
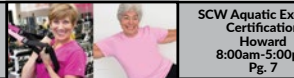
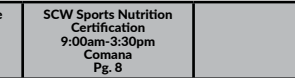
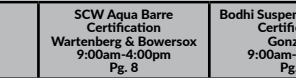

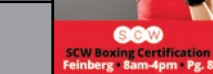



SCW FLORIDAMANIA® Schedule

MAY 3-4

WEDNESDAY MAY 3 PRE-CONVENTION EVENTS		 SCW Personal Training Certification Roberts 9:00am-4:00pm Pg. 7	Functional Flexibility and Fascia Fitness Bender 9:00am-4:00pm Pg. 8	 ONE DAY TO WELLNESS B. Mylrea & M. Mylrea 9am-6pm - Pg. 7			
THURSDAY MAY 4 PRE-CONVENTION EVENTS	SCW F.I.R.E. Fierce Interval Resistance Exercise Certification Roberts 11:00am-5:00pm Pg. 9	Tabata GX Certification M. Mylrea 10:00am-5:00pm Pg. 8	SCW Group Exercise Certification Lewis-McCormick 8:00am-5:00pm Pg. 7	Zumba® Basic Skills Level 1 Instructor Training Bostic & Bullard 8:00am-5:00pm Pg. 8	SCW Kettlebell Practical Certification McCall 1:00pm-5:00pm Pg. 9	PILOXING® SSP Instructor Training Ballard 8:00am-5:00pm Pg. 8	SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg. 7
THURSDAY EVENING MAY 4 PRE-CONVENTION EVENTS		Successful Bootcamp Business M. Mylrea 5:30pm-9:30pm Pg. 9	SCW Group Strength Certification Lewis-McCormick 5:30am-9:30pm Pg. 7	 Savvy Fitness Barre Above™ Murphy Madden 9:00am-5:00pm Pg. 8	SCW Core Training Specialist McCall 5:30pm-9:30pm Pg. 9		SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg. 8

 SCW Pilates Matwork Appel 8:00am-5:00pm Pg. 7	 Schwinn® Indoor Cycling Instructor Certification Thews & Sherman 7:00am-5:00pm Pg. 7	 SCW Aquatic Exercise Certification Howard 8:00am-5:00pm Pg. 7	 SCW Sports Nutrition Certification 9:00am-3:30pm Comana Pg. 8	 SCW Aqua Barre Certification Wartenberg & Bowersox 9:00am-4:00pm Pg. 8	 Bodhi Suspension System Certification Gonzalez 9:00am-5:00pm Pg. 8	 SCW Boxing Certification Feinberg 8am-4pm Pg. 8
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A HIIT / GROUP TRAINING	B BOOT CAMP / GROUP EX	C PT / SMALL GROUP	D BARRE	E DANCE	F STRENGTH / SPECIALTY	G FUNCTIONAL TRAINING	H MIND / BODY
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FR1 7:30am-9:00am	Les Mills BODYPUMP® Workout Parrish Pg. 10	True Body Project Sherman Pg. 10	Barre Tricks Murphy Madden Pg. 10	LaBlast Shape: Dance Core Fitness Canuel & Cooperman Pg. 10	Transformational Posture 2017 Bender Pg. 10	Dynamic Flexibility for a 3D Life Velazquez Pg. 10	KIPranj™: The Flow Papi Pg. 10
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EXPO OPEN 8:45am-2:30pm


FR2 10:00am-11:30am	Foolproof Fitness Consultation Fable Pg. 10	Tabata Bootcamp™ - Weight Loss Challenge Murphy Madden Pg. 11	Upper Extremity Movement Mechanics Comana Pg. 11	PILOXING® Barre - Punch 'n' Plie Ballard Pg. 11	BollyX® - The Bollywood Workout Tung Pg. 11	FXP Hula Hoop®: Body Sculpt Benton Pg. 11	Shockwave Thews, Colavecchio & Crosby Pg. 11	Melt Through Yoga Sherman Pg. 11	
FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	Body Breakthrough Howard Session 2 Pg. 12	Extreme Exercise Makeover M. Mylrea Session 1 Pg. 12	Mini Band Maniac Appel Session 1 Pg. 12	Barre Trilogy Bender Session 1 Pg. 12	PILOXING® SSP - Party Ballard Session 2 Pg. 13	Indo-Row®: The Perfect Calorie Burn Thews & Colavecchio Session 2 Pg. 13	Functional Fixes for Forward Shoulders Osar Session 1 Pg. 12	PLYOGA®: Flow Lauren Session 1 Pg. 12
FR4 2:15pm-3:45pm	Zumba® Step Bostic Pg. 13	Completely Core Appel Pg. 13	The Ultimate Light Kettlebell Workout Lewis-McCormick Pg. 13	Barre Above: Lengthen, Strengthen and Inspire Murphy Madden & Bender Pg. 13	LaBlast Silk: Accessible Dance Fitness Canuel & Cooperman Pg. 13	PLYOGA®: Your Body is Power Lauren Pg. 13	POUND® Rockout Workout Bastos Pg. 13	Be Yo-Ga®: Forms & Rocks Rockit Pg. 14	
FR5 4:00pm-5:30pm	Successful Group Personal Training Fable Pg. 14	Trifecta Fitness Velazquez Pg. 14	Little Tweaks for Big Results Roberts Pg. 14	Barre Tab Wartenberg Pg. 14	Magic in Dance Fitness Sanders Pg. 14	FXP Hula Hoop®: Core Flow Benton Pg. 14	Corrective Exercise: Female Core Osar Pg. 14	Daanasana™ Yoga 360 Papi Pg. 14	

EXPO OPEN 5:15pm-6:45pm

FR6 EVENING SESSIONS 6:30pm-7:30pm	 FITNESS IDOL CONTEST with Judges Kooperman, Rockit, Bender & Roberts • Pg. 15
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SA1 7:00am-8:30am	Top 10 Abdominal Exercises Tumminello Pg. 18	Fluid Strength M. Mylrea Pg. 18	Mastering the Assessment McCall Pg. 18	Barre Fight Wartenberg Pg. 18	Zumba® Let It MOVE YOU! Bostic & Bullard Pg. 18	Pilates for Injury Prevention Bender Pg. 18	Corrective Exercise: Psoas-Glute Connection Osar Pg. 18	Daanasana™ Yoga Healthy Spine Papi Pg. 18
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EXPO OPEN 8:15am-9:30am

SA2 KEYNOTE & AWARDS 9:30am-10:45am	 Keynote Address: Promoting the Attitude of Gratitude with Irene Lewis-McCormick 9:30am-10:45am Pg. 18							
SA3 11:00am-12:30pm	Joint-Friendly Strength Training Tumminello Pg. 19	Tabata Bootcamp™ - Express Workout M. Mylrea Pg. 19	Dynamic Anatomy - Core/Upper Body McCall Pg. 19	Gliding Scales - Barre with Gliders Appel Pg. 19	LaBlast: Fitness Powered by Dance Canuel & Cooperman Pg. 19	Functional Fixes for Dysfunctional Feet Osar Pg. 19	POUND® Rockout Workout Bastos Pg. 19	Extreme Tabata Yoga Howard Pg. 19

EXPO OPEN 12:15pm-3:30pm

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	No Equipment, No Problem Velazquez Session 1 Pg. 20	Dynamic Anatomy - Glutes/Lower Body McCall Session 1 Pg. 20	Barre Breakthrough Appel Session 2 Pg. 20	BollyX® LIT - The Bollywood Workout Tung Session 2 Pg. 21	Indo-Row®: Skills, Drills & Thrills Thews & Roberts Session 1 Pg. 20	PLYOGA®: The Reverse Warrior Lauren Session 2 Pg. 21	KIPranj™: Earth Elements Papi Session 2 Pg. 21
SA5 3:15pm-4:45pm	Top Glute Training Exercises & Techniques Tumminello Pg. 21	Les Mills BODYATTACK® Workout Parrish Pg. 21	The Other 23 Hours B. Mylrea & M. Mylrea Pg. 21	Graceful Strength: Dancer Body Sculpting Roberts Pg. 21	STRONG by Zumba® Bullard Pg. 21	Pilates Strong Bender Pg. 21	Shockwave Thews, Colavecchio & Crosby Pg. 22	Spirited® 2 Rockit Pg. 22
SA6 5:00pm-6:30pm	Don't Step On It Howard Pg. 22	Ultimate Strength & Conditioning Workout Papi Pg. 22	Small Group PT Core Circuit Gonzalez Pg. 22	PILOXING® Barre - Punch 'n' Plie Ballard Pg. 22	LaBlast Shape: Dance Core Fitness Canuel & Cooperman Pg. 23	FXP Hula Hoop®: Body Sculpt Benton Pg. 23	POUND® Rockout Workout Bastos Pg. 23	Tai Chi 24 Yang Style Haan Pg. 23

CHARITY RAFFLE & EXPO OPEN 6:15pm-7:45pm

SA7 EVENING SESSION 7:30pm-8:30pm	 Aqua Exercise Panel: Ebbs & Flows Velazquez, Howard, Lewis-McCormick, Gilbert & Henry • Pg. 23
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FRIDAY, MAY 5

SATURDAY, MAY 6

SUNDAY, MAY 7

I ACTIVE AGING / RECOVERY	J SCHWINN® CYCLING	K AQUA STARTS AT POOL	L AQUA STARTS AT LECTURE	M NUTRITION / HEALTH	N EX. SCIENCE / LEADERSHIP	O BUSINESS	P SUSPENSION	Q BOXING / CIRCUIT
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Spirited® Tune-Up: Toes to Nose Rockit Pg. 10	Schwinn®: How to WOW! Thews Pg. 10	Poolates Gibson Pg. 10	Barre H2O Wartenberg & Bowersox Pg. 10	Common Sense Nutrition: Your Scope H. Garcia & K. Garcia Pg. 10	Effective Teaching Techniques O'Brien Pg. 10	DNA of Successful Fitness Managers Gilbert Pg. 10	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

ThinkFit: Smart Multi-level Circuits Quest Pg. 11	Schwinn®: Unapologetically Authentic Roberts Pg. 11	Girls Just Wanna Have Fun Kooperman, Lewis-McCormick, Pinkowski, Gilbert & Wartenberg Pg. 11	Aqua Zumba® Bostic & Bullard Pg. 11	Sneaky Strategies to Manage Weight Silverman Pg. 11	Solutions for Top Orthopedic Injuries Geringer Pg. 11	Master Plan: Retention and New Members Howard Pg. 12	Bodhi Suspension: Focus on Flexibility Gonzalez Pg. 12	Introducing HIIT Mix By Stairmaster® Friend-Uhl Pg. 12	FR2 10:00am-11:30am
Active Aging Yoga: Chair & Mat Kooperman Session 2 Pg. 13	Schwinn®: The "HARD" Conversation Crosby Session 2 Pg. 13	Aqua Carpe Diem O'Brien Session 1 Pg. 12	Cardio Wave: Foundations Harrison Session 1 Pg. 12	What's in your Food? Silverman Session 2 Pg. 13	Building Blocks: Core Science & Training Comana Session 2 Pg. 13	Social Media Marketing Sanders Session 2 Pg. 13	Bodhi Suspension: Cardio Quest Session 2 Pg. 13	BoxMaster Circuit Round 1 Friend-Uhl & McCall Session 1 Pg. 12	FR3 11:45am-1:15pm 12:30pm-2:00pm
Balanced Body MOTR®: Agility + Core Roberts Pg. 14	Schwinn®: C3 Content, Connection & Charisma Thews Pg. 14	WATERinMOTION® 29 Kooperman, Velazquez, Pinkowski, Gilbert & Weisenmiller Pg. 14	Breath Training and Technique Comana Pg. 14	Train the Brain Dennis Pg. 14	Become a Retention Rockstar H. Garcia & K. Garcia Pg. 14	Bodhi Suspension: Pilates Gonzalez Pg. 14	Introducing HIIT Mix By Stairmaster® Friend-Uhl Pg. 14	FR4 2:15pm-3:45pm	
Active Aging: No Place Like Foam Kooperman Pg. 15	Schwinn®: Build It & They'll Come Appel Pg. 15	Liquid Levels Pinkowski Pg. 15	Aqua for Active Aging O'Brien Pg. 15	Living and Thriving with Cancer B. Mylrea & M. Mylrea Pg. 15	Recovery: The Forgotten Training Variable McCall Pg. 15	Tidbits to Grow Your Business Bosley Pg. 15	Bodhi Suspension: Circuits Quest Pg. 15	FR5 4:00pm-5:30pm	

EXPO OPEN 5:15pm-6:45pm

Les Mills SPRINT™ Workout Parrish Pg. 15	Cardio Wave: Cardio Max Harrison Pg. 15	 STATE OF THE INDUSTRY: TRENDS FOR 2017 Lewis-McCormick, Comana, McCall & Pitts • Pg. 15	FR6 6:30pm-7:30pm
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Balanced Body: Run Your MOTR® Gonzalez Pg. 18	Schwinn®: Train Right to Ride Right Roberts Pg. 18	Tabata Water Sports Martin Pg. 18	Spirited Surf 2 Rockit Pg. 18	Weight Loss Aquatic Style Gilbert Pg. 18	Go Bones H. Garcia & K. Garcia Pg. 18	Build Your Best Business Strategies Papi Pg. 18	SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am



The Big Balance Theory Pinkowski & Dennis Pg. 19	Schwinn®: Teaching Tips from TED® Thews Pg. 19	Playful Aqua Patterns Gilbert Pg. 19	Cardio Wave: Get Wet & Sweat Harrison Pg. 19	Are All Calories Equal? Comana Pg. 19	HIIT Extravaganza: 10 New Programs Kravitz Pg. 19	Successful Business Strategies: Owners & Managers Kooperman Pg. 20	Bodhi Suspension: Pilates Gonzalez Pg. 20	Introducing HIIT Mix By Stairmaster® Friend-Uhl Pg. 20	SA2 9:30am-10:45am
SA3 11:00am-12:30pm									

EXPO OPEN 12:15pm-3:30pm


Strength Training for Longevity & Vitality Kooperman Session 2 Pg. 21	Schwinn®: To Breathless & Back Kerr Session 1 Pg. 20	Poolates Gibson Session 2 Pg. 21	LaBlast® Aqua SPLASH Canuel & Cooperman Session 2 Pg. 21	Sugar Shockers and Shakedown Silverman Session 1 Pg. 20	The Female Training Advantage 2017 Kravitz Session 2 Pg. 21	Financing Options for Your Business Bosley Session 2 Pg. 21	Bodhi Suspension: Circuits Quest Session 1 Pg. 20	BoxMaster Circuit Round 2 Friend-Uhl Session 1 Pg. 20	SA4 12:45pm-2:15pm 1:30pm-3:00pm
ThinkFit: Smart Multi-level Circuits Quest Pg. 22	Schwinn®: All About the BASE Appel Pg. 22	WATERinMOTION® Platinum 8 Kooperman, Velazquez, Pinkowski, Gilbert, Henry & Weisenmiller Pg. 22	Longevity Lab: Eats and Feats Silverman Pg. 22	Wellness for Optimal Aging Dennis Pg. 22	7 Steps to Selling Pitts Pg. 22	Bodhi Suspension: Chisel Gonzalez Pg. 22	Introducing HIIT Mix By Stairmaster® Friend-Uhl Pg. 22	SA5 3:15pm-4:45pm	
Relax & Restore: Release & Mobilize Velazquez Pg. 23	Schwinn®: Girl Power 2.0 Thews & Roberts Pg. 23	Aqua Quality Movement Pinkowski Pg. 23	Athletic Aquatics Bretz Pg. 23	Nutrition Tips, Tidbits & Treats B. Mylrea & M. Mylrea Pg. 23	Ultimate Metabolic and Calorie-Burning Makeover Kravitz Pg. 23	Profitable Public Speaking for Trainers Watkis Pg. 23	Bodhi Suspension: Cardio Quest Pg. 23	SA6 5:00pm-6:30pm	

CHARITY RAFFLE & EXPO OPEN 6:15pm-7:45pm

SA7 7:30pm-8:30pm

Boomer Beat Pinkowski & Dennis Pg. 24	Schwinn®: There's An App! Kerr Pg. 24	Buns and Guns in the Pool Gilbert Pg. 24	Cardio Wave: Cardio Max Harrison Pg. 24	Transition to a Plant-Based Diet B. Mylrea & M. Mylrea Pg. 24	Prenatal Fitness Review Hruska Pg. 24	Creative Group Fitness Programming Merrill Pg. 24	 ADVANCED FUNCTIONAL PILATES CERTIFICATION with Leslie Bender & Allison-4:00pm Pg. 8	SU1 7:00am-8:30am	
Balanced Body: Pilates on MOTR® Quest Pg. 25	Schwinn®: Hot Topics Crosby Pg. 25	Atomic Aquatics Bretz Pg. 25	Barre-A-Cuda Kooperman Pg. 25	Solutions for Top Orthopedic Injuries Geringer Pg. 25	Everything Resistance Training Kravitz Pg. 25	How to Plan Your Presentation Watkis Pg. 26	Bodhi Suspension: Chisel Gonzalez Pg. 26	 PLYOGA® CERTIFICATION Stephanie Lauren 8:00am-4:00pm Pg. 9	SU2 8:45am-10:15am

EXPO OPEN 10:00am-1:30pm

Sole Strength Pinkowski & Dennis Pg. 26	Schwinn®: Pedal N Pulse M. Mylrea Pg. 26	Anchor Down Henry Pg. 26	Aquatic Solutions for the Aging Gilbert Pg. 27	Transform Your Posture Sechick Pg. 27	Biomechanics of Motherhood Hruska Pg. 27	Generating & Selling PT Leads Pitts Pg. 27	Bodhi Suspension: Circuits Quest Pg. 27	 waterinmotion CERTIFICATION Manual Velazquez & Amy Weisenmiller 8:00am-4:00pm Pg. 9	SU3 11:15am-12:45pm
Core Fit for Seniors Haan Pg. 27	Waves on Fire: Active Agers Martin Pg. 27	H.E.A.T. Waves Henry Pg. 27	Pain To Performance Sechick Pg. 27	The Modern Science of Longevity Kravitz Pg. 27	Communication Strategies for Fitness Professionals Watkis Pg. 27	SU4 1:00pm-2:30pm			