

# PHILADELPHIA MANIA® SCHEDULE-AT-A-GLANCE

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)



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

THURS. SEPTEMBER 5

<b>THURSDAY PRE-CON WORKSHOPS</b>		SCW Group Exercise Certification Howard 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			
	High Fitness Instructor Training Smith & Zurcher 9:30am-5:00pm • p. 8	SCW Personal Training Certification Roberts 8:00am-5:00pm • p. 7	SCW Meditation Certification Rockit 5:30pm-9:30pm p. 8	SCW Active Aging Nutrition Certification T. Silverman 5:30pm-9:30pm p. 7	SCW Yoga II Certification M. Velazquez 5:30pm-9:30pm 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® Indoor Cycling Instructor Certification Scott & Hogg 7:00am-5:00pm p. 8	

FRIDAY, SEPTEMBER 6

	A	B	C	D	E	F	G	H	I
	HIIT / FUNCTIONAL TRAINING	GROUP EXERCISE	PERSONAL TRAINING	PERSONAL TRAINING / SPECIALTY	ACTIVE AGING / RECOVERY	MIND/BODY / WELLNESS	BARRE	DANCE / AEROBIC	SCHWINN CYCLING
<b>FR1 7:30am-9:00am</b> Pages 10-11	HIIT the TURF Keenan-Stryaska & 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
<b>FR2 10:00am-11:30am</b> Pages 11-12	Pulling for Power, Program 003™ SGT Ken	From the Ground Up! M. Velazquez	Teaching the Deadlift Mike	POUND® - 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
<b>FR3 Session 1 11:45am-1:15pm</b> Pages 12-13	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
<b>FR3 Session 2 12:30pm-2:00pm</b> Pages 13-14									
<b>FR4 2:15pm-3:45pm</b> 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
<b>FR5 4:00pm-5:30pm</b> 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
<b>FR6 EVENING SESSIONS 6:30pm-7:30pm</b> Pages 19-20						Recovery Through Meditation Rockit		Parkour Meets Group Fitness Pirolo	

SATURDAY, SEPTEMBER 7

<b>SA1 7:00am-8:30am</b> Pages 20-21	Consistent Resistance Erickson	Gliding Reinvented M. Mylrea	Training the Female Core K. Roberts	POUND® 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
<b>SA2 KEYNOTE &amp; AWARDS 9:30am-10:45am</b> Page 21									
<b>SA3 11:00am-12:30pm</b> 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
<b>SA4 Session 1 12:45am-2:15pm</b> Pages 22-23	HIIT the Turf - Yoga Fusion Keenan-Stryaska & 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
<b>SA4 Session 2 1:30pm-3:00pm</b> Pages 23-24									
<b>SA5 3:15pm-4:45pm</b> 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
<b>SA6 5:00pm-6:30pm</b> 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
<b>SA7 EVENING SESSIONS 6:45pm-7:45pm</b> Page 26									

SUNDAY, SEPTEMBER 8

<b>SU1 7:00am-8:30am</b> Pages 26-27	Quick & Dirty 30 Lewis-McCormick	Rumbloroller® Group Exercise Flow Bettendorf		Rokit Strength®: Hard Core/ Peace Core Rockit	Deep Stretch & the Aging Gilbert	Go With the Flow Salutations Howard			Schwinn®: Let the Music Play M. Mylrea
<b>SU2 8:45am-10:15am</b> Pages 28-29	Double the Fun! Double the Results! Erickson	HIGH Fitness: Aerobics is Back! Smith & Zurcher		Coaching Core Stability McBee	Multi-Generational Fitness Wartenberg	Restorative Yoga: Prop Free Chapman			Schwinn®: Let the Music Play M. Mylrea
<b>SU3 11:15am-12:45pm</b> Page 29	Let's Get FHIT Robinson	Lower Body Blaster Howard		POUND® - Sweat. Sculpt. Rock. Ward	Rumbloroller Meets Stroops: Compression & Aggression Bettendorf & Erickson	The CHILL Method Sykes			Schwinn®: Let the Music Play M. Mylrea
<b>SU4 1:00pm-2:30pm</b> 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-Stryaska & Hughes	Active Aging: Between the Chairs Lewis-McCormick	Yoga Twist & Shout Chapman			Schwinn®: Let the Music Play M. Mylrea

FRIDAY, SEPTEMBER 6

SATURDAY, SEPTEMBER 7

SUNDAY, SEPTEMBER 8

J	K	L	M	N	O	P	Q	R
STAGES CYCLING	AQUA (STARTS IN POOL)	AQUA (STARTS ON LAND)	BOXING / CIRCUIT	NUTRITION / HEALTH / WELLNESS	EX. SCIENCE / LEADERSHIP	CLUB INDUSTRY PROGRAMMING	CLUB INDUSTRY SALES/RETENTION	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	<b>FR1 7:30am-9:00am</b> 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	<b>FR2 10:00am-11:30am</b> 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	<b>FR3 11:45am-1:15pm</b> Pages 12-13 <b>12:30pm-2:00pm</b> 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	<b>FR4 2:15pm-3:45pm</b> 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	<b>FR5 4:00pm-5:30pm</b> Pages 15-19
Les Mills SPRINT™ Bramski	Acquapole® Boxing Raphael					Lewis-McCormick, Ross, Feinberg & Vastola - p. 20		<b>FR6 6:30pm-7:30pm</b> 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	<b>SA1 7:00am-8:30am</b> Pages 20-21
								<b>SA2 9:30am-10:45am</b> 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	<b>SA3 11:00am-12:30pm</b> 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	<b>SA4 12:45pm-2:15pm</b> Pages 22-23 <b>1:30pm-3:00pm</b> 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	<b>SA5 3:15pm-4:45pm</b> 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	<b>SA6 5:00pm-6:30pm</b> Pages 25-26
	Acquapole® Circuit Revolution A. Velazquez & Raphael							<b>SA7 6:45pm-7:45pm</b> 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	<b>SU1 7:00am-8:30am</b> Pages 26-27
Stages®: Team Pursuit: The Experience Benchley & Kilcup	WATERMOTION® 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	<b>SU2 8:45am-10:15am</b> Pages 28-29
		Aqua Drums Vibes A. Velazquez		Immunity Boosters & Busters T. Silverman	Fat Loss: The Real Story Kravitz		Experience & Insights on Boutiques & Franchises Gilbert	<b>SU3 11:15am-12:45pm</b> Pages 29
	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	<b>SU4 1:00pm-2:30pm</b> Pages 29-30