

Florida MANIA® Schedule

CERTIFICATIONS THURSDAY, MAY 19

- ACTIVE AGING CERTIFICATION GILBERT • 9:00AM - 5:00PM
- PERSONAL TRAINING CERTIFICATION ROBERTS • 8:00AM - 5:00PM
- TAIJIFIT TAI CHI CERTIFICATION ROSS • 9:00AM - 5:00PM
- BOXING CERTIFICATION RICHARDS • 9:00AM - 4:00PM
- WATERMOTION® AQUA EXERCISE CERTIFICATION CARVALHO • 9:00AM - 5:00PM
- PRACTICAL GUIDE TO NUTRITION, HORMONES, AND METABOLISM LAYNE • 9:00AM - 3:30PM
- ACTIVE AGING NUTRITION CERTIFICATION TOOLE • 5:30PM - 9:30PM
- YOGA 1 CERTIFICATION VELAZQUEZ • 8:00AM - 5:00PM
- SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION APPEL • 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 BARRE / GX
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FRIDAY, MAY 20	FR1	7:30am-8:45am	Fab Women Fifty+ Toole	Armed & Dangerous Carvalho	TaijiFit Original Flow Ross	Coaching Core Stability McBee	
	EXPO SHOPPING 8:30am- 9:45am						
	FR2	9:45am-11:00am	Primal Power for Active Agers Henry	Small Group F.I.R.S.T. Progressions Roberts	Fascia, ROM & Flexibility Velazquez	Anatomy of a Smart Warm-Up Christopher	
	FR3	11:15am-12:30pm	Sit + Stand = F.A.B. (Function & Balance) Dennis	Pro Athlete Core Conditioning D. Robinson	Namaste Away to a Better Back Kooperman	Barre Blueprint Appel	
	FR4	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	LaBlast® Fitness: Active Aging for All Figueroa SESSION 2	Spine Sparing Core Workshop McBee SESSION 1	Muscle Care - Happy Hips & Healthy Backs Fulton SESSION 1	Back, Booty & Core Connection Appel SESSION 2	
	EXPO SHOPPING 12:15pm-3:00pm						
	FR5	3:00pm-4:15pm	Functional Training for Active Agers Gilbert	Move Your Core the Latin Way Rodriguez	Symmetry for Health: AlignSmart™ Mummy	Tone Up Davis	
EXPO SHOPPING 4:00pm-5:00pm							
FR6	4:45pm-6:00pm	Best Practices for Functional Flexibility Williams	How to Handle Hypertrophy D. Robinson	Functional Pilates Velazquez	Strength Training 101 Turner		

FR7	6:15pm-7:15pm	SCW FITNESS IDOL KOOPERMAN, HOWARD, ROBERTS & VELAZQUEZ	Load, Lift & Live Better! The FitFighter Approach Apgar	5 Seconds To Improved Flexibility Fulton		
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SATURDAY, MAY 21	SA1	7:30am-8:45am	Brain Power Dennis	Functional Training: Core Strategy Christopher	Tai Chi + Weights = Iron Fusion Ross	Making Cardio Fun Williams	
	EXPO SHOPPING 8:30am- 9:45am						
	SA2	9:45am-11:00am	KEYNOTE ADDRESS THE PARALLEL PANDEMIC: MENTAL & PHYSICAL HEALTH LYNNE & C. VICTOR BRICK				
	SA3	11:15am-12:30pm	INDO BOARD for Active Agers Guenther & White	Total Body Reset Turner	Core Forward Pilates J. Howard	Zumba® Bostic	
	EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm						
	SA4	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert SESSION 1	STRONG Nation™ Bullard SESSION 1	Core Yoga Strong J. Howard SESSION 2	LaBlast® Fitness: Dance is Mental & Emotional Health Figueroa SESSION 2	
SA5	3:00pm-4:15pm	Smart Strength for the Ageless Female Roberts	Arm Candy Appel	Beauty & the Beast: Yoga Power Bar Wartenberg	Back to Business Roselli		
EXPO SHOPPING 4:00pm-5:00pm							
SA6	4:45pm-6:00pm	Better Balance Training Dziubinski	Head Games: Balance & Core Training Sherman	Seated Asanas J. Howard	Rhythm of the Barre Bullard		

SUNDAY, MAY 22	SU1	7:30am-8:45am	Build Better Aging Body Balance Roberts	Stop Hurting Your Shoulders Roselli	Qi Gong For The Ages Glassmeyer	Kickbox N' Chaos Turner	
	SU2	9:00am-10:15am	Where Functional Training Meets Fun Rodriguez	The Missing Link in Strength Training Roselli	Tai Chi + Yoga = Bamboo Fusion Ross	Build a Better Booty Carvalho	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
	SU3	10:45am-12:00pm	Recovery Techniques For Active Agers Toole	Getting to the Core Mullins	Yoga-Bata VIIT Malaghan	FitBarre Wartenberg	
SU4	12:15pm-1:30pm	Redefine Functional Training - Redefine Yourself Mullins	HIIT Me With Your Best Shot Glassmeyer	Body & Mind Yoga Journey Ramos	Drums LIVE! Wartenberg		

CERTIFICATIONS SUNDAY, MAY 22

- GROUP EXERCISE CERTIFICATION HOWARD • 8:00AM - 4:00PM
- S.E.A.T. CERTIFICATION GILBERT • 8:00AM - 4:00PM
- BARRE CERTIFICATION APPEL • 8:00AM - 4:00PM
- AQUATIC EXERCISE CERTIFICATION DZIUBINSKI • 8:00AM - 4:00PM

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E CYCLING / BOXING	F AQUA (STARTS IN LECTURE)	G NUTRITION	H EX SCIENCE / LEADERSHIP	I BUSINESS	
Schwinn®: HIIT & Quit It! Roberts	Aqua Ease: Flexibility for Active Agers Velazquez	Abs Made in the Kitchen Digsby	Client Health Fitness Happiness Nesbitt, Jr.	Older, Bolder, Better! Dennis	FR1
EXPO SHOPPING 8:30am- 9:45am					
Schwinn®: Master Your One Appel	Wet N' Workable Intervals Bullard	General Population Nutrition Coaching Toole	Got Muscle? Targeting Hypertrophy Layne	Rockstar Instructors Richards	FR2
Fight Night 2.0 Richards	Liquid Star Class	Metabolism Reality Check Digsby	Personal Training Redefined McBee	Systematic Selling for Greater Conversions Peters	FR3
Schwinn®: Work. Not Twerk McLean SESSION 2	Turbulence Training Plummentz SESSION 2	Nutrition For HIIT & LIIT Sessions Layne SESSION 1	Retired, Not Expired! Strength Training for Mature Adults Panel Kooperman, Roberts, Gilbert, Velazquez SESSION 2	Converting Social Media Content Into Customers Christopher SESSION 1	FR4
EXPO SHOPPING 12:15pm-3:00pm					
Contender Richards	Water Choro & Knee Adaptations Velazquez, Carvalho, Abukhaled & Wartenberg	Nutrition for Fitness Professionals Layne	Function & Feedback for Trainers Williams	Attention to Retention D. Robinson	FR5
EXPO SHOPPING 4:00pm-5:00pm					
Schwinn®: Ride or Die: Killer Vibe Sherman	Acquapole® Strong Circuit Class	How Calories & Fat Tissue Work Digsby	Working in Niche Markets Panel Kooperman, Ross, Richards & Appel	Tap Into the Business of Recovery Fulton	FR6
	LaBlast® Splash: Dancing with Aquatic Principles Figueroa	REGISTER FOR MANIA® RECORDINGS AND ENJOY 80 SESSIONS SCWFIT.COM			FR7
Schwinn®: Breathly Not Breathless Appel	H2O Strength Through the Ages Velazquez, Abukhaled, Carvalho	Pros & Cons of Fasting Layne	Finding Your Functional Fitness Mullins	Virtual Training Crash Course D. Robinson	SA1
EXPO SHOPPING 8:30am- 9:45am					
EQUIPMENT DEMOS & UNREAL EXPO DEALS! VISIT SCWFIT.COM/FLORIDA/EXPO					
Schwinn®: A DJ Saved My Life Sherman	LaBlast® Splash: Dance. Water. Emotional Health. Figueroa	How To Eat Sugar Digsby Layne	Language of Coaching Purifoy & Wozniak	Tech Her Out Maurer	SA3
EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm					
Schwinn®: Rock Steady - Recovery Rides Roberts SESSION 1	H2O Total Body Blast Dziubinski SESSION 2	Stopping Inflammation Through Nutrition Layne SESSION 1	5 Fundamentals of Elite Personal Trainers SESSION 1	Essential SYSTEMS for Business Success C. Barnes & T. Barnes SESSION 2	SA4
Schwinn®: Polishing Diamonds Sherman	Aqua ZUMBA™ Bostic	Why You Can't Stop Eating Digsby	Inexpensive Marketing For Growth & Profitability Kooperman	Building Dynamic Performance Teams Gilbert	SA5
EXPO SHOPPING 4:00pm-5:00pm					
Design Your Legendary Team Training Experience Apgar	Acquapole® Liquid Gym Challenge Class	Macros: What You Need to Know L. Howard	Stretching for Strength - Flexible Foundations Panel Kooperman, Roberts, Fulton & Velazquez	Successful Active Aging Programming Wartenberg	SA6
Schwinn®: Set the Stage McLean	Aqua Excellence for the Active Ager Velazquez, Abukhaled, Carvalho & Wartenberg	Fuel for Performance L. Howard	Superior Program Design Dye & Purifoy	25 Ways To Repurpose Your Content Maurer	SU1
Schwinn®: F.E.A.R. Face Everything & Ride Roberts	Liquid Gym Tool Kit Class & Plummentz	Art of Food as Fuel Malaghan	Physics of Pain & Performance Mummy	Five Steps To Your Signature Program Maurer	SU2
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
Kettlebell Krush Turner	AB-Solutely Aqua Carvalho	Micronutrients Broken Down L. Howard	Create the Perfect Program Roselli	Master Your Marketing Wozniak	SU3
Circuit Stack Attack! C. Robinson	Swim Up Barre Malaghan	Nutrition Math - Calories, Grams and Size, Oh My! Toole	Women's Health Hematology Fein	Marketing to the 55+ Population Wollan	SU4

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

STRONG NATION™ STRONG NATION™ TRAINING BULLARD • 7:30AM-4:00PM

Register at: www.scwfit.com/Florida

SCW Health & Fitness Business Summit
Give your fitness business the attention it deserves. The perfect place for Managers, Owners & Directors to take their Clubs & Studios to the next level.

scwfit.com/business

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