

ATLANTA MANIA® SCHEDULE-AT-A-GLANCE

FREE PASS
www.scwfit.com/Expo

Thurs., July 25:.....5:00pm - 7:00pm
 Fri., July 26:.....8:45am-2:30pm & 5:00pm - 6:45pm (Charity Auction)
 Sat., July 27:.....8:15am-3:30pm & 6:00pm-7:00pm
 Sun., July 28:.....10:00am-1:30pm (Closeout Shopping)

Register at www.scwfit.com/Atlanta


CLUB INDUSTRY BUSINESS SUMMIT

WOMEN'S LEADERSHIP SUMMIT
 Layne, Kooperman, Digsby, Maurer, J. Hall
 6 Lewis-McCormick • 8:30pm - 5:00pm • pg 8
 CLUB INDUSTRY BUSINESS SUMMIT WIFA

THURS. JULY 25

THURSDAY PRE-CON WORKSHOPS	 ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING Santana • 8:00am-5:00pm • pg 9	 SCW Group Exercise Certification Howard 8:00am-5:00pm pg 7	 SCW Pilates Matwork Certification Appel 8:00am-5:00pm pg 7	 SCW Active Aging Certification Layne 9:00am-5:00pm pg 7	 SCW Yoga I Certification M. Velazquez 8:00am-5:00pm pg 7	 SCW Yoga II Certification M. Velazquez 5:30pm-9:30pm pg 7	 SCW Active Aging Nutrition Silverman 5:30pm-9:30pm pg 7	 SCW Yoga I Certification M. Velazquez 8:00am-5:00pm pg 7	 SCW Yoga II Certification M. Velazquez 5:30pm-9:30pm pg 7
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FRIDAY, JULY 26

	A HIIT / FUNCTIONAL TRAINING	B GROUP EXERCISE	C PERSONAL TRAINING	D PERSONAL TRAINING / SPECIALTY	E ACTIVE AGING / WELLNESS	F MIND/BODY / RECOVERY	G BARRE	H DANCE / SPECIALTY
FR1 7:30am-9:00am Pages 10-11	Pulling for Power, Program 004™ SGT Ken®	HIGH Fitness: Aerobics is Back! Semrad	POUND® - Sweat. Sculpt. Rock. Bruehl	Speedball Core Feinberg	Go With the Flow Salutations Howard	FITOUR®: Sexy Myofascial Release w/Pilates CarolAnn	Power Body Barre Wartenberg	Zumba® Cardio Blast Santana
FR2 10:00am-11:30am Pages 11-12	MASHUP® : VIIT IT! Cura & Lyon	From the Ground Up! M. Velazquez	Cardio Kick To The Max Kozma	Teaching the Deadlift Mike	Deep Stretch & The Aging Gilbert	Prevention & Recovery through Muscle Stimulation Feinberg	Barre Moves - Update Your Choreography George & J. Hall	Country Fusion® Mooney
FR3 Session 1 11:45am-1:15pm Pages 12-13	Extreme HIIT Chaos Meets Fluid Strength Erickson & M. Mylrea Session 1	Lower Body Blaster Howard Session 1	HIIT the TURF Keenan-Stryka & Hughes Session 2	REB3L Strength™: Multi-Generational Fitness Wartenberg Session 2	Vertically Pilates M. Velazquez Session 2	Barre With a Twist Appel Session 2	LaBlast® - Dance Fitness: A True HIIT! Van Amstel Session 1	
FR3 Session 2 12:30pm-2:00pm Pages 13-14								
FR4 2:15pm-3:45pm Pages 14-15	The EPOCalypse WaterRower® Chaos Meets Power Workout™ Lewis-McCormick	HIGH Fitness: Aerobics is Back! Semrad	JUNGSHIN® Fitness: Rhythm-Short Swords Workout Kahn	Consistent Resistance Erickson	Strength Training for Active Agers Gillon	RumbleRoller® Roll Better, Roll Less Bettendorf	Let the Beat Drop George	Club Vibe® Dance Meets Fitness Ponte & Schur
FR5 4:00pm-5:30pm Pages 15-19	Lower Extremity Training - Female Client K. Roberts	Maximizing Outdoor Fitness Programming Mays & Neff	AAA - Abs at All Angles Appel	Benefits of Periodization: Dance Corps Dorsey	Active Aging: No Place Like Foam Kooperman	Yoga for Healthy Backs Lacombe	Barre Hop Wartenberg	Country Fusion® Workshop Mooney
FR6 EVENING SESSIONS 6:30pm-7:30pm Pages 19-20	MANIA® Dance-Off with Club Vibe, Country Fusion®, HIGH Fitness, LaBlast®, POUND®, REB3L & WERQ®					Recovery Through Meditation Rockit		Incredibooty Toning Experience Robertson

SATURDAY, JULY 27

SA1 7:00am-8:30am Pages 20-21	Battle with Boats and Ropes™ SGT Ken®	HIGH Fitness: Aerobics is Back! Semrad	JUNGSHIN® Athletic Flow - Long Sword Workout Kahn	The Next Generation of POUND® Bruehl	Aging Fit Gilbert	Pilates Functional Progressions Velazquez	FUNctional Barre George	REB3L Groove™: Dance Fitness Redefined Creameans & Hughes
SA2 KEYNOTE & AWARDS 9:30am-10:45am Pages 21								
SA3 11:00am-12:30pm Pages 21-23	Gamify Your Workout Gavigan	Training the Female Core K. Roberts	Les Mills GRIT™: Cardio & HIIT Lavinge	Speedball For Personal Trainers Feinberg	Yoga for the Young at Heart: Chair Kooperman	HIIT the Turf - Yoga Fusion Keenan-Stryka & Hughes	Barre Soul Wartenberg	ALLEGRO - Lenart & George
SA4 Session 1 12:45am-2:15pm Pages 23-24	Strength in the Storm™ SGT Ken® Session 2	Gliding Reinvented M. Mylrea & J. Hall Session 1	RumbleRoller® Group Exercise Flow Lewis-McCormick Session 2	WERQ® Dance Fitness: #dancechallenge Stone Session 2	Strength Training for Longevity & Vitality Kooperman Session 1	2 Minutes to Pain Relief Sellers Session 1	Barre Training: Grace And Flow K. Roberts Session 1	The Art of Cueing™ Ponte & Schur Session 2
SA4 Session 2 1:30pm-3:00pm Page 24								
SA5 3:15pm-4:45pm Pages 24-25	Extreme HIIT Chaos Erickson & M. Mylrea	Group Training Aussie Style: Oi Oi Oi Tempest	Rockit Strength®: Hard Core/Peace Core Rockit	Power Up! McCall	Country Fusion® For Active Agers Mooney	Trending: HIIT With Active Recovery Cura & Lyon	Barre Necessities Appel	LaBlast® - Yes, Ballroom is HIIT! Van Amstel
SA6 5:00pm-6:30pm Pages 25-26	HIIT: Quantity or Quality? Thomson	Functional Abs: Core Strong! M. Velazquez	Training by the Numbers Gavigan	POUND® Why Your Body Rocks Bruehl	The Science of Aging Gracefully McCall	More Chi For Me Haan	Weight at the Barre Wartenberg	Balletone - The Non-Dancer Workout Lenart
SA7 EVENING SESSIONS 6:45pm-7:45pm Page 27	Fitness Idol with Judges: Kooperman, Roberts, Howard & Wartenberg	Club Vibe National Dance Day Celebration! Ponte & Schur				MANIA® Rest and Recovery with Fit Columbia, Namirsa & RumbleRoller		




SUNDAY, JULY 28

SU1 7:00am-8:30am Pages 27-28	BODYATTACK® Workout Keenum	Quick & Dirty 30 Lewis-McCormick	HIIT the Turf - For Personal Trainers Keenan-Stryka & A. Hughes	Programming Foundations for the Obese Population Thomson	Training the Active Aging Female Client K. Roberts	Rolling with Mindfulness and Breathwork Bettendorf	 COUNTRY FUSION® STAR INSTRUCTOR CERTIFICATION Hooperman 8:00am-4:00pm • pg 9	
SU2 8:45am-10:15am Pages 28-29	Camp Gladiator Outdoor Fitness Workout B. Hall & Jackson	Chiseled Faith®: Faith Based Fitness Movement CarolAnn	From Burnout to Boost Haan	WERQ® Dance Fitness: Formation Stone	Practical Core 55+ Wartenberg	Core Forward Pilates Howard	 SCW BARRE CERTIFICATION APPEL 8:00am-4:00pm • pg 9	 Balletone® BY SAVVIER FITNESS® CERTIFICATION LENNART 8:00am-4:00pm • pg 9
SU3 11:15am-12:45pm Pages 29-30	50 Unique Core Lovers Exercises M. Mylrea	Double the Fun! Double the Results! Erickson	Cardio Mix to the Max Kozma	Keep It Simple & Smart Thomson	Sizzling Seniors Hunt	Restorative Yoga Sellers		
SU4 1:00pm-2:30pm Pages 30	Mandatory Teamwork Gavigan	Top2Bottom Bootcamp Howard	Chiseled Faith®: Fitness for Impact CarolAnn	Dance Corps: HIIT It Hard! Dorsey	"I Wish I Knew Before..." Rockit	Whose Back? Your Back! Haan		

FRIDAY, JULY 26

SATURDAY, JULY 27

SUNDAY, JULY 28

I SCHWINN CYCLING	J STAGES CYCLING	K AQUA (STARTS IN POOL)	L AQUA (STARTS ON LAND)	M NUTRITION / WELLNESS	N BOXING / CIRCUIT
Schwinn®: Step into Your Shine Thews	Stages®: The Power of Progression Benchley	Acquapole® Next Generation A. Velazquez & Anaya	LaBlast® Splash - Shallow Aqua Fitness Van Amstel	Sugar vs. Non-Nutritive Sweetness Comana	StairMaster®: Science of Variability for Serious HIIT McCall
Schwinn®: Rhythm Done Right Appel	Stages®: Build it (FASTER!). They Will Come Benchley	Acquaintance - 100+ Concept Aquatic Possibilities E. & G. Keyes	Girls Just Wanna Have Fun Kooperman, Layne & Wartenberg	Diet Diagnosis B. & M. Mylrea	StairMaster®: Real Ratios for Results - HIIT Friend-Uhl
Schwinn®: SCHWINTENSITY Scott Session 2	Stages®: W.T.F.T.P.? Chinatti Session 1	Acquapole® JUMP Toning A. Velazquez & Anaya Session 1	Six Steps to Creative Drills Layne Session 1	Simple Approaches to Weight Loss Comana Session 1	Boxing: The Method Feinberg Session 2
Schwinn®: How to WOW! M. Mylrea	Stages®: Mixed Emotions, a Practical Approach Chinatti	Stroops Aqua Boot Camp Howard	Dive Into Aqua Choreography M. Velazquez, Gilbert, Warasila & Wartenberg	Nutrition Panel - Digsby, Layne, B. Mylrea, Silverman, K. Roberts-Moderator	StairMaster®: HIIT & Rest Friend-Uhl
Schwinn®: Music & SO MUCH MORE! Scott	Stages®: Team Pursuit: The Experience Benchley	Water Running Rockit	Aqua Yoga Flow Warasila	Abs are Made in the Kitchen Digsby	
	Les Mills SPRINT™ Homes	Acquapole® Boxing A. Velazquez & Anaya			
Schwinn®: Take it to the MAX K. Roberts	Stages®: One Size DOESN'T Fit All Kohler	Hydro Lift Off! Howard	Aqua Bootcamp Circuit Lewis-McCormick	Nutrition for Fitness Professionals Layne	StairMaster®: Real Ratios for Results - HIIT Thomson
Schwinn®: Ride and Row Scott & Thews	Stages®: Power vs. Rhythm Kohler & Chinatti	Aquatic Beauties and the Beasts E. & G. Keyes	It's Raining Men! Equipment Revealed Howard, Van Amstel, M. Velazquez, & Rockit	Nutrition Tips, Tidbits & Treats B. & M. Mylrea	StairMaster®: A Moment in Time - Optimizing HIIT Intervals McCall
Schwinn®: Master the Moment Thomson Session 2	Stages®: Party Through the Decades Benchley, Chinatti & Kohler Session 1	Happy Aqua Flow A. Velazquez & Anaya Session 1	LaBlast® Splash - Aqua Dance Intervals Van Amstel Session 1	What TO Eat: End the Frustration Digsby Session 2	Boxing Bootcamp Feinberg Session 1
Schwinn®: R&R - Ride & Restore K. Roberts	Stages®: The Power of Cue-munication Benchley	Creative Methodologies for Innovative Aquatic Sessions G. & E. Keyes	Silver Aqua Solutions M. Velazquez, Gilbert, Warasila & Wartenberg	Carbohydrate Craze Kravitz	3:1 Punchout Feinberg
Schwinn®: Balancing Act - Cycling Fusion Appel	Stages®: Triple Threat Mindset Kohler	Aqua Core Options Warasila	Aqua FusionMANIA Layne	The Female Training Advantages 2019 Kravitz	StairMaster®: HIIT & Rest Friend-Uhl
		Acquapole® Circuit Revolution A. Velazquez & Anaya			
Schwinn®: Let the Music Play M. Mylrea	Stages®: Playing With Power Mellon	 Aqua Drums A. Velazquez & Anaya	The Metabolic Effects of Resistance Training Kravitz		
Schwinn®: Prime Design Thomson	Stages®: The Invisible Road Chinatti	 WATERinMOTION® CERTIFICATION M. Velazquez 8:00am-4:00pm • pg 9	Aquatic Solutions for the Aging Gilbert	Prevention and Performance for Runners Bettendorf	
		 SCW Hormones, NUTRITION & METABOLISM Layne 9:00am-3:30pm pg 9	Dive In Rockit	Fat Loss: The Real Story Kravitz	
			Armed and Dangerous Gilbert	Exercise: The Ultimate Brain Booster Kravitz	

O CLUB INDUSTRY PROGRAMMING	P CLUB INDUSTRY SALES/RETENTION	Q CLUB INDUSTRY MEDIA	FR1 7:30am-9:00am Page 11
Believe the Dots Will Connect Goldberg	Self-Coaching Strategies for Wellness Silverman	Working Towards Mental Fitness Gillon	
HIGH Fitness: Bringing Aerobics Back! Semrad	Metabolism & Fat - Science & Application Comana	Equipment for Membership Retention & Growth Panel Erickson, Bettendorf & SGT Ken®	FR2 10:00am-11:30am Page 12
Fitness Business Trends For 2019 Kooperman Session 2	Keys Secrets to Manipulating Difficult People G. & E. Keyes Session 2	Social Media Basics & Beyond Maurer Session 1	FR3 11:45am-1:15pm Page 13 12:30pm-2:00pm Page 14
What FitPros Want From Leaders Lacombe	Tidbits to Grow Your Business Bosley	What's Up With Wearables? McCall	FR4 2:15pm-3:45pm Page 15
Insurance for Studios, Instructors & Trainers Urmston-Lowe	From Sub List to CEO Stone	Utilizing Fitness Technology Maurer	FR5 4:00pm-5:30pm Page 19
STATE OF THE INDUSTRY Lewis-McCormick, McCall, Layne, SGT Ken® ROOM P • 6:30pm-7:30pm			FR6 6:30pm-7:30pm Page 20
PT + Group Fitness = Skyrocketing Success Cura & Lyon	Brand Bootcamp - Guide to a Healthy Brand Williamson	Instagram Glam Quality over Quantity Hall	SA1 7:00am-8:30am Page 21
HOW TO THRIVE NOT JUST SURVIVE IN THE FITNESS INDUSTRY KEYNOTE ADDRESS THEWS • 9:30am-10:45am			SA2 9:30am-10:45am Page 21
2018 Global Fitness Trends Williamson	Financing Options for Your Business Bosley	Movement Prep How To's Bettendorf	SA3 11:00am-12:30pm Pages 22-23
Experience & Insights on Boutiques & Franchises Gilbert Session 2	Programming for Member & Revenue Success Gillon Session 1	Inspiring the Hustle Pylant, C. Martin & Bradshaw Session 2	SA4 12:45pm-2:15pm Page 24 1:30pm-3:00pm Page 24
Increased Business for Fitness Professionals Panagopoulos	Eccentric Training Unleashed Mike	Marketing for Growth & Profitability Kooperman	SA5 3:15pm-4:45pm Page 25
Female Leadership: Personal & Professional Kooperman, K. Roberts, Lewis-McCormick & Gilbert	Electronic Stimulation For Athletic Performance Feinberg	Engaging Clients: Heart Rate Monitors Sopo	SA6 5:00pm-6:30pm Page 26
			SA7 6:45pm-7:45pm
Nutrition & Sleep: Fascinating Connections Silverman	Marketing the 55+ Population Wollan	17 Social Media Marketing Tricks Hall	SU1 7:00am-8:30am Page 28
Lead AND Succeed REB3L Style Creameans & Hughes	Strategies for Fitness Career Longevity Erickson	Soft Skills for Tough Employees Lacombe	SU2 8:45am-10:15am Page 29
Trends for 2019 & Growth Panel Gilbert, Lacombe & Howard	Building Choreography Like a Pro Nathanson	Stop Selling Packages! Wollan	SU3 11:15am-12:45pm Pages 29-30
It Starts With You Goldberg	Heart Rate Tracking: Exploring Benefits Sopo	Studio Synergy: 8-Week Programs Digsby	SU4 1:00pm-2:30pm Page 30