

# Atlanta MANIA® Schedule

<b>CERTIFICATIONS THURSDAY, AUG. 4</b>	<b>SCW ACTIVE AGING CERTIFICATION</b> GILBERT • 9:00AM - 5:00PM	<b>SCW PERSONAL TRAINING CERTIFICATION</b> ROBERTS • 8:00AM - 5:00PM	<b>TAIJIFIT CERTIFICATION</b> ROSS • 9:00AM - 5:00PM	<b>SCW LIFE COACHING CERTIFICATION</b> SPREEN-GLICK • 12:00PM-6:00PM
<b>WATERINMOTION® AQUA EXERCISE CERTIFICATION</b> KULP • 9:00AM - 5:00PM	<b>SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, AND METABOLISM</b> LAYNE • 9:00AM - 3:30PM	<b>SCW ACTIVE AGING NUTRITION CERTIFICATION</b> TOOLE • 5:30PM - 9:30PM	<b>SCW YOGA 1 CERTIFICATION</b> VELAZQUEZ • 8:00AM - 5:00PM	<b>SCHWINN® SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION</b> HOGG • 7:00AM - 5:00PM

<b>SCW CHRONIC DISEASE &amp; FITNESS SPECIALIST CERTIFICATION</b> CONTI • 5:30PM - 9:30PM	<b>SCW PILATES MATWORK CERTIFICATION</b> APPEL • 8:00AM-5:00PM
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**SCW Health & Fitness Business Summit**  
Give your fitness business the attention it deserves.

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		<b>A</b> FUNCTION & ACTIVE AGING	<b>B</b> STRENGTH / CORE	<b>C</b> MIND/BODY & RECOVERY	<b>D</b> BARRE / GX	
<b>FRIDAY, AUG. 5</b>	<b>FR1</b> 7:30am-8:45am	Functional Training for Active Agers Gilbert	Back, Booty & Core Connection Appel	Warm Beginnings & Cool Endings Roberts	LaBlast® Fitness: Dance is Mental & Emotional Health Figueroa	
	<b>EXPO SHOPPING 8:30am- 9:45am</b>					
	<b>FR2</b> 9:45am-11:00am	Smart Strength for the Ageless Female Roberts	LIT 101 (Low Impact Training) Robinson	Flowing Yoga For Chakra Balancing Velazquez	Load, Lift & Live Better! Appgar	
	<b>FR3</b> 11:15am-12:30pm	Build Better Aging Body Balance Roberts	Pro Athlete Core Conditioning Robinson	TaijiFit Original Flow Ross	Improve Your Rear View Taylor	
	<b>FR4</b> SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	Where Functional Training Meets Fun - Rodriguez	Armed & Dangerous Carvalho	Chair Yoga for the Young at Heart - Kooperman	Barre Blueprint Appel	
	<b>EXPO SHOPPING 12:15pm-3:00pm</b>					
	<b>FR5</b> 3:00pm-4:15pm	Arthritis Exercises: From Head to Toe Conti	Build a Better Booty Carvalho	The Breathing Clinic Hill	Fit By Numbers Gavigan	
<b>EXPO SHOPPING 4:00pm-5:00pm</b>						
<b>FR6</b> 4:45pm-6:00pm	Fab Women Fifty+ Toole	How to Master the Deadlift Mike	Flow Free & Be Spreen-Glick	Agility Ability Layne		
<b>FR7</b> 6:15pm-7:15pm	<b>SCW FITNESS IDOL</b> KOOPERMAN, HOWARD, ROBERTS & VELAZQUEZ			The Art of Flow: Yoga Basics Conti		
<b>SATURDAY, AUG. 6</b>	<b>SA1</b> 7:30am-8:45am	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Creative Compounds Gavigan	Tai Chi + Weights = Iron Fusion Ross	Killer Cardio Richards	
	<b>EXPO SHOPPING 8:30am- 9:45am</b>					
	<b>SA2</b> 9:45am-11:00am	<b>KEYNOTE ADDRESS: EXERCISE IS MEDICINE</b> DR. EDWARD LASKOWSKI, MD				
	<b>SA3</b> 11:15am-12:30pm	Redefine Functional Training - Redefine Yourself Mullins	Arm Candy Appel	Core Yoga Strong J. Howard	Strike! Kickboxing Spreen-Glick	
	<b>EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm</b>					
	<b>SA4</b> SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	Hot Crossed Buns J. Howard	Move Your Core the Latin Way Rodriguez	Stress Management Guidance: Trainer To Client Hill	BareFit Super Circuits Taylor	
	<b>SA5</b> 3:00pm-4:15pm	LaBlast® Fitness: Active Aging for All van Amstel	Lower Body Burnout J. Howard	Fascia, ROM & Flexibility Velazquez	Warrior Workout Spreen-Glick	
<b>EXPO SHOPPING 4:00pm-5:00pm</b>						
<b>SA6</b> 4:45pm-6:00pm	Shoulder Solution for Pain-Free Movement Bettendorf	SL@T - Strengthen, Lengthen & Tone J. Howard	Active Recovery For Better Results Fulton	Building Better Butts Mullins		
<b>SUNDAY, AUG. 7</b>	<b>SU1</b> 7:30am-8:45am	Recovery Techniques for Active Agers Toole	Journey to the Core Bettendorf	Muscle Care - Happy Hips & Healthy Backs Fulton	How to Handle Hypertrophy D. Robinson	
	<b>SU2</b> 9:00am-10:15am	Boogie, Band & Balance Kulp	Group Mobility & Strength Bettendorf	Tai Chi + Yoga = Bamboo Fusion Ross	Slide Into Your Stronger Self Taylor	
	<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>					
	<b>SU3</b> 10:45am-12:00pm	Agility for Active Agers Layne	Lower Body Self Care Bettendorf	Hipster Yoga Stretch Workshop Thews	5 Seconds To Improved Flexibility Fulton	
<b>SU4</b> 12:15pm-1:30pm	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		

<b>CERTIFICATIONS SUNDAY, AUG. 7</b>	<b>SCW GROUP EXERCISE CERTIFICATION</b> HOWARD • 8:00AM - 4:00PM	<b>SCW S.E.A.T. CERTIFICATION</b> GILBERT • 8:00AM - 4:00PM	<b>SCW BARRE CERTIFICATION</b> APPEL • 8:00AM - 4:00PM	<b>SCW AQUATIC EXERCISE CERTIFICATION</b> DZIUBINSKI • 8:00AM - 4:00PM
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<b>E</b> CYCLING / BOXING	<b>F</b> AQUA (STARTS IN LECTURE)	<b>G</b> NUTRITION	<b>H</b> EX SCIENCE / LEADERSHIP	<b>I</b> BUSINESS
Schwinn®: Set the Stage: Perfect Ride Hogg	H2O Rapid Resistance Kulp	Words Matter: Eating Disorders & the Fitness Industry Conti	Eccentric Training Unleashed Mike	Lead Generation Bootcamp for Personal Trainers Hoff
<b>EXPO SHOPPING 8:30am- 9:45am</b>				
Fight Night 2.0 Richards	HIIT the Wall Gilbert	Ketogenic Diets: History and Applications Hyde	Sleep-Recovery-Adaptation-Client Results Lambe	6 Figure Small Group Mayo
Schwinn®: A DJ Saved My Life Appel	Water Works Velazquez, Kulp & Carvalho	Mastering Menopause Layne	Bioenergetics: Review of Energy Systems Hyde	Building Your Wellness Brand Spreen-Glick
Contender Richards	Smart Sets for Aqua Dumbbells Kulp	Sports Supplements & Recovery Mike	A Nudge Towards Better Habits Gavigan	Solution Based Sales Stevenson
<b>EXPO SHOPPING 12:15pm-3:00pm</b>				
Schwinn®: HIIT & Quit it! Hogg	LaBlast® Splash: Dancing with Aquatic Principles Figueroa	Nutrition Math - Calories, Grams and Size, Oh My! Toole	Stretching for Strength - Flexible Foundations Panel Kooperman, Velazquez, Mike & Spreen-Glick	Pump Up Your Productivity Hoff
<b>EXPO SHOPPING 4:00pm-5:00pm</b>				
Schwinn®: Polishing Diamonds Hogg	H2O Strength Through the Ages Kulp, Carvalho & Gilbert	Micronutrients Broken Down L. Howard	Lifelong Lessons In Leadership Stevenson	Future of Group Ex & PT Panel - Kooperman, Appel, Velazquez & Richards
	Top it Off: Aqua Style Layne	<b>REGISTER FOR MANIA® RECORDINGS AND ENJOY 100 SESSIONS</b>		
Schwinn®: Breathly Not Breathless Appel	Tab-Aqua Quickies J. Howard	Fuel for Performance L. Howard	Team Leadership - Identifying Team Strengths Gillon	Small Group Training Profits & Programs Stevenson
<b>EXPO SHOPPING 8:30am- 9:45am</b>				
		<b>KEYNOTE ADDRESS: EXERCISE IS MEDICINE</b> DR. EDWARD LASKOWSKI, MD		
Schwinn®: Work Not Twerk Thews	LaBlast® Splash: Dance. Water. Emotional Health. van Amstel	Metabolism Reality Check Digsby	Client Assessment & Exercise Selection Bettendorf	Social Media & Branding for Fit Pros Richards
<b>EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm</b>				
Schwinn®: Rock Steady-Recovery Rides Appel	Power to the Pool Dziubinski	Macros: What You Need to Know L. Howard	Perfect Practice Makes Perfect Laskowski	Inexpensive Marketing For Growth & Profitability Kooperman - SESSION 2
Design Your Legendary Team Training Experience Appgar	Ab Arsenal Gilbert	Why You Can't Stop Eating Digsby	Growth of a Muscle Cell Layne	Business Blueprint For 2022 Robinson
<b>EXPO SHOPPING 4:00pm-5:00pm</b>				
Schwinn®: Master Your One Appel	H2O Total Body Blast Dziubinski	Fad Diet Update Digsby	Circadian Biology: Why Timing Matters Lambe	5 Star Management Spreen-Glick
Schwinn®: Ride or Die: Killer Vibe Thews	Barracuda Booty Kulp	Train on an Empty Stomach? Charlop	Finding Your Functional Fitness Mullins	Creating the Spa Experience Velazquez
Schwinn®: Dry-Tri: Beast Mode Fusion Thews	Ups & Downs of Aqua Carvalho	The Sleep, Eat, & Hormones Link Layne	Attracting the Right Clientele Capra	From Likes to Revenue Maurer
<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>				
	Aqua Excellence for the Active Ager Velazquez, Carvalho & Kulp	How Calories & Fat Tissue Work Digsby	Chronic Pain Relief Conti	Engaging Members: Behavior Modification Principles - Gillon
	AB-Solutely Aqua Carvalho	Slowing the Aging Process With Nutrition Charlop	Sports Supplementation: Scientifically Backed Performance - Hyde	25 Ways To Repurpose Your Content Maurer

<b>SCW BOXING CERTIFICATION</b> RICHARDS • 8:00AM-3:00PM
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Register at: [www.scwfit.com/Atlanta](http://www.scwfit.com/Atlanta)