







THURS. MARCH 28

FRIDAY, MARCH 29

SATURDAY, MARCH 30


SUNDAY, MARCH 31

# CALIFORNIA MANIA® SCHEDULE-AT-A-GLANCE

THURSDAY MARCH 28 PRE-CON WORKSHOPS		SCW Group Exercise Certification Howard 8:00am-5:00pm		SCW Pilates Matwork Certification Appel 8:00am-5:00pm	SCW Active Aging Certification Layne 9:00am-5:00pm	SCW Yoga I Certification Manuel Velazquez 8:00am-5:00pm	SCW Foam Rolling Certification Lewis-McCormick 9:00am-3:00pm		Zumba® Basic Skills Level 1 Instructor Training Smith 8:00am-5:00pm
				SCW Meditation Certification Rockit 5:30pm-9:30pm	SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm	SCW YOGA II CERTIFICATION Velazquez 5:30pm-9:30pm			

	<b>A</b> GROUP EXERCISE	<b>B</b> HIIT / FUNCTIONAL TRAINING	<b>C</b> PERSONAL TRAINING	<b>D</b> PERSONAL TRAINING	<b>E</b> ACTIVE AGING / WELLNESS	<b>F</b> MINDBODY / RECOVERY	<b>G</b> BARRE	<b>H</b> DANCE / AEROBICS	<b>I</b> SCHWINN CYCLING
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FR1 7:30am-9:00am	Pulling for Power, Program 003™ SGT Ken®	RumbleRoller® Group Exercise Flow Lewis-McCormick	Power Up! McCall	POUND® - Sweat. Sculpt. Rock. Chang Radosevich	Loaded Transfer for Older Adults Linkul	Spine-Focused, Self-Myofascial Release Khodabakhshian	Barre Fight Wartenberg	LaBlast® - Dance Fitness: A True HIIT! Van Amstel	Schwinn®: How to WOW! Thomson
FR2 10:00am-11:30am	Functional Abs: Core Strong! Velazquez	Secrets, Shortcuts and Hack McCall	Training by the Numbers Gavigan	Programming Foundations For The Obese Population Thomson	"I Wish I Knew Before..." Rockit	Prevention & Recovery through Muscle Stimulation Feinberg	Barre Moves - Update Your Choreography Murphy-Madden	HIGH Fitness: Aerobics is Back! Nelson & Zenith	Schwinn®: Rhythm Done Right Appel
FR3 SESSION 1 11:45am- 1:15pm	FR3 SESSION 2 12:30pm- 2:00pm	From the Ground Up! Velazquez Session 1	Fitness Bootcamps for the Masses Nutting Session 1	Core Stability Ball Training Bowen Session 2	Core to Soar! Rockit Session 1	The Science of Aging Gracefully McCall Session 2	Pilates Revamped - Inspired by Flex Disc Appel Session 2	Grace And Flow K. Roberts Session 1	Zumba® Cardio Blast Smith Session 2
FR4 2:15pm-3:45pm	The EPOCalypse WaterRower® Power Workout™ Lewis-McCormick	Bootcamp Beats Lauria	Double the Fun! Double the Results! Erickson	Les Mills GRIT™: Cardio & HIIT Jacques	Yoga for the Young at Heart: Chair Kooperman	More Chi For Me Haan	Let the Beat Drop Murphy-Madden	Country Fusion® Mooney	Schwinn®: Master the Moment Thews
FR5 4:00pm-5:30pm	Mandatory Teamwork Gavigan	SL@T - Strengthen, Lengthen & Tone Howard	Performance Training for Competition Feinberg	Kinetisense®: Advanced Functional Movement Training Sauls	Active Aging: No Place Like Foam Kooperman	PortDeBras™ Annenko	Barre Tab Wartenberg	ALLEGRO~ Zahn	Schwinn®: Music & SO MUCH MORE! J. Scott
FR6 EVENING SESSIONS 6:30pm-7:30pm	MANIA® Dance-Off! Country Fusion®, LaBlast® & ZUMBA® Wartenberg								

SA1 7:00am-8:30am	Crew Conditioning, Program 002™ SGT Ken®	Hinge Progressions - Build Stronger Hips Linkul	Training the Female Core K. Roberts	Keep It Simple & Smart Thomson	Strength Training for Longevity & Vitality Kooperman	Mat to the Max Appel	Tower of Power Murphy-Madden	HIGH Fitness: Aerobics is Back! Nelson & Zenith	Schwinn®: Prime Design Veteri
SA2 KEYNOTE & AWARDS 9:30am-10:45am									

SA3 11:00am-12:30pm	Strong by Zumba® Wu Hall	HIIT: Quantity or Quality? Thomson	Workouts That Work McCall	Pound® - Sweat. Sculpt. Rock. Radosevich	Marketing to the 65+ Population Kelly	Cardio Yoga™ Krauss	Barre With a Twist Appel	LaBlast® - Yes, Ballroom Is HIIT! Van Amstel	Schwinn®: Ride and Row J. Scott
SA4 SESSION 1 12:45pm- 2:15pm	SA4 SESSION 2 3:00pm	Extreme Chaos Meets Fluid Strength Mylrea & Erickson Session 1	Top2Bottom Bootcamp Howard Session 2	The Value of Bodyweight Training Bowen Session 1	Kinetisense®: Functional Movement Assessments Sauls Session 2	Face it Together: Facial Exercise Program Conti Session 2	Conscious Movement & Functional Yoga Velazquez Session 1	Barre Necessities Appel Session 2	Country Fusion® Workshop Mooney Session 1
SA5 3:15pm-4:45pm	Strength in the Storm™ SGT Ken®	TOP to BOTTOM - Inspired by Flex Disc Erickson	Training the Active Aging Female Client K. Roberts	Speedball Core Feinberg	Qi Gong On a Song Haan	Yoga on Speed Krauss	Barre Concepts: From HIIT to LIIT Lewis-McCormick	HIGH Fitness: Aerobics is Back! Nelson & Zenith	Schwinn®: Step into Your Shine M. Mylrea
SA6 5:00pm-6:30pm	Extreme HIIT Chaos Erickson & M. Mylrea	Parkour - Youth Sports Alternatives Nutting	Movement Matters McCall						
SA7 EVENING SESSIONS 6:45pm-7:45pm									

SU1 7:00am-8:30am	HIT the Wall Rockit	Les Mills GRIT™: Cardio & HIIT Jacques	Lower Extremity Training - Female Client Roberts	Every Body Fights Boxing PT Bowen	Country Fusion® For Active Agers Mooney	Resistance Yoga Howard			Schwinn®: Let the Music Play M. Mylrea
SU2 8:45am-10:15am	The Ladder Approach to Program Design Mullins	Quick & Dirty 30 Lewis-McCormick	Basics of Personal Training Programming Gavigan	Speedball For Personal Trainers Feinberg	Seniors 65+: The Untapped Market Kelly	Rolling With Mindfulness & Breathwork Bettendorf			Schwinn®: R&R - Ride & Restore K. Roberts
SU3 11:15am-12:45pm	Lift Off! Howard	From Burnout to Boost! Haan	Developing Elite Fitness Experiences Mullins	Simple & Smart Personal Training Feinberg	Multi- Generational Fitness Wartenberg	Pilates Progressive Annenko			
SU4 1:00pm-2:30pm	Gamify Your Workout Gavigan	Lower Body Blaster Howard	Rockit Strength®: Hard Core/ Peace Core Rockit	Redefine Functional Training- Redefine Yourself Mullins	Laughter Yoga Powell	Whose Back? Your Back! Haan			

**FREE EXPO HOURS**  
Get your Pass: [scwfit.com/expo](http://scwfit.com/expo)

Thurs., March 28:.....5:00pm - 7:00pm  
Fri., March 29:....8:45am-2:30pm & 5:00pm - 6:45pm (Charity Auction)  
Sat., March 30:.....8:15am-3:30pm & 6:00pm-7:00pm  
Sun., March 31:.....10:00am-1:30pm (Closeout Shopping)





	SCW Aquatic Exercise Certification 9:00am-6:00pm Howard - WEDNESDAY -		SCW Aqua Barre Certification 9:00am-4:00pm Wartenberg	One Day to Wellness Certification B. & M. Mylrea 8:00am-5:00pm	SCW Core Training Workshop McCall 1:00pm-5:00pm
	SCW Boxing Certification Feinberg 9:00am-5:00pm		StairMaster® HIIT- Cardio Training Solutions McCall 8:00am-12:00pm	Country Fusion® Star Instructor Certification Mooney 9:00am-5:00pm	SCW Women's Leadership Summit Kooperman, Thews & Atkinson 12:30pm-5:00pm

<b>J</b> STAGES CYCLING	<b>K</b> AQUA (STARTS IN POOL)	<b>L</b> AQUA (STARTS ON LAND)	<b>M</b> NUTRITION / HEALTH	<b>N</b> EX SCIENCE / LEADERSHIP	<b>O</b> BOXING / CIRCUIT
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Stages®: The Power of Progression Theoret	Tabata Core Turbulence H2O Martin	Stroops Aqua Boot Camp Howard	Diet Diagnosis B. Mylrea & M. Mylrea	Metabolism & Fat - Science & Application Comana	StairMaster HIIT - High Five Appel
Stages®: Build it (FASTER!). They Will Come Flebbe	Zenergy H2O Lewis-McCormick	Aqua Abs: WIM-sy Kulp	Sugar vs. Non-Nutritive Sweeteners Comana	Prevention and Performance for Runners Bettendorf	StairMaster HIIT-Variable INTENSITY Interval Training Veteri
Stages®: W.T.F.T.P.? Theoret Session 1	LaBlast® Splash - Shallow Aqua Fitness Van Amstel Session 1	Girls Just Wanna Have Fun Kooperman, Layne, Lewis-McCormick & Wartenberg Session 1	Simple Approaches to Weight Loss Comana Session 2	Strategies for Fitness Career Longevity Erickson Session 1	3:1 Punchout Feinberg Session 1
Stages®: Team Pursuit: The Experience Flebbe	Tab-Aqua Quickies Howard	Dive Into Aqua Choreography Velazquez, Kulp & Wartenberg	Nutrition Panel - Layne, B. Mylrea, Silverman, K. Roberts- Moderator	HIGH Fitness: Bringing Aerobics Back! Nelson & Zenith	Boxing: The Method Feinberg
Stages®: Work Your Recovery Flebbe	From Novice to Water MANIAC! Martin	LaBlast® Splash - Aqua Dance Intervals Van Amstel	Food for Thought: Brain Superfoods Silverman	Hormones & Exercise: Trainer's Guide Atkinson	StairMaster HIIT- Variable RECOVERY Interval Training McCall
Les Mills SPRINT™ Jacques					

Stages®: One Size DOESN'T Fit All Kohler	Hydro Lift Off! Howard	LaBlast® Splash - Shallow Aqua Fitness Van Amstel	Food Deconstructed Silverman	Going "Deep " Into Core Training Citron	StairMaster HIIT-Variable Interval Training McCall

Stages®: Power vs. Rhythm Kohler & Mitchell	Aquatic Power Hour Martin	It's Raining Men! Equipment Revealed Howard, Velazquez, & Rockit	What to Eat for Optimal Health B. Mylrea & M. Mylrea	Movement Prep How To's Bettendorf	Boxing Bootcamp Feinberg
Stages®: Party Through the Decades Kohler & Mitchell Session 2	HIIT The Waves Lewis-McCormick Session 1	Barre-A-Cuda Kulp Session 1	Pros & Cons of Fasting Layne Session 2	Electronic Stimulation For Athletic Performance Feinberg Session 2	StairMaster HIIT-Variable INTENSITY Interval Training Thomson Session 2
Stages®: The Power of Cue-munication Theoret	Water Running Rockit	Silver Aqua Solutions Velazquez, Kulp & Wartenberg	Nutrition for Fitness Professionals Layne	Self-Coaching Strategies for Wellness Silverman	StairMaster HIIT- Variable RECOVERY Interval Training McCall
Stages®: Triple Threat Mindset Kohler	Waves of Laughter Powell	Six Steps to Creative Drills Layne	Focusing on Burnout Prochnow	Performance Training For Pregnancy Citron	
Les Mills SPRINT™ Jacques					

Stages®: Playing With Power Mitchell		Spiritually Deep Powell	Stopping Inflammation Through Nutrition Layne	Exercise: The Ultimate Brain Booster Kravitz	
Stages®: The Invisible Road Mitchell, Flebbe, Theoret & Kohler		Dive In Rockit	Nutrition Tips, Tidbits & Traps B. Mylrea & M. Mylrea	Fat Loss: The Real Story Kravitz	
		Aqua Bootcamp Circuit Lewis-McCormick	Cravings and Sugar Unsweetened Silverman	The Female Training Advantages 2019 Kravitz	
		Barre H2O Wartenberg	Nutrition & Sleep: Fascinating Connections Silverman	The Metabolic Effects of Resistance Training Kravitz	

[scwfit.com/ClubCA](http://scwfit.com/ClubCA)

## CLUB INDUSTRY BUSINESS SUMMIT

<b>P</b> CLUB INDUSTRY BUSINESS	<b>Q</b> CLUB INDUSTRY BUSINESS	<b>R</b> CLUB INDUSTRY BUSINESS
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The Business of Fitness Murphy-Madden	Podcasting 101: Create Your Platform Conti	Assessments That Revolutionize Your Business Blakely	FR1 7:30am-9:00am
Fitness Business Trends For 2019 Kooperman	Program Design for Older Adults Linkul	Marketing to Women in Midlife Atkinson	FR2 10:00am-11:30am
Expansion War Stories: Lessons Learned McKay Session 1	Growing a Global Brand D. S. Frohlich & E. V. Frohlich Session 1	Revenue, Retention and Referrals Blakely Session 2	FR3 11:45am-1:15pm 12:30pm-2:00pm
Insurance for Studios, Instructors & Trainers Urmston-Lowe	Marketing Strategies for Personal Trainers Nutting	The Smartest in the Room McKay	FR4 2:15pm-3:45pm
How's & Whys of In-Club Education Appel & Lewis- McCormick	The Business of Personal Training K. Roberts	Fitness Presenting - The Next Step Layne	FR5 4:00pm-5:30pm
			FR6 6:30pm-7:30pm

Outbound-Sales Acceleration Hinderberger	Social Media Strategies Atkinson	Introversion is Power Layne	SA1 7:00am-8:30am
			SA2 9:30am-10:45am

Female Leadership: Personal & Professional K. Roberts, Lewis- McCormick & Murphy-Madden	Advertise Like Goliath on a David Budget Arce	Brand Bootcamp- Guide to a Healthy Club Williamson	SA3 11:00am-12:30pm
Build a Dream Team or Perish McKay Session 1	Strategically Price & Sell Your Services Nutting Session 1	Making the Most of the Millennial Market Murphy-Madden Session 2	SA4 12:45pm-2:15pm 1:30pm-3:00pm
Wake Up +Engage Hinderberger	Referral Generation... Not Lead Generation Linkul	10 Steps to Launching Successful Programs Murphy-Madden	SA5 3:15pm-4:45pm
Drive the Experience Robinson	3 Strategies to Scale Your Business Ketchum	2018 Global Fitness Trends Williamson	SA6 5:00pm-6:30pm
			SA7 6:45pm-7:45pm

Scaling Quality Valley & Kristof	Attract Your Ideal Client Ketchum	Agile Approach to Product Development Bettendorf	SU1 7:00am-8:30am
From Fitness Enthusiast to Fit Pro Graham	Does Size Really Matter Barrera	Build Your Dream Studio Selman	SU2 8:45am-10:15am
The Power of Online Training Mohan	Surefire Sales Systems Ketchum	Video Marketing To Beat The Competition Barrera	SU3 11:15am-12:45pm
Find The Fit Runnalls	Hit Your Studio's Profit Goals Selman	User-Experience Customer Service Design Bettendorf	SU4 1:00pm-2:30pm

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