

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	TAIJIT TAI CHI CERTIFICATION ROSS • 9:00AM - 5:00PM	SCW LIFE COACHING CERTIFICATION SPREEN-GLICK • 12:00PM-6:00PM
water motion WATERINMOTION® 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

Indicates session is both Live (In-Person) & Recorded	A FUNCTION & ACTIVE AGING	B STRENGTH & CORE	C MIND/BODY & RECOVERY	D BARRE & GX	E CYCLE & BOXING
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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							
	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	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	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 Gilfry Session 1	Schwinn®: Master Your One Hogg Session 2	
	EXPO							
	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								
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			
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 Kardio 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							
	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	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	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							
	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®: Breathy Not Breathless Appel	
EXPO								
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		
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 Gilfry	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							
	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		

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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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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F AQUA (STARTS IN LECTURE)	G AQUA (STARTS IN POOL)	H NUTRITION	I EXERCISE SCIENCE & LEADERSHIP	J BUSINESS	Indicates session is both Live (In-Person) & Recorded
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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	7:30am-8:45am	FR1	
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	9:00am-10:15am	FR2	
EXPO SHOPPING 10:00am-11:00am							
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	11:00am-12:15pm	FR3	
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	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FR4	
EXPO SHOPPING 12:00pm-2:45pm							
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	2:45pm-4:00pm	FR5	
EXPO SHOPPING 3:45pm - 4:30pm							
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	4:30pm-5:45pm	FR6	
REGISTER FOR MANIA® RECORDINGS AND ENJOY 100 SESSIONS SCWFIT.COM/DALLAS							
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 Gilfry	6:00pm-7:00pm	FR7	
EXPO SHOPPING 10:00am-11:00am							
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	11:00am-12:15pm	SA3	
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	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	SA4	
EXPO SHOPPING 12:00pm-2:45pm							
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	2:45pm-4:00pm	SA5	
EXPO SHOPPING 3:45pm - 4:30pm							
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	4:15pm-5:30pm	SA6	
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	7:30am-8:45am	SU1	
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	9:00am-10:15am	SU2	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm							
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	10:45am-12:00pm	SU3	
Aqua Running & Conditioning Wartenberg	Barracuda Booty Kulp	Stopping Inflammation Through Nutrition Layne	Building Blocks of Successful Leaders Patrick	Create a Service Culture Gorsline	12:15pm-1:30pm	SU4	

ZUMBA ZUMBA® BASIC 1 TRAINING BULLARD • 7:30AM-4:00PM

Register at: www.scwfit.com/Dallas