

# BOSTON MANIA® SCHEDULE-AT-A-GLANCE

THURS. DECEMBER 12

 SCW AQUATIC EXERCISE CERTIFICATION Howard • 8:30am-5:00pm WEDNESDAY	 SCW PERSONAL TRAINING CERTIFICATION Roberts 8:00am-5:00pm	 HIGH FITNESS INSTRUCTOR TRAINING Smith & Zurcher 8:30am-5:00pm	 GROUP EXERCISE CERTIFICATION Howard • 8:30am-5:00pm	 SCW Active Aging Certification Layne 9:00am-5:00pm	 SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm	 BARRE ABOVE® POWERED BY SALVEMER FITNESS Lennart • 9:00am-5:00pm	 ZUMBA® BASIC INSTRUCTOR TRAINING Salci • 8:40am-5:40pm	 SCW PILATES MATWORK CERTIFICATION Appel 8:00pm-5:00pm
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	<b>A</b> HIIT / FUNCTIONAL TRAINING	<b>B</b> GROUP EXERCISE	<b>C</b> PERSONAL TRAINING	<b>E</b> ACTIVE AGING / WELLNESS	<b>F</b> MIND-BODY / RECOVERY	<b>G</b> BARRE	<b>H</b> DANCE
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<b>FR1</b> 7:00am-8:15am	Creative Ingenious Functional Circuits Purdy	HIGH Fitness: Aerobics is Back! Smith & Zurcher		Cognitive Fitness for Optimal Aging Sipe	Rumbleroller® Roll Better, Roll Less Bettendorf	Boogie Barre Carvalho	LaBlast® Fitness: Highly Involved Interval Training Canuel
<b>FR2</b> 9:15am-10:30am	Pulling for Power, Program 003™ SGT Ken	POUND® - Sweat. Sculpt. Rock. Ward	Gamify Your Workout Gavigan	Training the Active Aging Female Client K. Roberts	Yoga for Healthy Backs Lacombe	Barre With a Twist Appel	Country Fusion® Mooney
<b>FR3</b> Session 1 10:45am-12:00pm	HIIT the TURF Keenan-Stryksa & Hughes Session 1	Boxing & Bands Williams Session 2	From the Ground Up! M. Velazquez Session 1	Balance & Power - Training Aging Clients Sipe Session 1	Prevention & Recovery through Muscle Stimulation Feinberg Session 1	Let the Beat Drop McDonald Session 1	Zumba® Cardio Blast Saldi Session 2
<b>FR3</b> Session 2 11:30am-12:45pm							
<b>FR4</b> 1:00pm-2:15pm	Crew Conditioning Program 002™ SGT Ken	Group Programming with Wearable Technology Sopo	No Equipment, No Excuses Garcia	Brain-Balance Link: Fall Reduction Splichal	Soul Yoga: Rhythm & Blues Kooperman	Barre Necessities Appel	Resis-Dance Training Erickson
<b>FR5</b> 2:30pm-3:45pm	AAA - Abs at all Angles Appel	HIGH Fitness: Aerobics is Back! Smith & Zurcher	Training by the Numbers Gavigan	Conscious Movement & Functional Yoga M. Velazquez		Barre Training: Grace & Flow K. Roberts	Country Fusion® For Active Agers Mooney
<b>FR6</b> 4:45pm-6:00pm	MANIA® DANCE OFF! with Country Fusion®, High Fitness, LaBlast®, POUND®, ZUMBA®	World Class Group Coaching Experience Barnes, Barnes & Purifoy	The Art of the Warm-up Clark	I've Fallen but Can Get Up! Roselli	Your Feet, Your Foundation Garipey	Barre Flow: Fire & Iron Taylor	Weigh2Dance Lauria

<b>SA1</b> 7:30am-8:45am	HIIT the Turf - Yoga Fusion Keenan-Stryksa & Hughes	The Next Generation of POUND® Ward	Training the Female Core K. Roberts	Aging Fit Gilbert	Boxing & Boxes Williams	Balletone - The Non-Dancer Workout Lennart	Bootcamp Beats Lauria
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<b>SA2</b> KEYNOTE & AWARDS 9:45am-11:00am							<b>SA2</b> 9:45am-11:00am
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<b>SA3</b> 11:15am-12:30pm	Battle with Boats and Ropes™ SGT Ken®	50 Unique Core Lovers Exercises M. Mylrea	Bodyweight Warrior Roselli	Strength Training for Longevity & Vitality Kooperman	Yin & Restore Greenbaum	Floor Barre Chapman	Country Fusion® Workshop Mooney
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<b>SA4</b> Session 1 12:45pm-2:00pm	Funtensity Bootcamp Ross Session 1	HIGH Fitness: Aerobics is Back! Session 2	STRONG by Zumba® Bayersdorfer Session 1		Restorative Yoga: Prop Free Chapman Session 2	Bodyweight Barre K. Roberts Session 1	LaBlast®: Dance Intervals for Everyone Canuel Session 2
<b>SA4</b> Session 2 1:30pm-2:45pm							



<b>SA5</b> 3:00pm-4:15pm	Strength in the Storm™ SGT Ken®	Mandatory Teamwork Gavigan		Fitness for Longevity Conti	Rolling with Mindfulness and Breathwork Bettendorf	Barre Where You Are Taylor	The Cognitive Dance Experience M. Velazquez
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<b>SA6</b> 5:00pm-6:15pm			Tai-Chi For Veterans Ross				<b>SA6</b> 5:00pm-6:15pm
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<b>SU1</b> 7:30am-8:45am	Consistent Resistance Erickson		Your Rear is the Gear Ross	Inside Out with the Shoulder Gellert			<b>SU1</b> 7:30am-8:45am
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<b>SU2</b> 9:00am-10:15am	SL@T - Strengthen, Lengthen & Tone Howard	Shifting is the New Lifting Ross	Developmental Stages for all Ages Roselli	STRONG BY ZUMBA® CERTIFICATION Bayersdorfer 7:30am-4:00pm	Foot to Core Sequencing & Stabilization Splichal		<b>SU2</b> 9:00am-10:15am
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<b>SU3</b> 11:00am-12:15pm	POUND® Why Your Body Rocks Ward	Muscular Endurance, Myths, Realities and Applications Stenis	HIIT the Turf - For Personal Trainers Keenan-Stryksa & Hughes	Deep Stretch & The Aging Gilbert	Yin Yoga for the Hips Greenbaum		<b>SU3</b> 11:00am-12:15pm
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<b>SU4</b> 12:30pm-1:45pm	Workout Creation: How & Why Conti	Rumbleroller® Meets Stroops: Compression & Aggression Bettendorf & Erickson	Basics of Personal Training Programing Gavigan	Yoga Detox Flow Taylor		 BARRE CERTIFICATION APPEL 7:00am-3:00pm	 COUNTRY FUSION® STAR INSTRUCTOR CERTIFICATION Howard 8:00am-3:00pm
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 SCHWINN® INDOOR CYCLING CERTIFICATION Stenis 8:00am-5:00pm	 SCW Yoga I Certification M. Velazquez 8:00am-5:00pm	 SCW Yoga II Certification M. Velazquez 5:30pm-9:30pm	 LABLAST® FITNESS CERTIFICATION Canuel 9:00am-6:00pm	 SCW MEDITATION CERTIFICATION Chapman 5:30pm-9:30pm	 MyZone University: Heart Rate Monitor Workshop Sopo 9:00am-4:00pm	 CLUB INDUSTRY BUSINESS SUMMIT	 WOMEN'S LEADERSHIP SUMMIT Kooperman, Kelly, Gilbert, Lacombe, Layne & Hogg 8:30am-4:30pm CLUB INDUSTRY BUSINESS SUMMIT WIFA
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<b>I</b> SCHWINN CYCLING	<b>K</b> JOHNNY G CYCLING	<b>M</b> AQUA (STARTS ON LAND)	<b>N</b> BOXING / CIRCUIT	<b>O</b> NUTRITION / WELLNESS	<b>P</b> EX. SCIENCE / LEADERSHIP MANIA® + CLUB	<b>Q</b> CLUB INDUSTRY MEDIA/MARKETING/PROGRAMMING	<b>R</b> CLUB INDUSTRY SALES/RETENTION
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Schwinn®: SchwINTENSITY Hogg		Aquatic Solutions for the Aging Gilbert		The Why & How of Fasting B. & M. Mylrea	Overcoming Plateaus Layne	Improved Success With Online Marketing Polson	Assessments that Revolutionize Your Business Blakely	<b>FR1</b> 7:00am-8:15am
Schwinn®: Prime Design Stenis	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond	Ups & Downs of Aqua Carvalho	StairMaster HIIT: Real Ratios for Results Friend-Uhl	Self Coaching Strategies for Wellness Silverman	Fitness Business Trends For 2019 Kooperman	You Tube Centered Digital Marketing Valencia	Metrics That Matter And Drive Performance Kelly	<b>FR2</b> 9:15am-10:30am
Schwinn®: Take it to the MAX Roberts Session 1	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond Session 1	Girls Just Wanna Have Fun Kooperman & Layne Session 2	StairMaster HIIT: Science of Variability Hogg Session 1	Nutrition & Sleep: Fascinating Connections Silverman Session 1	Heart Rate Tracking: Exploring Benefits Sopo Session 2	Marketing To Your Ideal Client Polson Session 2	FitBiz Mastery T. Barnes, C. Barnes & Purifoy Session 1	<b>FR3</b> 10:45am-12:00pm Session 1 11:30am-12:45pm Session 2
Schwinn®: Master the Moment Hogg	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond	Dive Into Aqua Choreography M. Velazquez, Gilbert & Carvalho	Boxing: The Method Feinberg	Nutrition Panel - Layne, B. Mylrea, Silverman, K. Roberts- Moderator	Prevention and Performance for Runners Bettendorf	Website Clicks That Get Clients Smith	Largest Fitness Opportunity in History McCaughy	<b>FR4</b> 1:00pm-2:15pm
Schwinn®: How to WOW! M. Mylrea	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond	LaBlast® Splash - Shallow Aqua Fitness Canuel & Cooperman	StairMaster HIIT: Rest & HIIT Friend-Uhl	Weight Control Unabridged Layne	Acquiring & Retaining Personal Training Clients Garcia	World Class SGT Departments Richard	Revenue, Retention and Referral Secrets Blakely	<b>FR5</b> 2:30pm-3:45pm
	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond			Self Care 101: Small Steps Chapman	Understanding the "BIO" Behind Movement Gellert	Savvy Social Media Hogg	State of the Industry: Panel Discussion SGT Ken, Gilbert, Feinberg & Layne	<b>FR6</b> 4:45pm-6:00pm

Schwinn®: Music & SO MUCH MORE! Appel	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond	6 Steps to Aqua Drills Layne	StairMaster HIIT: A Moment in Time Friend-Uhl	Nutrition Tips, Tidbits & Treats B. & M. Mylrea	Electronic Stimulation For Athletic Performance Feinberg	Strategies for Fitness Career Longevity Erickson	Riches are in the Niches Smith	<b>SA1</b> 7:30am-8:45am
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								<b>SA2</b> 9:45am-11:00am
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Schwinn®: Balancing Act - Cycling Fusion Stenis	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond	Double Trouble: Bad Boys of Aqua Howard & M. Velazquez	StairMaster HIIT: High Five Appel	Food for Thought: Brain Superfoods Silverman	Pros and Cons of Fasting Layne	Top Software Guide: Run Like A Boss! Barbour	Attract & Retain Members Using Unconventional Fitness Valencia	<b>SA3</b> 11:15am-12:30pm
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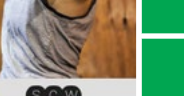
Schwinn®: Rhythm Done Right Appel Session 2	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond Session 1	Silver Aqua Solutions M. Velazquez, Gilbert & Carvalho Session 1	Boxing Bootcamp Feinberg Session 2	Carbohydrate Craze Kravitz Session 1	Nervous System Hacks for Mobility Bettendorf Session 1	Integrate Heart Rate In Training Sopo Session 2	The Other 165: Keys to Retention Clark Session 1	<b>SA4</b> 12:45pm-2:00pm Session 1 1:30pm-2:45pm Session 2
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Schwinn®: R&R - Ride & Restore Roberts	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond	Tab-Aqua Quickies Howard	3:1 Punchout Feinberg	Nutrition for Fitness Professionals Layne	The Female Training Advantages 2019 Kravitz	Multi-Media Marketing For Growth & Profitability Kooperman	Extraordinary Retention & Competition Combat T. Barnes, C. Barnes & Purifoy	<b>SA5</b> 3:00pm-4:15pm
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Schwinn®: Connect, Compete, Compare - Motosumo Mylrea								<b>SA6</b> 5:00pm-6:15pm
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Schwinn®: Let the Music Play M. Mylrea	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond	Hydro Lift Off! Howard		The Carb & Protein Myth B. Mylrea	The Metabolic Effects of Resistance Training Kravitz	The Joy of EX Lacombe	The Business of Personal Training Roberts	<b>SU1</b> 7:30am-8:45am
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 Hormones, NUTRITION with METABOLISM Layne 8:00am-2:30pm	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond	Aqua Core Training Velazquez		Immunity Boosters & Busters Silverman	Fat Loss: The Real Story Kravitz	Trends for 2019 & Growth Panel Gilbert & Lacombe	8 Sales Skills to Master Rich	<b>SU2</b> 9:00am-10:15am
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	Ride of Truth®: Johnny G Spirit Bike Yeager-Diamond	LaBlast® Splash: Aqua Dance Intervals Canuel & Cooperman	 BOXING CERTIFICATION Feinberg 7:00am-3:00pm	Cravings and Sugar Unsweetened Silverman	It's Not Personal, It's Fitness Roselli	Podcasting 101: Create Your Platform Conti	Raising Sales & Service Awareness Rich	<b>SU3</b> 11:00am-12:15pm
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		Strength H2O Howard			Clarifying the Postural Torsion Syndrome Gellert		Experience & Insights on Boutiques & Franchises Gilbert	<b>SU4</b> 12:30pm-1:45pm
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FRIDAY, DECEMBER 13

SATURDAY, DECEMBER 14

SUNDAY, DECEMBER 15

FRIDAY, DECEMBER 13

SATURDAY, DECEMBER 14

SUNDAY, DECEMBER 15