:00pm-2:30pm

PHILADELPHIA MANIA® SCHEDULE-AT-A-GLANCE

PRE-CON WORKSHOPS



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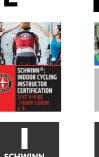
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5......8:45am-2:30pm & 5:00pm - 6:45pm (Charity Auction)8:15am-3:30pm & 6:00pm-7:00pm w.scwfit.com/Expo **NDUSTRY** SCW Corrective Exercise Certification Comana 9:00am-5:00pm p. WOMEN'S LEADERSHIP SUMMIT Kooperman, Vastola, Gilbert, Lacombe, Hall 8:30am-5:00pm ∙ p. 8 0 R AQUA (STARTS ON LAI AQUA (STARTS IN POC BOXING / NUTRITION / HEALTH / WELLNES EX. SCIENCE CLUB INDUSTR' CLUB INDUSTRY MEDIA CLUB INDUSTRY GES CYCLING LEADERSHII Consumer Sales & Revenue Generation McBride FR1 he Why & Hoy Want From Leaders Lacombe 7:30am-9:00an Pages 10-11 Savvy Social Media in Fitness Hogg Opportunities /ithin the Fitness FR2 Industry McBride Pages 11-12 Winning in siness Requires Strategy McBride Session 2 Simple Approaches to Weight Loss Comana Session 2 FR3 Stages®: iple Threat Mindset Kilcup Session 2 Intelligence and High Performance Leadership Vastola Session 1 ad Diet Update Digsby Session 2 11:45am-1:15pm Pages 12-13 12:30pm-2:00pm Pages 13-14 nstagram Glam: Quality over Quantity Hall **Best Practices** FR4 to Increase Retention Vastola Unleashed Mike 2:15pm-3:45pm Pages 14-15 Acquiring & Retaining ersonal Trainin Clients Garcia FR5 es®: WORK RECOVERY Kilcup od for Thou rain Superfo T. Silverma Fitness Business Trends For 2019 Kooperman 4:00pm-5:30p Pages 15-19 FR6 Lewis-McCormick Ross, Feinberg & Vastola - p. 20 STATE OF THE ills SPRINT Framski 6:30pm-7:30pm Pages 19-20 NDUSTRY You Can't Run With a ages®: The ixth Sense Santin Aqua Core Options Warasila SA1 Strategies for Wellness T. Silverman Water Runnin Rockit For Athletic 7:00am-8:30am Pages 20-21 KEYNOTE ADDRESS **SA2** 9:30am-10:45am Page 21 LEAD TO SUCCEED: SGT KEN® ROOM A • 9:30am-10:45am • p. 21 Prevention and Performance fo Runners Essentials to Soft Skills for ough Employee Lacombe 6 Steps to Aqua Drills Layne SA3 The Carb & tairMaster HII Selling Beyond Price Vastola Stages®: /.T.F.T.P.? Protein Myth 3. & M. Mylrea 11:00am-12:30p Pages 21-22 SA4 Podcasting 101: Create Your Platform Conti Session 1 Abs are Made in the Kitchen Digsby Session 2 Standard of Service Model Vastola Session 2 TER!). The fill Come enchley oxing Bootcam Feinberg Session 2 12:45pm-2:15pm Pages 22-23 1:30pm-3:00pm Pages 23-24 Multi-Media Nutrition for Fitness Professionals Layne The Female Training dvantages 201 Kravitz Marketing for Growth & Profitability Tab-Agua Quickies Howard SA5 Conquering Low Cost Competition Saracco Stages®: er vs. Rhythr up & Santin 3:1 Punchout Feinberg M. Velazquez, Gilbert, Warasil & Wartenberg 3:15pm-4:45pm Pages 24-25 Aqua FUSIONMANIA Layne Stages®: aying With Power Mellon hat If You Don Diet Digsby Carbohydrate Craziness Kravitz SA6 Personal & Professional The Other 80% 5:00pm-6:30pm Pages 25-26 Acquapole® rcuit Revoluti A. Velazquez 8 Raphael SA7 6:45pm-7:45pm Pages 26 The Functio Training Deb Roselli Drive the Experience Robinson SU1 8 Sales Skills to Master Rich SU2 aves on Fir active Agers Martin 8:45am-10:15an Pages 28-29 **SU3** Vellness: Create New Revenue Stream 11:15am-12:45p Pages 29 PILOXING Aquatic Powe Hour Martin SU4 orld Class SG

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FRIDAY, SEPTEMBER

SATURDAY, SEPTEMBER

SUNDAY, SEPTEMBER

scwfit.com/ClubPH

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