilates primarily is performed on the floor with only several exercises focused on flexion. Discover how vertical extension promotes better flexibility, mobility and strength. All exercises are based on the science of fascial movement. This session is a must for Pilates instructors looking for new and creative ideas.
SA5G Saturday, 3:15pm-4:45pm

MOVE ACTIVE AGERS WITH MUSIC Rachel Finley-Norwood

How old is too old to work out? Would you believe a 106-year-old participated in this program? And thrived?! Most students in this brain and body fitness program are between 70-100. Learn how YOU can reach active agers with amazing music, exciting choreography and engaging instruments that motivate participants to think & move!
SA5H Saturday, 3:15pm-4:45pm

RUMBLEROLLER: INTEGRATING

MINDFULNESS TO SMR Brian Bettendorf, MSM, MS

This mindful session combines multiple approaches using mindfulness, self-awareness and breath control to improve mobility and regeneration.
SA5I Saturday, 3:15pm-4:45pm



SCHWINN®: TRAIN RIGHT RE-IMAGINED Amy Dixon

While we love motivating on the bike, we know what we do off the bike is an integral part of a well-balanced fitness program. We explore the ranges of motion and common muscular imbalances involved in indoor cycling and arm you with tools to create complementary flexibility and strength-based programs. Experience 2 different cross-training programs that integrate mobility, strength and cardio while staying true to Schwinn's motto to Ride Right.
SA5J Saturday, 3:15pm-4:45pm



COOKING WITH CALIFORNIA FIGS

Regina Ragone, MS, RDN

California Figs are nutritious and delicious on their own, but they can really amp up your breakfast, lunch, dinner and snacks. Learn why California Dried Figs should be a pantry staple and walk away with new recipe ideas for eating healthy in a hurry. (LECTURE)
SA5K Saturday, 3:15pm-4:45pm



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)

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

SELF-PUBLISH A BOOK OR EBOOK Sohailla Digsby, RDN, LD

Do you have an idea for print or digital media? Learn how self-publishing works from a wellness pro who has done it more than once. You'll leave this session ready to create instantly downloadable E-books or hard-copy prints to earn credibility, build your online presence and create a passive income stream.

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



THINKFIT™ SUSPENSION: CIRCUITS 2.0 Erika Quest

The Bodhi Suspension System is a great addition to a circuit class. Learn how to use the ThinkFit programming system with suspension and small props to create dynamic circuit classes combining stability, mobility, core and so much more! Powered by Balanced Body.

SA5N Saturday, 3:15pm-4:45pm

STAIRMASTER® PRESENTS – HIIT MIX SOLUTION

Abbie Appel

StairMaster® has created a formula that allows clubs and trainers alike to utilize any/all available equipment with unique interval protocols, resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results-Driven, Interactive, Scalable, Exciting & Engaging and Team/Community-centric! Plug in the details and PLAY!
SA5O Saturday, 3:15pm-4:45pm



WATERINMOTION® PLATINUM

Sara Kooperman, JD, Manuel Velazquez & Billie Wartenberg

Platinum is a shallow-water, low-impact aqua exercise experience that offers older adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized educational exercise system provides easy-to-teach and learn choreography, fantastic marketing and a scientifically designed program. Leave with eight new 64-count choreography blocks and a fun list of usable music.

SA5P Saturday, 3:15pm-4:45pm



SA6

5:00PM-6:30PM

BREAKING INTO CORPORATE WELLNESS

Andrew Gavigan

Corporate Wellness Programs are offered at 44% of U.S. businesses, and the opportunities for fit pros to get involved are abundant. Get the business tools to obtain new, regional, corporate wellness clients, and experience accessible, all-inclusive, team-building workouts. Certified trainers, group exercise instructors and entrepreneurs won't want to miss this session!

SA6A Saturday, 5:00pm-6:30pm



COMPLETELY CORE Abbie Appel

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

SA6B Saturday, 5:00pm-6:30pm

FASCIAL LINE FLEXIBILITY FLOW Helen Vanderburg

This full-body flexibility session will take you through static, active and dynamic stretching sequences that target the fascial lines of the body. Gain understanding and practice fascial line movement patterns to enhance performance, decrease tension and increase mobility. This flexibility-based session is suited for group fitness, personal trainers, yoga and Pilates teachers.

SA6C Saturday, 5:00pm-6:30pm

BARRE HOP Billie Wartenberg

Get a "night club" feeling at the Health Club! Barre Hop is a high-energy fitness class that combines hip-hop dance with ballet barre-inspired elements that will tone and condition your entire body.

SA6D Saturday, 5:00pm-6:30pm

BODYATTACK® WORKOUT & SCHEDULING FOR SUCCESS Adam Bramski

LES MILLS
OnDemand

Les Mills' BODYATTACK® is a high-energy class for total beginners to total addicts. We combine movements like running, lunging and jumping with strength exercises such as push-ups and squats. Adam will pump out energizing tunes and lead you to challenge your limits, burn up to 730 calories and leave you with a sense of achievement.

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

THE 4 F'S OF EXERCISE Elian Haan

All systems go in this fusion of cardio dance, core strength and barre balance. Building physical resistance to a mentally stressful environment is our purpose in movement and wellness classes. Learn to relax and release, and laugh a lot! This session emphasizes fun, friends, functionality and fitness with a European Elian twist!

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

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.

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

ACTIVE AGING: BETWEEN THE CHAIRS

Irene Lewis-McCormick, MS, CSCS

Functional movement, range of motion and the ability to perform unassisted daily activities are linked to joint flexibility, soft tissue range of motion, balance and agility. Explore options for aging populations in mobility and relaxation techniques including class design that's unique and appealing for this fragile community.

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

PROGRESSIVE SYSTEMS TO SELF-MYOFASCIAL RELEASE Sylvie Patrick

TRIGGERPOINT

To see change, exercise modalities must progress. The body will adapt only if the stimulus is consistent and becomes more challenging over time. Foam rolling is no exception. Learn how beginning with superficial, static techniques helps lay the foundation for deeper, active techniques. Feel the benefits of progressive foam rolling and design better programs.

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

SCHWINN®: THE MAGIC OF THE 3 C's 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!

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

NUTRITION TIPS, TIDBITS AND TREATS

Bruce & Mindy Mylrea

It's that time of day and you're hungry! You want quick and tasty. Your body wants nutritious and sustaining. You want great ideas to satisfy your taste buds and your body's nutritional needs. Learn to prepare yummy, healthy, easy-to-make snacks for every palate. Best of all, you get to take home the recipes! (LECTURE)

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

WORLD'S BEST RESISTANCE TRAINING PROGRAMS

Len Kravitz, PhD

Len scoured over 70,000 journals to present some exciting training programs. Discover the best program designs from around the world to improve strength and hypertrophy. Learn about muscle regarding specific applications to training including muscle metabolism, training to fatigue, protein supplementation and more. A must-attend for personal trainers seeking peak outcomes for their clients. (LECTURE)

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

STEPS TO STRENGTHENING YOUR BRAND

Elisabeth Fouts

As a fitness professional in one of the fastest growing and most dynamic industries, how will you stand out? This session will provide the tools that you can apply to your brand and take not only your own success - but your clients' success - to the next level. (LECTURE)

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

CURRENTS OF CARDIO CONFETTI Yury Rockit

Group ex instructors have a variety of choices for creating water-based classes. Instead of just one approach, Yury will present a buffet of innovative ways to achieve the same goal: make our hearts stronger with cardioprotective benefits. Instantly abandon boredom with class ideas Yury has been sharing with his clients in Asia for years.

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

RISE

AND GRIND

SA7 - EVENING SESSIONS

WARM UP! PERFORMANCE FLEXIBILITY & SMR

POWER SYSTEMS

Irene Lewis McCormick, MS, CSCS

Create quick and effective pre-and post-workout routines in an easy-to-follow group or one-on-one format. Learn the science of soft tissue release and flexibility training using Power Systems' massage peanuts and strength bands. Explore reciprocal and autogenic inhibition techniques and ways to create recovery that contribute to optimal performance with immediate and long-term results.

SA7A Saturday, 6:45pm-7:45pm

INTRODUCTION TO MEDITATION

Yury Rockit

& Lawrence Biscontini, MA

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.

SA7G Saturday, 6:45pm-7:45pm

SCHWINN® CYCLING: #WHOAMI

Jeffrey Scott & Doris Thews

#whoami? Get ready to write – not ride – in this business lecture from Schwinn designed to help you find your lane, define your values, craft your message and break through the clutter in this ever-changing fitness landscape. Walk away with the tools you need to become the marketing maverick of your own brand. (LECTURE)

SA7J Saturday, 6:45pm-7:45pm

AQUA EXERCISE PANEL: EBS AND FLOWS

Jeff Howard, Billie Wartenberg, Melissa Layne, MEd & Manuel Velazquez

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 REFRESHMENTS WILL BE PROVIDED!

SA7K Saturday, 6:45pm-7:45pm

BONUS EVENING SESSION 6:45PM-9:30PM

DANCE AFTER DARK - SATURDAY NIGHT FEVER!

Marcus Cobb kicks this special night off with high energy Hip Hop Powerhouse, that will leave you craving more! Its more you will get with a hot and sweaty party called Swagger with Katie Haggerty, that brings sassy and sexy all in one. Dance After Dark will finish strong with NYC's Miles Keeney Jazz Funk master class, bring your confidence and the rest will take care of itself! Class to be continued at the nearest Night Club.

Saturday, 6:45pm-9:30pm

SUNDAY, JANUARY 28

SU1

7:00AM-8:30AM

DON'T STEP ON IT Jeff Howard

This class is designed around a piece of equipment every gym has but never uses - "The Step". Learn how the step can be utilized differently without ever stepping on it. Experience



JEFF HOWARD

Jeff is a world-renowned fitness presenter who has lived in South Africa, Puerto Rico and the United States. As part of the SCW Faculty, he has starred in numerous SCW Fitness videos and has educated fitness professionals at conventions worldwide for over a decade. Jeff trained countless celebrities as the pioneer instructor at the Golden Door Spa and has appeared on several national TV shows. Jeff is currently the Promotional Director of Fitness for Milestone Baptist East.

the step in unconventional ways that are still effective. This workshop provides numerous ideas perfect for personal training and group exercise.

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

D'FINE Helen Vanderburg

This bodyweight workout combines core conditioning and muscle-defining exercises from Pilates, flexibility and mobility from yoga, fluidity of movement from fitness and Barre techniques to define, align and sculpt the body. Choreographed to inspiring music, experience an innovative and challenging group class, and leave with unique ideas to help your clients D'Fine the body!

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

THINKFIT™ STRENGTH: SENIOR POWER

Erika Quest

Baby boomers who are actively aging 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.

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

CENTER FLOOR Elizabeth Lenart

Experience a fusion style conditioning specifically designed for the non-dancer. This non-stop cardio and strength class blends techniques drawn from dance, Pilates and fitness. Learn how to create flowing, dynamic sequences that will develop muscular endurance, core strength, and agility...all without equipment or props. Bring out the dancer in YOU!

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

SPIRITED® ELEMENTS Yury Rockit

Learn how to fuse into a mind-body barefoot workout experience the four elements of earth, fire, water, and air with movement that complements the elements. Yury's "Spirited" program appears internationally with its appealing easy combination of 20-minute sections of barefoot & mindful strength, cardiovascular, and flexibility sections. Learn to give our body all our workout needs in 60 minutes using just our bodyweight and inspiring music.

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

RESTORATIVE YOGA: PROP-FREE!

Whitney Chapman

Oftentimes the powerful practice of restorative yoga requires a plethora of special equipment ... until this workshop with Whitney! Discover Self-Awakening Yoga®, a therapeutic technique that creates restoration and rejuvenation through inquiry. Release tension, open up joints and quiet your mind in this floor-based practice created by Don & Amba Stapleton.

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

SHOULDER ISSUES? CORRECTIVE EXERCISE STRATEGY

Dr. Evan Osar

Many clients have the forward shoulder and head positions that contribute to chronic tightness and discomfort and inhibit them from exercising at the level they want. In this dynamic presentation, you'll discover how the shoulder truly works, corrective and functional exercises, and incorporating the most effective cuing to address the forward shoulder and head positions.

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

OnDemand



OnDemand



FEEL THE



RUSH

WHAT TO EAT FOR OPTIMAL HEALTH

Bruce & Mindy Mylrea

Learn which scientifically proven foods should be consumed on a daily basis for optimal, sustainable health and wellness, and discover how much to incorporate into our daily diet. This evidence-based lecture provides you with all the specifics as well as an easy-to-implement, simple tool to help your clients optimize their dietary choices. (LECTURE)
SU1K Sunday, 7:00am-8:30am



THE SCIENCE OF MYOFASCIAL RELEASE

Sylvie Patrick

For more than 10 years, the terms “foam rolling” and “self-myofascial release” have been used interchangeably. However, the application of foam rolling does not match the science of myofascial release. Examine the difference between foam rolling and myofascial release, and explore how to actually achieve “self-myofascial release” through practical application. (LECTURE)
SU1L Sunday, 7:00am-8:30am



NEXT-LEVEL SOCIAL MEDIA

Alana Sanders, MS

Join Alana to explore mobile and web based applications to help promote your business through the Social Media. Providing tools to take the presence of a business to the next level. attendees will be given tips to assist with increasing the reach of their posts and pages; through the various networks such as Facebook, Instagram, and Snapchat. (LECTURE)
SU1M Sunday, 7:00am-8:30am

SU2

8:45AM-10:15AM

COACHING CAMP: GROUP-TRAINING GROWTH

Elisabeth Fouts

The language of fitness is changing. People don't just workout, they “train.” Personal trainers don't just train, they “coach.” Learn how to apply coaching techniques that'll transform and grow your group-training sessions. Discover the “coach” within you and cultivate a group of fitness athletes through large-scale warm-ups, movement blocks and cues and focused programming.
SU2A Sunday, 8:45am-10:15am



POUND® - ROCKOUT. WORKOUT.

Joyce Wong
Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.
SU2C Sunday, 8:45am-10:15am



BOSU® PILATES CORE POWER

Erika Quest



Evolve your core training and take it to the next level. Fusing elements of Pilates, experience an integrated approach to moving from your powerhouse to total body strength, balance and power. Tackle your complete core in 6 body positions and walk away with fun, functional and unique ideas to add to your workouts.
SU2E Sunday, 8:45am-10:15am

BODYWEIGHT BARRE

Keli Roberts

Pure and simple, Bodyweight Barre offers an effective total body workout with no equipment. Graceful, flowing Barre inspired movements create a core-centric muscular endurance program that trains the body from the inside-out, leaving you feeling refreshed and energized. Discover the grace within and sculpt a dancer's body!
SU2F Sunday, 8:45am-10:15am

TAKE IT LAYING DOWN

Lawrence Biscotini, MA



Use the floor to improve your core! This workshop takes postures we usually do standing and revisits them on the floor for new, empowering discoveries. At the end, we revisit standing to apply our new discoveries. Gain new insight to making standing postures possible for those who prefer floor work or have standing balance issues.
SU2G Sunday, 8:45am-10:15am

QI GONG FOR EVERY BODY

Elian Haan



This session explains the 4 components of movement, meditation, balance and breath as an essential part of the practice of Qi Gong. A wide variety of exercises & energy work will be shared and executed in a functional and fun way. This class is popular with individuals and Active Agers motivated to increase flexibility and improve posture and balance.
SU2H Sunday, 8:45am-10:15am

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

METABOLISM MAKEOVER

Sohailla Digsby, RD, LD



Wish you had more energy to make it through the day strong? Are you (and your clients) at a plateau and frustrated about “those last ___ pounds”? Working hard in the gym and not seeing results? Learn how to boost your metabolism as you wake up and keep your metabolic engine firing all day! (LECTURE)
SU2K Sunday, 8:45am-10:15am

EIGHT BEST ANAEROBIC CIRCUIT PROGRAMS

Len Kravitz, PhD

Based on scientific studies by Dr. Len Kravitz and colleagues, experience a multi-media journey on the physiology of anaerobic conditioning and the unique responses to various circuit-training protocols. Learn 8 original HIIT-Circuit, Cluster-HIIT-Circuit and Peripheral Heart Action programs and why they work. A must-attend for personal trainers to optimize their clients' workout experience. (LECTURE)

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

BUILDING THE BLOCKS FOR CAREER LONGEVITY

Barbara Brodowsky

Whether you're at the start of your fitness career or a seasoned instructor, learn how the different parts of a workout reflect the stages of your fitness career. Using the blocks of the PiYo workout, create a pathway to career longevity, and discover how smart programming equals a smart career. (LECTURE)

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



SU3 11:15AM-12:45PM

SPORT™ BY GROUP RX Dana Anderson



SPORT™ by Group Rx is a game-changer. Using a variety of tools such as steps and dumbbells, learn how strategically chosen movements conquer fears and leave you and your participants with a "Yes I Can!" attitude. SPORT training strengthens the heart, increases bone mineral density, and tones the entire body with every move you make. It's GO Time!

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

LES MILLS GRIT® CARDIO & HIIT Adam Bramski



GRIT® Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of bodyweight exercises and provides the challenge and intensity you need for fast results. Get education around HIIT and how it can benefit your members' goals and increase retention.

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

THINKFIT™: 3D CORE Helen Vanderburg



Experience a new and powerful way to train the core using the ThinkFit™ Trunk Integration Movement principles with a 3-dimensional approach. Expand your core training repertoire and experience how breath control stimulates a greater activation of the core and how breath and movement are linked in effective core training. Train the core as the power center for stability and movement. Powered by Balanced Body.

SU3E Sunday, 11:15am-12:45pm

HIGH FITNESS: BIGGER, BETTER, HIGHER!

Emily Nelson & Amber Zenith



HIGH Fitness takes aerobics and pushes it to be Bigger, Better and HIGHer! With simple fitness choreography, FUN music, the INTENSITY of interval training and a CONSISTENT formula, HIGH Fitness is a hardcore, fun, group fitness class. HIGH Fitness is built on the foundation of community – everyone is welcome and everyone gets results!

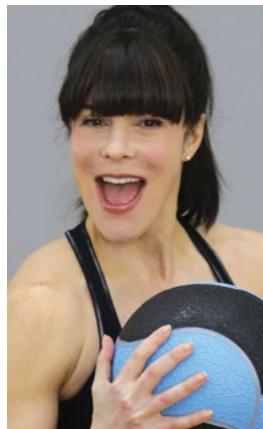
SU3F Sunday, 11:15am-12:45pm

STRONG MIND | STRONG BODY

Kayla Bonina

Have you or one of your clients ever felt mentally stuck? In this presentation, learn how the mind and body work as one to reach your health goals. The TEAMHIIT workout will show you how working in teams and coming together mentally during fast-paced cardio and circuit training workouts will help you accomplish anything physical.

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



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.

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

FOAM ROLLING



APPLIED PROGRAMMING: REGEN® Susane Pata

We often hear "foam rolling after exercise helps flush out lactic acid and reduce soreness," but does research support this? Foam rolling can promote circulation, create tissue pliability and initiate the recovery process, but this may not mean no soreness. Learn the TriggerPoint™ foam rolling programming application to speed up and enhance recovery.

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

WHAT'S IN YOUR FOOD? Tricia Silverman, RD, MBA

Learn about pesky food additives that can be wreaking havoc on your body. Discover free helpful credible online resources to help figure out what's 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)

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

10 KEY RULES FOR LONGEVITY Len Kravitz, PhD

The increasing life expectancy has generated intense focus on the biological mechanisms of old age and longevity. In this research-driven presentation, Len unveils the 10 key rules to slow down aging, extend lifespan and live optimally. If you work with a mature population, this lecture will give you inspiring new interventions to share with these clients. (LECTURE)

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

RUN AN 8-WEEK CHALLENGE: STUDIO SYNERGY

Sohailla Digsby, RD, LD

Imagine the synergy and success that would come from a well-run 8-week Challenge: your best-ever results, retention & reputation! In this session, learn how to launch an 8-week challenge, and experience synergy at its best, while your clients reach their personal best!

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

SU4

1:00PM-2:30PM

NO EQUIPMENT, NO PROBLEM Manuel Velazquez



This is a formatted experience where the movements are sequenced to get your body to work as one unit through all planes of motion without using equipment and with very little rest between segments. The results include efficient metabolic rate enhancement as the exercise intensity is close to the anaerobic work zone. Train hard and get strong while only using the most accessible piece of equipment you will ever have, YOUR BODY!

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

ABBIE APPEL

Abbie is an international fitness expert and educator who has written the SCW Barre Certification and updated the SCW Pilates Matwork Certification. She is a Rykå® Ambassador and a Master Trainer and Consultant for Activmotion Bar™, Body Bar® and Schwinn®. As an honored SCW faculty member, she has designed fitness programs and contributed to certifications, videos, magazines and journals and possesses multiple certifications and awards.

FLEXIBILITY + PERFORMANCE = WELLNESS**Jeff Howard**

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

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

VALSLIDE® - IMMERSION TRAINING "AMAZING SEVEN"**Valerie Waters**

Valerie Waters, creator of the Valslide®, will teach you how to coach your clients or lead a class using the Valslide®. You will learn the seven basic Valslide® moves and how to progress or modify them based on your clients' needs. Join Val to learn new moves, workout and have fun!

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

SOUL CLAP FITNESS**Khalid Freeman**

WHAT is Soul Clap Fitness? It's a dance fitness program "Where YOU become the MUSIC." It brings body percussion to the fitness world using stomps, claps and fun rhythms set to soul classics from the 60s, 70s and 80s, and it's guaranteed to add flava to your fitness. Can you dig it?

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

YOGA FOR OPTIMAL CLIENT PERFORMANCE**Helen Vanderburg**

This workshop offers personal trainers a quick and simple way to obtain the benefits of yoga for all clients. Learn easy-to-teach yoga postures, dynamic stretches and sequences of movements to target trouble areas, release tension, restore mobility and rebalance the body. Yoga is an incredible tool for optimal training; discover how to easily integrate it into your client's programs.

SU4G Sunday, 1:00pm-2:30pm

TAI CHI WITH LOTS OF QI **Elian Haan**

This Tai Chi 24 Short Form Yang Style is a simplified version of the unique movements of Tai Chi. Elian developed an exciting and effective

OnDemand

way to teach so you can quickly learn and share this beautiful style of movement & meditation. This is a gentle-moving class that increases flexibility and improves posture and balance.

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

RUMBLEROLLER: ROLL BETTER AND ROLL LESS

RUMBLEROLLER

Brian Bettendorf, MSM, MS

So, you think you know foam rolling? Come learn how to assess movement with screens, allowing you and your clients to increase their recovery and performance results in the shortest time.

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

LONGEVITY LAB: EATS & 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)

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

FIRST & LAST 5: INTROS & EXITS **Lawrence Biscontini, MA**

Research shows (IHRSA.org) clients remember the first five and last five minutes of personal training sessions and group fitness classes. Having polished, prepared and professional introductions & conclusions can help set you apart from your peers and even impact job security. Join Lawrence and practice dozens of ways to make an impact in the way you start and finish your sessions. (LECTURE)

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

CREATING CARING COMMUNITY IN CLASS

OnDemand

Whitney Chapman

Whitney spent over 12 years managing leading fitness centers with demanding NYC clientele. Learn how to create a caring, inclusive community in every program you offer. Expand your skills to celebrate inclusivity and recognize diversity in your clientele. Discover Whitney's 7 C's of Community, making every classroom experience an exceptional one! (LECTURE)

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

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- ALL CERTIFICATIONS INCLUDE FREE LIVE COURSE WITHIN A YEAR
- OVER 30 NATIONALLY RECOGNIZED, ACCREDITED SCW CERTIFICATIONS

FREE
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WITHIN A YEAR

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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.



For Schwinn® the ride started outdoors more than a century ago and in 1995 Schwinn(R) launched a phenomenon with the first production bike designed specifically for indoor cycling. The bike set the standard for an entire industry - a standard that we've raised with each Schwinn® innovation. Today, we not only bring the industry great bikes; we bring expertise and unmatched education. Join the tens of thousands of successful indoor cycling instructors worldwide who are Schwinn® Cycling Certified! Then, take exciting new ideas and skills back to your club to energize and engage your team and members! For show discounts on education events and Schwinn® Indoor Cycling Bikes, email bmuck@corehandf.com. For additional information please visit www.SchwinnEducation.com. Connect with us on social media at www.facebook.com/SchwinnIndoorCycling and Twitter @SCHWINNtraining.



Join the leader in cutting-edge programming and products! Savvier Fitness has provided thousands of professionals nationwide with innovative programming, education, and products specifically designed for health clubs, studios, and independent fitness professionals. With cutting-edge programs like Barre Above®, Tabata GX™ and more, Savvier Fitness captures unique and in-demand approaches to exercise and wellness that help drive member acquisition and retention. Additionally, Savvier Fitness also creates fitness apparel, like Barre Sox® Fitness socks, and also products that are portable, storable, versatile, and affordable for facilities, such as Gliding™ and Bender Ball™. Attend any Savvier Fitness® sponsored session at SCW MANIA and receive a FREE GIFT when you stop by the booth! www.SavvierFitness.com.



AEROBICS IS BACK! BIGGER, BETTER, HIGHER! HIGH Fitness is a hardcore fun aerobic group fitness format created to bring back old school aerobics infused with modern fitness techniques. HIGH Fitness has swept the nation over the past three years in its ability to make fitness both challenging and fun for participants. The challenge of the HIGH leaves them ADDICTED and coming back for more. Our courses teach you everything you need to know to successfully teach and run your HIGH classes and business and take your participants even HIGHer. SCW MANIA® attendees receive 20% off trainings and a FREE HAT. To learn more, visit our booth or visit www.highfitness.com.



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® NexGen™ 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, and to pre-order demo equipment, email sales@bosu.com, call (800) 810-6528 or visit the booth.



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.



When you step into Rykå, you step into more than a shoe - you step into a world MADE JUST FOR WOMEN. You join the tribe. You find community and support. We are stronger together than we are apart - and that is how we choose to move through life. Because OUR FEET ARE DIFFERENT than his - and we think our individuality is a pretty amazing thing to celebrate. JOIN THE MADE FOR WOMEN MOVEMENT. YOUR FIT, YOUR SHOES, YOUR LIFE LIVED THE RYKÅ WAY.



TriggerPoint is on a mission to empower people to move better. Our innovative self-care products are supported with practical-based education all designed to help restore natural movement, improve mobility, flexibility and minimize the risk of injury. Our accredited courses teach how to implement our systematic approach to foam rolling with a variety of mobility and therapeutic tools for self and/or client care. SCW MANIA® attendees enjoy 20% off all TriggerPoint products and education. To learn more, visit our booth or contact us at www.tptherapy.com | 800-446-7587.



Beachbody® LIVE offers a variety of pre-designed group ex formats based on some of the world's bestselling workouts. Thriving on results-oriented, innovative, and inspiring workouts, our group fitness formats are carefully designed, tested, and proven to work for people of every age and fitness level. Backed by billions of dollars in advertising over the past 20 years, our fitness brands are household names made famous by celebrity trainers like Tony Horton and Shaun T. From P90X® to INSANITY®, PiYo® to CORE DE FORCE®, we have a format for every body. We are Instructors and class-goers bonded by sweat and a shared journey where fitness is fun. To learn more, visit our booth or contact us at www.BeachbodyLIVE.com | 888-247-1940.



Balanced Body® has worked with commercial fitness facilities for over 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®. For 2018 we will also feature 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, on any piece of equipment! Info: www.balancedbody.com, 800-745-2837.



Hedstrom Fitness is dedicated to delivering products that are unique and versatile, and fill a specific niche within the fitness industry. Hedstrom Fitness capitalized on functional training with both the Kamagon® Ball and Surge®. The Kamagon® Ball's patented Hydro-Inertia® technology adds fluid resistance to exercises and teaches the body to stabilize during workouts. The Surge® products let you train for everyday life. The cylindrical shaped Surge® imposes top-down instability and replicates the unstable demands of the body. The Kamagon® Ball and Surge® can be used and customized by anyone, no matter their fitness level. Hedstrom Fitness products are proudly made in the U.S.A. For certification and workshop information, and to pre-order demo equipment, email hedstromfitness@hedstrom.com, call (800) 810-6528, or visit the Hedstrom Fitness booth.

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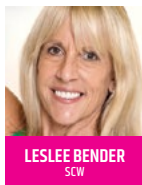
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PAM BENCHLEY
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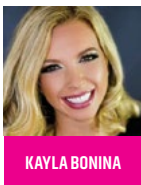
LESLEE BENDER
SCW



BRIAN BETTENDORF,
MSM, MS
RUMBLEROLLER



LAWRENCE BISCONTINI
SCW



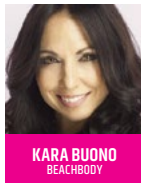
KAYLA BONINA



ADAM BRAMSKI
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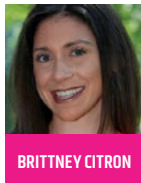
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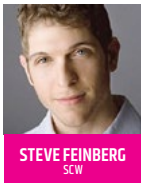
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**RACHEL
FINLEY-NORWOOD**



KHALID FREEMAN
SOUL CLAP FITNESS



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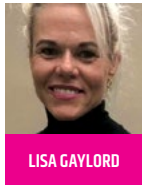
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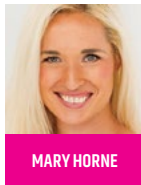
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MARY HORNE



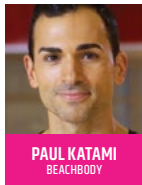
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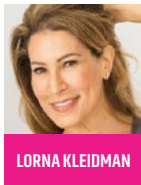
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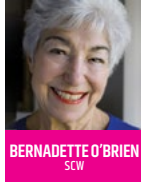
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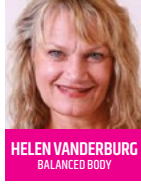
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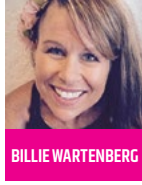
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1: ATTENDEE INFORMATION

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.

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2: MANIA® RATES

	Before 12/28	After 12/28
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

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Email address _____

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3: CONVENTION CERTIFICATIONS

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

5: FEE TOTAL

SCW Membership	\$ _____
MANIA® Convention Rate	\$ _____
Certifications	\$ _____
Register by Mail/Fax/Phone	\$ 25.00 <small>(Does Not Apply To Online Registration)</small>
Processing Fee	\$ 4.00
TOTAL	\$ _____

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6: PAYMENT INFORMATION

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Expiration Date _____ / _____

Print Cardholder's Name _____

Cardholder's Signature _____

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

Check # _____

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

7: DIRECTIONS FOR REGISTRATION

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

FRIDAY, JANUARY 26, 2018

SESSION TIME		1ST CHOICE	2ND CHOICE	3RD CHOICE
7:30am - 9:00am	FR1	_____	_____	_____
10:00am-11:30am	FR2	_____	_____	_____
11:45am-1:15pm				
or				
12:45pm-2:15pm	FR3	_____	_____	_____
2:30pm-4:00pm	FR4	_____	_____	_____
4:15pm-5:30pm	FR5	_____	_____	_____
6:30pm-7:30pm	FR6	_____	_____	_____

SATURDAY, JANUARY 27, 2018

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	_____	_____	_____
6:45pm-7:45pm	SA7	_____	_____	_____

SUNDAY, JANUARY 28, 2018

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 agree 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/nyc/faqs/>.

Signature required _____ Date _____



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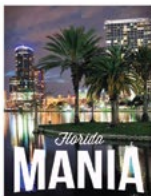
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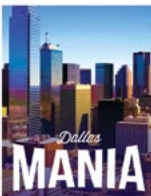
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