

NEW YORK CITY MANIA® SCHEDULE

SHOPPING HOURS

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, Hasan 12:30pm - 5:00pm - p. 8		

scwfit.com/ClubNY

CLUB INDUSTRY BUSINESS SUMMIT

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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		

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 Meletiou 8:00am-5:00pm p. 9

A B C D E F G H

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 SESSION 2 12:30pm-2:00pm	HIIT the TURF Keenan-Stryka & 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 Meletiou 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
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SA2 KEYNOTE & AWARDS 9:30am-10:45am								
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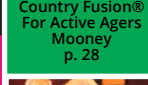
SA3 11:00am-12:30pm	The EPOCalyse WaterRower® Power Workout™ Lewis-McCormick p. 22	STRONG by Zumba® Alas p. 22	Training the Active Aging Female Client K. Roberts p. 22	Speedball Core Feinberg p. 22	Yoga for the Young at Heart: Chair Kooperman p. 22	Matt to the Max Appel p. 22	Barre Flow Taylor p. 22	HIGH Fitness: Aerobics is Back! Nelson & Zenith p. 22
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SA4 SESSION 1 12:45pm-2:15pm 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-Stryka & 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
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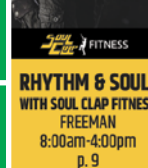

SA5 3:15pm-4:45pm	No More "Squeezing Your Glutes" Hamera p. 25	Gliding Reinvented M. Mylrea p. 25	Training by the Numbers Gavigan p. 25	The Next Generation of POUND® Roentved p. 25	FACE It Together! Conti p. 25	Trending Now: HIIT With Active Recovery Brown & Silvas p. 25	Barre Concepts: From HIIT to LIIT Lewis-McCormick p. 25	SOUL CLAP: Stepping & Body Percussion Freeman p. 25
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SA6 5:00pm-6:30pm	Plyo Play Ross p. 26	The Warrior® Workouts 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	
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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		
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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-Stryka & Hughes p. 28		Core Forward Pilates Howard p. 28	Country Fusion® For Active Agers Mooney p. 28	
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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		
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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		
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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		
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I J K L M N

I SCHWINN CYCLING	J STAGES CYCLING	K AQUA ON LAND	L NUTRITION / WELLNESS	M LEADERSHIP / EX SCIENCE	N BOXING / CIRCUIT
Schwinn®: SchwiNTENSITY 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				

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
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Keynote Address: Lead To Succeed SGT. Ken					
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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
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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 1 p. 24	The Female Training Advantages 2019 Kravitz Session 2 p. 25	Boxing Bootcamp Feinberg Session 1 p. 24
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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
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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
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	Les Mills SPRINT™: Cycling Success Bramski p. 27				
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Schwinn®: R&R - Ride & Restore K. Roberts p. 28	Stages®: The Sixth Sense Santin p. 29		Cravings and Sugar Unsweetened Silverman p. 28	Exercise: The Ultimate Brain Booster Kravitz p. 28	
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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	
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	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	
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	Stages®: Playing With Power Mellon & Benchley p. 30		CBD Show and Tell Gibson p. 30	Carbohydrate Crazyness Kravitz p. 30	STAIRMASTER HIIT CERTIFICATION Friend-Uhl 8:00am-12:00pm - p. 9
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FRIDAY, FEBRUARY 22

SATURDAY, FEBRUARY 23

SUNDAY, FEBRUARY 24

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

scwfit.com/ClubNY