

<b>PRE-CON CERTIFICATIONS</b> Wednesday, Aug 19		<b>Active Aging Certification</b> Roberts 9:00am-5:00pm CST	<b>Tai Chi Certification</b> Ross • 9:00am-5:00pm CST		
<b>PRE-CON CERTIFICATIONS</b> Thursday, Aug 20	<b>Personal Training Certification</b> Roberts 9:00am-5:00pm CST	<b>Barre Above®</b> Powered by Savvier Fitness® Murphy Madden & Reynolds 8:00am-3:00pm CST	<b>Yoga 1 Certification</b> M. Velazquez 9:00am-6:00pm CST	<b>Group Exercise Certification</b> Howard • 9:00am-6:00pm CST	<b>Schwinn®: Indoor Cycling Instructor Certification</b> Thews & Thomson 7:00am - 5:00pm CST
	<b>Program Design For Fitness Professionals</b> Roberts • 5:30pm-9:30pm CST		<b>Meditation Certification</b> Warasila 5:30pm-9:30pm CST		

<b>A</b> GX / PT	<b>B</b> ACTIVE AGING / BARRE	<b>C</b> MIND-BODY / RECOVERY	<b>D</b> GX / PT (PRE-RECORDED)	<b>E</b> CYCLE/HIIT
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<b>FRIDAY, AUGUST 21</b>	<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 Rumbleroller® Bettendorf	Kettlebell HIIT Supreme Roberts Kettlebell or Gallon Water Bottle	Toning is NOT a Thing Appel

**VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PT**

<b>FRIDAY, AUGUST 21</b>	<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>SATURDAY, AUGUST 22</b>	<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

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<b>SATURDAY, AUGUST 22</b>	<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, Foam Rollers, Tennis Balls, Yoga Strap

<b>SUNDAY, AUGUST 23</b>	<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>STRONG</b> ZUMBA

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<b>SUNDAY, AUGUST 23</b>	<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>STRONG</b> NATION™ VIRTUAL INSTRUCTOR TRAINING Hernandez 10:00am-6:00pm CST
	<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	

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



# LIVE STREAM MANIA® SCHEDULE

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

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

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

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

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



<b>F</b> AQUA (ON LAND)	<b>G</b> NUTRITION / EX SCIENCE	<b>H</b> NUTRITION (PRE-RECORDED)	<b>I</b> BUSINESS (MARKETING / REVENUE)	<b>J</b> BUSINESS (MEDIA / MANAGEMENT)	
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Acquapole® Boxing Raphael	Active Aging Nutrition Insights Silverman	Nutrition for Fitness Professionals Layne	Cycling Evolution Debish	GO VIRTUAL - The Challenge, The Payoff Coulter	FR1
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	FR2
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	FR3

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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	FR4
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	FR5
Drag Me Into The Water PluimMentz	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	FR6

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	SA1
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	SA2
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	SA3

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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	SA4
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	SA5
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	SA6

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	SU1
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	SU2
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	SU3

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

FRIDAY, AUGUST 21

SATURDAY, AUGUST 22

SUNDAY, AUGUST 23