

CERTIFICATIONS THURSDAY MARCH 31	SCW ACTIVE AGING CERTIFICATION GILBERT • 9:00AM - 5:00PM	SCW YOGA 1 CERTIFICATION VELAZQUEZ • 8:00AM - 5:00PM	SCW TAI CHI CERTIFICATION ROSS • 9:00AM - 5:00PM	SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, AND METABOLISM LAYNE • 9:00AM - 3:30PM	SCW LIFE COACHING CERTIFICATION SPREEN-GLICK • 9:00AM - 5:00PM
	SCW PILATES MATWORK CERTIFICATION APPEL • 8:00AM - 5:00PM	SCW BOXING CERTIFICATION® RICHARDS • 9:00AM-4:00PM	Savvier Fitness BARRE ABOVE® POWERED BY SAVVIER FITNESS® MADDEN & BENDER • 9:00AM-5:00PM	SCHWINN SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION THEWS • 7:00AM - 5:00PM	

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

A FUNCTION / ACTIVE AGING	B STRENGTH / CORE	C YOGA / PILATES / T'AI CHI	D GX / BARRE
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FRIDAY, APRIL 1	FR1	7:30am-8:45am	Functional Training For Active Agers Gilbert	Group Mobility And Strength Bettendorf	Flow Free & Be Spreen-Glick	Happy Hour at the Barre Madden	
	EXPO SHOPPING 8:30am- 9:45am						
	FR2	9:45am-11:00am	Active Agers From The Ground Up! Velazquez	Fight Night Richards	SOULfusion™ EXPERIENCE Park	The Back, Booty & Core Connection Appel	
	FR3	11:15am-12:30pm	Neural Approach To Mobility Training Bettendorf	WARRIOR Strength™ de Werd	TaijiFit Original Flow Ross	Killer Cardio Richards	
	FR4	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	S.E.A.T. Supported Exercise For Ageless Training Gilbert	Creative Core Solutions Madden & Bender	Namaste Away To A Better Back Kooperman	Barre Blueprint Appel	
	EXPO SHOPPING 12:15pm-3:00pm						
	FR5	3:00pm-4:15pm	LaBlast® Fitness: Active Aging For All Bulich	How To Master The Deadlift Mike	Exploring Chair Yoga Spreen-Glick	Alignment - The Missing Link Bender	
EXPO SHOPPING 4:00pm-5:00pm							
FR6	4:45pm-6:00pm	Balance & Stability For Active Agers Gilbert	Core Chaos Appel	Soothe & Strengthen - Pilates Mat/Tai Chi Hill	Creative Compounds Gavigan		
FR7	6:15pm-7:15pm	SCW FITNESS IDOL KOOPERMAN, HOWARD, SPREEN-GLICK & MADDEN		Yin & Yang Yoga Journey Velazquez			
SATURDAY, APRIL 2	SA1	7:30am-8:45am		Your Core: Where Science Meets Function Bender	Tai Chi + Yoga = Bamboo Fusion Ross	Fit By Numbers Gavigan	
	EXPO SHOPPING 8:30am- 9:45am						
	SA2	9:45am-11:00am	KEYNOTE ADDRESS: GETTING HIRED & HIRING IN THE NEW WORLD TRICIA MURPHY MADDEN				
	SA3	11:15am-12:30pm	Lower Body Burnout Howard	SOULstrength™ Experience Park	Stress Management Guidance: Trainer To Client Hill	Strike! Kickboxing Spreen-Glick	
	EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm						
	SA4	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	Movement Matters! McCall	Armed & Dangerous Carvalho	WARRIOR Rhythm™ de Werd	Balletone® Meets Barre Scott	
	SA5	3:00pm-4:15pm	Shoulder Solution For Pain-Free Movement Bettendorf	Free Styling Workout Program Protocols Silvas	Seated Asanas Howard	LaBlast® Fitness: Dance Is Mental & Emotional Health Bulich	
EXPO SHOPPING 4:00pm-5:00pm							
SA6	4:45pm-6:00pm	Hot Crossed Buns Howard	Arm Candy Appel	Mindful Movement & Meditation Antuanette			
SUNDAY, APRIL 3	SU1	7:30am-8:45am	WARRIOR Strength™: Put Fun In Functional de Werd	Rotator Cuff & Shoulder Exercises Tempelis	Core Yoga Strong Howard	BARREfusion™ EXPERIENCE Park	
	SU2	9:00am-10:15am	Core-Intensity Leachman	HITT The Ballet Scott	Tai Chi + Weights = Iron Fusion Ross	Boot Camp Business Silvas	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
	SU3	10:45am-12:00pm	Total Body Class Silvas	Resist & Roll Antuanette	Functional Pilates Velazquez	Butts & Guts Thomson	
SU4	12:15pm-1:30pm	Fundamental Performance Leachman	Keep It Simple. Keep It Smart. Thomson	Core Control Pilates Hill	ALIGNMENT REDEFINED POWERED BY SAVVIER FITNESS® BENDER • 12:00PM-2:00PM		

Register at: www.scwfit.com/CA

CALIFORNIA MANIA® Convention Schedule • April 1-3

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

E CYCLING	F AQUA (STARTS IN LECTURE)	G NUTRITION	H LEADERSHIP / EX. SCIENCE	I BUSINESS	
Schwinn®: HIIT & Quit It! Schneider	Aqua HIIT & Run! Velazquez	Functional Foods For A Fantastic You Fearheiley	Eccentric Training Unleashed Mike	Fundamentals For Entering The Fitness Technology Space Thews	
EXPO SHOPPING 8:30am-9:45am					
Schwinn®: Dry-Tri: Beast Mode Fusion Thews	LaBlast® Splash: Dancing With Aquatic Principles Bulich	Pros & Cons Of Fasting Layne	Moving Past Corrective Exercise Bettendorf	Opportunities Within The Health & Fitness Industry McBride	
Schwinn®: Ride Or Die - Killer Vibe Thews	H2O Functionally Fit & Current Gilbert	Better Client Results Davis	Strategic Thinking - Personally And Professionally McBride	Small Group Training Profits & Programs Stevenson	
	Knee Knowledge & Water Work Velazquez & Carvalho	Mastering Menopause Layne	Thriving As A Fitness Leader Spreen-Glick	New World Sales & Management McBride	
EXPO SHOPPING 12:15pm-3:00pm					
Schwinn®: Set The Stage: Planning The Perfect Ride Schneider	H2O Strength Through The Ages Velazquez, Carvalho, & Gilbert	Diet vs. Exercise: Food Choices Always Win Fearheiley	Post Pandemic Future Panel Kooperman, Richards, McBride, & Polson	Solution Based Sales Stevenson	
EXPO SHOPPING 4:00pm-5:00pm					
	Aqua Fusion MANIA Layne	Sports Supplements & Recovery: What You Need To Know Mike	Working In Niche Markets Panel Kooperman, Richards, Madden & Ross	Concierge Program To Beat All Sales Tactics Polson	
FR1					
FR2					
FR3					
FR4					
FR5					
FR6					
FR7					
SA1	Schwinn®: Breathly Not Breathless Appel	Mix-Match Aqua: Moves To The Max Howard	Understanding Complete Well-Being Spreen-Glick	Dynamic Anatomy McCall	2022 Studio Rehab: The Road Back To The Top Polson
EXPO SHOPPING 8:30am- 9:45am					
SA2			HFBS KEYNOTE ADDRESS THE HABITS & TRAITS OF SUCCESSFUL FIT PROS CHRIS STEVENSON, CSCS		
SA3	Schwinn®: Work Not Twerk Thomson	LaBlast® Splash: Dance. Water. Emotional Health Bulich	Building Bone Layne	A Nudge Towards Better Habits Gavigan	Strong Business Acumen & Presence Kooperman
EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm					
SA4	Schwinn®: Rock Steady Recovery Rides Appel	Turbulence Training PlumMentz	Ditching Diets: Individually Tailored Nutrition Davis	How To Reach ALL The People Madden	Break The Rules! Unexpected Branding Pioneers Polson
SA5	Schwinn®: Master Your One Appel	Aqua Drills & Skills Gilbert	The Sleep, Eat, & Hormones Link Layne	Ageless Intensity McCall	Programming Predictions: Past, Present, & Future Kooperman
EXPO SHOPPING 4:00pm-5:00pm					
SA6		AB-Solutely Aqua Carvalho	Ending Your Clients' Exercise Self Sabotage Seti	State Of The Industry Address Kooperman, D. Gilbert, Polson, Madden	Pump Up Your Productivity Hoff
SU1	Schwinn®: F.E.A.R. Face Everything & Ride Thomson	Aqua Ease: Flexibility For Active Agers Velazquez	Stopping Inflammation Through Nutrition Layne	Reinvent And Change Your View Silvas	Successful Programming For Active Agers Gilbert
SU2	Schwinn®: A DJ Saved My Life Thomson	Drag Me Into The Water PlumMentz	Eating Disorders vs. Disordered Eating Seti	10 Steps To Launching Successful Programs Madden	The Future Of Group Ex Panel Kooperman, Oksayan, Velazquez, Polson
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
SU3	GROUP EX CERTIFICATION HOWARD • 9:00AM - 5:00PM	Ups & Downs Of Aqua Carvalho	Putting An End To Stress Eating Seti	Retain And Engage Your Personal Training Clients Hoff	California Fitness: Past, Present, & Future Hasni & Baski
SU4	S.E.A.T. CERTIFICATION GILBERT • 9:00AM - 5:00PM	Aqua Excellence For The Active Ager Velazquez & Carvalho	BARRE CERTIFICATION APPEL • 8:00AM - 4:00PM	Assess + Individualize To Thrive In 2022 Polson	Brand Building Bootcamp Hoff

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