FR1

FR4

FR5

SA2

SA3

SA4

SA5

SA<sub>6</sub>

SU1

SU<sub>2</sub>

SU3

SU4

AUG.

FRIDAY, AUG.

ACTIVE AGING CERTIFICATION GILBERT - 9:00AM - 5:00PM

PRACTICAL GUIDE TO NUTRITION, HORMONES, AND METABOLISM LAYNE • 9:00AM - 3:30PM

PERSONAL TRAINING CERTIFICATION ROBERTS • 8:00AM - 5:00PM

TAIJIFIT CERTIFICATION ROSS • 9:00AM - 5:00PM SCW

C

MIND/BODY & RECOVERY

Warm Beginnings & Cool

Endings

YOGA 1 CERTIFICATION

VELAZQUEZ • 8:00AM - 5:00PM

SCW LIFE COACHING CERTIFICATION SPREEN-GLICK • 12:00PM-6:00PM

ACTIVE AGING NUTRITION CERTIFICATION TOOLE • 5:30PM - 9:30PM

SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION HOGG 7:00AM-5:00PM

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

7:30am-8:45am

12:45pm-2:6. SESSION 2 20pm-2:45pm

3:00pm-4:15pm

4:45pm-

11:15am-12:30pm

3:00pm-

4:15pm

4:45pn 6:00pn

7:30ai

8:45an

9:00an

10:15a

## FUNCTION & ACTIVE AGING

Functional Training for Active

Agers Gilbert

Roberts

Arthritis Exerc

From Head to

Fab Women Fifty+

## B STRENGTH / CORE

Back, Booty &

Core Connection

Appel



BARRE / GX

			=-
		EXPO	SHOPPING 8:30am- 9:45am
FR2	9:45am- 11:00am	Smart Strength for the Ageless Female Roberts ■	LIT 101 (Low Impact Training) Robinson ■
FR3 11:15am- 12:30pm		Build Better Aging Body Balance Roberts	Pro Athlete Core Conditioning Robinson

<b>=</b> 4	LIT 101 (Low Impact Training) Robinson ■	
	Pro Athlete	

	_,	
Flowing Yoga For Cha Balancing Velazquez	akra	L

Figueroa ■
Load Lift & Live Retterl

**Agility Ability** 

Layne

Killer Kardio

Richards

Strike! Kickboxing

Spreen-Glick

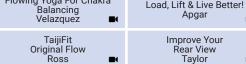
LaBlast® Fitness: Dance is

Mental & Emotional Health

	Robinson	3′ <b>■</b> (
Со	Pro Athlete re Conditionir Robinson	ng <b>=</b> (
۸rn	ned & Dangero	110

How to Master the Deadlift

Mike



TODIIISOII •	RUSS ■	
d & Dangerous Carvalho ESSION 2	Chair Yoga for the Young at Heart - Kooperman SESSION 1	

Where Functional Training Meets Fun - Rodriguez SESSION 2	Armed & Dangerous Carvalho SESSION 2	Chair Yoga for the Young at Heart - Kooperman SESSION 1	Barre Blueprint Appel SESSION 1
EXPO	SHOPPING 12:15pm-3:00pm		

cises: Toe	Build a Better Booty Carvalho ■	The Breathing Clinic Hill	
EVEN CHORDING 4:00 F:00			

<b>=</b> 4	Better Booty Carvalho	The Breathing Clinic Hill	Fit By Numbers Gavigan
<b>EXPO</b>	SHOPPING 4:00pm-5:00pm		

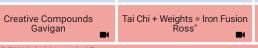
Flow Free & Be

Spreen-Glick

	o.oopm	Toole
FR7	6:15pm- 7:15pm	FITNESS IDOL Kooperman, Howard, Roberts & Velazquez
<b>C</b>	7:30am-	S.E.A.T. Supported Exercise for



OPERMAN, HOWARD, ROBERTS & VELAZQUEZ	
S.E.A.T. Supported Exercise for Ageless Training Gilbert	



		EXI	PO SHOPPING 8:30am- 9:45am
9:45am- 11:00am	MAYO CLINIC		KEYNOTE ADDRESS: EXE

Redefine Functional Training

Redefine Yourself Mullins

**Hot Crossed Buns** 

J. Howard SESSION 1 LaBlast® Fitness:

Active Aging for All van Amstel

KEYNOTE ADDRESS: EXERCISE IS MEDICINE
DR. EDWARD LASKOWSKI, MD

	R. EDWARD LASKOWSKI, MD	
ງ -	A O	

Core Yoga Strong	

IVIUIIIIS	•		
EXPO SHOPPIN	IG 10:45am-11:15am // 12:15pr	n-3:00pm	
Crossed Buns I. Howard ESSION 1	Move Your Core the Latin Way Rodriguez SESSION 1	Stress Management Guidance: Trainer To Client Hill	BareFit S T SES

ı	Rodriguez SESSION 1	Trainer To Client Hill SESSION 1	Taylor SESSION 2
ı	Lower Body Burnout J. Howard	Fascia, ROM & Flexibility Velazquez ■	Warrior Workout Spreen-Glick
_			

EXPO	SHOPPING 4:00pm-5:00pm	
Pain-	SL@T - Strengthen, Lengthen	

m- m	Shoulder Solution for Pain- Free Movement Bettendorf	SL@T - Strengthen, Lengthen & Tone J. Howard	Active Recovery For Better Results Fulton	Building Better Butts Mullins
m- m	Recovery Techniques for Active Agers Toole	Journey to the Core Bettendorf	Muscle Care - Happy Hips & Healthy Backs Fulton	How to Handle Hypertrophy D. Robinson
m- am	Boogie, Band & Balance Kulp	Group Mobility & Strength Bettendorf	Tai Chi + Yoga = Bamboo Fusion Ross ■	Slide Into Your Stronger Self Taylor ■

	EXPO CLOSE	-OUT SHOPPING 10:00am-1:0	10pm	
0:45am- 2:00pm	Agility for Active Agers Layne	Lower Body Self Care Bettendorf	Hipster Yoga Stretch Workshop Thews	5 Seconds To Improved Flexibility Fulton ■
2:15pm- :30pm	H.I.I.T - Prevent Chronic Disease Gillon	Getting to the Core: Core Training Methods Mullins	Soothe & Strengthen - Pilates Mat/Tai Chi Hill	EMH: Easy, Moderate, Hard Gavigan

CERTIFICATIONS SUNDAY, AUG. 7









## CHRONIC DISEASE & FITNESS SPECIALIST CERTIFICATION CONTI • 5:30PM - 9:30PM PILATES MATWORK CERTIFICATION

APPEL • 8:00AM-5:00PM

## Atlanta MANIA® Schedule

**SCW Health & Fitness** 

Give y					
	PURINERS		G	F	<b>E</b>
scwf	BUSINESS	EX SCIENCE / LEADERSHIP	NUTRITION	AQUA (STARTS IN LECTURE)	CYCLING / BOXING
F	Lead Generation Bootcamp for Personal Trainers Hoff	Eccentric Training Unleashed Mike	Words Matter: Eating Disorders & the Fitness Industry Conti	H2O Rapid Resistance Kulp	Schwinn®: Set the Stage: Perfect Ride Hogg
	EXPO SHOPPING 8:30am- 9:45am				
F	6 Figure Small Group Mayo	Sleep-Recovery- Adaptation- Client Results Lambe	Ketogenic Diets: History and Applications Hyde	HIIT the Wall Gilbert	Fight Night 2.0 Richards
F	Building Your Wellness Brand Spreen-Glick	Bioenergetics: Review of Energy Systems Hyde ■	Mastering Menopause Layne ■4	Water Works Velazquez, Kulp & Carvalho	Schwinn®: A DJ Saved My Life Appel
F	Solution Based Sales Stevenson SESSION 2	A Nudge Towards Better Habits Gavigan SESSION 1	Sports Supplements & Recovery Mike SESSION 1	Smart Sets for Aqua Dumbbells Kulp SESSION 1	Contender Richards SESSION 2
	PPING 12:15pm-3:00pm	EXPO SHO			
F	Pump Up Your Productivity Hoff	Stretching for Strength - Flexible Foundations Panel Kooperman, Velazquez, Mike & Spreen-Glick	Nutrition Math - Calories, Grams and Size, Oh My! Toole	LaBlast® Splash: Dancing with Aquatic Principles Figueroa	Schwinn®: HIIT & Quit it! Hogg
	OPPING 4:00pm-5:00pm	EXPO SH			
F	Future of Group Ex & PT Panel - Kooperman, Appel, Velazquez & Richards	Lifelong Lessons In Leadership Stevenson ■	Micronutrients Broken Down L. Howard	H2O Strength Through the Ages Kulp , Carvalho & Gilbert	Schwinn®: Polishing Diamonds Hogg
F	TLANTA		REGISTER FOR MANIA* REG AND ENJOY 100 SESSIONS	Top it Off: Aqua Style Layne	
5	Small Group Training Profits & Programs Stevenson	Team Leadership - Identifying Team Strengths Gillon ■	Fuel for Performance L. Howard	Tab-Aqua Quickies J. Howard	Schwinn®: Breathy Not Breathless Appel
	PPING 8:30am- 9:45am	EXPO SH			
S	RCISE IS MEDICINE	KEYNOTE ADDRESS: EX Dr. edward laskowski, MD			
5	Social Media & Branding for Fit Pros Richards	Client Assessment & Exercise Selection Bettendorf	Metabolism Reality Check Digsby	LaBlast® Splash: Dance. Water. Emotional Health. van Amstel	Schwinn®: Work Not Twerk Thews
m-3:00	45am-11:15am // 12:15pm	EXPO SHOPPING 10			
S	Inexpensive Marketing For Growth & Profitability Kooperman - SESSION 2	Perfect Practice Makes Perfect Laskowski SESSION 1	Macros: What You Need to Know L. Howard SESSION 2	Power to the Pool Dziubinski SESSION 1	Schwinn®: Rock Steady- Recovery Rides Appel SESSION 2
5	Business Blueprint For 2022 Robinson			1	
		Growth of a Muscle Cell Layne	Why You Can't Stop Eating Digsby ■	Ab Arsenal Gilbert	Design Your Legendary Team Training Experience Apgar
	OPPING 4:00pm-5:00pm	Layne	Diasby		Team Training Experience
5		Layne	Diasby		Team Training Experience
5	DPPING 4:00pm-5:00pm  5 Star  Management	Layne  EXPO SH  Circadian Biology: Why Timing Matters	Digsby  Fad Diet Update Digsby	Gilbert H20 Total Body Blast	Team Training Experience Apgar  Schwinn®: Master Your One
	5 Star Management Spreen-Glick  Creating the Spa Experience	EXPO SH  Circadian Biology: Why Timing Matters Lambe  Finding Your Functional Fitness	Fad Diet Update Digsby  Train on an Empty Stomach?	Gilbert  H20 Total Body Blast Dziubinski  Barracuda Booty	Team Training Experience Apgar  Schwinn®: Master Your One Appel  Schwinn®: Ride or Die: Killer Vibe
5	5 Star Management Spreen-Glick Creating the Spa Experience Velazquez From Likes to Revenue	EXPO SH  Circadian Biology: Why Timing Matters Lambe  Finding Your Functional Fitness Mullins  Attracting the Right Clientele Capra	Fad Diet Update Digsby  Train on an Empty Stomach? Charlop  The Sleep, Eat, & Hormones Link	Gilbert  H20 Total Body Blast Dziubinski  Barracuda Booty Kulp  Ups & Downs of Aqua	Schwinn®:  Schwinn®: Master Your One Appel  Schwinn®: Ride or Die: Killer Vibe Thews  Schwinn®: Dry-Tri: Beast Mode Fusion
5	5 Star Management Spreen-Glick  Creating the Spa Experience Velazquez  From Likes to Revenue Maurer	EXPO SH  Circadian Biology: Why Timing Matters Lambe  Finding Your Functional Fitness Mullins  Attracting the Right Clientele Capra	Fad Diet Update Digsby  Train on an Empty Stomach? Charlop  The Sleep, Eat, & Hormones Link	Gilbert  H20 Total Body Blast Dziubinski  Barracuda Booty Kulp  Ups & Downs of Aqua	Schwinn®:  Schwinn®: Master Your One Appel  Schwinn®: Ride or Die: Killer Vibe Thews  Schwinn®: Dry-Tri: Beast Mode Fusion
00pm	5 Star Management Spreen-Glick Creating the Spa Experience Velazquez  From Likes to Revenue Maurer T SHOPPING 10:00am-1:0 Engaging Members: Behavior Modification	EXPO SH  Circadian Biology: Why Timing Matters Lambe  Finding Your Functional Fitness Mullins  Attracting the Right Clientele Capra  EXPO CLOSE-OU Chronic Pain Relief	Fad Diet Update Digsby  Train on an Empty Stomach? Charlop  The Sleep, Eat, & Hormones Link Layne  How Calories & Fat Tissue Work	Gilbert  H20 Total Body Blast Dziubinski  Barracuda Booty Kulp  Ups & Downs of Aqua Carvalho  Aqua Excellence for the Active Ager	Schwinn®:  Schwinn®: Master Your One Appel  Schwinn®: Ride or Die: Killer Vibe Thews  Schwinn®: Dry-Tri: Beast Mode Fusion

