

**PRE-CON CERTIFICATIONS**  
Wednesday, Aug 19



**Active Aging Certification**  
Roberts • 9:00am-5:00pm CST

**Tai Chi Certification**  
Ross • 9:00am-5:00pm CST



**Aquatic Exercise Certification**  
Howard • 9:00am-6:00pm CST

# LIVE STREAM MANIA® SCHEDULE

**PRE-CON CERTIFICATIONS**  
Thursday, Aug 20

**Personal Training Certification**  
Roberts • 9:00am-5:00pm CST

**Barre Above®**  
Powered by Savvier Fitness®  
Murphy Madden & Reynolds  
8:00am-3:00pm CST

**Yoga 1 Certification**  
M. Velazquez  
9:00am-6:00pm CST

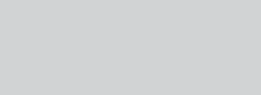
**Group Exercise Certification**  
Howard • 9:00am-6:00pm CST

**Schwinn® Indoor Cycling Instructor Certification**  
Thews & Thomson  
7:00am - 5:00pm CST

**Aqua Barre Certification**  
Wartenberg  
9:00am-4:00pm CST

**Pilates Matwork Certification**  
Appel  
9:00am-6:00pm CST

**Zumba® Basic 1 Instructor Training**  
Mirabal • 9:00am-6:00pm CST

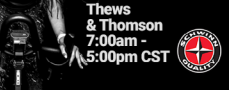


**Download & Print The Schedule Here >>**

**Program Design For Fitness Professionals**  
Roberts • 5:30pm-9:30pm CST



**Meditation Certification**  
Warasila  
5:30pm-9:30pm CST



**Nutrition Coaching For Fitness Pros Certification**  
Layne • 9:00am-5:00pm CST

**Active Aging Nutrition Certification**  
Silverman • 5:30pm-9:30pm CST



**A GX / PT      B ACTIVE AGING / BARRE      C MIND-BODY / RECOVERY      D GX / PT (PRE-RECORDED)      E CYCLE/HIIT**

**F AQUA (ON LAND)      G NUTRITION / EX SCIENCE      H NUTRITION (PRE-RECORDED)      I BUSINESS (MARKETING / REVENUE)      J BUSINESS (MEDIA / MANAGEMENT)**

<b>FR1</b>	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Down & Dirty 30 McCormick Kettlebell/1 Gallon Water Jug, Dumbbells/2 Water Bottles	Boogie Barre Carvalho Mats	Tai-Chi + Yoga = Bamboo Fusion Ross	Functional Fitness After 50 Hagan Dumbbells/2 Water Bottles, Tubing	Schwinn®: All About the Base Appel Bike/Chair
<b>FR2</b>	10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST	LaBlast®: Ballroom Fitness Using PATTERNography Van Amstel Dumbbells/2 Water Bottles	Deep Stretch & the Aging Gilbert Mat, Small Ball	Qi Gong for the Ages Glassmeyer Mat	Flexibility + Performance = Wellness Howard	Schwinn®: Rhythm Done Right Hogg Bike/Chair
<b>FR3</b>	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Nothing But The HIITs Murphy Madden Bender Balls, Gliding Discs, Resistance Tubing, Dumbbells	Wellness RX for the Active Ager Layne	Relax and Recover with Rumberoller® Bettendorf	Kettlebell HIIT Supreme Roberts Kettlebell or Gallon Water Bottle	Toning is NOT a Thing Appel

<b>FR1</b>	Acquapole® Boxing Raphael	Active Aging Nutrition Insights Silverman	Nutrition for Fitness Professionals Layne	Cycling Evolution Debish	GO VIRTUAL - The Challenge, The Payoff Coulter
<b>FR2</b>	Acquapole® Tone Velazquez	Finding Your Functional Fitness Mullins	Nutrition & Chronic Pain Garcia	Multi-Media Marketing During & After this Global Pandemic Kooperman	Winning Millennial & Gen Z Clients Polack
<b>FR3</b>	Making Waves with LaBlast® Splash Van Amstel	Exercise, Stress, Hormones & Inflammation Comana	The Pros & Cons of Fasting Layne	The Future of Personal Training Panel Roberts, Robinson, Christopher & Roselli	Insights From The Shutdown: Survival to Success McHaney

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<b>FR4</b>	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	Zumba®: Let it MOVE YOU™! Mirabal	Training the Active Aging Female Client Roberts Dumbbells, Resistance Tubing	Active Aging Chair Yoga Kooperman Chair, Mat	Female Training Model Parsons Poz a Ball/Playground Ball	Schwinn®: Balancing Act - Art of True Fusion Thews Bike/Chair
<b>FR5</b>	4:00pm-5:15pm EST 3:00pm-4:15pm CST 1:00pm-2:15pm PST	Building Better Butts Mullins Tubing, Steps/ Step Stool	Triple Threat Barre - Powered by SAVIER Murphy Madden, Romer & Dayer Bender Balls, Gliding Discs, Resistance Tubing, Dumbbells, Barre	Yoga Strong Howard Mat, Barre/Chair	Coaching Core Stability McBee Dumbbells or Water Bottles, Tubing or Long Towel	Schwinn®: Pimp My Playlist! Appel
<b>FR6</b>	5:35pm-6:50pm EST 4:35pm-5:50pm CST 2:35pm-3:50pm PST	HIIT Chaos - Powered by SAVIER Erickson Step/Step Stool, Dumbbells/2 Water Bottles	Barre Training: Grace & Flow Roberts Tubing, Dumbbells, Gliding Disc	Tai Chi for Warmup & Recovery Ross	Mat to the Max Appel Small Pilates Balls	Quieting the Mind Meditation Warasila Mats

<b>FR4</b>	Choreography Overflow Warasila Noodles	Energy Pathways & Ketones Comana	Nutrition & Sleep: Fascinating Connections Silverman	Management & Facility Solutions To Navigate 2020 Dilts & Woods	Bodyweight Bootcamp: Principles Before Strategies Christopher
<b>FR5</b>	Waves On Fire: Chair Dance Martin Chair	Diets Are Like One Night Stands Digsby	Are All Calories Equal Comana	Active Aging Panel Kooperman, Gilbert, Roberts & Layne	Strategic Thinking - Personally and Professionally McBride
<b>FR6</b>	Drag Me Into The Water PlumMentz	Ending Your Clients' Exercise Self Sabotage Seti	Caffeine, Creatine & Coconuts Layne	Trends for 2020 & Growth Panel Kooperman, McBride, McHaney, Barry & Stevenson	Hybrid Small Group Training: Live & Online McBee

<b>SA1</b>	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	The Ultimate Fitness Equation Robinson	Aging Fit Gilbert Dumbbells/2 Water Bottles	Functional Yoga & Conscious Movement M. Velazquez Mats	AAA - Abs at all Angles Appel Med Ball, Gliding Discs, Tubing	Schwinn®: Class Design on a Dime Vanderburg Bike/Chair
<b>SA2</b>	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	LaBlast® Fitness: Envision The New Normal Van Amstel Dumbbells/2 Water Bottles	Gliding Meets Barre - Powered by SAVIER Reynolds Gliding Discs, Barre/Chair	Bulletproof the Low Back Roselli	Balance & Power: Training Active Aging Clients McCaughy Chair, Cones/Paper Cups	Welcome to the Jungle (Gym) - HIIT Friend Uhl
<b>SA3</b>	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Group Mobility and Strength Bettendorf	Bringing Up Boomers! Kooperman Weight Lifting Gloves, Dumbbells/2 Water Bottles	Cardio Yoga™ - Cardio Focus Krauss Mats	Barre Fight Wartenberg Dumbbells/2 Water Bottles, Gliding Discs, Barre/Chair, Mat	Schwinn®: SchwINTENSITY Roberts Bike/Chair

<b>SA1</b>	LaBlast® Splash: Waltzing in the Water Van Amstel	Immunity Boosters & Busters Silverman	Timing Is Everything Layne	Be Your Unique Selling Point McWaine	How to Harness the Power of LinkedIn Raya
<b>SA2</b>	WATERinMOTION Strength Kulp	Putting an End to Stress Eating Seti	Metabolism Makeover Digsby	Call to Close: Maximize Member Acquisition Steel	Unlock Your New Dimension of Passion Krauss
<b>SA3</b>	Double Trouble: Bad Boys Of Aqua Howard & M. Velazquez Hand Buoys/ 2 Water Bottles	Nutrition Panel Layne, Silverman, Digsby	Longevity Labs: Eats & Feats Silverman	Artificial Intelligence Will Change How You Market Steel	Social Media Panel Maurer, K. Williams, Hoff & Conti

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<b>SA4</b>	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	STRONG Nation™ Hernandez	Strength & Grace Gilbert Chair, Dumbbells/2 Water Bottles	Soul Yoga: Rhythm & Blues Kooperman Thick Mats & Gloves	Flowing Yoga for Chakra Balancing M. Velazquez Mat, Yoga Block or Towel/Blanket	Schwinn®: All the Right Cues Thomson Bike/Chair
<b>SA5</b>	4:00pm-5:15pm EST 3:00pm-4:15pm CST 1:00pm-2:15pm PST	50 Unique Core Lovers Exercises Murphy Madden & Balliew Bender Balls, Gliding Discs, Resistance Tubing, Dumbbells, 2 Water Bottles	Pilates at the Barre Appel	Stress-Busting Recovery Techniques Roselli	Strength Training for Longevity & Vitality Kooperman Tubing	Schwinn®: F.E.A.R. Face Everything and RIDE Roberts Bike/Chair
<b>SA6</b>	5:35pm-6:50pm EST 4:35pm-5:50pm CST 2:35pm-3:50pm PST	Bodyweight Warrior Roselli	Barre With a Twist Appel Barre, Dumbbells/2 Water Bottles, Versa Loops	Program Your Workout w/ Dance Corps Dorsey Mats	SAF Aqua Drums Vibes A. Velazquez & Raphael Drumsticks	From the Ground Up! M. Velazquez Tennis Balls, Foam Rollers, Yoga Strap

<b>SA4</b>	Platinum - Silver Tsunami M. Velazquez Noodles	Training the Injured Runner Bettendorf	Toxic Dump: What's in Food Layne	New Hire to All Star Stevenson	Put the Social in Social Media Conti
<b>SA5</b>	Liquid Gym Star Workout Raphael	Nutrition for HIIT & LIIT Programs Layne	Cravings & Sugar Unsweetened Silverman	The Future of Group Ex Panel Kooperman, Howard, McCormick & Thews	TEAMBUILDING Strategies for Fitness Professionals Erickson
<b>SA6</b>	Aqua Abs: WIM-sy Carvalho	Master of Mindful Eating Seti	Common Sense Nutrition Garcia	Legal Considerations: Fitness Business Ownership Roth & Kooperman	Powerful Programming Promotion Hoff

<b>SU1</b>	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Developing Elite Fitness Experiences Mullins Dumbbells/2 Water Bottles	The Golden Gait Layne	Upper Body Self Care Miller	Weight at the Barre Wartenberg Dumbbells/2 Water Bottles, Mats, Gliding Discs, Tubing	Purpose NOT Circus - Legit HIIT Thomson
<b>SU2</b>	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	The Athletic Advantage Robinson Cones	Balletone- Where Cardio And Ballet Meet Reynolds	Core Forward Pilates Howard PVC Pipe/Broom,Mat	Dynamic Flexibility for a 3D Life M. Velazquez Yoga Strap/Towel	Mandatory Core Training Methods Mullins
<b>SU3</b>	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Personal Training The Female Core Roberts Stability Balls, Rubber Tubing, Gliding Discs, Poz-A- Ball	Sarcopenia & Strength Training Layne	Cardio Yoga™ - Yoga Focus Krauss Mats	Functional Fluid Fitness for Longevity Conti Chair	

<b>SU1</b>	H2O Luscious Limbs Gilbert Chair, Water Dumbbells/ 2 Water Bottles	Food for Thought: Brain Superfoods Silverman	Top 10 for Weight Loss Digsby	From Passion to Profit Hofacker	5 Social Media Do's & Don'ts Maurer
<b>SU2</b>	Barre-A-Cuda 2 Wartenberg Noodles, Tubing	Sugar, Snacks & Heart Attacks Digsby	Dietary Diversity Layne	Trends in Programming 2020 Barry	Power of Podcasting: Leverage Your Brand Conti
<b>SU3</b>	Hydro Lift Off! Howard	Fad Diet Update Digsby	Hot Topics in Nutrition Layne	What's Next After Personal Training McWaine	The Virtual Connection - When Your Club Reopens Gilbert

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<b>SU4</b>	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	THE FIT PRO MUSIC CRASH COURSE Robinson Dumbbells or 2 Water Bottles	Core 55+ Wartenberg Chairs, Dumbbells, Gliding Discs, Tubing with Handles, Mats, Loop Band	Rock and Roll Benten Mat, Foam Roller	Lift Off! Howard Steps/ Step Stool, Dumbbells/2 Water Bottles	
<b>SU5</b>	4:00pm-5:15pm EST 3:00pm-4:15pm CST 1:00pm-2:15pm PST	Kettlebell: Gams & Glutes Benten Kettlebells	Aging HIIT Gilbert	The Art of Flow: Yoga Basics Conti Dumbbells/2 Water Bottles, Mat	Barre Necessities Appel Barre/Chair, Dumbbells/2 Water Bottles, Poz-a Ball/Ball	

<b>SU4</b>	Aqua ZUMBA® Melendez	Managing Menopause Layne	Sugar Shockers & Shakedown Silverman	Stabilize, Mobilize & Capitalize Your Way to #Gamechanging Results Thews	Creative Member Experiences Alden
<b>SU5</b>	Aqua Yoga Flow Warasila Noodle	Food Deconstructed Silverman	Carbohydrates Layne	Small Facility, Big Profit Hofacker	Live Streaming Like A Boss K. Williams

FRIDAY, AUGUST 21

SATURDAY, AUGUST 22

SUNDAY, AUGUST 23

FRIDAY, AUGUST 21

SATURDAY, AUGUST 22

SUNDAY, AUGUST 23