

FLORIDA MANIA® SCHEDULE-AT-A-GLANCE

FREE EXPO HOURS
 Get your Pass: scwfit.com/expo

Thurs., April 11: 5:00pm - 7:00pm
 Fri., April 12: 8:45am-2:30pm & 5:00pm - 6:45pm (Charity Auction)
 Sat., April 13: 8:15am-3:30pm & 6:00pm-7:00pm
 Sun., April 14: 10:00am-1:30pm



THURS. APRIL 11

THURSDAY APRIL 11 PRE-CON WORKSHOPS		SCW Group Exercise Certification Howard 8:00am-5:00pm		SCW Pilates Matwork Certification Appel 8:00am-6:00pm	SCW Active Aging Certification Layne 9:00am-5:00pm	SCW Yoga I Certification M. Velazquez 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 M. Velazquez 5:30pm-9:30pm			

		SCW Aqua Barre Certification Howard 1:00pm-8:00pm Wartenberg	SCW Aquatic Exercise Certification Howard 9:00am-6:00pm - WEDNESDAY -	One Day to Wellness Certification B. & M. Mylrea 8:00am-5:00pm	StairMaster®: HIT Just Got Real- HIT Certification Friend-Uhl 8:00am-12:00pm
				SCW Foam Rolling Certification Lewis-McCormick 9:00am-4:00pm	SCW Core Training Workshop McCall 1:00pm-5:00pm

FRIDAY, APRIL 12

	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
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FR1 7:30am-9:00am	Pulling for Power, Program 003™ SGT Ken™	Secrets, Shortcuts & Hacks McCall	Consistent Resistance Erickson	Speedball Core Feinberg	Aging Fit Gilbert	PortDeBras™ Annenko	Power Body Barre Wartenberg	LaBlast® - Dance Fitness: A True HIIT! Van Amstel
FR2 10:00am-11:30am	HIIT Accelerated M. Mylrea	The Warrior® Workout J. Roberts	Power Up! McCall	POUND® - Sweat, Sculpt, Rock. Marrero	"I Wish I Knew Before..." Rockit	Prevention & Recovery through Muscle Stimulation Feinberg	Grace And Flow K. Roberts	Country Fusion® Mooney
FR3 SESSION 1 11:45am-1:15pm SESSION 2 12:30pm-2:00pm	Functional Abs: Core Strong! M. Velazquez Session 1	Chiseled Faith®: Faith-Based Fitness Movement CarolAnn Session 2	Tweak It! Bach Session 1	Speedball For Personal Trainers Feinberg Session 2	Practical Core 55+ Wartenberg Session 1	OMnia Yoga: Transformational Yoga Jolly Session 2	Barre With a Twist Appel Session 1	Zumba® Cardio Blast Bostic Session 1
FR4 2:15pm-3:45pm	The EPOCalypse WaterRower® Power Workout™ Lewis-McCormick	3x3 Flat Belly & Sculpted Arms Ross	TNT- Explosive Bodyweight Training Bach	Les Mills BODYATTACK® Parrish	The Science of Aging Gracefully McCall	Yoga for Healthy Backs Lacombe	Never too Late for Barre Bender	HIGH Fitness: Aerobics is Back! Smith & Zurcher
FR5 4:00pm-5:30pm	From the Ground Up! M. Velazquez	B.F.F. Barefoot Flow Fusion Hogg	AAA - Abbs at All Angles Appel	Rockit Strength®: Hard Core/ Peace Core Rockit	Deep Stretch & The Aging Gilbert	RumbleRoller: Roll Better, Roll Less Lewis-McCormick	Barre Soul Wartenberg	Weigh2Dance Lauria
FR6 EVENING SESSIONS 6:30pm-7:30pm						MANIA® Rest and Recovery with Namirsa, RumbleRoller & Dynamic Body Stretching		

I SCHWINN CYCLING	J STAGES CYCLING	K AQUA (STARTS IN POOL)	L AQUA (STARTS ON LAND)	M NUTRITION / WELLNESS	N BOXING / CIRCUIT
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Schwinn®: How to WOW! Hogg	Stages®: The Power of Progression Benchley	Barre-A-Cuda Weisenmiller	Aqua Yoga Flow Warasila	Diet Diagnosis B. Mylrea & M. Mylrea	StairMaster®: Real Ratios for Results - HIT Friend-Uhl
Schwinn®: Prime Design Schneider	Stages®: Build it (FASTER!). They Will Come Benchley	Acquapole® Strength and Toning A. Velazquez & Raphael	Girls Just Wanna Have Fun Layne, Lewis-McCormick & Wartenberg	Sugar vs. Non-Nutritive Sweeteners Comana	
Schwinn®: Take it to the MAX K. Roberts Session 1	Stages®: W.T.F.T.P.? Mitchell Session 2	LaBlast® Splash - Shallow Aqua Fitness Van Amstel Session 1	Stroops Aqua Bootcamp Howard Session 1	Simple Approaches to Weight Loss Comana Session 2	StairMaster: Science of Variability for Serious HIIT Hogg Session 2
Schwinn®: Rhythm Done Right Appel	Stages®: Mixed Emotions, a Practical Approach Mellon	Aqua Zumba® Bostic	Dive Into Aqua Choreography M. Velazquez, Gilbert, Warasila, Weisenmiller & Wartenberg	Nutrition Panel - Layne, B. Mylrea, Silverman, K. Roberts-Moderator	Boxing: The Method Feinberg
Schwinn®: SCHWINTENSITY Schneider	Stages®: Team Pursuit: The Experience Benchley	Hydro-Pilates Anthony	Hydro Lift Off! Howard	Food for Thought: Brain Superfoods Silverman	StairMaster: HIIT & Rest Friend-Uhl
	Les Mills SPRINT™ Parrish	Acquapole® Boxing A. Velazquez & Raphael			

O CLUB INDUSTRY PROGRAMMING	P CLUB INDUSTRY SALES/RETENTION	Q CLUB INDUSTRY MEDIA
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Metabolism & Fat - Science & Application Comana	Opening Your Own Studio Panel Gilbert, Hogg, Bach, Blakely	8 Sales Skills To Master Rich	FR1 7:30am-9:00am
HIGH Fitness: Bringing Aerobics Back! Smith & Zurcher	Revenue, Retention and Referral Secrets Blakely Session 1	Active Aging Athletes- Got a Plan? Ankrom Session 2	FR2 10:00am-11:30am
In Body Recovery Lewis-McCormick Session 1	Strategies for Fitness Career Longevity Erickson	Side Hustle to Serious Business Hogg	FR3 11:45am-1:15pm 12:30pm-2:00pm
Building Choreography Like a Pro Van Amstel	Career Opportunities: Moving Into Management Chapman	Retaining or Trading your Clients? Ankrom	FR4 2:15pm-3:45pm
Beat the Competition With Boxing Feinberg	Raising Sales & Service Awareness Rich	Social Media Panel Hogg, McCall, Rockit	FR5 4:00pm-5:30pm
STATE OF THE INDUSTRY Lewis-McCormick, McCall, Layne, SGT Ken® ROOM # - 6:30pm-7:30pm			FR6 6:30pm-7:30pm

SATURDAY, APRIL 13

SA1 7:00am-8:30am	Battle with Boats and Ropes™ SGT Ken™	3x3 Upper Body & Core Blast Ross	Training the Female Core K. Roberts	The Next Generation of POUND® Marrero	Multi-Generational Fitness Wartenberg	I Am Ageless Now - Body Workout Bender	Barre Concepts: From HIIT to LIIT Lewis-McCormick	HIGH Fitness: Aerobics is Back! Smith & Zurcher
SA2 KEYNOTE & AWARDS 9:30am-10:45am								

SA3 11:00am-12:30pm	Fluid Strength™ Meets Extreme HIIT Chaos™ M. Mylrea	Zumba®: Let it MOVE YOU™! Bostic	Workouts That Work McCall	Training by the Numbers Gavigan	Active Aging Between the Chairs Lewis-McCormick	Pilates Progressive Annenko	Barre Hop Wartenberg	LaBlast® - Yes, Ballroom Is HIIT! Van Amstel
SA4 SESSION 1 12:45pm-2:15pm SESSION 2 1:30pm-3:00pm	Les Mills GRIT™: Cardio & HIIT Parrish Session 2	Chiseled Faith®: Fitness for Impact CarolAnn Session 1	Movement Matters McCall Session 1	Center Yourself Bach Session 2	Electronic Stimulation For Athletic Performance Feinberg Session 2	Conscious Movement & Functional Yoga M. Velazquez Session 1	Barre Necessities Appel Session 1	Country Fusion® Workshop Mooney Session 1
SA5 3:15pm-4:45pm	Strength in the Storm™ SGT Ken®	RumbleRoller® Group Exercise Flow Lewis-McCormick	Lift Off! Howard	Core to Soar! Rockit	Training the Active Aging Female Client K. Roberts	Structural Unification Body/ Mind/Soul Bender	Floor Barre Chapman	Resis-Dance Training Erickson
SA6 5:00pm-6:30pm	Mandatory Teamwork Gavigan	Gliding Reinvented M. Mylrea	Every Body Fights: Boxing PT Bowen	POUND® Why Your Body Rocks Marrero	Country Fusion® For Active Agers Mooney	Learn to Stretch Your Clients McGrath	Weight at the Barre Wartenberg	HIGH Fitness: Aerobics is Back! Smith & Zurcher
SA7 EVENING SESSIONS 6:45pm-7:45pm				Maximizing Outdoor Fitness Programming Nall		Recovery Through Meditation Rockit		

Schwinn®: Music & SO MUCH MORE! Appel	Stages®: One Size DOESN'T Fit All Kohler	LaBlast® Splash - Shallow Aqua Fitness Van Amstel	Aquatic Power Hour Martin	Food Deconstructed Silverman	StairMaster: A Moment in Time - Optimizing HIIT Intervals Schneider
Schwinn®: R&R - Ride & Restore K. Roberts	Stages®: Power vs. Rhythm Kohler & Mitchell	Aqua Core Options Warasila	It's Raining Men! Equipment Revealed Howard, M. Velazquez & Rockit	Cravings and Sugar Unsweetened Silverman	Boxing Bootcamp Feinberg
Schwinn®: Step into Your Shine M. Mylrea Session 1	Stages®: Party Through the Decades Benchley, Mellon, Mitchell & Kohler Session 2	Happy Aqua Flow A. Velazquez & Raphael Session 2	From Novice to Water MANIAC! Martin Session 2	Pros & Cons of Fasting Layne Session 2	Stairmaster: Real Ratios For Results - HIT Friend-Uhl Session 1
Schwinn®: Balancing Act - Cycling Fusion Appel	Stages®: The Power of Cue-munication Benchley	LaBlast® Splash - Aqua Dance Intervals Van Amstel	Silver Aqua Solutions M. Velazquez, Gilbert, Warasila, Weisenmiller & Wartenberg	The Female Training Advantages 2019 Kravitz	3:1 Punchout Feinberg
Schwinn®: Ride and Row K. Roberts & Schneider	Stages®: Triple Threat Mindset Kohler	Aqua Abs- WIM-ys Weisenmiller	Aquatic Solutions for the Aging Gilbert	The Metabolic Effects of Resistance Training Kravitz	StairMaster: HIIT & Rest Appel
		Acquapole® Circuit Revolution A. Velazquez & Raphael			

It's Not Personal, It's Fitness Roselli	Equipment for Membership Retention & Growth Panel Erickson, Bettendorf, Bender & SGT Ken®	Business Trends & Benchmarks Gilbert	SA3 11:00am-12:30pm
Female Leadership: Personal & Professional K. Roberts, Lewis-McCormick & Gilbert Session 2	User-Experience Customer Service Design Bettendorf	Savvy Social Media in Fitness Hogg Session 2	SA4 12:45pm-2:15pm 1:30pm-3:00pm
The Joy of Ex Lacombe	Nutrition for Fitness Professionals Layne	High Standards of the Active Aging Ankrom	SA5 3:15pm-4:45pm
		Prevention and Performance for Runners Bettendorf	SA6 5:00pm-6:30pm
			SA7 6:45pm-7:45pm

SUNDAY, APRIL 14

SU1 7:00am-8:30am	Gamify Your Workout Gavigan	Top2Bottom Bootcamp Howard	Core Stability Ball Training Bowen	Roll With It! Bach		Omnia Yoga: Goddess Flow Jolly		Warrior® Tai Chi Yoga™ J. Roberts
SU2 8:45am-10:15am	Quick & Dirty 30 Lewis-McCormick	HIT the Wall Rockit	Cardio Kickboxing Diasa	Lower Extremity Training - Female Client K. Roberts		Rolling With Mindfulness & Breathwork Bettendorf		Barre Certification Appel 9:00am-4:00pm
SU3 11:15am-12:45pm	Core Injury Epidemic Harper	I've Fallen but Can Get Up! Roselli	Basics of Personal Training Programming Gavigan	Sweat It Diasa		Country Fusion® Star Instructor Certification Mooney 8:00am-4:00pm		
SU4 1:00pm-2:30pm	The Postpartum Class Participant Harper	The Warrior® Experience J. Roberts	Lower Body Blaster Howard	The Value of Bodyweight Training Bowen		Strong by Zumba® Certification Feitosa 7:30am-4:00pm		

Schwinn®: Master the Moment Hogg	Stages®: Playing With Power Mellon		Aqua Drums A. Velazquez & Raphael	Nutrition Tips, Tidbits & Treats B. & M. Mylrea		Stroops H2O Howard		Carbohydrate Craze Kravitz
Schwinn®: Let the Music Play M. Mylrea	Stages®: LIVE! The Concert Mellon		WaterMotion® Certification Velazquez & Wartenberg 8:00am-4:00pm			Dive In Rockit		Fat Loss: The Real Story Kravitz
	Stages®: The Invisible Road Mitchell		Hormones, Nutrition & Metabolism Layne 9:00am-3:30pm			Hydro-Pilates Anthony		Exercise: The Ultimate Brain Booster Kravitz
			Boxing Certification Feinberg 8:00am-4:00pm					

Nutrition & Sleep: Fascinating Connections Silverman	What FitPros Want From Leaders Lacombe	Movement Prep How To's Bettendorf	SU1 7:00am-8:30am
Why Aren't Your Members Improving? Ankrom	Falling is Succeeding Roselli	Experience & Insights on Boutiques & Franchises Gilbert	SU2 8:45am-10:15am
Trends for 2019 & Growth Panel Gilbert, Lewis-McCormick, Lacombe & Howard	The World Awaits Your Brilliance Chapman	Emotional Intelligence in Personal Training Bowen	SU3 11:15am-12:45pm
Agile Approach to Product Development Bettendorf	The Functional Training Debate Roselli	Soft Skills for Tough Employees Lacombe	SU4 1:00pm-2:30pm

FRIDAY, APRIL 12

SATURDAY, APRIL 13

SUNDAY, APRIL 14