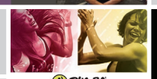
California MANIA® Schedule

Pre-Convention Workshops Wednesday, March 25	SCW Aquatic Exercise Certification Howard · 9:00am-6:00pm		SCW Yoga 1 Certification Velazquez · 9:00am-6:00pm			One Day to Wellness Certification B. & M. Mylrea 9:00am-6:00pm
Pre-Convention Workshops Thursday, March 26	SCW Personal Training Certification Roberts 8:00am-5:00pm	SCW Group Exercise Certification Howard 8:00am-5:00pm	LaBlast® Splash Instructor Certification Van Amstel 8:00am-5:00pm	Barre Above™ - Powered by SAVVIER Murphy Madden 9:00am-5:00pm	 ZUMBA Zumba® Basic 1 Instructor Training Smith · 8:00am-5:00pm	Schwinn® Indoor Cycling Instructor Certification Schneider & Veteri 7:00am-5:00pm	SCW Pilates Matwork Certification Appel · 8:00am-5:00pm
	SCW Personal Training Next Level Certification Roberts · 5:30pm-9:30pm		SCW Meditation Certification Rockit 5:30pm-9:30pm	SCW Flowing Yoga Certification M. Velazquez 9:00am-5:00pm			

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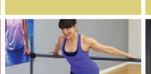
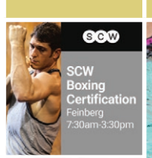
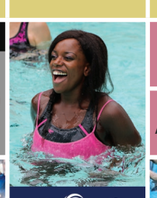
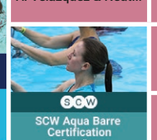
	A FUNCTIONAL TRAINING / HIIT	B AGING/PT/GX	C RECOVERY / MIND-BODY	D BARRE / PILATES	E DANCE / SPECIALTY	F SCHWINN® CYCLING	G CORE HEALTH HIIT / BOX
Friday, March 27							
FR1 7:00am-8:15am	Quick & Dirty 30 McCormick	Groove & Gait: Active Aging Pinkowski	Tai Chi for Warmup & Recovery Ross	BarreFlow Taylor	Zumba® Cardio Blast Smith	Schwinn®: Work, Not Twerk - Rhythm Results Appel	Welcome to the Jungle (Gym) - HIIT Thomson
FR2 9:15am-10:30am	Creative Compunds Gavigan	Power Training for Older Adults Linkul	Managing Muscle Soreness Feinberg	Barre So Hard - Powered by SAVVIER	LaBlast®: Ballroom Fitness Using PATTERNography Van Amstel	Schwinn®: A DJ Saved My Life Thomson	High Five - HIIT Appel
FR3 Session 1 10:45am-12:00pm / FR3 Session 2 11:30am-12:45pm	Corrective Exercise Roundup: Lower Extremity Comana Session 1		Breath to Excel: Powerful Prana Rockit Session 2	Bodyweight Barre Roberts Barre Session 1	In Body Recovery McCormick Session 1	Schwinn®: Breathy Not Breathless Appel Session 2	Solid HIIT Work - All Zones Schneider Session 1
FR4 1:00pm-2:15pm	Hiit The Turf Keenan-Stryska & Hughes	Second Act – Fitness for 40+ Murphy Madden & McCall	Taichi + Yoga = Bamboo Fusion Ross	BarreFlow Fire & Iron Taylor	Resist Dance Training White	Schwinn®: Dry-Tri: Beast Mode Fusion Schneider & Veteri	Boxing: The Method Feinberg
FR5 2:30pm-3:45pm	HIIT Chaos - Powered by SAVVIER Erickson	Building Better Butts Mullins	Relax and Recover with Rumbleroller® Bettendorf	Boogie Barre Carvalho		Schwinn®: Motosumo - Be the Vibe Master M. Mylrea	Row - Drop The Hammer Guttormson
FR6 4:00pm-5:15pm	50 Unique Core Lovers Exercises Murphy Madden & M. Mylrea	Field Day Gavigan		Barre Training: Grace & Flow Roberts	The Cognitive Dance Experience M. Velazquez	Engine Room Rowing Guttormson	3:1 Punchout Feinberg
FR7 6:00pm-7:00pm	Mobility & Stability Pinkowski	MANIA® Dance Off! LaBlast®, Manuel Velazquez, Mac Carvalho & Zumba®	Recovery Through Meditation Rockit	Yoga Sculpt - Bridging Yoga & Fitness Murphy Madden			
Saturday, March 28							
SA1 7:30am-8:45am	SL@T Howard	Keep it Simple, Keep it Smart Thomson	From the Ground Up! M. Velazquez	Barre With a Twist Appel	LaBlast® Fitness: Waltz, Tango, Foxtrot! Van Amstel	Schwinn®: Set the Stage McLean	Bring on the 4-Letter Words! McCall
SA2 KEYNOTE 9:45am-11:00am		KEYNOTE ADDRESS UNLOCK YOUR NEW DIMENSION OF PASSION with Stacey Lei Krauss					
SA3 11:15am-12:30pm	AAA - Abs At All Angles Appel	STRONG by Zumba® Wu Hall	Cardio Yoga™ - Cardio Focus Krauss	Taichi for Veterans Ross	Managing Muscle Soreness Feinberg	Schwinn®: F.E.A.R. Face Everything and RIDE Roberts	Purpose, Not Circus - Legit HIIT McLean
SA4 Session 1 12:45pm-2:00pm / SA4 Session 2 1:30pm-2:45pm	Creating Clever Circuits With Stroops Purdy Session 1	Bringing Up Boomers! Kooperman Session 2	Upper Body Self Care Bettendorf Session 2	Gliding Meets Barre Murphy Madden & M. Mylrea Session 1	Relax & Restore Foam Roller Training McCormick Session 2	Schwinn®: Ride or Die - Tribe Connection Thomson Session 1	Row - Drop The Hammer Guttormson 12:45pm-1:30pm / Welcome to the Jungle (Gym) HIIT - Roberts 1:30pm-2:45pm
SA5 3:00pm-4:15pm	Advance Your Partner Training by Stroops Purdy		Soul Yoga: Rhythm & Blues Kooperman	Barre Where You Are Taylor	Balletone - Where Cardio & Ballet Meet Scott & Zahnn	Schwinn®: Rock Steady - Recovery Rides & Results Roberts	Boxing Bootcamp Feinberg
SA6 4:30pm-5:45pm	Kickbox Combat Spreen-Glick	Mandatory Core Training Methods Mullins	Cardio Yoga™ - Yoga Focus Krauss	Mat to the Max Appel	Finale Fixer Upper Parsons	Schwinn®: Bring It - Verbal & Visual Cueing Mastery M. Mylrea	
SA7 6:00pm-7:00pm		Fitness Idol Kooperman, Roberts, Rockit & Velazquez	Flexibility + Performance = Wellness Howard			Row - Power 20 Guttormson	He-Mugs-Me Not! Feinberg
Sunday, March 29							
SU1 7:30am-8:45am	Core Forward Pilates Howard	Maximizing Med Balls For Groups McCormick	Flow Free & Be Spreen-Glick Mats	 SCW Barre Certification Appel · 7:30am-3:30pm	STRONG by ZUMBA Strong by Zumba® Instructor Training Wu Hall 7:30am-4:00pm	Schwinn®: SchwINTENSITY McLean	
SU2 9:00am-10:15am	Turf Yoga Fusion Keenan-Stryska & Hughes	Training the Active Aging Female Client Roberts	Developing Elite Fitness Experiences Mullins			Schwinn®: Master Your One - Rock the Room M. Mylrea	
SU3 11:00am-12:15pm	Nothing But the HIITS M. Mylrea	Group Mobility and Strength Bettendorf	Go with the Flow Salutations Howard	SCW Foam Rolling Certification Lewis-McCormick 9:00am-3:00pm		Schwinn®: Ride and Row McLean	StairMaster CORE HEALTH & FITNESS HIIT Certification McCall 8:00am-12:00pm
SU4 12:30pm-1:45pm	Lift Off! Howard	Ladder Approcah to Program Design Mullins	Play Hard-Recover Harder Rockit				

	H NAUTILUS / CIRCUIT / ROWING	I AQUA (Starts in Pool)	J AQUA (Starts in Lecture)	K NUTRITION / WELLNESS	L EX. SCIENCE / LEADERSHIP MANIA® + SUMMIT	M PROGRAMMING / SALES	N MARKETING / MEDIA
Friday, March 27							
FR1 7:00am-8:15am	You Get What You Train For McCall	Dive In Rockit	Acquapole® Fitness A. Velazquez & Neutill	Energy Pathways and Ketones Comana	Ending Your Clients' Exercise Sabotage Seti	Keys to a Successful Program Launch Hoff	
FR2 9:15am-10:30am	Turn Back Time: Aging Explored M. Mylrea	Water Running Rockit	Girls Just Wanna Have Fun Kooperman, Layne & Martin	Active Aging Nutrition Insights Silverman	Exercise, Stress, Hormones & Inflammation Comana	Train Your Team to Sell Vastola	New Hire to All-Star Stevenson
FR3 Session 1 10:45am-12:00pm / FR3 Session 2 11:30am-12:45pm	Does Size REALLY Matter? Thomson Session 2	Splash Off! Indigo Aquatics, LaBlast®, WATERinMotion® & Zumba® Session 2	Stroops Aqua: Skills & Drills Howard Session 2	Proper Hinges for Back/Hip Injuries Linkul Session 1	Leading to Create Positive Culture Hawkins Session 2	Active Aging Program Design Pinkowski Session 1	Multi-Media Marketing for Growth & Profitability Kooperman Session 2
FR4 1:00pm-2:15pm		Waves on Fire: Lower Body Martin	Original Choreography Overflow M. Velazquez, Warasila, Kulp & Carvalho	The Why & How of Fasting B. & M. Mylrea	Trends for 2020 & Growth Panel Kooperman, Gavigan & Howard		Hows and Whys of In-Club Education Appel & McCormick
FR5 2:30pm-3:45pm		Hydro Lift Off! Howard	Making Waves with LaBlast® Splash Van Amstel	Nutrition Panel - Layne, Silverman, B. Mylrea Roberts-Moderator	The Mentor Mentality Feinberg	Attract, Hire & Retain Top Teams Vastola	Digital, Virtual & Live, Oh My! Hoff
FR6 4:00pm-5:15pm		Ups & Downs of Aqua Carvalho	Aqua Zumba® Bishop	Melt Fat & Keep the Wine Fitzgerald	Social Media Tips, Tricks & Truths Hoff	Solution Based Sales Stevenson	Leading for Maximum Performance Kooperman
FR7 6:00pm-7:00pm		Barre-a-Cuda 2 Kulp	Liquid Gym Cyclone Bike A. Velazquez & Neutill	Immunity Boosters & Busters Silverman	SCW STATE OF THE INDUSTRY Layne, Feinberg, Lewis-McCormick & Gavigan		
Saturday, March 28							
SA1 7:30am-8:45am	Workout Your Why Schneider	Tab-Aqua Quickies Carvalho	Liquid Gym Star Workout A. Velazquez & Neutill	The Carb & Protein Myth B. Mylrea & M. Mylrea	Training the Injured Runner Bettendorf	Essentials of Successful Service Models Vastola	Instant Success with Instagram Hoff
SA2 KEYNOTE 9:45am-11:00am						KEYNOTE ADDRESS Unlock a New Dimension of Passion with Stacey Lei-Krauss	
SA3 11:15am-12:30pm	"Toning" is NOT a Thing McCall	Fearless, Fabulous, Fire Water Workout Martin	Double Trouble: Bad Boys Of Aqua Howard & M. Velazquez	Stopping Inflammation Through Nutrition Layne	Emotional Intelligence & High Perfromance Leadership Vastola	Fitness Business Trends for 2020 Kooperman	Bootcamp for Your Front Line Hoff
SA4 Session 1 12:45pm-2:00pm / SA4 Session 2 1:30pm-2:45pm		Water Wellness Pinkowski Session 1	Aqua Abs WIM-SY Carvalho Session 1	Eating Disorders vs. Disordered Eating Seti Session 2	Resistance Training Techniques to Improve Arthritis Linkul Session 1	What Do Your Members Want? Stevenson Session 1	
SA5 3:00pm-4:15pm		LaBlast® Splash: Waltzing in the Water Van Amstel	Platinum - Silver Tsunami M. Velazquez, Warasila, Kulp & Carvalho	Nutrition Coachng for Fitness- Part II Layne White Board	Controversies in Resistance Training: Solved Kravitz	Building Your Revenue Streams & Income Polson	Making the Most of the Millennial Market Murphy Madden
SA6 4:30pm-5:45pm		Bridge Over Troubled Waters Warasila	Acquapole® Circuit A. Velazquez & Neutill	Success Factors for Weight Loss Silverman	HIIT Beyond Your Max Kravitz	Next Level Networking Armstrong	
SA7 6:00pm-7:00pm		Aqua Yoga Flow Warasila				FITNESS IDOL With Judges Kooperman, Roberts, Rockit & M. Velazquez	
Sunday, March 29							
SU1 7:30am-8:45am	 SCW Boxing Certification Feinberg 7:30am-3:30pm		Hydro CSI (Cardio Strength Intervals) Warasila	Dairy, Meat & Disaster Layne	Calorie Burning: Facts vs. Controversy Kravitz	Techniques to Engineer Your Life Armstrong	Relevant Fitness: Myths, Marketing & Money Ross
SU2 9:00am-10:15am			Aqua Drums Vibes A. Velazquez & Neutill	Food for Thought: Brain Superfoods Silverman	The Leader and the Hero Armstrong	The Inspired Life Path Spreen-Glick	Build + Achieve Your Business Visions Polson
SU3 11:00am-12:15pm	SCW Small Group Training Certification Gavigan 8:00am-12:00pm	waterinmotion WATERinMOTION® Aqua Exercise Certification M. Velazquez · 8:00am-4:00pm	 SCW Aqua Barre Certification Carvalho 11:00am-3:00pm	Probiotics, Prebiotics & The Gut Biome Layne	The Age Antidote Kravitz	The Pathway to Career Longevity Erickson	10 Steps to Launching Successful Programs Murphy Madden
SU4 12:30pm-1:45pm				Putting an End to Stress Eating Seti	Women, Hormones, Metabolism & Exercise Kravitz	Create a New Revenue Stream Gavigan	Improved Success with Online Marketing Polson

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