



D.L.
MANIA[®]
FITNESS PRO CONVENTION
SCW

SEPTEMBER 9-11, 2016

www.scwfit.com/mania

LETTER FROM SARA KOOPERMAN, JD

CEO, SCW Fitness Education



Dear DC MANIA® Participant:

We know you are passionate about fitness, and so are we!

SCW has been providing the best in Fitness Education for more than three decades. We were asked to add DC to our growing list of MANIA® locales because of the diversity of our programming and the strength of our sponsors. We are thrilled to expand our reach coast to coast and to provide the highest quality fitness

education to more industry professionals.

This amazing event offers a variety of certifications over three days and a weekend filled with more than 150 sessions on everything fitness, from Barre, Boot Camp, Dance, and Boxing to Personal Training, Nutrition, Active Aging and Aqua. In one MANIA® weekend, you can fulfill all your CEC requirements for two years, expand your career and change your life.

Walk the halls with more than 60 world-renowned presenters and learn in small, intimate sessions, where questions are answered and education flourishes. We offer many affordable options for the weekend; be a staff assistant for only \$79 and receive 100% of your CECs, 50% off certifications, 20% off SCW merchandise and PARTIES!

We are certain that after a weekend of MANIA®, you will be inspired to bring back everything you learn to your clients and classes. Then continue your education with SCW OnDemand, a digital subscription service that provides you access to hundreds of fitness videos at a low monthly price. It's like Netflix for fitness pros!

SCW Fitness Education is excited about improving lives daily. We know you have your choice in education, and we are thrilled you are partnering with us to create a fitter, healthier and better-educated America!

Yours in health,

Sara Kooperman, JD
CEO, SCW Fitness Education

SCW FITNESS EDUCATION WE'RE A FAMILY



SCW is an internationally recognized educational organization that provides hands-on certifications and continuing-education courses and conventions to fitness professionals in multiple

disciplines nationwide. Since 1987, personal trainers, group exercise instructors, small group training leaders, aquatic exercise professionals, cycling teachers, mind-body experts, sport-specific training educators and many more have been certified through SCW. This outstanding family of leaders also supports managers, directors and owners of clubs and facilities nationwide with our business and management tracks. As the largest conference leader in the world, MANIA® offers eight professional training conventions in Philadelphia, California, Florida, Atlanta, Dallas, Washington, D.C., Midwest (Chicago) and Boston serving more than 10,000 health and wellness professionals. With 90,000 virtual contacts, SCW also offers an SCW OnDemand service supplying 300-plus fitness education videos, perfect our community of leaders, instructors and trainers.



D.C. MANIA® CONVENTION

SEPTEMBER 9-11, 2016

CERTIFICATIONS SEPTEMBER 7-8, 2016

LOCATION:
HYATT REGENCY RESTON
1800 Presidents St.
Reston, VA 20190
800-633-7313 Reservations Only /
703-709-1234

WHAT IS MANIA®?

MANIA® is a three-day fitness education conference featuring world-renowned fitness educators leading more than 150 sessions on topics such as:

- Personal Training
- Group Training
- Business
- Barre
- Yoga and Pilates
- Active Aging
- Nutrition
- Bootcamp
- Cycling
- Aqua
- And Much More!

MANIA® is more than just a fitness convention; it's the place where the fitness community goes to be inspired, recharged and educated! MANIA® is affordable and is perfectly suited for everyone from the budding exercise professional to the seasoned fitness veteran. Rub elbows with your favorite presenters (local & International), shop the EXPO and celebrate being part of a greater health and wellness community. It's a shot of adrenaline to your fitness career that keeps you coming back for more!

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RESULTS DRIVEN.
FUN FOCUSED.



150+
WORKSHOPS
& CERTIFICATIONS

40+
STAR
PRESENTERS

22
CEC & CEU
HOURS

11
SESSIONS
EVERY HOUR

PREMIERE SPONSORS



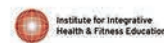
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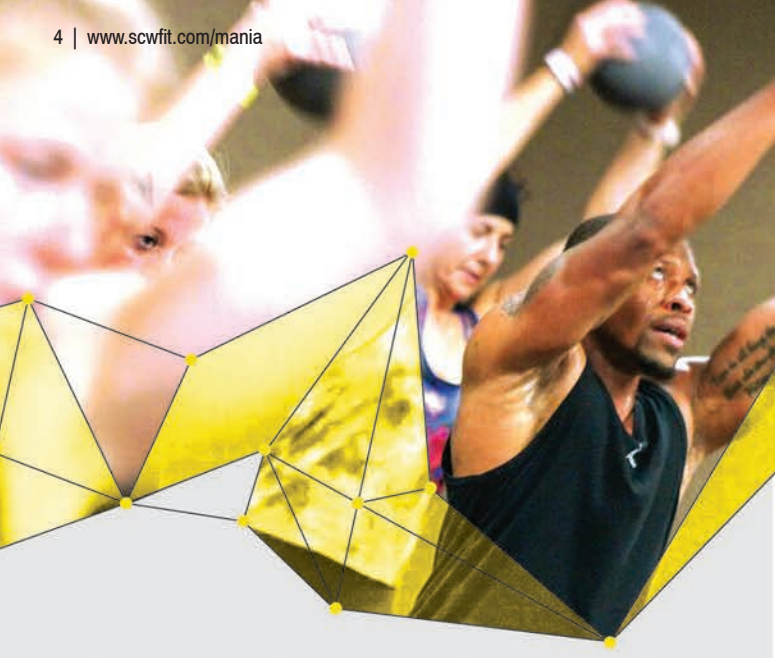


TRIGGERPOINT



ASSOCIATE SPONSORS





PUSHING LIMITS

MOST POPULAR WAYS TO SAVE ON MANIA®



BE A STAFF ASSISTANT...SAVE MONEY WHILE EARNING YOUR CECs/CEUs!

SCW needs energetic, outgoing and flexible fitness professionals to help run this event. Become a Staff Assistant for only \$79 and go behind the scenes at the country's premier fitness education conference. As a Staff Assistant, you'll receive a FREE event t-shirt, an invitation to the SCW Staff dinner party, 2 FREE evening Masterclasses, 50% off one SCW certification and a FREE one-year SCW membership with 20% off all SCW products while earning up to 22 CECs/CEUs!

For further details or to register, please visit www.scwfit.com/staff, email staff@scwfit.com, or call Denise Johnston at (678) 901-9642.



REFER-A-FRIEND DISCOUNT - EASY WAY TO SAVE BIG!

Learning is always more fun when you have a friend by your side. It's even more exciting when you can both save money! Take advantage of our Refer-a-Friend discount and pay only \$199 for the full three-day convention. That's a savings of \$60 each off the regular \$259 early-bird price. Use the Refer-a-Friend code when registering: FRIEND16. It's that easy to save big!



YMCA DISCOUNT RATE

For our friends at the YMCA, we offer a special discount of \$179 when you use our special YMCA discount code: YMCA16. All Group Exercise Instructors, Personal Trainers, Aqua Instructors, Cycle Instructors and Management Staff receive this special discount. Please know that we are required to confirm your affiliation with the YMCA.



SAVE BIG WITH OUR GROUP RATE:

Groups of 10 or more can achieve an even greater discount! If you are interested in inquiring about our group rate, please contact the registration staff for assistance at registration@scwfit.com.

If you have any questions, give us a call at (847) 562-4020. We look forward to seeing your group at D.C. MANIA®!



WEEKEND WARRIOR SPECIAL!

Take charge with our weekend warrior special! Attend any two-day combination and pay only \$199, which includes one FREE evening Masterclass. Use the Weekend Warrior code

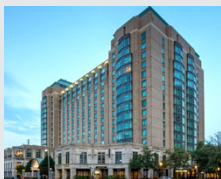
when registering: WEEKEND16. This offer maximizes your MANIA® dollar!



WATCH FOR TEXT MESSAGE UPDATES

SCW will send text messages regarding updates and discounts, so watch your cell phones!

TRAVEL & HOTEL INFORMATION



LOCATION

HYATT REGENCY RESTON
1800 Presidents St.
Reston, VA 20190
800-633-7313 Reservations Only
703-709-1234

ROOM RATES

\$145 single thru quad – pay as little as \$36.25 per night when you share a room with three others.

Cut-off Date: August 19, 2016

PARKING

Self-Parking: \$6 – Up to 2 hours
\$10 – 2 to 4 hours
\$16 – More than 4 hours

MANIA® attendees staying at the Hyatt Regency Reston Hotel will receive a special rate of \$10 a day for overnight parking.

Valet Parking: \$16 – Daily
\$24 – Overnight

Free parking is available on the weekend at the Reston Town Center garage, which is located off the Dulles Toll Road at 11900 Market St.

COMPLIMENTARY AIRPORT SHUTTLE

The Hyatt Regency Reston offers a complimentary shuttle that arrives at Dulles Airport (IAD, which is located 6.7 miles from the hotel) at the top of each hour between 6:00am-10:00pm Monday through Friday, and 7:00am-10:00pm on Saturday and Sunday. The pick-up and drop-off points will be at curbs 2A and 2H, adjacent to the lower-level baggage claim. Return shuttle transportation from the hotel departs on the :45 of every hour, beginning at 5:45am Monday-Friday and 6:45am on Saturday & Sunday. For more information, please call the concierge at 703-709-1234, ext. 51.

*It is strongly recommended that reservations be made in advance.

TAXI

Taxi service is available from Dulles Airport to the Hyatt Regency Reston through Washington Sedan Service for approximately \$25 one way. Call 703-475-8294 for reservations.

Uber can run between \$13-\$20 each way, depending on the time of day.



REGISTER ONLINE & SAVE

Register online at www.scwfit.com/MANIA. It's fast, easy and secure. Pay by VISA, MasterCard or Discover. A \$4 convenience processing fee applies to each registration. An additional fee of \$25 is required for each mailed or faxed registration. Questions?

Email registration@scwfit.com or call (847)562-4020.

MANIA® AND SCW FITNESS EDUCATION INFORMATION: WHAT YOU NEED TO KNOW



**YOU NEED 'EM, WE GOT 'EM! - CECs/CEUs
MANIA® OFFERS 22 CONTINUING EDUCATION CREDITS/UNITS IN ONE WEEKEND!**

MANIA® Conventions supply you with up to 22 Continuing Education Credits/Units during the three-day convention and pre-convention certifications. SCW, AFAA, ACE, NASM, ACSM, AEA and other providers accept MANIA® CECs/CEUs. SCW is committed to offering the maximum number of Continuing Education Credits possible and therefore utilizes only certified presenters or presenters with fitness-related graduate and undergraduate degrees. Please check with your certification organization to determine the exact number of CECs/CEUs required for credential maintenance. All courses are subject to CEC/CEU approval by your corresponding educational organization.



EASILY ACCESSIBLE OUTLINES ONLINE

Outlines are NO LONGER PRINTED or provided on-site. All session outlines are housed on the web for your convenience. Simply go to www.scwfit.com/MANIA and select the desired MANIA® event. The outlines will remain online 30 days after the close of MANIA®

making it easier for you to retain this important information.



ONE EXCELLENT EXPO!

You're going to love the great deals on RYKA shoes, fitness equipment, exercise videos, clothing, music, nutrition, fitness resource books, and Online Certifications. The EXPO is FREE and open to the public.



EXHIBIT | ADVERTISE | SPONSOR

Would you like to be a sponsor or exhibitor at the country's best fitness convention? If you are interested in exhibiting at, advertising with or sponsoring MANIA®, go to scwfit.com/exhibit or scwfit.com/sponsor, email exhibit@scwfit.com or call Cheryl Vincent at (708) 612-7599.



PROSTATE CANCER RESEARCH CHARITY RAFFLE & RECEPTION

Join SCW Fitness Education for our reception and Charity Raffle for fabulous fitness equipment and resources donated by our generous exhibitors and sponsors. The Charity Raffle supports the Prostate

Cancer Research Foundation and will take place Saturday evening from 6:30pm-7:30pm in the EXPO area.

REGISTRATION HOURS

Wednesday, September 7: 8:00am-6:30pm
 Thursday, September 8: 6:00am-7:30pm
 Friday, September 9: 6:00am-7:00pm
 Saturday, September 10: 6:00am-8:00pm
 Sunday, September 11: 6:30am-1:30pm

EXPO HOURS

Thursday, September 8: 5:00pm-7:00pm
 Friday, September 9: 8:45am-2:30pm
 5:15pm-6:45pm
 Saturday, September 10: 8:15am-9:30am
 12:15pm-3:30pm
 6:15pm-7:30pm
 Sunday, September 11: 10:00am-1:30pm
 10:00am-1:30pm



**NEW THIS YEAR!
2016 SCW PRESENTERS
OF THE YEAR AWARD!**

Now, you can VOTE and Nominate your Favorite MANIA® Presenters & Programs!

Presenters and programs are listed at www.scwfit.com/awards and are selected from YOUR feedback via the MANIA® session evaluations! One nominee per category will be honored per MANIA® location.

As an added bonus, all voters receive the one-time use of a \$50 AWARD off the 2017 MANIA® of their choice!



FITNESS IDOL
Friday, Sept. 9 • 6:30pm-7:30pm

ENTER & WIN:

- Ability to Present at 2017 MANIA®
- Full Year of Free mentoring
- Free SCW OnDemand For One Year
- Complimentary SCW Certification
- Fitness Equipment & Activewear

HURRY - APPLY TODAY!
www.scwfit.com/IDOL



HOST AT YOUR FACILITY TODAY!

www.scwfit.com/hostsite





TURNING SWEAT INTO SWEETNESS

SPRI

SPRI Products, Inc. is the leading manufacturer and distributor of rubberized resistance exercise products for the health and fitness industry.

SPRI designs and produces innovative rubber resistance exercise products and has led the way in popularizing rubberized resistance workouts. As the pioneer of this simple, but effective, method of strength training, toning and building lean muscle tissue, SPRI has remained on the cutting edge of today's exercise trends. SPRI continues to expand into related markets as new applications are discovered and professional and consumer interest builds. As the fitness industry continues to evolve and move toward convenience and affordability, SPRI's line of products has grown to include educational materials, instructional manuals and videos, fitness equipment and accessories. Call (800) 222-7774 or visit www.spri.com for more information.

rykå

For over 25 years, Rykå has been innovating athletic footwear exclusively for women. Rykå shoes fit the shape of a woman's foot perfectly with a narrower heel, roomier forefoot, increased instep volume and a

more secure foot bed. The result is a high-performance athletic shoe with unsurpassed fit, comfort, cushioning and control. Rykå is dedicated to supporting the needs of the fitness industry through our fitness professional discount program, RykaFit. The program offers 20% off footwear and apparel, special promotions throughout the year and a rewards program. Visit our booth to sign up, check out our website at www.rykafit.com or call us at (888) 834-7952.

ZUMBA

Zumba® takes the "work" out of workout. In fact, these fitness sessions often are called exercises in disguise. This interval-

style workout mixes low- and high-intensity moves to create a calorie-burning dance fitness party. Zumba® covers all elements of fitness – cardio, muscle conditioning, balance and flexibility – and offers sessions in all of kinds of formats, including Step, Toning, Aqua and Circuit Training. There are even Zumba® workouts for active agers and kids! To find out more about Zumba®, call (954) 925-3755 or go to www.zumba.com.



In-Trinity® creates development of the mind and body through movement, and it promotes physical and mental wellbeing for all fitness levels.

This elevated fitness board and training program is designed to build strength, increase flexibility and improve balance, coordination and agility. In-Trinity®

programs breathe new life into traditional practices like yoga, Pilates and martial arts and completely redefine the training environment. For more information about In-Trinity®, call (877) 816-1671 or visit www.in-trinity.com.



WATERinMOTION® is the new wave in aquatic fitness. This vertical exercise system is prechoreographed and designed to effectively, efficiently and profitably utilize the most expensive piece of

equipment in your health club: your pool! Incredible music, invigorating movement and magnificent marketing are the pillars of this amazing program. Land instructors can smoothly and easily transition into the pool. Aquatic programs show increases in staff retention and membership usage. For more information, including licensing, go to www.waterinmotion.com, contact us at water@scwfit.com or call (847) 562-4020.



TRIGGERPOINT

TriggerPoint™ empowers people to reach an optimal level of movement by providing the world's best therapeutic self-care products and education. After

dealing with chronic and debilitating pain, Cassidy Phillips created the massage ball and founded TriggerPoint in 2001 to fill a void in self-care. Today, TriggerPoint is part of a 25 year old organization called Implus LLC. The Implus Fitness & Wellness Division manages category-leading brands renowned for superior quality, innovative design, and heritage. To find out more about TriggerPoint, visit www.tptherapy.com.



balanced body®

Balanced Body®, the world's largest provider of Pilates equipment and education, believes that movement changes people's lives. We work with the best educators in Pilates and related disciplines to provide learning opportunities that are

stimulating and deeply rooted in the art and science of movement. Along with new mindful movement options like MOTR® and the Bodhi Suspension System®, Balanced Body has created safe, effective equipment for the Pilates community for over 40 years. For more information about all that Balanced Body offers, check out www.pilates.com.



PLYOGA® is a four-part interval fitness system that uses the fundamental principles of Yoga as an active recovery for high-intense plyometric movements. It starts with a ballistic warm-up, transitions into an interval segment, gets briefly anaerobic, then

finishes off with a perfect Yoga cooldown. The result is increased cardiovascular strength, core strength, muscular power, agility, balance and flexibility, along with an all-around healthier metabolism. It's designed for everyone from the fitness beginner to the perennial athlete. To see how PLYOGA® can reveal the inner athlete in you, call (732) 691-9559 or go to www.plyogafitness.com.



Speedball is intense, NON-STOP multi-directional conditioning featuring the revolutionary weight shifting SpeedBALL. The class is suitable for a wide range of fitness levels while providing a challenging cardio & core workout! For more information about the program/equipment, or to become a Speedball instructor, visit speedballfitness.com.



Soul Grooves® is a mind, body and soul cardiovascular dance workout that is perfect for all fitness levels, ages,

shapes and sizes. This fun and effective workout, which was founded by Tammy Harris, includes easy-to-follow dance routines that incorporate Hip Hop, Latin dance and athletic movements. To learn more about Soul Grooves®, go to www.souलगrooves.com.



Soul Body trains instructors in one of the most progressive, cutting-edge, athletic-style BARRE programs, then takes it one step further, offering quarterly choreography. Classes stay fresh, members know what to expect and instructors are ready to deliver a consistent program. Soul Body has brought that "boutique-style, mindfully intense" BARRE class to the fitness community! To learn more, visit www.soulbodyonline.com or email info@soulbodyonline.com



Fitness Education Seminars provides information to fill the gap between rehabilitation and performance-enhancement training. Created by Dr. Evan Osar, the programs enhance core strengthening in the body, mind and spirit and help fitness pros become an invaluable part of their client's health-care team. Learn more at (866) 352-8252 or www.fitnesseducationseminars.com



Xyience helps you workout more effectively at the cellular level. These specially formulated products work in conjunction with the

metabolic changes that occur before, during and after your workout to help your body maintain its ideal chemical balance and build lean muscle, gain speed and improve agility. To learn more, call (866) 776-3002 or go to www.xyiencenutrition.com.



LES MILLS™ offers a variety of fitness classes and interval training workouts designed to help exercisers of all ages and skill levels fall in love with fitness. LES MILLS™ has something for every body, including LES MILLS™ BODYPUMP, BODYCOMBAT, BODYFLOW, CXWORX, GRIT, and their newest format, SPRINT cycling. For more info, call (844) LES-MILLS or visit www.lesmills.com.



Since 1987, Power Music has been the world's #1 source of music for fitness professionals. Featuring the largest selection and most

innovative products like Power Music 1: Unlimited Power Music and ClickMix for one low price! Power Music also produces Group Rx, The World's Most Customizable Pre-Choreographed Programming. For more information visit www.PowerMusic.com or call 1-800-777-BEAT (2328).



Get RIPPED!™ is a five-phase full-body workout system designed to maximize fat loss, burn calories and sculpt lean muscle. The program, created by Jari Love, is scientifically designed and clinically proven to burn up to three times the calories than a traditional weight-training program. To learn more, go to www.getrippedcertification.com.



Great music is vital for a great class, right? YES! With more than 30,000 songs, YES! owns the world's largest library of fitness music. A pioneer in offering custom-mixed CDs and downloads specifically created for Group X instructors, YES! caters to every style and every routine. Get it ALL with a Yes!GO Subscription! - Now including in-app Custom Mixing! Want more information? If the answer is YES!, call (800) 321-9379 or visit www.yesfitnessmusic.com.



KnotOut® muscle-release tools address the complete recovery and mobility needs of the body. The products come in different sizes and densities, so you can target difficult-to-reach areas. Need a release in your hips, back, glutes, shoulders, arms, legs, even feet? KnotOut® has the roller for you. To find out more, call (818) 472-8322 or go to www.theknotout.com.



Israeli-born professional cyclists Moi Wertz and Asaf Goldfrid recognized a gap in existing cycle programs, so they created MOi Cycle to deliver a ride with purpose. This innovative, technically driven, indoor cycling program works with five goals: Intervals, Strength, Endurance, RACE DAY and Boost, and it will give you the ride of your life. To learn more, visit www.moicycle.com.



Need a massage now? MyoBuddy has you covered. MyoBuddy products assist with recovery, mobility and circulation and can provide healing anywhere in a short amount of time. Treat trigger points in 30 seconds. Get a full-body massage in four minutes. Create optimal flexibility in 10 minutes. To learn more, call (844) MYO-BUDDY or go to www.myobuddy.com.



SCW Presenter and Keys to Essential Oils representative Casey Conrad had a significant back injury and thought surgery was her only option, but she instead turned to essential oils, which significantly improved her situation. Pure essential oils allow you to detox your body and reach optimal health. For more information, call 401-792-7009 or visit www.healthclubsalestraining.com.



PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

SCW CERTIFICATIONS

WEDNESDAY, SEPTEMBER 7

SCW PERSONAL TRAINING CERTIFICATION

Irene Lewis-McCormick, MS, CSCS
Wednesday, September 7, 12:00pm-8:00pm
\$159 MANIA® Attendees
\$199 Non-Attendees

This Nationally Recognized Personal Training Certification is led by only the top Presenter/Trainers in the country. Combining lecture and activity, this workshop addresses academic foundations, training principles, and hands-on program design to provide students with the skill sets and critical knowledge required to guide individuals to achieve their health-fitness and performance goals. The essentials of exercise physiology and kinesiology, health-risk assessment, physical evaluations, programming alternatives for cardio, strength and flexibility advancement, and an introduction to facilitating behavior change along with basic business and marketing skills are all addressed in this day-long course.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. "Strength Training Anatomy" by Frederic Delavier is recommended but not required, \$24.95 (pick-up on-site). CPR card not required. SCW (8.0), AFAA (6.5), AEA (4.0), ACSM (8.0).

SCW YOGA I CERTIFICATION

Manuel Velazquez
Wednesday, September 7, 8:00am-5:30pm
\$159 MANIA® Attendees
\$199 Non-Attendees

This Nationally Recognized Certification is the number one Yoga Certification in the U.S. offering the most comprehensive theoretical and practical approach to hands-on yoga instruction. Experience different Hatha yoga postures suitable for varying clientele - young, old, competitor, injured or recovering athlete, and advanced or deconditioned participant. Research, postures, program design and cueing techniques are addressed in a passionate and systematic approach. Participants leave qualified to lead a successful yoga class or yoga-inspired cool down regardless of their previous teaching experience. *Price includes training manual and testing fee (\$59 value) Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (6.5), ACE (0.8), AEA (4.0), AFAA (7.0), NASM (7.0), ACSM (8.0).*

THURSDAY, SEPTEMBER 8

SCW GROUP EXERCISE CERTIFICATION

Irene Lewis-McCormick, MS, CSCS
Thursday, September 8, 8:00am-5:00pm
\$159 MANIA® Attendees
\$199 Non-Attendees

Learn class sequencing, warm-up progressions, musical phrasing, proper cueing techniques, choreography development and all the practical skills required to teach your best class, every class. Leave this Nationally Recognized Certification

with confidence in your ability to lead and demonstrate proper group teaching skills. Understand cardiovascular training, muscular endurance and flexibility training techniques with one of our industry's finest. The balance of theoretical and practical training produce this cutting-edge Group Exercise Certification perfect to prepare you for the newest variety of fitness programming - Hi/low impact, muscle sculpting, HIIT programming, and more. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (6.5), AEA (4.5), AFAA (8.0), NASM (0.8), ACSM (8.0).*

SCW AQUATIC EXERCISE CERTIFICATION

Connie Warasila
Thursday, September 8, 8:00am-5:00pm
\$159 MANIA® Attendees
\$199 Non-Attendees

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this Nationally Recognized Certification serves as an important first step into the field of teaching water exercise. This comprehensive course addresses practical skill mastery while reinforcing the benefits of aquatic exercise in the unique environment of water. The principles of aquatic training as they apply to general anatomy, kinesiology, water depth, movement plans, practical cueing skills, musical usage, and special population adaptations are thoroughly addressed. The need for professionalism, leadership skills, and legal considerations are reinforced. Practical on-site coaching of teaching skills is included. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (8.0), ACE (0.7), AEA (9.0), NASM (0.7), ACSM (8.0).*

SCW KETTLEBELLS CERTIFICATION

Pete McCall, MS
Thursday, September 8, 9:00am-4:00pm
\$159 MANIA® Attendees
\$199 Non-Attendees

Kettlebells provide a complete cardio, strength and power workout. This equipment can be beneficial for clients of all ages and abilities and not just advanced lifters. Empower your clients by teaching them how to train with this great tool. In this certification, you will learn:

- Sample programs for your Level 1, 2 and 3 clients
- Kettlebell class design
- How to choreograph kettlebell to music
- Hard, soft and fluid-style Swings
- Circuit-style versus Continuous Cardio Kettlebell

This certification is designed for personal trainers and group fitness instructors. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (6.0), AFAA (6.0), ACE (0.8), AEA (3.5), ACSM (6.0), NASM (0.6).*

SCW GROUP FITNESS DIRECTOR AND STUDIO OWNER TRAINING COURSE

Lori Lowell
Thursday, September 8, 9:00am-4:00pm
\$159 MANIA® Attendees
\$199 Non-Attendees

Many fitness professionals aspire to one day own their own facility. Most, however, didn't get an education in business nor have years of experience on the operational side. In this certification, Casey, long-time club consultant and former owner of a 122 chain of facilities, shares the components to successfully opening and operating a facility and the biggest mistakes to avoid. Participants learn:

- How to know if you have a marketable model
 - How to identify if you have what it takes
 - Key legal decisions and issues
 - Components of marketing plan "musts"
 - Minimizing risk and maximizing profits
- CPR card not required. SCW (7.0), ACSM (7.0), AFAA (7.0), NASM (0.7), AEA (8.0).*

SCW SPORTS NUTRITION CERTIFICATION

Fabio Comana, MA, MS
Thursday, September 8, 9:00am-3:30pm
\$159 MANIA® Attendees
\$199 Non-Attendees

Sports Nutrition and weight-loss continue to enjoy robust growth in response to consumer demands topping \$25.8 billion in sales; comparable in size to the entire fitness industry (\$26 billion). This growth is fueled, in part, by changing trends towards exercise that include increased opportunities for competitive-type events, the rising popularity of shorter, more-vigorous exercise programs, and expanding research connecting effective nutrition and hydration with improved exercise performance. This specialty certification delivers the knowledge and applications of sports nutrition and key supplements needed by fitness professionals to successfully educate, coach and drive clients and athletes to success.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (6.0), AFAA (6.0), ACE (0.7), AEA (6.5), ACSM (6.0), NASM (0.6).

SCW BOXING CERTIFICATION

Tonya Dugger
Thursday, September 8, 8:00am-5:00pm
\$159 MANIA® Attendees
\$199 Non-Attendees

This certification provides the tools you need to implement the basics of boxing into programs you already teach. This comprehensive program explains the "sweet science" behind the sport, and you'll leave with the knowledge and confidence to empower others - from novices to well-trained fighters. This certification will explore three learning styles, auditory, visual and tactile and provide you with several authentic workouts that would be taught at a traditional boxing gym. Prepare to shock your students and their bodies! *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0), ACSM (7.0).*

SCW ACTIVE AGING CERTIFICATION



Lawrence Biscontini, MA
Thursday, September 8, 9:00am-5:00pm
\$159 MANIA® Attendees
\$199 Non-Attendees

Many individuals are living longer and better than ever. Cutting-edge research reveals the secrets involving aging and how we can proactively become involved with our chronologically enriched friends. We know that we can train and slow the aging process by focusing on mental health, cardiovascular conditioning, strength training, flexibility and fall prevention and balance. Lawrence will discuss why we don't just "teach seniors" any longer. Group fitness instructors, personal trainers and those in charge of active aging programming will enjoy this exciting day that combines research and practical approaches for training the brains and bodies of our 50+ participants. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).*

SCW PILATES MATWORK CERTIFICATION



Abbie Appel
Thursday, September 8, 8:00am-5:00pm
\$159 MANIA® Attendees
\$199 Non-Attendees

This Nationally Recognized Certification introduces a progressive series of exercises and modifications based on the methods of Joseph Pilates. The principles of core stabilization, Pilates mat work, and physical therapy techniques create the foundation for this intensive combination of theoretical and practical training. Proper execution of form, technique and programming are explored as they apply to training the young, old, athletic, sedentary and even those rehabilitating from injury. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (6.5), ACE (0.8), AEA (4.5), ACSM (8.0).*

SCW GROUP STRENGTH CERTIFICATION



Irene Lewis-McCormick, MS, CSCS
Thursday, September 8, 5:30pm-9:30pm
\$99 MANIA® Attendees
\$129 Non-Attendees

This training continues to build upon the skills acquired during the SCW Group Exercise Certification using communication and musicality to create an amazing experience for fitness participants. Group Strength focuses on movement communication using the 32-count phrase with small, portable equipment (tubing, weights, etc.). Learn to create flowing, easy to follow exercises for delivery in a large group setting. We'll explore class design, resistance training benefits and ways in which to progress and regress movement for creating an inclusive

environment. This hands-on training includes a master class and teaching opportunities so you can practice your new skills in real time. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (4.0), AFAA (4.0), ACE (0.4), AEA (2.0), ACSM (4.0), NASM (0.4).*

SCW LIFESTYLE AND BEHAVIORAL COACHING WORKSHOP



Fabio Comana, MA, MS
Thursday, September 8, 5:30pm-10:00pm
\$99 MANIA® Attendees
\$129 Non-Attendees

Join this workshop and learn how to engage individuals by effectively building rapport, igniting their passion for change, and empowering them to success and self-sufficiency. Learn the art forms for rapport-building, motivational interviewing, overcoming ambivalence and resistance, personality indexing, neuro-linguistic programming and behavioral change. Become an innovator and combine your science of programming with the art of behavioral change, coaching and communication. *Price includes training manual (\$24.95 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (4.0), AFAA (4.0), ACE (0.4), AEA (4.0), ACSM (4.0), NASM (0.4).*

SCW YOGA II CERTIFICATION



Manuel Velazquez
Thursday, September 8, 5:30pm-9:30pm
\$99 MANIA® Attendees
\$129 Non-Attendees

Take a deeper look into the fundamentals of Yoga instruction from an authentic, fitness-appropriate perspective. This condensed course serves as the next level of the Hatha Yoga postures discussed in Yoga Fundamentals I addressing the eight limbs of yoga, detailed pranayama study, partner yoga, inversions, chanting, and chakras. SCW Yoga Fundamentals I is recommended but not required. *Price includes training manual and testing fee (\$59 value) Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (4.0), AFAA (4.0), NASM (0.4), ACE (0.4), AEA (2.0), ACSM (4.0).*

SPONSORED CERTIFICATIONS

WEDNESDAY, SEPTEMBER 7

ROLLING FOR REAL MOBILITY RESULTS



Eugene Oktyabrskiy & Tobin Lindstrom
Wednesday, September 7, 9:00am-4:00pm
\$159 MANIA® Attendees / \$159 Non-Attendees

Mobility can make the difference between a client making progress and being sidelined with injury. Including foam rolling in your programming is a simple and effective way to improve clients' movement quality, thus; ensuring happier, healthier clients that achieve results. Designed for trainers and group-ex instructors, learn the foundations of foam rolling using the innovative KnotOut Mobility Tools. Theory and practical hands-on work provide you with information and techniques that will help 90% of your clients' issues. Add value to your training or group classes and impact the quality of your clients' lives *CPR card not required. Includes manual and a Large Soft and a Medium Firm KnotOut® roller. SCW (7.0).*

THURSDAY, SEPTEMBER 8

MYOFASCIAL COMPRESSION TECHNIQUES: THE EVOLUTION OF FOAM ROLLING



Kolleen Riddick
Thursday, September 8, 9:00am-5:00pm
\$175 MANIA® Attendees / \$225 Non-Attendees

Take your knowledge of self-myofascial release beyond just foam rolling. This eight-hour, hands-on, workshop focuses on the practical application of TriggerPoint's Myofascial Compression™ Techniques, which is a systematic approach to address the body's soft tissue. Learn how to apply these techniques to improve mobility, increase range of motion and enhance performance for an overall improvement in the body's biomechanics. You will leave this course with an in-depth, practical knowledge of how to properly teach

SHIFTING PERSPECTIVES



these techniques to increase the performance and training results your clients receive in your sessions. *CPR card not required. SCW (7.0), ACSM (8.0), ACE (0.8), AFAA (4.75), CanFitPro (4.0), NASM (0.7), NCBTM (7.0), USAT (3.0), PTA Global (8.0).*

ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING



April Smith, MEd

Thursday, September 8, 8:00am-5:00pm
\$225 early-bird registration (IMPORTANT: Training Fee increases to \$235 after August 22).

This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to the four basic Zumba® rhythms (merengue, salsa, cumbia and reggaeton), and then you will learn how to put these steps together into a song! *Pre-con fee includes: Cardio Party and Live Class DVD, 20 Minute Express Workout DVD, 4 Basic Rhythms Review DVD, Cardio Party Music CD, The Zumba Instructor's Manual, and Zumba Certificate of Completion. SCW (8.0), AFAA (5.5), ACE (0.7).*

MOI CYCLE INSTRUCTOR CERTIFICATION LEVEL 1



Lori Lowell & Jeremy Lowell

Thursday, September 8, 5:00pm-9:00pm
\$149 MANIA® Attendees / \$199 Non-Attendees

MOi Cycle training is an intense one-day dynamic and comprehensive educational experience. The curriculum is designed to enhance an instructor's resume, skill set, knowledge of cycling physiology and increase his/her appeal as a desirable trainer! As importantly, MOi Cycle training teaches you how to transfer your enthusiasm for the ride to your class participants so that they return again and again. After successfully completing the MOi training, each MOi coach gets five new rides every month so your classes will always feel fresh, and the rides you coach will be innovative, exciting, and challenging for your students.

SCW (4.0), AFFA (4.5), ACE (0.4)

SUNDAY CERTIFICATIONS

SCW BALLET BARRE CERTIFICATION



Abbie Appel

Sunday, September 11, 8:00am-4:00pm
\$159 MANIA® Attendees / \$199 Non-Attendees

This one-day Nationally Recognized Certification does not require a dance background and enables each participant to teach Barre to his or her clients and implement programming in any type of facility using a fixed ballet barre. Barre training combines the core conditioning of Pilates with the flexibility of Yoga while increasing stability by using isometric exercises. Leave with an easy-to-follow, flexible, choreographed routine for a 60-minute Barre class that includes a plethora of variations enabling you to discover creative ways to structure your own Barre workouts for months to come. Equipment options include light dumbbells, flat resistance bands, and mini-balls. *Price include training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. Video and music support available quarterly. CPR card not required. SCW (7.0), AFAA (7.0), ACE (0.6), AEA (4.0), NASM (0.7), ACSM (7.0).*

WATERinMOTION® AQUA EXERCISE CERTIFICATION



Connie Warasila

Sunday, September 11, 8:00am-4:00pm
Additional \$159 MANIA® Attendees and/or Instructor at a WATERinMOTION® licensed facility / \$199 Non-Attendees / Free for WATERinMOTION® Certified instructors on W-autoship.

This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing techniques, deck teaching skills and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation and leadership development. Leave certified in both the WATERinMOTION® Original program and the WATERinMOTION® Platinum (older adult) program and with the skills to teach your best class, every class! Every WATERinMOTION® certified instructor on Wautoship may attend any live WATERinMOTION® certification for free! *Includes a FREE downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and Video assessment (\$300 value). Club discounts available. Fully integrated website with ongoing marketing and educational support included. Instructor licensing not required. SCW (7.0), AFAA (8.5), AEA (8.0), ACE (0.9), ACSM (7.0).*

SCW PRACTICAL GUIDE TO NUTRITION, HORMONES AND METABOLISM CERTIFICATION



Melissa Layne, MEd

Sunday, September 11, 8:00am-3:30pm
\$159 MANIA® Attendees / \$199 Non-Attendees

This practical program provides participants with cutting-edge information on nutrition, hormones and metabolism. In easy-to-understand terms, learn how each macronutrient operates within energy pathways and how digestive and reproductive hormones affect metabolism. The body's adaptations to an incomplete diet and/or disease and the physiological consequences during various exercise regimes will be addressed during this session. You receive a handout detailing simple nutritional calculations and recommendations that fitness professionals can incorporate into a nutritional counseling session while remaining within

the scope of practice. This comprehensive certification also provides information pertaining to Nutritional Health History Forms with prescriptive dietary suggestions that can be used immediately. (LECTURE). *Price includes training manual (\$24.95 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0).*

PLYOGA® CERTIFICATION



Stephanie Lauren

Sunday, September 11, 8:00am-4:00pm
\$199 MANIA® Attendees / \$250 Non-Attendees

The PLYOGA® certification is an interactive 7-hour workshop that will offer all of the knowledge, support, and resources you will need in order to be a successful PLYOGA® trainer. PLYOGA® is a four-part plyometric-based interval system using fundamental and fluent yoga postures as an active recovery. PLYOGA® implements smart recovery through basic and static yoga poses as transitions from intense bursts of anaerobic training with functional movement. The course is designed for any fitness professional looking to expand their repertoire, get ahead of trends and offer something challenging yet achievable, to help clients, class participants and athletes of all fitness levels reach the next level! *CPR card not required. SCW (7.0), AFAA (5), NASM (0.6), ACE (0.7), CFP (3).*

IN-TRINITY INSTRUCTOR CERTIFICATION



Audrey Lee

Sunday, September 11, 8:00am-4:00pm
\$229 MANIA® Attendees / \$259 Non-Attendees

The IN-TRINITY® Certification provides Instructors with the tools to learn and teach IN-TRINITY® programming. The IN-TRINITY Board by Matrix, created by Johnny G, uses a sleek slanting board to integrate and enhance benefits and challenges of gravity training. Incorporating familiar movements from Yoga, Pilates, Qi Gong, Martial Arts and strength and flexibility training, this intelligently designed piece of equipment will introduce you to a new paradigm of training while breaking through limitations of traditional movement. Under the guidance of a Master Instructor, participants will go into depth and gain a deeper knowledge learning the Orientation, Warrior 1 and IN-TRINITY® 1 programs. Discover specific benefits, cueing, modifications and progressions for each of the three primary IN-TRINITY® programs. Delve into how the eight Elements of the IN-TRINITY® board provide new access to existing movement systems. Explore Brainwave Entrainment (BWE) as an essential component of an IN-TRINITY® program. *CPR Card not required. SCW (8.0), ACE (.8), AFAA (7.5)*



LAWRENCE BISCONTINI, MA

Lawrence is an SCW Faculty Member, Presenter and Mindful Movement Specialist who has won multiple industry-recognized awards. He is currently on the Advisory Board for the International Council on Active Aging (ICAA), and he is the Senior Consultant for Power Music. Lawrence has been a part of the BOSU Developmental Team and is currently a Registered Yoga Alliance Teacher and Contributing Author to industry magazines for ACE and AFAA's American Fitness. His newest book is "Stories of Color", which is a fictional book supporting his charity and scholarships. Find Lawrence at www.findlawrence.com.

MANIA® COURSE DESCRIPTIONS

FRIDAY, SEPTEMBER 9

FR1

7:30AM-9:00AM

ROPES UNLEASHED: POWER MEETS PRECISION

SPRI

Brian Nunez

Just when you thought you knew the power of rope training, this program will take your classes to the next level. Using a unique combination of ropes and medicine balls, you will challenge your power to match your precision. Learn new moves on the ropes coupled with fun and partner based drills moving using medicine balls. Hone your skills in this high-intensity, fun and challenging workout.

FR1A Friday, 7:30am-9:00am

RIPPED! INTENSITY Jari Love & Ali Bryan

RIPPED!

Get ready to Get RIPPED! Join Get RIPPED! creator Jari Love for INTENSITY. Using steps and handheld weights, this 60-minute intermediate workout will rev up the heart rate and strengthen lean muscle. Combining the most-effective compound exercises with progressive cardio intervals, this choreographed workout burns more calories than a six-mile run and is loaded with all the elements required to get truly RIPPED!

FR1B Friday, 7:30am-9:00am

SOUL GROOVES Tammy Harris

Soul Grooves

"What's intense, easy to find tone your body by incorporating the hottest and most challenging choreography using the ZUMBA® Toning Sticks. The Zumba® Toning Workout will get your heart and muscles pumping while you are dancing to the new Zumba® routines. This class is your opportunity to expand your fitness knowledge in a fun and brand new way!

FR1C Friday, 7:30am-9:00am

PLYOGA®: FLOW Stephanie Lauren

PLYOGA

PLYOGA® Flow is our kicked up, hybrid, Yoga inspired workout. We will be moving fast and mixing in subtle agility movements with the timely muscle recovery that you need. PLYOGA® Flow is a phenomenal session where a touch of power and endurance based training merges with the balance and flexibility components in exercise. Reveal your inner athlete and sustain the journey with PLYOGA® Founder Stephanie Lauren!

FR1D Friday, 7:30am-9:00am

SHAKTI: THE EXPERIENCE Lawrence Biscontini, MA

The time has come to work IN and not work OUT. SHAKTI is the Sanskrit word for the energy released throughout the body. This is a non-purist mind-body approach that fuses fitness choreographed applications of yoga, Feldenkrais, NIA, Tai Chi and Pilates all with inspiring, yet non-traditional, mind-body music. This workshop will teach you the power of nonverbal cueing skills and choreographed mind-body movements.

FR1E Friday, 7:30am-9:00am

FABULOUS AND FIT AFTER FIFTY Maureen Hagan

Baby boomers may have different fitness levels, but they share the desire to defy age and live stronger, for longer. Building a functionally fit body for your best years of living requires an investment in movement that serves a functional purpose. The focus is on improving performance in daily activity and protecting the mind and body against the negative effects of aging. This dynamic full-body workout promotes strength, stability and mobility for independent living while minimizing injury and slowing the aging process.

FR1F Friday, 7:30am-9:00am

WATER CARDIO AND CORE Connie Warasila

ON DEMAND

It's time to rev up your heart rate and tighten up your center. Combine fast-paced cardio moves with snippets of core-focused exercises to create a class that helps clients identify what challenging, aerobic exercise really feels like. Plus, you will enhance

LOCKED IN

your kinesthetic understanding of the core and discover how to fire it up. It's a two-fer! Finish with a plan you can implement at your next class.

FR1G Friday, 7:30am-9:00am

SOUL BODY BARRE: FORM & FLOW

Soul Body Barre

Stacey Vandiver & Ann Marie Barbour

Learn to properly teach an effective "Barre" class focusing on form and flow. Additionally, learn to execute and cue proper body alignment, work in neutral spine and recruit muscles effectively and efficiently. We work on helping participants understand body awareness and think total body connectivity. Soul Body Barre classes utilize flow and seamless transitions so when choreographing our classes we layer complexity and intensity that enables the class to continually move to music in a graceful manner almost like a dance.

FR1H Friday, 7:30am-9:00am

METABOLISM MAKEOVER Sohaila Digsby, RD, LD

Do you feel sluggish and wish you had more energy to make it through the day strong? Are you and/or your clients at a plateau and frustrated about "those last ___ pounds?" Need more energy? This class will cover ways to boost your metabolism right as you wake up and even throughout your night's sleep. (LECTURE)

FR1I Friday, 7:30am-9:00am

PAIN TO PERFORMANCE Stephen Sefchick

This presentation will show you how you can reach your full potential with reduced pain in muscles and joints. Learn about powerful exercise programming that will change your thought process about fitness making you feel younger with decreased pain and risk of injury. (LECTURE)

FR1J Friday, 7:30am-9:00am

FR2

10:00AM-11:30AM

CORE REBORN Abbie Appel

SPRI

Think you've seen it all with the stability ball? Discover a powerful new way to challenge your core with stability ball training by both creating and preventing rotation with the ball. Leave with exciting new moves plus a simple system for creating your own new progressions. Finish with a crazy, fun team circuit challenge that you can use right away!

FR2A Friday, 10:00am-11:30am



MANUEL VELAZQUEZ

Manuel is a WaterInMotion® National Trainer and SCW Fitness Education Faculty member. He is the recipient of the 2011 ECA NYC OBOW All-Around International Presenter of the Year award. He imparts education in a wide spectrum of fitness disciplines worldwide. Manuel is a member of the continuing education faculty for SCW, WATERinMOTION®, ACE, AFAA, AEA, and FG2000. Manuel is also an AFAA Examiner and star of the AFAA online distance-learning bilingual "Sunrise Yoga" and "Cream Rises" programs. Manuel was nominated for the 2015 Boston MANIA® Presenter of the Year.

is pushed higher. MOi (Mind Over Intensity) will assist you when your body wants to give in. Conquer longer distances and time as your breathing and legs become more controlled.

FR2H Friday, 10:00am-11:30am

DIET FADS AND FACTS: ENDING THE FRUSTRATION

Sohailla Digsby, RD, LD
Overwhelmed with the many diets and weight loss options out there from Paleo to Gluten Free? Are your clients and class participants frustrated and confused? Do you know the fads from the facts? Learn from a registered dietician and fitness instructor who works on the front

lines. She will teach you just exactly what works and why. (LECTURE)

FR2I Friday, 10:00am-11:30am

PRIMAL MOVEMENT

Fabio Comana, MA, MS

Proper movement in classes and sessions should always be a fundamental goal for all fitness professionals. Coaching primary human movements involves a solid understanding of stability and mobility throughout the kinetic chain. This session will focus on the latest movement research and teach you how to properly coach these movement patterns that represent the exercises we instruct and use with clients.

FR2B Friday, 10:00am-11:30am

STEEL PILATES

Jeff Howard

This Pilates inspired workout is designed to improve strength, endurance and definition for the entire body. Steel Pilates is a class with emphasis on new ideas, progressions and regressions making your workouts all-encompassing and user friendly. This workout is ideal for group exercise and personal training professionals

FR2C Friday, 10:00am-11:30am



BALANCED BODY® FIT: FUNCTIONAL FUN

Erika Quest

Experience high-energy circuits designed to provide a balanced, whole body workout with an emphasis on functional movements. Using a variety of Balanced Body's latest fitness tools, take your teaching up a notch with sequences designed to create balance in every area of the body.

FR2D Friday, 10:00am-11:30am



YOGA WITH A TWIST

Sara Kooperman, JD

Enjoy this rhythmic yoga class, which focuses on yoga poses that rotate. Put to eight-count music, this non-traditional yoga program mixes classic poses with a fluid array of position variations to leave both beginning and intermediate instructors with a fun, new twist. Leave this session with choreography that you can use in your classes on Monday morning.

FR2E Friday, 10:00am-11:30am



BALANCE STRATEGIES FOR OLDER ADULTS

Dr. Evan Osar

Every day in the U.S., 10,000 individuals turn 65, and 1/3 over the age of 65 will fall costing the health care system nearly \$80 billion every year. During this workshop, you will discover why your clients are falling and strategies that you can implement to have an immediate effect on your client's balance. You will discover safe progressions to improve your client's balance as well as what exercises you should avoid in their training.

FR2F Friday, 10:00am-11:30am



AQUA HIP & FUNK

Manuel Velazquez

Take your body and hips and make them funk in the pool! Approach your aqua class from another point of view with this cardio-based hip/hop and funk oriented type of workout. Enough ideas to help you deliver creative ways to transform your regular aquatic moves using progressions and rhythm changes as you make them look more hip and funk. You will put your class on the cutting edge.

FR2G Friday, 10:00am-11:30am



MOI CYCLE: ENDURANCE

Lori Lowell & Jeremy Lowell

RPM and Music BPM match perfectly to ensure a rhythmic and results-oriented ride. Following a short lecture, your endorphins fly as your aerobic system reaches steady state and your intensity level



SELLING PERSONAL TRAINING

Casey Conrad, JD

You have a wealth of knowledge about fitness, but when it comes to generating sales, you feel a bit awkward. In this session, participants will learn how to develop rapport for the sales situation and how to use education and motivation to drive sales. You will learn three simple yet effective ways to market personal training and how to create powerful presentations to sell more services and make asking for money easier. (LECTURE)

FR2J Friday, 10:00am-11:30am

BOXING: THE METHOD

Tonya Dugger

This cardio boxing class uses the best asset in your studio: YOU! Experience a high-intensity level of training that incorporates the technique work of punches, method training and core work in one class. If you like to move to the beat of the music, you will LOVE this workout, which not only burns up calories and works your body but also trains your mind.

FR2K Friday, 10:00am-11:30am

FR3 - SESSION 1

11:45AM-1:15PM

If you choose this session, then 1:15pm-2:15pm will be your EXPO and lunch break.

ZUMBA®: LET IT MOVE YOU!

April Smith



Dozens of exhilarating rhythms, one amazing experience! Experience a high energy ZUMBA® workout with choreography that will take you on a journey of the exotic sounds from African, French Reggaeton, cutting edge hip hop, and sexy Latin rhythms. Learn new choreography techniques to a non-stop, get-down-and-dance, calorie burning, high energy workout! Feeling the music and getting fit never felt so good! Take your body, mind and soul on a full blown fitness journey.

FR3C Friday, 11:45am-1:15pm

KETTLEBELL: BEYOND THE TURKISH GET-UP

Pete McCall, MS

The Turkish Get-up (TGU) is a challenging exercise comprised of a number of complex movements involving the entire myofascial system. The TGU is extremely effective at developing the coordination and strength to stand up from a lying position but it is not the only exercise, which can provide this benefit. This interactive session will review the physiology, biomechanics and benefits of ground-to-standing exercises and how they can be used to help improve joint mobility and tissue extensibility.

FR3D Friday, 11:45am-1:15pm

YOGA FOR THE YOUNG AT HEART

Sara Kooperman, JD

Yoga has positive effects on inevitable decreases in power, strength, aerobic capacity and flexibility that occur after age 50. This yoga mat work session focuses on maintaining independence, avoiding injuries and improving quality of life. Postural alignment, muscle/movement balances and maintenance of mobility create a union

of traditional and restorative yoga perfect for active 50-90 year olds. A summary of the aging process blends with practical recommendations regarding safe and effective movement from yoga poses creating vinyasas instructors can utilize.

FR3E Friday, 11:45am-1:15pm

MOI CYCLE: STRENGTH Lori Lowell & Jeremy Lowell  RPM and Music BPM match perfectly to ensure a rhythmic and results-oriented ride. Our Strength ride is packed with hills and challenging terrain along with smooth recoveries teaching the rider how to become strong and efficient with climbing technique. Following a short lecture, prepare to blast your heart, lungs, and legs in a 55-minute fun, exhilarating, and successful ride. Get yourself MOi'd!

FR3H Friday, 11:45am-1:15pm


LEADERSHIP OUTSIDE THE BOX Maureen Hagan Today, more than ever, there are a lot of demands on leaders. They are asked to do more and be more — more creative, innovative and strategic. And through it all, they must lead people effectively. BUT what are they doing for themselves? In this session, you will learn how to renew and sustain yourself as a leader. Mo will share six ways the most effective leaders makes impact—how a leader must think, behave and do in order to thrive in leadership! (LECTURE)

FR3J Friday, 11:45am-1:15pm


FR3 - SESSION 2

12:30PM-2:00PM


If you choose this session, then 11:30am-12:30pm will be your EXPO and lunch break.

SPRI ATHLETIC PERFORMANCE Brian Nunez  Life is reactive. Learn to move like a pro whether you are beginning your exercise journey or competing at elite levels. Starting with a baseline understanding of “athletic position,” use the SPRI Athletic Performance System (Absorb, Apply, Explode) to enhance your reactive abilities. Use some of our common tools to achieve uncommon results.

FR3A Friday, 12:30pm-2:00pm


LES MILLS BODYPUMP® Adam Bramski  Get ready to Get RIPPED! Join Get RIPPED! creator Jari Love for INTENSITY. Using steps and handheld weights, this 60-minute intermediate workout will rev up the heart rate and strengthen lean muscle. Combining the most-effective compound exercises with progressive cardio intervals, this choreographed workout burns more calories than a six-mile run and is loaded with all the elements required to get truly RIPPED!

FR3B Friday, 12:30pm-2:00pm

TRIGGERPOINT™: INJURY PREVENTION & BETTER MOVEMENT Kolleen Riddick  Injuries occur due to the muscles’ inability to tolerate demands placed upon them. See how you can make an impact on your clients’ biomechanical function and injury profile with Myofascial Compression™ Techniques (MCT). Developed by Cassidy Phillips, this method was created to provide an advanced approach to myofascial release. MCT improves the

body’s ability to move efficiently as an integrated unit preventing injury and preparing the body to perform at its best. Unlock your body and release with MCT’s step-by-step program.

FR3F Friday, 12:30pm-2:00pm

GENTLE AQUA Irene Lewis-McCormick, MS, CSCS  This low impact, non-rebounding water workout is an excellent choice for persons who cannot withstand the constant repetition of rebounding in water classes. The hopping, jumping and running movements prevalent in most aqua classes are replaced by the muscle specific, precise movements performed through a full range of motion using yoga and Pilates-based exercise techniques. This workout includes an abundance of ideas for flexibility and non-impact, shallow water toning. Improve your strength, flexibility, and posture without the splash or rebound.


FR3G Friday, 12:30pm-2:00pm

METABOLISM, FAT, ABS, BUTT AND THIGHS Fabio Comana, MA, MS As a population obsessed with weight loss, the mere thought or mention of ‘metabolism’, ‘fat’, ‘abs’, ‘butt’ and ‘thighs’ grabs attention. Due to rising popularity, mass confusion exists surrounding the proper methods to successfully train these areas. Join Fabio to learn the facts, differentiate myths from reality and learn to educate and implement effective programs to achieve the elusive ‘metabolic boost’, ‘fat burn’, and ‘firm thighs, abs and butt’. (LECTURE)


FR3I Friday, 12:30pm-2:00pm

FR4

2:15PM-3:45PM

TUBING TRAINING REDEFINED  Jonathan Ross Rediscover the lost art of eccentric load training fused with alternating tempo (speed) training. In this partner-based workout session, rubber resistance will be used to regulate and modify both load and tempo creating a series of tri-set superset training routines that will activate and stimulate the muscles like never before. These routines may be put together for a full workout or incorporated into shorter, more intense training sessions. Join us and get Jacked!

FR4A Friday, 2:15pm-3:45pm

SPEEDBALL Steve Feinberg & Lauren Colenso-Semple  Speedball is an intense, NON-STOP multi-directional conditioning program featuring the revolutionary SpeedBALL. Progressions to increase range of motion or add impact are available to challenge the conditioned athlete but the base techniques are safe and functional for any fitness level. The program simultaneously challenges muscular endurance and integrates functional core training without sacrificing cardiorespiratory intensity.

FR4B Friday, 2:15pm-3:45pm



BREAKING BARRIERS

BARRE BREAKTHROUGH Abbie Appel

Break through training plateaus and break out of your traditional strength workouts with this Ballet-inspired Barre workout. Incorporate elements of dance and functional strength training for this one-of-a-kind total body experience. Learn this easy-to-follow sequence of movements while moving to upbeat, exciting music with a variety of props and a Ballet Barre. Customize the workout for all fitness levels with precise cues, modifications and progressions.

FR4C Friday, 2:15pm-3:45pm

PLYOGA®: YOUR BODY IS POWER Stephanie Lauren

You are ready for this! PLYOGA® is highly challenging but it is equally modifiable! We have reinvented interval training by giving you a chance to actually recover as part of the class. Use it! Love it! Take it to the next level! This four-part high intensity interval system uses accelerated and fundamental Yoga as a fluent and active recovery for Plyometric movements. Come enjoy a format that is sweeping the Americas! YOUR BODY IS POWER®!

FR4D Friday, 2:15pm-3:45pm

BAREFOOT STRENGTH AND ENDURANCE

Jeff Howard

This unique conditioning program increases your peak performance developing longer and leaner muscles while helping clients reach their physical potential. Learn the benefits for training "barefoot" while gaining ultimate conditioning to decrease fatigue and build the best pound for pound body of your life. Great additions to your already existing sculpt or mind-body curriculum is enhanced through this one of a kind workout.

FR4E Friday, 2:15pm-3:45pm

MOBILITY IS FREEDOM

Eugene Oktyabrskiy & Tobin Lindstrom

Every body is different and obtaining full range of motion is essential in achieving the body's peak performance level. This hands-on session will teach you how to use the various KnotOut tools to help treat your clients' common mobility issues. Learn how self-massage can decrease risk of injury, speed up recovery and help your clients move better and feel better!

FR4F Friday, 2:15pm-3:45pm

WATERinMOTION® 27

Sara Kooperman, JD, Manuel Velazquez & Connie Warasila

This WATERinMOTION® workshop will encourage you to feel comfortable evaluating yourself. We will discuss ways that you improve client satisfaction and exercise adherence while showing supervisors and management that you are proactive, interested in personal growth and meeting client needs. We will also focus on

eight different 64-count choreography segments that will be taught and provided in written form. Leave with a flood of new moves to bring back to your pool!

FR4G Friday, 2:15pm-3:45pm

INTRODUCTION TO IN-TRINITY®

Audrey Lee

The IN-TRINITY Board by Matrix, created by Johnny G, uses an elevated training platform to integrate and enhance the benefits and challenges of gravity training. Incorporating familiar movements from Yoga, Pilates, Qi Gong, Martial Arts and strength and flexibility training, this intelligently designed piece of equipment will introduce you to a new paradigm of training for your body while breaking through the limitations of traditional movement. Come experience the IN-TRINITY Orientation Program, consisting of movements from different disciplines of exercise.

FR4H Friday, 2:15pm-3:45pm

TRANSFORM YOUR POSTURE - TRANSFORM YOUR BODY! Stephen Sefchick

Postural issues are mostly due to habitual poor mechanics and over time, if not addressed, can lead to pain and injuries. In this session, you'll discover it all happens from the ground up and the feet are a major influence on dysfunction and postural anomalies! Walk away with the latest techniques to perform functional evaluations and strategies that will transform your clients' bodies, and perhaps, drastically improve their quality of life. (LECTURE)

FR4I Friday, 2:15pm-3:45pm

PROGRAM MARKETING Casey Conrad, JD

The economy isn't great; competition is fierce and traditional marketing isn't driving enough prospects through the doors. Program Marketing can attract new prospects, including those who would not have otherwise walked through the doors. In this session, participants will learn the philosophy behind Program Marketing, the necessary elements to any successful program, the most popular programs, how to market and sell your programs and how to ensure a high conversion rate from program to membership. (LECTURE)

FR4J Friday, 2:15pm-3:45pm

3:1 PUNCHOUT Tonya Dugger

Have you ever trained at a Boxing Gym? That "old school" feeling and the respect that embodies the coaches and the workout is priceless. Join SCW as we delve into the sweet science of boxing and experience a high-intensity combat-sport workout. Work your body and mind and experience the training of a discipline that still is considered one of the toughest sports in the world.

FR4K Friday, 2:15pm-3:45pm

FR5

4:00PM-5:30PM

BATTLE WITH THE BANDS Brian Nunez

SPRI

This session contains Little Equipment with Big Results. Learn to implement the SPRI three-step system to enhance movement and performance by utilizing three specific types of elastic bands. Whether you are working with one-on-ones, partners or small groups, this workout is sure to take your clients' performances to the next level. Become battle tested and challenge your body to increase strength, stamina and power. Burn a little rubber and a lot of fat!

FR5A Friday, 4:00pm-5:30pm

RIPPED! 96-2 Jari Love & Ali Bryan

RIPPED!

Get ready to Get RIPPED! Join Get RIPPED! creator Jari Love for an intense 60-minute workout that promises to burn fat, blast calories, sculpt lean muscle and elevate the heart rate. The workout is in the reps - 96 of them to be exact! This choreographed class features

TRUE PASSION



compound exercises for quick results. The recovery is active, the moves modifiable and the music infectious. Discover why Jari Love has sold over a million DVDs worldwide.

FR5B Friday, 4:00pm-5:30pm

SOUL GROOVES®: STRENGTH

Tammy Harris



Soul Grooves® is a transformative mind, body and soul cardiovascular dance workout that inspires people to change their bodies as well as their lifestyles. It builds a community of inspired, accepting and compassionate people. With fun, effective, energetic and easy-to-follow dance routines, Soul Grooves® combines Hip Hop, Latin and athletic movements into one 60-minute experience and delivers an unforgettable workout that appeals to all fitness levels, ages, shapes, sizes, genders and backgrounds.

FR5C Friday, 4:00pm-5:30pm

BALANCED BODY MOTR® = MOVEMENT MAGIC

Valentin

Move, groove and feel how the MOTR® enhances every exercise when combined with the magic of music in this dynamic workshop. The MOTR® combines the challenges of a foam roller with the refinement of a pulley resistance system to create endless choreographic possibilities. Come and see how the MOTR® can make your small group and group ex classes magic!

FR5D Friday, 4:00pm-5:30pm

SPIRITED® Yury Rockit

Yury's internationally recognized "Spirited" program consists of three 20-minute segments of cardiovascular, strength, and flexibility modules for a 60-minute total body workout. Utilizing only bodyweight and non-traditional exercises, motivating music will inspire you to lead your own "Spirited" sessions, which are simple to learn and easy to implement.

FR5E Friday, 4:00pm-5:30pm

NEXT-LEVEL RECOVERY Jonathan Ross

This session features full recovery in no time at all. With a simple focus on a therapeutic technique developed for athletes in a sports medicine clinic, we are going to focus on this three-step protocol: Compress + Percuss + Stretch. You will learn this easy and effective method for yourself and with a partner. You are familiar with foam rollers and stretching and now we are adding the electric percussive massager to cut your recovery time in half!

FR5F Friday, 4:00pm-5:30pm

30 IN 40 Lawrence Biscontini, MA

This session features 30 years of aquatic celebrations condensed into 40 minutes! Lawrence began his aquatics career in 1984, and this session combines his favorite moves over the past 30 years for shallow, deep, grounded, and suspended techniques with no equipment, noodles or hand buoys. Lawrence has created award-winning aquatic programming for Golden Door Spas, Canyon Ranch, and Equinox fitness clubs, and this session showcases all of Lawrence's best work.

FR5G Friday, 4:00pm-5:30pm

IN-TRINITY® WARRIOR PROGRAM

Audrey Lee

The IN-TRINITY Board by Matrix, created by Johnny G, uses an elevated training platform to integrate and enhance the benefits and challenges of gravity training while incorporating movements from Yoga, Qi Gong, Martial Arts, strength and flexibility training. The Warrior Program introduces new rhythm, pacing and breathing guidelines applying the unique characteristics of the IN-TRINITY® board. Expand your knowledge of the core principles, concepts, and signature movements of the IN-TRINITY®. Explore personal challenges and opportunities to improve familiar movement patterns.

FR5H Friday, 4:00pm-5:30pm



SARA KOOPERMAN

Sara is a favorite IHRSA, Club Industry, YMCA, and ABC presenter. She is featured internationally at more than a dozen international events throughout the world. Sara is the owner and Executive Director of SCW Fitness Education and founder of the eight MANIA® Fitness Instructor Training Conventions along with WATERinMOTION®. A former lecturer for ACSM and NASM, Sara is the proud recipient of AEA's Global Award for Contribution to the Aquatic Industry and has been inducted into the National Fitness Hall of Fame.

THE SCOOP ON SUGAR Sohailla Digsby, RD, LD

Is sugar evil? Which types of sweeteners are okay? Which is worse: sugar or fat? Do you get cravings for sugary foods? Addicted to sugar? This class, taught by a registered dietitian, author, and fitness instructor, will enhance your understanding of the sweet tooth and what to do about it. (LECTURE)

FR5I Friday, 4:00pm-5:30pm

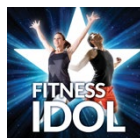
SUCCESSFUL BUSINESS STRATEGIES FOR OWNERS & MANAGERS Sara Kooperman, JD

If you are a new owner, a veteran manager or an aspiring coordinator, we all need effective methods to manage and motivate ourselves and others. Whether it is coordinating a large company or leading a small group of passionate trainers, strategies for successful goal setting and effective execution are addressed in this creative and entertaining presentation. Leave refreshed and excited to conquer your world! (LECTURE)

FR5J Friday, 4:00pm-5:30pm

FR6 - MASTERCLASSES

6:30PM-7:30PM



FITNESS IDOL

Judges: Sara Kooperman, Abbie Appel, Lawrence Biscontini, Yury Rockit

Apply at www.scwfit.com/IDOL

Do you have what it takes to become the 2016 SCW Fitness Idol? As the winner of this prestigious title, not only will you receive coverage in all 2016 SCW press releases, but you'll get a chance to show off your skills as a featured presenter at the 2017 SCW MANIA® Convention of your choice! The SCW Fitness Idol competition gives a Group Fitness Professional the chance to "fast-track" his or her career by demonstrating their talents in front of fitness trendsetters and receive valuable feedback from a panel of esteemed MANIA® Convention Presenters.

FR6A Friday, 6:30pm-7:30pm

HAPPY HOUR AT THE BARRE WITH SOULBODY

Stacey Vandiver & Ann Marie Barbour

Hit the BARRE for Happy Hour with SoulBody. Experience one of the most progressive and cutting-edge BARRE programs on the market and learn what founders Stacey & Ann Marie have created for the BARRE scene. Think "mindfully intense, more athletic approach!" And a fun way to end your first day at DC MANIA®!

FR6C Friday, 6:30pm-7:30pm

DRISHTI BEATS: A MUSICAL YOGA JOURNEY Lori Lowell



This class delivers flawless movement patterns with amazing beats, hip hop, DJ mixing, live voice and percussion interspersed with beautiful language, guidance and instruction. Take your yoga practice to new levels incorporating yoga with live music. Drishti Beats is fun and enlightening while working through all components of Vinyasa Flow sequencing. Drishti is a Sanskrit term meaning "a concentrated and focused gaze". Where your focus goes, your energy flows.

FR6E Friday, 6:30pm-7:30pm




SCW D.C. MANIA® Schedule at-a-Glance


SEPTEMBER 7-8

THURSDAY SEPTEMBER 8 PRE-CON. EVENTS	Zumba Instructor Certification 8:00am-5:00pm Smith Pg 10	SCW Group Exercise Certification 8:00am-5:00pm Lewis-McCormick Pg 8	SCW Pilates Matwork Certification 8:00am-5:00pm Appel Pg 9		
THURSDAY EVENING SEPTEMBER 8 PRE-CON. EVENTS		SCW Group Strength Certification 5:30pm-9:30pm Lewis-McCormick Pg 9			

FRIDAY, SEPTEMBER 9

	A FUNCTIONAL & GROUP TRAINING	B HIIT, STRENGTH & SPECIALTY TRAINING	C BARRE, DANCE & FUNCTIONAL TRAINING	D KETTLEBELLS, STRENGTH & CIRCUIT TRAINING	E MIND/BODY
FR1 7:30am-9:00am	Ropes Unleashed: Power Meets Precision Nunez Pg 11	RIPPED!™ Intensity Love & Bryan Pg 11	Soul Grooves® Harris Pg 11	PLYOGA® Flow Lauren Pg 11	Shakti: The Experience Biscontini Pg 11
EXPO OPEN 8:45am-2:30pm					
FR2 10:00am-11:30am	Core Reborn Appel Pg 11	Primal Movement Comana Pg 11	Steel Pilates Howard Pg 12	Balanced Body® Fit: Functional Fun Quest Pg 12	Yoga with a Twist Kooperman Pg 12
FR3 SESSION 1 11:45am-1:15pm	SPRI® Athletic Performance Nunez Session 2 Pg 13	LES MILLS BODYPUMP® Bramski Session 2 Pg 13	ZUMBA®! Let it MOVE YOU! Smith Session 1 Pg 12	Kettlebell: Beyond The Turkish Get-Up McCall Session 1 Pg 12	Yoga for the Young at Heart Kooperman Session 1 Pg 12
FR3 SESSION 2 12:30pm-2:00pm					
FR4 2:15pm-3:45pm	Tubing Training Redefined Ross Pg 13	Speedball Feinberg & Colenso-Semple Pg 13	Barre Breakthrough Appel Pg 13	PLYOGA® - Your Body Is Power Lauren Pg 13	Barefoot Strength and Endurance Howard Pg 14
FR5 4:00pm-5:30pm	Battle with the Bands Nunez Pg 14	RIPPED!™ 96-2 Love & Bryan Pg 14	Soul Grooves®: Strength Harris Pg 14	Balanced Body® MOTR® = Movement Magic Valentin Pg 15	Spirited® Rockit Pg 15
EXPO OPEN 5:15pm-6:45pm					
FR6 EVENING SESSIONS 6:30pm-7:30pm			Happy Hour at the BARRE with SoulBody Barbour & Vandiver Pg 15	Drishti Beats: A Musical Yoga Journey L. Lowell Pg 15	

SATURDAY, SEPTEMBER 10

SA1 7:00AM-8:30AM	Strength Circuit Ramping Freytag Pg 18	All Small Ball Appel Pg 18	Total Body Core Training McCall Pg 18	The Ultimate Workouts: Dumbbells and Kettlebells Lewis-McCormick Pg 18	T'ai Chi Fundamentals Biscontini Pg 18
EXPO OPEN 8:15am-9:30am					
SA2 KEYNOTE ADDRESS & AWARDS 9:30am-10:45am					
SA3 11:00am-12:30pm	360 Training Drills Nunez Pg 18	Speedball Martial Law Feinberg & Colenso-Semple Pg 18	No Equipment No Problem Velazquez Pg 19	Balanced Body® Fit: Circuit Blast Valentin Pg 19	Flexibility for Mobility: Chair-Based Performance Lewis-McCormick Pg 19
EXPO OPEN 12:15pm-3:30pm					
SA4 SESSION 1 12:45pm-2:15pm	Align and Define Appel Session 2 Pg 20	LES MILLS GRIT® Cardio Bramski Session 2 Pg 20	Primal Playtime Comana Session 1 Pg 20	The One Weight Workout: Kettlebell McCall Session 1 Pg 20	Strength Training for Longevity & Vitality Kooperman Session 1 Pg 20
SA4 SESSION 2 1:30pm-3:00pm					
SA5 3:15pm-4:45pm	Female Formula: Battle It Out! Freytag Pg 21	GET RIPPED!™ Workshop Love & Bryan Pg 21	Soul Grooves® Harris Pg 21	PLYOGA®: The Reverse Warrior Lauren Pg 21	Athletes & Asanas Rockit Pg 21
SA6 5:00pm-6:30pm	Move Free: Strands Ross Pg 22	Speedball Core Feinberg & Colenso-Semple Pg 22	Beyond Bands for Barre Appel Pg 22	Balanced Body® MOTR®: Run Your MOTR!® Quest Pg 22	Tabata Yoga Howard Pg 22
EXPO OPEN 6:15pm-7:30pm					
SA7 MASTERCLASS 6:45pm-7:45pm					

SUNDAY, SEPTEMBER 11

SU1 7:00am-8:30am	Female Formula: Ballapalooza Freytag Pg 22	20x3 Howard Pg 23		Balanced Body® MOTR®: Senior Power Valentin Pg 23	
SU2 8:45am-10:15am	Roll, Restore, Recharge! Ross Pg 23	CXWORX® Bramski Pg 24		Group Exercise or Group Injury? H. Garcia & K. Garcia Pg 24	
EXPO OPEN 10:00am-1:30pm					
SU3 11:15am-12:45pm	Move Free: Foam Roller & Bar Freytag Pg 24	Speedball Feinberg & Colenso-Semple Pg 24		Abs Revealed Jonathan Ross Pg 24	PLYOGA® CERTIFICATION with Stephanie Lauren 8:00am-4:00pm • Pg 10
SU4 1:00pm-2:30pm	Trifecta Fitness: HIIT - Cardio - Strength Velazquez Pg 25	Get RIPPED! Bootcamp Love & Bryan Pg 25		Balanced Body® Fit: Multilevel Circuits Quest Pg 25	

WEDNESDAY SEPTEMBER 7 PRE-CON. EVENTS	 Yoga 1 Certification 8:00am-5:30pm • Velazquez • Pg 8		Rolling For Real Mobility Results 9:00am-4:00pm Oktyabrskiy & Lindstrom Pg 9	SCW Personal Training Certification 12:00pm-8:00pm Lewis-McCormick Pg 8	
	SCW Aquatic Exercise Certification 8:00am-5:00pm Warasila Pg 8	SCW Kettlebells Certification 9:00am-4:00pm McCall Pg 8	SCW Group Fitness Director and Studio Owner Training Course 9:00am-4:00pm L. Lowell Pg 8	SCW Sports Nutrition Certification 9:00am-3:30pm Comana Pg 8	
SCW Yoga II Certification 5:30pm-9:30pm Velazquez Pg 9		MOI Cycle Instructor Certification 5:00pm-9:00pm J. Lowell & L. Lowell Pg 10		SCW Lifestyle and Behavioral Coaching 5:30pm-10:00pm Comana Pg 9	

F ACTIVE AGING & RECOVERY	G AQUA	H IN-TRINITY / MOI CYCLING	I NUTRITION & EXERCISE SCIENCE	J BUSINESS & LEADERSHIP	K BOXING
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Fabulous and Fit After Fifty Hagan Pg 11	Water Cardio and Core Warasila Pg 11	SoulBody Barre: Form & Flow Barbour & Vandiver Pg 11	Metabolism Makeover Digsby Pg 11	Pain to Performance Sefchick Pg 11	
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EXPO OPEN 8:45am-2:30pm

Balance Strategies for Older Adults Osar Pg 12	Aqua Hip & Funk Velazquez Pg 12	MOI Cycle: Endurance J. Lowell & L. Lowell Pg 12	Diet Fads & Facts: Ending the Frustration Digsby Pg 12	Selling Personal Training Conrad Pg 12	Boxing: The Method Dugger Pg 12
TriggerPoint™: Injury Prevention & Better Movement Riddick Session 2 Pg 13	Gentle Aqua Lewis-McCormick Session 2 Pg 13	MOI Cycle: Strength J. Lowell & L. Lowell Session 1 Pg 12	Metabolism, Fat, Abs, Butt and Thighs Comana Session 2 Pg 13	Leadership Outside the Box Hagan Session 1 Pg 13	
Mobility is Freedom Lindstrom & Oktyabrskiy Pg 14	WATERinMOTION® 27 Kooperman, Velazquez, Warasila Pg 14	Introduction to IN-TRINITY® Lee Pg 14	Transform Your Posture - Transform Your Body! Sefchick Pg 14	Program Marketing Conrad Pg 14	3:1 Punchout Dugger Pg 14
Next-Level Recovery Ross Pg 15	30 in 40 Biscontini Pg 15	IN-TRINITY® Warrior Program Lee Pg 15	The Scoop on Sugar Digsby Pg 15	Successful Business Strategies for Owners & Managers Kooperman Pg 15	

EXPO OPEN 5:15pm-6:45pm

		LES MILLS SPRINT® Workout Bramski Pg 15	State of the Industry: Trends for 2016 Hagan, Conrad, Nunez, Lewis-McCormick & Howard Pg 15		
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Training Older Clients with Osteoarthritis Osar Pg 18	Aqua Kickboxing: Out of the Box Layne Pg 18	SoulBody Barre: Modifications & Challenges Barbour & Vandiver Pg 18	Best Body Countdown Digsby Pg 18	Trends in the Fitness Industry Hagan Pg 18	
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EXPO OPEN 8:15am-9:30am

TriggerPoint™: Hip and Shoulder Mobility Riddick Pg 19	Aqua Core Power & Performance Hagan Pg 19	Introduction to IN-TRINITY® Lee Pg 19	Essential Oils for Recovery and Recuperation Conrad Pg 19	Go Bones H. Garcia & K. Garcia Pg 19	Boxing Bootcamp Dugger Pg 19

EXPO OPEN 12:15pm-3:30pm



Psoas and Glutes Strategies Osar Session 2 Pg 20	Pool Pyramids Layne Session 2 Pg 20	IN-TRINITY® Warrior Program Lee Session 1 Pg 20	Optimizing the Body's Metabolic Windows Kaczmarek Session 2 Pg 21	Using Social Media to Up Your Game Freytag Session 1 Pg 20	
Next-Level Recovery Ross Pg 21	WATERinMOTION® Platinum 6 Kooperman, Warasila, Velazquez & Henry Pg 21	Introduction to IN-TRINITY® Lee Pg 21	Debunking Common Myths in Nutrition Comana Pg 21	Supramaximal Eccentric Training Kravitz Pg 21	
Know Knots and Mobility Lindstrom & Oktyabrskiy Pg 22	Aqua Zen Warasila Pg 22		Solutions for Women, Hormones and Metabolism Kravitz Pg 22	Selling for the Non-salesperson Conrad Pg 22	

EXPO OPEN 6:15pm-7:30pm

			Ebbs and Flows of Aqua Exercise: Panel Discussion Biscontini, Warasila, Howard, Layne & Henry Pg 22		
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TriggerPoint™: Life after Foam Rolling Riddick Pg 23	Go Shallow or Deep! Henry Pg 23		Cream Rises: Promoting Trainer & Instructor Excellence Biscontini Pg 23	Pain Relief, Naturally Conrad Pg 23	
Introduction to Meditation Rockit Pg 24	Fluid HIIT Fusion Velazquez Pg 24		Meals & Musings Biscontini Pg 24	Myths, Misconceptions and Controversies in Exercise Kravitz Pg 24	with Melissa Layne • 8:00am-3:30pm • Pg 10

EXPO OPEN 10:00am-1:30pm

The Rotator Cuff: Corrective Exercises Osar Pg 25	Anchor Down Henry Pg 25		8 Essentials of Human Nutrition Kaczmarek Pg 25	Three Simple Steps to Better Health K. Garcia Pg 25	
Next-Level Recovery Ross Pg 25	Spirited Surf Rockit Pg 25	IN-TRINITY® INSTRUCTOR CERTIFICATION with Audrey Lee 8:00am-4:00pm Pg 10	New Rules for Peak Nutrient Timing Kravitz Pg 25	Become a Retention Rockstar H. Garcia & K. Garcia Pg 25	WATERinMOTION® CERTIFICATION with Connie Warasila • 8:00am-4:00pm • Pg 10

LES MILLS SPRINT® Adam Bramski

LES MILLS

Take your training to the next level with a new cycling workout built on the science of high-intensity interval training (HIIT) that returns rapid results with minimal joint impact. The short duration of the workout will motivate you to push your physical and mental limits. This is a great session for instructors to walk away from with an understanding of how to be a world-class HIIT coach using cycling as the driving tool.

FR6H Friday, 6:30pm-7:30pm**STATE OF THE INDUSTRY ADDRESS - PANEL DISCUSSION****Maureen Hagan, Casey Conrad, JD, Brian Nunez, Irene Lewis-McCormick, MS, CSCS & Jeff Howard**

In this new format for 2016, meet with industry experts regarding the future of group fitness, personal training, nutrition and club operations as they discuss where our industry is now, the challenges we are facing in today's market, and where our future lies. Questions will be asked to the group to stimulate unified answers and differing opinions. An open forum will follow where you can address the experts and hear first-hand the best practices that exist today. (LECTURE) THIS IS FREE MASTERCLASS; FREE WINE, FRUIT AND CHEESE WILL BE PROVIDED!

FR6I Friday, 6:30pm-7:30pm**SATURDAY, SEPTEMBER 10****SA1****7:00AM-8:30AM****STRENGTH CIRCUIT RAMPING****Chris Freytag**

Turn up your strength with SPRI's Slanted Riser. This circuit-style class focuses on functionally integrated exercises to strengthen your body as an entire unit instead of muscle by muscle. You'll be bending, reaching, pulling, pushing, and lunging while using your body weight, weighted bars, dumbbells, and the slanted Step platform. Discover how functional your body really is and learn to create and coach participants through circuits and progressions. Gather new ideas on how to get strong, motivated, and ripped.

SA1A Saturday, 7:00am-8:30am**ALL SMALL BALL Abbie Appel**

On Demand

With special focus on the abs, back and butt, this beyond-the-basics small weightless ball training session will show you how to teach to optimize strength and posture. Use Pilates principles and traditional terminology to cue corrections and modifications as needed to train the most important muscles in the body. From top to bottom, inside and out, experience the power of ball training.

SA1B Saturday, 7:00am-8:30am**TOTAL BODY CORE TRAINING Pete McCall, MS**

Effective core training should integrate all muscles to work effectively around the center of gravity. Traditional core exercises have clients lying on the ground moving in a single plane, which does not prepare the muscles for the forces they will experience during upright, ground-based movement. Disruptive Training with various equipment, including the ActivMotion Bar, will help you design a core training program that prepares the body for the way it is designed to work in a three-dimensional environment.

SA1C Saturday, 7:00am-8:30am**THE ULTIMATE WORKOUTS: DUMBBELLS AND KETTLEBELLS****Irene Lewis-McCormick, MS, CSCS**

There are so many fun, different and unique ways to use light weight kettlebells and light weight dumbbells in group fitness. Revisit the benefits of endurance-based strength movements using these portable loads. Walk away with several, easy to teach and replicable multi-joint exercises presented in a combination of rep-based (32-count) and time-based intervals using sequencing that ensures flawless execution each and every session.

SA1D Saturday, 7:00am-8:30am**T'AI CHI FUNDAMENTALS Lawrence Biscontini, MA**

Some claim that T'ai Chi is one of the oldest group exercise forms on the planet. This T'ai Chi workout can be done at any time of day and without equipment. You'll learn how to feel more invigorated, energized and balanced from this natural choreographic flow of wellness. This session will address your stability and mobility through moving, balanced meditation.

SA1E Saturday, 7:00am-8:30am**TRAINING OLDER CLIENTS WITH OSTEOARTHRITIS****Dr. Evan Osar**

If you work with baby boomers or seniors, then you likely work with individuals who have been diagnosed with osteoarthritis or degenerative joint disease (DJD). DJD is one of the most common orthopedic issues keeping individuals from effectively walking, biking, exercising and/or performing daily activities. During this session, you will learn exactly why your clients develop joint issues and discover a corrective exercise strategy to safely and effectively improve your clients' stabilization and movement patterns.

SA1F Saturday, 7:00am-8:30am**AQUA KICKBOXING: OUT OF THE BOX Melissa Layne, MEd**

Aqua kickboxing doesn't have to mean standing in one place and throwing repetitive jabs and stationary kicks. How about some combinations to move you through the water and up the calorie burn? Front, side, back, diagonal and even in a circle. It's past time to take your kickboxing out of the box and into the entire pool!

SA1G Saturday, 7:00am-8:30am**SOUL BODY BARRE: MODIFICATIONS AND CHALLENGES****Stacey Vandiver & Ann Marie Barbour**

Learn to teach all levels in a one-hour mindfully intense "Barre" class. How do you take one exercise and layer in complexity to challenge or modify for form and strength but still create effectiveness? Soul Body takes you through the flow of our SB Body Barre class and shows how to ramp-up or tone-down each exercise. We focus on proper form and body alignment and you will learn how you can demonstrate, cue, correct and inspire EVERYONE in your class.

SA1H Saturday, 7:00am-8:30am**BEST BODY COUNTDOWN Sohaila Digsby, RD, LD**

Are your clients' fitness efforts thwarted by what they put in their mouths between workouts? What can you do to ensure that the hard work they do with you shows-up in their body fat percentages, Facebook "selfies," and medical charts? Learn strategically designed steps to get your class participants and clients to reach their very Best Bodies...in just 52 days! (LECTURE)

SA1I Saturday, 7:00am-8:30am**TRENDS IN THE FITNESS INDUSTRY Maureen Hagan**

Join award-winning industry authority Mo Hagan for an in-depth presentation of the latest fitness industry trends. Mo will highlight and interpret the top trends from a variety of industry and discuss the factors that influence their rise and fall from the "Top 10" list for 2016. Mo also will provide her own insights that may help you make smarter investment decisions as to how you spend your time, effort and money.

SA1J Saturday, 7:00am-8:30am**DR. LEN KRAVITZ, PHD**

Len is a favorite presenter at SCW MANIA® conventions, where he regularly delivers the keynote address, "Exercise: The Magic Bullet." He's no stranger to accolades; Len won the first-ever IDEA Fitness Instructor of the Year Award in 1987 and was voted into the National Fitness Hall of Fame in 2016. He received the prestigious Canadian Fitness Professionals Lifetime Achievement Award in 2008, was named CanFitPro's "Specialty Presenter of the Year" in 2006 and 2009, and he earned the ACE® "Fitness Educator of the Year" title in 2006. In his spare time, Len is the Program Coordinator of Exercise Science and a Researcher at the University of New Mexico, where he won the "Outstanding Teacher of the Year" award.

SA2 KEYNOTE ADDRESS 9:30AM-10:45AM



EXERCISE: THE MAGIC BULLET

Len Kravitz, PhD

This multi-media presentation will be sure to inspire, motivate and educate. Join Dr. Len Kravitz in an incredible journey through new advances in the effects of exercise. Explore 20 'think different be different' fitness ideas along with 10 motivational messages from famous individuals that demonstrate the positive life impacts of exercise.

Room A Saturday, 9:30am-10:45am

SA3 11:00AM-12:30PM

360 TRAINING DRILLS Brian Nunez

SPRI

Train like never before with the SPRI 360 Trainer. One Tool, tons of training! Increase mobility, balance, reaction-time, endurance, strength, power and athletic performance. Combine partner drills, team coaching and individual skill challenges to create the complete 360 training experience. Hit the mark and bring your training full-circle.

SA3A Saturday, 11:00am-12:30pm

SPEEDBALL MARTIAL LAW

Steve Feinberg & Lauren Colenso-Semple



Experience a perfect 1-2 punch on both unloaded and loaded movement. Learn and practice a specific selection of punches and kicks set to a tempo that will leave you feeling breathless and focused! Then apply these principles under load as you learn to control the SpeedBALL in 3D. Perfect for first-time cardio kickboxers or advanced martial artists. Be the master of your own body and space.

SA3B Saturday, 11:30am-12:30pm

NO EQUIPMENT, NO PROBLEM

Manuel Velazquez



This is a formatted experience where the movements are sequenced to get your body to work as one unit through all planes of motion without using equipment and with very little rest between segments. The results include efficient metabolic rate enhancement as the exercise intensity is close to the anaerobic work zone. Train hard and get strong while only using the most accessible piece of equipment you will ever have, YOUR BODY!

SA3C Saturday, 11:00am-12:30pm

BALANCED BODY® FIT: CIRCUIT BLAST Valentin



Add intensity, focus and fierceness to your circuit training while providing a balanced, full body workout. Three short circuit classes will show you how much you can do with a short class and a lot of focus. Great for lunchtime and corporate class settings.

SA3D Saturday, 11:00am-12:30pm

FLEXIBILITY FOR MOBILITY: CHAIR-BASED

PERFORMANCE Irene Lewis-McCormick, MS, CSCS



In this performance-based older adult workshop, Irene addresses mobility, joint range of motion, physical integrity and total body awareness for the functionally oldest of clients. Examine increasing balance, reducing stress levels, improving ranges of motion and ability for self-care. Explore soft tissue extensibility, power, assistance and accompanying movement selection using two stable chairs for increased movement variety and confidence.

SA3E Saturday, 11:00am-12:30pm

TRIGGERPOINT™: HIP AND SHOULDER MOBILITY

Kolleen Riddick



The hips and shoulders are the most mobile joints in the body, but they often lock-up creating improper movement patterns and injuries. Normal functional activities, such as walking, require extension, flexion, and rotation of the hips and shoulders. If this can't occur, the nervous system alters the movement pattern. Learn



to quickly identify these patterns and properly address with self-myofascial release. This advanced approach creates the myofascial relationships necessary to optimize movement, prevent injury and enable the body to perform optimally.

SA3F Saturday, 11:00am-12:30pm

AQUA CORE POWER & PERFORMANCE Maureen Hagan

Core training is the foundation for training anybody in any environment—land or water! Exercisers demand a strong and functional (not to mention fabulous-looking) core to get them through their daily lives safely and efficiently. This practical workshop will assist group aqua instructors and personal trainers in refining and progressing their skills and exercise repertoire, with core at the center of it all!

SA3G Saturday, 11:00am-12:30pm

INTRODUCTION TO IN-TRINITY®

Audrey Lee



The IN-TRINITY Board by Matrix, created by Johnny G, uses an elevated training platform to integrate and enhance the benefits and challenges of gravity training. Incorporating familiar movements from Yoga, Pilates, Qi Gong, Martial Arts and strength and flexibility training, this intelligently designed piece of equipment will introduce you to a new paradigm of training for your body while breaking through the limitations of traditional movement. Come experience the IN-TRINITY Orientation Program, consisting of movements from different disciplines of exercise.

SA3H Saturday, 11:00am-12:30pm

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DC MANIA®

Find out how at scwfit.com/dc/discount

ESSENTIAL OILS FOR RECOVERY**AND RECUPERATION Casey Conrad, JD**

Whether it is from teaching or working out, you have undoubtedly experienced sore and tired muscles and perhaps, even an injury. Good news; you can support your body through the discomforts of exercise with all-natural essential oils. Athletes worldwide use very specific essential oils for performance enhancement, recovery and recuperation. Learn the what's, why's and how's in this seminar. All attendees will get to experience a variety of oils for free. (LECTURE)

SA3I Saturday, 11:00am-12:30pm**GO BONES Herson Garcia & Kimberly Garcia**

More than half of the population over 50 years of age has been diagnosed with osteoporosis. The numbers of those suffering with chronic joint pain and loss of lean body mass continues to rise. These clients are seeking support and need your help in learning how to safely exercise to become stronger, leaner and sturdier. Join NeuroKinetic Practitioners, Herson and Kim Garcia to learn how you can safely empower individuals to age well. (LECTURE)

SA3J Saturday, 11:00am-12:30pm**BOXING BOOTCAMP Tonya Dugger**

Looking for ideas for a new station in your Circuit class or Tabata Bootcamp? This session explores the basics of boxing through the use of bags, gloves, ropes, medicine balls and more. It has been proven that hitting a bag and focusing on combinations can provide relief from the aggression-filled issues that enter our lives. Experience a high-intensity level of training and enjoy one of the world's most disciplined sports: Boxing.

SA3K Saturday, 11:00am-12:30pm

movements from Yoga, Qi Gong, Martial Arts, strength and flexibility training. The Warrior Program introduces new rhythm, pacing and breathing guidelines applying the unique characteristics of the IN-TRINITY® board. Expand your knowledge of the core principles, concepts, and signature movements of the IN-TRINITY®. Explore personal challenges and opportunities to improve familiar movement patterns.

SA4H Saturday, 12:45pm-2:15pm**USING SOCIAL MEDIA TO UP YOUR GAME****Chris Freytag**

Social media marketing is no longer trendy, it's necessary! It's the most cost-effective way for health and fitness professionals to build their brand, engage participants, gain referrals, and increase retention. In this session, we will discuss Facebook, Twitter, Instagram, Pinterest and YouTube. Chris will explain each platform and discuss how to decide, which will benefit your business the most while focusing on best practices, expert tips and tricks, and tactics on growing a community of followers. (LECTURE)

SA4J Saturday, 12:45pm-2:15pm**SA4 - SESSION 2****1:30PM-3:00PM**

If you choose this session, then 12:30 PM-1:30PM will be your EXPO and lunch break.

ALIGN AND DEFINE Abbie Appel**SPRI**

Better alignment gets you more defined. This Barre/Pilates-inspired, barefoot program will improve posture, movement and efficiency and enable you to do more work with less effort leading to total body muscle development. Leave with new ideas that increase deep core engagement, muscular recruitment and enhance optimal alignment and symmetry. Internal focus leads to external excellence.

SA4A Saturday, 1:30pm-3:00pm**SA4 - SESSION 1****12:45PM-2:15PM**

If you choose this session, then 2:15pm-3:15pm will be your EXPO and lunch break.

PRIMAL PLAYTIME Fabio Comana, MA, MS

Transfer your knowledge of proper movement into fun and challenging patterns that you can perform anywhere and anytime! Train with body weight using integrated, three-dimensional movement patterns and sequences that deliver a workout experience like no other! Keep your clients and participants coming back for more.

SA4C Saturday, 12:45pm-2:15pm**THE ONE WEIGHT WORKOUT: KETTLEBELL Pete McCall, MS**

Do you have a limited budget for only a few pieces of equipment? This session will teach you strategies for creating a fun and challenging workout that addresses mobility, strength, power and metabolic conditioning using only the Kettlebell.

SA4D Saturday, 12:45pm-2:15pm**STRENGTH TRAINING FOR LONGEVITY & VITALITY****Sara Kooperman, JD**

Whether a personal quest or way to engage the fastest growing segment of the population, this workout presents effective and manageable training techniques for the 50+ population. Led by an icon in the fitness industry, Sara takes you through this Group Strength Class using simple exercises and portable equipment for a total body workout. Strength, endurance, flexibility and balance are the lenses we use when analyzing our programming. It's not about how long or hard you train, it's about exercising smart for longevity and vitality.

SA4E Saturday, 12:45pm-2:15pm**IN-TRINITY® WARRIOR PROGRAM****Audrey Lee**

The IN-TRINITY Board by Matrix, created by Johnny G, uses an elevated training platform to integrate and enhance the benefits and challenges of gravity training while incorporating

**LES MILLS GRIT® CARDIO Adam Bramski****LES MILLS**

LES MILLS GRIT® Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT® Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

SA4B Saturday, 1:30pm-3:00pm**MIND OVER MATTER**

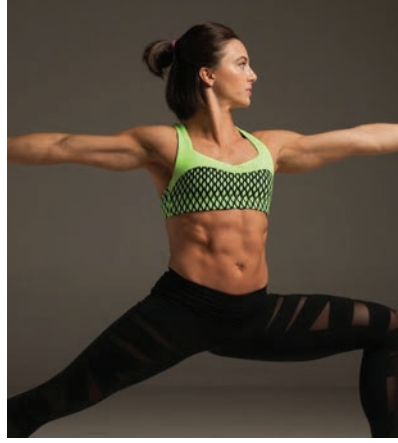
PSOAS AND GLUTES STRATEGIES

Dr. Evan Osar

Institute for Integrative Health & Fitness Education

Hip dysfunction is one of the leading causes of decreased performance and the development of chronic pain. The psoas and glutes are vital to maintaining optimal functioning of both the hip and spine. Unfortunately, most strategies only focus on stretching the psoas and strengthening the glutes. Discover how to identify the common signs of dysfunction and the corrective exercises necessary for improving the psoas and glutes function. (LECTURE)

SA4F Saturday, 1:30pm-3:00pm



STEPHANIE LAUREN

Stephanie is the epitome of health and fitness both professionally and personally. As an elite athlete, coach and fitness leader, Stephanie has used her evolving sense of safely optimizing the body to create PLYOGA, which is a four-part high intensity interval system using accelerated and fundamental yoga as an effective active recovery for plyometric movement. Stephanie is also a former NCAA Division I competitor in two sports, which include gymnastics and track and field. She is an ANBF Figure & Physique professional, a Health and Wellness Coach, a CEC Provider for SCW, ACE, AFSA, NASM and CanFitPro and a proud mom. Stephanie says strong is the new sexy! YOUR BODY IS POWER®.

POOL PYRAMIDS Melissa Layne, MEd

OnDemand

Most of us experience some kind of burnout after teaching multiple classes every week in the pool. Building timed pyramid intervals is a great way to combat boredom. Your pyramids may be based on time, strength, HIIT training or cardio. Members love the flexibility of the workout, and you will love the endless combinations.

SA4G Saturday, 1:30pm-3:00pm

OPTIMIZING THE BODY'S METABOLIC WINDOWS SCIENCE

Danny Kaczmarek

Learn how to prime the body's tissues before, during, and after training. Danny will discuss Epigenetic Nutritional Medicine, the study of nutritional energy frequencies, characteristics, and their healing and building potential. Learn how to enhance the body's ability to "free up" fatty acids to build lean muscle by controlling insulin levels and how to increase the body's "flow" potential. Diet combination "tricks" to enhance digestive power, efficiency, and enzyme function will also be discussed during this informative session. (LECTURE)

SA4I Saturday, 1:30pm-3:00pm

SA5

3:15PM-4:45PM

FEMALE FORMULA: BATTLE IT OUT! Chris Freytag SPRI

Get a high-intensity, full-body workout incorporating the battle ropes. This session tests your aerobic capacity like no other while working upper and lower body muscles! Alternate the ropes with body-weight exercises and take your fitness to a new level. Learn basic thru advanced rope moves and sequence them in partners or small groups. You'll switch between timed intervals of rope work and "breaks" of body weight exercises like squats, lunges, and planks. Push your muscles and metabolism to another level.

SA5A Saturday, 3:15pm-4:45pm

GET RIPPED! WORKSHOP Jari Love & Ali Bryan

RIPPED!

This workshop explores the science behind Get RIPPED!, which is the critically-acclaimed total body workout system designed to maximize fat loss, burn calories and sculpt lean muscle. Created by Jari Love, in collaboration with exercise physiologists, RIPPED! has been clinically proven to burn up to 3X the calories of a traditional weight training program. The workshop concludes with a workout featuring highlights from RIPPED! 96-1 & 96-2 - the "96 rep" compound phase of the Get RIPPED! series.

SA5B Saturday, 3:15pm-4:45pm

SOUL GROOVES®: STRENGTH Tammy Harris

Soul Grooves

Soul Grooves® is a transformative mind, body and soul cardiovascular dance workout that inspires people to change their bodies as well as their lifestyles. It builds a community of inspired, accepting and compassionate people. With fun, effective, energetic and easy-to-follow dance routines, Soul Grooves® combines Hip Hop, Latin and athletic movements into one 60-minute experience and delivers an unforgettable workout that appeals to all fitness levels, ages, shapes, sizes, genders and backgrounds.

SA5C Saturday, 3:15pm-4:45pm

PLYOGA®: THE REVERSE WARRIOR Stephanie Lauren

PLYOGA

We need "Core Focused Training" and so do you. We have taken our PLYOGAVERSE™ bundled format and reversed it. You will see Core, Core, Explode rather than Explode, Explode, Core. You will be working your entire mid-section along with features of balance, muscle elongation, agility and endurance exercises. When you are done, you will never look at "Your Abs Day" the same again! You will BURN CALORIES FOR DAYS!!! "Good bye abs workout, hello functional core training!"

SA5D Saturday, 3:15pm-4:45pm

ATHLETES & ASANAS Yury Rockit

If you have clients training for an endurance race, seeking to improve sport performance or looking to creatively cross-train with their regular routines, Yury will show both group ex instructors and personal trainers how to dimensionalize yoga to attract more athletic types. With two main goals of improving stability and mobility through yoga, you will learn how to choose an asana to complement athletic performance, augment body awareness to help prevent injury and aid injury recovery and rejuvenation.

SA5E Saturday, 3:15pm-4:45pm

NEXT-LEVEL RECOVERY Jonathan Ross

PLYO BUDDY PRODUCTS

This session features full recovery in no time at all. With a simple focus on a therapeutic technique developed for athletes in a sports medicine clinic, we are going to focus on this three-step protocol: Compress + Percuss + Stretch. You will learn this easy and effective method for yourself and with a partner. You are familiar with foam rollers and stretching and now we are adding the electric percussive massager to cut your recovery time in half!

SA5F Saturday, 3:15pm-4:45pm

WATERINMOTION® PLATINUM 6

waterinmotion

Sara Kooperman, JD, Connie Warasila, Manuel Velazquez & Chris Henry

Platinum is a shallow-water, low-impact aqua exercise experience that offers older adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized educational exercise system provides easy-to-teach and learn choreography, fantastic marketing and a scientifically designed program. Leave with eight new 64-count choreography blocks and a fun list of usable music.

SA5G Saturday, 3:15pm-4:45pm

INTRODUCTION TO IN-TRINITY®

Audrey Lee

IN-TRINITY

The IN-TRINITY Board by Matrix, created by Johnny G, uses an elevated training platform to integrate and enhance the benefits and challenges of gravity training. Incorporating familiar movements from Yoga, Pilates, Qi Gong, Martial Arts and strength and flexibility training, this intelligently designed piece of equipment will introduce you to a new paradigm of training for your body while breaking through the limitations of traditional movement. Come experience the IN-TRINITY Orientation Program, consisting of movements from different disciplines of exercise.

SA5H Saturday, 3:15pm-4:45pm



BRIAN NUNEZ

Brian has more than 10 years of fitness education experience and is the owner and creator of the FNS Training Center in Santa Clara, Calif. Brian earned his degree in Kinesiology from San Jose State University and is certified through NASM as a Personal Trainer and Performance Enhancement Specialist. Brian is a Holistic Lifestyle Coach through the CHEK institute and a Master Trainer for Ignite Performance Training as well as a favorite MANIA® presenter. Brian was nominated for the 2015 Boston MANIA® Presenter of the Year.

BALANCED BODY® MOTR®: RUN YOUR MOTR!®

Erika Quest

Do you want to try something new? Experience the excitement of a dynamic, full-bodied workout using the MOTR®. Combine core, cardio, resistance training and balance into a powerful and versatile fitness adventure. Enjoy a true mind body fitness experience backed by the Balanced Body Movement Principles. **SA6D Saturday, 5:00pm-6:30pm**



TABATA YOGA Jeff Howard

Tabata utilizes alternating work and rest for periods of time in a sequence of eight repetitions. This practice lends itself to yoga; holding a pose for 20 seconds, then resting for 10 seconds and repeating brings one to nirvana. Experiencing the link between yoga poses and Tabata will add to your existing yoga practice.

SA6E Saturday, 5:00pm-6:30pm



DEBUNKING COMMON MYTHS IN NUTRITION

Fabio Comana, MA, MS

Ever questioned common ideas or practices that sound too good to be true? Beliefs perhaps derived from old science, anecdotal opinion, or even fiction? Is it time to separate fact from fiction so you can enhance your own credibility? Join this session where we will debunk various prevailing myths in nutrition. (LECTURE)

SA5I Saturday, 3:15pm-4:45pm

SUPRAMAXIMAL ECCENTRIC TRAINING

Len Kravitz, PhD

Join Len and learn Supramaximal Eccentric Training, which is the most powerful resistance training tool for women and men. Plus, this cutting-edge lecture will go over all of the newest research on Delayed Onset Muscle Soreness (DOMS), the repeated bout effect with eccentric exercise, the mystery of eccentric exercise and metabolism and the unique new research on the use of eccentric training in rehabilitation settings. Len will showcase 30 great eccentric exercises using multi-media technology plus three different eccentric training techniques. A must-attend for every serious personal trainer. (LECTURE)

SA5J Saturday, 3:15pm-4:45pm



KNOW KNOTS AND MOBILITY

Eugene Oktyabrskiy & Tobin Lindstrom

Our lifestyle has an often unappreciated impact on our health and bodies. Our daily activities (or inactivity) can lead to knots and imbalances that result in aches, pain and impaired movement. In this session, you will learn how to identify issues and what to do about them. We will use KnotOut® Mobility Tools to help find and address problem areas. Knowing how to counteract lifestyle effects is a powerful tool to improve your clients' well-being.

SA6F Saturday, 5:00pm-6:30pm

AQUA ZEN Connie Warasila

Slip into the pool and experience a relaxing blend of ancient movement forms (yoga and Tai-Chi) and more contemporary mind/body movement (Ai-Chi, Pilates, dance, aqua movement). You will journey to a place of deep physical and mental relaxation while practicing breathing techniques, centering, balance, core control and free-flow forms. Come; wash away the day's tension and stress. You will float away refreshed, renewed and calm.

SA6G Saturday, 5:00pm-6:30pm



SA6

5:00PM-6:30PM

MOVE FREE: STRANDS Jonathan Ross

Moving well requires the body to be balanced, symmetrical and free from restriction. Efficient movement demands optimal joint "mobility," connective tissue "stability" and muscle "activity". In this session, you will learn a series of isolated and integrated Mobilization > Stabilization > Activation movement patterns using SPRI Strands for better movement, better workouts and a better life. Come in tight and leave feeling just right!

SA6A Saturday, 5:00pm-6:30pm

SPRI

SPEEDBALL CORE

Steve Feinberg & Lauren Colenso-Semple

Speedball is an intense, NON-STOP multi-directional conditioning program featuring the revolutionary SpeedBALL. Speedball Core introduces unique core exercises, balance, mobility, stability and incorporates interactive partner training. The program can be performed in an existing conditioning class or seamlessly inserted into a personal training session.

SA6B Saturday, 5:00pm-6:30pm



BEYOND BANDS FOR BARRE

Abbie Appel

Experience resistance band work like never before. Utilize two flat elastic bands, which include a short band and a long band (4-5 feet) to challenge the upper body, lower body and core. Begin with long band work to train hard-to-reach areas like the back. Finish with short band work to train the lower body and co-contract the deep core stabilizers. Learn unique movements that utilize a variety of cues, modifications and progressions for strength programs, Pilates classes and Barre workouts.

SA6C Saturday, 5:00pm-6:30pm



SOLUTIONS FOR WOMEN, HORMONES AND METABOLISM Len Kravitz, PhD

This highly updated lecture summarizes recently published research and the latest science on the physiological effects of hormones, metabolism and energy expenditure in women. A comprehensive review of fat metabolism, muscle fiber characteristics, body composition, endocrinology, caloric expenditure and female physiology related to exercise is presented. Resistance and aerobic training program designs, specifically for women, are presented, which are all based from scientific studies. This ultramodern lecture is a 'must attend' for any personal trainer who trains female clients. (LECTURE)

SA6I Saturday, 5:00pm-6:30pm

SELLING FOR THE NON-SALESPERSON Casey Conrad, JD

The ability to sell products and services in a health club is critical because sales drive revenue. Unfortunately, many people think "selling" is a dirty word, and a majority of a clubs' staff aren't technically "salespeople." In this seminar, employees from any department will learn how to: view sales in a more positive light, establish rapport and make a prospect comfortable, create an environment in which selling is educating, establish simple methods for creating sales motivation, and have fun in the process! (LECTURE)

SA6J Saturday, 5:00pm-6:30pm

SA7

6:45PM-7:45PM

EBBS AND FLOWS OF AQUA EXERCISE:

PANEL DISCUSSION Lawrence Biscontini, MA, Connie Warasila, Jeff Howard, Melissa Layne, MEd, & Chris Henry

Explore the most current tips and trends in water exercise. This panel of industry experts addresses topics including aqua programming options such as HIIT, barre training and mind/body classes. Our presenters also expand upon water exercise scheduling variations, salary comparisons and certification requirements. Discussions on deck teaching approaches, arm placement (in and out of the water), and cueing techniques make for a lively review. Come with plenty of comments and questions and learn from aqua's best! (LECTURE)

SA7I Saturday, 6:45pm-7:45pm

20 minutes is a heart-pumping Tabata workout. The second 20 minutes is a multi-repetition program using integrated explosive exercises, and the last 20 minutes is traditional body conditioning segment used as a recovery cycle. 20X3 is truly a workout for the new millennium!

SU1B Sunday, 7:00am-8:30am

BALANCED BODY® MOTR®: SENIOR POWER

Valentin

Baby boomers who are actively aging can be your most dedicated and inspiring clients. Using the Balanced Body Fit system, experience small group circuit programming designed to work on the strength, balance and fitness needs of the mature client. Learn the key principles and several skill-based circuits for this great group.

SU1D Sunday, 7:00am-8:30am



TRIGGERPOINT™: LIFE AFTER FOAM ROLLING

Kolleen Riddick

Mobility is a buzz word in the fitness industry, but when do you introduce it? What if the body needs stability instead? The body functions as a kinetic chain and if one joint can't move, others move more, which is one of the primary causes of pain and injury. Learn to use TriggerPoint's Myofascial Compression™ Techniques and dynamic stretching along with core, balance and reactive training to integrate the nervous system and walk away with a new approach to assessments.

SU1F Sunday, 7:00am-8:30am



SUNDAY, SEPTEMBER 11

SU1

7:00AM-8:30AM

FEMALE FORMULA: BALLAPALOOZA

Chris Freytag

Let's party! Throw it, catch it, toss it, slam it... nothing's off limits. Experience a variety of integrated total body conditioning weighted ball moves with the progressive variable Intensity training program. Learn a series of fun and unique partner training routines using a light weight oversized ball for volume moves, a slightly smaller and higher weight ball for your strength moves and top it off with an ultra-dynamic weighted ball move. Come prepared to work hard and play hard!

SU1A Sunday, 7:00am-8:30am

SPRI

20X3 Jeff Howard

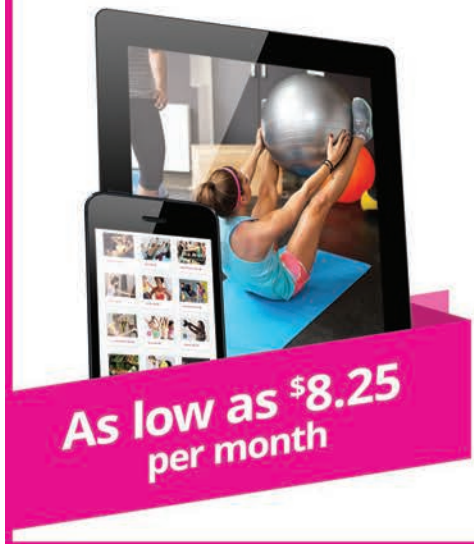
This one-hour workout combines three 20-minute segments to feed a challenged-hungry crowd. Come experience three of the hottest fitness trends united into a full hour of excitement. The first



GO SHALLOW OR DEEP! Chris Henry

Water can be a real drag! Find out in this session just how much power and core-strength is needed to effectively move in deep water. We'll detail the distinct differences between shallow and deep workouts and explore creative and challenging ways to make your deep water classes fun and challenging.

SU1G Sunday, 7:00am-8:30am



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CREAM RISES: PROMOTING TRAINER & INSTRUCTOR EXCELLENCE

Lawrence Biscontini, MA
Based on Lawrence's best-selling book, explore the difference between being good and great as a fitness teacher, personal trainer and presenter. Join this SCW Faculty member and ACE, Can Fit Pro and IDEA award recipient for thoughts on sharpening instructional skills, becoming a presenter and attracting media attention. This lecture provides you with oodles of ideas on ways to improve your career. Learn the importance of beginning and ending sessions, developing themes, retaining your clients, owning the stage, and more! (LECTURE)

SU1I Sunday, 7:00am-8:30am

PAIN RELIEF, NATURALLY!

Casey Conrad, JD
If you have experienced any kind of pain, you know how horrible it can be. Whether severe or chronic, pain can overwhelm all aspects of our well-being - mind, body, spirit, emotions - and disrupt our lives. Although over the counter and pharmaceutical drugs alleviate pain, they only mask symptoms and have negative side effects. Essential oils and natural supplements provide your body with the raw materials it needs to heal itself WITHOUT the potential side effects of synthetic drugs. (LECTURE)

SU1J Sunday, 7:00am-8:30am

SU2

8:45AM-10:15AM

ROLL, RESTORE, RECHARGE!

Jonathan Ross
Roll away restrictions, rehydrate your muscles and enhance recovery. Reactivate and recharge less active muscles using the "soften, lengthen and strengthen" method for regaining joint mobility and muscle flexibility. Use self-massage combined with unique and creative exercises to enhance your warm-ups and workouts. Remove the brakes, reactivate muscles and perform better and then do the same for your clients!

SU2A Sunday, 8:45am-10:15am

CXWORX

Adam Bramski
A stronger core is important for everything from everyday life to your favorite sports - it's the glue that holds it all together. CXWORX™ offers a challenging but achievable workout for all fitness levels. You'll be guided through correct technique as you work with resistance tubes and weight plates in addition to body weight exercises such as crunches and hovers. You will also perform some hip, butt and lower back exercises.

SU2B Sunday, 8:45am-10:15am

LES MILLS

SPRI

GROUP EXERCISE OR GROUP INJURY?

Herson Garcia & Kimberly Garcia

Musculoskeletal injuries accounted for more than 57 million health care visits in 2004. As group fitness programs continue to rise and time efficient, high intensity exercise routines are in demand, it's critical to learn how to offer your clients a little of what they want and a lot of what they need. Join NeuroKinetic Practitioners, Herson and Kimberly Garcia, to learn how you can design programs that deliver consistent results without the injury. (LECTURE)

SU2D Sunday, 8:45am-10:15am

INTRODUCTION TO MEDITATION

Yury Rockit
Learn the background to traditional tenets of Buddhist meditation from principles to practices. Instead of only learning the theory, we will practice together as we discuss new pranayama skills and meditation drills you can implement into your own life or use with clients and classes almost immediately for both physiological and psychological benefits for mind and body. We will also learn how you can implement seated postures in a variety of more advanced positions.

SU2F Sunday, 8:45am-10:15am

FLUID HIIT FUSION

Manuel Velazquez
Fluid Fusion is an aqua interval training workout designed to maximize your benefits by using the unique properties of water. The workout flows between anaerobic bursts to increase your cardiovascular capacity and active rest periods that focus on functional strength. Enjoy this fluid workout that will increase and improve muscle strength and facilitate muscle and joint performance all while enhancing your cardiovascular system. Learn more about how water exercise can open the door to fitness for a variety of participants.

SU2G Sunday, 8:45am-10:15am

MEALS & MUSINGS

Lawrence Biscontini, MA
Lawrence's best-selling book takes traditional recipes from around the world and reproduces them, both traditionally and with more-healthy options. Explore current trends of whole-food, raw food, slow and sustainable food, and discuss what fit people REALLY eat. From raw salads to simple meals to decadent desserts, this session is for those who love to eat and want to learn some simple, international twists on meals. Proceeds from this book benefit Lawrence's charity. (LECTURE)

SU2I Sunday, 8:45am-10:15am

MYTHS, MISCONCEPTIONS AND CONTROVERSIES IN EXERCISE

Len Kravitz, PhD

Join Len for this no-holds-barred lecture on current myths, misconceptions and major controversies in the fitness industry. Scientific studies will be presented answering controversial questions about fat burning, concurrent training, post exercise fat burning, muscle acidosis, metabolic stress, extreme conditioning, fatigue, HIT vs Continuous cardio exercise, ideal substrate utilization strategies, high fructose corn syrup and MORE. (LECTURE)

SU2J Sunday, 8:45am-10:15am

OnDemand

SU3

11:15AM-12:45PM

MOVE FREE: FOAM ROLLER & BAR Chris Freytag **SPRI**

Free your body to move as it was meant to! Improve stability, mobility and coordination to enhance your efficiency of movement. Use the SPRI Training Bar to identify movement challenges and the foam roller to unlock them. Come Assess, Engage, and Improve human performance through our unique system of exercises.

SU3A Sunday, 11:15am-12:45pm**SPEEDBALL** Steve Feinberg & Lauren Colenso-Semple

Speedball is an intense, NON-STOP multi-directional conditioning program featuring the revolutionary SpeedBALL. Progressions to increase range of motion or add impact are available to challenge the conditioned athlete but the base techniques are safe and functional for any fitness level. The program simultaneously challenges muscular endurance and integrates functional core training without sacrificing cardiorespiratory intensity.

SU3B Sunday, 11:15am-12:45pm**ABS REVEALED** Jonathan Ross

Everyone wants better abs. Give them abs for "show" and for "go" while using smart programming. Learn when to follow the rules of ab training – and when to break them. Learn why you can still use crunches by using smarter versions. Discover creative new exercises to give clients the best of both worlds and achieve well-developed and well-functioning abdominals. Explore why planks are over-used and better ways to progress once the basic plank is mastered. The exercises are tied together in a complete, progressive training program to start right and finish strong for great-looking, well-performing abs.

SU3D Sunday, 11:15am-12:45pm**THE ROTATOR CUFF: CORRECTIVE EXERCISES****Dr. Evan Osar**

Many of our clients' experience tightness, impingement and pain in the rotator cuff. Over time, rotator cuff problems limit shoulder range of motion and lead to weakness that affects the ability to exercise as well as function in everyday life. Discover exactly how rotator cuff issues develop and how to implement a strategy for integrating the most effective corrective exercises into your client's program to improve function of their rotator cuff. (LECTURE)

SU3F Sunday, 11:15am-12:45pm**ANCHOR DOWN** Chris Henry

This aquatic exercise session focuses on grounded/anchored movements often omitted or overlooked in traditional exercises classes. In this course, we'll focus on the benefits of these isolated exercises that can increase core strength, stability, power and flexibility as well as compliment other exercise regimens. Come for a surprisingly challenging workout!

SU3G Sunday, 11:15am-12:45pm**8 ESSENTIALS OF HUMAN NUTRITION****Danny Kaczmarek**

Learn about the eight essentials everybody needs for a healthy and fit lifestyle. Additionally, Danny will discuss "The key to health is flow"! You will learn about the importance of oxygen, hydration and fluid balance and proteins and their role in healing, repairing and immune function. This session will also focus on the good and bad regarding carbohydrates as well as vitamins, synthetic versus whole food substrates, minerals and enzymes and the role they play in bodily functions.

SU3I Sunday, 11:15am-12:45pm**THREE SIMPLE STEPS TO BETTER HEALTH****Kimberly Garcia**

According to Gallup study, only one in seven full-time employees are considered healthy, and there's a reason for this statistic. Exercise, nutrition, sleep, stress and overall confusion in the health and fitness industry can lead to paralysis by analysis. Join Holistic Health Practitioner and Master Personal Trainer, Kim Garcia in learning the three simple steps to inspire the unmotivated to get on board and live well for life! (LECTURE)

SU3J Sunday, 11:15am-12:45pm

SU4

1:00PM-2:30PM

TRIFECTA FITNESS: HIIT - CARDIO - STRENGTH**Manuel Velazquez**

Various timing protocols are combined with challenging and fun various-cardio and strength sequences that will move you over three planes of motion including the sagittal, frontal and transverse. The result is an amazing HIIT challenge! Add toys such as Gliding Discs, medicine balls, tubing, dumbbells, and weighted bars to increase intensity and sweat through this FUN-ctional workout.

SU4A Sunday, 1:00pm-2:30pm**GET RIPPED! BOOTCAMP****Jari Love & Ali Bryan**

In this 60-minute, high-intensity class, Get RIPPED! goes beyond Group Ex by incorporating Jari Love's signature moves—including compound exercises and cardio intervals—into fresh combinations and patterns. Based on her best-selling DVD of the same title, this class has all the hallmarks and results of an award-winning Get RIPPED! workout in an innovative bootcamp format. Perfect for small group and personal trainers.

SU4B Sunday, 1:00pm-2:30pm**BALANCED BODY® FIT: MULTILEVEL CIRCUITS****Erika Quest**

Balanced Body Fit is a circuit class formula you can use to develop classes for any population, using any equipment you might have. Experience the form and the fun of Balanced Body Fit and take away all you need to start putting together great circuit classes on your own in this super fun workshop.

SU4D Sunday, 1:00pm-2:30pm**NEXT-LEVEL RECOVERY** Jonathan Ross

This session features full recovery in no time at all. With a simple focus on a therapeutic technique developed for athletes in a sports medicine clinic, we are going to focus on this three-step protocol: Compress + Percuss + Stretch. You will learn this easy and effective method for yourself and with a partner. You are familiar with foam rollers and stretching and now we are adding the electric percussive massager to cut your recovery time in half!

SU4F Sunday, 1:00pm-2:30pm**SPIRITED SURF®** Yury Rockit

Join Yury for a cardiovascular-based movement experience in the water featuring a mix of non-traditional music with movement inspired by African dance, yoga, Pilates and martial arts to improve your kinesthetic awareness and nurture your esthetic inner call for harmony. You will discuss ideas for shallow water pool orientation using non-traditional music for mindfulness and mindful disciplines for a cardiovascular purpose.

SU4G Sunday, 1:00pm-2:30pm**NEW RULES FOR PEAK NUTRIENT TIMING** Len Kravitz, PhD

This groundbreaking lecture explains a revolutionary approach to enhance performance, promote recovery and improve muscle integrity through Nutrient Timing. This technologically advanced presentation explains what nutrient timing is including the energy phase, anabolic phase, growth phase and metabolic physiology. Additionally, you will learn how to apply this totally new concept for endurance exercise, resistance training and the prevention of overtraining. This lecture is directed to personal trainers and fitness professionals seeking to add a new dimension to their training. (LECTURE)

SU4I Sunday, 1:00pm-2:30pm**BECOME A RETENTION ROCKSTAR****Herson Garcia & Kimberly Garcia**

It's easy to attract clients, but how do you keep them coming back? Master Personal Trainers and Holistic Health Practitioners, Herson and Kimberly Garcia, offer their inspiring and effective tips on how to retain clients for 10+ years. As co-owners of the Garcia Institute of Modern Excellence, they demonstrate how to expand from simple outdoor boot camps to owning a 4,600 square foot performance center producing over \$350,000 in revenue annually. (LECTURE)

SU4J Sunday, 1:00pm-2:30pm

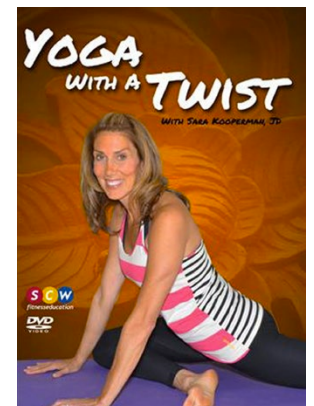
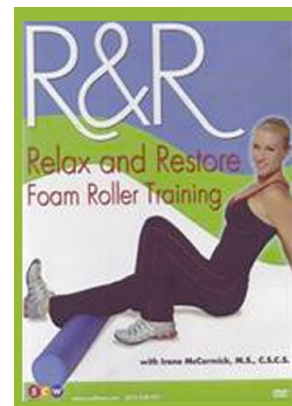
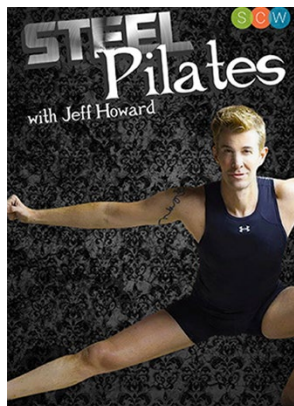
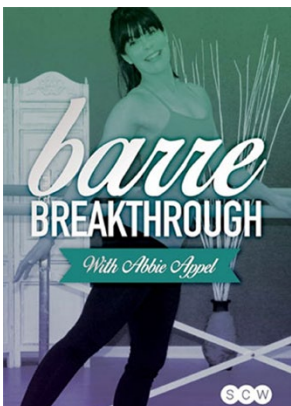
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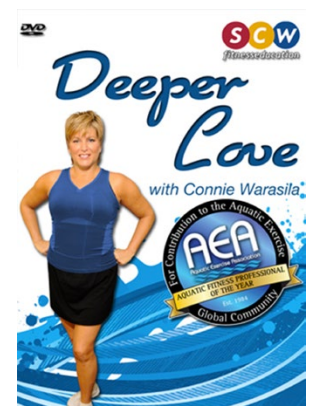
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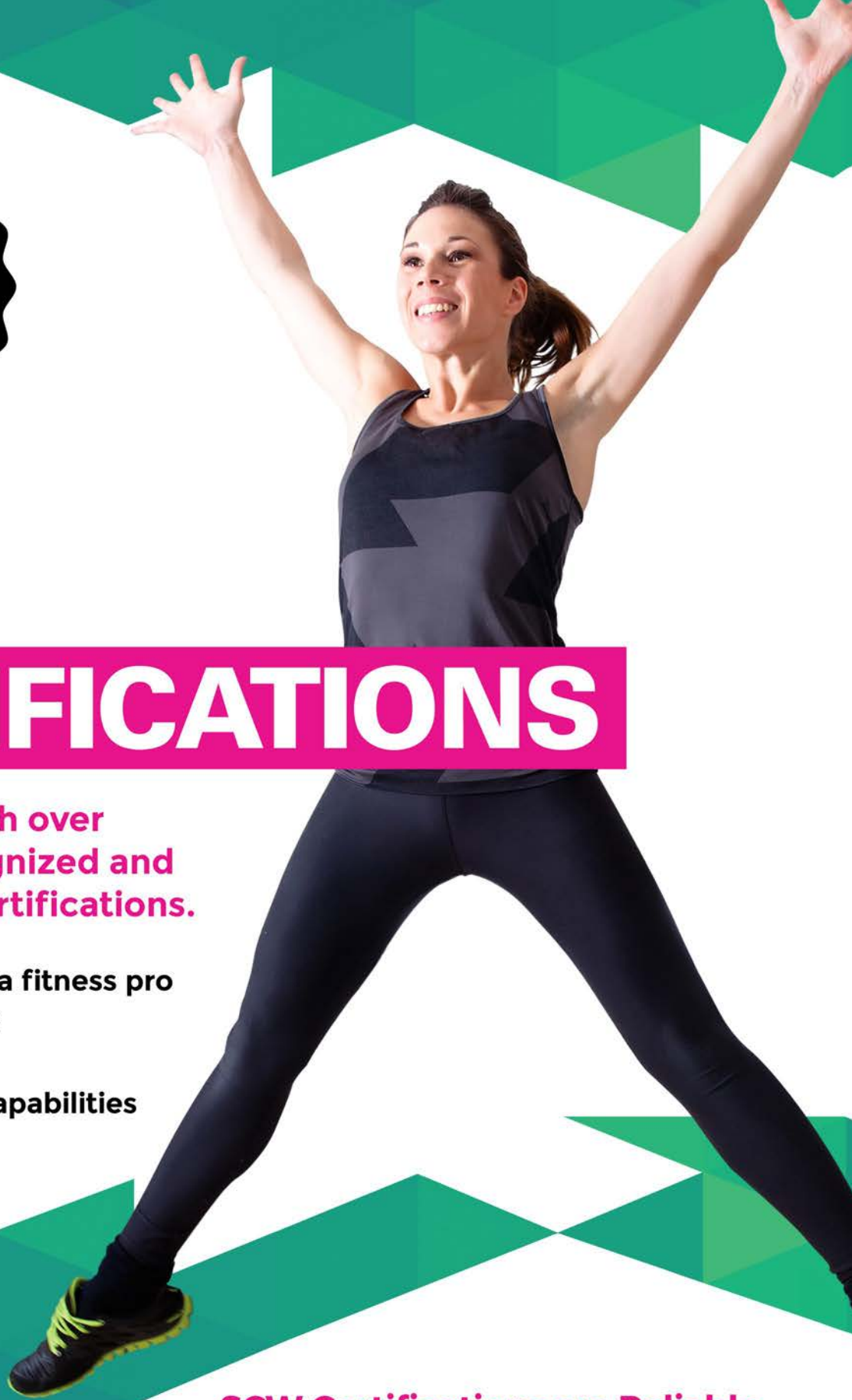
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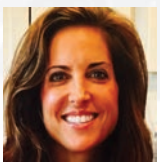


D.C. MANIA® PRESENTERS



ABBIE APPEL

Abbie is an international fitness expert and educator, a Rykå Ambassador, a Group Fitness Manager for Equinox Fitness Clubs in Miami Beach and a Master Trainer and Consultant for Activmotion Bar™, Body Bar®, Schwinn® and SPRI®. She possesses multiple certifications and awards and has designed fitness programs, certifications and videos for SCW.



ANNE MARIE BARBOUR

Ann Marie is Co-Owner of Soul Body and Co-Creator of SB Barre and SB Body Barre. She has been in the fitness industry for 10+ years with a focus on Pilates Mat, Pilates Reformer and personal training. She also created her own barre program and certification with business partner Stacey Vandiver.



LAWRENCE BISCONTINI, MA

Lawrence is an SCW Faculty Member and Mindful Movement Specialist who has won multiple industry-recognized awards.

He's on the Advisory Board for the International Council on Active Aging, is the Senior Consultant for Power Music and is on the BOSU® Developmental Team. He's also a Registered Yoga Alliance Teacher and an accomplished author.



ADAM BRAMSKI

Adam has over 10 years of experience in personal training, small group training and group fitness. He holds several certifications, including ACE,

AFFA, NSPA & TRX, and is a group fitness manager overseeing 5 clubs and 200 instructors in Denver, CO. He presents BODYPUMP®, BODYATTACK®, LES MILLS GRIT® and LES MILLS SPRINT®.



ALI BRYAN

Ali is a Master Trainer for Jari Love's Get RIPPED! program. She also runs "pay what you can" fitness classes, so income is not a barrier to those in need.

She is certified in Fitness Kickboxing, has designed sport-specific training programs for a variety of teams and is an award-winning author.



LAUREN COLENZO-SEMPLÉ

A Master Trainer for Speedball Fitness, Lauren is also the Director of Operations, responsible for developing the protocols for educating instructors around the world. Lauren holds undergraduate degrees in Psychology and Nutrition and is a group fitness instructor and personal trainer in New York City.



FABIO COMANA, MA, MS

Fabio is an Adjunct Faculty Member at San Diego State University; UC, San Diego; and SCW Fitness. As an exercise physiologist, he was the primary developer of ACE's IFT™ model and live personal training educational workshops. An international presenter, Fabio has been featured in multiple media outlets and is an accomplished author.



CASEY CONRAD, JD

Casey is an attorney who has been in the health and fitness industry for 26 years. She has created and published over 25 sales, marketing and management training products, has spoken in 19 countries, is a featured presenter at conventions worldwide and writes for numerous international magazines.



SOHAILLA DIGSBY, RD, LD

Sohaila boasts 15+ years of experience as a registered dietitian, nutritionist, fitness instructor and presenter. She is the founder of the 52-day

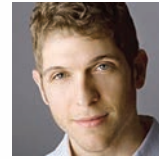
Best Body Countdown program and the author of two nutrition books, "Countdown to Your Best Body Success Journal" and the corresponding "Cookbook & Menu Plan."



TONYA DUGGER

Tonya is a Group Fitness Manager and Talent Development Coordinator for Equinox Fitness Clubs. She specializes in Boxing, Kickboxing, Krav Maga and

Shidokan Karate, is certified by AFFA, PowerStrike, Impact!, Kettlebell Athletics, ViPR and Animal Flow and has earned the Equinox Mentor of the Year and House of Equinox awards.



STEVE FEINBERG

Steve created the Speedball Fitness class format and instructor training program. With 20 years of industry experience, he is well-known for the implementation of group fitness/wellness programs across premier facilities, universities and community associations. He's also a highly regarded group fitness instructor and strength and conditioning coach in New York City.



ROBERT FERGUSON

Robert has a degree in Exercise Physiology from Southern Illinois University and has competed in power lifting and bodybuilding. He has over 15 years of experience as a Certified Personal Trainer with the National Strength and Conditioning Association and has worked for 13 years at an orthopedic facility in Illinois.



CHRIS FREYTAG

Chris is a health and fitness expert, a blogger, an author of seven books, a motivational speaker, a valued presenter for SCW and a Master Trainer for SPRI. She is an ACE-certified Personal Trainer, Health Coach and Group Fitness Instructor; she is YogaFit Certified and Pilates trained in mat and reformer.



HERSON GARCIA

Herson specializes in sports performance and faulty-movement correction. As a level 3 NeuroKinetic Practitioner and an ACE Personal Trainer, Herson is an expert in preventing injuries and accelerating performance. He provides scientific programming to competitive athletes and is the COO of the Garcia Institute of Modern Excellence (GIME) and the Wholota Wellness Company.



KIMBERLY GARCIA

Kimberly is the CEO of the Garcia Institute of Modern Excellence (GIME) and the Wholota Wellness Company. She has over 20 years of experience in the health and fitness industry, holds nine national certifications and is a Level 3 NeuroKinetic Practitioner, an Egoscue Posture Specialist and a holistic health coach.



MAUREEN HAGAN

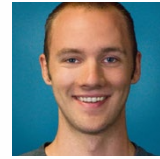
A licensed physiotherapist, Physical Health Educator and published author, Maureen also is vice president of program innovation for GoodLife Fitness and CanFitPro. She recently was named one of Canada's 20 Most Influential Women in Sport and Physical Activity and was awarded the IHRSA Woman Leader of the Year in honor of Julie Main.



SARA KOOPERMAN, JD

Sara is the owner and CEO of SCW Fitness Education and founder of the eight MANIA® Conventions and WATERinMOTION®. A favorite presenter for SCW, IHRSA, Club Industry, YMCA, AYP and Athletic

Business Conference, she also presents at Asia Fitness Conference, CanFitPro, IDEA, FitPro, Filex and dozens of other events around the world, and she recently was inducted into the National Fitness Hall of Fame.



TOBIN LINDSTROM

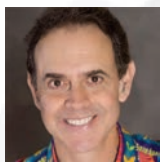
Tobin is a certified personal trainer through the American Council on Exercise, and holds a NASM Corrective Exercise Specialist and TRX Level 1

certification. His passion lies in the study of self-myofascial release and mobility work. He cares about his clients' well-being and has a proven track record of client satisfaction, retention and results.



TAMMY HARRIS

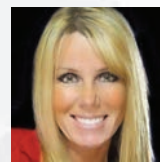
Tammy has over 20 years of training in dance and fitness and holds a group fitness certification from AFAA. She was an NBA Houston Rockets Power Dancer before becoming a fitness expert. Tammy has struggled with her own weight challenges, and she shares an inspiring philosophy that motivates people to reach their goals.



LEN KRAVITZ, PhD

A recent inductee into the National Fitness Hall of Fame, Len delivers the keynote address at SCW MANIA® Conventions. The Program Coordinator

of Exercise Science and a Researcher at the University of New Mexico, Len has received multiple accolades, including CanFitPro's "Lifetime Achievement Award" and the 2009 "Specialty Presenter of the Year" award.



JARI LOVE

Jari is a Personal Trainer, an author, a fitness expert and the creator of the Get RIPPED! total body workout system, which has been named a top pick in multiple magazines. Jari has appeared on numerous TV and radio shows in the U.S. and Canada and was named Global TV's "Calgary Woman of Vision" in 2009.



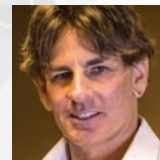
CHRIS HENRY

Chris is a WATERinMOTION® Champion and Master Trainer. He has been featured in countless videos and received numerous awards, is certified by the Aquatic Exercise Association (AEA) and the Aerobic Fitness Association of America (AFAA), and he's a certified Personal Trainer through the American Council on Exercise (ACE) and a certified BODYFLOW® Instructor.



STEPHANIE LAUREN

Stephanie is an elite athlete, coach and fitness leader who used her sense of safely optimizing the body to create PLYOGA. She is an ANBF Figure & Physique professional, a Health and Wellness Coach, a CEC Provider for SCW, ACE, AFAA, NASM and CanFitPro and a proud mom.



JEREMY LOWELL

Jeremy is an award-winning entrepreneur, lecturer, trainer and practicing dentist who owns 10 fitness facilities with his wife, Lori. He is a certified yoga instructor and was instrumental in the development of the Drishti Yoga Teacher Training Institute. He also is involved in the development of MOi Cycle and Drishti Beats.



JEFF HOWARD

Jeff is a world-renowned fitness presenter who has lived in South Africa, Puerto Rico and the United States. As part of the SCW Faculty, he has starred in numerous videos, and he educates fitness professionals at conventions worldwide. Jeff is currently the Promotional Director of Fitness for Milestone Baptist East.



MELISSA LAYNE, Med

Melissa is a faculty member in the Exercise Physiology and Physical Education Departments at NGCSU. A WATERinMOTION® Master Trainer, Melissa has been educating instructors for 20 years in group fitness, personal training, nutrition and aquatic exercise.



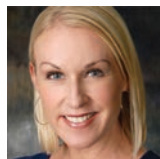
LORI LOWELL

Lori has been delivering lectures for over 20 years on best practices in club operations and programming. She co-owns 10 Gold's Gyms, and she is the founder of Drishti Beats and the co-founder of MOi Cycle. She has won numerous industry awards, including the 2015 IHRSA Julie Main Women's Leadership Award.



DAN KACZMAREK

Dan, who has been involved in the health and fitness industry since 1987, is the Chief Science Officer for Xyience Performance Nutrition. Currently studying to become a Naturopathic Doctor, Dan specializes in a variety of trainings, including Epigenetic Nutritional Medicine and Kinesiology.



IRENE LEWIS-MCCORMICK, MS, CSCS

Irene is a Master Trainer for SCW, TRX, Tabata Bootcamp, Barre Above and JumpSport and a presenter for ACSM, IDEA and NSCA. An Adjunct Faculty member at Drake University and the Education Director and a presenter for Octane Fitness, Irene also is an Orange Theory Fitness coach, an author, a RYKA Ambassador and a Subject Matter Expert for ACE.



PETE MCCALL, MS

Pete is a fitness educator in San Diego, CA, who is a Certified Personal Trainer and a Certified Strength and Conditioning Specialist. Currently, Pete is the Science Officer for the Institute of Motion (IOM) and a freelance consultant working with certification organizations, apparel manufacturers and health insurance companies.





BRIAN NUNEZ

Brian created the FNS Training Center in Santa Clara, CA. He earned his degree in Kinesiology from San Jose State University and is certified through

NASM as a Personal Trainer and Performance Enhancement Specialist. He also is a Holistic Lifestyle Coach through the CHEK institute and a Master Trainer for Ignite Performance Training.



KOLLEEN RIDDICK

Kolleen is a Master Trainer for TriggerPoint, a Corrective Exercise Specialist with the National Academy of Sports and a certified Personal Trainer.

Kolleen owns and directs Core Physique, which focuses on strength, conditioning and nutrition coaching in Alpharetta, GA, and she works with NFL players and athletes of tomorrow.



APRIL T. SMITH, MED

April is an Education Specialist and a Presenter for Zumba® Fitness. She conducts Instructor Trainings for Basic Level 1 and 2 and Zumba® Gold. She has

a Bachelor's Degree in English and a Master's Degree in Education, and she is certified by ACE and AFAA.



EUGENE OKTYABRSKIY

The Director of Marketing for KnotOut, Eugene has spent his academic and professional life studying fitness and its effects on the body. He completed his BS at Cal State: Northridge in Kinesiology while doing research examining knee injury risk in children, and he has worked with active agers to improve balance and quality of life.



YURY ROCKIT

Yury is a land- and aqua-certified group fitness instructor, personal trainer, mindful movement and meditation specialist and continuing-education provider

for SCW, AFAA, ACE and Zumba®. A dance-based choreographer for Zumba®, Bender Ball®, Piloxing, TRX® and BOSU, Yury also is a certified life coach and the owner of Ki Mind Body Studio in Hanoi, Vietnam.



VALENTIN

Valentin has been teaching group exercise for over 30 years and is well-known for her dynamic, high-energy workouts in a variety of formats. For the past 15 years, Valentin has focused on Pilates while providing continuing education and certifying aspiring instructors worldwide as a Balanced Body® Faculty member.



DR. EVAN OSAR

Dr. Osar, an internationally recognized lecturer and expert on corrective exercise and integrative movement, created Fitness Education Seminars™

with his wife, Jenice Mattek. He authored the highly acclaimed Corrective Exercise Solutions to Common Hip and Shoulder Dysfunction, and he developed the Integrative Corrective Exercise Specialist™ and Integrative Movement Specialist™ certifications.



JONATHAN ROSS

Jonathan is a two-time Personal Trainer of the Year winner, a Master Trainer for SPRI and ACE, the host of Discovery's web series "Everyday Fitness with Jonathan

Ross" and the author of the book, "Abs Revealed". A former astronomer, Jonathan used to study stellar bodies but now builds them!



STACEY VANDIVER

Stacey is Co-Owner of Soul Body LLC with her business partner, Ann Marie Barbour. She is the Co-Creator of SB Body Barre and SB Barre, and she is the

Group Director for the latter. She has a passion for fitness and holistic health and is trained and steeped in Pilates Mat.



ERIKA QUEST

Erika is the Owner of Studio Q Pilates Conditioning in Laguna Beach, CA; a Balanced Body® faculty member for Pilates, MOTR and Bodhi; a Body Arts and Science International™ graduate; a BOSU® International Master Trainer; and a content developer and star of BOSU® Studio Pilates and Pilates 3D.



STEPHEN SEFFCHICK

Stephen has been in the fitness industry for over 15 years in such roles as Fitness Director for Sea Pines Country Club/Dothan Country Club, National Trainer for

American Aerobic Association International/ International Sports Medicine Association, Area Fitness Director for National Fitness/Court South and Fitness Manager at Rush Fitness.



MANUEL VELAZQUEZ

Manuel is a WATERinMOTION® National Trainer and an SCW Faculty Member. He imparts education in a wide spectrum of fitness disciplines worldwide, and he was named the 2011 ECA NYC OBOW All-Around International Presenter of the Year. Manuel is a member of the continuing-education faculty for SCW, WATERinMOTION®, ACE, AFAA, AEA and FG2000.



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CONNIE WARASILA

Connie is the choreographer for WATERinMOTION® and an SCW Faculty Member, and she is certified by ACE, AEA, AFAA, Yoga Fit, Schwinn, Reebok Cycle and Moms in Motion. She has over 30 years of teaching experience worldwide and was awarded the Aquatic Exercise Association's Fitness Professional of the Year.



1: ATTENDEE INFORMATION

If you are mailing or faxing in your MANIA® registration, begin here and complete steps 1-7 and sign and date the disclaimer. (Please print legibly):

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2: MANIA® RATES

	Before 8/19/16	After 8/19/16
Registration	<input type="checkbox"/> \$259	<input type="checkbox"/> \$319
Previous Attendee	<input type="checkbox"/> \$229	<input type="checkbox"/> \$289
Refer-a-Friend Rate*	<input type="checkbox"/> \$199	<input type="checkbox"/> \$249
Weekend Warrior Special (Any 2 Days)	<input type="checkbox"/> \$199	<input type="checkbox"/> \$249
SCW Member Rate	<input type="checkbox"/> \$179	<input type="checkbox"/> \$179
Any ONE Day: Friday or Saturday	<input type="checkbox"/> \$179	<input type="checkbox"/> \$229
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Staff Assistant	<input type="checkbox"/> \$79	<input type="checkbox"/> \$99

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3: CONVENTION CERTIFICATIONS

NAME OF CERTIFICATION _____	DATE _____	\$ _____
NAME OF CERTIFICATION _____	DATE _____	\$ _____
NAME OF CERTIFICATION _____	DATE _____	\$ _____

4: MASTERCLASSES

NAME OF MASTERCLASS _____	DATE _____	\$ _____
NAME OF MASTERCLASS _____	DATE _____	\$ _____

5: FEE TOTAL

SCW Membership	\$ _____
MANIA® Convention Rate	\$ _____
Convention Certs	\$ _____
Masterclasses	\$ _____
Mail/Fax/Phone Processing Fee	\$ 25.00 (does not apply to online registration)
or Online Processing Fee	\$ 4.00 (register at www.scwfit.com/dc)
TOTAL	\$ _____

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**If paying by check or money order your registration must be mailed to SCW with check/money order enclosed and made out to: SCW. A check payment made by a third party (employer, club, etc.) MUST have your name and the name of the MANIA® convention on it. You must send in all registration forms including: Credit card signatures, signed informed consent, and class selections. Registrations received without payment will not be processed.

7: DIRECTIONS FOR REGISTRATION

Manual Registration below requires three class selections. Online Registration only requires one class selection at www.scwfit.com/dc.

FRIDAY, SEPTEMBER 9, 2016

SESSION TIME	1ST CHOICE	2ND CHOICE	3RD CHOICE
7:30am - 9:00am	FR1 _____	_____	_____
10:00am-11:30am	FR2 _____	_____	_____
11:45am-1:15pm	_____	_____	_____
or			
12:30pm-2:00pm	FR3 _____	_____	_____
2:15pm-3:45pm	FR4 _____	_____	_____
4:00pm-5:30pm	FR5 _____	_____	_____
6:30pm-7:30pm	FR6 _____	_____	_____

SATURDAY, SEPTEMBER 10, 2016

SESSION TIME	1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SA1 _____	_____	_____
9:30am-10:45am	SA2 KEYNOTE ADDRESS & AWARDS CEREMONY		
11:00am-12:30pm	SA3 _____	_____	_____
12:45pm-2:15pm	_____	_____	_____
or			
1:30pm-3:00pm	SA4 _____	_____	_____
3:15pm-4:45pm	SA5 _____	_____	_____
5:00pm-6:30pm	SA6 _____	_____	_____
6:45pm-7:45pm	SA6 _____	_____	_____

SUNDAY, SEPTEMBER 11, 2016

SESSION TIME	1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SU1 _____	_____	_____
8:45am-10:15am	SU2 _____	_____	_____
11:15am-12:45pm	SU3 _____	_____	_____
1:00pm-2:30pm	SU4 _____	_____	_____

Please read, sign and date. I agree to hold harmless Sara's City Workout, Inc. dba SCW Fitness Education, SCW WIM, Inc. dba Water In Motion, their subsidiaries, shareholders, directors, officers, employees, conference presenters, conference sponsors, staff (including staff assistants and convention staff), MANIA® sponsors, their respective agents, successors and assigns, from any and all liability whatsoever arising out of this event including, but not limited to: physical injuries, muscle strains, tears, pulls, broken bones, miscarriage, death, and any and all illness, or loss of personal property and income. I understand the risks involved with participating in this strenuous event and attest that I am in sound physical condition. I also understand that I may be videotaped, audio-recorded and/or photographed during this event, and Sara's City Workout, Inc. dba SCW Fitness Education, SCW WIM, Inc. dba Water in Motion, and their its affiliates and sponsors, may use any and all imagery before, during and after the event, both photos and videos, for any and all promotional and financial purposes. Our sponsors, presenters, and exhibitors and affiliates may also video, audio record and photograph attendees without any compensation. I further agree to all conditions of registration, including but not limited to, the No Refund Policy. Sara's City Workout, Inc. and its affiliates may give or rent your email address, mailing address and/or phone number(s) to other health and/or fitness related organizations with whom it has a trusted relationship and share common goals. By providing my cell phone number on any and all registration forms, I agreed and agree to receive text messages from SCW, WIM and any of its' affiliates. I attest that I have read and understand and agree to the above and have read the Refund Policy and other Important Information found online at: <http://scwfit.com/dc/faqs/>.

Signature required _____ Date _____



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