

Dallas MANIA® Schedule

CERTIFICATIONS THURSDAY, AUG. 25	SCW ACTIVE AGING CERTIFICATION GILBERT • 9:00AM - 5:00PM	SCW PERSONAL TRAINING CERTIFICATION ROBERTS • 8:00AM - 5:00PM	TAIJIFIT TAI CHI CERTIFICATION ROSS • 9:00AM - 5:00PM	SCW LIFE COACHING CERTIFICATION SPREEN-GLICK • 12:00PM-6:00PM
WATERMOTION® AQUA EXERCISE CERTIFICATION KULP • 9:00AM - 5:00PM	SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, AND METABOLISM LAYNE • 9:00AM - 3:30PM	SCW BOXING CERTIFICATION RICHARDS • 9:00AM - 4:00PM	SCW YOGA 1 CERTIFICATION VELAZQUEZ • 8:00AM - 5:00PM	SCHWINN® SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION THEWS • 7:00AM - 5:00PM

SCW PILATES MATWORK CERTIFICATION APPEL • 8:00AM-5:00PM	SCW CORRECTIVE EXERCISE & COACHING TECHNIQUES CERTIFICATION COMANA • 5:30PM - 9:30PM	HEALTH & FITNESS BUSINESS SUMMIT Presented by IHRSA
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■ Indicates session is both Live (In-Person) & Recorded

A	B	C	D	E
FUNCTION & ACTIVE AGING	STRENGTH & CORE	MIND/BODY & RECOVERY	BARRE & GX	CYCLE & BOXING

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

F	G	H	I	J
AQUA (STARTS IN LECTURE)	AQUA (STARTS IN POOL)	NUTRITION	EXERCISE SCIENCE & LEADERSHIP	BUSINESS

FRIDAY, AUG. 26	FR1	7:30am-8:45am	Functional Training for Active Agers Gilbert ■	Teach Clients to Load & Lift Smarter Apgar ■	Flowing Yoga For Chakra Balancing Velazquez ■	LIT 101 (Low Impact Training) Robinson ■	Schwinn®: HIIT & Quit it! Roberts ■	
	FR2	9:00am-10:15am	Strength Training for Longevity & Vitality Kooperman ■	Pro Athlete Core Conditioning Robinson ■	Symmetry: Advanced Corrective Exercise Mummy ■	LaBlast® Fitness: Dance is Mental & Emotional Health van Amstel ■	Schwinn®: A DJ Saved My Life Appel ■	
	EXPO SHOPPING 10:00am-11:00am							
	FR3	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert ■	Move Your Core the Latin Way Rodriguez ■	TaijiFit Original Flow Ross ■	How to Handle Hypertrophy D. Robinson ■	Fight Night 2.0 Richards ■	
	FR4	12:30pm-1:45pm SESSION 1 1:15pm-2:30pm SESSION 2	Boogie, Band & Balance Kulp Session 2 ■	Back, Booty & Core Connection Appel Session 2 ■	Chair Yoga for the Young at Heart Kooperman Session 1 ■	"Swexy" & Fit Polga - Pole Yoga Gilfray Session 1 ■	Schwinn®: Master Your One Hogg Session 2 ■	
	EXPO SHOPPING 12:00pm-2:45pm							
	FR5	2:45pm-4:00pm	Better Balance Training Dziubinski ■	SOULstrength™ EXPERIENCE Park ■	WARRIOR Rhythm™ de Werd ■	Anatomy of a Smart Warm-Up Christopher ■	Contender Richards ■	
EXPO SHOPPING 3:45pm - 4:30pm								
FR6	4:30pm-5:45pm	Agility Ability Layne ■	Build a Better Booty Carvalho ■	Warm Beginnings & Cool Endings Roberts ■	Arm Candy Appel ■	Schwinn®: Polishing Diamonds Thews ■		
FR7	6:00pm-7:00pm	SCW FITNESS IDOL KOOPERMAN, HOWARD, ROBERTS & VELAZQUEZ		Flow Free & Be Spreen-Glick ■	Muscle Care - Happy Hips & Healthy Backs Fulton ■			

FRIDAY, AUG. 26	FR1	7:30am-8:45am	Smart Sets for Aqua Dumbbells Kulp ■	LaBlast® Splash: Mental Health Benefits from Dancing van Amstel ■	Nutrient Timing Comana ■	Your Future...Your Options Esquerre ■	Successfully Build Your Member Base J. Williams ■	
	FR2	9:00am-10:15am	Liquid Gym® Acqua Box Combat Raphael ■	HIIT the Wall Gilbert ■	Nutrition for Fitness Professionals Layne ■	Energy Pathways & Ketones Comana ■	Annual GroupX Marketing Calendar de Werd ■	
	EXPO SHOPPING 10:00am-11:00am							
	FR3	11:00am-12:15pm	H2O Strength Through the Ages Kulp, Carvalho & Velazquez ■	LaBlast® Splash: Dancing with Aquatic Principles van Amstel ■	Abs Are Made In The Kitchen Digsby ■	Exercise, Stress, Hormones & Inflammation Comana ■	Building Your Wellness Brand Spreen-Glick ■	
	FR4	12:30pm-1:45pm SESSION 1 1:15pm-2:30pm SESSION 2	Drag Me Into the Water PlumMentz Session 1 ■	Top it Off: Aqua Style Layne Session 1 ■	Ending Your Clients' Exercise Self Sabotage Seti Session 2 ■	Transformation of Fitness Professionals Bannister-Munn Session 1 ■	Business Blueprint For 2022 Robinson Session 2 ■	
	EXPO SHOPPING 12:00pm-2:45pm							
	FR5	2:45pm-4:00pm	Water Works Velazquez, Kulp & Carvalho ■	Get Fit With AQUA STAND UP® Vandendriessche ■	How To Eat Sugar Digsby ■	Grow Your Business Esquerre ■	Make Financial Decisions With More Confidence Swanson ■	
EXPO SHOPPING 3:45pm - 4:30pm								
FR6	4:30pm-5:45pm	Liquid Gym® Liquid Stars Raphael ■	Take it to the Water Dziubinski ■	Eating Disorders vs. Disordered Eating Seti ■	Stretching for Strength - Flexible Foundations Panel Kooperman, Velazquez, Bannister-Munn, Fulton & Ross ■	Converting Social Media Content Into Customers Christopher ■		
FR7	6:00pm-7:00pm	REGISTER FOR MANIA® RECORDINGS AND ENJOY 100 SESSIONS				SCWFIT.COM/DALLAS		

SATURDAY, AUG. 27	SA1	7:30am-8:45am	Build Better Aging Body Balance Roberts ■	The Bare Essential - Strength Training 101 Bannister-Munn ■	Core Forward Pilates J. Howard ■	Killer Cardio Richards ■	Schwinn®: Dry-Tri: Beast Mode Hogg ■	
	SA2	9:15am-10:30am	Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am					
	EXPO SHOPPING 10:00am-11:00am							
	SA3	11:00am-12:15pm	WARRIOR Strength™: Put FUN in Functional de Werd ■	Functional Training: Core Strategy Christopher ■	5 Seconds To Improved Flexibility Fulton ■	Strike! Kickboxing Spreen-Glick ■	Schwinn®: Rock Steady-Recovery Rides Roberts ■	
	SA4	12:30pm-1:45pm SESSION 1 1:15pm-2:30pm SESSION 2	Where Functional Training Meets Fun Rodriguez Session 1 ■	Lower Body Burnout J. Howard Session 1 ■	SOULfusion™ EXPERIENCE Park Session 2 ■	Barre Blueprint Appel Session 1 ■	Fight Club Richards Session 2 ■	
	EXPO SHOPPING 12:00pm-2:45pm							
SA5	2:45pm-4:00pm	LaBlast® Fitness: Active Aging for All van Amstel ■	SL@T - Strengthen, Lengthen & Tone J. Howard ■	Tai Chi + Weights = Iron Fusion Ross ■	Creative Training Design Apgar ■	Schwinn®: Breathly Not Breathless Appel ■		
EXPO SHOPPING 3:45pm - 4:30pm								
SA6	4:15pm-5:30pm	Hot Crossed Buns J. Howard ■	Use of Manual Resistance With Clients Christopher ■	Hands On Stretching: The Bannister Method™ Bannister-Munn ■	Myofascial Recovery Garcia ■	Schwinn®: Set the Stage: Perfect Ride Vanderburg ■		

SATURDAY, AUG. 27	SA1	7:30am-8:45am	Cheeks for Weeks Gilbert ■	Aqua Ease: Flexibility for Active Agers Velazquez ■	Diet vs. Exercise: Food Choices Always Win Fearheiley ■	Sleep-Recovery-Adaptation-Client Results Lambe ■	Unique Programming for Boutique Gyms Gilfray ■	
	SA2	9:15am-10:30am	Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am					
	EXPO SHOPPING 10:00am-11:00am							
	SA3	11:00am-12:15pm	Ups & Downs of Aqua Carvalho ■	Refresh with AQUA STAND UP® Yoga Vandendriessche ■	Metabolism Reality Check Digsby ■	Physics of Pain & Performance Mummy ■	So They'll Open Your Email Atkinson ■	
	SA4	12:30pm-1:45pm SESSION 1 1:15pm-2:30pm SESSION 2	LaBlast® Splash: Dance. Water. Emotional Health. van Amstel Session 2 ■	Aqua Yoga Barre Wartenberg Session 2 ■	Hormone Panel Layne, Digsby, Fearheiley & Seti Session 1 ■	Perfect Practice Makes Perfect Laskowski Session 2 ■	Inexpensive Marketing For Growth & Profitability Kooperman - Session 1 ■	
	EXPO SHOPPING 12:00pm-2:45pm							
SA5	2:45pm-4:00pm	SAF AQUA® Drums Vibes Raphael ■	Swim Up Barre Malaghan ■	Building Bone Layne ■	Retired Not Expired Panel Kooperman, Velazquez, Wartenberg, Patrick & Roberts ■	5 Star Management Spreen-Glick ■		
EXPO SHOPPING 3:45pm - 4:30pm								
SA6	4:15pm-5:30pm	Splish Splash Calorie Smash Malaghan ■	H2O Total Body Blast Dziubinski ■	Putting an End to Stress Eating Seti ■	Live the List Myers ■	Retention: The Other 334 Days Patrick ■		

SUNDAY, AUG. 28	SU1	7:30am-8:45am	Pre-Hab for Older Adults Wartenberg ■	Kinesiotherapy 4 Body Strong Therapy Infusion Wise ■	Tai Chi + Yoga = Bamboo Fusion Ross ■	Best of Polga - Pole Yoga Gilfray ■	Schwinn®: Ride or Die: Killer Vibe Vanderburg ■	
	SU2	9:00am-10:15am	Functional Training With Foam Rollers Garcia ■	WARRIOR Strength™ de Werd ■	Yoga Restore: The Bannister Method™ Bannister-Munn ■	BARREfusion™ EXPERIENCE Park ■	Schwinn®: Work. Not Twerk Vanderburg ■	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm							
	SU3	10:45am-12:00pm	Smart Strength for the Ageless Female Roberts ■	Functional Core Training Garcia ■	Fascia, ROM & Flexibility Velazquez ■	FitBarre Wartenberg ■		
SU4	12:15pm-1:30pm	Move Active Agers With Music Finley-Norwood ■	Armed & Dangerous Carvalho ■	Yoga-Bata VIIT Malaghan ■	Got Back Pain? Garcia ■			

SUNDAY, AUG. 28	SU1	7:30am-8:45am	SAF AQUA® Pelvic Floor Raphael ■	Aquatic Kickboxing: Out of the Box Layne ■	Art of Food as Fuel Malaghan ■	Fix 7 Menopause Symptoms With Exercise Atkinson ■	What's in Your Retention Toolbox? Melkerson-Granryd ■	
	SU2	9:00am-10:15am	Aqua Excellence for the Active Ager Velazquez, Wartenberg & Kulp ■	Turbulence Training PlumMentz ■	Functional Foods For A Fantastic You Fearheiley ■	Circadian Biology: Why Timing Matters Lambe ■	Developing Diverse & Inclusive Programming Wise ■	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm							
	SU3	10:45am-12:00pm	AB-Solutely Aqua Carvalho ■	Aqua Stand Up® Circuit Training Vandendriessche ■	How Calories & Fat Tissue Work Digsby ■	Know Body, Client & Soul Malaghan ■	Fitness Business Fixes Logan ■	
SU4	12:15pm-1:30pm	Aqua Running & Conditioning Wartenberg ■	Barracuda Booty Kulp ■	Stopping Inflammation Through Nutrition Layne ■	Building Blocks of Successful Leaders Patrick ■	Create a Service Culture Gorsline ■		

CERTIFICATIONS SUNDAY, AUG. 28	SCW GROUP EXERCISE CERTIFICATION HOWARD • 8:00AM - 4:00PM	SCW S.E.A.T. CERTIFICATION GILBERT • 8:00AM - 4:00PM	SCW BARRE CERTIFICATION APPEL • 8:00AM - 4:00PM	SCW AQUATIC EXERCISE CERTIFICATION DZIUBINSKI • 8:00AM - 4:00PM
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ZUMBA ZUMBA® BASIC 1 TRAINING BULLARD • 7:30AM-4:00PM	Register at: www.scwfit.com/Dallas
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