

Pre-Convention Workshops Wednesday, July 22	SCW Pilates Matwork Certification Appel • 8:00am-5:00pm	SCW Yoga 1 Certification Velazquez • 9:00am-6:00pm	SCW Aqua Exercise Certification Howard • 9:00am-6:00pm					
Pre-Convention Workshops Thursday, July 23		SCW Active Aging Certification Pinkowski 9:00am-5:00pm	SCW Flowing Yoga Certification M. Velazquez 9:00am-5:00pm	SCW Personal Training Certification Roberts 8:00am-5:00pm	Myzone University: Myzone's Best Practices Sopo, Fitzpatrick & Di Pasca 9:00am-4:00pm	SCW Foam Rolling Certification McCormick 9:00am-4:00pm		
	Zumba® Basic 1 Instructor Training Santana • 8:00am-5:00pm	SCW Group Exercise Certification Howard • 8:00am-5:00pm	SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm	SCW Meditation Certification Rockit 5:30pm-9:30pm	SCW Next Level Personal Training Certification Roberts • 5:30pm-9:30pm	Barre Above® - Powered by Savvior Fitness® George • 9:00am-5:00pm	SCW Small Group Training Certification Gavigan 5:30pm-9:30pm	

 **Download & Print Schedule Here**

<b>A</b> HIIT / CORE	<b>B</b> FUNCTION / GX	<b>C</b> ACTIVE AGING	<b>D</b> YOGA / MIND-BODY / RECOVERY	<b>E</b> PERSONAL TRAINING	<b>F</b> BARRE / PILATES	<b>G</b> DANCE / SPECIALTY	<b>H</b> SCHWINN® CYCLING
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<b>FR1</b> 7:00am-8:15am	HIIT the TURF Keenan-Stryksa & Angelique Hughes	FIIT - Functional Intense Integrated Training M. Mylrea	Sarcopenia & Strength Training Layne	Upper Body Self Care Bettendorf	JUNGSHIN® Athletic Flow - Long Sword Workout Kahn	Sexy & Fit Polga Gilfry	Program Your Workout With Dance Corps Dorsey	Schwinn®: Dry-Tri: Beast Mode Fusion Thews
<b>FR2</b> 9:15am-10:30am	Functional Core Training Garcia	From the Ground Up! M. Velazquez	Indo Board for Active Agers Guenther & White	Resistance Yoga Howard	Bodyweight Warrior Roselli	Barre Party Never Killed Nobody George	Managing Muscle Soreness Feinberg	Schwinn®: Work, Not Twerk - Rhythm Results McLean
<b>FR3</b> Session 1 10:45am-12:00pm	SL@T - Strengthen, Lengthen & Tone Howard Session 2	Corrective Exercise Roundup: Lower Extremity Comana Session 1	Groove & Gait: Active Aging Pinkowski Session 2	Tai Chi for Warmup & Recovery DD. Ross Session 1	Coach by Color with Myzone® Sopo Session 2	Boogie Barre Carvalho Session 1	Zumba® Cardio Blast Santana Session 2	Schwinn®: Breathly Not Breathless Appel Session 1
<b>FR3</b> Session 2 11:30am-12:45pm								
<b>FR4</b> 1:00pm-2:15pm	Quick & Dirty 30 McCormick	Creating Ingenious Circuits With Stroops Purdy	I've Fallen But Can Get Up! Roselli	Mindful Movement for Non-Yogis Woods	The Advantage Advantage Robinson	Barre Training: Grace & Flow Roberts	LaBlast®: Ballroom Fitness Using PATTERNography Van Amstel	Schwinn®: Set the Stage - The Perfect Ride McLean
<b>FR5</b> 2:30pm-3:45pm	Workout Creation: How & Why Conti	Resistance Training - Essentials to Weight Management Woods	Mobility & Stability Pinkowski	iRestore for Fascia Fitness Fulton	Let's Get FHITT Robinson	Barre for Athletes Hall	Create a Dance Fitness Experience! Ponte & Schur	Schwinn®: A DJ Saved My Life Thomson
<b>FR6</b> 4:00pm-5:15pm	50 Unique Core Lovers Exercises M. Mylrea	Superhuman Circuits Johnson	Caribbean JOYful Mix - Active Aging Sepulveda	Tai-Chi + Yoga = Bamboo Fusion DD. Ross	The Ultimate Fitness Equation Robinson	BarreTender's Happy Hour K. Williams	Hot Booty Ballet™ Ghabban	
<b>FR7</b> 6:00pm-7:00pm	Butts & Gutts Thomson	MANIA® Dance Off! Dance Corps, Hot Booty Ballet™, LaBlast®, Manuel Velazquez, Mac Carvalho, Vibe Fitness & Zumba® Wartenberg - Emcee	Strength & Grace Gilbert	Recovery Through Meditation Rockit	Developmental Stages at All Ages Roselli	Roll With Pilates Appel	Finale Fixer-Upper Parsons	

<b>SA1</b> 7:30am-8:45am	Bada\$\$ Women Appel, Roberts, McCormick & Wartenberg	Field Day Gavigan	Recovery Techniques for Active Agers Toole	Conscious Movement & Functional Yoga M. Velazquez	The "F" Word Thomson	Pilates & Barre Connection Jernigan Morris	Mini-Band: Dynamic Techniques Ghabban	Schwinn®: Ride and Row Dayer & McLean
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<b>SA2 KEYNOTE</b> 9:45am-11:00am	<p>KEYNOTE ADDRESS</p> <p><b>UNLOCK YOUR NEW DIMENSION OF PASSION</b> with Stacey Lei Krauss</p> 							
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<b>SA3</b> 11:15am-12:30pm	No Equipment Outdoor Bootcamp McCormick	STRONG by Zumba® Alas	Core 55+ Wartenberg	Turf Yoga Fusion Keenan-Stryksa & Angelique Hughes	Boats, Bands and Battle Ropes™ SGT Ken®	Barre With a Twist Appel	Balletone - Where Cardio & Ballet Meet George	Schwinn®: Be the Vibe Master M. Mylrea Bikes
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<b>SA4</b> Session 1 12:45pm-2:00pm	Core Reloaded M. Williams Session 1	JUNGSHIN® Fitness - Rhythm - Short Swords Kahn Session 2	Bringing Up Boomers! Kooperman Session 2	Tai-Chi for Veterans DD. Ross Session 1	Myzone® Gamified Bootcamp Sopo Session 2	Weight at the Barre Wartenberg Session 1	iRestore Yoga: Results Beyond the Mat Fulton Session 2	Schwinn®: F.E.A.R. Face Everything and RIDE Roberts Session 2
<b>SA4</b> Session 2 1:30pm-2:45pm								

<b>SA5</b> 3:00pm-4:15pm	Core to Soar! Rockit	HIIT Chaos - Powered by SAVVIER M. Mylrea	The Golden Gait Layne	Soul Yoga: Rhythm & Blues Kooperman	Pulling for Power: Program 05™ SGT Ken®	Stroops Pilates Tower of Power Appel	LaBlast® Fitness: Waltz, Tango, Foxtrot! Van Amstel	Schwinn®: Ride or Die - Tribe Connection Thomson
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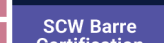

<b>SA6</b> 4:30pm-5:45pm	Glute Reboot Appel & Gavigan	30-Minute Cluster Circuits M. Williams	Chair, Don't Care Wartenberg	Cardio Yoga™ - Cardio Focus Krauss	Mindful Movement Prep Thompson	Flexy & Fit Pole Yoga Gilfry	The Cognitive Dance Experience Velazquez	Schwinn®: Master Your One - Rock the Room McLean
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<b>SA7</b> 6:00pm-7:00pm	Core Forward Pilates Howard	Fitness Idol Kooperman, Roberts, Rockit & Wartenberg	Warrior Flow Yoga Molina	RumbleRoller® Meets Stroops: Compression & Aggression Bettendorf & Purdy	Boxing & Bands C. Williams	Got Back Pain? Garcia	Vibe Live House Party Ponte & Schur	
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<b>SU1</b> 7:30am-8:45am	Personal Training - The Female Core Roberts	Maximizing Med Balls For Groups McCormick	Training the Over 50 Woman Toole	Yoga & Mental Health Molina	Consistent Resistance Purdy		Schwinn®: Bring It - Verbal & Visual Cueing Mastery M. Mylrea
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<b>SU2</b> 9:00am-10:15am	Integrating Equipment for Functional Performance Garcia	Balance Training for the Weekend Warrior Guenther & White	Yoga for Graceful Aging Gegg	Cardio Yoga™ - Yoga Focus Krauss	Boxing & Boxes C. Williams		Schwinn®: Rock Steady - Recovery Rides & Results Roberts
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<b>SU3</b> 11:00am-12:15pm	Functional Core Training With Foam Rollers Garcia	Lift Off! Howard	Wellness RX for the Active Ager Layne	The Art of Flow: Yoga Basics Conti	HIIT the Turf: For Personal Trainers Keenan- Stryksa & Angelique Hughes		Schwinn®: SCHWINTENSITY Dayer
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<b>SU4</b> 12:30pm-1:45pm	Rockit Strength®: Hard Core/Peace Core Rockit	Fire-Starters & Finishers Parsons	Active Agers: Chair Fitness Upgrade Gegg	Flexibility + Performance = Wellness Howard	Creative Compounds Gavigan		SCW Barre Certification Appel 7:30am-3:30pm		STRONG by Zumba® Instructor Training Alas 7:30am-4:00pm
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# Atlanta MANIA® Schedule

 Schwinn® Indoor Cycling Instructor Certification Thews & Appel 7:00am-5:00pm	SCW Tai Chi Certification DD. Ross 9:00am-5:00pm	SCW Nutrition Coaching for Fitness Professionals Certification Layne 9:00am-5:00pm	iRestore Yin Yoga Certification Fulton 8:00am-4:00pm	 SCW Women's Leadership Forum Kooperman, Conti, Gilbert, Thews & Hills-Adetoye 9:30am-4:30pm
One Day to Wellness Certification B. & M. Mylrea 9:00am-6:00pm	SCW Corrective Exercise Certification Comana 9:00am-5:00pm	SCW Women's Leadership Summit Kooperman, Conti, Gilbert, Thews & Hills-Adetoye 9:30am-4:30pm		

**New For 2020!**  
**SCW Health & Fitness Business Summit**  
The perfect place for Managers, Owners & Directors to take their Clubs & Studios to the next level.  
[www.scwfit.com/business](http://www.scwfit.com/business)

<b>I</b> BOXING / HIIT	<b>J</b> CIRCUITS / ROWING	<b>K</b> AQUA (POOL)	<b>L</b> AQUA (LECTURE)	<b>M</b> NUTRITION / WELLNESS	<b>N</b> LEADERSHIP / EX. SCIENCE	<b>O</b> SALES / RETENTION	<b>P</b> MEDIA / MARKETING
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Welcome to the Jungle (Gym) - HIIT Friend-Uhl	What's Your Type? Appel	Hydro CSI (Cardio Strength Intervals) Warasila	Acquapole® Fitness A. Velazquez & Raphael	Energy Pathways and Ketones Comana	Active Aging Program Design Pinkowski	Drive the Experience Robinson	Workshop Wealth Builder Fulton
High Five - HIIT Appel	Does Size REALLY Matter? Thomson	Power to the Pool Dziubinski	Girls Just Wanna Have Fun Kooperman, Layne & Wartenberg	The Why & How of Fasting B. & M. Mylrea	Exercise, Stress, Hormones & Inflammation Comana	Profitable Businesses: Launch, Grow & Exit Bosley	Social Media Panel Digsby, Hall & Conti
The Cycle - HIIT Thomson Session 2	Work Your Why Friend-Uhl Session 2	Dive In Rockit Session 1	Making Waves with LaBlast® Splash Van Amstel Session 1	Diets Are Like One Night Stands Digsby Session 1	Leading to Create Positive Culture Debish Session 2	Winning Millennial & Gen Z Clients Polack Session 1	Multi-Media Marketing for Growth & Profitability Kooperman Session 2
Boxing: The Method Feinberg		YOQUA™ Dziubinski	Choreography Overflow M. Velazquez, Warasila, Gilbert, Wartenberg & Carvalho	Ending Your Clients' Exercise Self Sabotage Seti	Trends for 2020 & Growth Panel Kooperman, Thews, Gavigan & Howard	Financing Options to Grow Your Business Bosley	Website Clicks That Get Clients Smith
3:1 Punchout Feinberg		Surf & Turf Gilbert	It's Raining Men! Howard, M. Velazquez, Rockit & Carvalho	Nutrition Panel - Digsby, Layne, Silverman, Roberts-Moderator	Leading for Maximum Performance Kooperman	Punch Out Parkinsons Debish & Fazio	Acquiring & Retaining Personal Training Clients Garcia
		Water Running Rockit	WATERinMOTION Strength Kooperman, M. Velazquez, Wartenberg, & Carvalho	Active Aging Nutrition Insights Silverman	Training the Injured Runner Brian Bettendorf	Corporate Wellness: Creating New Revenue Gavigan	17 Social Media Marketing Tricks Hall
		Bridge Over Troubled Waters Warasila	Liquid Gym Cyclone Bike A. Velazquez & Raphael	Immunity Boosters & Busters Silverman			

<b>FR1</b> 7:00am-8:15am	<b>FR2</b> 9:15am-10:30am	<b>FR3</b> Session 1 10:45am-12:00pm	<b>FR3</b> Session 2 11:30am-12:45pm	<b>FR4</b> 1:00pm-2:15pm	<b>FR5</b> 2:30pm-3:45pm	<b>FR6</b> 4:00pm-5:15pm	<b>FR7</b> 6:00pm-7:00pm
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Purpose, NOT Circus - HIIT Friend-Uhl	Turn Back Time: Aging Explored M. Mylrea	H2O Cue, Pace, Resist Dziubinski	Liquid Gym Star Workout A. Velazquez, & Raphael	Success Factors for Weight Loss Silverman	How to Motivate Volunteers Garland	Building Dynamic Performance Teams Gilbert	Riches Are in The Niches Smith
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<p>KEYNOTE ADDRESS</p> <p><b>Unlock a New Dimension of Passion</b> with Stacey Lei-Krauss</p> 							
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Bring on the 4-Letter Words! - HIIT Roberts	"Toning" is NOT a Thing Friend-Uhl	Active Aging - Water Wellness Pinkowski	Double Trouble: Bad Boys Of Aqua Howard & M. Velazquez	Nutrition for HIIT & LIIT Programs Layne	Fitness Business Trends for 2020 Kooperman	Out of Body Experience Gibert	Make Money While You Sleep Digsby
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Your Brain on HIIT Friend-Uhl Session 1		Aqua Abs: WIM-sy Carvalho Session 1	LaBlast® Splash: Waltzing in the Water Van Amstel Session 1	Progress Over Perfection Digsby Session 2	Golden Nuggets for Successful Managers Gilbert	Wowing Your Customer K. Williams Session 2	Growth Thru Hospital & Healthcare Affiliations Bellenger Session 1
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Boxing Bootcamp Feinberg		Hydro Lift Off! Howard	Platinum - Silver Tsunami M. Velazquez, Warasila, Gilbert, Wartenberg & Carvalho	Putting an End to Stress Eating Seti	Controversies in Resistance Training: Solved Kravitz	Six Steps to Sales Success Bustamante	Relevant Fitness: Myths, Marketing & Money DD. Ross
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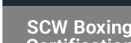
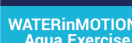
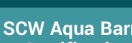
He-Mugs-Me Not! Feinberg		Ups & Downs of Aqua Carvalho	Acquapole® Circuit A. Velazquez & Raphael	The Carb & Protein Myth B. Mylrea & M. Mylrea	HIIT Beyond Your Max Kravitz	Cycling Evolution Debish	Put the "Social" in Social Media Conti
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		Aqua Yoga Flow Warasila	Acquapole® Aqua Boxing A. Velazquez & Raphael				
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 StairMaster	 SCW	 WATERinMOTION	 SCW	Postpartum Recovery (At Any Age) Citron	Calorie Burning: Facts vs. Controversy Kravitz	The Art of Cueing™ Ponte & Schur	Power of Podcasting: Leverage Your Brand Conti
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 SCW	 SCW	 SCW	 SCW	Master of Mindful Eating Seti	The Age Antidote Kravitz	Strategies for Success as a Business Owner Gilbert	Unique Programming for Boutique Gyms Gilfry
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 Savvior Fitness	 SCW	 SCW	 SCW	Food Deconstructed Silverman	Grow Your PT Business Roberts	Business Management for Fitness Professionals Bellenger	Maximize Facebook Like a Boss Digsby
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 SCW	 SCW	 SCW	 SCW	"Training" Women For Pregnancy Citron	Women, Hormones, Metabolism & Exercise Kravitz	The Caring Touch Bustamante	One to Many: Business Expansion Garland
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<b>SA1</b> 7:30am-8:45am	<b>SA2 KEYNOTE</b> 9:45am-11:00am	<b>SA3</b> 11:15am-12:30pm	<b>SA4</b> Session 1 12:45pm-2:00pm	<b>SA4</b> Session 2 1:30pm-2:45pm	<b>SA5</b> 3:00pm-4:15pm	<b>SA6</b> 4:30pm-5:45pm	<b>SA7</b> 6:00pm-7:00pm
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Friday, July 24

Saturday, July 25

Sunday, July 26

Friday, July 24

Saturday, July 25

Sunday, July 26