

Pre-Convention Workshops Wednesday, February 26				 SCW Aquatic Exercise Certification Howard - 9:00am-6:00pm	SCW Yoga I Certification M. Velazquez 9:00am-6:00pm
Pre-Convention Workshops Thursday, February 27	 SCW Personal Training Certification Roberts - 8:00am-5:00pm	LaBlast® Fitness Instructor Certification Cooperman 8:00am-5:00pm	 SCW Pilates Matwork Certification Appel - 8:00am-5:00pm	SCW Flowing Yoga Certification M. Velazquez 9:00am-5:00pm	SCW Active Aging Certification Dennis 9:00am-5:00pm
		Zumba® Basic 1 Instructor Training Smith 8:00am-5:00pm		SCW Meditation Certification Rockit 5:30pm-9:30pm	SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm

A FUNC. TRAINING / HIIT	B GROUPEX / ACTIVEAGING	C MIND BODY / RECOVERY	D BARRE / PILATES	E DANCE	F SCHWINN® CYCLING
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FR1 7:00am-8:15am	Creative Compounds Gavigan	Groove & Gait Dennis	The Bee & the Butterfly Craddock	Barre Moves - Create New Choreography Bostick-Winn	Bootcamp Beats Lauria	Schwinn®: Prime Design Sherman
FR2 9:15am-10:30am	Corrective Exercise Roundup: Lower Extremity Comana	HIGH Fitness: Aerobics is Back! Hayes	The Art of Chakra Balancing Rollins	Boogie Barre Carvalho	LaBlast®: Ballroom Fitness Using PATTERNography Cooperman	Schwinn®: Balancing Act - Cycling Fusion Appel
FR3 Session 1 10:45am-12:00pm	SL@T - Strengthen, Lengthen & Tone Howard Session 2	Sarcopenia & Strength Training Layne Session 1	Partner Yoga - Postures and Poses Jansen Session 2	Bodyweight Barre Roberts Session 1	The Cognitive Dance Experience M. Velazquez Session 1	Schwinn®: SchwINTENSITY Sherman Session 1
FR3 Session 2 11:30am-12:45pm						
FR4 1:00pm-2:15pm	FIIT - Functional Intense Integrated Training M. Mylrea	Training the Active Aging Female Client Roberts	Stretching With STROOPS Purdy	RAQ The Barre™ by RaqiSa® Doherty	Weigh2Dance Lauria	Schwinn®: Rhythm Done Right Appel
FR5 2:30pm-3:45pm	No Equipment, No Excuses Garcia	POUND® - Sweat. Sculpt. Rock. A. Ward	From the Ground Up! M. Velazquez	Barre With a Twist Appel	Supa Dupa Fly Raya	
FR6 4:00pm-5:15pm	Turf Yoga Fusion Keenan-Stryka & Hughes	Myzone® Gamified Bootcamp Fitzpatrick	Mobility & Stability Dennis	Hot Booty Ballet™ Ghadban	Zumba® Cardio Blast Smith	Schwinn®: Connect, Compete, Compare - Motosumo M. Mylrea
FR7 6:00pm-7:00pm	MANIA® Dance Off! Hot Booty Ballet™, LaBlast®, M.Velazquez, POUND®, RaqiSa®, Zumba® HIGH Fitness,	Flexible for Life Andrea Metcalf	Ladies Night Out: Spiced Up Choreography Conti	Tai-Chi + Yoga = Bamboo Fusion Ross	Recovery Through Meditation Rockit	

SA1 7:30am-8:45am	Strong by Zumba® Pickett	Balance & Power - Training Aging Clients McCaughy	Inspire a Faith Based Fitness Movement CarolAnn	FUNctional Barre Bostick-Winn	HIGH Fitness: Aerobics is Back! Hayes	Schwinn®: Take it to the MAX Roberts
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SA2 KEYNOTE 9:45am-11:00am	KEYNOTE ADDRESS <i>Sense of Selfie</i> With Jessica Maurer					
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SA3 11:15am-12:30pm	World Class Group Coaching Experience - Emotion Sells! Barnes, Barnes & Purifoy	Bringing Up Boomers! Kooperman	Play Hard-Recover Harder Rockit	I Heart Barre Wartenberg	POUND® - Jam Session A. Ward	Schwinn®: How to WOW! M. Mylrea
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SA4 Session 1 12:45pm-2:00pm	SA4 Session 2 1:30pm-2:45pm	50 Unique Core Lovers Exercises M. Mylrea & Shaia Session 2	The Happy Medium Wartenberg Session 2	Creating Ingenious Functional Circuits Purdy Session 1	Mat to the Max Appel Session 1	Functional Flexibility With FLX Metcalf Session 2	Schwinn®: R&R - Ride & Restore Roberts Session 2
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SA5 3:00pm-4:15pm	Extreme HIIT Chaos™ Erickson	HIGH Fitness: Aerobics is Back! Hayes	Soul Yoga: Rhythm & Blues Kooperman	Hot Booty Ballet™ Ghadban	LaBlast® Fitness: Waltz, Tango, Foxtrot! Cooperman	Schwinn®: Step into Your Shine M. Mylrea
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SA6 4:30pm-5:45pm	HIIT the TURF Keenan-Stryka & Hughes	Cognitive Fitness for Optimal Aging McCaughy	True Balance: Yin/Yang Yoga Chapman	Creative Barre Warm-Ups Wartenberg	Soulful Belly Dance by RaqiSa® Doherty	Schwinn®: Music & SO MUCH MORE! Appel
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SA7 6:00pm-7:00pm	FITNESS IDOL With Judges Kooperman, Roberts, Wartenberg & Rockit		Tai-Chi for Warmup & Recovery Ross		Workout Creation: How & Why Conti	
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SU1 7:30am-8:45am	POUND® - Sweat. Sculpt. Rock. A. Ward	Tai-Chi For Veterans Ross	Go with the Flow Salutations Howard	SCW Barre Certification Appel 8:00pm-4:00pm	Balletone - The Non-Dancer Workout Bostick-Winn	Schwinn®: Let the Music Play M. Mylrea
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SU2 9:00am-10:15am	Got Back Pain? Garcia	Planks A to Z - Core Plus Chilazi	Consistent Resistance Purdy			
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SU3 11:00am-12:15pm	HIIT the TURF - For Personal Trainers Keenan-Stryka & Hughes	Training By The Numbers Gavigan	Qi Gong for the Ages Glassmeyer			
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SU4 12:30pm-1:45pm	Coach by Color with Myzone® Fitzpatrick	Tai Chi: Meditation in Motion Glassmeyer	Yoga Twist & Shout Chapman	HIGH Fitness Instructor Training Carver - 8:00am-4:00pm	One Day to Wellness Certification B. & M. Mylrea - 8:00am-4:00pm	Strong By Zumba® Instructor Training Pickett - 7:30am-4:00pm
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DC MANIA® SCHEDULE-AT-A-GLANCE

SCW Group Exercise Certification Howard 8:00am-5:00pm	Barre Above™ - Powered by SAVVIER® Bostick-Winn 9:00am-5:00pm	SCW Women's Leadership Forum Kooperman, Maurer, Lacombe, Kelly & Roberts 9:30am-4:30pm	
Myzone® University: Myzone's Best Practices Fitzpatrick & Di Pasca 9:00am-4:00pm	SCW Nutrition Coaching for Fitness Professionals Layne 9:00am-5:00pm	SCW Corrective Exercise Certification Comana 9:00am-5:00pm	

New For 2020: SCW Health & Fitness Business Summit
Attend the SCW Health & Fitness Business Summit and give your fitness business the attention it deserves. The perfect place for Managers, Owners & Directors to take their Clubs & Studios to the next level.
scwfit.com/business

G AQUA (STARTS IN LECTURE)	H BOXING / CIRCUIT	I NUTRITION / WELLNESS	J EX.SCIENCE / LEADERSHIP MANIA® + SUMMIT	K SUMMIT PROGRAMMING / SALES	L SUMMIT MARKETING / MEDIA
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Acquapole® Tone A. Velazquez & Johnson	StairMaster HIIT: Real Ratios for Results Friend-Uhl	Healing Through the 5 Senses Rollins	Energy Pathways and Ketones Comana	Networking to the Next Level Armstrong	Power of Podcasting: Leverage Your Brand Conti
Girls Just Wanna Have Fun Kooperman, Layne & Cofield	The Why & How of Fasting B. & M. Mylrea	Abs Are Made in the Kitchen Digsby	All About the Members Taub	Leading People or Managing Systems Lacombe	
Making Waves with LaBlast® Splash Cooperman Session 2	StairMaster HIIT: Science of Variability Appel Session 2	Active Aging Nutrition Insights T. Silverman Session 1	Exercise, Stress, Hormones & Inflammation Comana Session 2	Soft Skills for Hard Bodies Lacombe Session 1	Multi-Media Marketing for Growth & Profitability Kooperman Session 2
Original Choreography Overflow M. Velazquez, Warasila, Carvalho, Cofield & Jansen	Boxing: The Method Feinberg	Diets Are Like One Night Stands Digsby	Trends for 2020 & Growth Panel Kooperman, Gavigan, Lacombe & Howard	Techniques to Engineer Your Life Armstrong	Digital, Virtual & Live, Oh My! Maurer
Aqua Bootcamp Howard	StairMaster HIIT: Rest & HIIT Friend-Uhl	Nutrition Panel - Digsby, Layne, Silverman, B. Mylrea Roberts - Moderator	The Mentor Mentality Feinberg	Leading for Maximum Performance Kooperman	
Acquapole® Circuit: Punch & Jump A. Velazquez & Johnson		Nutrition Coaching for Fitness- Part II Layne	5 Social Media Do's & Don'ts Maurer	Creating the Perfect Client Switalski	Get Your Business on the Google Map! Raya
		Prevention & Recovery Through Muscle Stimulation Feinberg			

LaBlast® Splash: Waltzing in the Water Cooperman	3:1 Punchout Feinberg	The Carb & Protein Myth B. Mylrea & M. Mylrea	Standing Out in a Crowded Room Taub	Sales - From Lead to Client Peters	Social Media Tips, Tricks & Truths Maurer
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				KEYNOTE ADDRESS <i>SENSE OF SELFIE</i> With Jessica Maurer	
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Double Trouble: Bad Boys Of Aqua Howard & M. Velazquez	StairMaster HIIT: A Moment in Time Friend-Uhl	Dairy, Meat & Disaster Layne	Largest Fitness Opportunity in History McCaughy	What Fit Pros Want From Leaders Lacombe	Maximize Facebook Like a Boss Digsby
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Ups & Downs of Aqua Carvalho Session 1	Boxing Bootcamp Feinberg Session 1	What if Questions Everyone Asks Digsby Session 2	Controversies in Resistance Training: Solved Kravitz Session 1	Acquiring & Retaining Personal Training Clients Garcia Session 1	FitBiz Mastery Barnes, Barnes & Purifoy Session 2
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Platinum - Silver Tsunami M. Velazquez, Warasila, Carvalho, Wartenberg, Cofield & Jansen	StairMaster HIIT: High Five Appel	Food for Thought: Brain Superfoods T. Silverman	HIIT Beyond Your Max Kravitz	Extraordinary Retention & Competition Combat Barnes, Barnes & Purifoy	Wearable Technology - Exceptional Member Engagement Fitzpatrick
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Liquid Gym Circuit A. Velazquez & Johnson		Ending Your Clients' Exercise Sabotage Seti	Rare Remedy - Alternative Options Sellers		
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		Prevention & Recovery Through Muscle Stimulation Feinberg		FITNESS IDOL With Judges Kooperman, Wartenberg & Rockit	
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Water Running Rockit	SCW Boxing Certification Feinberg 8:00pm-2:00pm	Master of Mindful Eating Seti	Calorie Burning: Facts vs. Controversy Kravitz	Corporate Wellness: Create a New Revenue Stream Gavigan	The Business of Small Group Personal Training Roberts
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Hydro Lift Off! Howard		Success Factors for Weight Loss T. Silverman	Boost Your Leadership Acumen Lacombe	Fitness Business Trends for 2020 Kooperman	Be Your Unique Selling Point McWaine
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Aqua Drums Vibes A. Velazquez & Johnson		Coaching Skills & Tactics T. Silverman	The Age Antidote Kravitz	Startup Nuts & Bolts Chapman	Book, Show & Close Leads! Welk
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Aqua Rhythm & Moves LaFura	SCW Aqua Barre Certification Wartenberg - 7:00am-11:00am	Putting an End to Stress Eating Seti	Women, Hormones, Metabolism & Exercise Kravitz	The Future of Functional Gavigan	What's Next After Personal Training? McWaine
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FR1
7:00am-8:15am

FR2
9:15am-10:30am

FR3 Session 1
10:45am-12:00pm

FR3 Session 2
11:30am-12:45pm

FR4
1:00pm-2:15pm

FR5
2:30pm-3:45pm

FR6
4:00pm-5:15pm

FR7
6:00pm-7:00pm

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