

**CLUB INDUSTRY
BUSINESS SUMMIT**

www.scwfit.com/ClubPH

(See page 18 for details)

PHILADELPHIA MANIA

FITNESS PRO CONVENTION

SCW

PAY ONLY
\$199 (Norm. \$259)
USE CODE: BOOST
\$60 OFF 3-DAY MANIA®
EXPIRES 7/22/19

SEPTEMBER 6-8 • PHILADELPHIA, PA

PHILADELPHIA MANIA®

FITNESS PRO CONVENTION

**PHILADELPHIA MANIA®
FITNESS PRO CONVENTION
SEPTEMBER 6-8, 2019**
(Friday, Saturday and Sunday)

**CERTIFICATIONS
SEPTEMBER 4, 5 & 8**
(Wednesday, Thursday and Sunday)

**\$60 OFF 3-DAY MANIA®
Expires July 22**

Use Code: BOOST

Register at scwfit.com/philly



LETTER FROM SARA KOOPERMAN, JD

Dear Philly MANIACs,

We are excited to be back in Philadelphia!

As I write this letter, preparing for Philadelphia 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.

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 is honored to be partnering 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 25 top fitness industry leaders are now 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. This outstanding Business Summit is perfect for networking and growing your small business or controlling your larger enterprise and is truly an exciting (and long-needed) ONE-STOP-SHOP for our Fitness Community!

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!)

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



MANIA®

FITNESS PRO CONVENTIONS

MANIA® FITNESS PRO CONVENTIONS

MANIA® is more than just a Fitness Pro Convention; it's the place where the fitness community goes to be educated, inspired and recharged! As the largest global provider of Fitness Conferences in the world, earn up to 24 CECs in a single weekend, running up to 19 sessions every hour, featuring 70+ presenters. Our 9 MANIA® Conventions in CA, FL, GA, TX, PA, IL, MA and DC attract world-renowned fitness educators leading over 35 Certifications and 250 sessions.

EXPERIENCE IT ALL UNDER ONE ROOF AT ONE EVENT

19 Sessions per hour with over 250 sessions on such topics as:

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

For all the MANIA® locations and dates visit www.scwfit.com/MANIA.



CLUB INDUSTRY BUSINESS SUMMIT

**NEW!
3-DAY CLUB INDUSTRY
BUSINESS SUMMIT**

This Newest Addition to the 250+ Educational Workshops that MANIA® offers, provides 44 Business Sessions focusing on Social Media, Management, Programming, Sales, Retention, Technology, Finances and Trends! Attend the MANIA® Fitness Convention; affordably priced at \$199. Add in the Club Industry Business Summit to your MANIA® registration for only \$20 more. Conveniently build your business and career in your own backyard! (Look for the shaded blue/grey box throughout the course descriptions and pull-out chart which indicate the Club Industry Business Summit sessions.)

Learn more at scwfit.com/ClubPH



CONVENTION & HOTEL LOCATION

LOEWS PHILADELPHIA HOTEL

1200 Market St, Philadelphia, PA 19107
(888) 338-9541

ROOM RATES (regularly \$269 a night):

\$174 Single, Double or Triple

WOW – what a savings! Pay as little as \$43.50 per night when you share a room with three others!

HOTEL ROOM DISCOUNT DEADLINE: AUGUST 13

TRANSPORTATION

AIRPORT SHUTTLE

Transportation is available from the Philadelphia International Airport to the Loews Philadelphia Hotel for an average of \$48 per person, one way through:

Delaware Express Shuttle: (302) 454-7800

*It is strongly recommended that reservations be made in advance.

TAXI

A taxi will cost approximately \$28-47 each way from the airport to the hotel.

Uber can run approximately \$20-25 one way.

DISCOUNTED PARKING

The Loews Philadelphia Hotel offers Valet parking.

\$49 per day inclusive

*Rates do not include tax.

East Market 1150 Market Street \$30 for 24 hours	Park America Inc. 610-617-2100 1140 Sansom St. \$27 for 24 hours	Parkway 12th + Walnut Garage 267-765-3665 126 S 12th St \$33 for 24 hours
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SCW is not responsible for changes in rates at any location.

EXPLORE PHILLY

There's never a shortage of awesome things to do in Philadelphia - but there are some things you just can't miss while you're here. Whether it's running like Rocky, refueling with a cheesesteak and then wandering along Boathouse Row, or touring Independence Hall, devouring a roast pork sandwich at Reading Terminal Market and then visiting an amazing museum on the Benjamin Franklin Parkway, these are the experiences that make our city stand out among the rest.

MANIA® REGISTRATION & SAVINGS



BE A STAFF ASSISTANT -

PAY ONLY \$99 + EARN 24 CECS & SAVE!

SCW needs energetic, outgoing, flexible fitness pros to help run our MANIA® Conventions

- Work 1 day, get the other 2 days FREE
- Earn up to 24 CECS (SCW, AFAA, ACE, NASM, ACSM, NFPT & more!)
- 50% OFF all SCW Certifications (25+ to choose from!)
- 20% OFF all SCW Products (DVDs, music, activewear)
- FREE MANIA® T-shirt
- FREE Refreshments in the SCW Member Room
- FREE SCW Staff Dinner Party with Drinks & Prizes

For further details on becoming part of the Staff Assistant Team, please visit www.scwfit.com/staff or contact Denise Johnston directly at staff@scwfit.com or Call or Text 678-901-9642.



WEEKEND WARRIOR SPECIAL

Take charge with our Weekend Warrior special! Attend any two-day combination and pay only \$199! 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 sends text messages regarding updates and discounts, so watch your cell phones! To start receiving our FREE Spotlight eNewsletter and informative text messages, sign up here www.scwfit.com/INFO.



REGISTER ONLINE & SAVE

Register Online at www.scwfit.com/dallas - 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 or Call or Text 847-562-4020. We are always here to help!



BECOME AN SCW MEMBER -

IT PAYS FOR ITSELF ... AND THEN SOME!

- \$80 off any regular 3-day MANIA® registration (was \$259 / now Only \$179)
- 1st choice class selection at MANIA® guaranteed!
- 20% discount on products purchased online and at MANIA® booth!
- 20% discount on all SCW Online Certifications
- 20% discount on all SCW CEC Video Courses
- 20% discount on SCW OnDemand
- Access to our Members Only room at MANIA® for complimentary refreshments all weekend!
- NEW Discounted Insurance

www.scwfit.com/membership



24 CONTINUING EDUCATION CREDITS/UNITS (CECS/CEUS) IN 1 WEEKEND

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, AEA, ACSM, NFPT 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.



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 friends, family and clients!

They can register NOW at www.scwfit.com/EXPO.



PARTNER WITH "THE BEST" SPONSOR / EXHIBIT / ADVERTISE

Reach 8,500 Fitness Professionals in face-to-face contact, another 85,000 through emails, 65,000 text messages, and 200,000 through organic virtual connections. All our event sites are held at Non-Union Hotels and include tables, chairs and carpet at no added expense. Move in and out without crazy drayage fees! Our MANIA® attendees will use your products, try your programs and experience your offerings! Host MANIA® sessions, provide inserts for the Welcome Bag, publish Articles with Ads in our Newsletter, promote your business through our SCW Quarterly Guides and receive Discount Coupons in our Emails. Go to www.scwfit.com/PARTNER, email partner@scwfit.com or Call or Text our Partner Director, Cheryl Vincent or our Partner Manager, Will Harris, at 847-562-4020.



DOWNLOADABLE OUTLINES ONLINE

Download & Print BEFORE you come! Outlines are NOT provided onsite. To download your outlines, go to www.scwfit.com/OUTLINES. The outlines are put up 2 weeks before the convention and will remain online

30 days after the close making it easier for you to retain this important educational info.

REGISTRATION HOURS

Thursday, September 5:6:00am - 6:30pm
 Friday, September 6:6:00am - 7:00pm
 Saturday, September 7:6:00am - 7:45pm
 Sunday, September 8:6:30am - 1:30pm

EXPO SET UP:

Thursday, September 5:12:00pm - 5:00pm

EXPO HOURS:

Thursday, September 5:5:00pm - 7:00pm
 Friday, September 6:8:45am - 2:30pm
 (Charity Auction) 5:00pm - 6:45 pm
 Saturday, September 7:8:15am - 3:30pm
6:00pm - 7:00pm
 Sunday, September 8:(Closeout Shopping) 10:00am - 1:30pm



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/philly/womens-summit or apply for a scholarship at www.scwfit.com/scudder.



SPECIAL OLYMPICS CHARITY RAFFLE FRIDAY, 5:00PM - 6:45PM (EXPO AREA)

Join SCW at our Reception and Charity Raffle Friday Night 5:00pm-6:45pm in the Expo Area to bid on fabulous fitness equipment, certifications, apparel and educational material 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. For more information visit www.specialolympics.org.



MICHAEL SCOTT SCUDDER SCHOLARSHIP

To honor the life and professional career of Michael Scott Scudder, SCW offers a MANIA® Convention FREE attendance to a worthy budding instructor, trainer or club owner, manager or director. This scholarship is open to those who reflect the passion, high-standards and desire to succeed in the fitness industry set forth by Michael Scott Scudder while demonstrating financial need. To apply for a scholarship, please visit: www.scwfit.com/scudder.

NOTHING BEATS

LIVE



PAY ONLY
\$199
 (Norm. \$259)

USE CODE: BOOST

\$60 OFF 3-DAY MANIA® EXPIRES: JULY 22, 2019

Standard Registration Prices:

3-Day MANIA®: \$259

3-Day MANIA® + Club Industry: \$279

Weekend Warrior: \$229

Any ONE day (Fri or Sat): \$189

Sunday only: \$179

Staff Assistant Special: \$99

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.



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.



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.



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, email us at water@scwfit.com or call 847-562-4020.



For Schwinn® the ride started outdoors more than a century ago and in 1995 Schwinn® 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. For additional information please visit SchwinnEducation.com. Connect with us on social media at facebook.com/SchwinnIndoorCycling and Twitter @SCHWINNtraining.



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 to experience our product and programming, first-hand, and receive SCW preferred-pricing.



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.

PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

WEDNESDAY, SEPTEMBER 4

SCW AQUATIC EXERCISE CERTIFICATION

Jeff Howard

Wednesday, September 4, 9:00am-6:00pm

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

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this Nationally Recognized Certification serves as an important first step into the field of teaching water exercise. This comprehensive course addresses practical skill mastery while reinforcing the benefits of aquatic exercise in the unique environment of water. The principles of aquatic training as they apply to general anatomy, kinesiology, water depth, movement plans, practical cueing skills, musical usage, and special population adaptations are thoroughly addressed. The need for professionalism, leadership skills, and legal considerations are reinforced. Practical on-site coaching of teaching skills is included. *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 (9.0), ACSM (8.0), NFPT (1.6).*

THURSDAY, SEPTEMBER 5

SCW GROUP EXERCISE CERTIFICATION

Jeff Howard

Thursday, September 5, 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, September 5, 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, September 5, 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, September 5, 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 (7.0), ACE (0.8), NASM (0.7), AEA (4.0), ACSM (8.0), NFPT (1.6).*

SCW YOGA II CERTIFICATION

Manuel Velazquez

Thursday, September 5, 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 AQUA BARRE CERTIFICATION

Billie Wartenberg

Thursday, September 5, 9:00am-4:00pm

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

Dive into the hottest up-and-coming trend! Bring the extremely popular Barre format to the pool with this brand-new certification, which uses a noodle as a ballet barre for stability. Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs, and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen, and improve your range of motion. Leave with innovative programming that will allow you to creatively plan multiple Aqua Barre workouts appropriate for all levels of fitness. Discover the aqua excitement a Barre-A-Cuda Class can bring and be among the first to offer this fun and inspiring water workout! *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. SCW (6.0), AFAA (6.0), ACE (0.7), NASM (0.6), AEA (6.0), ACSM (6.0), NFPT (1.2).*

SCW FOAM ROLLING CERTIFICATION

Irene Lewis-McCormick, MS, CSCS

Thursday, September 5, 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 intensive training course 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 (6.0), ACE (0.7), NASM (0.6), AEA (6.0), ACSM (6.0), NFPT (1.2).*

SCW ACTIVE AGING CERTIFICATION

Melissa Layne, MED

Thursday, September 5, 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. We 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), AFAA (7.0), ACE (0.7), AEA (4.0), NASM (0.7), ACSM (8.0), NFPT (1.6).*

SCW CORRECTIVE EXERCISE CERTIFICATION

Fabio Comana, MA, MS

Thursday, September 5, 9:00am-5:00pm

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

In this 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 ACTIVE AGING NUTRITION CERTIFICATION

Tricia Silverman RD, LDN, MBA

Thursday, September 5, 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).*



WOMEN'S LEADERSHIP SUMMIT

Sara Kooperman, JD, Nathalie Lacombe, MS, Ann Gilbert, Lindsay Vastola, NSCA-CPT, & Jenn Hall

Thursday, September 5, 8:30am-5:00pm

\$79 For MANIA® & Non-Attendees (Norm. \$159)

Fuel your fire and advance your career in this innovative and inspiring full-day leadership and business summit. Join both experienced and novice owners, directors, managers, trainers and teachers alike as we discover attainable goals to create a financially secure future while fulfilling your destiny. Expand your horizons and your mind by exploring social media, facility service and sales, program selection, management solutions, technology options, and more. Join your fellow female fitness leaders from independent health clubs, boutique studios, and local YMCAs to network and enjoy valuable leadership presentations and active discussions along with a healthy sit-down lunch. *For more information, visit scwfit.com/Philly/womens-summit. To apply for a scholarship to this one-of-a-kind event, please visit: www.scwfit.com/scudder. SCW (7.0), AFAA (7.0), NASM (0.7), AEA (7.0), ACSM (7.0), ACE (0.7), NFPT (1.4)*

SCW MEDITATION CERTIFICATION

Yury Rockit

Thursday, September 5, 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), ACSM (4.0), NFPT (0.8).

SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION

Jeffrey Scott & Jenn Hogg

Thursday, September 5, 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), ACSM (9.0)*

ONE DAY TO WELLNESS

Bruce & Mindy Mylrea

Thursday, September 5, 8:00am-5:00pm

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

What if one day could change your 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), ACSM (9.0).*

ZUMBA® BASIC 1 INSTRUCTOR TRAINING

Lucrecia Venosta

Thursday, September 5, 8:00am-5:00pm

\$225 Registration Fee (Use PROMO CODE: SCW25 to receive a \$25 discount & a FREE Zumba® Pen with registration)

www.zumba.com/en-US/training/2019-09-05_B1_Philadelphia_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), ACSM (8.0).*

HIGH FITNESS INSTRUCTOR TRAINING

Ricki Smith & Melissa Zurcher

Thursday, September 5, 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 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), ACE (0.7) AFAA (8.0), NASM (0.8), ACSM (7.5), CanFitPro (4.0), AFLCA (6.5).*

BOOST

YOUR CAREER

BARRE ABOVE® POWERED BY SAVVIER FITNESS



Patti Bostick-Winn

Thursday, September 5, 9:00am-5:00pm

\$229.99 Attendees / \$249.99 Non Attendees

Whether you currently 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 that is perfect for all fitness levels. Walk away with tips on 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 (8.0), AFAA (8.0), ACE (0.8), NASM (0.8), ACSM (8.0).*

SUNDAY, SEPTEMBER 8



SCW BARRE CERTIFICATION

Abbie Appel

Sunday, September 8, 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 BOXING CERTIFICATION



Steve Feinberg

Sunday, September 8, 8:00am-4:00pm

\$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. Manuals will be emailed from SCW Fitness Education. SCW (7.0), AFAA (7.0), NASM (0.7), AEA (4.0), ACSM (7.0), NFPT (1.4).*

WATERinMOTION® AQUA EXERCISE CERTIFICATION



Manuel Velazquez

Sunday, September 8, 8:00am-4:00pm

Additional \$159 MANIA® Attendees and/or Instructor at a WATERinMOTION® licensed facility / \$199 Non-Attendees

This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing techniques, deck teaching skills, and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation, and leadership development. Leave certified in both the WATERinMOTION® Original program and the WATERinMOTION® Platinum (older adult) program, with the skills to teach your best class, every class! *Certification includes a FREE online 5-part course, downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and optional Video Assessment (\$300 value). SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), AEA (8.0), ACSM (7.0), NFPT (1.4).*

SCW NUTRITION, HORMONES & METABOLISM CERTIFICATION



Melissa Layne, MEd

Sunday, September 8, 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).*

STRONG BY ZUMBA® INSTRUCTOR TRAINING



Ricardo Alas

Sunday, September 8, 7:30am-4:00pm

\$250 Registration Fee (Use PROMO CODE: SCWSBZ25 to receive a \$25 discount & FREE Strong by Zumba® Pen) www.zumba.com/en-US/training/2019-09-05_B1_Philadelphia_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), ACSM (8.0).*

COUNTRY FUSION® STAR INSTRUCTOR CERTIFICATION



Elizabeth Mooney

Sunday, September 8, 8:00am-4:00pm

\$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)

PILOXING SSP INSTRUCTOR TRAINING CERTIFICATION



Allison Laurence

Sunday, September 8, 8:00am-4:00pm

\$200 MANIA® Attendees / \$225 Non-Attendees (Use PROMO CODE: SCWSBZ25 to receive a \$25 discount & a FREE Strong by Zumba® Pen with registration)

PILOXING SSP is the original fusion format that made PILOXING a worldwide success. Uniquely blending three of the industry's most powerful and timeless disciplines; Boxing, Pilates and Dance, in a high-energy interval workout. During this 9-hour hands-on workshop, you will learn the training methodology, principles and moves that make PILOXING SSP an effective, in-demand program. You will receive all the tools to successfully teach several PILOXING SSP classes, and opportunity to join the Piloxing Instructor Association. *Price includes a PILOXING SSP digital instructor manual, online education center including 20+ PILOXING choreography/exercise segments, music, PILOXING Gloves, Certificate of Completion and Elite eligibility. SCW (8.0), ACE (0.8), AFAA/NASM (8.0)*

SWORD FITNESS CERTIFICATION



WITH JUNGSHIN FITNESS®

Annika Khan

Thursday, July 25, 8:30am-4:00pm

\$227.00 MANIA® Attendees / Non-Attendees (includes a FREE long sword and carrying bag)

Jungshin is a sword fitness experience that encourages passion and motivation to successfully achieve wellness goals using a wooden practice sword. The program is inclusive of everyone. Jungshin Fitness integrates ancient wisdom of martial arts with modern conditioning techniques. Exercise with the weighted lever of a wooden sword helps participants focus the mind, leaving them empowered and revitalized. In the training you will be introduced to Jungshin's philosophy, directional momentum training, and the radical health benefits offered through the 8 by 8 stance and strike flows. You will leave having the tools necessary to teach a Jungshin Athletic Flow class. *Easy to access CECs to all major accreditation orgs. Please email info@jungshinfitness.com for details.*

MANIA® COURSE DESCRIPTIONS

FRIDAY, SEPTEMBER 6

FR1

7:30AM-9:00AM

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!

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



HIGH FITNESS: AEROBICS IS BACK!

Ricki Smith & Melissa Zurcher

Aerobics is back- Bigger, Better, Higher! High Fitness is a hardcore group fitness class that has taken aerobics to the next level with modern techniques. High combines FUN (choreography to current music), INTENSITY (HITT, plyometrics, toning, cardio) and CONSISTENCY. High Fitness can be modified for participants of all levels!

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



NO EQUIPMENT, NO EXCUSES

Herson Garcia

Learn how to challenge your client's mind, body and patience with no equipment, but at the same time having fun. With just some simple body movements your clients will start to gain Mobility, Flexibility and feel Empowered. They will even be asking you for more exercises.

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

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.

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

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.

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

8 M'S OF MODERN MEDITATION

Gretchen Gegg, MEd

Love teaching yoga, but struggle with teaching meditation? Tired of people walking out of the studio just in time for Savasana? Learn how to teach students the benefits of meditation for the lifestyle we live today and get 8 different ways to teach meditation to the modern yoga student.

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

POWER BODY BARRE

Billie Wartenberg

Barre Classes can ROCK using a weighted bar. Learn creative patterns, dynamic choreography and a seamless flow combining the weighted bar with your own body. Help your members improve balance, muscular endurance + muscle strength, with combined cardio blocks to improve overall fitness.

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



LABLAST® FITNESS:

HIGHLY INVOLVED INTERVAL TRAINING

Megan Cooperman

Fitness that focuses on Cardio, Endurance, Weight Training and Plyometrics. LaBlast teaches simple ballroom patterns with a "fitness first" focus. This is a dynamic workout incorporating weight training and plyometrics and will appeal to both dance and interval fitness fanatics at your club.

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



SCHWINN®: HOW TO WOW!

Jenn Hogg

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!

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



BECOME A FORCE

ACQUAPOLE® NEXT GENERATION

Andrea Velazquez & Paula Raphael

Not your typical water aerobics class! Take your water workout to the next level with high intensity ab, upper and lower body training using the Acquapole® equipment in advanced level holds and positions.

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

AQUATIC SOLUTIONS FOR THE AGING

Ann Gilbert

Identify typical functional declines of the active aging population, and consider ways to adapt your aquatic programming to create effective formats that will improve walking efficiency, general mobility and confidence.

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

OnDemand

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.

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



THE WHY & HOW OF FASTING

Bruce & Mindy Mylrea

Intermittent fasting is all the rage currently but before you jump onto this latest trend learn the science, the history, the benefits and how to do it right. Bruce will uncover the key components to this amazing healing practice and how to use it safely and effectively for you and your clients. (LECTURE)

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



METABOLISM & 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)

FR1O Friday, 7:30am-9:00am

WHAT FITPROS WANT FROM LEADERS

Nathalie Lacombe, MS

Growth! From the GroupEx Instructors in the industry for 30 years to the Gen Ys who just started, all fitness pros are looking for growth opportunities from their employers. They are loyal to the experience of working for you, not your business. Learn the key components to growth that go beyond simple education - allowance and will create employee relationships that benefit all. (LECTURE)

FR1P Friday, 7:30am-9:00am



CONSUMER SALES & REVENUE GENERATION

Bill McBride

This session will cover the optimal sales enrollment process from A-Z. The philosophy is based on a win-win consultative membership enrollment process. Designing the sales process with strategic and tactical skills enhancement, this session will address effective sales approaches, follow-up processes, effective management and revenue generation. (LECTURE)

FR1Q Friday, 7:30am-9:00am



17 SOCIAL MEDIA MARKETING TRICKS

Jenn Hall

Take your social media marketing endeavors to the next level! Explore new and forgotten methods of getting your business name out to the masses and gaining customers. If you currently market classes, personal training services, events, gyms, studios or yourself, this session is for you! (LECTURE)

FR1R Friday, 7:30am-9:00am



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.

FR2

10:00AM-11:30AM

PULLING FOR POWER, PROGRAM 003 (™)

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!

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



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.

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

TEACHING THE DEADLIFT

Jonathan Mike PhD, CSCS*D

This session will discuss & identify the biomechanics and technical intricacies of the deadlift for personal trainers and coaches to help clients and athletes better understand the deadlift and its execution. We will cover its importance along with a complete analysis of the mechanics and intricacies of the movement.

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

POUND® - SWEAT. SCULPT. ROCK.

Amy Ward

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!

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



"I WISH I KNEW BEFORE.."

Yury Rockit

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 also will address balance from a mental and physical perspective.

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

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.

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



BARRE MOVES - UPDATE YOUR CHOREOGRAPHY**Pattie Bostick-Winn**

Refreshing your barre choreography doesn't have to be a chore. While you want to stay true to the purpose of barre, it doesn't mean you can't have fun with new ideas. Learn how to manipulate movement elements to create fresh sequences that will inspire and energize your students' class experience.

FR2G Friday, 10:00am-11:30am**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.

FR2H Friday, 10:00am-11:30am**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.

FR2I Friday, 10:00am-11:30am**STAGES® LIVE! THE CONCERT EXPERIENCE****Pam Benchley**

Experience the multimedia journey ride that transforms the studio into an epic show with some of the greatest live rock performances of all time. Learn how you can be a standout rockstar instructor and coach. Your participants won't be watching the clock - they'll be begging for the encore!

FR2J Friday, 10:00am-11:30am**AQUA BOOTCAMP CIRCUIT****Irene Lewis-McCormick, MS, CSCS**

Circuit training is effective, enormously popular, athletic, effective and safe in water. Combine these easy as A, B, C drills in an efficient and fast-paced workout incorporating stations and a cardio explosion that crosses the lactate threshold. All that and more in this powerful shallow water circuit workout.

FR2K 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!

FR2L Friday, 10:00am-11:30am**HE-MUGS-ME-NOT!****Steve Feinberg**

He-mugs-me-not! is applicable self-defense based on vital strikes, an understanding of joint manipulating, and basic escape from common grips and holds that help to equalize strength disparities between assailant and potential victims to keep you SAFE (**only to be used in emergencies and for defense of oneself or a loved one, NOT for vigilantism or in place of using the proper channels of law and justice **)

FR2M Friday, 10:00am-11:30am**SUGAR VS. NON-NUTRITIVE SWEETENERS?****Fabio Comana, MA, MS**

We have opinions on sugar versus non-nutritive sweeteners, but which is worse? Expand your expertise on science, not opinion, media hype or anecdotal evidence? This session provides the science on both pros/cons of each to give you more credibility in helping others. (LECTURE)

FR2N Friday, 10:00am-11:30am**NERVOUS SYSTEM HACKS FOR MOBILITY****Brian Bettendorf, MSM, MS**

Traditional stretching, self-myofascial release and other flexibility or mobility exercises have emphasized the influence of muscles or connective tissue. Learn the influence of the nervous system on movement limitations and how to integrate that knowledge into your existing mobility training. Come learn new techniques or gain a deeper understanding of existing techniques you can use on yourself and your clients. (LECTURE)

FR2O Friday, 10:00am-11:30am**STRATEGIES FOR FITNESS CAREER LONGEVITY****Carolyn Erickson**

Reinvent yourself with tactics that elevate you. Learn how to adjust your priorities through the challenges we face in an industry that requires continuous amounts of selflessness and self-sacrifice. Stay motivated and innovative while practicing what you preach. Re-Evaluate work life balance and bring back the joy in what you do. (LECTURE)

FR2P Friday, 10:00am-11:30am
**CLUB INDUSTRY
BUSINESS SUMMIT**
FUTURE OPPORTUNITIES WITHIN THE FITNESS INDUSTRY**Bill McBride**

Analyze changing technologies, business models and consumer behavior by reviewing the macro trends occurring world-wide. Examine industry trending lessons of the past, and changing consumer behaviors. Observe the "missing pieces" within traditional club offerings and share how we can increase fitness club relevance and significance through actionable take-a-ways guaranteed to improve your business today. (LECTURE)

FR2Q Friday, 10:00am-11:30am
**CLUB INDUSTRY
BUSINESS SUMMIT**
SAVVY SOCIAL MEDIA IN THE FITNESS SPACE**Jenn Hogg**

Managing social media as a fitness professional shouldn't feel like another full-time job. Learn ways to position yourself effectively and discover shortcuts to your target. Unlock the secret to getting your posts to catch on. Build your brand and maintain your sanity. Look sharp, be shrewd, get savvy. (LECTURE)

FR2R Friday, 10:00am-11:30am
**CLUB INDUSTRY
BUSINESS SUMMIT**
FR3 - SESSION 1**11:45AM-1:15PM**

If you choose this session, then 1:15pm-2:15pm 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.

FR3A Friday, 11:45am-1:15pm**PILOXING® SSP****Jordan Ballard**

PILOXING® SSP is the original fusion format that made PILOXING a worldwide success. Uniquely blending two of the industry's most powerful and timeless disciplines of Pilates and Boxing, PILOXING SSP adds a third element of dance into this high-energy interval workout. Never have you enjoyed sweating so much!

FR3D Friday, 11:45am-1:15pm**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.

FR3E Friday, 11:45am-1:15pm**BARRE TRAINING: GRACE & 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, 11:45am-1:15pm**SCHWINN®: PRIME DESIGN****Abbie Appel**

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!

FR3I Friday, 11:45am-1:15pm

ZENERGY H2O**Irene Lewis-McCormick, MS, CSCS**

Powerful water movements combined with mind body intervals make this class a creative and effective water fitness experience. Using a 2:1 ratio, the "Zen" which includes mindful, yoga and Pilates inspired water movements teamed with the "Zenergy" class design consisting of explosive, powerful rebounding within a single water fitness experience.

FR3K Friday, 11:45am-1:15pm**GIRLS JUST WANNA HAVE FUN!****Sara Kooperman, JD, Melissa Layne, MEd, Connie Martin, MA & Billie Wartenberg**

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.

FR3L Friday, 11:45am-1:15pm**STAIRMASTER HIIT: SCIENCE OF VARIABILITY FOR SERIOUS HIIT****Jenn Hogg**

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.

FR3M Friday, 11:45am-1:15pm**EMOTIONAL INTELLIGENCE AND HIGH PERFORMANCE LEADERSHIP****Lindsay Vastola, NSCA-CPT**

Fitness ranks among the top three industries losing significant financial opportunity due to a lack of training in Emotional Intelligence (EI). When fitness professionals at all levels discover the power of developing EI and apply key strategies, outcomes are far more successful for the company, its leaders, staff, and clients. (LECTURE).

FR3P 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.

LES MILLS GRIT®: CARDIO & HIIT**Adam Bramski**

LES MILLS GRIT® is a 30-minute HIIT workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the intensity you need to get results fast. Come get education around HIIT and how it can increase member retention.

FR3B Friday, 12:30pm-2:00pm**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.

FR3C Friday, 12:30pm-2:00pm

LEAD

THE CHARGE

YOGA FOR HEALTHY BACKS**Nathalie Lacombe, MS**

With 80% of adults experiencing back pain at some point in their lifetime, we owe it to our students to consider the health of their backs. We'll put into practice the stability and mobility of our core and second chakra to find space physically, mentally, and energetically in order to release our backs into bliss.

FR3F Friday, 12:30pm-2:00pm**ZUMBA® CARDIO BLAST****Lucrecia Venosta**

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!

FR3H Friday, 12:30pm-2:00pm**STAGES®: TRIPLE THREAT MINDSET****Kristy Kilcup**

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!

FR3J Friday, 12:30pm-2:00pm**FAD DIET UPDATE Sohailla Digsby, RDN, LD, CPT**

Overwhelmed with the many diets and weight loss options out there from Keto to Intermittent Fasting? Are your clients frustrated and confused (and you too)? Do you know the fads from the facts? Learn from a registered dietitian who works on the fitness front lines just exactly what works and why. (LECTURE).

FR3N Friday, 12:30pm-2:00pm**SIMPLE APPROACHES TO WEIGHT LOSS****Fabio Comana, MA, MS**

The US weight loss industry exceeds \$70 billion, and with 19% of Americans following diets and 77% struggling with healthier eating choices, yet the information is overwhelming and confusing. This session presents a simplified coaching approach to change based on understanding ambivalence and resistance and building self-efficacy and change.

FR3O Friday, 12:30pm-2:00pm

WINNING IN BUSINESS REQUIRES STRATEGY**Bill McBride**

Learn how to look at your business from a strategic perspective by diving into the difference between strategy, strategic thinking, evolving trends and operations. Stimulate ideas of what you can do in the face of changes that are occurring with technologies, business models and consumer behavior. (LECTURE)

FR3Q Friday, 12:30pm-2:00pm**CLUB INDUSTRY
BUSINESS SUMMIT****FR4****2:15PM-3:45PM****THE ART OF CIRCUITS****Irene Lewis-McCormick, MS, CSCS**

Create circuits in 3, 2, 1-minute circuits emphasizing weight Endurance exercises combined with tubing or weights for Strength blasts and Power using medicine balls and/or ropes. Experience organized, effective, coached results-based program design.

FR4A Friday, 2:15pm-3:45pm**COACH BEYOND EXPECTATIONS****Sheldon McBee, MS**

A well-delivered coaching experience will create accelerated client results, program growth and client retention. In this session, we will explore a fresh and exciting look at implementing a team and small-group coaching model based on principles from the latest research and coaching innovations.

FR4B Friday, 2:15pm-3:45pm**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!

FR4C Friday, 2:15pm-3:45pm**JUNGSHIN® ATHLETIC FLOW - LONG SWORD WORKOUT****Annika Kahn**

Using custom weighted wooden swords, Jungshin Fitness will take your body and mind through a stimulating, cutting-edge workout. During this session you will experience the deep benefits of ancient eastern exercises while you achieve maximum health through directional momentum training. Jungshin, with its simple eight stances and eight strikes, will get you to the look and feel you desire, both inside and out. All Jungshin sessions introduce combat flow!

FR4D Friday, 2:15pm-3:45pm**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.

FR4E Friday, 2:15pm-3:45pm**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.

FR4F Friday, 2:15pm-3:45pm**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.

FR4G Friday, 2:15pm-3:45pm**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!

FR4H Friday, 2:15pm-3:45pm

POWER

STARTS WITHIN

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!

FR4I Friday, 2:15pm-3:45pm**STAGES®: MIXED EMOTIONS, A PRACTICAL APPROACH****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**LABLAST® SPLASH: SHALLOW AQUA FITNESS****Megan Cooperman**

Dive into a fun and exciting way to teach shallow aqua fitness. Based on interval training and using AEA teaching principles, LaBlast® Splash uses simple ballroom patterns, accessible for the water. Our logical and easy-to-master format will keep your members happily dancing in the water to their favorite tunes!

FR4K Friday, 2:15pm-3:45pm**DIVE INTO AQUA CHOREOGRAPHY****Manuel Velazquez, Connie Warasila, Ann Gilbert & Billie Wartenberg**

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.

FR4L Friday, 2:15pm-3:45pm**BOXING: THE METHOD****Steve Feinberg**

OnDemand

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.

FR4M Friday, 2:15pm-3:45pm**NUTRITION PANEL****Melissa Layne, MEd, Bruce Mylrea, Tricia Silverman, RD, LDN, MBA, Sohailla Digsby, RDN, LD, CPT & 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)

FR4N Friday, 2:15pm-3:45pm**ECCENTRIC TRAINING UNLEASHED****Jonathan Mike**

New developments have been discussed with eccentric training including its application in body composition, progressive overload, and training guidelines. ECC training can be proposed to athletes and healthy subjects, but also those with limited exercise capacity. This presentation examines the science of eccentric training & provides practical impact for all. (LECTURE)

FR4O Friday, 2:15pm-3:45pm**BEST PRACTICES TO INCREASE RETENTION**CLUB INDUSTRY
BUSINESS SUMMIT**Lindsay Vastola, NSCA-CPT**

Too many fitness businesses face client and staff turnover at a rate they are not able to adequately replace. Increase retention rates for both clients and staff with proven strategies that can immediately be integrated into your current systems and programs. (LECTURE)

FR4Q Friday, 2:15pm-3:45pm**APP-ETITE FOR WELLNESS**CLUB INDUSTRY
BUSINESS SUMMIT**Yury Rockit**

Yury invites you to explore ideas on how to use your digital devices to not only "connect" socially but also stay "connected" to yourself. Learn to hack some technological tips with applications for smartphones, get great discoveries for apps on productivity, brain frequency & brainwaves, heartbeat, nutrition, and binaural beats. (LECTURE)

FR4R Friday, 2:15pm-3:45pm**FR5****4:00PM-5:30PM****WORKOUT CREATION: HOW & WHY****Christine Conti**

In this workshop, you will learn HOW to create safe and effective workouts by exploring the WHY behind the exercise. Leave this session with tons of fresh ideas to create more effective workouts that meet the needs of every client. Bring a pen and paper!

FR5A Friday, 4:00pm-5:30pm**CORE INJURY EPIDEMIC****Carrie Harper**

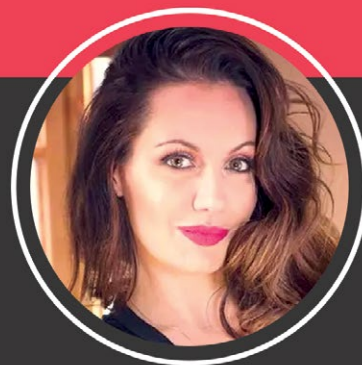
Diastasis Recti is an injury epidemic affecting not only the postpartum community, but much of our fitness community at large. This workshop is the foundation for helping our clients that come to us with this dysfunction: diagnostics, accommodations, and recovery practices.

FR5B Friday, 4:00pm-5:30pm**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.

FR5C Friday, 4:00pm-5:30pm**LOWER EXTREMITY TRAINING - FEMALE CLIENT****Keli Roberts**

Smart strategies for training the female lower extremity can be simple. Effectively training the lower body doesn't necessitate heavy equipment or complicated techniques. Through practical application in an interactive environment, trainers will review biomechanics and kinesiology while learning specific techniques for training their female clients.

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















PHILADELPHIA MANIA® SCHEDULE-AT-A-GLANCE

THURS. SEPTEMBER 5

FRIDAY, SEPTEMBER 6

SATURDAY, SEPTEMBER 7

SUNDAY, SEPTEMBER 8

THURSDAY PRE-CON WORKSHOPS		 HIGH FITNESS INSTRUCTOR TRAINING Smith & Zurcher 8:30am-5:00pm • p. 8	SCW Group Exercise Certification Howard 8:00am-5:00pm p. 7	 SCW PERSONAL TRAINING CERTIFICATION Roberts 8:00am-5:00pm • p. 7	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 M. Velazquez 8:00am-5:00pm p. 7	 BARRE ABOVE® POWERED BY SAVVIER FITNESS Bostick-Winn • 9:00am-5:00pm p. 9	 ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING Venosta • 8:00am-5:00pm p. 8	 SCHWINN® INSTRUCTOR CERTIFICATION Kahn • 8:30am-5:00pm p. 8
		A HIIT / FUNCTIONAL TRAINING	B GROUP EXERCISE	C PERSONAL TRAINING	D PERSONAL TRAINING / SPECIALTY	E ACTIVE AGING / RECOVERY	F MIND/BODY / WELLNESS	G BARRE	H DANCE / AEROBIC	I SCHWINN CYCLING
FR1 7:30am-9:00am Pages 10-11		HIIT the TURF Keenan-Stryksa & Hughes	HIGH Fitness: Aerobics Is Back! Smith & Zurcher	No Equipment, No Excuses Garcia	Speedball Core Feinberg	Training the Active Aging Female Client K. Roberts	The 8 M's of Modern Meditation Gegg	Power Body Barre Wartenberg	LaBlast® Fitness: Highly Involved Interval Training Cooperman	Schwinn®: How to WOW! Hogg
FR2 10:00am-11:30am Pages 11-12		Pulling for Power, Program 003™ SGT Ken	From the Ground Up! M. Velazquez	Teaching the Deadlift Mike	POUNDB® - Sweat. Sculpt. Rock. Ward	"I Wish I Knew Before." Rockit	Mat to the Max Appel	Barre Moves - Update Your Choreography Bostick-Winn	Country Fusion® Mooney	Schwinn®: SchwINTENSITY Scott
FR3 Session 1 11:45am- 1:15pm Pages 12-13	FR3 Session 2 12:30pm- 2:00pm Pages 13-14	Funtensity Bootcamp Ross Session 1	Les Mills GRIT™: Cardio & HIIT Bramski Session 2	Training by the Numbers Gavigan Session 2	PILOXING SSP Ballard Session 1	Prevention & Recovery Through Muscle Stimulation Feinberg Session 1	Yoga for Healthy Backs Lacombe Session 2	Barre Training: Grace & Flow K. Roberts Session 1	Zumba® Cardio Blast Venosta Session 2	Schwinn®: Prime Design Appel Session 1
FR4 2:15pm-3:45pm Pages 14-15		The Art of Circuits Lewis-McCormick	Coach Beyond Expectations McBee	Shifting is the New Lifting Ross	JUNGSHIN® Athletic Flow - Long Sword Workout Kahn	Active Aging: No Place Like Foam Kooperman	Core Forward Pilates Howard	Barre With a Twist Appel	Country Fusion® For Active Agers Mooney	Schwinn®: Music & SO MUCH MORE! Scott
FR5 4:00pm-5:30pm Pages 15-19		Workout Creation: How and Why Conti	Core Injury Epidemic Harper	Functional Abs: Core Strong! M. Velazquez	Lower Extremity Training Female Client K. Roberts	Rumbloroller® Roll Better, Roll Less Bettendorf	Interactive Yoga for Large Groups Gegg	Piloxing Barre: THE Happy Hour! Ballard	Think You Can't Dance Eskridge	Schwinn®: Master the Moment Hogg
FR6 EVENING SESSIONS 6:30pm-7:30pm Pages 19-20		 MANIA DANCE OFF p. 19					Recovery Through Meditation Rockit		Parkour Meets Group Fitness Pirillo	
SA1 7:00am-8:30am Pages 20-21		Consistent Resistance Erickson	Gliding Reinvented M. Mylrea	Training the Female Core K. Roberts	POUNDB® Why Your Body Rocks Ward	Aging Fit Gilbert	Got Back Pain? Garcia	Floor Barre Chapman	LaBlast®: Dance Intervals for Everyone Cooperman	Schwinn®: Balancing Act - Cycling Fusion Appel
SA2 KEYNOTE & AWARDS 9:30am-10:45am Page 21		 KEYNOTE ADDRESS LEAD TO SUCCEED: SGT KEN® ROOM B • 9:30am-10:45am • P. 21								
SA3 11:00am-12:30pm Pages 21-22		Battle with Boats and Ropes™ SGT Ken®	STRONG by Zumba® Alas	Your Rear is the Gear Ross	Speedball For Personal Trainers Feinberg	Strength Training for Longevity & Vitality Kooperman	Vinyasa Flow: Feel the Resistance Conti	Creative Barre Warm-Ups Wartenberg	Balletone - The Non-Dancer Workout Bostick-Winn	Schwinn®: Take it to the MAX Roberts
SA4 Session 1 12:45am- 2:15pm Pages 22-23	SA4 Session 2 1:30pm- 3:00pm Pages 23-24	HIIT the Turf - Yoga Fusion Keenan-Stryksa & Hughes Session 2	HIGH Fitness: Aerobics Is Back! Smith & Zurcher Session 1	AAA - Abs at all Angles Appel Session 2	Gamify Your Workout Gavigan Session 1	Yoga for the Young at Heart: Chair Kooperman Session 2	Conscious Movement & Functional Yoga M. Velazquez Session 1	Weight at the Barre Wartenberg Session 2	The Mix Dance it Off Ballard Session 1	Schwinn®: Step into Your Shine M. Mylrea Session 2
SA5 3:15pm-4:45pm Pages 24-25		Strength in the Storm™ SGT Ken®	BODYATTACK® Workout Bramski	The Ultimate Fitness Equation Robinson	Mandatory Teamwork Gavigan	Functional Fluid Fitness for Longevity! Conti	Rolling with Mindfulness and Breathwork Bettendorf	Barre Necessities Appel	Country Fusion® Workshop Mooney	Schwinn®: R&R - Ride & Restore Roberts
SA6 5:00pm-6:30pm Pages 25-26		SL@T - Strengthen, Lengthen & Tone Howard	The Post Partum Class Participant Harper	Basics of Personal Training Programing Gavigan	JUNGSHIN® Fitness: Rhythm- Short Swords Workout Kahn	Mobility 101 Eskridge	Mantras, Mudras & Meditation Chapman	Barre Intensity Irene Lewis- McCormick	Resis-Dance Training Erickson	Schwinn®: Rhythm Done Right Appel
SA7 EVENING SESSIONS 6:45pm-7:45pm Page 26		 FITNESS IDOL With Judges Kooperman, Roberts, Rockit & Wartenberg ROOM B • 6:45pm-7:45pm p. 26					MANIA® Rest and Recovery with Namirsa & Rumbloroller			
SU1 7:00am-8:30am Pages 26-27		Quick & Dirty 30 Lewis-McCormick	Rumbloroller® Group Exercise Flow Bettendorf	 Rockit Strength®: Hard Core/ Peace Core Rockit	Deep Stretch & the Aging Gilbert	Go With the Flow Salutations Howard	 BARRE CERTIFICATION APPEL 8:00am-4:00pm p. 9	 COUNTRY FUSION® STAR INSTRUCTOR CERTIFICATION Mooney 8:00am-4:00pm • p. 9	 SWORD FITNESS CERTIFICATION WITH JUNGSHIN FITNESS® Kahn • 8:30am-4:00pm p. 9	Schwinn®: Let the Music Play M. Mylrea
SU2 8:45am-10:15am Pages 28-29		Double the Fun! Double the Results! Erickson	HIGH Fitness: Aerobics Is Back! Smith & Zurcher	 STRONG BY ZUMBA® CERTIFICATION Alas 7:30am-4:00pm • p. 9	Coaching Core Stability McBee	Multi- Generational Fitness Wartenberg	Restorative Yoga: Prop Free Chapman			
SU3 11:15am-12:45pm Page 29		Let's Get FHITT Robinson	Lower Body Blaster Howard	POUNDB® - Sweat. Sculpt. Rock. Ward	Rumbloroller Meets Stroops: Compression & Aggression Bettendorf & Erickson	The CHILL Method Sykes				
SU4 1:00pm-2:30pm Pages 29-30		Fluid Strength™ Meets Extreme HIIT Chaos™ Erickson & M. Mylrea	I've Fallen but Can Get Up! Roselli	HIIT the Turf - For Personal Trainers Keenan-Stryksa & Hughes	Active Aging: Between the Chairs Lewis-McCormick	Yoga Twist & Shout Chapman				

FREE PASS
www.scwfit.com/Expo

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



SCW AQUATIC EXERCISE CERTIFICATION
 Wednesday 9:00am-6:00pm
 Howard • p. 7



ONE DAY TO WELLNESS CERTIFICATION
 Bruce & Mandy Mylrea
 9:00am-5:00pm • p. 8




SCW Corrective Exercise Certification
 Comana
 9:00am-5:00pm p. 7

Register at www.scwfit.com/Philly

CLUB INDUSTRY BUSINESS SUMMIT



WOMEN'S LEADERSHIP SUMMIT
 Kooperman, Vastola, Gilbert, Lacombe, Hall
 8:30am-5:00pm - p. 8
CLUB INDUSTRY BUSINESS SUMMIT **WIFA**

J STAGES CYCLING	K AQUA (STARTS IN POOL)	L AQUA (STARTS ON LAND)	M BOXING / CIRCUIT	N NUTRITION / HEALTH / WELLNESS	O EX. SCIENCE / LEADERSHIP	P CLUB INDUSTRY PROGRAMMING	Q CLUB INDUSTRY SALES/RETENTION	R CLUB INDUSTRY MEDIA	
Stages®: The Power of Progression Benchley	Acquapole® Next Generation A. Velazquez & Raphael	Aquatic Solutions for the Aging Gilbert	StairMaster HIIT: Real Ratios for Results Friend-Uhl	The Why & How of Fasting B. & M. Mylrea	Metabolism & Fat - Science & Application Comana	What FitPros Want From Leaders Lacombe	Consumer Sales & Revenue Generation McBride		FR1 7:30am-9:00am Pages 10-11
Stages®: Live! The Concert Experience Benchley	Aqua Bootcamp Circuit Lewis-McCormick	Hydro Lift Off! Howard	He-Mugs-Me Not! Feinberg	Sugar vs. Non-Nutritive Sweeteners Comana	Nervous System Hacks for Mobility Bettendorf	Savvy Social Media in Fitness Hogg	Future Opportunities Within the Fitness Industry McBride		FR2 10:00am-11:30am Pages 11-12
Stages®: Triple Threat Mindset Kilcup Session 2	Zenergy H2O Lewis-McCormick Session 1	Girls Just Wanna Have Fun Kooperman, Layne, Martin & Wartenberg Session 1	StairMaster HIIT: Science of Variability Hogg Session 1	Fad Diet Update Digsby Session 2	Simple Approaches to Weight Loss Comana Session 2	Emotional Intelligence and High Performance Leadership Vastola Session 1	Winning in Business Requires Strategy McBride Session 2		FR3 11:45am-1:15pm Pages 12-13 12:30pm-2:00pm Pages 13-14
Stages®: Mixed Emotions, a Practical Approach Mellon	LaBlast® Splash - Shallow Aqua Fitness Cooperman	Dive Into Aqua Choreography M. Velazquez, Warasila, Gilbert & Wartenberg	Boxing: The Method Feinberg	Nutrition Panel - Digsby, Layne, B. Mylrea, T. Silverman, K. Roberts- Moderator	Eccentric Training Unleashed Mike	Instagram Glam: Quality over Quantity Hall	Best Practices to Increase Retention Vastola		FR4 2:15pm-3:45pm Pages 14-15
Stages®: WORK your RECOVERY Kilcup		Aqua Yoga Flow Warasila	StairMaster HIIT: Rest & HIIT Friend-Uhl	Food for Thought: Brain Superfoods T. Silverman	Overcoming Plateaus Layne	Fitness Business Trends For 2019 Kooperman	Acquiring & Retaining Personal Training Clients Garcia		FR5 4:00pm-5:30pm Pages 15-19
Les Mills SPRINT™ Bramski	Acquapole® Boxing Raphael					STATE OF THE INDUSTRY Lewis-McCormick, Ross, Feinberg & Vastola - p. 20			FR6 6:30pm-7:30pm Pages 19-20
Stages®: The Sixth Sense Santin	Water Running Rockit	Aqua Core Options Warasila	Self - Coaching Strategies for Wellness T. Silverman	Electronic Stimulation For Athletic Performance Feinberg		Surviving & Thriving Social Media Hogg	You Can't Run With a Refrigerator Saracco		SA1 7:00am-8:30am Pages 20-21
									SA2 9:30am-10:45am Page 21
Stages®: W.T.F.T.P.? Mellon	6 Steps to Aqua Drills Layne	It's Raining Men! Equipment Revealed Howard, M. Velazquez, Rockit	StairMaster HIIT: High Five Appel	The Carb & Protein Myth B. & M. Mylrea	Prevention and Performance for Runners Bettendorf		Essentials to Selling Beyond Price Vastola	Soft Skills for Tough Employees Lacombe	SA3 11:00am-12:30pm Pages 21-22
Stages®: Build it (FASTER!). They Will Come Benchley Session 1	Happy Aqua Flow A. Velazquez Session 1	LaBlast® Splash: Aqua Dance Intervals Cooperman Session 1	Boxing Bootcamp Feinberg Session 2	Abs are Made in the Kitchen Digsby Session 2	The World Awaits Your Brilliance Chapman Session 1	Standard of Service Models Vastola Session 2	Podcasting 101: Create Your Platform Conti Session 1		SA4 12:45pm-2:15pm Pages 22-23 1:30pm-3:00pm Pages 23-24
Stages®: Power vs. Rhythm Kilcup & Santin	Tab-Aqua Quickies Howard	Silver Aqua Solutions M. Velazquez, Gilbert, Warasila & Wartenberg	3:1 Punchout Feinberg	Nutrition for Fitness Professionals Layne	The Female Training Advantages 2019 Kravitz	Conquering Low Cost Competition Saracco	Multi-Media Marketing for Growth & Profitability Kooperman		SA5 3:15pm-4:45pm Pages 24-25
Stages®: Playing With Power Mellon		Aqua FUSIONMANIA Layne	StairMaster HIIT: Optimizing HIIT Intervals Friend-Uhl	What If You Don't Diet Digsby	Carbohydrate Craze Kravitz	The Other 80% Ross	Female Leadership: Personal & Professional Kooperman, Roberts & Gilbert		SA6 5:00pm-6:30pm Pages 25-26
	Acquapole® Circuit Revolution A. Velazquez & Raphael								SA7 6:45pm-7:45pm Pages 26
Stages®: Different Roads, One World Santin		Barre-A-Cuda 2 Wartenberg		Cravings and Sugar Unsweetened T. Silverman	The Metabolic Effects of Resistance Training Kravitz	The Functional Training Debate Roselli	Drive the Experience Robinson		SU1 7:00am-8:30am Pages 26-27
Stages®: Team Pursuit: The Experience Benchley & Kilcup	 WATERinMotion® CERTIFICATION M. Velazquez 8:00am-4:00pm • p. 9	Waves on Fire: Active Agers Martin		Nutrition Tips, Tidbits & Treats B. Mylrea & M. Mylrea	It's Not Personal, It's Fitness Roselli		8 Sales Skills to Master Rich		SU2 8:45am-10:15am Pages 28-29
 p. 9		Aqua Drums Vibes A. Velazquez		Immunity Boosters & Busters T. Silverman	Fat Loss: The Real Story Kravitz	Corporate Wellness: Create a New Revenue Stream Gavigan	Experience & Insights on Boutiques & Franchises Gilbert		SU3 11:15am-12:45pm Pages 29
PILOXING PILOXING SSP INSTRUCTOR TRAINING CERTIFICATION Lawrence • 8:00am-4:00pm		Aquatic Power Hour Martin			Exercise: The Ultimate Brain Booster Kravitz	Trends for 2019 & Growth Panel Gilbert, Lacombe & Howard	World Class SGT Departments Richard		SU4 1:00pm-2:30pm Pages 29-30

scwfit.com/ClubPH

FRIDAY, SEPTEMBER 6

SATURDAY, SEPTEMBER 7

SUNDAY, SEPTEMBER 8

CLUB INDUSTRY BUSINESS SUMMIT

Sept. 6-8 • Philadelphia, PA

Powered By: **SCW**

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

MANIA® + Summit Bundle: \$279

**Club Industry Business Summit
(Fri., Sat., Sun.): \$199**

Friday Only: \$119

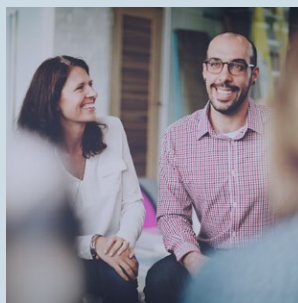
Saturday Only: \$119

Sunday Only: \$99

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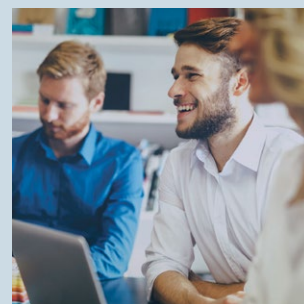
SCW Fitness Education MANIA® Conventions Partner with Club Industry to Help you Build your Business and Career



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 including Philadelphia, PA on September 6, 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 30+ top industry professionals.**

This premier event runs concurrent to the MANIA® Fitness Conventions held in the same location - the beautiful Loews Philadelphia Hotel. Attend BOTH the Club Industry Business Summit + Philadelphia MANIA® for the bundle price of \$279. Roam the halls and experience the latest in fitness programming and equipment brought to you by the largest and most widespread global provider of continuing education for fitness instructors and trainers.



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.**

RUMBLEROLLER: ROLL BETTER, ROLL LESS**Brian Bettendorf, MSM, MA**

So you think you know foam rolling? Come learn how to assess mobility with some movement screens followed by learning and practicing key movements allowing you and your clients to increase their get the biggest improvement in the shortest time for improved recovery and performance.

FR5E Friday, 4:00pm-5:30pm**INTERACTIVE YOGA FOR LARGE GROUPS****Gretchen Gegg, MEd**

Yoga is everywhere! It is part of festivals, wellness initiatives, leadership retreats and just about everyone wants to be a part of this phenomenon! So what happens when you are asked to teach yoga to a large group? Get your game plan (and have a lot of fun) right here!

FR5F Friday, 4:00pm-5:30pm**PILOXING® BARRE: FRIDAY HAPPY HOUR!****Jordan Ballard**

BOXING meets BARRE in an exciting new take on the traditional 'Barre' workout. Learn foundational techniques, format structure and how to seamlessly transition from the focus of Pilates to the power of boxing in this comprehensive, low-impact class. Come for the experience, then stay for a toast because PILOXING Barre + Friday Night = HAPPY HOUR!

FR5G Friday, 4:00pm-5:30pm**THINK YOU CAN'T DANCE?****Jennifer Eskridge**

It's a Cardio fitness party- one that everyone who likes the party atmosphere can do. Targets that population of people who specifically say..."I can't dance." They are the ones who have the most success because all the moves are nothing more than variations of lunge, squat, jump, jog, punch.

FR5H Friday, 4:00pm-5:30pm**SCHWINN®: MASTER THE MOMENT****Jenn Hogg**

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.

FR5I Friday, 4:00pm-5:30pm**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!

FR5J Friday, 4:00pm-5:30pm**DIVE IN****Yury Rockit**

Join Yury to experience the most effective and innovative ways to enhance your cardiovascular capacity while submerging your head in the water. Challenge both strength and endurance while using land-based pieces of fitness equipment in the water and become a better athlete on land.

FR5K Friday, 4:00pm-5:30pm**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.

FR5L Friday, 4:00pm-5:30pm**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.

FR5M Friday, 4:00pm-5:30pm**FOOD FOR THOUGHT: BRAIN SUPERFOODS****Tricia Silverman RD, LDN, MBA**

Can't remember where you left the keys? Looking to improve your mood and brain power? Learn the tools of nutritional success for enhancing your memory, increasing your alertness, and lifting your mood. Discover nutritional strategies to prevent against Alzheimer's, dementia and depression. (LECTURE)

FR5N Friday, 4:00pm-5:30pm**OVERCOMING PLATEAUS****Melissa Layne, MEd**

There comes a time when the changes of exercise cease and desist. We know it as the dreaded plateau. It appears that no matter what we do to see gains, whether weight loss or muscle gain, the scale or body composition just won't budge. We will address the science behind plateaus and discuss various ways to overcome stalling without overtraining. (LECTURE)

FR5O Friday, 4:00pm-5:30pm**FITNESS BUSINESS TRENDS FOR 2019****Sara Kooperman, JD**

This entertaining presentation examines the fitness fads, exercise trends, and the direction that our clients wish us to pursue. Customer experience, programming options and technological advancements are put under a microscope of best practices. To unlock our potential, we will inspect implementation, experimentation and systematization of exercise execution, and review the predictions from IHRSA, ACSM, Club-Intel and SHAPE Magazine. Join Sara Kooperman, an Industry Icon, for this engaging and illuminating presentation guaranteed to leave you excited about our fitness future. (LECTURE)

FR5P Friday, 4:00pm-5:30pm**ACQUIRING & RETAINING PERSONAL TRAINING CLIENTS****Herson Garcia**

In this epic course, you will learn how to acquire new clients and retain your current clientele. Learn how to get referrals without having to spend on marketing. With just a few simple ideas you will learn how to keep clients for over 10 years and allow your own clients to market for you. (LECTURE)

FR5Q Friday, 4:00pm-5:30pm**INSTAGRAM GLAM: QUALITY OVER QUANTITY****Jenn Hall**

Does size really matter? Wondering how many followers you "should" have? Learn how to navigate the world of Instagram, create your best profile and why 200 followers can be more lucrative than 20,000. (LECTURE)

FR5R Friday, 4:00pm-5:30pm**FR6****6:30PM-7:30PM****MANIA® DANCE OFF!****with Country Fusion®, HIGH Fitness, LaBlast®, PILOXING®, POUND® & ZUMBA®**

Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with Country Fusion®, HIGH Fitness, LaBlast®, PILOXING®, POUND® & ZUMBA® and learn tons of new moves to drive your dance programs to the next level. You even can win a free certification from one of these amazing programs. It's going to be a party of epic proportions!

FR6B Friday, 6:30pm-7:30pm**RECOVERY THROUGH MEDITATION Yury Rockit**

Learn with Yury the background to traditional tenets of Buddhist meditation: from principles to prana to practices. Instead of learning just the theory, we will practice meditation to gain some new pranayama skills and drills you can implement into your own life or use with clients and classes almost immediately for both physiological and psychological benefits for mind and body.

FR6F Saturday, 6:30pm-7:30pm**PARKOUR MEETS GROUP FITNESS****Phillip Pirollo**

Come learn how to incorporate basic Parkour skills into your group fitness regime. Parkour focuses on moving your body through space and obstacles in the most purposeful and efficient way. The fundamental exercises develop muscular strength, functional mobility, coordination and balance and is adaptable to all levels and ages.

FR6K Friday, 6:30pm-7:30pm

LES MILLS SPRINT™ Adam Bramski**LES MILLS**

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**ACQUAPOLE® BOXING****Paula Raphael**

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks all in the water!

FR6K Friday, 6:30pm-7:30pm**STATE OF THE INDUSTRY ADDRESS – PANEL DISCUSSION****CLUB INDUSTRY BUSINESS SUMMIT**

Irene Lewis-McCormick, MS, Jonathan Ross, Lindsay Vastola, NSCA-CPT & Steve Feinberg

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 first-hand the best practices that exist today.

FR6O Friday, 6:30pm-7:30pm**SATURDAY, SEPTEMBER 7****SA1****7:00AM-8:30AM****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.

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

SA1B Saturday, 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.

SA1C Saturday, 7:00am-8:30am**POUND® WHY YOUR BODY ROCKS!****Amy Ward**

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.

SA1D Saturday, 7:00am-8:30am**AGING FIT****Ann Gilbert**

Muscle endurance and gait training disguised in an innovation low impact format designed to bring new interest in to your active aging programming. Treat your VIP ager to new and exciting patterns focusing on strength, balance and muscle balance.

SA1E Saturday, 7:00am-8:30am**GOT BACK PAIN****Herson Garcia**

Are you ready to understand why you or your clients are having back pain? Are you tired of hearing from your clients "I can't make it to our session because my back hurts"? This class will help you understand why your clients are in pain. You will also learn some simple exercises and lifestyle changes that can help your client's get PAIN FREE.

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

SA1G Saturday, 7:00am-8:30am**LABLAST®: DANCE INTERVALS FOR EVERYONE****Megan Cooperman**

LaBlast® answers the million-dollar question: how to deal with ALL ages and abilities, ALL integrated into the same class! Learn how ballroom dance-based movements can incorporate all the elements of a great HIIT workout using Cardio, Endurance, Weight Training, and Plyometrics.

SA1H Saturday, 7:00am-8:30am**SCHWINN®: BALANCING ACT - CYCLING FUSION****Abbie Appel**

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.

SA1I Saturday, 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.

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

WATER RUNNING

Yury Rockit

Two of the most authentic and natural forms of human movement are walking and running. Exploring running techniques in the water not only mimics and creates an adaptation for better land movement, but also challenges us to become more efficient and mindful of our form, muscle activation, and breathing without excessive wear on our joints!

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

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!

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

SELF-COACHING STRATEGIES FOR WELLNESS

Tricia Silverman, RD, LDN, MBA

Discover helpful strategies that you can use or share with your clients. Find new ways to motivate yourself and clients to move more and eat right. Learn more about mindful eating, tapping, self-compassion, journaling, vision boards, gratitude and more for wellness and weight loss! (LECTURE)

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

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)

SA1O Saturday, 7:00am-8:30am



STUDIO STARTUP: DESIGN, MOMENTUM & SUCCESS

CLUB INDUSTRY
BUSINESS SUMMIT

Les Wiehe & Barbara Chancey

Avoid the common pitfalls of new studio owners and learn the three secret words to fuel your success. From HIIT to Boxing and Cycling to Yoga, this session will explore the "why" behind your studio design. (LECTURE)

SA1P Saturday, 7:00am-8:30am

YOU CAN'T RUN WITH A REFRIGERATOR

CLUB INDUSTRY
BUSINESS SUMMIT

Jarrold Saracco

This session is based off of a true story which, in a strange way, has tremendous business implications and can teach us a lot. This workshop style session encourages audience participation and group problem solving to help fitness industry veterans and newbies alike learn new ways to tackle age old issues. (LECTURE)

SA1Q Saturday, 7:00am-8:30am

SURVIVING & THRIVING SOCIAL MEDIA

CLUB INDUSTRY
BUSINESS SUMMIT

Jenn Hogg

Navigating Social Media is a necessity in today's marketplace. Learn strategies for establishing your brand and breaking through this ever-changing landscape. Develop boundaries that maintain personal space without shutting out your audience. Establish a distinct voice that stays true to your value system, supports your business, and the brands you align with. (LECTURE)

SA1R Saturday, 7:00am-8:30am

SA2 - KEYNOTE ADDRESS

9:30AM-10:45AM

LEAD TO SUCCEED

CLUB INDUSTRY
BUSINESS SUMMIT

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!

SA2B Saturday, 9:30am-10:45am

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.

SA3

11:00AM-12:30PM

BATTLE WITH BOATS AND ROPES



SGT Ken®

Battle with Boats and Ropes™ with SGT Ken® is an extraordinary athletic conditioning workshop with 16 safe and exciting WaterRower drills and battle rope movements. Love rowing and battle ropes exercises? Come experience both in this power-packed program designed to challenge your stamina and charge your spirit like never before!

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

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!

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

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.

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

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.

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

VINYASA FLOW: FEEL THE RESISTANCE Christine Conti



Immerse yourself in a fluid Vinyasa Flow Yoga experience that safely incorporates light weights to improve strength, balance, & flexibility. Seamlessly flow through asanas while your body, breath, and mind is guided to the music. Experience this mind-body connection that is perfect for ALL levels.

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

CREATIVE BARRE WARM-UPS Billie Wartenberg

Have you ever noticed that the hardest part of your class is just getting started? This session will guide you on how to create successful warm-ups for your members. Attendees will walk away with two brand new warm-ups so that you will be on your way to a GREAT class!

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



SHELDON MCBEE, MS

Sheldon has a Masters in Degree in Human Nutrition, is an ACE certified Personal Trainer, and has over 18 years of experience in health and fitness. Sheldon is an accomplished international presenter, lecturer, business consultant, fitness content developer, and training director. He has been featured in numerous fitness education and training videos. Sheldon is the Personal Training Director for Universal Athletic Club based in Lancaster, PA.

PREVENTION AND PERFORMANCE FOR RUNNERS

Brian Bettendorf, MSM, 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)

SA30 Saturday, 11:00am-12:30pm



BALLETONE - THE NON-DANCER WORKOUT

Pattie Bostick-Winn

Ballet is back! Maybe you took ballet classes as a child, or maybe you loved ballet, but aren't a dancer. Bring that ballerina back to life. Join us for a dynamic, total body workout that combines Pilates, barre, and flowing ballet movements that improve posture, flexibility, balance, cardiovascular fitness, muscular endurance and strength. Capture your fitness and your inner dancer you never knew you had... Beauty Meets Strength & Power, Fitness meets Balletone!

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



SCHWINN®: TAKE IT TO THE MAX

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.

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



STAGES®: W.T.F.T.P.?

Dennis Mellon

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!

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



6 STEPS TO AQUA DRILLS

Melissa Layne

There comes a time when an aqua instructor truly believes all the moves in the water have been created! This is when burnout tends to set in. This session incorporates a six-step process to take any previously taught water exercise and recreate it with a twist to give your class a boost of creativity. Bring your favorite move and be prepared to leave with a new take on the old!

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

IT'S RAINING MEN! EQUIPMENT REVEALED

Jeff Howard, Manuel Velazquez & Yury 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.

SA3L Saturday, 11:00am-12:30pm



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.

SA3M Saturday, 11:00am-12:30pm



THE CARB & PROTEIN MYTH

Bruce & Mindy Mylrea

The low carb high protein diet is all the rage and many of your clients are asking your opinion. Let's not follow opinion - let's look at the science and the facts. You will walk away with a clear understanding of where to steer your clients and yourself for weight loss and health gains. (LECTURE)

SA3N Saturday, 11:00am-12:30pm



THE FUTURE OF GROUP FITNESS

Erin Kelly

In this session, we will explore where programming is heading in 2019. What classes are hot, dying or are on an upward trend? Are there any new programs we can expect to see on the fitness horizon? Where is technology heading and how does it play a part in the fitness business? How do we evolve our programming to address the changing landscape? Learn about the challenges that leaders will face and how they can prepare now! (LECTURE)

SA3P Saturday, 11:00am-12:30pm



ESSENTIALS TO SELLING BEYOND PRICE

Lindsay Vastola

As competition in the fitness industry increases, consumers are actively seeking a better fitness experience over a better price. It is more critical than ever to arm your entire staff with the tools to successfully sell higher-valued experiences and not just the best price. (LECTURE)

SA3Q Saturday, 11:00am-12:30pm



SOFT SKILLS FOR TOUGH EMPLOYEES

Nathalie Lacombe, MS

The first half of this seminar focuses on how to prepare yourself and your business for underwriting. The second half of this seminar reviews all of the various methods and products available to finance a new studio and fitness center. The session ends with a question and answer session. (LECTURE)

SA3R 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.

HIGH FITNESS: AEROBICS IS BACK!

Ricki Smith & Melissa Zurcher

Aerobics is back- Bigger, Better, Higher! High Fitness is a hardcore group fitness class that has taken aerobics to the next level with modern techniques. High combines FUN (choreography to current music), INTENSITY (HITT, plyometrics, toning, cardio) and CONSISTENCY. High Fitness can be modified for participants of all levels!

SA4B Saturday, 12:45pm-2:15pm



GAMIFY YOUR WORKOUT

Andrew Gavigan

Use the various motivations and techniques from the world of play as a novel way to design your workout structure, excite your clients, and improve retention. This hands-on session presents concepts based on the benefits of "gamifying" activities as well as a number of formats that can be applied in personal training and small group settings.

SA4D Saturday, 12:45pm-2:15pm

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.

SA4F Saturday, 12:45pm-2:15pm

THE MIX: DANCE IT OFF**Jordan Ballard**

Created by today's hottest choreographers and fitness experts, this ain't your typical dance cardio! Learn how to make dance fun for the non-dancer and maximize results. Dance it off with favorite 90's throwbacks and today's Top 40, moves that make you feel like you're ON THAT STAGE and the results to keep your heart (and soul) happy!

SA4H Saturday, 12:45pm-2:15pm**PILOXING****STAGES®: BUILD IT (FASTER!). THEY WILL 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!

SA4J Saturday, 12:45pm-2:15pm**STAGES****HAPPY AQUA FLOW** **Andrea Velazquez**

Generate positive energy with a yoga flow using Acquapole® Starfish. The fun EVA foam disk shaped like a smiling starfish will give you resistance to make your yoga practice in the water just that more fun...cultivating health, overall well-being, and mindfulness.

SA4K Saturday, 1:30pm-3:00pm**LABLAST® SPLASH: AQUA DANCE INTERVALS****Megan Cooperman**

Spice up your shallow aqua fitness program with this blend of ballroom dance and strength training based on all the dances seen on Dancing with the Stars. Learn how to fuse dance and strength endurance while utilizing proper principles of water, all while having a "BLAST" dancing to the Quickstep, Lindy Hop, Foxtrot, Waltz, and more!

SA4L Saturday, 1:30pm-3:00pm**LaBlast****THE WORLD AWAITS YOUR BRILLIANCE****Whitney Chapman**

Dream of being the BEST instructor/trainer/leader? Discover how easy it is to take your career to the next level by polishing up your presence, improving your professionalism and working through common self-sabotaging actions. Learn do-it-yourself practices and strategies to set you up for success. (LECTURE)

SA4O Saturday, 1:30pm-3:00pm**PODCASTING 101****Christine Conti**

No platform? No problem! Make your voice heard through your very own podcast! Learn how to create a successful podcast, grow your business, earn extra income, attain sponsors, and more! (LECTURE)

SA4R Saturday, 1:30pm-3:00pm**CLUB INDUSTRY
BUSINESS SUMMIT****SA4 - SESSION 2****1:30PM-3:00PM**

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

HIIT THE TURF: YOGA FUSION**Jen Keenan-Stryska & 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.

SA4A Saturday, 1:30pm-3:00pm**Turf****AAA - ABS AT ALL ANGLES****Abbie Appel**

As fitness professionals, we are always looking for exciting ways to develop and deliver dynamic and effective core and abdominal workouts. In this workshop, briefly review the core musculature and core training. Then, learn 2 brand new workouts with unique movements and timing protocols. Utilize stability balls and loop bands to safely and effectively challenge the core from all positions, all planes of motion and at All Angles.

SA4C Saturday, 1:30pm-3:00pm**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.

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

LET THEM HEAR YOU
ROAR



WEIGHT AT THE BARRE Billie Wartenberg

This all in one class utilizes a variety of strength training exercises, combinations and a little cardio fused within a traditional Barre class format. Your class will leave saying Barre is worth the weight!

SA4G Saturday, 1:30pm-3:00pm

SCHWINN®: STEP INTO YOUR SHINE

Mindy Mylrea

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?

SA4I 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.

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

**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)

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

STANDARD OF SERVICE MODELS

Lindsay Vastola

Gyms are leaving thousands on the table or being squeezed out of the industry because they are overlooking their most critical asset: a standard of service system that is regularly assessed, trained and integrated. Standard of service essentials will improve your bottomline and company culture, and ensure better outcomes. (LECTURE)

SA4P Saturday, 1:30pm-3:00pm

**SIX SIGMA SERVICE - IN A CAN?**

Jarrold Saracco

What can some "uneducated delivery guys on bikes" teach you about delivering remarkable customer service? You'll be amazed at what you can learn. Share your struggles, your solutions, your successes and failures all while growing in your understanding of what it takes to deliver Six Sigma Service. (LECTURE)

SA4Q Saturday, 1:30pm-3:00pm



SA5

3:15PM-4:45PM

STRENGTH IN THE STORM™ SGT Ken®

Strength in the Storm™ with SGT Ken® is a thrilling WaterRower pyramid program that challenges each athlete to increase the number of strokes during three 60-second sets, followed by decreasing the rate for three. Discover how easy it is to enjoy the journey when you show strength in the storm.

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

**KELI ROBERTS**

Keli has been Inducted into the National Fitness Hall of Fame and is a Schwinn® Master Trainer. She is the recipient of the IDEA International Fitness Instructor of the Year and OBOW ECA award for Best Use of Equipment, Best Female Presenter, and Lifetime Achievement Award. As SCW Faculty and an ACE Master Trainer, Keli is known for her acclaimed workshops worldwide. Her award-winning videos demonstrate her exceptional teaching skills.

BODYATTACK®

Adam Bramski

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.

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

LES MILLS

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.

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

MANDATORY TEAM WORK

Andrew Gavigan

Attendees will participate in a bootcamp/circuit style workout featuring drills and exercises that require 2 or more people. Partner drills will not only develop a stronger sense of community between our clientele but are a great way to design workout programming if our class count ever outweighs our equipment count.

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

FUNCTIONAL FLUID FITNESS FOR LONGEVITY!

Christine Conti

Experience a Vinyasa-Flow full-body warm-up that seamlessly transitions into segments of FUNCTIONAL low impact interval training. Hone in on your breath, strength, flexibility, and balance while having fun! Explore the magic of guided imagery at the end of class that will leave you feeling strong and empowered.

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

ROLLING WITH MINDFULNESS AND BREATHWORK

Brian Bettendorf, MSM, MS

This mindful session combines multiple approaches using mindfulness, self-awareness and breath control to improve mobility and recovery. Learn how to get the most of your RumbleRoller self-myofascial release and mobility sessions with skills that transfer to all other activities.

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

**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.

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

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!

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

**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.

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



STAGES®: POWER VS. RHYTHM**Kristy Kilcup & Javier Santin**

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!

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

SA5K Saturday, 3:15pm-4:45pm**SILVER AQUA SOLUTIONS****Manuel Velazquez, Connie Warasila, Ann Gilbert**

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.

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

SA5M 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)

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

SA5O Saturday, 3:15pm-4:45pm**CONQUERING LOW COST COMPETITION****Jarrold Saracco**

Low cost clubs are popping up everywhere and putting a hurt on middle and higher priced clubs. What can be done to survive and thrive in the marketplace? Don't just be a survivor- be a conqueror! (LECTURE)

SA5P Saturday, 3:15pm-4:45pm**CREATING VALUE BASED COACHES****Sheldon McBee, MS**

In this session we will focus on positioning small group training coaches and programs to dominate health club ancillary revenue. You will walk away hearing some of the best practices to coordinate this type of initiative with the staff who ultimately closes the sale.

SA5Q Saturday, 3:15pm-4:45pm**MULTI-MEDIA MARKETING FOR GROWTH & PROFITABILITY****Sara Kooperman, JD**

Examine how to market effectively and explore branding your business through various media sites driving it to success. Uncover your unique market position, create email blasts, construct eNewsletters, mold your website and expand your social media presence. Explore ways to take your business to the next level with effective, strategic and inexpensive marketing. Learn from this entrepreneur who started from a 3rd floor walk-up and created a multi-million-dollar enterprise. Bring your business cards, and leave with plenty of FREE advice and resources! (LECTURE)

SA5R Saturday, 3:15pm-4:45pm**SA6****5:00PM-6:30PM****SL@T - STRENGTHEN, LENGTHEN & TONE****Jeff Howard**

Slow down and still HIIT everywhere, this is a perfect format for those active recovery days. Following the protocol of L.I.I.S (LOW INTENSITY STEADY STATE) this class is easily taught with amazing results. Explore different muscular and cardio movements. SL@T will help make the changes your participants desire.

SA6A Saturday, 5:00pm-6:30pm**THE POSTPARTUM CLASS PARTICIPANT****Carrie Harper**

The Postpartum Client Walks Into the Room, it sounds like the beginning of a bad joke, but it's definitely not! No, your postpartum client comes into your fitness class because she has been released to exercise, and has no idea what to do or how. What do you tell her?

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

SA6C Saturday, 5:00pm-6:30pm**JUNGSHIN® FITNESS - RHYTHM - SHORT SWORDS WORKOUT****Annika Kahn**

Athletic Flow is a high-intensity class that blends Martial Arts techniques with modern fitness conditioning. The movements are choreographed implementing a unique tool: the sword. Used as an extension of the body, the sword builds core engagement, mental focus and flexibility while harmonizing mind/body through its unique moving meditation system, promoting overall health. All Jungshin sessions introduce combat flow!

SA6D Saturday, 5:00pm-6:30pm**MOBILITY 101 Jennifer Eskridge**

This class incorporates the foam roller and yoga moves. There is a pre and post test to assess changes in range of motion. You will leave feeling a noticeable increase in mobility.

SA6E Saturday, 5:00pm-6:30pm**MANTRAS, MUDRAS & MEDITATION Whitney Chapman**

Discover the connection among Mantras (chants), Mudras (eye and hand movements) and Meditations to create calm and centeredness. Learn Mantras (in English and Sanskrit) along with numerous Mudras and Meditations to create calm, support healing and reduce stress. Utilize these simple practices to enhance any workout or quickly recenter yourself.

SA6F Saturday, 5:00pm-6:30pm**BARRE INTENSITY Irene Lewis-McCormick, MS, CSCS**

Incorporating intervals into the naturally flowing, muscular endurance-based barre classes can get tricky unless you know how. This session will explore the myriad benefits of using intensity intervals of all types (HIIT, VIIT, HVIT, MIIT, LIIT) in a barre class. We will explore 5 different intervals types and try some movement sequences that will ensure maximal overload in short bursts for your barre classes.

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

RESIS-DANCE TRAINING**Carolyn Erickson**

Challenge yourself in a fun, simply choreographed class where dance movements are made even better with bands! Experience this dance format that incorporates functional training, resistance bands, and the best beats!! Bring your personality and elevate your dance classes so everyone in your class feels like a rock star!

SA6H Saturday, 5:00pm-6:30pm**SCHWINN®: RHYTHM DONE RIGHT****Abbie Appel**

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.

SA6I Saturday, 5:00pm-6:30pm**STAGES®: PLAYING WITH POWER****Dennis Mellon**

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!

SA6J Saturday, 5:00pm-6:30pm**FROM NOVICE TO WATER MANIAC!****Connie Martin, MA**

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!

SA6K Saturday, 5:00pm-6:30pm**AQUA FUSIONMANIA****Melissa Layne, MEd**

It's time to create a water class that incorporates a bit of dance, a bit of athleticism, a bit of yoga and Pilates drills to link and a whole lot of fun! Jump in the pool to experience an all-encompassing water workout and learn how to create your own fusion-mania in three logical steps.

SA6L Saturday, 5:00pm-6:30pm**STAIRMASTER®: OPTIMIZING HIIT INTERVALS****Sonja Friend-Uhl**

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.

SA6M Saturday, 5:00pm-6:30pm**WHAT IF YOU DON'T DIET?****Sohailla Digsby, RDN, LD, CPT**

What if life wasn't back-to-back to 30 day challenges and lean and happy was your new normal? Would your metabolism improve? Gotta do something!? Of course - we all do. But, it doesn't have to be a diet. Need peace and balance? Mo-momentum please? You can be done DIETing and instead LIVE lean with this streamlined 5-step plan!

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

SA6O Saturday, 5:00pm-6:30pm**THE OTHER 80% Jonathan Ross**

Discover how to use the most frequently unspoken goals of your prospective and current members and clients to serve them better and keep them longer. By the year 2030, 1-in-5 people in the US will be over age 65. Integrate the hot topic of brain health into your sales and programming to do what your competitors are not: reaching the other 80% of the population that will never buy fitness the way we have traditionally offered it. (LECTURE)

SA6P Saturday, 5:00pm-6:30pm**FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL**CLUB INDUSTRY
BUSINESS SUMMIT**Sara Kooperman, JD, Keli Roberts & Ann Gilbert**

Explore the very personal success stories of some of the most successful women in the fitness industry. Discover the secrets on how to overcome challenges, engage opportunities and demand success. Wander down the road to professional fulfillment, using confidence, competition, and character. Let these visionary industry icons empower you to make game-changing decisions.

SA6Q Saturday, 5:00pm-6:30pm**CONQUERING FACEBOOK'S FREQUENT FACELIFTS**CLUB INDUSTRY
BUSINESS SUMMIT**Jen Hall**

ANOTHER Facebook Facelift is coming! Facebook is changing to generate more profit from your posts...are you? Learn what changes are coming and how to take advantage of them in this session designed exclusively for fitness pros and business owners. (LECTURE)

SA6R Saturday, 5:00pm-6:30pm**SA7 - EVENING SESSIONS****6:45PM-7:45PM****FITNESS IDOL****Sara Kooperman, Keli Roberts, Yury Rockit & Billie Wartenberg**

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: scwfit.com/idol. Everyone is invited to attend. So, if you're not competing, come and watch, participate or cheer on the contestants!

SA7B Saturday, 6:45pm-7:45pm**MANIA® REST & RECOVERY****Namirsa & RumbleRoller**

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.

SA7F Saturday, 6:45pm-7:45pm**ACQUAPOLE® CIRCUIT REVOLUTION****Kristy Anaya & Paula Raphael**

Revitalize the management of water space by adding a horizontal dimension to the Acquapole® equipment for a wider execution of movements. The versatility of accessories that can be attached to the basic pole provides additional exercises for different target areas to increase flexibility, muscle toning and improved cardiovascular function.

SA7K Saturday, 6:45pm-7:45pm**SUNDAY, SEPTEMBER 8****SU1****7:00AM-8:30AM****QUICK & DIRTY 30****Irene Lewis-McCormick, MS, CSCS**

Ideas for quick training, ready-made class routines using minimal to maximal equipment. Experience 3, 30-minute workouts designed to inspire intensity, effort and sweat. This session offers hard core, turn-key class designs to improve performance, incorporate partner training in a coach-based group training format.

SU1A Sunday, 7:00am-8:30am**RUMBLEROLLER® GROUP EXERCISE FLOW****Brian Bettendorf, MSM, MS**

Sometimes we get in a fog of repetition and complacency. This session will give you a boost with energy for a creative mindset. Let's overcome the side effects of boredom and create the workouts you love. Combine, create and conquer, your tribe attracts your vibe!

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

ROCKIT STRENGTH®: HARD CORE/PEACE CORE**Yury Rockit**

Get Yury's ideas and moves that create a flowing, balanced muscle conditioning experience using barefoot bodyweight. We will incorporate a variety of planes, body positions, transitions, progressions & regressions to transform our traditional movement patterns with a mindful component.

SU1D Sunday, 7:00am-8:30am**DEEP STRETCH & THE AGING****Ann Gilbert**

Study a popular new land based format focusing on the science behind the deep stretch for your active ager. Eliminate the fear of mat work and empower your members with the educational based format that will be easily launched into your growing active aging program GX line up.p

SU1E Sunday, 7:00am-8:30am**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!

SU1F Sunday, 7:00am-8:30am**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.

SU1I Sunday, 7:00am-8:30am**STAGES®: DIFFERENT ROADS, ONE WORLD****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!

SU1J Sunday, 7:00am-8:30am**BARRE-A-CUDA 2****Billie Wartenberg**

Take your Barre-a-Cuda workout to a new level! Enhance your class with fresh, exciting exercise sequences that will bring creativity and an added challenge to your participants. A perfect blend of dance, pilates, strength training and fun to reignite your classes! From small isometric movements to grand jetés across the pool this class offers something for everyone with no dance experience required!

SU1L 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)

SU1N Sunday, 7:00am-8:30am**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)

SU1O Sunday, 7:00am-8:30am**THE FUNCTIONAL TRAINING DEBATE****CLUB INDUSTRY
BUSINESS SUMMIT****Giovanni Roselli**

The word 'functional' has hit the forefront of the fitness industry, however it is looked at in many different ways and contexts. Learn how different companies define "functional", and leave with an understanding of how you can take and learn from multiple methods, making your own practice out of a variety of disciplines. (LECTURE)

SU1P Sunday, 7:00am-8:30am**DRIVE THE EXPERIENCE****CLUB INDUSTRY
BUSINESS SUMMIT****Dane Robinson**

There are 3 major components to drive, not a just a workout, but to create a training experience that drives ATTENTION of new prospects and RETENTION of your current training community. Action items to create your own training experience "In the Trench" and "In the Business". (LECTURE)

SU1Q Sunday, 7:00am-8:30am**S.T.A.R. SOCIAL MEDIA SKILLS****CLUB INDUSTRY
BUSINESS SUMMIT****Jenn Hall**

Learn the S.T.A.R. approach to social media: Strategy, Tactics, Analytics and Research and how this methodology can boost your efforts in less time and get you back to doing what you love! Come prepared to work on your own social media in this interactive session.

SU1R Sunday, 7:00am-8:30am

MAKE GOLDEN YEARS GLISTEN



SU2

8:45AM-10:15AM

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.

SU2A Sunday, 8:45am-10:15am**HIGH FITNESS: AEROBICS IS BACK!****Ricki Smith & Melissa Zurcher**

Aerobics is back- Bigger, Better, Higher! High Fitness is a hardcore group fitness class that has taken aerobics to the next level with modern techniques. High combines FUN (choreography to current music), INTENSITY (HITT, plyometrics, toning, cardio) and CONSISTENCY. High Fitness can be modified for participants of all levels!

SU2B Sunday, 8:45am-10:15am**COACHING CORE STABILITY****Sheldon McBee, MS**

The ability to coach core stability beyond expectation will bring you, as a fitness professional, one step closer to aligning concept to application. In this session, you will learn coaching concepts specific to stabilizing the spine in a scalable coaching model.

SU2D Sunday, 8:45am-10:15am**MULTI-GENERATIONAL FITNESS****Billie Wartenberg**

Is it possible to blend the ages of Millennials through Baby Boomers in your classes? YES, it can be done! Bridge the generational gap with effective and functional ways you can successfully have classes for ALL Fitness Ages and Levels.

SU2E Sunday, 8:45am-10:15am**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.

SU2F Sunday, 8:45am-10:15am**STAGES®: TEAM PURSUIT: THE EXPERIENCE****Pam Benchley & 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!

SU2J Sunday, 8:45am-10:15am**WAVES ON FIRE: ACTIVE AGERS****Connie Martin, MA**

Baby Boomers Unite! Heat up your water workouts and burn calories, sculpt and strengthen your entire body in a great movement environment- the pool. Stoke the fire of your internal furnace by using ability-based, low-impact and multi-joint movements. Learn to stabilize your core while benefiting from improved stability and mobility.

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

SU2N Sunday, 8:45am-10:15am**IT'S NOT PERSONAL, IT'S FITNESS****Giovanni Roselli**

We often hear the cliché 'you gotta know somebody'. How true is this in the fitness industry? How do you get to know the right people, and who are they? Cultivating and maintaining relationships are key. Gain insight on how you should net-work to keep up your net-worth. (LECTURE)

SU2O Sunday, 8:45am-10:15am**AQUATIC PROGRAMMING FOR SUCCESS: THE EBBS AND FLOWS****Connie Warasila**

This seminar will teach you to utilize your most expensive piece of fitness equipment – your pool! Learn to maximize your return on investment and take programming that is "all wet" and have it gleam with excellence. Take your dying aquatics program and resuscitate it with alternative programming, instructor training, leadership and motivational tools to create a profitable aquatic exercise program. Leave with great strategic marketing tools and programming protocols to turn your pool into a profit center! (LECTURE)

SU2P Sunday, 8:45am-10:15am**8 SALES SKILLS TO MASTER****Suzanne Rich**

Join Suzanne in learning valuable skills and tools in order to be a successful Personal Trainer. We will discuss how to deliver effective client consultations, finding the "why", overcoming objections, using qualifying questions, best strategies to use when pricing a client, how to use habit trackers and types of closing statements. (LECTURE)

SU2Q Sunday, 8:45am-10:15am

BRING THE HEAT WAVES

FASTING PROGRAMS TO INCREASE REVENUE

CLUB INDUSTRY
BUSINESS SUMMIT

Dr. Robert Silverman, DC, MS

Results come in many different shapes and sizes. Let us help you dispel some of the myths regarding fasting and increase your revenue and retention. Learn how to incorporate the fasting mimicking diet (FMD) for your personal clients and gym & studio members with this simple 5-day program! (LECTURE)

SU2R Sunday, 8:45am-10:15am



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.

SU3

11:15AM-12:45PM

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!

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

LOWER BODY BLASTER

Jeff Howard

Want to learn the latest in lower body workouts? This a complete lower body experience to tone and strengthen the glutes, thighs and hamstrings.. Complete the workout with abdominal and lower back conditioning and hip and thigh flexibility. Includes great add-on to any traditional sculpting class.

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

POUND® - SWEAT. SCULPT. ROCK.

Amy Ward

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!

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



RUMBLEROLLER MEETS STROOPS: COMPRESSION & AGGRESSION

Brian Bettendorf, MSM, MA & Carolyn Erickson

Take on an entirely new way of training as we integrate RumbleRoller foam rolling into our innovative VIIT circuit training with Stroops Slastix and anchor systems. Discover how it feels to utilize tissue system recovery while training power, agility, and strength. You are going to love it!

SU3E Sunday, 11:15am-12:45pm



THE CHILL METHOD

Dianne Sykes

You'll learn how to master your body chemistry and brain power in order to ditch the burnout, tension and resistance, stress and muscle aches. Endless ideas tangled up in your fatigue will all be blown wide open.

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

AQUA DRUMS VIBES

Andrea Velazquez

Play the drums in the water! Combine unique rhythms and moves using the innovative SAF Aqua Drums Vibes® equipment, enjoy a challenging new way to get yourself fit and have fun in the water.

SU3L Sunday, 11:15am-12:45pm

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)

SU3N 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)

SU3O Sunday, 11:15am-12:45pm

THE JOY OF EX

Nathalie Lacombe, MS

CLUB INDUSTRY
BUSINESS SUMMIT

Are your training sessions and classes good, excellent, or phenomenal? Nathalie offers you the winning formula to ensure your clients will keep coming back week after week. Learn how to not only program for a great workout, but also create EXperiences filled with joy and a powerful feeling of fulfillment. The time has come to transform your classes and become an exceptional fitness professional!

SU3P Sunday, 11:15am-12:45pm

EXPERIENCE & INSIGHTS ON BOUTIQUES & FRANCHISES

Ann Gilbert

CLUB INDUSTRY
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There is no better time than now to open your own facility. Learn from the Owner/Operator of three (3) Shapes Fitness for Women who also co-owns another 70 clubs. Having started from nothing, explore the trials and tribulations of building a successful niche studio of your dreams. Discuss business lessons and successful strategies to guarantee profits in the coming years. Jump into the new chapter of ownership with your eyes and ears wide open. (LECTURE)

SU3Q Sunday, 11:15am-12:45pm

CORPORATE WELLNESS: CREATE A NEW REVENUE STREAM

Andrew Gavigan

CLUB INDUSTRY
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Corporate wellness programs are currently being delivered at 44% of U.S. businesses and the opportunities for fitness professionals to add value and earn revenue are abundant. This lecture will deliver valuable insights into providing great service and gaining clientele, while still maintaining low overhead and a personable business.

SU3R Sunday, 11:15am-12:45pm

SU4

1:00PM-2:30PM

FLUID STRENGTH™ MEETS EXTREME HIIT CHAOS™

Carolyn Erickson & Mindy Mylrea



Savvier's newest programs will have you training in Chaos and challenging your strength. Extreme Chaos co-creator, Carolyn Erickson, and Fluid Strength creator, Mindy Mylrea, introduce innovative new methods to HIIT and Strength train that will knock your socks off! Be the first to take these new formats to your students.

SU4A Sunday, 1:00pm-2:30pm

I'VE FALLEN BUT CAN GET UP! Giovanni Roselli

Getting up and down off of the floor can be looked upon as an activity of daily living, as well as an advanced strength exercise. Explore several techniques, both conventional and unique in how you can implement ground to standing drills in any program. Go through the different levels of beginner, intermediate, and advanced GTS drills, learning how to implement in training programs from youth all the way to elderly.

SU4B Sunday, 1:00pm-2:30pm

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!

SU4D Sunday, 1:00pm-2:30pm

**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.

SU4E Sunday, 1:00pm-2:30pm

**YOGA: TWIST & SHOUT Whitney Chapman**

Twists massage the internal organs, lubricate the spine, help to detoxify the body and improve organ function. Exploring twists, we can prepare the body to better handle the "twists & turns" that present themselves off the mat.

SU4F Sunday, 1:00pm-2:30pm

AQUATIC POWER HOUR

Connie Martin, MA

Unleash your inner beast while using power moves to increase range of motion and muscular strength with amazing cardiovascular improvement in the pool. Harness the power of your own determination to burn calories, and create a slimmer physique while inspired by your favorite music. Easily share combos with your class!

SU4L Sunday, 1:00pm-2:30pm

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HOW TO FAST WITH CONFIDENCE

Dr. Robert Silverman, DC, MS

Members have struggled to find the proper nutrition program. They've heard that fasting is beneficial but don't know where to start. Learn how to redefine your relationship with food, fire up your body's natural process of cellular clean up, lose dangerous visceral fat around your waist, and reboot your metabolism. (LECTURE)

SU4N Sunday, 1:00pm-2:30pm

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)

SU4O Sunday, 1:00pm-2:30pm

TRENDS FOR 2019 & GROWTH PANEL

Ann Gilbert, Nathalie Lacombe, MS & Jeff Howard

Learn about what's in store for the Industry in 2019 from our panel of diverse and experienced fitness leaders. They will discuss what to expect for club & boutique owners and operators, program directors and the trainers in this ever-changing industry. They will focus on how to take advantage of the coming trends to grow appropriately in your business and role.

SU4P Sunday, 1:00pm-2:30pm

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RAISING SALES AND SERVICE AWARENESS

Suzanne Rich

Discover various sales and service strategies to increase selling opportunities and improve member satisfaction with every guest interaction. We will discuss where the most common sales and service holes are in the industry and how to remedy each problem, leading to improved sales and better member retention. (LECTURE)

SU4Q Sunday, 1:00pm-2:30pm

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WORLD CLASS SGT DEPARTMENTS

J.P. Richard

The trends are undeniable, SGT is THE fastest way to increase profits, member retention and differentiate your business. I will detail club owners and managers on how to structure their SGT departments in a way that will keep staff earning (and learning) more and keep members happy (and paying) longer. (LECTURE)

SU4R Sunday, 1:00pm-2:30pm

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PERSONAL**

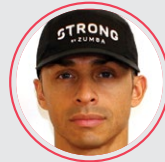
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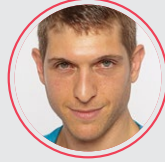
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RDN, LD, CPT



CAROLYN ERICKSON
SAVVIER FITNESS / STROOPS



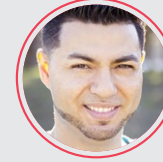
JENNIFER ESKRIDGE



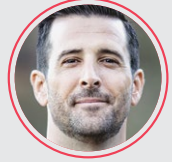
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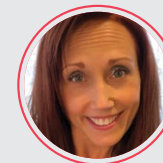
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MARCH 27-29, 2020



FLORIDA
MAY 15-17, 2020



ATLANTA
JULY 24-26, 2020