

Debuting:  
**CLUB INDUSTRY**  
BUSINESS SUMMIT

[www.scwfit.com/ClubNY](http://www.scwfit.com/ClubNY)

(See page 18-19 for details)



# NEW YORK CITY MANIA<sup>®</sup>

FITNESS PRO CONVENTION



FEBRUARY 22-24 • NEW YORK, NY

# NEW YORK CITY MANIA®

FITNESS PRO CONVENTION

NEW YORK CITY MANIA®  
FITNESS PRO CONVENTION  
FEBRUARY 22-24, 2019

(Friday, Saturday and Sunday)

**CERTIFICATIONS**  
**FEB. 21 & 24**

(Thursday and Sunday)

**SAVE \$50!**  
**Discount Deadline**  
**Ends January 28**

## EXPERIENCE MANIA®

MANIA® is a three-day Fitness Education Conference, running 14 sessions every hour and featuring world-renowned Fitness Educators leading more than 200+ sessions on such topics as:

- Group Fitness
- Personal Training
- Functional Training
- HIIT/Boot Camp
- Foam Rolling
- Active Aging
- Meditation
- Yoga
- Pilates
- Recovery
- Barre
- Nutrition
- Cycling
- Dance
- Aqua
- Leadership/Business
- And Much More!



## LETTER FROM SARA KOOPERMAN, JD

Dear NYC MANIACs,

We are excited to be back in NYC!

As I write this letter, preparing for NYC MANIA®, I appreciate our SCW staff, our new home office and our fitness community more than ever.

This past summer, our office was completely burned down in an electrical fire. Our "home base" that we have inhabited for over a decade was destroyed overnight. While our SCW team has faced many challenges over these past 34 years in business, nothing that has compared with the devastation and ongoing repercussions of this fire. Thankfully, no one was hurt and my amazing team inspired me with how they rose to the challenge to keep this SCW MANIA® Machine running! It takes losing so much to realize what is important in life.

On a brighter note, through all of this, we have come out stronger with a way to make MANIA® even more exciting by expanding our business offerings! SCW Fitness Education has partnered with Club Industry to run a Club Industry Business Summit at our MANIA® Fitness Education Conventions around the United States to help you build your business and career! The partnership means that over 40 business seminars with top fitness industry leaders will now be offered at the MANIA® Conventions to enhance the existing 250+ seminars.

Together, the SCW MANIA® Conferences and Club Industry educate and inspire fitness industry Owners, Managers and Directors reaching deep into commercial multipurpose clubs, boutique studios, YMCAs, JCCs, parks & rec facilities, universities, and hospital wellness centers.

I am eternally grateful to my incredible, hard-working staff. We are the oddest bunch of individuals that call each other family (thank goodness with no genetic relations!) Thank you for banding together to embrace change in building a stronger and healthier nation. Whether you have been with us thirty years or simply plan on joining us for three days, we wouldn't be here without YOU and your tremendous support!

Thank You!

In Health and Wellness

Sara Kooperman, JD  
CEO, SCW Fitness Education

**+ New**  
**Focus on**  
**Personal Training**

## SCW FITNESS EDUCATION - 32 YEARS RUNNING STRONG.



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 32 years, since 1987, Personal Trainers, Group Exercise Instructors, Small Group Training Leaders, Aquatic Exercise Professionals, Cycling Instructors, 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 Leadership Summit and

sessions. 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 8,500 health and wellness professionals at our events, and we reach more than 200,000 virtually through our SCW OnDemand program, Online Certifications and Continuing Education Credit (CEC) programming options.







## CONVENTION & HOTEL LOCATION

### GRAND HYATT NEW YORK

109 E 42nd Street  
New York, NY 10017  
(212)883-1234

### ROOM RATES (regularly \$320 a night):

\$199 (does not include taxes) Single, Double, Triple, or Quad  
WOW – what a savings! Pay as little as \$49.75 per night when you share a room with three others!

**HOTEL ROOM DISCOUNT DEADLINE: JANUARY 29, 2019**

### SUBWAY

#### 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)

### 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 (\$16) and JFK (\$19) 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 \$60 from JFK. An Uber or Lyft might be less expensive, depending on time of day.

### PARKING

The hotel offers valet parking at \$70 for up to six hours and \$80 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

## MORE THAN JUST A FITNESS CONVENTION



**MANIA® IS MORE THAN JUST A FITNESS CONVENTION; IT'S THE PLACE WHERE THE FITNESS COMMUNITY GOES TO BE INSPIRED, GET RECHARGED AND LEARN!**

MANIA® is affordable and is perfectly suited for both 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 really boost your fitness career that lasts the full year through!



## MANIA® REGISTRATION OPTIONS & SAVINGS

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

**Save \$160** - Become part of the Staff Assistant Team for only \$99! 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!! For further details or to register, please visit [www.scwfit.com/staff](http://www.scwfit.com/staff) or contact Denise Johnston at [staff@scwfit.com](mailto:staff@scwfit.com) or 678-901-9642 or our office at 847-562-4020.



## 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 \$209 for the full three-day convention. That's a savings of \$50 each off the regular \$259 early-bird price. Use the Refer-a-Friend code when registering: FRIEND. 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 \$229! Use the Weekend Warrior code when registering: WARRIOR. 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 a \$70 Savings (Regularly \$259, Now \$189) when you use our special YMCA discount code: YMCA. 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](http://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](mailto:registration@scwfit.com) or call 847-562-4020. We are always here to help!

**For more info visit:  
[www.scwfit.com/nyc](http://www.scwfit.com/nyc)**

## MANIA® OFFERS 24 CECs/CEUs IN ONE WEEKEND – YOU NEED ‘EM, WE GOT ‘EM!

24  
CECs

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

including the Keynote speech and evening sessions! SCW, AFAA, ACE, NASM, NFTP, 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.



### 2019 SCW PRESENTERS OF THE YEAR AWARD!

VOTE for your Favorite MANIA® Presenters & Programs at [www.scwfit.com/AWARDS](http://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 2020 MANIA® of their choice!



### ONE EXCELLENT EXPO!

You're going to love the great deals on fitness equipment, exercise videos, activewear, music, nutrition, fitness resource books, shoes and Online Certifications. The EXPO is FREE and open to the public! Invite your students, friends and family!



### PARTNER WITH "THE BEST" SPONSOR / EXHIBIT / ADVERTISE

Reach 8,000 Fitness Professionals in face-to-face contact and another 100,000 virtually, plus another 100,000 through SCW social media. All our event sites are held at

Non-Union Hotels. Our MANIA® attendees will use your products, try your program(s) and experience your offerings! Host MANIA® sessions, receive a premier Expo booth (including table, chairs, carpet, etc.), provide inserts for the Welcome Bag, publish Articles with Ads in our Newsletter, promote your business through our SCW Quarterly Fitness Guides ([www.scwfit.com/newyearsguide](http://www.scwfit.com/newyearsguide)) and receive Discount Coupons in our Emails. Visit [www.scwfit.com/PARTNER](http://www.scwfit.com/PARTNER), email [partner@scwfit.com](mailto:partner@scwfit.com) or call our Partner/Sponsor Director, Will Harris at 847-562-4020.

### REGISTRATION HOURS

Thursday, February 21:.....6:00am - 6:30pm  
Friday, February 22:.....6:00am - 7:00pm  
Saturday, February 23:.....6:00am - 7:45pm  
Sunday, February 24:.....6:30am - 1:30pm

### EXPO SET UP:

Thursday, February 21:.....12:00pm - 5:00pm

### EXPO HOURS:

Thursday, February 21:.....5:00pm - 7:00pm  
Friday, February 22:.....8:45am - 2:30pm  
.....(Charity Auction) 5:00pm - 6:45 pm  
Saturday, February 23:.....8:15am - 3:30pm  
.....6:00pm - 7:00pm  
Sunday, February 24:.....(Closeout Shopping) 10:00am - 1:30pm



### DOWNLOADABLE OUTLINES ONLINE

Download & Print BEFORE you come to MANIA®! Outlines are NOT provided onsite. To download your outlines, go to [scwfit.com/OUTLINES](http://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.



### SCW WOMEN'S LEADERSHIP SUMMIT

Fuel your fire and advance your career in this innovative and inspiring full-day leadership and business summit. Both experienced and novice owners and instructors alike explore proven strategies and successful practices for professional advancement, program profitability, club success and personal fulfillment. Visit [scwfit.com/dc/womens-summit](http://scwfit.com/dc/womens-summit) or apply for a scholarship at [www.scwfit.com/scudder](http://www.scwfit.com/scudder).



### SPECIAL OLYMPICS CHARITY RAFFLE Friday, 5:00pm - 6:45pm (Expo Area)

Join SCW at our Reception and Charity Raffle for fabulous fitness equipment and resources donated by our generous exhibitors and sponsors. Proceeds support Special Olympics, which provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. This gives them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. Please visit [www.specialolympics.org](http://www.specialolympics.org) for more information.

# CRUSH

## EXPECTATIONS







scwfit.com/NYC

# THANKS TO OUR SPONSORS

## CO-SPONSORS



## ASSOCIATE SPONSORS



# SPONSOR SPECIALS



When you step into Rykä, 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 RYKÄ WAY.



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](http://www.SavvierFitness.com).



Country Fusion® is a new fitness workout that incorporates country music and dance. This workout can burn up to 500 calories in its 50min class and is designed for all levels and ages. This is a total body workout that you will be addicted to! Learning how to dance, getting an amazing workout all while having fun! You too can attend Country Fusions training program by registering now to join us for the Country Fusion Star Instructor Certification program on Thursday at this SCW event.



Stages Indoor Cycling is the fastest growing cycling and technology company. We feature products that bring more cyclists into studio spaces, and help all cyclists improve their performances. From the Stages SC3 indoor bike, to Stages Flight, our group experience, to Stages Solo, our immersive gym floor bike, Stages is focused 100% on cycling to bring your cyclists the best experiences possible. Learn more at [www.stagesindoorcycling.com](http://www.stagesindoorcycling.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](http://www.highfitness.com).



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](http://www.waterinmotion.com), email us at [water@scwfit.com](mailto:water@scwfit.com) or call 847-562-4020.



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](mailto:bmuck@corehandf.com). For additional information please visit [www.SchwinnEducation.com](http://www.SchwinnEducation.com). Connect with us on social media at [facebook.com/SchwinnIndoorCycling](https://facebook.com/SchwinnIndoorCycling) and Twitter @SCHWINNtraining.



POUND® is a fitness & lifestyle brand based in Los Angeles, CA. The workout combines cardio, Pilates, isometric movements and plyometrics with constant simulated drumming—all to loud, kick-ass music. An energizing, infectious, sweat-dripping workout, each strike of the Ripstix releases a primal aggression as well as a neuromuscular reward of mixing sound and movement. It allows you to truly become the music.



WaterRower combines stylish design, handcrafted American-made quality and our unique WaterFlywheel resistance to produce the world's finest rowing simulator. Our vast assortment of rowing machines are enjoyed within expansive health clubs, luxury hotels and boutique fitness studios throughout the world. Whether you are looking to add rowing to your cardio floor, incorporate ergs and our industry-leading rowing education into your group-ex classes or create a rowing-centric fitness facility, the WaterRower Team will help to bring your vision to life. Contact our team at [sales@waterrower.com](mailto:sales@waterrower.com) to experience our product and programming, first-hand, and receive SCW preferred-pricing.



# PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

## THURSDAY, FEBRUARY 21

### SCW GROUP EXERCISE CERTIFICATION

Jeff Howard

Thursday, February 21, 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 make 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), NASM (0.8), AEA (4.5), ACSM (8.0), NFPT (1.6).*

### SCW PERSONAL TRAINING CERTIFICATION

Keli Roberts

Thursday, February 21, 8:00am-5:00pm

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

This Nationally Recognized Personal Training Certification is led by only the top Presenters/Trainers in the country. Combining lecture and activity, this certification 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. SCW (8.0), AEA (4.0), ACSM (8.0), NFPT (1.6).*

### SCW PILATES MATWORK CERTIFICATION

Abbie Appel

Thursday, February 21, 8:00am-5:00pm

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

Get introduced to a progressive series of exercises and modifications based on the methods of Joseph Pilates in this Nationally Recognized Certification. 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 all ages and abilities, including those individuals 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), NASM (0.8), AEA (4.5), ACSM (8.0), NFPT (1.6).*

### SCW YOGA I CERTIFICATION

Manuel Velazquez

Thursday, February 21, 8:00am-5:00pm

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

Ready to get certified by the #1 Yoga Certification in the U.S.? Participants will learn 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 to 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), NASM (0.8), AEA (4.0), ACSM (8.0), NFPT (1.6).*

### SCW YOGA II CERTIFICATION

Manuel Velazquez

Thursday, February 21, 5:30pm-9:30pm

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

Take a deeper look into 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), NFPT (0.8).*

### SCW ACTIVE AGING CERTIFICATION

Melissa Layne, MEd

Thursday, February 21, 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. Melissa 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), NFPT (1.6).*

### SCW ACTIVE AGING NUTRITION CERTIFICATION

Tricia Silverman, RD, LDN, MBA

Thursday, February 21, 5:30pm-9:30pm

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

Tricia shares with you research-based, current insights on the distinct nutritional needs of your classes and clients over 50. Learn practical tips

for preserving or increasing lean body mass, enhancing mental cognition, losing excess body fat, getting needed vitamins and minerals, and more. Discover studied nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutrition knowledge on aging. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4), NFPT (0.8).*

### SCW BOXING CERTIFICATION

Steve Feinberg

Thursday, February 21, 9:00am-5:00pm

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

Prepare to shock your students and their bodies with this outstanding boxing certification. Whether you are looking to start or grow your own boxing program or bring it to your studio or club, we will provide you the tools you need. Learn to implement the basics of boxing, address the science behind the sport, and 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. *Price includes training manual and testing fee PLUS a FREE PAIR OF BOXING GLOVES (\$100 value). Gloves must be picked up on site and will not be mailed. 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), NFPT (1.4).*

### SCW CORRECTIVE EXERCISES AND COACHING TECHNIQUES CERTIFICATION

Fabio Comana, MA, MS

Thursday, February 21, 9:00am-5:00pm

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

In the comprehensive course, learn to conduct and interpret key movement screens and implement a corrective exercise program to restore the body's proper biological design. Discover how to effectively coach the five movement patterns so that any exercise can be performed safely and effectively, without the risk of injury. Gain expertise on how to become more of a movement specialist and present pre-hab exercises to prevent the necessity of re-hab. As exercise-related injuries continue to increase in fitness, is it time to revisit and understand the foundation concepts of movement, the relationship of stability and mobility throughout the kinetic chain and how they function in exercise and movement? *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACSM (7.0).*

### SCW CORE TRAINING WORKSHOP

Pete McCall, MS

Thursday, February 21, 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), NASM (0.4), AEA (2.0), ACSM (4.0), NFPT (0.8).*

### SCW WOMEN'S LEADERSHIP SUMMIT

**Sara Kooperman, JD, Petra Kolber, Maureen Hagan**

**Thursday, February 21, 12:30pm-5:00pm**

**\$49 MANIA® Attendees / \$99 Non-Attendees**

Fuel your fire and advance your career in this half-day, innovative and inspiring leadership and business summit. Join both experienced and novice owners, directors, managers, trainers and teachers alike as we explore proven strategies and successful practices for career advancement, program profitability, club success and personal fulfillment. Valuable leadership presentations and active discussions abound focusing on attainable goals to create a financially secure future while you fulfill your destiny. Expand your horizons and your mind by exploring service and sales, program selection, management solutions, technology options, social media expertise and more from top industry professionals. Join your fellow fitness leaders from independent health clubs, boutique studios, and local YMCAs to network and enjoy valuable leadership presentations and active discussions. For more information, visit <http://scwfit.com/dc/womens-summit/>. To apply for a scholarship to this one-of-a-kind event, please visit: [www.scwfit.com/scudderSCW](http://www.scwfit.com/scudderSCW) (4.0), AFAA (4.0), NASM (0.4), AEA (2.0), ACSM (4.0), NFPT (0.8).

### SCW MEDITATION CERTIFICATION

**Yury Rockit**

**Thursday, February 21, 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 (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.

*Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4), NFPT (0.8).*

### BARRE ABOVE® POWERED BY SAVVIER FITNESS®

**Tricia Murphy-Madden**

**Thursday, February 21, 9:00am-5:00pm**

**\$229.99 MANIA® Attendees /**

**\$249.99 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: (2) Digital Barre workout videos, Print and electronic instructor manual, Online Education modules worth 4.0 AFAA & 0.4 ACE CECs, Instructor web membership, Equipment and apparel discounts, No licensing fees, Options for ongoing choreography, Certificate of Completion.

SCW (12.0), AFAA (12.0), ACE (1.2), NASM (1.2)

### COUNTRY FUSION® STAR INSTRUCTOR CERTIFICATION

**Elizabeth Mooney**

**Thursday, February 21, 9:00am-5:00pm**

**\$199 MANIA® Attendees & \$259 Non-Attendees**

Country Fusion® Star Instructor Certification Course provides you with the background you will need to become a Country Fusion® Star. In this course, you will learn what Country Fusion™ is and how to dance the Country Fusion® dances.

- Discover the history of Country Fusion®
- Learn about the set-up of a Country Fusion® Class; such as the LIIT intervals, wild card songs, and how the class is designed to work your whole body

- Become familiar with Country Line Dancing Terms and dance steps like TAGS, Restarts, Rocking Chair, Pivots, Grapevines and Shuffles

- Dance to classic country songs and learn classic country line dances

- Gain an understanding of the human anatomy and learn modifications to help students perform their best

- Learn how to assess a class and make students feel confident and comfortable

SCW (7.0), AFAA (7.0), NASM (0.7)

### HIGH FITNESS INSTRUCTOR TRAINING

**Emily Nelson & Amber Zenith**

**Thursday, February 21, 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



# BOOST

## YOUR CAREER





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).

## ONE DAY TO WELLNESS

**Bruce & Mindy Mylrea**

**Thursday, February 21, 8:00am-5:00pm**

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

What if one day could change you 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).



## SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION

**Jeffrey Scott & Amy Dixon**

**Thursday, February 21, 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 (0.8).



## ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING

**Irena Meletiou**

**Thursday, February 21, 8:00am-5:00pm**

**\$225 Registration Fee (Use PROMO CODE: SCW25 to receive a \$25 discount and a FREE Zumba® Bag!)**

**[https://www.zumba.com/en-US/training/2019-02-21\\_B1\\_New\\_York\\_US\\_Zumba\\_Convention](https://www.zumba.com/en-US/training/2019-02-21_B1_New_York_US_Zumba_Convention)**

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: The Zumba® Electronic Instructor's Manual, Online Videos to Review Basic Steps and Zumba® Certificate of Completion.* SCW (8.0), AFAA (5.5), ACE (0.7).



## SUNDAY, FEBRUARY 24

### SCW BARRE CERTIFICATION

**Abbie Appel**

**Sunday, February 24, 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 programming 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), NFPT (1.4).



### SCW FOAM ROLLING CERTIFICATION

**Irene Lewis-McCormick, MS, CSCS**

**Sunday, February 24, 9:00am-3:00pm**

**\$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 intensive training will offer guidelines for Fitness Professionals on how to use foam rollers with coaching options. We will 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), NFPT (1.2).



### SCW NUTRITION, HORMONES & METABOLISM CERTIFICATION

**Melissa Layne, MEd**

**Sunday, February 24, 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), NFPT (1.4).

### RHYTHM AND SOUL! WITH SOUL CLAP FITNESS

**Khalid Freeman**

**Sunday, February 24, 8:00am-4:00pm**

**\$189 for MANIA® Attendees & Non-Attendees**

Uniting people through the celebration and exploration of body music, this certification will expand your knowledge of music timing, fundamentals of rhythm and give your students a refreshing throwback to the good ol' days of music. The 60s, 70s and 80s Soul. Join our team of SOULdiers spreading rhythm and soul to the fitness world with creator Khalid Freeman of Cirque Du Soleil, Broadway and Stomp the Yard professional dancer. We emphasize teamwork and us our bodies to create the beat. **NO EQUIPMENT NECESSARY!** This is "Where YOU become the MUSIC" SCW (8.0), AFAA (8.0).



### STAIRMASTER® PRESENTS – HIIT CERTIFICATION

**Sonja Friend-Uhl**

**Sunday, February 24, 8:00am-12:00pm**

**\$129 MANIA® Attendees / \$159 Non-Attendees**

The benefits of cardio and high intensity training are as diverse as they are conclusive, and span the entire continuum of health, fitness and performance. HIIT Just Got Real by StairMaster offers 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. SCW (4.0), ACE (4.0), AFAA (4.0), NASM (0.4).



### STRONG BY ZUMBA® INSTRUCTOR TRAINING

**Ricardo Alas**

**Sunday, February 24, 8:00am-4:00pm**

**\$225 Registration Fee (Use PROMO CODE: SCWSBZ25 to receive a \$25 discount and a FREE**

**STRONG by Zumba® Bag!) [https://strong.zumba.com/en-US/training/2019-02-24\\_SXZ\\_New\\_York\\_US\\_Zumba\\_Convention](https://strong.zumba.com/en-US/training/2019-02-24_SXZ_New_York_US_Zumba_Convention)**

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, as well as 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 will also 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).



# MANIA® COURSE DESCRIPTIONS

**FRIDAY, FEBRUARY 22**

**FR1**

**7:00AM-9:30AM**

## **PULLING FOR POWER**

### **SGT Ken®**

Pulling for Power™ with SGT Ken® utilizes extremely effective Variable Intensity Interval Training (VIIT) techniques with WaterRower drills and calisthenics uniquely arranged to muster muscle-fatigue like never before. VIIT can help you burn body fat for 24 hours from a 60-minute workout. Pull for power today to produce progress tomorrow!

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



## **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 has taken Aerobics and brought it to the next level with modern fitness techniques. HIGH combines FUN (Fitness Choreography set to fun music), INTENSITY (HIIT training, plyometric, toning and cardio), and CONSISTENCY (each song has specific simple moves taught the same by all instructors). HIGH Fitness can be modified for participants new to fitness or for athletes. It is proven to produce repeat participants and results!

**FR1B Friday, 7:30am-9:00am**



## **POWER UP!**

### **Pete McCall, MS**

Isolation exercises use only one muscle at a time and can lead to bulky muscles while explosive moves like swings, throws or jumps involve many muscles working together. Learn the difference between muscle and fascia, how they create movement and the benefits of power exercises for developing a lean, sculpted physique.

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

## **KEEP IT SIMPLE. KEEP IT SMART**

### **Eric Thomson**

In this experience we use minimal equipment to deliver and experience that is smart, looks simple, but is going to leave the individual completely worked from the floor up!

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

## **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.

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



## **RUNHABX: CHIRUNNING**

### **Joel Matalon**

Help clients run (their lives!) and take charge of their health. Experience T'ai Chi principles to discover your dan t'ien ("center of energy"), postural alignment and muscular relaxation, and gradual skill progression. Combining these principles with running allows your students to improve efficiency, while preventing injury for ANY activity.

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

## **BARRE BANDS AND BEATS**

### **Tricia Murphy-Madden**

Tubing is the ultimate tool for creating challenging Barre choreography. To seamlessly change intensity using tubing is perfect for these taxing yet inspiring workouts. Learn applications for incorporating upper body with minimal repetitions to prevent overusing the joints. Discover tempo driven choreography and produce a dance party like atmosphere.

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



BECOME A

**FORCE**



## COUNTRY FUSION®

**Elizabeth Mooney**

Country Fusion® is an aerobic workout that is centered around Country Line Dance, while infusing various other dances such as Salsa, Cha-Cha, Hip Hop, Samba, Merengue and more. Each class is 90 minutes long, structured as a LIIT (Low Intensity Interval Training) workout, where participants can burn over 500 calories during each class.

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



## LOUIS VAN AMSTEL

Louis is a three-time World Latin Dance Champion who is best known as a nine-season, crowd favorite Pro on the ABC hit TV show Dancing with the Stars. An Emmy-nominated choreographer, Louis regularly works for So You Think You Can Dance and Dancing with the Stars. He presents internationally as CEO of LaBlast® Fitness sharing his passion for dance and mission to get people moving through LaBlast® Fitness and LaBlast® Splash.

## SCHWINN®: SCHWINTENSITY

**Jeffrey Scott**

Coaching clear INTENSITY expectations is KEY to getting participants to achieve their greatest potential. The latest research shows Intensity - not complexity - is what makes a cycling class GREAT and we'll show you how to apply it to connect with your riders. True feeling unlocks undeniable results.

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



## STAGES®: THE POWER OF PROGRESSION

**Pam Benchley**

Crush plateaus, no more guesswork! Here are the specific protocols and tools you need to lead six weeks of systematic, progressive classes that peak with measurable change your clients will see and feel. You could even use this system for specialty programming or small group coaching to generate additional revenue!

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



## AQUA YOGA FLOW

**Connie Warasila**

Slip into the pool and experience a relaxing yoga-inspired aqua session. You will journey to a place of deep physical and mental relaxation while practicing breathing techniques, vinyasas, and balance postures. Come and wash away the day's tension and stress. You will float away refreshed, renewed, and calm.

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

## DIET DIAGNOSIS

**Bruce & Mindy Mylrea**

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

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



## METABOLISM AND FAT - SCIENCE & APPLICATION

**Fabio Comana, MA, MS**

As a population obsessed with weight loss, 'metabolism' and 'fat' grab attention. Come to this session to gain a better understanding of the complexities of each, gather updates in recent research, and learn how to effectively design, develop and deliver strategies to achieve those much-desired results. (LECTURE)

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



## STAIRMASTER HIIT - REAL RATIOS FOR RESULTS

**Sonja Friend - Uhl**

You can have too much of a good thing. Over-programming HIIT lends itself to overtraining and potential injury. Learn the benefits of aerobic steady-state and aerobic interval training and how to design workouts that blend the best of both to burn calories and torch fat while reducing the risk of injury.

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

**FR2**

**10:00AM-11:30AM**

## MASHUP®: VIIT IT!

**Barbie Brown & Jacquese Silvas**

VIIT is the New HIIT! Experience a short, effective workout with Variable-intensity Interval Training (VIIT). Learn the nuts and bolts of this research-based program featuring Mind/Body, Agility & Strength, and High-intensity Interval exercises for every fitness level for a fun and challenging workout!

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



## RUMBLEROLLER® GROUP EXERCISE FLOW

**Tripp Miller, MS**

Experience a full-body routine that's adaptable to a wide range of users to get people to feel better and move better. This session uses a combination of foam rolling and other bodyweight based mobility exercises.

**FR2B Friday, 10:00am-11:30am**



## 50 UNIQUE CORE LOVERS EXERCISES

**Tricia Murphy-Madden**

This workshop utilizes all three planes of motion both prone and supine positions, along with small apparatus tools to give you more than 50 unique, core exercises. Walk away with a library of new moves that students will love and feel successfully challenged in your next class or training session.

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



## MOBILITY AND FLEXIBILITY - RESEARCH & APPLICATION

**Fabio Comana, MA, MS**

How much movement at the joint do you need or have? How do we improve much-needed mobility? Uncertain or confused - well, join this session for answers and to develop a comprehensive understanding of how it all works and fits together.

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

## SIZZLING SENIORS

**Denise Hunt**

Learn why Seniors stay away from gyms and how instructors can build their confidence, flexibility and strength. This session uses light-weight dumbbells, old school music, and chairs for a fun filled class. Seniors will Sizzle beginning with a cardio warm up, continue with resistance training and end with a seated flex and stretch routine.

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

## 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.

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



**BARRE WITH A TWIST****Abbie Appel**

Lovers of Barre take your class to a whole new level with all of the classic, rotational moves, safely executed to add variety and challenge to any Barre workout. Discuss fundamentals of Barre including alignment, posture and intensity variables. Then, twist, bend and stretch in a beyond-basics workout to overcome training plateaus and help your students reach their goals.

**FR2G Friday, 10:00am-11:30am****LABLAST®: DANCE THAT'S A HIIT****Louis Van Amstel**

Dance Fitness with a twist. Learn how LaBlast can be adapted to appeal to the crowd that just wants to "HIIT it" every day at the gym and yet still be accessible to all. HIIT refers to high intensity, not necessarily high impact. We'll explore both in this session.

**FR2H Friday, 10:00am-11:30am****SCHWINN®: PRIME DESIGN****Amy Dixon**

Stop the madness! Prime Design will teach you how to create thoughtful, physiologically sound classes that provide RESULTS! Learn how to save time and simplify how you build your classes while setting riders up for success. Unlock the secret of the Schwinn Coach's Pyramid and get ready to shine!

**FR2I Friday, 10:00am-11:30am****STAGES®: BUILD IT (FASTER!). THEY'LL COME****Pam Benchley**

How many hours do you spend trying to create that "perfect" ride profile? What if we told you there is an easier way to design PURPOSEFUL, goal driven, fun rides – faster? From beat junkies to power pros – let us show you the quick and simple way to deliver measurable results to your riders!

**FR2J Friday, 10:00am-11:30am****HYDRO LIFT OFF!****Jeff Howard**

This non-traditional water workout will effectively strengthen and define your entire body! Designed to sculpt with non-stop resistance and steady state training combine new moves with interval 'cardio bursts' to give you maximum calorie burn. Core work and a quick stretch will end this aqua session leaving you feeling energized and accomplished!

**FR2K Friday, 10:00am-11:30am****ABS ARE MADE IN THE KITCHEN****Sohailla Digsby, RDN, LD, CPT**

What can you do for 10 minutes a day (or an hour each weekend) that would impact what you end up putting in your mouth? Learn from an RD, Cookbook author, and mom of 3 that it doesn't have to be so hard: streamline your meal prep, grocery time, and kitchen-set up! (LECTURE)

**FR2L Friday, 10:00am-11:30am****BEST PRACTICES: OPERATIONS, POLICIES & HR****Alexandra Bonetti**

Review the findings from over 500 boutique studios and gyms to shortcut your trial and error process. Examine valuable strategies for everything from subbing policies to practices that create loyalty among your employees and leave with a list of best practices to begin using Monday morning. (LECTURE)

**FR2M 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.

**LES MILLS GRIT® CARDIO & HIIT****LES MILLS****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.

**FR3D Friday, 11:45am-1:15pm****GO WITH THE FLOW SALUTATIONS Jeff Howard**

We have all done the sun salutation, earth and possible moon. But why not create your own? Learn the building blocks behind salutations. How to then link your very own favorite vinyasa poses into your personal patterns. Leave with the confidence and creativity to link from one pose to another a go with your own flow!

**FR3F Friday, 11:45am-1:15pm****SOUL CLAP: BECOME THE MUSIC****Khalid Freeman**

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

**FR3H Friday, 11:45am-1:15pm****SCHWINN®: RHYTHM DONE RIGHT****Jenn Hogg**

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

**FR3I Friday, 11:45am-1:15pm****GIRLS JUST WANNA HAVE FUN!**
**Sara Kooperman, JD, Irene Lewis-McCormick, MS, CSCS & Melissa Layne, MEd,**

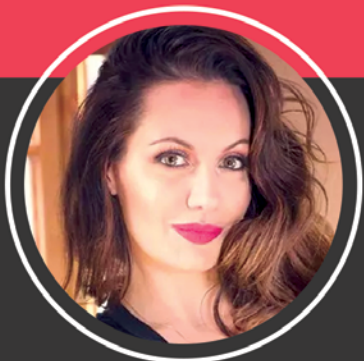
Bring a tidal wave of energy and excitement to the pool! The fabulous Women of MANIA® will provide a flood of new ideas that will give new meaning to fluid fun. Plunge into a fantastic workout that covers all body parts and add a major splash of WOW! to your aqua classes.

**FR3K Friday, 11:45am-1:15pm****WHAT TO EAT: END THE FRUSTRATION****Sohailla Digsby, RDN, LD, CPT**

You've heard enough about what not to eat...what about learning what you SHOULD DEFINITELY eat, along with streamlined tips on how to make it happen. Learn from a cookbook author and fitness-based dietitian what to fill up your power-plate with, and your pantry and fridge too! (LECTURE)

**FR3L Friday, 11:45am-1:15pm****ELIZABETH MOONEY**

Country Fusion® is created and founded by Elizabeth Mooney. Elizabeth has been a dancer since the age of 2 and has taught fitness for 10 years now. She has produced and directed her own Off Broadway show and has owned her own dance studio in NY. Her certifications include AFAA Personal Trainer, Zumba, Pole Dance, Pound, Barre Assets, and training in BOSU and Cardio Tai Box. Also CPR/AED certified and founder of Burlesque Booty Camp.





**STAIRMASTER HIIT - SCIENCE OF VARIABILITY****Pete McCall, MS**

It's the INTENSITY of a workout, not duration that produces results, but too much high intensity exercise is not good for the body. NOT every interval needs to be at high intensity for an effective HIIT workout. Learn how the science of variable intensity interval training can deliver serious results.

**FR3N Friday, 11:45am-1:15pm****FR3 - SESSION 2****12:30PM-2:00PM**

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

**HIIT THE TURF****Jen Keenan-Stryka & Angelique Hughes**

You won't want to miss this NEW energetic HIIT based class featuring easy to travel with TURF ON THE GO mats. Sessions showcase exciting new moves using gliding discs, cardio and strength. Proven to sculpt muscles and burn fat! This workout will keep your clients coming back for more!

**FR3A Friday, 12:30pm-2:00pm****RUNHABX: THE CHISTRONG GAMES****Joel Matalon**

Move from your dan t'ien ("field of elixir") through fun activities that will expand your creativity with your students. This team-driven, 10-event challenge is based on the ability to move in multiple directions through FUNctional space while team building through cooperation and healthy competition. Prizes for winners!

**FR3B Friday, 12:30pm-2:00pm****PROGRAMMING FOUNDATIONS FOR THE OBESE POPULATION****Eric Thomson**

How is training an obese individual different from training someone who is considered general population or just overweight? What training variables, equipment, and environment need to be considered? In this active lecture, you will be provided with solutions to these questions and learn/experience different programming options to best help the obese population.

**FR3C Friday, 12:30pm-2:00pm****FUNCTIONAL FITNESS AFTER 50****Maureen Hagan**

Learn Mo's contemporary approach to building a fit mind, body and attitude after age fifty, based on 10 functional movement patterns and progressions, 7 training methods and decades of training baby boomers. Understand the role that functional movement and purposeful exercise has to play in achieving, preserving and maximizing fitness, health and wellness.

**FR3E Friday, 12:30pm-2:00pm****GRACE AND FLOW****Keli Roberts**

Graceful movement flows provide the foundation for this Barre-inspired total body, sculpting program. While respecting the body's biomechanics and joint kinematics, instructors will experience an intense workout that focuses on flowing movement progressions. Utilizing bodyweight movements and simple equipment, learn a class format that leaves the body feeling lengthened and strengthened.

**FR3G Friday, 12:30pm-2:00pm****STAGES®: W.T.F.T.P.?****Javier Santin**

If you teach on a bike with Power, you've heard: "What's a GOOD wattage?" Come experience a fun-filled, action-packed FTP ride that will personalize and give meaning to all those numbers, and take home an easy to understand plan to guide your classes to understanding theirs. Power Up!

**FR3J Friday, 12:30pm-2:00pm****HEART RATE ZONES Fabio Comana, MA, MS**

Despite growing programs incorporating HR zones, there is a lot of misunderstanding of science and limitations to using MHR. This the science to help professionals use these applications and effectively program. (LECTURE)

**FR3M Friday, 12:30pm-2:00pm**

# LEAD

## THE CHARGE



FR4

2:15PM-3:45PM

**MAKE FUNCTION SIMPLE****Jason Hamera**

Human movement is complex but teaching it doesn't need to be complicated! Learn how simple it is to use task and target driven exercises using the to increase performance, reduce the risk for injury and create an environment of success for your clients. Powered by Gray Institute® using the ProceDOS p9 platform.

**FR4A Friday, 2:15pm-3:45pm****CONSISTENT RESISTANCE****Carolyn Erickson**

Join Carolyn Erickson as she leads you through a conditioning workshop using sleeved elastic (Slastix) bands of all sizes. Explore training possibilities and learn innovative ways to move through space without limitations. Be ready for the optimal combination of research-based data and in-the-trenches experiences to maximize the impact on your clients.

**FR4C Friday, 2:15pm-3:45pm****POUND® - SWEAT. SCULPT. ROCK.****Shannon Roentved**

Unleash your inner rockstar in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, whether you're a conditioned athlete or a beginner, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out!

**FR4D Friday, 2:15pm-3:45pm****FITNESS THROUGH THE AGES****Maureen Hagan**

Ten thousand baby boomers are turning 65 every day and while their health and fitness needs may vary, they all share a desire to live stronger for longer. This full body workout combines the latest trends in training that support 'functional aging', based on the latest research to show how exercise on its own slows the aging process.

**FR4E Friday, 2:15pm-3:45pm****FOAM ROLLING YOUR INNER ATHLETE****Irene Lewis-McCormick, MS, CSCS**

Athletes must pay attention to the quality of their tissue, ensuring it is supple and fluid and ready to workout. Eliminate pain, tightness and restore greater mobility through self-myofascial release, a technique for applying mild & slow sustained pressure. Explore a variety of moves to improve flexibility, address range of motion and increase stability.

**FR4F Friday, 2:15pm-3:45pm****BARREFLOW FIRE AND FE****Karli Taylor**

Are you looking to increase the intensity of your barre workout? While following the basic structure of a BarreFlow class, this workout combines larger movements with smaller traditional barre moves in order to increase the cardiovascular benefits of your barre class while incorporating light hand weights to add an extra resistance training burn!

**FR4G Friday, 2:15pm-3:45pm****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 all at the same time! Learn how to make your routines really 'pop' with hits from multi-platinum Latin and international artists. So come walk in, and dance out!

**FR4H Friday, 2:15pm-3:45pm****SCHWINN®: MASTER THE MOMENT****Jeffrey Scott & Amy Dixon**

An extraordinary cycle class is artfully crafted with thoughtful and intentional moments of emotion and excitement delivered with great music and dynamic coaching. By taking your riders through a very specific "arc" of energy, you create a ride experience they will never forget. Learn how to Master the Moment.

**FR4I Friday, 2:15pm-3:45pm**



**STAGES®: MIXED EMOTIONS****Javier Santin & Dennis Mellon**

Are you passionate about your music? Looking to learn or improve your mixing skills? iTunes, Spotify, MixMeister... From the basics of mixing to bar counting, this Workshop will show you how to create a curated mix that perfectly suits the mood, terrain, intensity, and movements of your ride. Cue music!

**FR4J Friday, 2:15pm-3:45pm****DIVE INTO AQUA CHOREOGRAPHY****Sara Kooperman, JD, Manuel Velazquez & Connie Warasila**

Bring a tidal wave of excitement to your pool! Learn eight new 64-count choreography blocks, which will be provided in written form, that you easily can incorporate immediately into your aqua classes. These WATERinMOTION®-inspired moves provide a low-impact, high-energy challenge that tightens and tones the entire body and floods your classes with fun.

**FR4K Friday, 2:15pm-3:45pm****NUTRITION PANEL****Sohailla Digsby, RDN, LD, CPT, Melissa Layne, MEd, Bruce Mylrea, Tricia Silverman, RD, LDN, MBA, Keli Roberts - Moderator**

Come together to explore controversial research, ask questions, and discover cutting edge options in food and nutrition. Hear from these nutrition experts on how and why they choose to eat the way they do. You will leave "feeling full" of ways to make smarter choices when it comes to fueling your body. (LECTURE)

**FR4L Friday, 2:15pm-3:45pm****HIGH FITNESS: BRINGING AEROBICS BACK!****Emily Nelson & Amber Zenith**

Discover the tips and tools that you need to make your dreams reality! Learn how two moms without business backgrounds, self-funded a subscription based, e-commerce business, HIGH FITNESS!. Teaching classes to cover start-up costs and using only social media as marketing, they created an international fitness company in less than 4 years! (LECTURE)

**FR4M Friday, 2:15pm-3:45pm****BOXING: THE METHOD****Steve Feinberg**

This cardio-boxing class uses the best asset in your studio: YOU! Combine the technique work of punching, method training, and core work ALL in one high-intensity 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.

**FR4N Friday, 2:15pm-3:45pm****FR5****4:00PM-5:30PM****FROM THE GROUND UP!****Manuel Velazquez**

Experience and test the benefits of combining effective techniques of Self myofascial release along with sequences of dynamic flexibility for each joint and muscle group from the Ground Up! This is a great session for any group fitness instructor or personal trainer to help their clients improve mobility and flexibility.

**FR5A Friday, 4:00pm-5:30pm****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 has taken Aerobics and brought it to the next level with modern fitness techniques. HIGH combines FUN (Fitness Choreography set to fun music), INTENSITY (HIIT training, plyometric, toning and cardio), and CONSISTENCY (each song has specific



simple moves taught the same by all instructors). HIGH Fitness can be modified for participants new to fitness or for athletes. It is proven to produce repeat participants and results!

**FR5B Friday, 4:00pm-5:30pm****DEVELOPING ELITE FITNESS EXPERIENCES****Kevin Mullins, CSCS**

Feel the intensity of flow state as Kevin Mullins pushes your mind and your body into a zone where timelessness, selflessness, and effortless come to life. Learn how to create this exact experience in your own training rooms as Kevin breaks down his secrets to building the perfect group experience.

**FR5C Friday, 4:00pm-5:30pm****CORE TO SOAR! Yury Rokkit**

Soar after you're sore! Join Yury to create a developed core to soar to new physical heights. Implement stability and mobility drills to not only chisel your core but establish a powerful center point for efficient and injury-free mobility and performance skills from every day to athletic.

**FR5D Friday, 4:00pm-5:30pm****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.

**FR5E Friday, 4:00pm-5:30pm****RELAX & RESTORE FOAM ROLLER TRAINING****Irene Lewis-McCormick, MS, CSCS**

Create effective programming with results that are immediate and long-term. Release muscle tension, enhance mobility and increase range of motion by focusing on the science of muscle and fascia. Improve body awareness and spinal alignment for soft tissue release, restoration and relaxation.

**FR5F Friday, 4:00pm-5:30pm****FLOOR BARRE Whitney Chapman**

Take your ballet barre to the floor in this lengthening and strengthening workout based on the work of Zena Rommett's Floor Barre technique. Channel your inner prima ballerina, relax, stretch and unwind.

**FR5G Friday, 4:00pm-5:30pm****DANCE AFTER DARK • 4:00pm - 7:30pm (EXCLUSIVE TO NYC MANIA®!)****Allison Lilly, Anthony Rue II aka 'Ant', Jason Facey**

DANCE AFTER DARK will exceed all expectations! Join us for this exhilarating event featuring master classes and inspiration from NYC's most talented choreographers and influencers, as well as a community to engage with one another. Each attendee will feel motivated, educated, and empowered to find their artistic self, leaving them with an unforgettable experience and thirst for more.

**FR5H Friday, 4:00pm-7:30pm****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.

# NEW YORK CITY MANIA® SCHEDULE



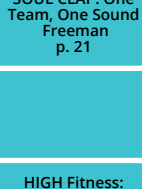


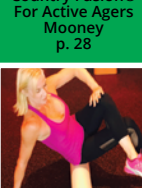
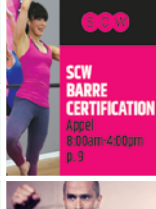



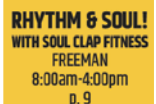
THURSDAY, FEB. 21

FRIDAY, FEBRUARY 22

SATURDAY, FEBRUARY 23

SUNDAY, FEBRUARY 24

THURSDAY FEB. 21 PRE-CONVENTION WORKSHOPS	HIGH Fitness Instructor Training Nelson & Zenith p. 8	SCW Group Exercise Certification Howard 8:00am-5:00pm p. 7	SCW Personal Training Certification K. Roberts 8:00am-5:00pm	SCW Pilates Matwork Certification Appel 8:00am-5:00pm p. 7	SCW Active Aging Certification Layne 9:00am-5:00pm p. 7	SCW Yoga I Certification Velazquez 8:00am-5:00pm	Barre Above™ - Powered by SAVVIER Murphy-Madden 9:00am-5:00pm
	One Day to Wellness Certification B. & M. Mylrea 8:00am-5:00pm	SCW Core Training Certification McCall 1:00pm-5:00pm p. 7	SCW Corrective Exercises & Coaching Techniques Certification Comana 9am-5:00pm	SCW Meditation Certification Rockit 5:30pm-9:30pm p. 8	SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm p. 7	SCW Yoga II Certification Velazquez 5:30pm-9:30pm p. 7	Zumba® Basic Skills Level 1 Instructor Training Meletioui 8:00am-5:00pm p. 9

CLICK HERE >> TO ENLARGE & PRINT		A HIIT / FUNCTIONAL TRAINING	B GROUP EXERCISE	C PERSONAL TRAINING	D PERSONAL TRAINING / SPECIALTY	E ACTIVE AGING	F MINDBODY / RECOVERY	G BARRE	H DANCE / AREOBICS
FR1 7:30am-9:00am		Pulling for Power™ SGT Ken® p. 10	HIGH Fitness: Aerobics is Back! Nelson & Zenith p. 10	Power Up! McCall p. 10	Keep It Simple & Smart Thomson p. 10	Active Aging - Between the Chairs Lewis-McCormick p. 10	RUNhabX: ChiRunning Matalon p. 10	Barre Bands and Beats Murphy-Madden p. 10	Country Fusion® Mooney p. 11
FR2 10:00am-11:30am		MASHUP® : VIIT IT! Brown & Silvas p. 11	RumbleRoller® Group Exercise Flow Miller p. 11	50 Unique Core Lovers Exercises Murphy-Madden p. 11	Mobility & Flexibility - Research & Application Comana p. 11	Sizzling Seniors Hunt p. 11	Prevention & Recovery through Muscle Stimulation Feinberg p. 11	Barre With a Twist Appel p. 12	LaBlast® - Dance That's a HIIT Van Amstel p. 12
FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	HIIT the TURF Keenan-Stryksa & Hughes Session 2 p. 13	RUNhabX: The ChiStrong Games Matalon Session 2 p. 13	Programming Foundations for the Obese Populations Thomson Session 2 p. 13	Les Mills GRIT™: Cardio & HIIT Bramski Session 1 p. 12	Functional Fitness After 50 Hagan Session 2 p. 13	Go With the Flow Salutations Howard Session 1 p. 12	Grace And Flow K. Roberts Session 2 p. 13	SOUL CLAP: Become the Music Freeman Session 1 p. 12
FR4 2:15pm-3:45pm		Make Function Simple Hamera p. 14		Consistent Resistance Erickson p. 14	POUND® - Sweat. Sculpt. Rock. Roentved p. 14	Fitness Through the Ages Hagan p. 14	Foam Rolling Your Inner Athlete Lewis-McCormick p. 14	Barre Flow Fire and FE Taylor p. 14	Zumba® Cardio Blast Meletioui p. 14
FR5 4:00pm-5:30pm		From the Ground Up! Velazquez p. 15	HIGH Fitness: Aerobics is Back! Nelson & Zenith p. 15	Developing Elite Fitness Experiences Mullins p. 15	Core to Soar! Rockit p. 15	Active Aging: No Place Like Foam Kooperman p. 15	Relax & Restore Foam Roller Training Lewis-McCormick p. 15	Floor Barre Chapman p. 15	
FR6 EVENING SESSIONS 6:30pm-7:30pm									
SA1 7:00am-8:30am		Training the Female Core K. Roberts p. 21		Let's Get FHIIT Robinson p. 21	Core Stability Ball Training Bowen p. 21	The Science of Aging Gracefully McCall p. 21	RumbleRoller® Active Recovery Miller p. 21	Barre So Hard - Savvier Fitness Murphy-Madden p. 21	SOUL CLAP: One Team, One Sound Freeman p. 21
SA2 KEYNOTE & AWARDS 9:30am-10:45am									
SA3 11:00am-12:30pm		The EPOCalyse WaterRower® Power Workout™ Lewis-McCormick p. 22	STRONG by Zumba® Alas p. 22	Training the Active Aging Female Client K. Roberts p. 22	Speedball Core Feinberg p. 22	Yoga for the Young at Heart: Chair Kooperman p. 22	Matt to the Max Appel p. 22	Barre Flow Taylor p. 22	HIGH Fitness: Aerobics is Back! Nelson & Zenith p. 22
SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	Funtensity Bootcamp Ross Session 2 p. 24	Country Fusion® Workshop Mooney Session 2 p. 24	Workouts That Work McCall Session 1 p. 23	HIIT the Turf - Yoga Fusion Keenan-Stryksa & Hughes Session 2 p. 24	Strength Training for Longevity & Vitality Kooperman Session 2 p. 24	Resistance Yoga Howard Session 2 p. 24	Barre Necessities Appel Session 1 p. 23	LaBlast® - Ballroom Fitness Partner Free Van Amstel Session 1 p. 23
SA5 3:15pm-4:45pm		No More "Squeezing Your Glutes" Hamera p. 25	Gliding Reinvented M. Mylrea p. 25	Training by the Numbers Gavigan p. 25	The Next Generation of POUND® Roentved p. 25	FACE It Together! Conti p. 25	Trending Now: HIIT With Active Recovery Brown & Silvas p. 25	Barre Concepts: From HIIT to LIIT Lewis-McCormick p. 25	SOUL CLAP: Stepping & Body Percussion Freeman p. 25
SA6 5:00pm-6:30pm		Plyo Play Ross p. 26	The Warrior® Workout J. Roberts p. 26	The Ultimate Fitness Equation Robinson p. 26	Redefine Functional Training- Redefine Yourself Mullins p. 26	"I Wish I Knew Before..." Rockit p. 26	Conscious Movement & Functional Yoga Velazquez p. 26	Barre Flow Fire and FE Taylor p. 26	
SA7 EVENING SESSIONS 6:45pm-7:45pm						MANIA® Rest and Recovery with Namirsa & RumbleRoller, The Organic Foot p. 27	Recovery Through Meditation Rockit p. 27		
SU1 7:00am-8:30am		HIIT Accelerated M. Mylrea p. 27	BODYATTACK® Workout Bramski p. 27	Your Rear is the Gear Ross p. 28	HIIT the Turf - for Personal Trainers Keenan-Stryksa & Hughes p. 28		Core Forward Pilates Howard p. 28		Country Fusion® For Active Agers Mooney p. 28
SU2 8:45am-10:15am		Functional Abs: Core Strong! Velazquez p. 28		Every Body Fights - Boxing PT Bowen p. 29	Speedball For Personal Trainers Feinberg p. 29		Athletes & Asanas Rockit p. 29		
SU3 11:15am-12:45pm		Crew Conditioning™ with SGT Ken® p. 29	UrbanDanceLeague Dancers are Athletes Too! AntBoogie p. 29	Double the Fun! Double the Results! Erickson p. 29	POUND® Why (and How) Your Body Rocks! Roentved p. 29		Breath to Excel: Powerful Prana Rockit p. 29		
SU4 1:00pm-2:30pm		Shifting is the New Lifting Ross p. 30	The Warrior® Experience J. Roberts p. 30	Basics of Personal Training Programming Gavigan p. 30	Simple & Smart Personal Training Feinberg p. 30		Restorative Yoga: Prop Free Chapman p. 30		

Schedule is subject to change. Please visit [www.scwfit.com/NYC](http://www.scwfit.com/NYC) for updates.




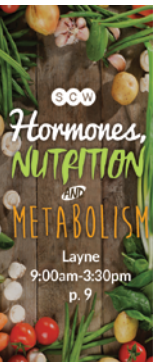

# SHOPPING HOURS

Thurs., Feb. 22:.....5:00pm - 7:00pm  
 Fri., Feb. 22:.....8:45am-2:30pm & 5:00pm - 6:45pm (Charity Auction)  
 Sat., Feb. 23:.....8:15am-3:30pm & 6:00pm-7:00pm  
 Sun., Feb. 24:.....10:00am-1:30pm (Closeout Shopping)

Country Fusion® Star Instructor Certification Mooney 9:00am-5:00pm	Schwinn®: Indoor Cycling Instructor Certification Scott & Dixon 7:00am-5:00pm			
SCW Boxing Certification Feinberg 9:00am-5:00pm		Women's Leadership Summit Kooperman, Kolber, Hagan 12:30pm - 5:00pm - p. 8		

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## CLUB INDUSTRY BUSINESS SUMMIT

I SCHWINN CYCLING	J STAGES CYCLING	K AQUA ON LAND	L NUTRITION / WELLNESS	M LEADERSHIP / EX SCIENCE	N BOXING / CIRCUIT
Schwinn®: SchwiINTENSITY Scott p. 11	Stages®: The Power of Progression Benchley p. 11	Aqua Yoga Flow Warasila p. 11	Diet Diagnosis B. Mylrea & M. Mylrea p. 11	Metabolism & Fat - Science & Application Comana p. 11	StairMaster HIIT - Real Ratios for Results Friend-Uhl p. 11
Schwinn®: Prime Design Dixon p. 12	Stages®: Build It (FASTER) Benchley p. 12	Hydro Lift Off! Howard p. 12	Abs are Made in the Kitchen Digsby p. 12	Best Practices: Operations, Policies & HR Bonetti p. 12	
Schwinn®: Rhythm Done Right Hogg Session 1 p. 12	Stages®: W.T.F.T.P.? Santin Session 2 p. 13	Girls Just Wanna Have Fun Kooperman, Lewis-McCormick & Layne Session 1 p. 12	What TO Eat: End the Frustration Digsby Session 1 p. 12	Heart Rate Zones Comana Session 2 p. 13	StairMaster HIIT - Science of Variability McCall Session 1 p. 13
Schwinn®: Master the Moment Scott & Dixon p. 14	Stages®: Mixed Emotions Santin & Mellon p. 15	Dive Into Aqua Choreography Velazquez, Kooperman, Warasila p. 15	Nutrition Panel - Layne, B. Mylrea, Digsby, Silverman, K. Roberts (Moderator) p. 15	HIGH Fitness: Bringing Aerobics Back! Nelson & Zenith p. 15	Boxing: The Method Feinberg p. 15
Schwinn®: Balancing Act Thomson p. 20	Stages®: Team Pursuit - The Experience Kilcup p. 20	LaBlast® - Splash Van Amstel p. 20	Are You CBD Curious? Gibson p. 20	Natural Remedies for Athletes/Enthusiasts Figlo p. 20	
	Les Mills SPRINT™: Cycling Success Bramski p. 20		 <b>STATE OF THE INDUSTRY</b> 6:30pm-7:30pm p.20		
Schwinn®: Music & SO MUCH MORE! Scott p. 21	Stages®: Work Your Recovery Kilcup p. 21	LaBlast® - Splash Van Amstel p. 21	How to Eat Sugar Digsby p. 21	Walk Towards Peace, Health, Happiness Figlo p. 21	StairMaster HIIT - Rest & HIIT Friend-Uhl p. 21
Schwinn®: How to WOW! Thews p. 22	Stages®: One Size DOESN'T Fit All Kohler p. 22	It's Raining Men! Equipment Revealed Howard, Velazquez & Rockit p. 22	Nutrition Tips, Tidbits & Treats B. Mylrea & M. Mylrea p. 23	Building Choreography Like a Pro Van Amstel p. 23	StairMaster HIIT - A Moment in Time McCall p. 23
Schwinn®: Super Star Substitute Thews & Atkinson Session 2 p. 24	Stages®: Power vs. Rhythm Kilcup & Mitchell Session 1 p. 23	Aqua Core Options Warasila Session 1 p. 23	Metabolism Reality Check Digsby Session 2 p. 24	The Female Training Advantages 2019 Kravitz Session 2 p. 25	Boxing Bootcamp Feinberg Session 1 p. 24
Schwinn®: Maximize Your Ride K. Roberts p. 25	Stages®: Party Through the Decades Benchley, Mellon, Mitchell & Kohler p. 25	Silver Aqua Solutions Kooperman, Velazquez, Warasila p. 25	Nutrition for Fitness Professionals Layne p. 25	Electronic Stimulation For Athletic Performance Feinberg p. 26	StairMaster HIIT - High Five Appel p. 26
Schwinn®: Step into Your Shine Hogg p. 26	Stages®: The Power of Cue-munication Kohler p. 26	Tab-Aqua Quickies Howard p. 26	Pros & Cons of Fasting Layne p. 27	The Metabolic Effects of Resistance Training Kravitz p. 27	3:1 Punchout Feinberg p. 27
	Les Mills SPRINT™: Cycling Success Bramski p. 27				
Schwinn®: R&R - Ride & Restore K. Roberts p. 28	Stages®: The Sixth Sense Santin p. 28	 Hormones, Nutrition and Metabolism Layne 9:00am-3:30pm p. 9	Cravings and Sugar Silverman p. 28	Exercise: The Ultimate Brain Booster Kravitz p. 28	 STAIRMASTER HIIT CERTIFICATION Friend-Uhl 8:00am-12:00pm - p. 9
Schwinn®: Let the Music Play M. Mylrea p. 29	Stages®: Different Roads, One Journey Santin p. 29		Immunity Boosters & Busters Silverman p. 29	Prevention and Performance for Runners Miller p. 29	
	Stages®: Triple Threat Mindset Kohler p. 29		What to Eat for Optimal Health B. Mylrea & M. Mylrea p. 30	Fat Loss: The Real Story Kravitz p. 30	
	Stages®: Playing With Power Mellon & Benchley p. 30		CBD Show and Tell Gibson p. 30	Carbohydrate Craze Kravitz p. 30	

O CLUB INDUSTRY BUSINESS SUMMIT	P CLUB INDUSTRY BUSINESS SUMMIT	Q CLUB INDUSTRY BUSINESS SUMMIT
How to Become Top Dog! Etuk	Emotional Intelligence & Leadership Vastola	Power of Motivation Hagan
Fitness Business Trends For 2019 Kooperman	Consumer Sales & Revenue Generation McBride	Introversion is Power Layne
Increasing Retention Vastola	Future Opportunities Within The Fitness Industry McBride	The Business of Fitness Murphy-Madden
Winning Business Strategy McBride	Financing Options for Your Business Bosley	Essentials to Selling Beyond Price Vastola
Drive Profit and Brand Loyalty Etuk	Bootcamp for Your Front Line Hoff	Evolution for Successful Leadership Thews
State of the Industry Panel Discussion Lewis-McCormick, SGT. Ken, Stevenson, Thews		
Key Technologies to Watch Etuk		Driving Trends in the Fitness Industry Hagan
Keynote Address: Lead To Succeed SGT. Ken		
Personal Social Media Branding Bonetti	Studio Synergy: 8-Week Programs Digsby	Keys to Employee Engagement & Motivation Stevenson
Facebook for Your Fitness Business Hoff	Fitness Presenting - The Next Step Layne	Drive the Experience Robinson
Maximizing the Member Experience Stevenson	Surviving & Thriving Social Media Hogg	
Female Leadership Kooperman, Roberts, Erickson, Lewis-McCormick	Team Work Makes the Dream Work Stevenson	Standard of Service Models Vastola
Savvy Social Media in the Fitness Space Hogg	Stop Selling Packages! Wollan	Community Events to Drive Revenue O'Brien
Staffing, Operations & Technology O'Brien	The Business of Personal Training K. Roberts	Podcasting 101 Conti
Front Desk - Heart of Your Operation O'Brien	Be The Stand-Out Club Gerasimas	PT + Group Fitness Success Brown
WOW Clients & KEEP Them Gerasimas	Marketing the 55+ Population Wollan	From Fitness Enthusiast to Fit Pro Graham
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FRIDAY, FEBRUARY 22

SATURDAY, FEBRUARY 23

SUNDAY, FEBRUARY 24

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# CLUB INDUSTRY BUSINESS SUMMIT

**February 22-24, 2019**  
**Grand Hyatt New York**

109 E 42nd Street  
at Grand Central Terminal  
New York, NY, 10017

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

# \$199

**Pre-Deadline Pricing**  
**Ends January 29**

The Club Industry Business Summit is a three-day Fitness Education Conference, running three sessions every hour and featuring 25 world-renowned Fitness Business Educators leading more than 40 sessions on such topics as:

- Social Media
- Marketing
- Technology
- Fitness Trends
- Sales/Retention
- Membership
- Programming
- Motivation
- Finance
- Leadership

## SCW Fitness Education MANIA® Conventions Partner with Club Industry to Help you Build your Business and Career

Club Industry has joined forces with SCW Fitness Education to run an exclusive Club Industry Business Summit at seven (7) MANIA® Fitness Professional Conventions throughout the USA in 2019 starting in New York City on February 22, 2019.



The education sessions cover a wide range of topics including; marketing, technology, trends, sales, retention, products, programming, social media, finance and leadership. **44 hand-picked business sessions were carefully selected by 25 top industry professionals.**



This premier event runs concurrent to the MANIA® Fitness Pro Conventions held in the same

location at the finest hotels. **All Club Industry Business Summit attendees are given a FREE attendance to over 200 MANIA® sessions**, allowing a valuable first-hand glimpse of what your club currently looks like or should look like.



Take advantage of the leadership and business education opportunity that is provided at the Club Industry Business Summit. **Three (3) full days of all the education, networking and tools you need to set yourself apart from the competition and move your business into a more profitable future.**

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



## Club Industry Business Summit Expert Presenters



### BARBIE BROWN

- Business Admin & Marketing degree
- Certified in Lifestyle Coaching
- Social Media Manager for MASHUP®.



### CHRISTINE CONTI

- Owner and co-host of nationally-acclaimed Podcast
- Creator of Let's Face It
- Former All-American



### SOHAILLA DIGSBY, RDN, LD, CPT

- Registered Dietitian & Nutritionist
- Founder 52-Day Best Body Countdown
- Author of three nutrition books



### CAROLYN ERICKSON

- Former Manager for 16 24HR Clubs
- Former Director of Sales & Business Development for Jillian Michaels BODYSHRED
- National Director for Savvier & Stroops®



### NTIEDO (NT) ETUK

- Honored as "Top Entrepreneur" and a "Silicon Alley One to Watch" by Crain's
- Featured in Forbes, BusinessWeek, New York Times, NBC, CNBC, & Fox



### JENNIFER GERASIMAS

- Owner of 7Core Fitness
- Corrective Exercise specialist
- Successful Fitness Manager focusing on executive clients



### JASMINE "Jaz" GRAHAM

- Fashion Exec turned entrepreneur running boutique studios
- Owns & operates a 4200 sq. ft independent training gym located in Times Square



### MAUREEN "Mo" HAGAN

- Vice President of Program Innovation for canfitpro and GoodLife Fitness
- Board of Directors member for Prescription to Get Active & WIFA



### JENN HOGG

- A Social Media Manager for Schwinn Fitness
- Co-Founder of H.E.R.O (Help Everyone Reach Optimal Fitness)



### MARISSA HOFF

- Manager Stevenson Fitness building a membership base of nearly 2000 members with high retention rates and customer satisfaction scores



### SGT KEN®

- Six-time Army Soldier of the Year
- Counterintelligence Agent
- Decorated Combat Veteran
- Featured on ABC, CBS, NBC, Fox news



### SARA KOOPERMAN, JD

- CEO of SCW Fitness Education
- CEO, WATERinMOTION®
- National Fitness Hall of Fame Inductee
- WIFA Board of Director's Member



### MELISSA LAYNE, Med

- Kinesiology Department Professor at University of North Georgia
- Master's Degree in Exercise Physiology
- Author of WATER EXERCISE



### IRENE LEWIS-MCCORMICK MS, CSCS

- 2018 IDEA Fitness Instructor of the Year
- Adjunct University Faculty Member
- Award-winning Keynote Speaker
- ACE and NASM Subject Matter Expert



### BILL MCBRIDE

- Former Board Chair of IHRSA
- Past President of the MACMA
- Former Industry Advisory Board for the American Council of Exercise (ACE)



### TRICIA MURPHY MADDEN

- IDEA Program Director of the Year
- National Education Director for Savvier Fitness
- Co-Creator of Barre Above



### KERRI O'BRIEN, EdD, MBA, CSCS

- Former Executive VP for ACE
- Past Global Director of Ed. for Life Fitness
- President of the AZ Fitness Therapy Network



### KELI ROBERTS

- National Fitness Hall of Fame Inductee
- IDEA Instructor of the Year
- SCW Certifications Author & Faculty
- ACE Global Master Trainer



### DANE ROBINSON

- Regional TeamPHITT Director at Onelife Fitness, Atlanta GA
- Former Collegiate Football Player
- 2-time Head Coach of the Year



### CHRIS STEVENSON

- Owner of Stevenson Fitness
- Acclaimed International speaker who regularly presents at IHRSA, Club Industry, & IDEA



### DORIS THEWS

- Vice President of Group Fitness, Team Training and Innovation for VASA Fitness
- Senior Master Trainer for Schwinn
- Master Trainer for BOSU



### LINDSAY VASTOLA, NSCA-CPT

- Editor of Personal Fitness Professional (PFP) Magazine
- Founder Body Project, in-studio and online lifestyle programs for women



### COSMO WOLLAN

- Senior Executive at Synergy Cubed
- Creator, G.R.E.A.T. Training™
- Founder, P.U.R.E.™



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FOR FULL CLUB INDUSTRY  
BUSINESS SUMMIT BROCHURE

**SCHWINN®: BALANCING ACT****Eric Thomson**

At Schwinn, we #RideRight. To ride right you must train right by incorporating exercise protocols that balance out the riding position. Uncover a variety of cycling fusion formats including yoga, barre, strength and core to ride right & train right. You can have it all and Schwinn will show you how.

**FR5I Friday, 4:00pm-5:30pm****STAGES®: TEAM PURSUIT: THE EXPERIENCE****Kristy Kilcup**

This ride will be like no other you've experienced, as you and your team race in a heart-pounding simulated Team Pursuit. Work at power zones authentic to this Olympic event, as you help your team get the gold. Just like a real-life track bike: fixed gear, no brakes, top speed!

**FR5J Friday, 4:00pm-5:30pm****LABLAST® SPLASH****Louis Van Amstel**

LaBlast Splash, created by Louis van Amstel, is based on all the dances seen on Dancing with the Stars. True ballroom dance patterns in the pool, including Quickstep, Lindy Hop, Foxtrot, Waltz and more. Learn how to fuse dance and strength, utilizing water principles, all while having a "BLAST."

**FR5K Friday, 4:00pm-5:30pm****ARE YOU CBD CURIOUS?****Melissa Gibson**

You should be! Join hemp&humanity founder, and CBD expert, Melissa Gibson, as she answers all your questions about this powerful nutrient. You'll learn what CBD is, how it works, and why it's essential for overall wellness. Discover how you and your clients can benefit from CBD, as Melissa separates fact from fiction.

**FR5L Friday, 4:00pm-5:30pm****NATURAL REMEDIES FOR ATHLETES/ENTHUSIASTS****Dr. Dawn Figlo**

Performance and recovery are a concern of every team member, trainer, and coach. From yoga and bodybuilding to mountain climbing, every person in motion needs support to repair and rejuvenate their body. Review six specific essential oils and remedies that help any active person remain their most active selves. (LECTURE)

**FR5M Friday, 4:00pm-5:30pm****FR6 - EVENING SESSIONS****6:30PM-7:30PM****FITNESS IDOL****Judges: Sara Kooperman, JD, Keli Roberts, Yury Rockit & Manuel Velazquez**

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 2020 SCW press releases, but you'll get a chance to show off your skills as a featured presenter at the 2020 SCW MANIA® Convention of your choice!

Each 2019 SCW Fitness Idol Winner receives:

- A slot as a presenter at a future SCW MANIA®
- FREE SCW Online Certification of your choice
- Coverage in all SCW press releases
- 1 year FREE SCW OnDemand Membership

To compete, visit: [www.scwfit.com/idol](http://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****LES MILLS SPRINT™: CYCLING SUCCESS****LES MILLS****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 ADDRESS - PANEL DISCUSSION****Irene Lewis-McCormick, MS, CSCS, SGT. Ken, Chris Stevenson, Doris Thews**

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 firsthand the best practices that exist today. THIS SESSION IS OPEN TO THE PUBLIC, AND THERE WILL BE FREE REFRESHMENTS! (LECTURE)

**FR6O Friday, 6:30pm-7:30pm**



## SATURDAY, FEBRUARY 23

SA1

7:00AM-8:30AM

### TRAINING THE FEMALE CORE

**Keli Roberts**

A comprehensive review of the deep inner unit and superficial core provide background for the female body. In an interactive environment through hands-on practical application, trainers will learn a series of specific techniques to train the female core, utilizing stability balls, rubber resistance, Gliding and the Bender Ball.

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

### LET'S GET FHIIT

**Dane Robinson**

Evolve your small group training experience by applying these 4 PROVEN methods of Functional High Intensity Interval Training (FHIIT) in a cooperative & collaborative team approach to achieve MAXIMUM engagement and RESULTS with your clients. Team training is going to get taken to another level!

**SA1C Saturday, 7:00am-8:30am**

### CORE STABILITY BALL TRAINING

**Josh Bowen**

With so much emphasis on training abs with spinal flexion movements like crunches and sit ups, we often forget the benefit of training core in a prone or static position with a stability ball. Learn how to activate the core musculature and improve core stability, strength and power by using a few simple movements on a stability ball.

**SA1D Saturday, 7:00am-8:30am**

### THE SCIENCE OF AGING GRACEFULLY

**Pete McCall, MS**

Yes, it's true, exercise can slow down the aging process. Learn the science of designing and coaching workouts that can help clients maintain youthful appearance and energy. This interactive session will cover specific strategies and techniques for creating workouts to help your clients find their fountain of youth.

**SA1E Saturday, 7:00am-8:30am**

### RUMBLEROLLER® ACTIVE RECOVERY

**Tripp Miller, MS**

Explore the role of recovery in training and how RumbleRoller can be incorporated into a full-body active recovery session. This session includes rolling, stretching and dynamic mobility to feel better, promote recovery and increase mobility.

**SA1F Saturday, 7:00am-8:30am**

### BARRE SO HARD - SAVVIER FITNESS

**Tricia Murphy-Madden**

"Intensity, intensity, intensity" is what they are asking for, so let's give it to them! We'll look at how to successively and safely incorporate heavier weight and increase the workload effort. Diversify your Barre offerings by a different approach to weight selection unique to each fitness level or goal.

**SA1G Saturday, 7:00am-8:30am**

### SOUL CLAP: ONE TEAM, ONE SOUND

**Khalid Freeman**

Work as a team to create music by using stomps, claps, voice and dance moves. This class is energetic, soulful and teamwork driven. Bring your dancing shoes and get into the rhythm and soul. Lessons in polyrhythms, syncopation, building blocks of rhythm and basic song structure will teach you how put together choreography for your class.

**SA1H Saturday, 7:00am-8:30am**



## SARA KOOPERMAN, JD

Sara, CEO of SCW Fitness Education and WATERinMOTION®, is a visionary leader who has launched nine successful MANIA® fitness-professional conventions, over 30 live and online certifications, and countless video & CEC projects. Sara's humor and warmth are matched only by her devotion to education. She is the proud recipient of AEA's Global Award for Contribution to the Aquatic Industry, serves on the Gold's Gym Think Tank, is on the Women In Fitness Board of Directors, and a National Fitness Hall of Fame Inductee. Sara has left an indelible mark on the entire fitness industry.

### SCHWINN®: MUSIC & SO MUCH MORE!

**Jeffrey Scott**

Learn the latest and greatest places to source the best music, remixes, mash-ups and the perfect "Surprise & Delight" to set your playlist apart from everyone else. Uncover new apps and programs available to remix and customize your own music tracks. This is a HOT workshop so claim your seat fast!

**SA1I Saturday, 7:00am-8:30am**

### STAGES®: WORK YOUR RECOVERY Kristy Kilcup

It's been said that training makes us weaker... Recovery is actually what makes us stronger. What are optimal work-to-rest ratios? Do your interval profiles deliver a "dose" sufficient to create the results your riders want? Understand the vital role of recovery, and how to properly apply it to achieve new heights of fitness gains!

**SA1J Saturday, 7:00am-8:30am**

### LABLAST® SPLASH Louis Van Amstel

LaBlast Splash, created by Louis Van Amstel, is based on all the dances seen on Dancing with the Stars. True ballroom dance patterns in the pool, including Quickstep, Lindy Hop, Foxtrot, Waltz and more. Learn how to fuse dance and strength, utilizing water principles, all while having a "BLAST."

**SA1K Saturday, 7:00am-8:30am**

### HOW TO EAT SUGAR Sohailla Digsby, RDN, LD, CPT

Should you avoid sugar like it's the devil, or eat as much of it as you want - with plans to just "work it off?" How much is a reasonable amount to allow? What are the consequences if you have too much? It is possible to eat it strategically, so that it doesn't control you? (LECTURE)

**SA1L Saturday, 7:00am-8:30am**

### WALK TOWARDS PEACE, HEALTH, HAPPINESS Dr. Dawn Figlo

Dr. Dawn offers a checklist of wellness habits each of us need to incorporate into our daily lives for optimal health and wellness. Each participant will be guided on their own wellness plan of self-care. She will address healthy eating habits, exercise, rest and stress management and reducing toxins.

**SA1M Saturday, 7:00am-8:30am**

### STAIRMASTER HIIT - REST & HIIT

**Sonja Friend - Uhl**

Yep, Rest & HIIT are a perfect pair and that's no BS. Active rest intervals allow for optimal intensity during the work intervals to produce results without overtraining. Learn how to use the rest interval in your workout programs to help your clients and classes perform their best.

**SA1N Saturday, 7:00am-8:30am**



## SA2 - KEYNOTE ADDRESS FEATURING LABLAST & SOUL CLAP

9:30AM-10:45AM

### LEAD TO SUCCEED

#### SGT Ken®

Lead to Succeed: The Top 10 Tips to Maximize Your Mentorship and Resilience Skills™ with SGT Ken® is an incredibly informative and inspirational workshop that identifies the indispensable skills every person must possess to put passion into purpose, create connection, restore resilience, and build relationships that will last a lifetime!

**SA2A Saturday, 9:30am-10:45am**

## SA3

11:00AM-12:30PM

### THE EPOCALYPSE WATERROWER® POWER WORKOUT™



#### Irene Lewis-McCormick, MS, CSCS

The EPOCalypse™ with Irene McCormick is an extremely exciting fitness circuit training program filled with several Versa Loop and Medicine Ball exercises, and finished with highly effective WaterRower drills designed to immediately improve your strength and power like never before. Endure the EPOCalypse today to become a better you tomorrow!

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

### STRONG BY ZUMBA®



#### Ricardo Alas

STRONG by Zumba® is a revolutionary high-intensity workout, led by music. Body weight, muscle conditioning, cardio and plyometrics are synced to original music designed to match each move. Think you have what it takes? Join the STRONG by Zumba® Master Class and find out!

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

### TRAINING THE ACTIVE AGING FEMALE CLIENT

#### Keli Roberts

The aging female body has specific needs and concerns. As strength, mobility, stability and bone density decline, precise training strategies play a large role in successfully addressing these issues. Review foundational conditioning concepts to transform your approach. Learn to apply these principles through practical application in a hands-on session.

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

### SPEEDBALL CORE

#### Steve Feinberg

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.

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

## 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.

### 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.

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

### MAT TO THE MAX

#### Abbie Appel

Max out your Pilates Mat class with 10 authentic advanced exercises from the original repertoire. Revisit Pilates principles and optimal alignment to understand what it means to be "advanced"! Dissect each exercise and discover how to modify and progress movements for your intermediate to expert students. Take your Pilates practice up a notch by safely and successfully adding challenge.

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

### BARREFLOW



#### Karli Taylor

What is different about BarreFlow? We believe that the real work is done not in the actual exercises, but in the transition between them! Whether we are on the mat or at the barre, our sequences are designed to flow smoothly in a vinyasa-like style.

**SA3G Saturday, 11:00am-12:30pm**

### 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 has taken Aerobics and brought it to the next level with modern fitness techniques. HIGH combines FUN (Fitness Choreography set to fun music), INTENSITY (HIIT training, plyometric, toning and cardio), and CONSISTENCY (each song has specific simple moves taught the same by all instructors).

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

### SCHWINN®: HOW TO WOW!



#### Doris Thews

Learn the secret to creating buzz in the locker room and a waitlist for your class! 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!

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

### STAGES®: ONE SIZE DOESN'T FIT ALL Ben Kohler



Feel like you're reaching the front row, but struggle to connect with other attendees in your class? Genetic makeup, body type, nature and nurture... Everyone will respond differently to your coaching and cues. How can we personalise our group experiences to cater to all members in our cycling classes? Join us and find out!

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

### IT'S RAINING MEN! EQUIPMENT REVEALED

#### Jeff Howard, Manuel Velazquez & Yuri Rockit

Join our Men of MANIA® for a tidal wave of new equipment ideas on how to use noodles, hand buoys and aqua gloves creatively. Leave a flood of exciting ideas to bring home to your students! The pool will never be the same when you experience this fountain of energy and enthusiasm.

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





**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)

**SA3L Saturday, 11:00am-12:30pm****BUILDING CHOREOGRAPHY LIKE A PRO****Louis Van Amstel**

Explore various techniques for developing and teaching choreographed routines in ways that are easy to follow, make sense to your class and leave your participants feeling not just sweaty, but successful. (LECTURE)

**SA3M Saturday, 11:00am-12:30pm****STAIRMASTER HIIT - A MOMENT IN TIME****Pete McCall, MS**

How does the length of an interval affect intensity? Do work intervals always need to be the same duration during a high intensity workout? Discover techniques for optimizing effort. Learn how to tweak time and organize effective work intervals to lend to greater client success.

**SA3N 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.

**WORKOUTS THAT WORK Pete McCall, MS**

Exercises for mobility, strength and balance can ensure long term success when clients progress to the high intensity workouts required to lose weight and add definition. Learn specific and strategies to deliver the results clients want by designing exercise programs that feature proper, safe and appropriately challenging progressions.

**SA4C Saturday, 12:45pm-2:15pm****BARRE NECESSITIES Abbie Appel**

Barre is still the hottest format around! Learn the basics of Barre... plus a whole lot more. Understand the movement principles and intensity variables that make Barre, Barre. Discover a proven system that will take your Barre class from great to exceptional. Experience an authentic Barre class with movements that will challenge and enhance any conditioning class.

**SA4G Saturday, 12:45pm-2:15pm****LABLAST® BALLROOM FITNESS PARTNER FREE****Louis Van Amstel**

Fitness that focuses on Cardio, Endurance, Weight Training and Plyometrics. Full body workout: Physical. Mental. Emotional. Learn the true skill of ballroom dance. LaBlast answers the million-dollar question: how to deal with ALL ages and abilities, ALL integrated into the same class!

**SA4H Saturday, 12:45pm-2:15pm****STAGES®: POWER VS. RHYTHM****Kristy Kilcup & Marina Mitchell**

Finding the balance between power and rhythm is one of the biggest challenges that IC instructors face nowadays. Not an easy task, but this workshop will not only give you a deeper overall understanding of both (+ practical takeaways), but will also take your instructor skills to the next level!

**SA4J Saturday, 12:45pm-2:15pm****AQUA CORE OPTIONS****Connie Warasila**

Explore the benefits and challenges of working your core in an aquatic environment. Use progressions and regressions for a variety of routines that ensure greater participant success regardless of fitness experience. Leave with eight new 64-count choreography sequences (all written down!) Discover a flood of new WATERinMOTION®-inspired Aqua Core Options!

**SA4K Saturday, 12:45pm-2:15pm**

LET THEM HEAR YOU

**ROAR**

**METABOLISM REALITY CHECK****Sohailla Digsby, RDN, LD, CPT**

Is there anything you can do to impact your metabolism? Can you prevent plateaus in progress? How can you increase your energy level? Learn which factors can you control (this may require a reality check), and which ones can't (this may require some acceptance of a new normal). (LECTURE)

**SA4L Saturday, 1:30pm-3:00pm****BOXING BOOTCAMP****Steve Feinberg**

Looking for ideas for a new station in your Circuit class or Tabata Bootcamp? This session explores the basics of boxing with 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.

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

OnDemand

**SA4 - SESSION 2****1:30PM-3:00PM**

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

**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 never thought possible. Experience exercises and games for a challenge you'll lose yourself in. Develop a stronger connection among your participants and you, as the professional, in the center of the experience.

**SA4A Saturday, 1:30pm-3:00pm****COUNTRY FUSION® WORKSHOP****Elizabeth Mooney**

This 90 minute workshop will breakdown all of the Country Fusion dances. You will learn actual line dances such as the Tush Push, C C Shuffle, Cowboy Rhythm along with the step terminology. Take the knowledge learned from this session and get out on the dance floor!

**SA4B Saturday, 1:30pm-3:00pm****HIIT THE TURF: YOGA FUSION****Jen Keenan-Stryka & Angelique Hughes**

Explore the lighter side of TURF training. This class incorporates yoga movement into our basic HIIT style Turf Training. Learn how to combine simple yoga poses with a higher intensity class to increase your client's flexibility and strength. Ideal for cardio-based clients looking to add yoga to their busy schedules.

**SA4D Saturday, 1:30pm-3:00pm****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 Exercise 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.

**SA4E Saturday, 1:30pm-3:00pm**

OnDemand

**RESISTANCE YOGA****Jeff Howard**

Take Yoga to the next level with STROOPS Loops. Loops provide a perfect balance of additional tension during your yoga poses bringing an alternative perspective on your standard practice without resistance. Do something different in your Yoga classes by introducing the Loops and add measurable gains to your practice!

**SA4F Saturday, 1:30pm-3:00pm****SCHWINN®: SUPER STAR SUBSTITUTE****Doris Thews and Lou Atkinson**

Be THAT Instructor who steps in at a moment's notice, wins over a skeptical class & has riders eating out of the palm of your hand. Experience the perfect "save the day" ride and learn tips and tricks for succeeding in every stand in situation as the SUPER STAR SUBSTITUTE!

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



## THE FEMALE TRAINING ADVANTAGES 2019

**Len Kravitz, PhD, CSCS**

This state-of-the-art lecture summarizes new research on the physiological effects of exercise in females. A comprehensive review of fat metabolism, hormones, caloric expenditure, health and physiology related to exercise are discussed. Several highly effective resistance training and endurance workouts (from studies) will be presented. (LECTURE)

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



## IRENE LEWIS-McCORMICK, MS, CSCS

Irene is the recipient of the 2018 IDEA Fitness Instructor of the Year award and has been acknowledged as an award-winning conference educator, keynote speaker, and adjunct university faculty. An ACE and NASM Subject Matter Expert, Ryka Brand Ambassador, SCW Fitness Faculty, Water Rower Lead Educator, TRX and Savvier Fitness master trainer, and Beach Body consultant, she is the author of *The HIIT Advantage for Women* and *A Woman's Guide to Muscle & Strength* (Human Kinetics). Irene coaches and leads regional TRX education for Orangetheory Fitness.

**SA5**

**3:15PM-4:45PM**

## NO MORE "SQUEEZING YOUR GLUTES"

**Jason Hamera**

Explore how using different drivers to create powerful subconscious movements authenticates how we function in everyday life, and elevate the training experience. By using external cues and utilizing the ProceDOS p9 platform, you will walk away confidently able to cue exercise form effectively speaking a language the body understands.

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

## GLIDING REINVENTED

**Mindy Mylrea**

You are about to experience gliding reinvented! Learn from the creator herself the magic of Gilding and how your body can be super challenged with this simple tool. From lower body, upper body and core you will walk away with a unique and diverse library for your training toolbox.

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



## TRAINING BY THE NUMBERS

**Andrew Gavigan**

Attendees will participate in 4 different workouts based on routines for personal or semi-personal training. Using these fun, simple outlines based on unique rep or time patterns, we can keep our clients engaged and excited. Basic human behavioral concepts will be discussed between each workout along with practical ways to implement.

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

## THE NEXT GENERATION OF POUND®

**Shannon Roentved**

Discover POUND's newest program, Generation POUND, a movement aimed at changing the concept of health and fitness for today's youth. Generation POUND makes fitness about self-expression, empowerment, self-love, and fun by introducing alternative ways to move, rock, play, and make noise.

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



## FACE IT TOGETHER: FACIAL EXERCISE PROGRAM

**Christine Conti**

Let's Face It Together, Facial Exercise Program, teaches participants of all ages how to strengthen facial muscles, reverses the signs of aging, and increase confidence. Whether you have been diagnosed with Parkinson's Disease or you have experienced strokes or facial trauma, this program will help to activate your facial muscles.

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

## TRENDING NOW: HIIT WITH ACTIVE RECOVERY

**Barbie Brown & Jacquese Silvas**

Active recovery is a trending exercise modality that plays important role in our overall fitness by balancing out High-intensity interval workouts. It promotes muscle recovery and maintains a healthy habit of working out. Learn how MASHUP® programming incorporates this component effectively into a group fitness experience for all fitness levels!

**SA5F Saturday, 3:15pm-4:45pm**



## BARRE CONCEPTS: FROM HIIT TO LIIT

**Irene Lewis-McCormick, MS, CSCS**

Learn to use HIIT techniques to incorporate into Barre classes for individuals wanting just a little bit more from their steady state barre workouts. Mix up steady state training with short burst intervals that incorporate power and maximize caloric expenditure.

**SA5G Saturday, 3:15pm-4:45pm**

## SOUL CLAP: STEPPING & BODY PERCUSSION

**Khalid Freeman**

What is Stepping/Body percussion? Body percussion is music you can see, Dance you can hear while Stepping is a percussive dance form derived from African American Greek Fraternity and Sororities on College campuses. Bringing these two forms together and the human body (your instrument) to unite people will create an atmosphere of teamwork and accountability that fuels the vessel of this work out.

**SA5H Saturday, 3:15pm-4:45pm**



## SCHWINN®: MAXIMIZE YOUR RIDE

**Keli Roberts**

What's your true max? Numbers don't lie and Power is a real indicator of intensity. When you marry truth and intensity performance improves. Learn what POWER is and how to coach to it to motivate in a variety of different ways. Bring a never-quit conviction and discover what true grit feels like.

**SA5I Saturday, 3:15pm-4:45pm**



## STAGES®: PARTY THROUGH THE DECADES

**Pam Benchley, Dennis Mellon, Marina Mitchell & Ben Kohler**

We know you can sweat on a bike, but can you party like it's 1999??? This high-energy journey ride will have you pedaling the 60's, climbing the 70's and racing the 80's... all the way up to present day!!! Party, sing, and RIDE your way through the decades with a video compilation that will take you back to the future!

**SA5J Saturday, 3:15pm-4:45pm**



## SILVER AQUA SOLUTIONS

**Sara Kooperman, JD, Manuel Velazquez & Connie Warasila**

Active agers thrive in the water. Discover eight new 64-count choreography blocks of fun, low-impact aqua exercises for this growing population. These WATERinMOTION® Platinum-inspired routines, which you'll take home in written form, are easy to master and teach, and they provide older adults with an engaging workout that improves cardiovascular endurance, balance, strength, and flexibility.

**SA5K Saturday, 3:15pm-4:45pm**



## NUTRITION FOR FITNESS PROFESSIONALS

**Melissa Layne, MEd**

This session will incorporate the basics on the latest nutrition research, trends and fads such as carb cycling, intermittent fasting, ketosis, and other diets. What can a fitness professional provide in nutritional guidance and stay within the scope of practice? We will also debunk nutrition myths and review the basics of weight loss and metabolism. (LECTURE)

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

## ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE

**Steve Feinberg**

We will demonstrate and go over the use of muscle and nerve electronic stimulators to improve overall athletic performance. (LECTURE)

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



## STAIRMASTER HIIT - HIGH FIVE

**Abbie Appel**

Wow your students with this efficient, total-body, one-of-a-kind workout! Cross-train with 5 elements of fitness and motor training. Experience cardio, muscular strength, muscular endurance, SAQ (speed, agility and quickness) and balance... all essential to a well-balanced program. Learn sure-fire techniques to replicate this workout and help your student reach their goals in a fun, group environment.

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



**SA6**

**5:00PM-6:30PM**

## PLYO PLAY

**Jonathan Ross**

Welcome to the intersection of fun, fast and fitness. Playful, intense, plyometric exercises allow you to experience a challenge while you're captivated by fun and friendly competition. Ideal for clients seeking a non-traditional exercise experience that's challenging enough to create change. Mix some sweat, speed and smiles, and get lost in play to find yourself in fitness!

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

## THE WARRIOR® WORKOUT

**Jani Roberts**

The Warrior® Workout is a fusion of martial arts and functional fitness. Designed for men and women of all ages and fitness levels, it is taught in rounds followed by short periods of active recovery. It simultaneously challenges the mind and body, includes motivational guidance, allowing participants to overcome self-imposed limitations and realize their physical & mental potential.

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

## THE ULTIMATE FITNESS EQUATION

**Dane Robinson**

Create the ULTIMATE program for your personal training client or small group session by harnessing an easy formula to SYSTEMIZE your programming for ANY client, at any stage of their fitness journey! Experience the "Ultimate Fitness Equation" for yourself in this see & do workshop.

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

## REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF

**Kevin Mullins, CSCS**

Change the word functional in your mind forever! Learn the methods of elite personal trainers that lead to best programs, the best results, and an exciting business. Experience functional training firsthand

as Kevin leads you through a challenging workout that incorporates every movement pattern, your core, and your cardiovascular fitness.

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

## "I WISH I KNEW BEFORE.."

**Yury Rokkit**

Any age can teach active aging clients with understanding of the aging mental process from the perspective of mindfulness. Current research reveals possible secrets and tips that Yury shares for adding to aging process mindfulness, meditation, and music. We will also address balance from a mental and physical perspective.

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

## CONSCIOUS MOVEMENT & FUNCTIONAL YOGA

**Manuel Velazquez**

Rediscover functional training, pair and match ancient Yogic asanas with movement forms that simulate activities of daily living. The emphasis is to challenge range of movement and boundaries of muscle tension through fluid conscious effort and conscious proper alignment.

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

## BARREFLOW FIRE AND FE Karli Taylor



Are you looking to increase the intensity of your barre workout? While following the basic structure of a BarreFlow class, this workout combines larger movements with smaller traditional barre moves in order to increase the cardiovascular benefits of your barre class while incorporating light hand weights to add an extra resistance training burn!

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

## DANCE AFTER DARK • 5:00pm - 8:30pm

**EXCLUSIVE TO NYC MANIA®!**

**Calvin Wiley, Frida Persson, Jordan Washington**

DANCE AFTER DARK will exceed all expectations! Join us for this exhilarating event featuring master classes and inspiration from NYC's most talented choreographers and influencers, as well as a community to engage with one another. Each attendee will feel motivated, educated, and empowered to find their artistic self, leaving them with an unforgettable experience and thirst for more.

**SA6H Saturday, 5:00pm-8:30pm**



## SCHWINN®: STEP INTO YOUR SHINE Jenn Hogg

What do sold out classes, savvy social media and strong personal branding have in common? YOU! Learn how to work your "Why" and attract people to not only your classes but also to your vision. Build your base and your business. Are you ready to step into your shine?

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



## STAGES®: THE POWER OF CUE-MUNICIPATION

**Ben Kohler**

Feel like what you say in class is falling on deaf ears? Cue-munication is more than just cheering for your participants or telling them what's next. Partake in this practical session and experience the difference between inspiring vs. de-motivating communication based on the psychology of language. Let's Cue-municate!

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



## TAB-AQUA QUICKIES

**Jeff Howard**

Tab-Aqua Quickies is the exciting new component of Tab-Aqua Bootcamp. Work HARD for 30 seconds, HARDER for 20 seconds, and HARDEST for 10 seconds for six cycles and then rest 10 seconds. Let the music guide you without worrying about watching the clock. Get motivated with aquatic moves that produce results fast.

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



## LEN KRAVITZ, PHD

Len is a favorite presenter at SCW MANIA® conventions and no stranger to accolades; Len was voted into the National Fitness Hall of Fame in 2016. He received the prestigious Canadian Fitness Professionals Lifetime Achievement Award in 2008, was named CanFitPro's "Specialty Presenter of the Year" in 2006 and 2009 and earned the ACE® "Fitness Educator of the Year" title in 2006. Len is also the Program Coordinator of Exercise Science at the University of New Mexico where he won the "Outstanding Teacher of the Year" award.





**PROS AND CONS OF FASTING** Melissa Layne

Intermittent fasting and carb cycling are extremely popular in the weight loss research. In this session, we will address these topics as well as three other types of fasting; prolonged, dry and wet fasting. We will explore the effects on weight loss, the immune system and the life of our cells. (LECTURE)

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

**THE METABOLIC EFFECTS OF RESISTANCE TRAINING**

**Len Kravitz, PhD, CSCS**

Based on a new scientifically developed research review, Len will present state-of-the art evidence for resistance training as a treatment for weight loss, post-exercise fat metabolism, type 2 diabetes, cardiometabolic health and lipoprotein-lipid profiles. Len will present the research results and workouts of 5 great resistance training programs. (LECTURE)

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

**3:1 PUNCHOUT**

**Steve Feinberg**

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.

**SA6N Saturday, 5:00pm-6:30pm**

OnDemand

**SA7 - EVENING SESSIONS 6:45PM-7:45PM****MANIA® REST & RECOVERY**

**Namirsa, Rumbleroller, The Organic Foot, Hemp&Humanity**

Join the newest trends in Recovery to help wind down after the first day of MANIA® and be recharged to take on the rest of the weekend! Learn about different products and techniques that you can use on yourself and clients to stay in top shape to achieve your fitness goals.

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

**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.

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

LES MILLS

**RECOVERY THROUGH MEDITATION**

**Yury Rockit**

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 & drills for you and your clients for both physiological and psychological benefits for mind and body.

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

OnDemand

**SUNDAY, FEBRUARY 24**

**SU1**

**7:00AM-8:30AM**

**HIIT ACCELERATED**

**Mindy Mylrea**

Using the practice, perfect, perform principle for exceptional movement execution. Explore the science, structure and sizzle of elevating your HIIT game by allowing your students to progress through an exercise to explore their untapped potential. This session will show you how to teach every Acceleration block for maximum success.

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

Savvier Fitness

**BODYATTACK® Adam Bramski**

LES MILLS

BODYATTACK® is a high-energy fitness class with athletic moves that cater to every level. Join us for education where we reveal strategies for long-term member success & retention through attention to results-focused, accessible and effective workouts. Walk away with tools to inspire your participants to fall in love with fitness.

**SU1B Sunday, 7:00am-8:30am**

# MAKE GOLDEN YEARS GLISTEN



**YOUR REAR IS THE GEAR****Jonathan Ross**

Get your rear in gear? Your rear IS the gear. Glutes are what make you go and are your engine of movement. Explore fun, challenging, and creative exercise featuring bodyweight, elastic resistance, and simple tools to train and target the glutes whether you need them to perform well or look good!

**SU1C Sunday, 7:00am-8:30am****HIIT THE TURF: FOR PERSONAL TRAINERS****Jen Keenan-Stryka & Angelique Hughes**

Learn how to utilize core strength, stamina and stability training on the TURF for each unique client. HIIT the Turf training is modifiable for adolescents through active aging clients, combining intense cardio-burn with low-impact. Turf Training helps your clients reach their fitness goals in a fun, low-impact and engaging way!

**SU1D Sunday, 7:00am-8:30am****CORE FORWARD PILATES****Jeff Howard**

Light up every muscle with this core-forward Pilates class that sets traditional moves to today's rhythms adding energy and excitement. Through the use of continuous choreography, you'll electrify your burn, strength, and flexibility. A total-body sculpting class that blends light weight training, Pilates, and core strengthening exercise.

**SU1F Sunday, 7:00am-8:30am****COUNTRY FUSION® FOR ACTIVE AGERS****Elizabeth Mooney**

Country Fusion® for active agers is a new fitness workout that incorporates country music and dance. This workout will burn calories and create a healthy and strong mind! In this 90 minute session you will learn easy to follow line dances, create flexibility, and correct posture alignment, all while having fun!

**SU1H Sunday, 7:00am-8:30am****SCHWINN®: R&R - RIDE & RESTORE****Keli Roberts**

In all disciplines recovery & regeneration are key to making performance gains. Learn tried and true techniques for creating a ride that delivers solid work and efficient recoveries for maximal training effect. Discover ways to effectively work these class designs into your training protocols. Get ready to Ride & Restore.

**SU1I Sunday, 7:00am-8:30am****STAGES®: THE SIXTH SENSE****Javier Santin**

The Five Senses: Vision, Hearing, Smell, Taste, and Touch. Achieve a higher state of consciousness and evolve your Sixth Sense, Intuition, in a Ride that will develop your senses, unveiling the unlimited possibilities of teaching Indoor Cycling with and without technology. Mind, Body, and Machine, combined.

**SU1J Sunday, 7:00am-8:30am****CRAVINGS AND SUGAR UNSWEETENED****Tricia Silverman RD, LDN, MBA**

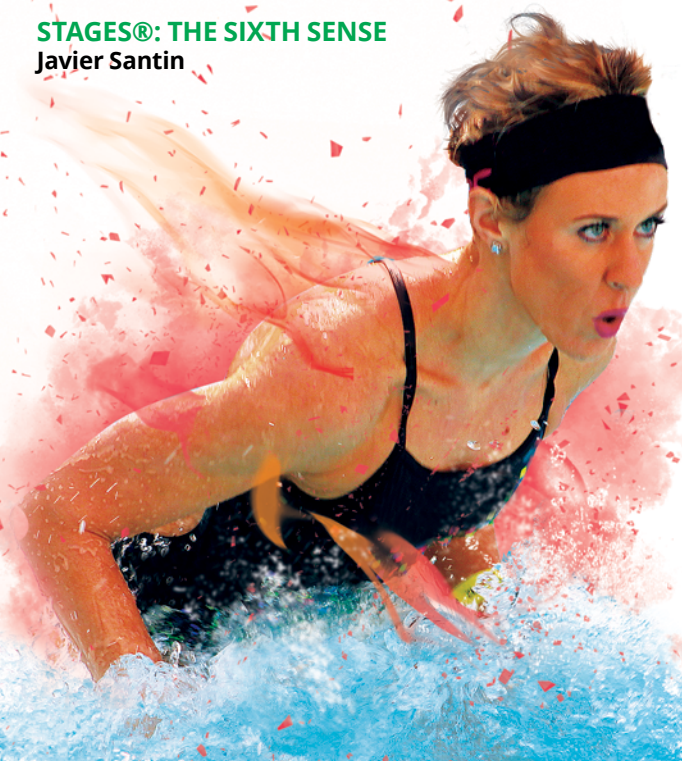
Are cravings undermining your workouts? Learn strategies that nip cravings in the bud. See why sugar is so addictive, and how it affects your body from head to toe. Learn the differences between various types of sweeteners. Discover ways of reducing sugar without sacrificing the taste and enjoyment of food. (LECTURE)

**SU1L Sunday, 7:00am-8:30am****EXERCISE: THE ULTIMATE BRAIN BOOSTER****Len Kravitz, PhD, CSCS**

Join Dr. Kravitz in an incredible educational journey documenting the mental health benefits of exercise. Len will present the newest research on what type of exercises improves memory, thinking, central control and brain processing. A highlight of this presentation is a practical update on how to alleviate stress and anxiety. (LECTURE)

**SU1M Sunday, 7:00am-8:30am****SU2****8:45AM-10:15AM****FUNCTIONAL ABS: CORE STRONG!****Manuel Velazquez**

Functional core training is about stabilization, power and strength. Multi-plane action movement is what we do to achieve and execute our daily tasks efficiently and effectively. Combine range of motion, lever length and speed with functional movement and fun games to sculpt, tone and strengthen your body's center of power.

**SU2A Sunday, 8:45am-10:15am****EVERY BODY FIGHTS: BOXING PT****Josh Bowen**

# BRING

## THE HEAT WAVES



In today's world the landscape of physical fitness has changed. Not only are many people in a constant state of "fight" they are also gravitating to combat sports for their fitness. In this presentation I will show you how to incorporate boxing training into a personal training setting to enhance your client experience and increase their results at the same time.

**SU2C Sunday, 8:45am-10:15am**

### **SPEEDBALL FOR PERSONAL TRAINERS**

**Steve Feinberg**

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.

**SU2D Sunday, 8:45am-10:15am**

### **ATHLETES & ASANAS**

**Yury Rockit**

Yury will demonstrate how to dimensionalize yoga to attract more athletic types to training. Experience this two part workshop featuring strength-based yoga and working in flexibility-based yoga. Learn how to choose asana to complement athletic performance, augment athletic body awareness to prevent injury, and aid recovery through restoration.

**SU2F Sunday, 8:45am-10:15am**

### **SCHWINN®: LET THE MUSIC PLAY**

**Mindy Mylrea**

Learn to lead an amazing cycle experience without any words spoken. Challenge yourself to go where perhaps you have never gone before. Using body language, facial expressions, chimes, drums, and even sign language Mindy will guide you through a workout without speaking a word. This is truly a unique ride.

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

### **STAGES®: DIFFERENT ROADS, ONE JOURNEY**

**Javier Santin**

Life is a journey that must be traveled, even if it is on bikes that go nowhere... but that, somehow, can take you anywhere! Join Team Stages for the Ride that will take you on a tour around the world to celebrate all that unites us. Climb your way through iconic locations on five different continents and don't forget to bring your passport!

**SU2J Sunday, 8:45am-10:15am**

### **IMMUNITY BOOSTERS AND BUSTERS**

**Tricia Silverman, RD, LDN, MBA**

Looking to boost your immunity? Learn which foods and lifestyle practices enhance immunity, and which ones decrease your body's ability to fight infection and illness. Gain practical tips, and enjoy eye-catching nutrition demonstrations to help inspire you to eat for better health and immunity. (LECTURE)

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

### **PREVENTION AND PERFORMANCE FOR RUNNERS**

**Tripp Miller, MS**

16 million Americans run 3 or more days per week and over 20% are injured within a given year. Understand current research on managing runners in pain. Learn movement screens along with self-myofascial release and mobility drills that are focused on helping runners reduce injuries, move better and recover faster. (LECTURE)

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



**SU3**

**11:15AM-12:45PM**

### **CREW CONDITIONING™ WITH SGT KEN®**

**SGT Ken®**

Crew Conditioning™ with SGT Ken® is an exciting four-event athletic challenge with WaterRower drills, plyometric exercises and calisthenics that require the assistance of other athletes, all designed to show you how team-building games will help you double your strength and stimulate your soul. Make your test today your testimony tomorrow!

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



### **URBANDANCELEAGUE: DANCERS ARE ATHLETES TOO!**

**Anthony "Antboogie" Rue II**

The focus of class is to bring your dancing IQ to a higher level, while providing elements you and your clients need to perform on stage. Working on choreography, musicality, and your ability to perform. This class will clean your movements, correct bad habits, while learning fun and energetic routines.

**SU3B Sunday, 11:15am-12:45pm**

### **DOUBLE THE FUN! DOUBLE THE RESULTS!**

**Carolyn Erickson**

Need something really innovative and engaging? Discover unique Stroops resistance band programming that is guaranteed to elevate your sessions. Discover modifications that work even when paired up partners have variable strength and size. Learn to how to turn individual exercises into partner workouts that create interaction and community.

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



### **POUND® WHY YOUR BODY ROCKS!**

**Shannon Roentved**

Using Ripstix®, lightly weighted exercise drumsticks, POUND® transforms drumming into an incredibly effective way of working out. Besides providing a challenging way to train the body, POUND® releases inner rockstars and creates environments that elicit confidence, enhance unity, and ultimately, inspires positive action in life.

**SU3D Sunday, 11:15am-12:45pm**



### **BREATH TO EXCEL: POWERFUL PRANA**

**Yury Rockit**

Just like movement gets better with deliberate and specific practice, so does our breathing. Let Yury teach you how to implement specific breathing strategies for not only better athletic performance but for enhanced recovery, general wellbeing, and a clear and focused mind.

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

### **STAGES®: TRIPLE THREAT MINDSET**

**Ben Kohler**

Are you a triple threat IC instructor? Do you have the chops to keep the Rhythm Riders, the Traditionalists, and the Power Purists coming back for more? Ready yourself for a Triple Treat; three stylistically different rides adaptable to any studio culture using the same music for each!

**SU3J Sunday, 11:15am-12:45pm**



## **MANUEL VELAZQUEZ**

Manuel is a proud Faculty Member for SCW Fitness Education and a WATERinMOTION® National Trainer. He is a valued trainer for BOSU®, Tabata Bootcamp and Barre Above, and a recipient of the NYC 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 member for SCW, ACE, AFAA, ACSM, AEA and WATERinMOTION® and stars in over 50 Fitness Training Videos. He is also RYT-200 Yoga certified and an AFAA Team Pro and Examiner.

**WHAT TO EAT FOR OPTIMAL HEALTH****Bruce & Mindy Mylrea**

Learn which scientifically proven foods should be consumed daily 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.

**SU3L Sunday, 11:15am-12:45pm****FAT LOSS: THE REAL STORY****Len Kravitz, PhD, CSCS**

This engaging lecture will explain the science of metabolism, calorie burning, resting metabolic rate, fat loss, and the latest biomedical research understandings on exercise for weight management. Len will present 8 science-based super calorie burning workouts that deliver and the best weight management findings from the real life biggest losers. (LECTURE)

**SU3M Sunday, 11:15am-12:45pm****SU4****1:00PM-2:30PM****SHIFTING IS THE NEW LIFTING****Jonathan Ross**

Resistance training is essential, but it typically equals lifting. In the real world, the fittest, most capable people do more than lift against gravity...they shift and twist! Performance improves only when the body is trained to integrate and coordinate movement with simultaneous mental focus and engagement. Shifting and twisting to your lifting will take your results to new levels!

**SU4A Sunday, 1:00pm-2:30pm****THE WARRIOR® EXPERIENCE****Jani Roberts**

Discover your inner Warrior®. This Experience provides essential tools to stay in alignment and deal with emotions in daily life. From Warrior® Workouts to Moving Meditations™, our practice teaches participants how to shift energy throughout the day, enhance and improve emotional well-being, and experience more joy on a regular basis.

**SU4B Sunday, 1:00pm-2:30pm****BASICS OF PERSONAL TRAINING PROGRAMMING****Andrew Gavigan**

Take your book smarts and know-how and learn how to apply it to your new clients. We will discuss, and practice, "first session" protocols for assessing your clients, different routines for a variety of new clients, and ways to keep your clients motivated, consistent, and successful. Reach beyond anatomy and explore human behavior in this hands on workshop.

**SU4C Sunday, 1:00pm-2:30pm****SIMPLE AND SMART PERSONAL TRAINING****Steve Feinberg**

Explore program design for the modern age of functional fitness with a focus on longevity and kinematic balance. Discover simple and smart training guidelines for living better addressing varying abilities and ages. Explore best practices and examine creative and relevant process goals emphasizing quality of life and improved vitality.

**SU4D Sunday, 1:00pm-2:30pm****RESTORATIVE YOGA: PROP FREE****Whitney Chapman**

This unique flowing class will introduce you to Self-Awakening Yoga®, a therapeutic technique that creates restoration and rejuvenation through the inquiry of how the body relates and moves with gravity. Release tension, open up joints and quiet the mind in this floor-based practice created by Don & Amba Stapleton.

**SU4F Sunday, 1:00pm-2:30pm****STAGES®: PLAYING WITH POWER****Dennis Mellon & Pam Benchley**

Teaching with power can seem quite puzzling. Fear not! We have the pieces to help you solve the puzzle all while creating a fun, yet challenging IC experience. Learn to identify the Top 5 potential 'roadblocks' when teaching with metrics and leave with a strategy for long-term SUCCESS!

**SU4J Sunday, 1:00pm-2:30pm****CBD SHOW AND TELL****Melissa Gibson**

Join hemp&humanity founder, and CBD expert, Melissa Gibson, for this hands-on class about CBD. You'll learn what standards to apply when selecting a product, which delivery methods to choose, and how it affects focus, performance and recovery. You'll also have the chance to sample some CBD for yourself!

**SU4L Sunday, 1:00pm-2:30pm****CARBOHYDRATE CRAZINESS****Len Kravitz, PhD, CSCS**

Carbohydrate diets are a craze, but is this the best approach to fuel physical activity? This lecture will explain carbohydrate metabolism as well as the metabolic dangers of high-fructose corn syrup. In this 'no holds barred' lecture Len will present the evidence on all of the controversies with carbohydrate intake. (LECTURE)

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

SCW offers more Personal Training Certs & Sessions than ever before. Can't make it to MANIA®? View all our Personal Training Videos on SCW OnDemand!

SCW  
CERTIFICATIONS

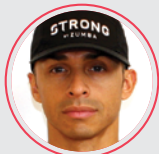
MANIA®  
FITNESS PRO CONVENTION

SCW  
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scwfit.com/MANIA



# NEW YORK CITY MANIA® PRESENTERS



**RICARDO ALAS**  
ZUMBA



**ABBIE APPEL**  
SCW / STAIRMASTER



**PAM BENCHLEY**  
STAGES CYCLING



**ALEXANDRA BONETTI**



**JOSEPH BOWEN**



**ADAM BRAMSKI**  
LES MILLS



**BARBIE BROWN**  
MASHUP



**WHITNEY CHAPMAN**



**FABIO COMANA MA, MS**  
SCW



**CHRISTINE CONTI**



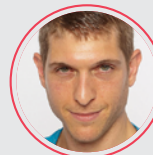
**SOHAILA DIGSBY,  
RDN, LD, CPT**



**AMY DIXON**  
SCHWINN CYCLING



**CAROLYN ERICKSON**  
STROOPS



**STEVE FEINBERG**  
SCW / NAMIRSA



**DR. DAWN FIGLO**



**KHALID FREEMAN**  
SOUL CLAP FITNESS



**SONJA FRIEND-UHL**  
STAIRMASTER



**ANDREW GAVIGAN**



**MELISSA GIBSON**



**MAUREEN HAGAN**



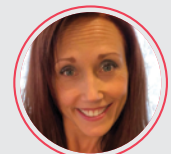
**JASON HAMERA**



**JENN HOGG**  
SCHWINN CYCLING



**JEFF HOWARD**  
SCW / STROOPS



**ANGELIQUE HUGHES**  
TURF ON THE GO!



**DENISE HUNT**



**SGT KEN®**  
WATERROWER



**KRISTY KILCUP**  
STAGES CYCLING



**BEN KOHLER**  
STAGES CYCLING



**PETRA KOLBER**



**SARA KOOPERMAN, JD**  
SCW / WATERINMOTION



**LEN KRAVITZ,  
PhD, CSCS**



**MELISSA LAYNE, Med**  
SCW



**IRENE LEWIS-McCORMICK  
MS, CSCS**  
SCW / RUMBLEROLLER / WATERROWER



**PETE MCCALL, MS**  
SCW / STAIRMASTER



**JOEL MATALON**



**IRENA MELETIOU**  
ZUMBA



**DENNIS MELLON**  
STAGES CYCLING



**TRIPP MILLER**  
RUMBLEROLLER



**MARINA MITCHELL**  
STAGES CYCLING



**ELIZABETH MOONEY**  
COUNTRY FUSION



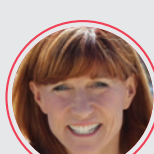
**KEVIN MULLINS,  
CSCS**



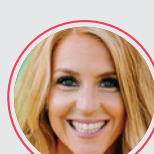
**TRICIA MURPHY  
MADDEN**



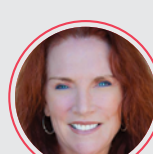
**BRUCE MYLREA**  
ONE DAY TO WELLNESS



**MINDY MYLREA**  
SAVIER FITNESS / SCHWINN  
CYCLING / ONE DAY TO WELLNESS



**EMILY NELSON**  
HIGH FITNESS



**JANI ROBERTS**



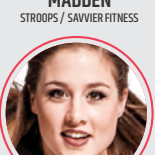
**KELI ROBERTS**  
SCW / SCHWINN



**DANE ROBINSON**



**YURY ROCKIT**  
SCW



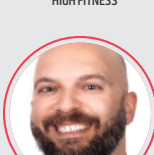
**SHANNON ROENTVED**  
POUND



**JONATHAN ROSS**



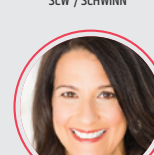
**ANTHONY  
"ANTBOOGIE" RUE II**



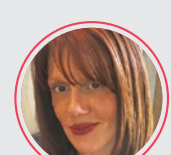
**JAVIER SANTIN**  
STAGES CYCLING



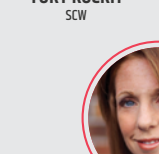
**JEFFREY SCOTT**  
SCHWINN CYCLING



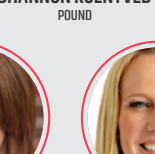
**TRICIA SILVERMAN**  
RD, LDN, MBA  
SCW



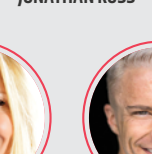
**JEN KEENAN-STRYSKA**  
TURF ON THE GO



**KARLI TAYLOR**



**DORIS THEWS**  
SCHWINN CYCLING



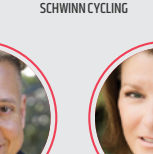
**ERIC THOMSON**  
SCHWINN CYCLING



**LOUIS VAN AMSTEL**  
LABLAST



**MANUEL VELAZQUEZ**  
SCW



**CONNIE WARASILA**



**AMBER ZENITH**  
HIGH FITNESS

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