

**CERTIFICATIONS**  
THURS. SEPT. 29

<b>YOGA 1 CERTIFICATION</b> VELAZQUEZ • 8:00AM - 5:00PM	<b>ACTIVE AGING CERTIFICATION</b> GILBERT • 9:00AM - 5:00PM	<b>BARRE ABOVE</b> POWERED BY SAVVIER FITNESS® MCDONALD • 9:00AM-5:00PM	<b>SCHWINN®: INDOOR CYCLING INSTRUCTOR CERTIFICATION</b> APPEL & MCLEAN • 7:00AM-5:00PM	<b>PERSONAL TRAINING CERTIFICATION</b> ROBERTS • 8:00AM - 5:00PM
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**ZUMBA® BASIC 1 INSTRUCTOR TRAINING**  
SALDI • 8:00AM - 5:00PM

Indicates session is both Live (In-Person) & Recorded

<b>A</b> FUNCTIONAL TRAINING / ACTIVE AGING	<b>B</b> HIIT / STRENGTH / CIRCUITS	<b>C</b> YOGA / PILATES / T'AI CHI	<b>D</b> GX / BARRE
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FRIDAY, DECEMBER 10	<b>FR1</b>	7:30am-8:45am	Balance & Stability for Active Agers Gilbert & Malaghan	Welcome to the Jungle-STAIRMASTER® HIIT Hogg	Tai Chi: Simplify 24 Yang Velazquez	Balletone® Meets Barre Lenart	
	EXPO SHOPPING 8:30am - 9:45am						
	<b>FR2</b>	9:45am-11:00am	Hot Crossed Buns Howard	Your Brain on HIIT STAIRMASTER® Hogg	Zumba® Saldi	BOSU® Dynamic Pilates Fusion Magee & Roberts	
	<b>FR3</b>	11:15am-12:30pm	Smart Strength for the Ageless Female Roberts	HIIT Chaos - Powered by SAVVIER® Fitness McDonald	Turf Yoga Fusion Keenan-Stryka & Hughes	Innovative Planking for Core Strength Chilazi	
	<b>FR4</b>	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert SESSION 2	The Bare Essential: Strength Training 101 Bannister-Munn SESSION 1	Yoga for a Better Back Kooperman SESSION 1	HIIT the Ballet Lenart SESSION 2	
	EXPO SHOPPING 12:15pm-3:00pm						
	<b>FR5</b>	3:00pm-4:15pm	Hands on Stretching: The Bannister Method™ Bannister-Munn	Nautilus Strength - Does Size Really Matter? Hogg	Yoga-Bata VIIT Malaghan	Barre Moves - Update Your Choreography McDonald	
EXPO SHOPPING 4:00pm-5:00pm							
<b>FR6</b>	5:00pm-6:15pm	Bodyweight Booty Appel	Basic Movement Assessments for Cardio Modalities by Star Trac McLean	SOULfusion Experience Park	Straight to the Core Robinson		
<b>FR7</b>	6:30pm-7:30pm	<b>SCW FITNESS IDOL</b> ROBERTS, HOWARD & SILVERMAN	Resist & Roll Antuanette	Rhythmic Vinyasa Flow Kooperman	Boogie Barre Carvalho		
SATURDAY, DECEMBER 11	<b>SA1</b>	7:30am-8:45am	Sitting Pretty...Strong Gilbert	E5 Collective: Med Ball Power Nicotera	BOSU® Stability Ball Overhaul Magee & Roberts		
	EXPO SHOPPING 8:30am - 9:45am						
	<b>SA2</b>	9:45am-11:00am	<b>KEYNOTE ADDRESS REBUILDING SANDCASTLES: POST-PANDEMIC RENOVATION</b> WITH BILL MCBRIDE				
	<b>SA3</b>	11:15am-12:30pm	Lower Body Burnout Howard	SOULstrength Experience Park	Stretch & Perform: The Bannister Method™ Bannister-Munn	ABSolutely Core Training Williams	
	EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm						
	<b>SA4</b>	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	Back, Booty & Core Connection Appel SESSION 2	LIT 101 (Low Impact Training) Robinson SESSION 1	CounterFlow Yoga: Dynamic Standing Flow Sides SESSION 1	STRONG Nation™ Bayersdorfer SESSION 2	
	<b>SA5</b>	3:00pm-4:15pm	G.R.I.T. Strength Training for the Active Ager Gilbert	Purpose, NOT Circus: Legit HIIT - STAIRMASTER® Appel	Cardio Yoga™ - Cardio Focus Chilazi	Inside the Mobility/ Stability Toolbox Gellert	
EXPO SHOPPING 4:00pm-5:00pm							
<b>SA6</b>	5:00pm-6:15pm	Seated Asanas Howard	"Toning" is NOT a Thing - Nautilus Friend- Uhl	HIIT Mix Up! Keenan-Stryka & Hughes	Maximize Your Sessions With Cluster Circuits Williams		
SUNDAY, DECEMBER 12	<b>SU1</b>	7:30am-8:45am	Functional Training for the Active Ager Gilbert	<b>GROUP EX CERTIFICATION</b> HOWARD • 8:00AM - 5:00PM	M.E.P.S. Full Body Experience Moyer	Level Up Your Strength Classes! Bannister-Munn	
	<b>SU2</b>	9:00am-10:15am	The Athletic Advantage Robinson		Functional Pilates Velazquez	50 Unique Core Lovers Exercises McDonald	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
	<b>SU3</b>	11:15am-12:30pm	Balance for Active Aging Roberts	<b>PILATES MATWORK CERTIFICATION</b> APPEL • 8:00AM - 5:00PM	Cardio Yoga™ - Yoga Focus Chilazi	E5 Collective: Loop Band Play Nicotera	
<b>SU4</b>	12:45pm-2:00pm	Recovery Techniques for Active Agers Toole	<b>STRONG STRONG NATION™ TRAINING</b> BAYERSDORFER • 7:30AM - 4:00PM	4 Quarters of Fitness Robinson	Ballin™ Antuanette		

# BOSTON MANIA® SCHEDULE • DEC 10-12, 2021

<b>WATERinMOTION® CERTIFICATION</b> KULP • 9:00AM - 5:00PM	<b>ACTIVE AGING NUTRITION CERTIFICATION</b> SILVERMAN • 5:30PM - 9:30PM	<b>HEALTH &amp; FITNESS BUSINESS SUMMIT</b> SCW	<b>IHRSA</b>
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<b>E</b> CYCLE / ROWING	<b>F</b> AQUA (STARTS IN LECTURE)	<b>G</b> NUTRITION MANIA® + SUMMIT	<b>H</b> LEADERSHIP / EX. SCIENCE	<b>I</b> BUSINESS
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<b>FR1</b>	Schwinn®: A DJ Saved My Life McLean	Aqua Core Senior Style Kulp	Breaking Down Macros A. Lowell	The State of the Science and Future Outlook of CBD Roberts	GX Streaming to Success Howard	<b>FR1</b>
EXPO SHOPPING 8:30am - 9:45am						
<b>FR2</b>	Anchors Away: Resistance & Rowing™ SGT Ken®	Aqua Dance, Dance, Dance Velazquez	Nutrition Tips Overview Silverman	Attention to Retention Robinson	Best Of Both Worlds Kinworthy	<b>FR2</b>
<b>FR3</b>	Schwinn®: Breathly Not Breathless Appel	Aqua ROM Training for Mature Adults Gilbert	Fascinating Facts to Prevent Fiber Famish Silverman	Maintain A Strong Business Acumen Kooperman	Internal Guidelines - Inspecting What You Expect McBride	<b>FR3</b>
<b>FR4</b>	Schwinn®: SchwiNTENSITY Roberts SESSION 1	Cool Pool Moves: 8 Tools to Remember Velazquez, Kulp, & Carvalho SESSION 2	Protein: Best Practices for All A. Lowell SESSION 1	Recovery With Muscle Stimulation Appel SESSION 2	Spend Less Time Writing Class Plans! Sides SESSION 1	<b>FR4</b>
EXPO SHOPPING 12:15pm-3:00pm						
<b>FR5</b>	Schwinn®: Set the Stage: Perfect Ride McLean	Turbulence Training PluimMentz	Nutrition Coaching for General Population Toole	Inside Out of the Shoulder Gellert	Working in Niche Markets Panel Kooperman, Appel, Gilbert & Howard	<b>FR5</b>
EXPO SHOPPING 4:00pm-5:00pm						
<b>FR6</b>	Schwinn®: Bring IT: Verbal & Visual Cueing Hogg	Mix-Match Aqua: Moves to the Max Howard	Better Sleep for Active Agers Silverman	Stretching for Strength - Flexible Foundations Panel Kooperman, Bannister-Munn, Roberts	New World Sales & Management McBride	<b>FR6</b>
<b>FR7</b>		Aqua Ease: Flexibility for Active Agers Velazquez				<b>FR7</b>
<b>SA1</b>	Schwinn®: HIIT & Quit it! Hogg	Aqua Abs: WIM-sy Carvalho	Food is & Prevents Medicine Silverman	Muscular Endurance, Myths, Realities and Applications Stenis	Grow Your Audience Using Tik Tok & Reels Kinworthy & Rich	<b>SA1</b>
EXPO SHOPPING 8:30am - 9:45am						
<b>SA2</b>						<b>SA2</b>
<b>SA3</b>	Schwinn®: Ride or Die: Killer Vibe Hogg	Smart Sets for Aqua Dumbbells Kulp	SAD Plan, Sad People Toole	5 G's to a Stronger Mindset Moyer	Legal Considerations: Fitness Business Ownership A. Roth	<b>SA3</b>
EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm						
<b>SA4</b>	The WaterRower® Games™ SGT Ken® SESSION 2	H2O One Hand Buoy Experience Velazquez SESSION 1	Building Out Your Nutrition Program A. Lowell SESSION 1	Benefits of Peripheral Heart Action System Williams SESSION 2	State of the Industry: Panel Discussion Kooperman, McBride, Gellert, Howard & Gilbert SESSION 2	<b>SA4</b>
<b>SA5</b>	Schwinn®: F.E.A.R. Face Everything & RIDE Roberts	Aqua Excellence for the Active Ager Velazquez, Kulp & Carvalho	Stopping Inflammation S. Roth	Coaching for Lasting Behavior Change Stack		<b>SA5</b>
EXPO SHOPPING 4:00pm-5:00pm						
<b>SA6</b>	Schwinn® Cycling: Master Your One Appel	Swim up Barre Malaghan	Intermittent Fasting: Fact or Fiction S. Roth	CBD and Your Best Self Roberts	Differentiation is NOT an Option Polson	<b>SA6</b>
<b>SU1</b>	Schwinn®: Work Not Twerk McLean	H2O Strength Through the Ages Kulp, Velazquez & Carvalho	Nutrition Boosters & Busters for Longevity Silverman	Long-Term Athlete Development Stack		<b>SU1</b>
<b>SU2</b>	Schwinn®: Rock Steady - Recovery Rides Roberts	H2O Rapid Resistance Kulp	Nutrition Math - Calories, Grams & Size, OH MY! Toole	Exercise Research 101: Facts vs. Fake News Chilazi	Get More Clients Without Ads Polson	<b>SU2</b>
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
<b>SU3</b>		Splish Splash Calorie Smash Malaghan	"Golden" Nutrition Toole	Strength Training - The New Cardio Stack	Business Blueprint for 2022 Robinson	<b>SU3</b>
<b>SU4</b>		Ups & Downs of Aqua Carvalho	Art of Food as Fuel Malaghan	Lisa La La's FITKIDZ Power	Maximize Your Business's Earning Potential Polson	<b>SU4</b>