

NOV. 8-9

WEDNESDAY NOV. 8 PRE-CONVENTION EVENTS	Personal Training Certification Roberts • 9:00am-6:00pm		Tabata GX Certification Myrea 9:00am-4:00pm					
THURSDAY NOV. 9 PRE-CONVENTION EVENTS	SCW F.I.R.E. Fierce Interval Resistance Exercise Certification Roberts 11:00am-5:00pm	SCW Group Exercise Certification Howard 8:00am-5:00pm	SCW Core Training Specialist McCall 1:00pm-5:00pm		Zumba® Basic Skills Level 1 Instructor Training Saldi 8:00am-5:00pm	Speedball Instructor Certification Feinberg 8:00am-5:00pm		SCW Yoga I Certification Velazquez 8:00am-5:00pm
			SCW Kettlebell Practical Certification McCall 5:30pm-9:30pm	BARRE ABOVE MURPHY MADDEN & LENART, MA 8:00AM-5:00PM			PILETES MATWORK CERTIFICATION Appel • 8:00am-5:00pm	SCW Yoga II Certification Velazquez 5:30pm-9:30pm

A HIIT / GROUP EX	B BOOT CAMP / SMALL GROUP	C PT / CORE	D BARRE	E DANCE	F STRENGTH / SPECIALTY	G FUNCTIONAL TRAINING	H MIND / BODY
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FR1 7:30am-9:00am	Operation Shock and Awe™ SGT Ken®	Les Mills GRIT™ Plyo Workout Schultz	Small Group PT Core Fusion Gonzalez	Barre Hop Wartenberg & Bowersox	BollyX® - The Bollywood Workout Tung	FXP Hula Hoop®: Body Sculpt Benton	PLYOGA®: Flow Lauren	KiPranJ™: The Flow Papi
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EXPO OPEN 8:45am-2:30pm


FR2 10:00am-11:30am	Reactive Training 101: Box Jump Breakdown Fouts	Extreme Exercise Makeover M. Myrea	Completely Core Appel	BarreFlow Taylor	Zumba® Cardio Blast Saldi	ThinkFit: Smart Multi-Level Circuits Quest	POUND® - Rockout Workout Anania & Ward	NirvanaFitness®: Breathing Fitness to Music Willingham	
FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	Top Glute Training Exercises & Techniques Tuminello Session 1	Operation Team Training SGT Ken® Session 1	Core Training Combination McBee Session 1	Barre Above™: Lengthen, Strengthen and Inspire Murphy Madden & Stenis Session 1	LaBlast®: Fitness Powered by Dance Canuel & Cooperman Session 2	FXP Hula Hoop®: Hoopyasa™ Flow Benton Session 2	Strong by Zumba® Ferreira Session 2	Pilates on the Ball Appel Session 1
FR4 2:15pm-3:45pm	Top 10 Abdominal Exercises Tuminello	Tubing, Training, Redefined Ross	Mastering the Assessment McCall	Barre Breakthrough Appel	BollyX® LIT - The Bollywood Workout Tung	Speedball Feinberg	PLYOGA®: The Reverse Warrior Lauren	New Paradigm: Mobility, Stability & Balance Roberts	
FR5 4:00pm-5:30pm	Roll, Restore, Recharge Ross	Training Tricks for Top Classes Tempesta	Lower Extremity Movement Mechanics Comana	Barre Tab Wartenberg & Bowersox	Magic in Dance Fitness Sanders	Balanced Body MOTR®: Agility + Core Gonzalez	POUND® - How Your Body Rocks Anania & Ward	Yoga Flow Haan	

CHARITY RAFFLE & EXPO OPEN 5:30pm-6:30pm

FR6 EVENING SESSIONS 6:30pm-7:30pm		FITNESS IDOL CONTEST 6:30pm-7:30pm with Judges Biscontini, Roberts, Rockit & Papi			LaBlast® Line Dance Canuel & Cooperman			
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SA1 7:00am-8:30am	Upper Extremity Movement Mechanics Comana	Tabata Bootcamp™ - Tabata GX M. Myrea	Dynamic Anatomy - Glutes/Lower Body McCall	Barre Moves - Update Your Choreography Murphy Madden & Lenart, Ma	Flirty Fitness Tempesta	Cardio Confetti Rockit	Functional Training World McBee	Extreme Tabata Yoga Howard
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EXPO OPEN 8:15am-9:30am

SA2 KEYNOTE & AWARDS 9:30am-10:45am		FUNTENSITY EMOTION IN MOTION KEYNOTE ADDRESS WITH JONATHAN ROSS 9:35am-10:45am						
SA3 11:00am-12:30pm	Operation Battle Ropes and Beyond SGT Ken®	Funtensity Bootcamp Ross	Dynamic Anatomy - Core/Upper Body McCall	Barre Tricks Murphy Madden & M. Myrea	LaBlast® Shape: Dance Core Fitness Canuel & Cooperman	Balanced Body®: Pilates on MOTR® Quest	PLYOGA®: Your Body is Power Lauren	Daanasa™ Yoga 360 Papi

EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:00pm

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	PROJECT STEEL™ Stahl Session 1	Body Weight Strength Explosion M. Myrea Session 1	No Equipment, No Problem Velazquez Session 1	Best of Barre Appel Session 1	BollyX® - The Bollywood Workout Tung Session 1	Speedball Core Feinberg Session 2	POUND® - Rockout Workout Anania & Ward Session 2	Zen Overload: Unconventional Mind/Body Howard Session 2
SA5 3:15pm-4:45pm	Breaking in to Corporate Wellness Gavigan	Operation Craving Competition™ SGT Ken®	Mini Band Maniac Appel	BarreFlow Taylor	The Art of Dance Fitness Sanders	FXP Hula Hoop®: Core Flow Benton	Ultimate Strength & Conditioning Workout Papi	Qi Gong for Every Body Haan	
SA6 5:00pm-6:30pm	Relax & Restore: Release & Mobilize Velazquez	Les Mills BODYATTACK® Workout Schultz	Strong by Zumba® Ferreira	Bodyweight Barre Roberts	LaBlast® Silk: Accessible Dance Fitness Canuel & Cooperman	ThinkFit: Smart Multi-Level Circuits Quest	PLYOGA®: The Reverse Warrior Lauren	Tai Chi 24 Yang Style Haan	
SA7 EVENING SESSIONS 6:45pm-7:45pm		MANIA® Dance-Off! Zumba®, LaBlast®, BollyX® & POUND®						INTRODUCTION TO MEDITATION ROCKIT & BISCONTINI 6:45pm-7:45pm	

SATURDAY, NOV. 11

SU1 7:00am-8:30am	Don't Step on It Howard	Kettlebell Express Roberts	Inner & Outer Core Circuits Gonzalez			Balanced Body®: Pilates on MOTR® Quest		Global Assessment Versus Local Assessment Wasylow
SU2 8:45am-10:15am	The Rolling Barbell - Meet the Axle Page	DITTO - Do It Together Today Haan	Protocols for Shoulder Mobilization & Stabilization Gonzalez			Group Exercise or Group Injury? K. Garcia & H. Garcia		Rehabilitation Strategies for Lower-Extremities Wasylow
EXPO OPEN 10:00am-1:30pm								
SU3 11:15am-12:45pm	POUND® - How Your Body Rocks Anania & Ward	Les Mills GRIT® Cardio Workout Schultz	Core Fit Haan			ThinkFit: Functional Circuit Progressions Gonzalez		Be Yo-Ga®: Forms & Flows Rockit
SU4 1:00pm-2:30pm	Flexibility + Performance = Wellness Howard	Training the Transverse Plane Wasylow	Core & Restore Bretz	SCW BARRE CERTIFICATION APPEL 8:00AM-4:00PM	LABLAST® FITNESS CERTIFICATION CANUEL & COOPERMAN 8:00AM-4:00PM	Assume the Position Biscontini	STRONG BY ZUMBA® CERTIFICATION Bayersdorfer • 8:00am-6:00pm	NirvanaFitness®: Breathing Fitness to Music Willingham

SUNDAY, NOV. 12

SCW BOSTON MANIA® SCHEDULE-AT-A-GLANCE

		SCW Aquatic Exercise Certification Howard 9:00am-6:00pm						
	Schwinn® Cycling: Instructor Certification Thevs & Stenis 7:00am-5:00pm		SCW Aqua Barre Certification Wartenberg & Bowersox 9:00am-4:00pm	SCW Sports Nutrition Certification Comana 9:00am-3:30pm				
				SCW Lifestyle and Behavioral Coaching Workshop Comana 5:30pm-10:00pm				

I ACTIVE AGING / RECOVERY	J SCHWINN® CYCLING	K AQUA STARTS AT POOL	L AQUA STARTS AT LECTURE	M NUTRITION / EX SCIENCE	N LEADERSHIP	O BUSINESS	P CIRCUITS	Q SUSPENSION / BOXING
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Ancient Discipline for Modern Times O'Brien	Schwinn®: How to Wow! Stenis	Spirited® Surf 2 Rockit	Tab-Aqua Quickies Howard	What's in your Food? Silverman	Cueing Tune-up Taylor	Create a Weight Loss Challenge Murphy Madden	Bodhi Suspension: Cardio Quest	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Corrective Exercises for Forward Shoulders Osar	Schwinn®: C3 Content, Connection & Charisma Thevs	AquaBodyStrong for the Active Ager Lucy & Nunez	LaBlast® Aqua SPLASH Cooperman	Sneaky Strategies to Manage Weight Silverman	Building Blocks: Core Science & Training Comana	Social Media Marketing Sanders	Bodhi Suspension: Focus on Flexibility Gonzalez	Introducing HIIT Mix By Stairmaster Friend-Uhl	FR2 10:00am-11:30am
Daanasana™ Yoga Healthy Spine Papi Session 1	Schwinn®: Unapologetically Authentic Roberts Session 1	Barre H2O Wartenberg & Bowersox Session 2	It's Raining Men! Biscontini, Howard, Velazquez & Rockit Session 2	Common Sense Nutrition: Your Scope K. Garcia & H. Garcia Session 2	Stress and Inflammation Comana Session 2	Maximizing Your Programming Mix Cofod Session 2	Bodhi Suspension: Chisel Your Physique Gonzalez Session 2	Boxing: The Method Feinberg Session 1	FR3 11:45am-1:15pm 12:30pm-2:00pm
Psoas-Glutes: A Corrective Hip Strategy Osar	Schwinn®: Music Makeover - There's an App! Kerr	WATERinMOTION® 29 Velazquez & Weisenmiller	Metabolic Training Adaptations Layne	Fine Tune Yourself & Your PT Team McBee	Leadership Skills for Managers Tempesta	Bodhi Suspension: Circuits Quest	Introducing HIIT Mix By Stairmaster Friend-Uhl	FR4 2:15pm-3:45pm	
Dynamic Flexibility: A 3D Life Velazquez	Schwinn®: Train Right 2 Ride Right Appel	AOL: Aquatic Outbursts of Lawrence Biscontini	The Best Balance Aqua Workout Vandendriessche	Nutritional Tips, Tidbits and Treats B. Mylrea & M. Mylrea	Recovery: The Forgotten Training Variable McCall	Lessons Learned from Boutique Studios Cofod	3:1 Punchout Feinberg	FR5 4:00pm-5:30pm	

CHARITY RAFFLE & EXPO OPEN 5:30pm-6:30pm

Les Mills SPRINT® Workout Schultz				STATE OF THE INDUSTRY: TRENDS FOR 2018 McCall, Layne, Howard & Comana	Refreshments Provided!			FR6 6:30pm-7:30pm
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Corrective Exercise: Female Core Osar	Schwinn®: Teaching Tips from TED® Thevs	Aqua Bits and Pieces Layne	The Best Balance Aqua Workout Vandendriessche	Sugar Shockers and Shakedown Silverman	From the Ground Up Taylor	Become a Retention Rock Star K. Garcia & H. Garcia	Introducing HIIT Mix By Stairmaster Friend-Uhl	SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am

								SA2 9:30am-10:45am	
Foot-Knee Complex: Corrective Exercises Osar	Schwinn®: All About the BASE Roberts	30 in 40 Biscontini	Aqua Family Fit with HIIT Layne	Longevity Lab: Eats and Feats Silverman	Managing & Growing Your PT Team McBee	Successful Business Strategies for Owners & Managers Kooperman	Bodhi Suspension: Chisel Your Physique Gonzalez	Boxing Bootcamp Feinberg	SA3 11:00am-12:30pm

EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:00pm

NirvanaFitness®: Breathe Right, Live Long Willingham Session 2	Schwinn®: Girl Power 2.0 Thevs & Kerr Session 2	AquaBodyStrong for the Fitness Enthusiast Lucy & Nunez Session 2	Girls Just Wanna Have Fun! Kooperman, Layne & Weisenmiller Session 2	Obesity from a Different Perspective Galanto Session 1	The Female Training Advantage 2017 Kraivitz Session 1	Passion Plus Purpose Equals Profits Julia Session 2	Bodhi Suspension: Cardio Quest Session 2	Introducing HIIT Mix By Stairmaster Friend-Uhl Session 1	SA4 12:45pm-2:15pm 1:30pm-3:00pm
Spirited Tune-Up: Toes to Nose Rockit	Schwinn®: Pedal N Pulse M. Mylrea	WATERinMOTION® Platinum 8 Kooperman, Velazquez & Weisenmiller	Scientific Reasoning for Personal Trainers Galanto	The Modern Science of Longevity Kraivitz	Fitness Program Comprehension and Creation Stahl	Bodhi Suspension: Pilates Gonzalez	Boxing: The Method Feinberg	SA5 3:15pm-4:45pm	
Yoga for the Young at Heart: Chair Kooperman	Schwinn®: Hot Topics Appel	Athletic Aquatics Bretz	Aqua Soft Fitness Fusion Layne	Meals & Musings Biscontini	HIIT Extravaganza: 10 New Programs Kraivitz	Billions in Our Brains Julia	Bodhi Suspension: Focus on Flexibility Gonzalez	SA6 5:00pm-6:30pm	
					AQUA EXERCISE PANEL: EBBS & FLOWS Velazquez, Howard, Layne & Weisenmiller	Refreshments Provided!		SA7 6:45pm-7:45pm	

KIPranJ™: Earth Elements Papi			Aqua Abs: WIM-sy Weisenmiller	Ultimate Metabolic and Calorie-Burning Makeover Kraivitz	Running the Show: Customer Service Biscontini				SU1 7:00am-8:30am
Strength Training for Longevity & Vitality Kooperman			Atomic Aquatics Bretz	Transition to a Plant-Based Diet B. Mylrea & M. Mylrea	Business Management for Fitness Professionals Bellenger				SU2 8:45am-10:15am
Active Aging: No Place Like Foam Kooperman			AquaBodyStrong for the Active Youth Lucy & Nunez	Everything Resistance Training Kraivitz	5 Principles of Kickass Brand Marketing Weitzel				SU3 11:15am-12:45pm
Creating Postural Habits That Last Osar			Barre-A-Cuda Weisenmiller	Medical Wellness Difference Bellenger	Build Your Best Marketing Strategies Quest				SU4 1:00pm-2:30pm