DC MANIA® Convention Schedule • Feb 25-27

CERTIFICATIONS THURSDAY FEBRUARY 24

- PERSONAL TRAINING CERTIFICATION — ROBERTS • 8:00AM - 5:00PM
- PRACTICAL GUIDE TO NUTRITION, HORMONES, AND METABOLISM — LAYNE • 9:00AM - 3:30PM
- CHRONIC DISEASE & FITNESS SPECIALIST CERTIFICATION — CONTI • 5:30PM - 9:30PM
- ACTIVE AGING CERTIFICATION — GILBERT • 9:00AM - 5:00PM
- BARRE ABOVE® POWERED BY SAVVIER FITNESS® — SHAIA, BOSTICK-WINN & NEAL • 9AM-5PM
- PILATES MATWORK CERTIFICATION — APPEL • 8:00AM - 5:00PM
- CORRECTIVE EXERCISE CERTIFICATION — ROSELLI • 9:00AM - 5:00PM
- YOGA 1 CERTIFICATION — VELAZQUEZ • 8:00AM - 5:00PM
- YOGA 2 CERTIFICATION — VELAZQUEZ • 5:30PM - 9:30PM
- ACTIVE AGING NUTRITION CERTIFICATION — TOOLE • 5:30PM - 9:30PM
- WATER IN MOTION® CERTIFICATION — KULP • 9:00AM - 5:00PM

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

			A FUNCTIONAL / ACTIVE AGING	B STRENGTH / CORE	C YOGA / PILATES / T'AI CHI	D GX / BARRE
FRIDAY, FEBRUARY 25	FR1	7:30am-8:45am	Smart Strength for the Ageless Female Roberts	Incorporating ROM Into Your Training Metcalf	Freeform Tai Chi Craddock	Back to Business Roselli
	EXPO SHOPPING 8:30am- 9:45am					
	FR2	9:45am-11:00am	Active Agers From the Ground Up! Velazquez	ABSolutely Core Training Williams	The Art of Flow: Yoga Basics Conti	Stretching - What Are You Doing Wrong? Metcalf
	FR3	11:15am-12:30pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Maximize Your Sessions With Cluster Circuits Williams	Namaste Away From Knee & Hip Pain Kooperman	Barre Bang Appel
	FR4	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	Don't Fall For It Roselli SESSION 1	Fight Night Richards SESSION 2	Fascia, ROM & Flexibility Velazquez SESSION 1	Getting to the Core: Core Training Methods Mullins SESSION 2
	EXPO SHOPPING 12:15pm-3:00pm					
	FR5	3:00pm-4:15pm	LaBlast® Fitness: Active Aging for All Cooperman	Bodyweight Booty Appel	TaiJiFIT Original Flow	Stop Hurting Your Shoulders Roselli
	EXPO SHOPPING 4:00pm-5:00pm					
	FR6	4:45pm-6:00pm	Functional Chair-Based Dance Fitness Perkins	Completely Core Appel	Somatic Yoga & Myofascial Release Craddock	Building Better Butts Mullins
	FR7	6:15pm-7:15pm	SCW FITNESS IDOL KOOPERMAN, ROBERTS, CARVALHO & VELAZQUEZ		Functional Fluid Fitness for Longevity Conti	Weight at the Barre Wartenberg
SATURDAY, FEBRUARY 26	SA1	7:30am-8:45am	Kickbox N Chaos Turner	50 Unique Core Lovers Exercises Madden	Tai-Chi + Yoga = Bamboo Fusion DD. Ross	Zumba® Venosta
	EXPO SHOPPING 8:30am- 9:45am					
	SA2	9:45am-11:00am	KEYNOTE ADDRESS: HEALTH, WELLNESS & EMPOWERMENT IN 2022 WITH BAILEY DEVRIES, MS, MBA			
	SA3	11:15am-12:30pm	Core for Boomers Wartenburg	HIIT the Ballet Bostick-Winn	Forever Pilates Appel	Killer Kardio Richards
	EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm					
	SA4	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	No Equipment, No Problem Howard SESSION 1	Head Games: Balance & Core Training Sherman SESSION 2	Rhythmic Vinyasa Flow L. Lowell & J. Lowell SESSION 1	Barre Moves - Update Your Choreography Neal SESSION 2
	SA5	3:00pm-4:15pm	Training the Active Aging: Female: Upper Extremity Roberts	Funtensity™ Brain Games J. Ross	Balance Flow & Core Heat Sherman	STRONG Nation™ Bullard
	EXPO SHOPPING 4:00pm-5:00pm					
	SA6	4:45pm-6:00pm	Strong Body Fountain of Youth Howard	Heart & Science Fitness Transformation J. Ross	Warm Beginnings & Cool Endings Roberts	Boogie Barre Carvalho
SUNDAY, FEBRUARY 27	SU1	7:30am-8:45am	Functional Training for the Active Ager Gilbert	Game Your Core Velazquez	Tai Chi + Weights = Iron Fusion DD. Ross	Balletone® Meets Barre Shaia
	SU2	9:00am-10:15am	Balance for Active Aging Roberts	Barefoot Kickbox Medina	M.E.P.S. Full Body Experience Moyer	LaBlast® Fitness: Dance is Mental & Emotional Health Cooperman
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
	SU3	10:45am-12:00pm	Redefine Functional Training - Redefine Yourself Mullins	Funtensity™: Sneaky Intensity J. Ross	Pilates Medicine Ball Training Hill	Coaching Core Stability McBee
	SU4	12:15pm-1:30pm	Core Control Pilates Hill	Create a Signature HIIT Class Medina	The Art of Adjusting Your Students in Yoga L. Lowell & J. Lowell	Spine Sparing Core Workshop McBee

CERTIFICATIONS SUNDAY FEBRUARY 27

- ZUMBA® BASIC 1 INSTRUCTOR TRAINING — VENOSTA • 7:30AM - 4:00PM
- STRONG NATION™ TRAINING — BULLARD • 7:30AM - 4:00PM
- GROUP EX CERTIFICATION — HOWARD • 9:00AM - 5:00PM
- BARRE CERTIFICATION — APPEL • 7:30AM - 4:00PM
- AQUA EXERCISE CERTIFICATION — DZIUBINSKI • 9:00AM - 5:00PM

HEALTH & FITNESS BUSINESS SUMMIT

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

	E AQUA (STARTS IN LECTURE)	F NUTRITION	G LEADERSHIP / EX. SCIENCE	H BUSINESS		
FRIDAY, FEBRUARY 25	LaBlast® Splash: Dancing with Aquatic Principles Cooperman	Nutrition Coaching for the General Population Toole	Largest Fitness Opportunity in History Ritchie	Make Financial Decisions With More Confidence Swanson	7:30am-8:45am	FR1
		EXPO SHOPPING 8:30am- 9:45am				
	AB-Solutely Aqua Carvalho	Pros & Cons of Fasting Layne	Cognified Fitness for Optimal Aging Ritchie	Solution Based Sales Stevenson	9:45am-11:00am	FR2
	H2O Rapid Resistance Kulp	Nutrition Math - Calories, Grams & Size, Oh My! Toole	The Future of Group Fitness Kelly	Industry Trends & Directions 2022 Pellegrino	11:15am-12:30pm	FR3
	Turbulence Trainng Pluim Mentz SESSION 1	Fad Diet Update Digsby SESSION 2	Small Group Training Profits & Programs Stevenson SESSION 1	Working in Niche Markets Panel Kooperman, Ritchie, Appel & DD. Ross SESSION 2	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	FR4
		EXPO SHOPPING 12:15pm-3:00pm				
	Knee Knowledge & Water Work Velazquez, Kulp & Carvalho	Metabolism Reality Check Digsby	Unlocking the Service Within Us Ancharski	New World Sales & Management McBride	3:00pm-4:15pm	FR5
		EXPO SHOPPING 4:00pm-5:00pm				
	Smart Sets for Aqua Dumbbells Kulp	Killing the Buzz Layne	Differentiation is NOT an Option Polson	Fitness & Wellness Advocacy Panel Kooperman, Clark, Richards, McBride & Stevenson	4:45pm-6:00pm	FR6
	Barracuda Booty Kulp				6:15pm-7:15pm	FR7
SATURDAY, FEBRUARY 26	Progressive Aqua VIIT Malaghan	Holistic Health & Longevity Conti	5 G's to a Stronger Mindset Moyer	Get More Clients Without Ads Polson	7:30am-8:45am	SA1
		EXPO SHOPPING 8:30am- 9:45am				
					9:45am-11:00am	SA2
	LaBlast® Splash: Dance. Water. Emotional Health. Cooperman	Stopping Inflammation Through Nutrition Layne	Operations and Business Modeling Harrison	Maximize Your Business's Earning Potential Polson	11:15am-12:30pm	SA3
		EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm				
	H2O PersonalTraining Dziubinski SESSION 2	How to Eat Sugar Digsby SESSION 1	Benefits of Peripheral Heart Action System Williams SESSION 1	State of the Industry: Panel Discussion Kooperman, Ancharski, Polson & Madden SESSION 2	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	SA4
	H2O Strength Through the Ages Kulp, Cavalho, Wartenberg & Velazquez	Mastering Menopause Layne	How to Reach ALL the People Madden & Rich	World Class Fitness Service Ancharski	3:00pm-4:15pm	SA5
		EXPO SHOPPING 4:00pm-5:00pm				
	Aqua Yoga Barre Wartenburg	"Golden" Nutrition Toole	Recovery WIth Muscle Stimulation Appel	Building Dynamic Performance Teams Gilbert	4:45pm-6:00pm	SA6
SUNDAY, FEBRUARY 27	Mix-Match Aqua: Moves to the Max Howard	Art of Food as Fuel Malaghan	Finding Your Functional Fitness Mullins	New Client Retention McBee	7:30am-8:45am	SU1
	Aqua Excellence for the Active Ager Velazquez, Carvalho, Kulp & Cofield	Breaking Down Macros A. Lowell	Unleash The Power Of Superfruits Davis	Getting Hired & Hiring in the New World Madden & Rich	9:00am-10:15am	SU2
		EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
	Swim Up Barre Malaghan	Why You Can't Stop Eating Digsby	Growth of a Muscle Cell Layne	Maintain a Strong Business Acumen L. Lowell & J. Lowell	10:45am-12:00pm	SU3
	Aqua Pilates Cofield	Protein: Best Practices for All A. Lowell	5 Fundamentals of Elite Personal Trainers Mullins	Winning At Business When Your Passion Is Fitness Young	12:15pm-1:30pm	SU4

- S.E.A.T. CERTIFICATION — GILBERT • 9:00AM - 5:00PM

Register at: www.scwfit.com/DC