

ATLANTA MANIA®

FITNESS CONVENTION



SCW

JULY 27-29, 2018
scwfit.com/ATLANTA

ATLANTA MANIA® FITNESS PRO CONVENTION

ATLANTA MANIA® FITNESS PRO CONVENTION

JULY 27-29, 2018

(Friday, Saturday and Sunday)

CERTIFICATIONS

JULY 25, 26 and 29, 2018

(Wednesday, Thursday and Sunday)

GRAND HYATT ATLANTA HOTEL

3300 Peachtree Road, NE
Atlanta, GA 30305

(888) 421-1442
(404) 237-1234

REGISTER ONLINE AT:
www.scwfit.com/ATLANTA



LETTER FROM SARA KOOPERMAN, JD

Dear Atlanta MANIACs,

MANIA® is excited to be back in Atlanta!

I was in my 20s when I started this business over three decades ago. My first office was sitting cross-legged on a queen-size bed. There were no fax machines or computers, and there was

certainly no World Wide Web - just snail mail and word of mouth. No one had heard of social media, let alone ZUMBA® or Step Aerobics! Strength Training meant doing low-impact aerobics with 2 lb. hand weights to the tunes of Madonna and Michael Jackson.

To create our first database, I ordered the entire state of Illinois Yellow Pages and tore out health and fitness companies page by page. Then, using my trusty Panasonic Selectric Typewriter, I typed names one by one on pages of sticky labels (3 across and 10 down). I did this alphabetically (on the advice of my dad) so they could be copied at Kinko's.

Back in the day, there were no wireless microphones, no iPhones to hold our music and no PowerPoint projectors to view our presentations. I also did not have the amazing staff that we have today! I ran from room to room with a boom box in one hand and a bullhorn in the other. We printed outline books with hundreds of pages, killing thousands of trees. The industry has changed infinitely over the last 34 years, and MANIA® has evolved with it. For SCW: The "C" stands for Change; it's our middle name! Our success begins and ends with a great team of people, many who have been with us for multiple decades. You recognize them at Registration, in our booths and wearing headsets while moving equipment. It starts with our office staff, passes to our Nomad team, and rises to excellence with our SCW Faculty and Presenters.

As we celebrate another year in Atlanta, I feel truly blessed and eternally grateful. I deeply appreciate your dedication to education and thank you for being a part of the MANIA®.

In Health and Wellness,

Sara Kooperman, JD
CEO, SCW Fitness Education

SAVE UP TO \$80 - DISCOUNT DEADLINE ENDS JULY 9, 2018

**BECAUSE IT'S YOUR
» PASSION**



ATLANTA MANIA®

30 YEARS IN THE MAKING



250+
CERTIFICATIONS
& WORKSHOPS



70+
TOP INDUSTRY
PRESENTERS



24
CEC & CEU
HOURS AVAILABLE



17
WORKSHOPS
EVERY HOUR



SCW FITNESS EDUCATION 31 YEARS AND GOING STRONG!

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. For the past 31 years, since 1987, Personal Trainers, Group Exercise Instructors, Small Group Training Leaders, Aquatic Exercise

Professionals, Cycling Instructors, Mind-Body Experts, Sport-Specific Training Educators, and many more have obtained their certification through SCW. This outstanding Family of Leaders also supports Managers, Directors, and Owners of clubs and facilities nationwide with our Business Leadership Summit and sessions. As the largest conference leader in the world, MANIA® offers nine Professional Training Conventions annually in New York City, California (San Francisco), Florida (Orlando), Atlanta, Dallas, DC, Philadelphia, Midwest (Chicago), and Boston. SCW serves over 10,000 health and wellness professionals at our events, and we reach more than 200,000 virtually through our SCW OnDemand program, Online Certifications and Continuing Education Credit (CEC) programming options.

EXPERIENCE MANIA®

MANIA® is a three-day Fitness Education Conference, running 15 sessions every hour and featuring world-renowned Fitness Educators leading close to 200 sessions on such topics as:

- **Group Fitness**
- **Personal Training**
- **Functional Training**
- **HIIT / Boot Camp**
- **Active Aging**
- **Mind-Body**
- **Recovery**
- **Barre**
- **Nutrition**
- **Cycling**
- **Dance**
- **Aqua**
- **Leadership / Business**
- **And Much More!**





HYATT
GRAND HYATT ATLANTA

CONVENTION & HOTEL LOCATION

GRAND HYATT ATLANTA HOTEL

3300 Peachtree Road, NE
Atlanta, GA 30305
(888) 421-1442
(404) 237-1234

HOTEL ROOM RATES

\$169 per night, single-quad

Pay as little as \$42.25 per night (before taxes) when you share a room with three others!

HOTEL ROOM DISCOUNT DEADLINE: JULY 3, 2018

TRANSPORTATION

MARTA

Travelers can board the Metropolitan Atlanta Rapid Transit Authority (MARTA) train within the airport. Train fare is \$2.50. Train service runs from 4:45 a.m. - 1:00 a.m. on weekdays and 6:00 a.m. - 1:00 a.m. on weekends. Trains depart every 10 minutes weekdays and every 15 minutes on weekends. From the airport, Grand Hyatt Atlanta guests should board the Northbound train (N to North Springs). Exit at the Buckhead Station N7 onto Peachtree Road S. The hotel is two blocks away.

TAXI

One-way fares from the Atlanta airport to the Grand Hyatt Atlanta range from \$42 plus tax, depending on traffic.

A Diamond's Cab: 770-907-7476

Buckhead Safety Cab Company: 404-875-3777

Checker Cab Company: 404-351-1111

COMPLIMENTARY CAR SERVICE WHEN ON SITE

Grand Hyatt Atlanta in Buckhead offers guests complimentary car service to restaurants, local office parks and shopping centers within a two-mile radius of our location. Car service runs every day and is subject to availability and runs on a first come, first serve basis.

PARKING

Hotel Guests: \$21 self-parking & \$29 valet with in/out privileges (charged to your hotel room each night).

Non-Hotel Guests: \$7 self-parking & \$11 valet parking with no in/out privileges. **SCW Fitness Education is not responsible for changes in rates**

AVOID LATE FEES! REGISTER FOR MANIA® BY MONDAY, JULY 9 & LOCK IN ALL YOUR CLASS SELECTIONS!

SCW MEMBERSHIP PAYS FOR ITSELF... and then some!

If you want to be guaranteed your 1st choice selections, go to www.scwfit.com/membership and check out all available memberships!

- **FIRST CHOICE** class selection at MANIA® guaranteed!
- **MEMBERS ONLY ROOM** access at MANIA® for complimentary refreshments all weekend!
- **\$80 OFF** any 3-day MANIA® registration (was \$259/now \$179)
- **20% DISCOUNT** on all SCW Online Certifications
- **20% DISCOUNT** on all SCW CEC Video Courses
- **20% DISCOUNT** on SCW OnDemand
- **20% DISCOUNT** on products purchased online and at the SCW MANIA® booth!

MORE THAN JUST A FITNESS CONVENTION



MANIA® IS MORE THAN JUST A FITNESS CONVENTION; IT'S THE PLACE WHERE THE FITNESS COMMUNITY GOES TO BE INSPIRED, GET RECHARGED AND LEARN!

MANIA® is affordable and is perfectly suited for both 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 that will really boost your fitness career!



MANIA® REGISTRATION OPTIONS & SAVINGS

BE PART OF THE STAFF ASSISTANT CREW ... SAVE MONEY & EARN UP TO 24 CECs/CEUs!

Save \$160 - Become part of the Staff Assistant Team for only \$99! Our SCW Staff are leaders who go behind the scenes to make this amazing educational experience happen. Mingle with presenters, network with like-minded assistants, and join the ranks of the SCW Office Team to MAKE A DIFFERENCE!!

For further details or to register, please visit www.scwfit.com/staff or contact Denise Johnston at staff@scwfit.com or 678-901-9642 or our office at 847-562-4020.



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: FRIEND. Provide your friend's name who is attending, and it's that easy to save big!



WEEKEND WARRIOR SPECIAL

Take charge with our Weekend Warrior special! Attend any two-day combination and pay only \$199! Use the Weekend Warrior code when registering: **WARRIOR**. This offer maximizes your MANIA® dollars and lets you take a Sunday Certification or go to your job on Friday and attend MANIA® on Saturday and Sunday!



YMCA DISCOUNT RATE

For our friends at the YMCA, we offer an \$80 Savings (Regularly \$259, Now \$179) when you use our special YMCA discount code: YMCA. 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.



WATCH FOR TEXT MESSAGE UPDATES

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



REGISTER ONLINE & SAVE

Register Online at www.scwfit.com/ATLANTA. It's fast, easy, safe, and secure. Pay by Visa, MasterCard, or Discover. A \$4 convenience processing fee applies to each registration. Mailed or Faxed registrations pay an additional \$25. Questions? Email registration@scwfit.com or call 847-562-4020. We are always here to help!

MANIA® OFFERS 24 CECs/CEUs IN ONE WEEKEND – YOU NEED 'EM, WE GOT 'EM!



MANIA® CONVENTIONS SUPPLY YOU WITH UP TO 24 CONTINUING EDUCATION CREDITS/UNITS DURING THE 3-DAY CONVENTION

including the Keynote speech and evening sessions!

SCW, AFAA, ACE, NASM, AEA, ACSM and other providers accept MANIA® CECs/CEUs. We are happy to help you secure Physical Therapy or other CEUs! SCW is committed to excellence and utilizes only presenters that are certified or carry a fitness-related graduate or undergraduate degree. Please check with your individual 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.



SCW LEADERSHIP & BUSINESS SUMMIT

Advance your career in a day! This innovative, one-day educational event offers business lectures, round-table discussions, and leadership tables to help Owners, Directors, Managers, and Trainers take their careers to the next level. For more information, see the description under CERTS or visit www.scwfit.com/ATLANTAbusiness.



2018 SCW PRESENTERS OF THE YEAR AWARD!

Now, you can VOTE for your Favorite MANIA® Presenters & Programs at www.scwfit.com/AWARDS. One nominee per category will be honored per MANIA®. All voters receive the one-time use of a \$50 AWARD off the 2019 MANIA® of their choice!



FITNESS CARES CHARITY RAFFLE

Join SCW at our Reception and Charity Raffle for fabulous fitness equipment and resources donated by our generous exhibitors and sponsors. Proceeds support FitnessCares, which is providing support to victims of the hurricane disasters in Texas, Florida and Puerto Rico. The Charity Raffle and Reception will take place on Friday, 5:30pm-6:15pm in the EXPO area. Please visit scwfit.com/FitnessCares for more information.



ONE EXCELLENT EXPO!

You're going to love the great deals on fitness equipment, exercise videos, activewear, music, nutrition, fitness resource books, shoes and Online Certifications. The EXPO is FREE and open to the public! Invite your students, friends and family!

REGISTRATION HOURS

Wednesday, July 25:	7:00am - 6:30pm
Thursday, July 26:	6:00am - 6:30 pm
Friday, July 27:	6:00am - 7:00 pm
Saturday, July 28:	6:00am - 7:45 pm
Sunday, July 29:	6:30am - 1:30 pm

EXPO HOURS

Thursday, July 26:	5:00pm - 7:00pm
Friday, July 27:	8:45am - 2:30pm
	5:15pm - 6:45pm
Saturday, July 28:	8:15am - 9:30am
	12:15pm - 3:30pm
	6:15pm - 7:45pm
Sunday, July 29:	10:00am - 1:30pm



PARTNER WITH "THE BEST" SPONSOR / EXHIBIT / ADVERTISE

Reach 10,000 Fitness Professionals in face-to-face contact and another 100,000 virtually, plus another 100,000 through SCW social media. All our event sites are held at Non-Union Hotels. Our MANIA® attendees will use your products, try your program(s) and experience your offerings! Host MANIA® sessions, receive a premier Expo booth (including table, chairs, carpet, etc.), provide inserts for the Welcome Bag, publish Articles with Ads in our Newsletter, promote your business through our SCW Quarterly Guides (www.scwfit.com/springguide) and receive Discount Coupons in our Emails. Go to www.scwfit.com/PARTNER, email partner@scwfit.com or call our Partner/Sponsor Director, Will Harris at 847-562-4020.



EASILY ACCESSIBLE DOWNLOADABLE OUTLINES ONLINE

Download & Print BEFORE you come! Outlines are NOT provided onsite. To download your outlines, go to www.scwfit.com/OUTLINES. The outlines will remain online 30 days after the close of MANIA® making it easier for you to retain this important information.

PUSH YOUR LIMITS



LIMITS



LOCKED IN



PREMIER SPONSORS



CO-SPONSORS



ASSOCIATE SPONSORS



CHECK OUT OUR SPONSOR SPECIALS ON PAGE 29!

PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

WEDNESDAY, JULY 25

SCW GROUP EXERCISE CERTIFICATION

Jeff Howard

Wednesday, July 25, 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 make 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. SCW (8.0), AFAA (8.0), NASM (0.8), AEA (4.5), ACSM (8.0).

SCW PERSONAL TRAINING CERTIFICATION

Keli Roberts

Wednesday, July 25, 8:00am-5:00pm

\$159 MANIA® Attendees / \$199 Non-Attendees

This Nationally Recognized Personal Training Certification is led by only the top Presenters/Trainers in the country. Combining lecture and activity, this certification 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. SCW (8.0), AEA (4.0), ACSM (8.0).

BALLETONE® - POWERED BY SAVVIER FITNESS®

 Savvier Fitness

Lauren George

Wednesday, July 25, 8:00am-5:00pm

\$229.99 MANIA® Attendees / \$249.99 Non-Attendees

Ballet is back and bigger than ever. Balletone® provides a dancer's workout for the non-dancer. Learn how to create a dynamic, total body workout with no equipment by combining Pilates, barre, and flowing ballet movements that not only improve posture, flexibility, cardiovascular fitness, strength, muscular endurance and balance, but also challenge your students to progress. Balletone® choreography is easy to learn and master and is all center-floor, keeping your students constantly moving, motivated, mentally focused, and ready to come back time and time again. Bring out the dancer in you and your students with Balletone®. Certification includes: Print and electronic instructor manual, Instructor web membership, Equipment and apparel discounts, No licensing fees, Options for ongoing choreography and Certificate of Completion. SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8).

THURSDAY, JULY 26

ONE DAY TO WELLNESS CERTIFICATION

Bruce & Mindy Mylrea

Thursday, July 26, 8:00am-5:00pm

\$229 for MANIA® Attendees / \$249 Non-Attendees

What if one day could change your career and your life? One Day to Wellness is a comprehensive wellness course encompassing all the latest and greatest in behavioral-change research, eating strategies for sustained success, and mindful and productive goal-setting. This course is for fitness, nutrition, and wellness coaches who want to assist their clients with all the latest coaching and motivational tools, as well as

anyone who needs that infusion of life-transforming energy. As a One Day to Wellness coach, you'll have all the resources you need to offer worksheets, assessments, applications, and one-hour lectures to include in your toolbox for recruitment and retention. Seminar day deliverables: Manual, tote bag, food samples, special gift, customized action plan, CD/DVD/downloads. SCW (9.0), AFAA (9.0), ACE (0.9), NASM (0.9).

SCW AQUATIC EXERCISE CERTIFICATION

Jeff Howard

Thursday, July 26, 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), NASM (0.7), AEA (9.0), ACSM (8.0).

SCW PILATES MATWORK CERTIFICATION

Abbie Appel

Thursday, July 26, 8:00am-5:00pm

\$159 MANIA® Attendees / \$199 Non-Attendees

Get introduced to a progressive series of exercises and modifications based on the methods of Joseph Pilates in this Nationally Recognized Certification. 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 all ages and abilities, including those individuals rehabilitating from injury. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8), AEA (4.5), ACSM (8.0).

SCW LEADERSHIP & BUSINESS SUMMIT

Sara Kooperman, JD, Jenn Hall, Lori Lowell,

Cody Sipe PhD, Paul Bosley, MS & Ann Gilbert

Thursday, July 26, 8:30am-4:30pm

\$99 MANIA® Attendees / \$159 Non-Attendees

(\$89 per person for two from the same facility)

SCW is pleased to present the all new Leadership & Business Summit, in honor of late SCW Presenter and business leader Michael Scott Scudder. This one-day, cutting-edge event offers business lectures every hour on the hour to further the growth of our fitness industry and create a financially secure future. Expand your horizons and your mind as we dissect new opportunities involving sales and service, program selection, management solutions, technology, social media and more. Join Owners, Directors, and Managers from independent health clubs, boutique studios, and more to network, explore proven strategies, and examine successful practices for career advancement and facility profitability. Enjoy leadership tables, round-table discussions, and a sit-down lunch! Visit www.scwfit.com/MANIAbusiness for more info. SCW (7.0).

SCW YOGA I CERTIFICATION

Manuel Velazquez

Thursday, July 26, 8:00am-5:00pm

\$159 MANIA® Attendees / \$199 Non-Attendees

Ready to get certified by the #1 Yoga Certification in the U.S.? Participants will learn 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 to 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. SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8), AEA (4.0), ACSM (8.0).

SCW YOGA II CERTIFICATION

Manuel Velazquez

Thursday, July 26, 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. SCW (4.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (2.0), ACSM (4.0).

SCW SPORTS NUTRITION CERTIFICATION

Fabio Comana, MA, MS

Thursday, July 26, 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. SCW (6.0), AFAA (6.0), ACE (0.7), NASM (0.6), AEA (6.5), ACSM (6.0).

SCW ACTIVE AGING CERTIFICATION

Lawrence Biscontini, MA & Bernadette O'Brien

Thursday, July 26, 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, 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. SCW (8.0), ACSM (8.0), ACE (0.7), AEA (4.0), AFAA (7.0), NASM (0.7).

SCW AQUA BARRE CERTIFICATION

Billie Wartenberg

Thursday, July 26, 9:00am-4:00pm

\$159 MANIA® Attendees / \$199 Non-Attendees

Dive into the hottest up-and-coming trend! Bring the extremely popular Barre format to the pool with this brand-new certification, which uses a noodle as a ballet barre for stability. Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs, and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen, and improve your range of motion. Leave with innovative programming that will allow you to creatively plan multiple Aqua Barre workouts appropriate for all levels of fitness. Discover the aqua excitement a Barre-A-Cuda Class can bring and be among the first to offer this fun and inspiring water workout! Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. SCW (6.0), AFAA (6.0), ACE (0.7), NASM (0.6), AEA (6.0), ACSM (6.0).

SCW HIIT CERTIFICATION

Keli Roberts

Thursday, July 26, 11:00am-5:00pm**\$199 MANIA® Attendees / \$199 Non-Attendees**

Light a fire under your HIIT program! Become a Fierce Interval Resistance Exercise (F.I.R.E.) certified instructor and earn valuable CECs. This six-hour, in-depth course reviews the science behind metabolic conditioning, functional training, and high intensity interval training. Trainers develop essential coaching skills through practical application. This step-by-step system provides you with three full total-body metabolic workouts suitable for Small Group Training and traditional Group Exercise settings. Learn plug and play formats ready to go for your class on Monday! *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (6.0), AFAA (6.0), ACE (0.6), NASM (0.6), AEA (3.0), ACSM (6.0).*

SCW CORE TRAINING WORKSHOP

Pete McCall, MS

Thursday, July 26, 1:00pm-5:00pm**\$99 MANIA® Attendees / \$129 Non-Attendees**

Everyone wants a strong, lean, sculpted core. Effective core exercises require much more than just lying on the floor. Knowing how the muscles of the core work can help you deliver results clients want. Upright movements require core muscles to work in all three planes of motion to control the body's center of gravity over a moving base of support. Learn how to design core training programs that help the body both move and look better to produce results clients want. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (2.0), ACSM (4.0).*

SCW ACTIVE AGING NUTRITION CERTIFICATION

Tricia Silverman, RD, LDN, MBA

Thursday, July 26, 5:30pm-9:30pm**\$99 MANIA® Attendees / \$129 Non-Attendees**

Tricia shares with you research-based, current insights on the distinct nutritional needs of your classes and clients over 50. Learn practical tips for preserving or increasing lean body mass, enhancing mental cognition, losing excess body fat, getting needed vitamins and minerals, and more. Discover studied nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutrition knowledge on aging. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4).*

SCW KETTLEBELL PRACTICAL CERTIFICATION

Pete McCall, MS

Thursday, July 26, 5:30pm-9:30pm**\$99 MANIA® Attendees / \$129 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. SCW (4.0), AFAA (4.0), ACE (0.4), NASM (0.4). AEA (2.0), ACSM (4.0).

SCW MEDITATION CERTIFICATION

Yury Rockit

Thursday, May 3, 5:30pm-9:30pm**\$99 MANIA® Attendees / \$129 Non-Attendees**

Learn the background to traditional tenets of Eastern meditation, from principles to prana to practices. Fuse theory and practical meditation techniques to gain a deeper sense of self and consciousness. Learn mindful skills that gradually progress with the potential to develop into a lifelong practice for yourself and others. Movement enhances our physical body; meditation improves our mental and emotional states. This vibrant program is suitable for any fitness professional (no experience

required). Acquire new skills to be able to start your own meditation class or simply implement aspects of meditation into your current recovery programs. Strengthen your emotional balance, stimulate clearer thinking, and enhance your personal and professional creativity with this elevated course that encourages deeper sleep, reduced anxiety, and increased self-confidence. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4).*

SCW LIFESTYLE BEHAVIORAL COACHING WORKSHOP

Fabio Comana, MA, MS

Thursday, July 26, 5:30pm-10:00pm**\$99 MANIA® Attendees / \$129 Non-Attendees**

Ever struggle with engaging participants and clients, igniting their passion for change, and empowering them to success and self-sufficiency? Discover 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. SCW (4.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (4.0), ACSM (4.0).*

SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION

Jeffrey Scott & Doris Thews

Thursday, July 26, 7:00am-5:00pm**\$199 MANIA® Attendees / \$229 Non-Attendees**

Get certified in the industry's most respected and progressive indoor cycling instructor training course. In one power-packed day, you'll get the tools you need to become a successful, sought-after instructor on any brand of bike. This critically acclaimed certification is based on the newly updated Schwinn Cycling Coach's Pyramid, a specialized system that makes teaching simple for you and an incredible experience for your students. You will learn bike fit, cycling science, class design, music, communication skills, and motivation techniques. *Take home exclusives include a comprehensive manual and Certificate of Completion, eight complete class designs and Power Music® Schwinn Cycling Signature Music. SCW (9.0), ACE (1.2), AFAA (8.0), NASM (0.8).*

TRIGGERPOINT™ FOAM ROLLING: PRINCIPLES & PRACTICE

Sylvie Patrick

Thursday, July 26, 8:00am-12:00pm**\$100 MANIA® Attendees / \$125 Non-Attendees**

Learn the fundamentals of myofascia, review the latest self-myofascial release (SMR) research, and dive into the TriggerPoint™ SMR movement philosophy using the GRID® foam roller. Walk away with practical knowledge and hands-on experience coaching and cueing movements that can be scaled for all client levels. *Each participant with completed registration will receive a free GRID® Foam Roller. SCW (4.0), ACE (0.4), AFAA (3.4), NASM (0.4), ACSM (0.4), CanFitPro/FIS/PTS (2.0), PTA Global (4.0), NCBTMB (3.5), USAT (2.0), PMA (4.0).*

TRIGGERPOINT™ ASSESSMENTS TO PERFORMANCE

Kolleen Losch

Thursday, July 26, 1:00pm-5:00pm**\$100 MANIA® Attendees / \$125 Non-Attendees**

Unlike its predecessors, Foam Rolling Principles & Practices and Myofascial Compression Techniques: The Evolution of Foam Rolling, this course covers fundamental principles of human movement science, including anatomy, joint motion, function and dysfunction. Learn the logic behind assessment-based programming to design and implement an effective self-myofascial release program.

Each participant with completed registration will receive a free MB5™ Massage Ball and MB2™ Roller. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4), ACSM (0.4), PMA (4.0).

STAIRMASTER® PRESENTS - BOXMASTER® CERTIFICATION

Sonja Friend-Uhl

Thursday, July 26, 8:00am-12:00pm**\$129 MANIA® Attendees / \$159 Non-Attendees**

BoxMaster® is the latest training tool for boxing specialists and fitness enthusiasts alike. If you want

to improve your reaction time, agility, stamina or coordination, BoxMaster® is the opponent for you! This is a new form of boxing style conditioning that will WOW your clients and members! With the ability to cater to all levels of fitness, the BoxMaster® will not only excite and encourage greater participation in boxing style fitness training, it will also help boost your client/member retention with an entirely different way to get in shape! SCW (4.0), ACE (4.0), AFAA (5.0), NASM (0.5).

STAIRMASTER® PRESENTS HIIT MIX SOLUTIONS CERTIFICATION

Sonja Friend-Uhl

Thursday, July 26, 1:00pm-5:00pm**\$129 MANIA® Attendees / \$159 Non-Attendees**

HIIT MIX is an easy to follow system, comprised of interval training protocols that can be mixed and matched on a variety of equipment. Simple execution and scientifically sound programming provide maximum impact on your small group training program for ultimate member engagement. HIIT MIX can be scaled up or down to suit the participant, space, and available equipment options. It's a complete solution not only for members, but the sales team as well. SCW (4.0), ACE (4.0), AFAA (4.0), NASM (0.4).

**POWERWAVE™ INSTRUCTOR COURSE**

Elisabeth Fouts

Thursday, July 26, 8:00am-5:00pm**\$199 MANIA® Attendees / \$229 Non-Attendees**

Maximize the potential the PowerWave™ can bring to your business as an equipment addition or a complete plug-and-play program solution. This course covers the unique coaching & program-design protocols of FOUR exclusive PowerWave™ workouts. You also will learn to apply a scoring protocol to workouts that can be used as fitness assessment for individuals or groups. *Price includes training manual and testing fees, instructor access to the PowerWave™ Fitness App, 25+ pre-programmed workout designs, PowerWave™ timers and music. SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7).*

**SPEEDBALL INSTRUCTOR CERTIFICATION**

Steve Feinberg & Lynze Schiller

Thursday, July 26, 8:00am-4:00pm**\$199 MANIA® Attendees & Non-Attendees**

Implement Speedball Fitness in any facility with this exciting instructor certification. Steve Feinberg, founder of Speedball Fitness, will help you master the foundational movements, class structure, choreography, and athletic drills. You also will review musical phrasing, cueing and valuable group fitness teaching tools. You will receive a weight-shifting SPEEDBALL, custom music, and a year of online continuing education to keep your classes fresh! SCW (8.0), AFAA (5.0), ACE (1.3), NASM (0.5).

ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING

Tony Witt

Thursday, July 26, 8:00am-5:00pm**\$225 Registration Fee (Use PROMO CODE: SCW25 to receive a \$25 discount. + A FREE ZUMBA® BAG)**

This training is the first step to becoming a Zumba® Instructor, teaching 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).*

**HIGH FITNESS INSTRUCTOR TRAINING**

Amber Zenith

Thursday, July 26, 8:30am-5:00pm**\$199 MANIA® Attendees / \$229 Non-Attendees**

Aerobics is Back, Bigger, Better HIGH! HIGH Fitness is a hardcore, fun group fitness class that has taken Aerobics and brought it to the next level with modern fitness techniques. Our full-day Instructor Training will provide you with everything you need to know to teach a HIGH Fitness class. This hands-on training will provide you with the skills, knowledge, tips and tricks to support you in becoming a successful HIGH Fitness Instructor. SCW (7.5), AFAA (8.0), NASM (0.8), CanFitPro (4.0), AFLCA (6.5).



ACTIVMOTION BAR FOUNDATIONS CERTIFICATION



Derek Mikulski

Thursday, July 26, 9:00am-4:00pm

\$199 MANIA® Attendees & Non-Attendees

This is the ActivMotion Bar full certification course. We will do a deep dive into the concepts and protocols that govern Functional Training. After establishing a foundation of knowledge, we will build out our framework of movement patterns. We then will engage in a dynamic teach back session to establish full learning comprehension. SCW (7.0), ACE (0.7), AFAA (7.0), NASM (0.7) PMA (4.0)

BARRE ABOVE® POWERED BY SAVVIER FITNESS®



Lauren George & Jenn Hall

Thursday, July 26, 9:00am-5:00pm

\$229.99 MANIA® Attendees / \$249.99 Non-Attendees

Whether you teach barre or are motivated to add this popular format to your repertoire, look no further than Barre Above®, one of the fastest growing barre programs in the country. Discover the essentials of barre and see how this dynamic and progressive method of training enhances strength, flexibility, and balance. Watch your toolbox expand as you study and practice the progressions and regressions necessary to teach a fun, effective, and efficient barre workout perfect for all fitness levels. Learn how to implement, launch, and run a successful and in-demand barre program that requires little to no equipment. *Certification includes: Two DVDs plus electronic versions, print and electronic instructor manual, Instructor web membership, equipment and apparel discounts, no licensing fees, options for ongoing choreography, certificate of completion.* SCW (12.0), AFAA (12.0), ACE (1.2), NASM (1.2).

BECOME A CORE DE FORCE INSTRUCTOR

Joel Freeman

Thursday, July 26, 9:00am-5:00pm

\$249 MANIA® Attendees & Non-Attendees

An MMA-inspired program was created because we truly believe that anyone can punch, kick, and jab their way to a badass bod. As a CORE DE FORCE instructor, you will be teaching others how to sculpt total-body definition using only body weight as resistance. In a one-day, hands-on session, you'll learn from and practice with top Master Trainers—leaving with the materials, inspiration, and know-how to teach your first class, whether you're a novice or seasoned expert. SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), CanFitPro/FIS/PTS (4.0), REPs (7.0).

SUNDAY, JULY 29



SCW BARRE CERTIFICATION



Abbie Appel

Sunday, July 29, 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 includes 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.* SCW (7.0), AFAA (7.0), ACE (0.6), AEA (4.0), NASM (0.7), ACSM (7.0).

SCW BOXING CERTIFICATION



Steve Feinberg

Sunday, July 29, 8:00am-4:00pm

\$159 MANIA® Attendees / \$199 Non-Attendees

Prepare to shock your students and their bodies with this outstanding boxing certification. Whether you are looking to start or grow your own boxing program or bring it to your studio or club, we will provide you the tools you need. Learn to implement the basics of boxing, address the science behind the sport, and leave with the knowledge and confidence to empower others - from novices to well-trained fighters. This certification explores three learning styles, auditory, visual and tactile and provides you with several

authentic workouts that are taught at a traditional boxing gym or independent studio. *Price includes training manual and testing fee PLUS A FREE PAIR OF BOXING GLOVES (\$100 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0), AFAA (7.0), ACE (0.8), NASM (0.7), AEA (4.0), ACSM (7.0).*

SCW FUNCTIONAL PILATES CERTIFICATION



Leslee Bender

Sunday, July 29, 8:00am-4:00pm

\$159 MANIA® Attendees / \$199 Non-Attendees

Experience a very functional approach to Pilates mat utilizing props that simulate apparatus. Whether you are a seasoned Pilates trainer or new to teaching, you will leave with several essential tools and concepts that give you many ways to change a mat class for variety. You also will walk away with the understanding of how to combine classical repertoire with a modern approach that will challenge your students both vertically and horizontally to improve everyday activities and posture and reduce overuse injuries. Learn the science of modern functional Pilates, alignment, breath, and exercises enhanced by using props simulating apparatus equipment used for training and rehabilitation. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), AFAA (7.0), NASM (0.7), AEA (3.5), ACSM (7.0).*

SCW FOAM ROLLING CERTIFICATION



Irene Lewis-McCormick, MS, CSCS

Sunday, July 29, 9:00am-3:00pm

\$159 MANIA® Attendees / \$199 Non-Attendees

Self-myofascial release, also known as foam rolling, has transformed from a once elite recovery technique into a daily fitness practice appropriate for all levels. Recent research, technology, and affordable products have made this part of today's fitness culture. Self-massage is effective when applying pressure to specific points on the body and can be used to decrease tightness, increase mobility and improve joint stability. Correct Foam Rolling leads to faster and more complete recovery. This four-hour intensive training will offer guidelines for Fitness Professionals on how to use foam rollers with coaching options. We will examine the science of muscle, rolling, and relaxation techniques and spinal alignment for enhanced posture. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (6.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (2.0), ACSM (6.0).*

SCW NUTRITION, HORMONES & METABOLISM CERTIFICATION



Melissa Layne, MEd

Sunday, July 29, 9:00am-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.



LOUIS VAN AMSTEL

Louis is a three-time World Latin Dance Champion who is best known as a nine-season, crowd favorite Pro on the ABC hit TV show Dancing with the Stars. An Emmy-nominated choreographer, Louis regularly works for So You Think You Can Dance and Dancing with the Stars. He presents internationally as CEO of LaBlast® Fitness sharing his passion for dance and mission to get people moving through LaBlast® Fitness and LaBlast® Splash.

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. SCW (7.0), AFAA (6.0), ACE (0.7), NASM (0.6), AEA (8.0), ACSM (7.0).*

WATERinMOTION® AQUA EXERCISE CERTIFICATION



Manuel Velazquez

Sunday, July 29, 8:00am-4:00pm

Additional \$159 MANIA® Attendees and/or Instructor at a WATERinMOTION® licensed facility / \$199 Non-Attendees

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, with the skills to teach your best class, every class! *Certification includes a FREE online 5-part course, downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and optional Video Assessment (\$300 value). SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), AEA (8.0), ACSM (7.0).*

THE AXLE WORKOUT CERTIFICATION



AXLE Master Trainer

Sunday, July 29, 8:00am-4:00pm

\$199 MANIA® Attendees / \$229 Non-Attendees

Learn the sports science of the Axle Workout, the unique functionality of the Axle, and the methodology of teaching the Axle Workout group fitness class. The curriculum provides fitness professionals with a progressive approach to learning the foundational movements and basics for group or personal instruction using the Axle. SCW (8.0), AFAA (8.0), NASM (0.8).

BECOME A PIYO INSTRUCTOR



Emily O'Connor

Sunday, July 29, 8:00am-4:00pm

\$249 MANIA® Attendees & Non-Attendees

Celebrity fitness trainer Chalene Johnson created PiYo to prove that low-impact exercise can get beautiful results. As a PiYo Instructor, you'll lead dynamic and powerful flows designed to sculpt, stretch and strengthen a long, lean physique. In a one-day, hands-on session, you'll learn from and practice with top Master Trainers – leaving with the materials, inspiration and know-how to teach your first class, whether you've taught before or not. SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.7), CanFitPro/FIS/PTS (4.0), REPs (7.0).

MANIA® COURSE DESCRIPTIONS

FRIDAY, JULY 27

FR1

7:30AM-9:00AM

DON'T STEP ON IT Jeff Howard

 OnDemand

This class is designed around a piece of equipment every gym has but never uses - "The Step". Learn how the step can be utilized differently without ever stepping on it. Experience the step in unconventional ways that are still effective. This workshop provides numerous ideas perfect for personal training and group exercise.

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

UPPER EXTREMITY MOVEMENT MECHANICS

Fabio Comana, MA, MS

Coaching efficient movement throughout the kinetic chain is a fundamental goal for every professional, yet chronic injury rates continue to rise. Instructing proper form requires a solid understanding of stability and mobility throughout the kinetic chain. Explore the latest research and how to properly coach the movement patterns of the upper extremity.

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

SPEEDBALL Steve Feinberg & Lynze Schiller

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.

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

BARRE TAB Billie Wartenberg

 OnDemand

Barre Tab is a unique blend of HIIT-Tabata training drills and Ballet Barre elements. This all-in-one workout utilizes the cardio and strength 20/10 timing ratio, allowing for participants to experience endurance and strength breakthroughs. Your fitness "bill" will be paid in Barre Tab!

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

CENTER FLOOR Lauren George

 Savvier Fitness

Enter a dancer's workout world for the non-dancer. Learn how to create a dynamic, total-body workout by combining Pilates, barre, and flowing ballet movements that not only improve posture, flexibility, balance, and strength, but also challenge your students to progress. Bring out the dancer in YOU and your students!

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

RUMBLE BY R.I.P.P.E.D.® Susan Jessup

 RUMBLE

Authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment! RUMBLE is formulated with Systematic Science based techniques that are safe, effective & FUN! The RUMBLE STICK is your weapon that creates an intensive degree of training which enhances spatial awareness & overall movement.

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

POUND® - ROCKOUT WORKOUT. Amber Bruehl

 POUND

Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

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

FLOW WAND Lori Lowell

Journey into a new and beautiful fitness space that incorporates, movement and flow. Using the Flow Wand, this class allows you to enter into a new dimension of fitness where you and the Flow Wand create beautiful, synchronized movement to music.

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

BODY & SOLE FOR ACTIVE AGERS Lawrence Biscontini, MA

Learn to help our active agers face one of the biggest fears of aging: falling. We will examine this through a research-based approach to barefoot fitness made for them. Learn guidelines and practical approaches for foot hygiene, muscular anatomy, and stability and mobility games to decrease falls and improve overall foot function, barefoot!

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

SCHWINN®: TOUR DE SCHWINN® Keli Roberts



That yellow jersey requires mental toughness and a never-quit conviction to a goal bigger than yourself. Learn to cultivate true grit through your coaching. This workshop is based on cutting-edge sport psychology strategies designed to add volume and intensity to your instructor playbook.

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

DEEP WATER TABATA Irene Lewis-McCormick, MS, CSCS

Deep water lends itself to a complete high-intensity training with power and no impact, offering a tremendous training alternative without the potential risk of injury. Achieve weight loss and increase EPOC in a class design that's an effective and unique option for water enthusiasts of all fitness levels.

FR1K Friday, 7:30am-9:00am

**DOMINATE YOUR
FUTURE**



AQUA ZUMBA® Tony Witt



Make a splash and experience Aqua Zumba®. This refreshing, invigorating ZUMBA® pool party includes many different Latin and International dance rhythms in a whole new way! Experience this unique workout that complements muscles and allows individuals, including those that are fit and those with physical limitations, to join the ZUMBA® experience!

FR1L Friday, 7:30am-9:00am

NUTRITION COACHING FOR PERSONAL TRAINERS

Melissa Layne, MEd

Some of the most asked questions by clients is something about nutrition. In this session, trainers are going to receive the appropriate knowledge and education to leave confident with coaching tools to set yourself apart to create a higher level of impact on your clients and in your business! (LECTURE)

FR1M Friday, 7:30am-9:00am

FIGHTERS FOCUS Joel Freeman

Introducing new exercise strategies to keep your body adapting (and growing stronger) with each punch and kick creates a positive skill building environment. Learn how CORE DE FORCE integrates the "technique checklist" to introduce class goers to new moves and skills for adaptation vs. accommodation. *CORE DE FORCE Instructor Training Pre-Con Available* (LECTURE)

FR1N Friday, 7:30am-9:00am

52 DAYS: YOUR BEST BODY



Sohailla Digsby, RDN, LD

Fitness efforts thwarted by how "life happens" between workouts? Can you ensure that efforts are evidenced in body fat percentages, Facebook "selfies" and in medical charts? Since 30-day challenges rarely work for more than 30 days, come learn what 52 days can do to keep you at Your Best Body! (LECTURE)

FR1O Friday, 7:30am-9:00am

STEPS TO STRENGTHENING YOUR BRAND

Elisabeth Fouts

As a fitness professional in one of the fastest growing and most dynamic industries, how will you stand out? This session will provide the tools that you can apply to your brand and take not only your own success – but your clients' success – to the next level. (LECTURE)

FR1P Friday, 7:30am-9:00am

STAIRMMASTER® PRESENTS – HIIT MIX SOLUTION

Sonja Friend-Uhl

StairMaster® has created a formula that allows clubs and trainers alike to utilize any and all available equipment with unique interval protocols, resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results-Driven, Interactive, Scalable, Exciting & Engaging and Team/Community-centric! Plug in the details and PLAY!

FR1Q Friday, 7:30am-9:00am



FR2

10:00AM-11:30AM

FUNCTIONAL CIRCUITS FOR THE ACTIVE ADULT

Derek Mikulski

For the most transferable and useable functional balance training, exercises need to challenge the body in ways that simulate the forces and variability that life throws at us every day. By integrating senses like touch, vision and sound, we develop a deeper understanding of what balance really is.

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



WILLOW - 6PACK ABS, 6PACK MIND Billy Boynton



Willow is a combination meditation/HIIT class that was designed around the largest international scientific research studies on fundamental well-being. Willow's easy-to-learn meditation techniques paired with a variety of Intervals and Tabatas is a fun and energizing class. Our goal is for you to have six-pack abs and a six-pack mind.

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

ABbie Appel

Abbie is an international fitness expert and educator who has written the SCW Barre Certification and updated the SCW Pilates Matwork Certification. She is a Rykä® Ambassador and a Master Trainer and Consultant for Activmotion Bar™, Body Bar® and Schwinn®. As an honored SCW faculty member, she has designed fitness programs and contributed to certifications, videos, magazines and journals and possesses multiple certifications and awards.



PULLING FOR POWER™ SGT KEN®



Pulling for Power™ with SGT Ken® utilizes extremely effective Variable Intensity Interval Training (VIIT) techniques with WaterRower drills and calisthenics uniquely arranged to muster muscle fatigue like never before. VIIT can help you burn body fat for 24 hours from a 60-minute workout. Pull for power today to produce progress tomorrow!

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

ZIPPITY ZEN BARRE® Jonelle Dickson-Prokopchak

The perfect workout for those on the go as no props are necessary! Start with raising your heart rate for a quick burst of energy. Class continues to a strengthen and sculpting section. The workout concludes by taking a moment to relax and appreciate all that your body can do!

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

HIGH FITNESS: AEROBICS IS BACK! Amber Zenith



Aerobics is Back, Bigger, Better, HIGHer! HIGH Fitness is a hardcore fun group fitness class that has taken Aerobics and brought it to the next level with modern fitness techniques. HIGH combines FUN with INTENSITY and CONSISTENCY. HIGH Fitness can be modified for beginners or athletes. It is proven to produce repeat participants and results!

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

EAST MEETS WESTERN TECHNIQUES: ROLLGA®



Leslee Bender

This session is for all trainers looking to experience the philosophy of fascial care with the Rollga® roller combining mindful exercises that enhance strength, fascial health, through Eastern acupressure and reflexology, followed by western techniques of resistance training. You will not want to miss the latest methods for a pain free body!

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

BALLETON: A DANCER'S WORKOUT FOR THE NON-DANCER



Lauren George

Bring that ballerina back to life. Join a dynamic, total body workout that combines Pilates, barre, and flowing ballet movements that improve posture, flexibility, balance, cardiovascular fitness, muscular endurance and strength. Capture fitness and the inner dancer you never knew you had... Beauty Meets Strength & Power, Fitness meets Balletone!

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

DRISHTI YOGA VINYASA FLOW Lori Lowell

Members say: "I need more yoga in my life" - let's bring it to them and keep them coming back for more. -- This class gives you tools to enhance your participants yoga experience. Take this information back to your club and yoga instructors creating new blissful experiences. (LECTURE /ACTIVITY)

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

FUNCTIONAL CIRCUITS FOR AGING CLIENTS Cody Sipe, PhD

In this session you will learn the Functional Aging Training model and apply it to 4 levels of functional circuit workouts for clients 55-85 years old. During this hands on workshop you will be moving as we work through beginner to advanced level functional circuits.

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

SCHWINN®: HOW TO WOW!**Doris Thews**

Are you ready to have your mind blown? Prepared to have wait list classes? Learn the secret to creating a buzz in the locker room. You'll discover how to build class designs that WOW your participants by integrating the latest cycling protocols through Schwinn's proven system.

FR2J Friday, 10:00am-11:30am**AQUATIC BABY BOOMER BOOTCAMP****Danita Watkins**

Functional fitness is important in daily lives and this Aquatic Baby Boomer Bootcamp will help encourage and improve functional fitness on all fitness levels. It will strengthen your heart, build your muscles, build your stamina, and have fun while exercising your whole body.

FR2K Friday, 10:00am-11:30am**AQUA BITS & PIECES** **Melissa Layne, MEd**

HIIT is popular, and clients are comfortable maintaining their anaerobic threshold. However, what happens if you intersperse anaerobic bits and pieces into aquatic choreography? Veteran participants enjoy instant progress and rookies experience an instant regression. Experience 32 block choreography with interspersed anaerobic bits and pieces that works for everyone!

FR2L Friday, 10:00am-11:30am**SUGAR SHOCKERS AND SHAKEDOWN****Tricia Silverman, RD, LDN, MBA**

In this captivating presentation, you will see and learn about the shocking amounts of sugar in some favorite foods. Learn why sugar is not so sweet for the mind, body, health and weight. Get helpful tips for reducing sugar intake, while keeping the diet satisfying and flavorful. (LECTURE)

FR2M Friday, 10:00am-11:30am**BUILDING BLOCKS: CORE SCIENCE & TRAINING****Fabio Comana, MA, MS**

We all train and utilize core exercises, but do you really have a sense of purpose and understanding on lumbo-pelvic hip stability, the 3 layers of trunk musculature and respective functions? How about training specific to the local and global layers, exercise progressions and training in balance to avoid low-back injury? Think you need an update? Get your version 2.0 in this session and train with a purpose. (LECTURE)

FR2N Friday, 10:00am-11:30am**PROGRAMMING PILLARS FOR ACTIVE ADULTS****Pete McCall, MS**

How is training an "active adult" different from training someone who is younger in age? What training variables need to be especially considered? In this lecture, you will obtain answers to these questions and learn the most relevant and scientifically up to date training methods for the aging population. (LECTURE)

FR2O Friday, 10:00am-11:30am**CLIMBING THE CORPORATE LADDER IN HEELS****Sara Kooperman, JD, Mindy Mylrea, Keli Roberts, Helen Vanderburg, Jenn Hall**

While men and women come from different worlds they do share the same office. Revisit stereotypes about gender roles in business and use confidence, competition, and character to confront the odds and become an inspiring leader. Learn to correct common mistakes and become empowered to make game-changing decisions. Come with plenty of questions to help advance your career! (LECTURE/PANEL)

FR2P Friday, 10:00am-11:30am**BOXING: THE METHOD** **Steve Feinberg**

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.

FR2Q Friday, 10:00am-11:30am**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 SCW Fitness videos and has educated fitness professionals at conventions worldwide for over a decade. Jeff trained countless celebrities as the pioneer instructor at the Golden Door Spa and has appeared on several national TV shows. Jeff is currently the Promotional Director of Fitness for Milestone Baptist East.

**FR3 - SESSION 1****11:45AM-1:15PM**

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

**COACHING CAMP: GROUP TRAINING GROWTH****Elisabeth Fouts**

The language of fitness is changing. People don't just workout, they "train." Personal trainers don't just train, they "coach." Learn how to apply coaching techniques that'll transform and grow your group-training sessions. Discover the "coach" within you and cultivate a group of fitness athletes through large-scale warm-ups, movement blocks and cues and focused programming.

FR3A Friday, 11:45am-1:15pm**COACHING SQUAT AND LUNGE VARIATIONS****Fabio Comana, MA, MS**

Coaching proper form is a fundamental responsibility for every professional, yet it requires a solid understanding of stability and mobility throughout the kinetic chain. Learn how to properly coach the movement patterns of the lower extremity – bend-and-lift or squat and step/lunge and explore 3-dimensional variations that add fun and function to your programs.

FR3B Friday, 11:45am-1:15pm**LET THE BEAT DROP - POWERED BY BARRE ABOVE®****Lauren George**

Music is a powerful tool that sets the tone for your class, increase students' energy, and makes a lasting impact. Learn four ways to choreograph barre workouts to music in a one song per segment format and master cueing strategies to smoothly and efficiently move students through workouts that creates flow.

FR3D Friday, 11:45am-1:15pm**ROLLING WITH MINDFULNESS AND BREATHWORK****Brian Bettendorf, MSM, MS**

This mindful session combines multiple approaches using mindfulness, self-awareness and breath control to improve mobility and recovery. Learn how to get the most of your RumbleRoller self-myofascial release and mobility sessions with skills that transfer to all other activities.

FR3F Friday, 11:45am-1:15pm**SCHWINN®: THE MAGIC OF THE 3 C's** **Jeffrey Scott**

The 3 C's are the secret behind every successful cycling instructor: Content, Connection, and Charisma. Take a deep dive into what makes an ordinary class extraordinary and learn trade secrets to take your class to the next level. You do not want to miss this workshop!

FR3J Friday, 11:45am-1:15pm**HIT THE DECK! Chris Henry**

In this session, we will review tools and tricks of the trade for effective deck teaching for all levels, populations, as well as depths of water. This session is ideal for instructors who teach at pools with transitional depths or teach both shallow and deep-water classes. Up your game as a deck presenter and be the instructor everyone wants to emulate.

FR3K Friday, 11:45am-1:15pm**GIRLS JUST WANNA HAVE FUN!****Sara Kooperman, JD, Irene Lewis-McCormick, MS, CSCS, Melissa Layne, MEd & Billie Wartenberg**

Bring a tidal wave of energy and excitement to the pool! The fabulous Women of MANIA® will provide a flood of new ideas that will give new

meaning to fluid fun. Plunge into a fantastic workout that covers all body parts and add a major splash of WOW! to your aqua classes.

FR3L Friday, 11:45am-1:15pm

DIET DIAGNOSIS Bruce & Mindy Mylrea

Scores of new diet books are published every year by the \$60B weight loss industry, so why is the general population still gaining weight? What gives? Mindy and Bruce sift through scientific evidence of the biggest diet trends to diagnose which, if any, really work for sustained, healthy, long-term weight loss.

FR3M Friday, 11:45am-1:15pm



STAIRMASTER® PRESENTS BOXMASTER®

Pete McCall, MS

If you want to improve your reaction time, agility, stamina, or coordination, BoxMaster® is the opponent for you! With the ability to cater to all fitness levels, the BoxMaster® will excite greater participation in boxing-style fitness training and help boost your client/member retention with an entirely different way to get in shape!

FR3Q 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.

MMA FOR GROUP FITNESS

Joel Freeman

MMA-inspired workouts are everywhere, and CORE DE FORCE from Beachbody LIVE is the predesigned format that makes it easy to lead the fight — one badass class at a time. In this workshop you'll learn the class-teaching formula as well as the authentic techniques behind the stances, punches, and kicks.

FR3C Friday, 12:30pm-2:00pm



ZUMBA® CARDIO BLAST Tony Witt

Revolutionize your cardio workout and feel the Latin Heat with exotic world rhythms in red-hot, never-before-seen ways. This class will challenge and inspire you! Learn how to make your routines 'pop' with hits from multi-platinum Latin artists like Pitbull, Jennifer Lopez, Shakira, Enrique Iglesias, and more. Walk in, and dance out!

FR3E Friday, 12:30pm-2:00pm



INTENSITY BY HEDSTROM FITNESS

Helen Vanderburg

TEN exercises, TEN reps, TEN rounds! This ferocious ladder approach progresses with each round – and you never have to answer, "how many?" Use in one-on-one or group workouts with unison or station formats. Learn a multitude of "TEN" drills to plug into a ladder template, with dynamic coaching techniques tying it all together.

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



CLUB PILATES MAT CLASS - LEVEL 1

Vanessa Huffman

Ideal for beginners and those who want a safe and effective class experience to build a solid Pilates foundation. Focus on form and alignment to help you master the Pilates fundamentals, so that you can get the most out of your workout as you become more advanced.

FR3H Friday, 12:30pm-2:00pm

POWER TRAINING FOR OLDER ADULTS Cody Sipe, PhD

Muscle power is one of the most critical factors for maintaining functional activities as we get older. Learn how to incorporate functional power training into your 1-1, small group and large group programs safely and effectively for clients ranging from frail to fit.

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

UNLEASH THE POWER OF MUSIC Doris Thews

Learn how music can create incredible emotion and action in your group classes. This session will provide the latest tips, tricks and tools to organize and select the perfect music to make your classes stand out. Learn how to maximize a powerful music coaching approach and bring your class experience to the next level. Walk away with steps to create a custom and perfect playlist and receive a free download from Power Music. (LECTURE)

FR3N Friday, 12:30pm-2:00pm

SNEAKY STRATEGIES TO MANAGE WEIGHT

Tricia Silverman, RD, LDN, MBA

Discover simple techniques that will help you and/or your clients consciously and subconsciously make better choices that affect weight and health. Striking visuals will be displayed that will have you thinking twice about the plates and glasses you use, as well as how accessible food is at home and work. (LECTURE)

FR3O Friday, 12:30pm-2:00pm

TIDBITS TO GROW YOUR BUSINESS Paul Bosley, MS

This seminar reviews 14 key concepts on how to improve an existing business. The topics include personal development, business planning, finance, marketing, sales and management. (LECTURE)

FR3P Friday, 12:30pm-2:00pm

FR4

2:15PM-3:45PM

FUNCTIONAL TRAINING - WORKOUTS FOR RESULTS

Pete McCall, MS

The SAID Principle says the body adapts to specific physical demands during exercise. Functional training is the application of the SAID Principle that can be used to help clients move better, lose weight, and build muscle. Learn the science of functional training and specific exercise-program design strategies that can deliver results clients want.

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

DON'T JUST WARM UP CATCH FIRE

CRAZY CORE COMBOS **Mindy Mylrea**

Would you like to experience some of the most efficient core exercises on the planet? Come to this session and learn 4 completely different core combinations that can be easily implemented on Monday morning. Packed with critical cutting-edge core research, this session delivers amazing abdominal and back routines.

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

**SHORT-CIRCUIT: GROUP TRAINING EDITION****Elisabeth Fouts**

Energize your group training sessions with mix-and-match micro circuits! Experience plug-and-play, short circuit workouts with targeted training goals such as muscular strength, metabolic conditioning, and mobility. Decrease your program planning time by learning how to mix and match these quick circuits to create a unique group training experience that will keep them coming back for more!

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

**BEST OF BARRE** **Abbie Appel**

Experience the best of SCW Barre programming. Mix and match movements from four fabulous SCW Barre workouts to achieve the most effective total-body training. Learn this simple technique for designing classes and progressing barre movements and discover how easy it is to create comprehensive barre workouts that challenge all levels.

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

LABLAST SILK: ACCESSIBLE DANCE FITNESS**Louis Van Amstel**

Ease into fitness with LaBlast Silk, the dance fitness format based on TV's Dancing with the Stars, that allows the new participant to gradually build strength and stamina with easy to follow, low impact partner free patterns.

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

**R.I.P.P.E.D.®: REFORMULATED!** **Terry & Tina Shorter** **RIPPED**

Re-energize and revolutionize your group exercise environment with the next generation of effective and proven fitness technology; Resistance, Intervals, Power, Plyometrics, Endurance, and Diet. A refreshingly athletic approach to carefully designed CARDIO, well balanced WEIGHTS, turbo charged FUN, and the music will drive you to DONE!

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

BOSU® + BAR: GRIP, TIP, FLIP, STRIP **Jessica Maurer**

Take total body conditioning to the next level by combining the BOSU® Balance Trainer and BOSU® Bar to enhance strength, stability, balance, and core activation. Experience 100+ exercises, master the 'Graduation Grid,' and expand your conditioning toolbox. Grip, tip, flip, or strip, and the simplest of exercises will feel brand new and be accessible for all!

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

SPRY - STRENGTH, POWER, RESISTANCE, YOGA**Lorna Kleidman & Mary Horne**

SPRY invites you to experience a different element of challenge and engagement by including a single light weight with yoga flow. SPRY is a sophisticated and mindful experience, weaving movements together in a unique way, like a dance, encouraging new awareness, stability and long lines. All levels welcome.

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

FOAM ROLLING APPLIED PROGRAMMING: REGEN® **TRIGGERPOINT****Kolleen Losch**

We often hear "foam rolling after exercise helps flush out lactic acid and reduce soreness," but does research support this? Foam rolling can promote circulation, create tissue pliability and initiate the recovery process, but this may not mean no soreness. Learn the TriggerPoint™ foam rolling programming application to speed up and enhance recovery.

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

**SCHWINN®: THE POWER BEHIND POWER** **Keli Roberts**

Power has become the hot topic in indoor cycling. Measurement is motivation and when used properly it can help members of all fitness levels improve their fitness. Learn what POWER is, how to coach to it, how to use it to motivate in a variety of different ways. There is power in POWER!

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

**ZENERGY H2O****Irene Lewis-McCormick, MS, CSCS**

Combine mind-body with cardio intervals to make a class creative and effective. Using a 2:1 ratio, the "Zen" (90-seconds) includes yoga- and Pilates-inspired movements teamed with "Zenergy," consisting of explosive, powerful rebounding, suspended, and neutral choreography within a single water fitness experience.

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

**DIVE INTO AQUA CHOREOGRAPHY****Manuel Velazquez, Chris Henry & Billie Wartenberg**

Bring a tidal wave of excitement to your pool! Learn eight new 64-count choreography blocks, which will be provided in written form, that you easily can incorporate immediately into your aqua classes. These WATERinMOTION®-inspired moves provide a low-impact, high-energy challenge that tightens and tones the entire body and floods your classes with fun.

FR4L Friday, 2:15pm-3:45pm

NUTRITION PANEL**Fabio Comana, MA, MS, Bruce Mylrea, Tricia Silverman, RD, LDN, MBA, Sohailla Digsby, RDN, LD & Melissa Layne, MEd**

Come together to explore controversial research, ask questions, and discover cutting edge options in food and nutrition. Hear from these nutrition experts on how and why they choose to eat the way they do. You will leave "feeling full" of ways to make smarter choices when it comes to fueling your body. (LECTURE)

FR4M Friday, 2:15pm-3:45pm

**THE EVERYDAY ATHLETE** **Emily O'Connor**

INSANITY® encourages training your inner athlete to Dig Deeper, push boundaries and create new thresholds using timed intervals and short duration rests. You'll understand how Max Interval Training works and how you can use it to create blocks of exercise and training that develop the athlete in your everyday life. (LECTURE)

FR4N Friday, 2:15pm-3:45pm

NERVOUS HACKS FOR MOBILITY**Brian Bettendorf, MSM, MS**

Traditional stretching and self-myofascial release have emphasized defects in the muscles or connective tissue. Learn the influence of the nervous system on movement limitations and how to integrate that knowledge into your existing mobility training. Come learn new techniques and modifications you can use on yourself and your clients. (LECTURE)



FR4O Friday, 2:15pm-3:45pm

MINDY MYLREA

Mindy is the 2015 PFP Trainer of the Year, 2013 CanFitPro Specialty Presenter of the Year, 2008 Fitness Presenter of the Year, 2004 Can Fit Pro International Presenter of the Year, 1999 International Fitness Instructor of the Year, a National and World Aerobic Champion, and a five-star presenter. Mindy is an advisory board member for Oxygen Magazine, an international presenter, author, motivational speaker, video personality, and CEC provider for SCW, ACE and AFAA. Mindy was the 2015 Boston MANIA® Presenter of the Year.

**THE DNA: SUCCESSFUL BUSINESS MANAGER** **Ann Gilbert**

Get resources for successful development, leadership and management of a fitness team. Learn what it takes to get the job done and how to make yourself indispensable in the workplace. Study proven strategies of

FEEL THE ZENERGY



those with 30+ years of leadership experience. Ask yourself if you have the DNA to be the next Fitness Manager. (LECTURE)

FR4P Friday, 2:15pm-3:45pm

3:1 PUNCHOUT Steve Feinberg

OnDemand

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.

FR4Q Friday, 2:15pm-3:45pm

FR5

4:00PM-5:30PM

WARM UP! PERFORMANCE FLEXIBILITY & SMR

POWER SYSTEMS

Irene Lewis-McCormick, MS, CSCS

Create quick and effective pre-and post-workout routines in an easy-to-follow group or one-on-one format. Learn the science of soft tissue release and flexibility training using Power Systems® massage peanuts and strength bands. Explore reciprocal and autogenic inhibition techniques and ways to create recovery that contribute to optimal performance with immediate and long-term results.

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

CORE: TAKE IT LYING DOWN Lawrence Biscontini, MA

OnDemand

Use the floor to improve your core! This workshop takes postures we usually perform standing and revisits them on the ground for new, empowering ab exercises. Explore traditional and non-traditional standing movements to gain creative insight into standing positions that are perfect for those who prefer floor work. Have standing balance issues? Need new workout options? Don't take it standing up: take it lying down!

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

THE ULTIMATE GROUP X EXPERIENCE

BEACHBODY

Emily O'Connor & Erin Scott

Want to discover fresh and exciting group fitness classes? Beachbody LIVE Master Trainers deliver a sampling of predesigned classes that touch all aspects of group exercise. Push your limits with INSANITY, strengthen head to toe with P90X, train MMA-style with CORE DE FORCE, and perfectly blend Pilates and Yoga with PiYo.

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

"HIIT" THE PARTY AT THE BARRE Lauren George

Savvier Fitness

Take your barre class and students to new heights with "HIIT the Party at the barre." This high intensity barre format combines traditional muscle sculpting barre exercises with functional high intensity intervals and plyometrics. Plie, pop, pulse, and lunge your

way through this energizing workout designed to work the entire body in just 30-45 minutes!

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

CLUB VIBE® - DANCE MEETS FITNESS



Allyson Ponte & Kelly Schur

Experience the definition of dance fitness! An exercise science-based dance format which cohesively blends authentic studio style dance with cutting edge fitness to deliver a fun, non-stop, safe and results driven workout that appeals to all levels and abilities.

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

DYNAMIC FLEXIBILITY: A 3D LIFE Manuel Velazquez

OnDemand

Dynamic flexibility increases range of motion, core temperature and nervous system activity, which prepare your body for enhanced movement and activities of daily living. Learn to apply a variety of flexibility/stretching techniques as a warm-up, recovery, and workout. Explore muscle movement in 3D planes of motion to enhance your clients' mobility and abilities.

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

SHOULDER ISSUES? CORRECTIVE EXERCISE STRATEGY

Dr. Evan Osar

Many clients have the forward shoulder and head positions that contribute to chronic tightness and discomfort and inhibit them from exercising at the level they want. In this dynamic presentation, you'll discover how the shoulder truly works, corrective and functional exercises, and incorporating the most effective cuing to address the forward shoulder and head positions.

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

FUNCTIONAL PILATES FLOWS BY ACTIVMOTION BAR

ACTIVMOTION BAR

Leslee Bender

Move beyond the traditional to shake your mat work to the core. Transform Pilates with fresh interpretation and contemporary flows integrating the ActivMotion Bar. Learn how this new approach can provide immediate sensory feedback to increase the effectiveness of essential movements and build stronger mind-body connections throughout the kinetic chain.

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

ACTIVE AGING: NO PLACE LIKE FOAM

OnDemand

Sara Kooperman, JD

This exploratory session addresses foam rolling for the Active Ager. Self-care is increasingly important to incorporate into our daily activity to ensure that our body functions optimally. Get "on a roll" to explore safe methods of myofascial release, including self-massage, to manage reduced flexibility, accumulated injuries and decreased mobility and circulation for the 50+ market.

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

WEDNESDAY, JULY 25
& THURSDAY, JULY 26

WEDNESDAY PRE-CONVENTION WORKSHOP JULY 25								
THURSDAY PRE-CONVENTION WORKSHOPS THURSDAY, JULY 26								



A FUNCTIONAL TRAINING & GROUP EX	B HIIT / CORE	C PT / SMALL GROUP	D BARRE	E DANCE / POWER	F STRENGTH / REHAB	G SPECIALTY	H MIND / BODY
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FR1 7:30am-9:00am	Don't Step On It Howard Pg 10	Upper Extremity Movement Mechanics Comana Pg 10	Speedball Feinberg & Schiller Pg 10	Barre Tab Wartenberg Pg 10	Center Floor George Pg 10	RUMBLE by R.I.P.P.E.D. Jessup Pg 10	POUND® - Rockout. Workout. Bruhl Pg 10	Flow Wand Lowell Pg 10
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EXPO OPEN 8:45am-2:30pm

FR2 10:00am-11:30am	Functional Circuits for the Active Adult Mikulski Pg 11	Willow - 6Pack Abs, 6Pack Mind Boynton Pg 11	Pulling for Power™ SGT Ken® Pg 11	ZippyZen Barre® Dickson-Prokopchak Pg 11	HIGH Fitness: Aerobics is Back! Zenith Pg 11	East Meets Western Techniques: Rollga® Bender Pg 11	Balletone: A Dancer's Workout For The Non-Dancer George Pg 11	Drishti Yoga Vinyasa Flow Lowell Pg 11
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FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	Coaching Camp: Group Training Growth Fouts Session 1 Pg 12	Coaching Squat and Lunge Variations Comana Session 1 Pg 12	MMA for Group Fitness Freeman Session 2 Pg 13	Let The Beat Drop George Session 1 Pg 12	Zumba® Cardio Blast Witt Session 2 Pg 13	Rolling with Mindfulness and Breathwork Bettendorf Session 1 Pg 12	InTENsity by Hedstrom Fitness Vandenberg Session 2 Pg 13
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FR4 2:15pm-3:45pm	Functional Training - Workout for Results McCall Pg 13	Crazy Core Combos M. Mylrea Pg 14	Short Circuit: Group Training Edition Fouts Pg 14	Best of Barre Appel Pg 14	LaBlast Silk: Accessible Dance Fitness Van Amstel Pg 14	R.J.P.P.E.D.®: REFORMULATED! Shorter & Shorter Pg 14	BOSU® + Bar: Grip, Tip, Flip & Strip Maurer Pg 14	SPRY - Strength, Power, Resistance, Yoga Horne & Kleidman Pg 14
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FR5 4:00pm-5:30pm	Warm Up! Performance Flexibility & SMR Lewis-McCormick Pg 15	Core: Take it Lying Down Bisconti Pg 15	The Ultimate Group X Experience O'Connor & E. Scott Pg 15	"HIIT" The Party at the Barre George Pg 15	Club Vibe® - Dance Meets Fitness Ponte & Schur Pg 15	Dynamix Flexibility: A 3D Life Velazquez Pg 15	Shoulder Issues? Corrective Exercise Strategy Osar Pg 15	Functional Pilates Flows by ActivMotion Bar Bender Pg 15
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CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm

FR6 EVENING SESSIONS 6:30pm-7:30pm		Raisedbarre Greenway & Cofer Pg 18	My Daily Detox Mabry Pg 18	STRYKE "Fight Dance Fitness" Mansour & McNally Pg 18	Rhythmic Yoga Velazquez Pg 19
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SA1 7:00am-8:30am	Tabata GX™ - Tabata... Redefined! M. Mylrea Pg 19	Rock the Core by ActivMotion Bar® McCall Pg 19	The Rowing Rush™ Sponsored by Waterrower SGT Ken® Pg 19	M*PWR® Barre for Reducing Stress Schiller Pg 19	LaBlast - Partner Free Ballroom Dance Van Amstel Pg 19	Roll Better, Roll Less Bettendorf Pg 19	Strong Mind Strong Body Bonina Pg 19	Pilates Strong Bender Pg 19
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EXPO OPEN 8:15am-9:30am

SA2 KEYNOTE & AWARDS 9:30am-10:45am								
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SA3 11:00am-12:30pm	POUND® - Rockout. Workout. Bruhl Pg 20	Speedball Core Feinberg & Schiller Pg 20	Group Exercise or Group Injury? Garcia Pg 20	Barre Moves - Update Your Choreography Hall Pg 20	Dance Breakdown Van Amstel Pg 20	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter Pg 20	INSURG3NT by Hedstrom Fitness Roberts Pg 20	Putting Intensity into Tai Chi Biscintini Pg 20
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EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:45pm

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	ROC STEADY by PROJECT STEEL™ Stahl Session 2 Pg 22	Completely Core Appel Session 1 Pg 21	Crew Conditioning™ with SGT Ken® Session 1 Pg 21	Namaste Zen Barre® Dickson-Prokopchak Session 2 Pg 22	LaBlast Shape: Interval Based Dance Fitness Van Amstel Session 2 Pg 22	RockIt Strength®: Hard Core/Peace Core Rockit Session 2 Pg 22	Les Mills GRIT™ Plyo Schroder Session 2 Pg 23
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SA5 3:15pm-4:45pm	Quick & Dirty 30 Lewis-McCormick Pg 23	SPORT™ by Group RX Boynton & Dale Pg 23	Max Interval Training with Insanity O'Connor & E. Scott Pg 23	Barre 360 Appel Pg 23	HIGH Fitness: Taking it HIGHER! Zenith Pg 23	Ageless Body Recovery with ROLLGA® Bender Pg 23	BOSU® Sport C.A.M.P. Thews Pg 23	SPRY - Strength, Power, Resistance, Yoga Horne & Kleidman Pg 23
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SA6 5:00pm-6:30pm	Axle: Lift, Burn, Move Page Pg 24	Corrective Exercise: Female Core Osar Pg 24	Speedball Sport Feinberg & Schiller Pg 24	Barre Fight Wartenberg Pg 25	The Breakdown Hall Pg 25	Body Breakthrough Howard Pg 25	Integrating SMR Into Group Exercise Bettendorf Pg 25	Tai Chi: 24 Yang Style Haan Pg 25
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SA7 EVENING SESSIONS 6:45pm-7:45pm				Raisedbarre Greenway & Cofer Pg 25	Club Vibe® - National Dance Day Celebration! Ponte & Schur Pg 25	Roll & Restore Mabry Pg 25		Recovery Through Meditation Rockit & Biscintini Pg 26
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SU1 7:00am-8:30am	The Warrior Fit Games SGT Ken® Pg 26	L.I.I.T. Howard Pg 26						Sunday Shakti: Spiritual Burpees! Biscintini Pg 26
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SU2 8:45am-10:15am	Group Ex Instructor? Corrective Exercise Osar Pg 27	Below the Belt - Glutes & Legs! M. Mylrea Pg 27						Twisted Pilates Howard Pg 27
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SU3 11:15am-12:45pm	THE AMRAP ASSAULT SGT. Ken® Pg 27	TriggerPoint™ GRID® Lock Patrick Pg 27						Sunday Shakti: Spiritual Burpees! Biscintini Pg 26
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SU4 1:00pm-2:30pm	HIGH Fitness: Bigger, Better, HIGHER! Zenith Pg 28	Les Mills GRIT®: Cardio & HIIT Schroder Pg 28						Y3: Yin Yang Yoga Rockit Pg 27
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SATURDAY, JULY 29

SUNDAY, JULY 29

ATLANTA MANIA®

Balletone® - Powered by Savvier Fitness® George 8:00am-5:00pm Pg 7					SCW Group Exercise Certification Howard 8:00am-5:00pm Pg 7				
Become a Core De Force Instructor Freeman 9:00am-5:00pm Pg 9					SCW HIIT Certification Roberts 11:00am-5:00pm Pg 8				
SCW Meditation Certification Rockit 5:30pm-9:30pm Pg 8					SCW Active Aging Certification Bisconti & O'Brien 9:00am-5:00pm Pg 7				

I ACTIVE AGING / RECOVERY	J CYCLING	K AQUA (STARTS IN POOL)	L AQUA (STARTS IN LECTURE)	M NUTRITION	N EX. SCIENCE / LEADERSHIP	O HEALTH / WELLNESS	P BUSINESS	Q BOXING / CIRCUIT
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Body & Sole for Active Agers Biscorni Pg 10	Schwinn®: Tour de Schwinn® Roberts Pg 10	Deep Water Tabata Lewis-McCormick Pg 10	Aqua Zumba® Witt Pg 11	Nutrition Coaching For Personal Trainers Layne Pg 11	Fighters Focus Freeman Pg 11	52 Days: Your Best Body Digsby Pg 11	Steps to Strengthening Your Brand Fouts Pg 11	Stairmaster® Presents -HIIT Mix Solution Friend-Uhl Pg 11	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Functional Circuits for Aging Clients Sipe Pg 11	Schwinn®: How to WOW! Thews Pg 12	Aquatic Baby Boomer Bootcamp Watkins Pg 12	Aqua Bits and Pieces Layne Pg 12	Sugar Shockers and Shakedown Silverman Pg 12	Building Blocks: Core Science & Training Comana Pg 12	Programming Pillars for Active Adults McCall Pg 12	Climbing the Corporate Ladder in Heels Kooperman, M. Mylrea, K. Roberts, & Wartenberg Hall Pg 12	Boxing: The Method Feinberg Pg 12	FR2 10:00am-11:30am
Power Training for Older Adults Sipe Session 2 Pg 13	Schwinn®: The Magic Of The 3 C's J. Scott Session 1 Pg 12	Hit the Deck! Henry Session 1 Pg 12	Girls Just Wanna Have Fun Kooperman, Layne, Lewis-McCormick & Wartenberg (Start In Rm K - Lecture) Session 1 Pg 12	B. Diet Diagnosis Mylrea & M. Mylrea Session 1 Pg 13	Unleash the Power of Music Thews Session 2 Pg 13	Sneaky Strategies To Manage Weight Silverman Session 2 Pg 13	Tidbits to Grow Your Business Bosley Session 2 Pg 13	Stairmaster® Presents - BoxMaster® McCall Session 1 Pg 13	FR3 11:45am-1:15pm 1:30pm-2:00pm
Foam Rolling Applied Programming: REGEN® Losch Pg 14	Schwinn®: The Power Behind POWER Roberts Pg 14	Zenergy H2O Lewis-McCormick Pg 14	Dive Into Aqua Choreography Henry, Velazquez & Wartenberg Pg 14	Nutrition Panel - Comana, B. Mylrea, Silverman, Digsby, Layne Pg 14	The Everyday Athlete O'Connor Pg 14	Nervous Hacks for Mobility Bettendorf Pg 14	The DNA: Successful Fitness Manager Gilbert Pg 14	3:1 Punchout Feinberg Pg 15	FR4 2:15pm-3:45pm
Active Aging: No Place Like Foam Kooperman Pg 15	Schwinn®: Music MAGIC! J. Scott Pg 18	Tab-Aqua Quickies Howard Pg 18	Spirited® Surf 2 Rockit Pg 18	Dietary Diversity Layne Pg 18	The Science of Myofascial Release Patrick Pg 18	Prevention & Recovery through Muscle Stimulation Feinberg Pg 18	Self-Publish a Book or Ebook Digsby Pg 18	Stairmaster® Presents - HIIT Mix Solution Appel Pg 18	FR5 4:00pm-5:30pm

CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm

Fit Buddy: Mobility Flexibility Recovery! Clements Pg 19	Les Mills SPRINT™: Cycling Success Schroder Pg 19								FR6 6:30pm-7:30pm
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Myofascial Compression Techniques for Injury Prevention Losch Pg 19	Schwinn®: Rhythm Done Right Appel Pg 19	Barre-A-Cuda Wartenberg Pg 19	ABC- Aqua Bootcamp Circuit Lewis-McCormick Pg 19	Self Coaching Strategies for Wellness Silverman Pg 20	Creating the Perfect Workout Program E. Scott Pg 20	Electronic Stimulation for Athletic Performance Feinberg Pg 20	Fitness Program Comprehension and Creation Stahl Pg 20	Stairmaster® Presents - BoxMaster® Friend-Uhl Pg 20	SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am

									SA2 9:30am-10:45am
Strength Training for Longevity & Vitality Kooperman Pg 21	Schwinn®: B1G1 Free, Class Design Vanderburg Pg 21	H2O Functional Frolics Gilbert Pg 21	It's Raining Men! Henry, Howard, Velazquez & Rockit Pg 21	Top 10 for Weight Loss Digsby Pg 21	Secret Life of a Fat Cell Kravitz Pg 21	The Ageless Body with ROLLGA® Bender Pg 21	Timing is Everything Layne Pg 21	Stairmaster® Presents - HIIT Mix Solution McCall Pg 21	SA3 11:00am-12:30pm

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

Yoga For The Young at Heart: Chair Kooperman Session 1 Pg 22	Schwinn®: Train Again Reimagined Thews Session 1 Pg 22	I've Got the Music in Me Henry Session 1 Pg 22	Aqua Team HIIT Bonina Session 1 Pg 23	Nutrition Tips, Tidbits & Treats B. Mylrea & M. Mylrea Session 1 Pg 22	Foam Rolling: Rolling Pins to Vibration Losch Session 2 Pg 23	Assess, Explore, Pattern-Functional Pilates Bender Session 1 Pg 22	Time-Saving Tools for Digital Music Howard & Velazquez Session 1 Pg 22	Boxing Bootcamp Feinberg Session 2 Pg 23	SA4 12:45pm-2:15pm 1:30pm-3:00pm
TriggerPoint™ for Movement Patrick Pg 23	Schwinn®: To Breathless & Back Vanderburg Pg 24		Silver Aqua Solutions Velazquez, Gilbert, Wartenberg & Henry (Start in Rm K - Lecture) Pg 24	Metabolism Makeover Digsby Pg 24	The Female Training Advantages 2018 Kravitz Pg 24	Stress And Chronic Disease Garcia Pg 24	Leading for Max Performance Kooperman Pg 24	Stairmaster® Presents - HIIT Mix Solution McCall Pg 24	SA5 3:15pm-4:45pm
Relax & Restore Foam Roller Training Lewis-McCormick Pg 25	Schwinn®: Pedal & Pulse M. Mylrea Pg 25	Aquatic Core & More Watkins Pg 25	H.E.A.T. Waves Henry Pg 25	Nutrition & Sleep: Fascinating Connections Silverman Pg 25	World's Best Resistance Training Programs Kravitz Pg 25	Nutrition And Mental Health Garcia Pg 25	Business of Small Group Personal Training Roberts Pg 25		SA6 5:00pm-6:30pm
	Schwinn®: #WhoAmI Thews Pg 26								SA7 6:45pm-7:45pm

Progressive Systems to Self-Myofascial Release Patrick Pg 26			Anchor Down Henry Pg 26	Foods for Optimal Health B. Mylrea & M. Mylrea Pg 26	Prevention and Performance for Runners Bettendorf Pg 26		From Nothing To Something Bonina Pg 26		SU1 7:00am-8:30am
Oi Gong for Every Body Haan Pg 27			Spiritual DJ H2O Biscuitini Pg 27	What's in your Food? Silverman Pg 27	10 Key Rules for Longevity Kravitz Pg 27		Run an 8-Week Challenge Digsby Pg 27		SU2 8:45am-10:15am
Glutes and Psoas: Corrective Exercise Osar Pg 27			Aquachile Flow Haan Pg 27	Common Sense Nutrition: Your Scope Garcia Pg 28	Eight Best Anaerobic Circuit Programs Kravitz Pg 28		Stability & Security: Your Pilates Career Huffm Pg 28		SU3 11:15am-12:45pm
Deep Stretch & the Aging Gilbert Pg 28			Aqua Currents of Cardio Confetti Rockit Pg 28	Nutrition & Chronic Pain Garcia Pg 28	The Art of Cueing™ Ponte & Schur Pg 28		Entrepreneurship at the Barre Dickson-Prokopchak Pg 28		SU4 1:00pm-2:30pm

Schedule is subject to change. Please visit www.scwfit.com/atlanta for updates.

FEARLESS

LEADERS START HERE

SCHWINN®: MUSIC MAGIC! Jeffrey Scott

Become a music magician! Learn what to play, when to play it, and where to FIND the music and remixes that no one else on your team will have. Music is magic, and we are going to make you all magicians!

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



TAB-AQUA QUICKIES Jeff Howard

Tab-Aqua Quickies is the exciting new component of Tab-Aqua Bootcamp. Work HARD for 30 seconds, HARDER for 20 seconds, and HARDEST for 10 seconds for six cycles and then rest 10 seconds. Let the music guide you without worrying about watching the clock. Get motivated with aquatic moves that produce results fast.

FR5K Friday, 4:00pm-5:30pm



SPIRITED® SURF 2 Yury Rockit

Spirited® offers you 20-minute sections of cardiovascular strength and flexibility for shallow water aquatic training. Learn to train the body in 60 minutes taking advantage of the discussion on the physical and metaphysical vibrational qualities of water.

FR5L Friday, 4:00pm-5:30pm

DIETARY DIVERSITY Melissa Layne, MED



In today's fast-paced world, nutritional choices have become mundane and routine. We will explore how this affects our bodies and minds and our hormones, neurotransmitters and vitamin and mineral intakes. Learn about the latest research on superfoods and how we can utilize this research to optimize our health and increase longevity. (LECTURE)

FR5M Friday, 4:00pm-5:30pm

THE SCIENCE OF MYOFASCIAL RELEASE



Sylvie Patrick

Explore unique ways your clients can create short and long-term fitness goals they can stick to while at your facility as well as after they leave. Motivate clients in setting these goals and review best practices to implement in large group classes, small group environments, and in personal training sessions. (LECTURE)

FR5N Friday, 4:00pm-5:30pm

PREVENTION & RECOVERY THROUGH MUSCLE STIMULATION Steve Feinberg



The latest technology of injury prevention and muscle recovery now fits in your pocket. We will show you how you and your clients can experience a transformative physiological experience with the use of our device, which is already helping millions across the world.

FR5O Friday, 4:00pm-5:30pm

SELF-PUBLISH A BOOK OR EBOOK Sohailla Digsby, RDN, LD

Writing a book or eBook will not only extend the reach of your message, it will also boost your credibility, bring in passive income, and increase your marketing opportunities. Getting a book idea in print or ready for download in a matter of months is a realistic goal if you learn how to prepare your publication

FR5P Friday, 4:00pm-5:30pm

STAIRMASTER® PRESENTS - HIIT MIX SOLUTION

Abbie Appel

StairMaster® has created a formula that allows clubs and trainers alike to utilize all available equipment with unique interval protocols, resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results-Driven, Interactive, Scalable, Exciting & Engaging and Team/Community-centric! Plug in the details and PLAY!

FR5Q Friday, 4:00pm-5:30pm



FR6 - EVENING SESSIONS

6:30PM-7:30PM

FITNESS IDOL

Judges: Sara Kooperman, JD, Keli Roberts, Lawrence Biscontini, MA, & Yury Rockit

Do you have what it takes to become the next SCW Fitness Idol? As the winner of this prestigious title, not only will you receive coverage in 2018 SCW press releases, but you'll get a chance to show off your skills as a featured presenter at the 2019 SCW MANIA® Convention of your choice!

Each 2018 SCW Fitness Idol Winner receives:

- A slot as a presenter at a 2019 SCW MANIA®
- Complimentary SCW MANIA® Convention attendance
- Coverage in all SCW press releases
- Gifts from SCW MANIA® Sponsors
- Mentoring from a SCW MANIA® judge

To compete, visit: www.scwfit.com/idol. Everyone is invited to attend. So, if you're not competing, come and watch, participate, or cheer on the contestants!

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

RAISEDBARRE Laurie Greenway & Michelle Cofer

Raisedbarre is an athletic, pre-choreographed barre class where you can expect a unique combination of muscular endurance and core strength, resulting in a longer, leaner body! Great for all ages and fitness levels. Raisedbarre strikes the balance between hard work and fun in a structured, full-body workout with great music!"

FR6D Friday, 6:30pm-7:30pm

MY DAILY DETOX Kristin Mabry

We're all exposed to many different toxins every single day that affect our physical, mental, and emotional health. The good news is that you don't necessarily need radical detox programs. Let's explore EASY, SIMPLE, and QUICK tools that you and your clients can use to detoxify mind and body daily.

FR6F Friday, 6:30pm-7:30pm

STRYKE "FIGHT DANCE FITNESS"

Erin Mansour and Chris McNally

STRYKE is a one of a kind HIIT style workout that has taken the best moves in Mixed Martial Arts Fighting, the Fun of Hip Hop Dance Moves, a customized designed ground and pound bag, the popular songs on the radio and produced a program that is one of the best. You have never done a workout like this we guarantee it. It is truly the only one of its kind.

FR6F Friday, 6:30pm-7:30pm

RHYTHM YOGA **Manuel Velazquez**

Enjoy a glorious yoga fusion of movements in this rhythmic yoga program. Direct from the spa programming offered at Rancho La Puerta, Manuel shares his unique gifts of mind/body integration. Build patterns to relax and restore the body in this strong and powerful session that keeps you moving and marries traditional poses with music. Your 32-count phrase never felt so good!

FR6H Friday, 6:30pm-7:30pm

FIT BUDDY: MOBILITY FLEXIBILITY RECOVERY!**Dawn Clements**

Learn to use Fit Buddy a new Fitness/body tool that increases mobility and flexibility and targets the psoas and fascia. Used by NFL and NBA players all the way to high school athletes, personal trainers and yogis. Incorporate it into your clients' dynamic warmup, static stretching and more.

FR6I Friday, 6:30pm-7:30pm

LES MILLS SPRINT™: CYCLING SUCCESS**Lauren Schroder**

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. Learn how to increase your offerings to maximize value of your cycling studio, increasing attendance and pinpoint more demographics.

FR6J Friday, 6:30pm-7:30pm

STATE OF THE INDUSTRY PANEL DISCUSSION

Irene Lewis-McCormick, MS, CSCS, Jeff Howard, Dr. Evan Osar & Pete McCall, MS

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. THIS SESSION IS OPEN TO THE PUBLIC, AND THERE WILL BE FREE REFRESHMENTS! (LECTURE)

FR6M Friday, 6:30pm-7:30pm

SATURDAY, JULY 28

SA1

7:00AM-8:30AM

TABATA GX™ - TABATA...REDEFINED! **Mindy Mylrea**

Tabata GX™ is a revolution in HIIT training and wellness coaching. See how 30-minutes can lead you on a wellness journey that stimulates real change. Using the various timing protocols and intervals, and our signature TGX moves, you'll experience a new way to challenge your students for maximum, sustained success.

SA1A Saturday, 7:00am-8:30am

ROCK THE CORE BY ACTIVMOTION BAR**Pete McCall, MS**

Bring theory into practice and "turn on" the muscular connection of the abs and back experienced through use of the ActivMotion Bar. This workshop will share clinical research related to dynamic core training, allowing us to build out exercises and movements that truly create the necessity for our foundation to work deep.

SA1B Saturday, 7:00am-8:30am

**THE ROWING RUSH™ SPONSORED BY WATERROWER****SGT. KEN®**

The Rowing Rush™ with SGT Ken® is a dynamic team-driven distance race and technique tutorial utilizing the WaterRower. In crews of four people each, participants will endure an extraordinary series of robust rowing races to reveal how superior strategy, synchronicity and stamina will reap the rewards of champions!

SA1C Saturday, 7:00am-8:30am

M*PWR® BARRE FOR REDUCING STRESS **Lynze Schiller**

Fuse Lynze's M*PWR® philosophy into your barre experience. In this session, you will use mindfulness techniques with traditional barefoot barre movements, then connect them in a way that can purposefully reduce specific stressful triggers elsewhere in life.

SA1D Saturday, 7:00am-8:30am

**LABLAST: PARTNER FREE BALLROOM DANCE****Louis Van Amstel**

Fitness that focuses on Cardio, Endurance, Weight Training and Plyometrics. Full body workout: Physical. Mental. Emotional. 100% dance. LaBlast answers the million-dollar question: how to deal with ALL ages and abilities, ALL integrated into the same class!

SA1E Saturday, 7:00am-8:30am

**ROLL BETTER, ROLL LESS** **Brian Bettendorf, MSM, MS**

So, you think you know foam rolling? Come learn how to assess mobility with some movement screens followed by learning and practicing key movements allowing you and your clients to increase their get the biggest improvement in the shortest time for improved recovery and performance.

SA1F Saturday, 7:00am-8:30am

STRONG MIND | STRONG BODY **Kayla Bonina**

Have you or one of your clients ever felt mentally stuck? In this presentation, learn how the mind and body work as one to help you reach your health goals. The TEAMHIIT workout will show you how working in teams and coming together mentally during fast-paced cardio and circuit training workouts will help you accomplish anything physical.

SA1G Saturday, 7:00am-8:30am

**PILATES STRONG** **Leslee Bender**

This is the modernized functional approach to Pilates training getting vertical. Classical Pilates primarily is performed on the floor with only several exercises focused on flexion. Discover how vertical extension promotes better flexibility, mobility, and strength. All exercises are based on the science of fascial movement. This session is a must for Pilates instructors looking for new and creative ideas.

SA1H Saturday, 7:00am-8:30am

**MYOFASCIAL COMPRESSION™****TECHNIQUES FOR INJURY PREVENTION** **Kolleen Losch**

Learn how to make an impact on your clients' biomechanical function and injury profile with Myofascial Compression™ Techniques (MCT). Developed as an advanced approach to myofascial release, MCT improves the body's ability to move efficiently, preventing injury and preparing the body to perform at its best.

SA1I Saturday, 7:00am-8:30am

**SCHWINN®: RHYTHM DONE RIGHT** **Abbie Appel**

When the music and coaching are spot on Rhythm Riding can be a magical experience. The RIGHT Rhythm ride doesn't need smoke and mirrors or unnecessary distractions. Capture and captivate your riders the RIGHT way and provide your members with a memorable, results based, musically amazing cycling experience.

SA1J Saturday, 7:00am-8:30am

**BARRE-A-CUDA** **Billy Wartenberg**

Enjoy creative water exercise sequences that use a noodle as a barre for stability and challenge. This workout utilizes the principles of dance, strength training and Pilates to lengthen and strengthen your arms, legs and core. Experience small isometric movements and full range-of-motion exercises to tone the muscles of the entire body.

SA1K Saturday, 7:00am-8:30am

**ABC - AQUA BOOTCAMP CIRCUIT****Irene Lewis-McCormick, MS, CSCS**

Circuit training is one of the most effective forms of fitness, and Boot Camp classes are enormously popular, athletic, effective and safe in water. Combine the best of both using these easy as A, B, C drills in an efficient and fast-paced circuit workout.

SA1L Saturday, 7:00am-8:30am

SELF-COACHING STRATEGIES FOR WELLNESS

Tricia Silverman, RD, LDN, MBA

Discover helpful strategies that you can use or share with your clients. Find new ways to motivate yourself and clients to move more and eat right. Learn more about mindful eating, tapping, self-compassion, journaling, vision boards, gratitude and more for wellness and weight loss! (LECTURE)

SA1M Saturday, 7:00am-8:30am

CREATING THE PERFECT WORKOUT PROGRAM

Erin Scott

America's favorite fitness program has evolved in to the Group Fitness world using powerful science-based exercise Protocols that integrate seamlessly to create the perfect cardio and strength experience. Learn sample protocols and how they work to create a full-body workout and find out how P90X has reshaped the fitness world. (LECTURE)

SA1N Saturday, 7:00am-8:30am



ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE

Steve Feinberg

The latest technology of injury prevention and muscle recovery now fits in your pocket. We will show you how you and your clients can experience a transformative physiological experience with the use of our device, which is already helping millions across the world.

SA1O Saturday, 7:00am-8:30am



FITNESS PROGRAM COMPREHENSION & CREATION

PJ Stahl, MA, CSCS

Become educated and motivated to discover better strategies to the methodology behind fitness programming. Explore scientific solutions to "fitness problems" and how to take the complexity of science and simplify the application. Create, comprehend, and construct for more successful fitness-program design and implementation. (LECTURE)

SA1P Saturday, 7:00am-8:30am



STAIRMASTER® PRESENTS BOXMESTER®

Sonja Friend-Uhl

If you want to improve your reaction time, agility, stamina, or coordination, BoxMaster® is the opponent for you! With the ability to cater to all fitness levels, the BoxMaster® will excite greater participation in boxing-style fitness training and help boost your client/member retention with an entirely different way to get in shape!

SA1Q Saturday, 7:00am-8:30am



SA2 - KEYNOTE ADDRESS

9:30AM-10:45AM

LEAD TO SUCCEED SGT Ken®

Lead to Succeed: The Top 10 Tips to Maximize Your Mentorship and Resilience Skills™ with SGT Ken® is an incredibly informative and inspirational workshop that identifies the indispensable skills every person must possess to put passion into purpose, create connection, restore resilience, and build relationships that will last a lifetime!

SA2A Saturday, 9:30am-10:45am

SGT. KEN®

SGT Ken® is an award-winning international speaker, six-time Army Soldier of the Year, Master Fitness and Resilience Trainer, Counterintelligence Agent and highly decorated combat veteran. SGT Ken® is the recipient of the "Best New Presenter of the Year" award, the "Male Presenter of the Year" award, has been featured numerous times on ABC, CBS, NBC, Fox news and serves as a host for the Fit for Duty show on the Pentagon Channel. SGT Ken®'s mission is to provide safe and effective fitness and resilience training to help people turn stress into strength and obstacles into opportunities.



SA3

11:00AM-12:30PM

POUND® - ROCKOUT. WORKOUT. Michele Bastos



Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

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

SPEEDBALL CORE Steve Feinberg & Lynze Schiller

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.

SA3B Saturday, 11:00am-12:30pm

GROUP EXERCISE OR GROUP INJURY? Kimberly Garcia

Musculoskeletal injuries have accounted for 57 million + healthcare visits. As group fitness programs and high-intensity exercise routines grow, it's critical to learn how to offer clients a little of what they want and a lot of what they need. Learn how to design programs that deliver results without injury.

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



BARRE MOVES – UPDATE YOUR CHOREOGRAPHY

Jenn Hall

Refreshing your barre choreography doesn't have to be a chore. While you want to stay true to the purpose of barre, it doesn't mean you can't have fun with new ideas. Learn how to manipulate movement elements to create fresh sequences that will inspire and energize your students' class experience.

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

DANCE BREAKDOWN Louis Van Amstel

Learn the fundamentals of choosing the perfect music for your dance fitness class and adding fresh, easy-to-follow choreography! Leave with 8 fun tracks ready for you to use at your next class and a ton of ideas to implement into your own choreography!

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



R.I.P.P.E.D.®: REFORMULATED! Terry & Tina Shorter

Re-energize and revolutionize your group exercise environment with the next generation of effective and proven fitness technology; Resistance, Intervals, Power, Plyometrics, Endurance, and Diet. A refreshingly athletic approach to carefully designed CARDIO, well balanced WEIGHTS, turbo charged FUN, and the music will drive you to DONE!

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

INSURG3NT by HEDSTROM FITNESS Keli Roberts



This tri-peak programming exposes the fitness rebel in you! Revel in a triple mix of clashing energy systems. Riot across three complexes mixing timed intervals, team pursuits, and drills designed to test power, strength, and balance. Break out of your ordinary circuit constructs and revolutionize the way you use functional equipment.

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

PUTTING "INTENSITY" INTO T'AI CHI

Lawrence Biscontini, MA

The martial arts of Chi Gong and T'ai Chi can be taught as powerful mind-body, cross-training disciplines for fit participants looking for new classes on mainstream group fitness menus. Giving athletes supreme body control, cardio junkies the ability to dance mindfully while barefoot and type "A" individuals the opportunity to slow down and focus, T'ai Chi offers intensity usually unexplored in the Western world.

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

STRONGER TOGETHER

STRENGTH TRAINING FOR LONGEVITY & VITALITY

Sara Kooperman, JD

Whether a personal quest or way to engage the fastest growing population segment, this workout presents effective training techniques for the 50+ population. Experience this Group Exercise Class using simple exercises and portable equipment for a total-body workout. It's not how long or hard you train, it's about exercising smart for longevity and vitality.

SA3I Saturday, 11:00am-12:30pm



SCHWINN®: B1G1 FREE, CLASS DESIGN

Mindy Mylrea

Back by popular demand! Our wildly successful Class Design workshop BOGOF is back, bigger, better and going to leave you with a TON of ideas to keep you & your riders happy for a very long time. We will discuss member's wants, needs and how to keep all types of riders happy in class. It's all in the way you set it up!

SA3J Saturday, 11:00am-12:30pm



H2O FUNCTIONAL FROLICS Ann Gilbert

Study the science behind movement patterns with a purpose. Practice specific movement to increase ROM, functional strength, and balance while working out in the environment well-suited for the active ager. Make a few small changes in your routines and see great functional gains.

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

IT'S RAINING MEN!

Jeff Howard, Manuel Velazquez, Chris Henry & Yury Rockit

Enjoy this fantastic workout with our Men of MANIA®! The pool will never be the same when you experience this tidal wave of energy and enthusiasm. Each one of our fantastic presenters will focus on one body part - the heart, lungs, legs, arms, and abs in this tempest of creativity. Leave with a flood of new ideas to make a splash Monday morning!

SA3L Saturday, 11:00am-12:30pm



TOP 10 FOR WEIGHT LOSS Sohailla Digsby, RDN, LD



Is it more difficult than it has to be? Could there be overlooked factors that contribute to weight-loss struggles? What if 10 streamlined steps could relieve you from frustrating, wasted efforts and endless trial and error? Learn from a registered dietitian what works and how. (LECTURE)

SA3M Saturday, 11:00am-12:30pm

SECRET LIFE OF A FAT CELL Len Kravitz, PhD

This profoundly researched presentation covers numerous topics, including the purposes of fat in the body, the role of fat for energy production and athletic performance, fat metabolism, gender differences in fat metabolism, health issues with fat and countless myths and misconceptions about fat. Leave with eight fabulous calorie-burning workouts and countless practical ideas to reduce fat. (LECTURE)

SA3N Saturday, 11:00am-12:30pm

THE AGELESS BODY WITH ROLLGA® Leslee Bender



Your ten-minute solution to a perfect body. This session is the ultimate in self-care. Flexibility and Fascia compression fitness are the components to a better quality of life. Walk away understanding that some training methods are aging the body, creating injuries, diminishing joint integrity & decreasing the quality of life. (LECTURE)

SA3O Saturday, 11:00am-12:30pm

TIMING IS EVERYTHING Melissa Layne, MEd

Exercise-nutrient intake timing is critical in determining physiological results. Differing macronutrients affects outcomes, and with the popularity of carb cycling and carb fasting, fitness professionals must understand these concepts. Explore the timing aspects of front and back loading and what research shows about carb cycling and fasting for weight loss, muscle gain and while cutting. (LECTURE)

SA3P Saturday, 11:00am-12:30pm

STAIRMASTER® PRESENTS - HIIT MIX SOLUTION



Pete McCall, MS

StairMaster® has created a formula that allows clubs and trainers alike to utilize all available equipment with unique interval protocols, resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results-Driven, Interactive, Scalable, Exciting & Engaging and Team/Community-centric! Plug in the details and PLAY!

SA3Q Saturday, 11:00am-12:30pm

SA4 - SESSION 1

12:45PM-2:15PM

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

COMPLETELY CORE Abbie Appel

Experience this dynamic core workshop with two, 30-minute comprehensive workouts. Review new research on core training and learn how the core musculature works. Discover how easy it is to create a complete, five foundational-movement core program that is effective, challenging and keeps clients and classes coming back for more core!

SA4B Saturday, 12:45pm-2:15pm

CREW CONDITIONING™ WITH SGT KEN®



SGT Ken®

Crew Conditioning™ with SGT Ken® is an exciting four-event athletic challenge with WaterRower drills, plyometric exercises, and calisthenics that require the assistance of other athletes, all designed to show you how team-building games will help you double your strength and stimulate your soul. Make your test today your testimony tomorrow!

SA4C Saturday, 12:45pm-2:15pm

YOGA FOR THE YOUNG AT HEART: CHAIR**Sara Kooperman, JD**

This creative workshop focuses on yoga postures done with the support of a chair. Standing, seated, and floor work poses are beautifully blended into asanas that encompass a creative strength building and flexibility promoting workout. A union of mind, body, and spirit are at the heart of this program with special attention focused on activities of daily living and the ability to rise, fall, and flow by oneself. Supported by a group of like-minded individuals, this program has far-reaching positive effects on aging exercisers of all shapes and sizes, building communities with a mindful attention to self-awareness.

SA4I Saturday, 12:45pm-2:15pm

OnDemand

SCHWINN®: TRAIN RIGHT RE-IMAGINED Doris Thews

While we love motivating on the bike, we know what we do off the bike is an integral part of a well-balanced fitness program. We explore the ranges of motion and common muscular imbalances involved in indoor cycling and arm you with tools to create complementary flexibility and strength-based programs. Experience 2 different cross-training programs that integrate mobility, strength and cardio while staying true to Schwinn's motto to Ride Right.

SA4J Saturday, 12:45pm-2:15pm**I'VE GOT THE MUSIC IN ME Chris Henry**

In this session, we'll cover "in depth", how to best utilize music, rhythm, beats per minute and aquatic movement sequencing to facilitate, motivate, energize and even entertain your class. We'll review how to use those favorite tunes to create tempo, cadence and rhythmic movement patterns to add fun and boost your audience potential.

SA4K Saturday, 12:45pm-2:15pm**AQUA TEAMHIIT Kayla Bonina**

Are you a sports fanatic and love the feeling of working with a team? During the AQUA TEAMHIIT workout, you will be shown how working in teams doing sport type movements, that are safe for all levels using the water, will challenge you and inspire you, while also inspiring the team around you. You will get to unleash your competitive side and really have the team and athletic feel to the workout!

SA4L Saturday, 1:30pm-3:00pm**NUTRITION TIPS, TIDBITS AND TREATS****Bruce & Mindy Mylrea**

It's that time of day and you're hungry! You want quick and tasty. Your body wants nutritious and sustaining. You want great ideas to satisfy your taste buds and your body's nutritional needs. Learn to prepare yummy, healthy, easy-to-make snacks for every palate. Best of all, you get to take home the recipes! (LECTURE)

SA4M Saturday, 12:45pm-2:15pmACTIVATION BAR
© 2013 ActivMotion Bar, Inc.**ASSESS, EXPLORE, PATTERN - FUNCTIONAL****PILATES Leslee Bender**

Come explore a functional and contemporary look at how movement patterns play a role in Pilates. Here, you will learn how to apply contemporary concepts of movement into your Pilates practice. We will provide you with a new thought process surrounding your Pilates programming - one that will inject new life into classes and movement flows! (LECTURE)

SA4O Saturday, 12:45pm-2:15pm**TIME-SAVING TOOLS FOR DIGITAL MUSIC****Jeff Howard and Manuel Velazquez**

Going digital with your group ex music is a positive change that saves you time, money, hassle, and stress. Technologically challenged? We'll remove the barriers, hold your hand and hook you up with a free music subscription. Bring your device and get ready to explore with these two icons of fitness. (LECTURE)

SA4P Saturday, 12:45pm-2:15pm**1:30PM-3:00PM****SA4 - SESSION 2**

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

**ROC STEADY BY PROJECT STEEL™ PJ Stahl**

Steady-state training has arrived! ROC STEADY by PROJECT STEEL™ features a dynamic warm-up, resistance training, bodyweight conditioning and finishes with stretching and mobility. Minimal equipment needed, this non-intimidating class with extensive exercise variations will keep your body challenged. Learn and apply the science based programming of ROCK STEADY to maximize RESULTS!

SA4A Saturday, 1:30pm-3:00pm**NAMASTE ZEN BARRE® Jonelle Dickson-Prokopchak**

Yoga and Barre combine for the ultimate mind-body connection. This class focuses on slow, intentional toning movements that have extra stretching incorporated. Mediations are conducted to properly open and close class in order find our proper mindsets and fully unplug from the craziness that surrounds us all.

SA4D Saturday, 1:30pm-3:00pm**LABLAST SHAPE: INTERVAL BASED DANCE FITNESS****Louis Van Amstel**

Build strength, improve endurance and up the calorie burn with LaBlast Shape, the fiercely fun high-energy dance fitness format based on TV's Dancing with the Stars that combines high impact cardio, Plyometric drills and muscle sculpting exercises all partner free.

SA4E Saturday, 1:30pm-3:00pm

ROCKIT STRENGTH®: HARD CORE/PEACE CORE

Yury Rockit

Get Yury's ideas and moves that create a flowing, balanced muscle conditioning experience using barefoot bodyweight. We will incorporate a variety of planes, body positions, transitions, progressions & regressions to transform our traditional movement patterns with a mindful component.

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

LES MILLS GRIT™ PLYO

LESMILLS

Lauren Schroder

GRIT™ Plyo is a high-intensity interval training (HIIT) plyometric-based workout designed to make you perform like an athlete. This workout combines explosive jumping exercises with agility training to build a lean and athletic body. GRIT™ Plyo takes HIIT and combines it with powerful music and inspirational coaches who will motivate you to go harder to get fit, fast.

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

CLUB PILATES MAT CLASS - LEVEL 2

CLUB PILATES

Vanessa Huffman

An inspiring and uplifting class that will fully challenge the body and mind. This moderate to fast paced class incorporates quick transitions and will introduce you to more advanced exercises and use of the apparatus. Increased repetition, complex coordination, balance, and resistance create a dynamic challenge that will elevate your Pilates practice.

SA4H Saturday, 1:30pm-3:00pm

FOAM ROLLING: ROLLING PINS TO VIBRATION

TRIGGERPOINT

Kollen Losch

Foam rolling research has increased 400% over the last 10 years, and while this research is still in its infancy, foam rolling is beginning to gain the attention of the scientific community. Review the history and origins of foam rolling, current research studies, and the practical implications of these scientific efforts. (LECTURE)

SA4N Saturday, 1:30pm-3:00pm

BOXING BOOTCAMP Steve Feinberg

OnDemand

Looking for ideas for a new station in your Circuit class or Tabata Bootcamp? This session explores the basics of boxing with 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.

SA4Q Saturday, 1:30pm-3:00pm

SA5

3:15PM-4:45PM

QUICK AND DIRTY 30 Irene Lewis-McCormick, MS, CSCS

Learn three, 30-minute interval workouts designed to inspire intensity, effort and sweat. Discover 10-12 movement patterns up to 1-3 minutes using customizable exercises that can be replicated for performance. These workouts offer instructors hard-core, turn-key classes that participants will use to improve and reach their fitness and training goals.

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

SPORT™ BY GROUP RX

Billy Boynton & Wendy Dale, MS, Ed

SPORT™ by Group Rx is a game-changer. Using a variety of tools such as steps and dumbbells, learn how strategically chosen movements conquer fears and leave you and your participants with a "Yes I Can!" attitude. SPORT training strengthens the heart, increases bone mineral density and tones the entire body with every move you make. It's GO Time!

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



MANUEL VELAZQUEZ

Manuel is a proud Faculty Member for SCW Fitness Education, while being a valued trainer for Hydro-Fit, Bosu, Tabata Bootcamp and Barre Above. He is a WATERinMOTION® National Trainer and a recipient ECA-NYC OBOW All-Around International Presenter of the Year award and has been presenting at fitness conferences worldwide for over two decades. Manuel is a continuing education faculty for SCW, ACE, AFAA, ACSM, AEA, and WATERinMOTION®, and stars in over 50 Fitness Instructor Training Videos. He is an AFAA Team Pro and Examiner, and is a Lead Instructor at the Golden Door Spa in Puerto Rico and is RYT-200 Yoga certified.

MAX INTERVAL TRAINING WITH INSANITY



Emily O'Connor & Erin Scott

Push your class for their personal best with MAX INTERVAL TRAINING in a popular interval training workout: Insanity by Beachbody LIVE. This predesigned high-energy workout takes you through group-focused cardio drills, athletic conditioning, and explosive moves without any equipment. Experience a master class - the most INSANE way to workout.

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

BARRE 360 Abbie Appel



Pulse, Squeeze and Lengthen! Barre is a concept that can be done anywhere with any piece of equipment. Experience a new sense of balance and confidence using the Step 360 in your Barre class. Learn exercises utilizing small equipment on and off the Step 360 and understand why adding a reactive challenge is the evolution in Barre training.

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

HIGH FITNESS: AEROBICS IS BACK! Amber Zenith



Aerobics is Back, Bigger, Better, HIGHer! HIGH Fitness is a hardcore fun group fitness class that has taken Aerobics and brought it to the next level with modern fitness techniques. HIGH combines FUN with INTENSITY and CONSISTENCY. HIGH Fitness can be modified for beginners or athletes. It is proven to produce repeat participants and results!

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

AGELESS BODY RECOVERY WITH ROLLGÀ®



Leslee Bender

Get ready to feel stronger and more fit than you can imagine with exercises based on the science of fascia, planes of motion and necessary recovery. Experience the best method to keep all clients injury and pain free. Discover why the body must recover mentally and physically to stay on the path of wellness. Align the body more efficiently through scientific strategies proven to work.

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

BOSU® SPORT C.A.M.P. Doris Thews



Amplify fitness and athleticism with a high-energy training template that will optimize results for all fitness levels. Learn unique Sport C.A.M.P. movement complexes that focus on Core, Agility, Metabolic and Power drills that progress in intensity and complexity. Be challenged with advanced training techniques, enhance your exercise library and accelerate results!

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

SPRY - STRENGTH, POWER, RESISTANCE, YOGA

Lorna Kleidman & Mary Horne

SPRY invites you to experience a different element of challenge and engagement by including a single light weight with yoga flow. SPRY is a sophisticated and mindful experience, weaving movements together in a unique way, like a dance, encouraging new awareness, stability and long lines. All levels welcome.

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

TRIGGERPOINT™ FOR MOVEMENT Sylvie Patrick



Designed to be mobile, the hips and shoulders often lock up and create a cycle of improper movement patterns and injuries. Learn how to identify these patterns and address these areas using an advanced approach to myofascial release to optimize movement, prevent injury, and prepare the body to perform at its best.

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

SCHWINN®: TO BREATHLESS AND BACK**Helen Vandenburg**

HIIT is here to stay, so keeping the workouts fresh is key. This workshop will provide protocols - supported by current HIIT research - that push your students to the max and keep them coming back for more. Walk away with coaching tips and motivating strategies to keep HIIT at the top of the leader board.

SA5J Saturday, 3:15pm-4:45pm**SILVER AQUA SOLUTIONS****Manuel Velazquez, Chris Henry, Ann Gilbert****& Billy Wartenberg**

Active agers thrive in the water. Discover eight new 64-count choreography blocks of fun, low-impact aqua exercises for this growing population. These WATERinMOTION® Platinum-inspired routines, which you'll take home in written form, are easy to master and teach, and they provide older adults with an engaging workout that improves cardiovascular endurance, balance, strength, and flexibility.

SA5L Saturday, 3:15pm-4:45pm**METABOLISM MAKEOVER** Sohailla Digsby, RDN, LD

Wish you had more energy to make it through the day strong? Are you (and your clients) at a plateau and frustrated about "those last ___ pounds"? Working hard in the gym and not seeing results? Learn how to boost your metabolism as you wake up and keep your metabolic engine firing all day! (LECTURE)

SA5M Saturday, 3:15pm-4:45pm**THE FEMALE TRAINING ADVANTAGES 2018****Len Kravitz, PhD**

This state-of-the art lecture summarizes recently published research and science on the physiological effects of exercise in females. A comprehensive review of fat metabolism, hormones, caloric expenditure, and female physiology related to exercise will be discussed. Several new and highly effective resistance training and endurance workouts (from studies) will be introduced. (LECTURE)

SA5N Saturday, 3:15pm-4:45pm**STRESS AND CHRONIC DISEASE** Kimberly Garcia

Is stubborn fat clinging to your clients' waistlines, and are they experiencing life-disrupting health symptoms? Kimberly shares how to identify the top stressors wreaking havoc on the body and how you can help clients control their well-being. This will accelerate results and ensure you are leading others to good health! (LECTURE)

SA5O Saturday, 3:15pm-4:45pm**LEADING FOR MAX PERFORMANCE** Sara Kooperman, JD

Explore effective ways to evaluate your platform, schedule important projects, and measure your staff performance taking out the personal and injecting in the profitable. Managing is about systems and satisfaction. Having a successful career is making a difference through effective, honest and open-minded leadership. (LECTURE)

SA5P Saturday, 3:15pm-4:45pm**STAIRMASTER® PRESENTS - HIIT MIX SOLUTION****Pete McCall, MS**

StairMaster® has created a formula that allows clubs and trainers alike to utilize all available equipment with unique interval protocols, resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results-Driven, Interactive, Scalable, Exciting & Engaging and Team/Community-centric! Plug in the details and PLAY!

SA5Q Saturday, 3:15pm-4:45pm**SA6****5:00PM-6:30PM****AXLE: LIFT, BURN, MOVE** Andrew Page

The Axle is the barbell reinvented. We will show you how to properly train midline core bracing with The Axle Barbell that lifts, rolls and pulls (with your feet!). Derived from a system that pairs Olympic Lifting with midline (rolling) core bracing, the Axle Barbell is ultralight, collapsible, and capable of adding any load. The Axle optimizes human movement.

SA6A Saturday, 5:00pm-6:30pm**CORRECTIVE EXERCISE: FEMALE CORE** Dr. Evan Osar

Did you know? More than 25 million individuals experience incontinence and 75-80% are females. More than one million women have abdominal and/or pelvic surgeries each year. Traditional core training approaches for these women rarely work and can frequently exacerbate their issues. Discover why many female clients struggle with abdominal and pelvic floor issues.

SA6B Saturday, 5:00pm-6:30pm**SPEEDBALL SPORT** Steve Feinberg & Lynze Schiller

Speedball Sport Utilizes the weight -shifting Speedball in progressions of loaded dynamic and re-directive movement. Incorporate these drills into a training session or boot-camp class or with small groups/teams.

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

BARRE FIGHT Billie Wartenberg OnDemand

Unleash your inner beauty and best! This new spin on cardio kickboxing is a high-energy knockout of workout both on and off the barre. This 60-minute workout will certainly have you feeling stronger, leaner and more energetic.

*No actual fighting or physical contact.

SA6D Saturday, 5:00pm-6:30pm

THE BREAKDOWN Jenn Hall

Bring 32 counts of your favorite complex dance choreography to this session, and learn how to break it down and build it up in a way that anyone can follow. Walk away with a fail-safe strategy for teaching that even the least experienced dance participant can follow and even the most experienced will enjoy. Bring it!

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

BODY BREAKTHROUGH Jeff Howard

This session encompasses an easy-to-follow format that will build your best body, boost fat burning, and jump start your metabolism. This is a progressive full-body strength training routine with sweat inducing choreography designed to tone every muscle and improve muscular strength and endurance.

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

INTEGRATING SMR INTO GROUP EXERCISE

Brian Bettendorf, MSM, MS

While it's common to see SMR and mobility training performed as part of a personal training session, it's not often that you see it used in group exercise. Experience a full-body routine that's adaptable to a wide range of users.

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

TAI CHI 24 YANG STYLE Elian Haan

The Tai Chi 24 Short Form Yang Style is a simplified version of the unique movements of Tai Chi. Eilan has developed an effortless way to explain and teach this form of exercise, so you can quickly learn, join in anywhere and enjoy this beautiful style of meditation in movement.

SA6H Saturday, 5:00pm-6:30pm

RELAX & RESTORE FOAM ROLLER TRAINING

Irene Lewis-McCormick, MS, CSCS

Create results-based group programs using foam rollers to release tension, enhance mobility and increase range of motion. Learn to identify restrictions and improve awareness for better spinal alignment, body restoration and total relaxation.

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

SCHWINN®: PEDAL AND PULSE Mindy Mylrea

Schwinn Indoor Cycling meets Barre in a fusion program taking the country by storm. Amazing cardio combos on the bike flow into elongating, strength-based barre training on the floor using the bikes as barres. Finally, barre students work in the cardio and die-hard cyclists get the flexibility and elongation training their bodies crave.

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

AQUATIC CORE AND MORE Danita Watkins

This is a workshop designed to target water exercises increase strength in the kinetic chain of the body. The water environment is the perfect to strengthen the kinetic chain of the body since the properties of water are constantly working in multiple directions.

SA6K Saturday, 5:00pm-6:30pm

H.E.A.T. WAVES Chris Henry

H.E.A.T. waves (High Energy Aquatic Training) is a non-traditional water exercise experience. It offers more unconventional movements and drills utilizing water resistance. Take your freestyle water class to the next level by incorporating a series of movements that challenge the entire body and really get your heart pumping!

SA6L Saturday, 5:00pm-6:30pm

NUTRITION & SLEEP: FASCINATING CONNECTIONS

Tricia Silverman, RD, LDN, MBA

Learn how sleeping well can help to control your cravings and weight. Discover foods, herbs, teas and minerals that can make you



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 contributed to the BOSU® Developmental Team and is currently a Registered Yoga Alliance Teacher. His newest book is "Stories of Color", which is a fictional book supporting his charity and scholarships.

Find Lawrence at www.findlawrence.com.

feel sleepier and others that may interfere with sleep. Get the eight great, sleep-tight tips. (LECTURE)

SA6M Saturday, 5:00pm-6:30pm

WORLD'S BEST RESISTANCE TRAINING PROGRAMS

Len Kravitz, PhD

Len scoured over 70,000 journals from around the world to bring you the best program designs to improve strength and hypertrophy, to present some exciting training programs. Learn about muscle regarding specific applications to training including muscle metabolism, training to fatigue, protein supplementation, and more. A must-attend for personal trainers seeking peak outcomes for their clients. (LECTURE)

SA6N Saturday, 5:00pm-6:30pm

NUTRITION AND MENTAL HEALTH Kimberly Garcia

Join Kimberly Garcia, for a valuable session as to how nutrition impacts mental health. Discover why clients who are exercising on a regular basis, may experience an increase in anxiety, fatigue and depression. Learn simple solutions that are sure to reduce the chance of these occurrences. (LECTURE)

SA6O Saturday, 5:00pm-6:30pm

BUSINESS OF SMALL GROUP PERSONAL TRAINING

Keli Roberts

Small Group Training offers the best of both worlds: the energy of group fitness and the one-on-one personal touch. What's more, the earning potential for trainers is significantly higher. Discover the essentials for starting and running your own business. Learn how to set up a business plan and gain valuable insight into marketing through social media. (LECTURE)

SA6P Saturday, 5:00pm-6:30pm

SA7 - EVENING SESSIONS

6:45PM-7:45PM

RAISEDBARRE Laurie Greenway & Michelle Cofer

Raisedbarre is an athletic, pre-choreographed barre class where you can expect a unique combination of muscular endurance and core strength, resulting in a longer, leaner body! Great for all ages and fitness levels. Raisedbarre strikes the balance between hard work and fun in a structured, full-body workout with great music!

SA7D Saturday, 6:45pm-7:45pm

CLUB VIBE® - NATIONAL DANCE DAY CELEBRATION!

Allyson Ponte & Kelly Schur

You are on the VIP list for a jam-packed - unparalleled - high energy - dance fitness party featuring the official National Dance Day routine!!! Raise your hands in the air like you just don't care! The VIBE is contagious...you have been warned!!!

SA7E Saturday, 6:45pm-7:45pm



ROLL & RESTORE Kristin Mabry

Let's ROLL to integrate today's sessions and RESTORE for more tomorrow. Learn how to offer these evidence-based wellness TOOLS simply, safely, and effectively: aromatherapy, breathing techniques, mobility training, and affirmations for self-care, personal training, and classes. You will feel the benefits and your clients will keep coming back for more!

SA7F Saturday, 6:45pm-7:45pm



FEEL THE RUSH

RECOVERY THROUGH MEDITATION

Yury Rockit & Lawrence Biscontini, M.A.



Learn the background to traditional tenets of Buddhist meditation: from principles to prana to practices. Instead of learning just theory, we practice meditation to gain new pranayama skills & drills for you and your clients for both physiological and psychological benefits for mind and body.

SAT7 Saturday, 6:45pm-7:45pm

SCHWINN® CYCLING: #WHOAMI Doris Thews

#whoami? Get ready to write – not ride – in this business lecture from Schwinn designed to help you find your lane, define your values, craft your message, and break through the clutter in this ever-changing fitness landscape. Walk away with the tools you need to become the marketing maverick of your own brand. (LECTURE)

SAT7 Saturday, 6:45pm-7:45pm



EBBS AND FLOWS OF AQUA EXERCISE: PANEL DISCUSSION

Jeff Howard, Ann Gilbert, Melissa Layne & Manuel Velazquez

Are you up on 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 industry's best! (LECTURE) THIS SESSION IS OPEN TO THE PUBLIC, and FREE REFRESHMENTS WILL BE PROVIDED!

SAT7 Saturday, 6:45pm-7:45pm

SUNDAY, JULY 29

SU1

7:00AM-8:30AM

THE WARRIOR FIT GAMES SGT Ken®



Bring the warrior in you to the competition in this effective and uniquely arranged obstacle course! A combination of exercises from the 1946 US Army Physical Fitness manual and athletic sporting events, this program can create the next American Ninja Warrior or CrossFit Games contender. Don't miss your chance to thrive in the WARRIOR FIT GAMES!

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

L.I.I.T. Jeff Howard

Low Intensity Interval Training (LIIT) burns the same calories as a HIIT session but lasts an hour. Keeping the heart rate at a steady pace will effectively accommodate all fitness levels and age groups. Discover how to implement creative and inspiring intervals not as brutal as HIIT sessions! Incorporate both cardiovascular and muscular endurance to swap your next HIIT class with LIIT programming and watch your attendance soar. Leave with complete training protocols, full class outlines, and the ability to teach it Monday morning.

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

AFTERBURN Chris Collins

This unique two-part cardio, one-part strength class program will push limits and break plateaus with dynamic, powerful compound blocks,

utilizing steps and weights. Set to motivating, party-like rhythms, this class will bring out YOUR inner rock star and leave your participants craving more of the result's driven, energy, fun and personal connection.

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

BOSU® PILATES CORE POWER Helen Vandeburg



Evolve your core training and take it to the next level. Fusing elements of Pilates, experience an integrated approach to moving from your powerhouse to total body strength, balance, and power. Tackle your complete core in 6 body positions and walk away with fun, functional, and unique ideas to add to your workouts.

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

SUNDAY SHAKTI: #SPIRITUALBURPEES Lawrence Biscontini, MA

Let's give planks! Start off Sunday with an uplifting, spiritual combination of powerful music and movement to celebrate joy and happiness. Fuse mindful, barefoot floor and standing positions with T'ai Chi dance movements to generate a MANIA(r) community of gratitude. Rejuvenate this beautiful Sunday morning giving planks!

SU1H Sunday, 7:00am-8:30am

PROGRESSIVE SYSTEMS

TO SELF-MYOFASCIAL RELEASE Sylvie Patrick



To see change, exercise modalities must progress. The body will adapt only if the stimulus is consistent and becomes more challenging over time. Foam rolling is no exception. Begin with superficial, static techniques which will help lay the foundation for deeper, active techniques. Feel the benefits and design better programs.

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

ANCHOR DOWN Chris Henry



This aquatic exercise course 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!

SU1L Sunday, 7:00am-8:30am

FOODS FOR OPTIMAL HEALTH Bruce & Mindy Mylrea



Learn which scientifically proven foods should be consumed daily for optimal, sustainable health and wellness, and discover how much to incorporate into our daily diet. This evidence-based lecture provides you with all the specifics as well as an easy-to-implement, simple tool to help your clients optimize their dietary choices.

SU1M Sunday, 7:00am-8:30am

PREVENTION AND PERFORMANCE FOR RUNNERS

Brian Bettendorf, MSM, MS



16 million Americans run 3 or more days per week and over 20% are injured within a given year. Understand current research on managing runners in pain. Learn movement screens along with self-myofascial release and mobility drills that are focused on helping runners reduce injuries, move better and recover faster. (LECTURE)

SU1N Sunday, 7:00am-8:30am

FROM NOTHING TO SOMETHING Kayla Bonina

As Fitness Professionals we are always looking for ways to advance our career and reach more people. What if when we go for these opportunities, we fail? In this lecture you will learn how to deal with failure and use it to your advantage to go "From Nothing to Something" (LECTURE)

SU1P Sunday, 7:00am-8:30am

SU2**8:45AM-10:15AM****GROUP EXERCISE INSTRUCTOR? CORRECTIVE EXERCISE****Dr. Evan Osar**

Group Exercise Instructors: You are at the forefront of our industry and increasing numbers of individuals are seeking out your classes. Unfortunately, many exercises are creating chronic tightness/discomfort. Discover common exercises that contribute to tightness and discomfort and how simple changes in alignment, control, and cuing can make all the difference.

SU2A Sunday, 8:45am-10:15am**BELOW THE BELT - GLUTES & LEGS! Mindy Mylrea**

Come and experience a booty-kicking workout. You will learn 4 different "below the belt" combinations that are as creative as they are effective. Packed with critical cutting-edge research, this session delivers amazing glute and leg routines for your Monday morning crowd.

SU2B Sunday, 8:45am-10:15am**RUMBLE by R.I.P.P.E.D.® Susan Jessup**

Authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment! RUMBLE is formulated with Systematic Science based techniques that are safe, effective & FUN! The RUMBLE STICK is your weapon that creates an intensive degree of training which enhances spatial awareness & overall movement.

SU2F Sunday, 8:45am-10:15am**POUND® - ROCKOUT. WORKOUT. Amber Bruehl**

Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

SU2G Sunday, 8:45am-10:15am**TWISTED PILATES Jeff Howard**

This new Bootcamp inspired Pilates format is easy to teach while challenging our basic concepts of mind-body protocols. THE TWIST: You'll use traditional Pilates methods and equipment and compound the training with creative alternatives. Nico and Jeff demonstrate numerous formats that will be based on time, repetition, and/or intensity. Get ready for amazing sequences that are easy to implement.

SU2H Sunday, 8:45am-10:15am**QI GONG FOR EVERY BODY Elian Haan**

This session focuses on the four focal components of Movement, Meditation, Balance and Breath. Every class starts with a Qi Gong warm-up and 20 minutes learning the Tai Chi 24 Short Form. This class is popular with individuals motivated to increase their flexibility and improve their posture and balance.

SU2I Sunday, 8:45am-10:15am**SPIRITUAL DJ H2O Lawrence Biscontini, MA**

This is a non-purist mind-body water-based approach to fusion: combined, choreographed applications of yoga, Feldenkrais, NIA, T'ai Chi, and Pilates, all with inspiring--yet non-traditional--mind-body music. Take away ideas for nuances in cueing that will enhance the way you visually cue your clients and classes.

SU2L Sunday, 8:45am-10:15am**WHAT'S IN YOUR FOOD? Tricia Silverman, RD, LDN, MBA**

Learn about pesky food additives that can be wreaking havoc on your body. Discover free helpful credible online resources to help figure out what's really in your food, and how safe it is to eat. Simple food label decoding tips will be shown which you can share with your clients. (LECTURE)

SU2M Sunday, 8:45am-10:15am**10 KEY RULES FOR LONGEVITY Len Kravitz, PhD**

The increasing life expectancy has generated intense focus on the biological mechanisms of old age and longevity. In this research-driven presentation, Len unveils the 10 key rules to slow down aging, extend lifespan, and live optimally. If you work with a mature population, this lecture will give you inspiring new interventions to share with these clients. (LECTURE)

SU2N Sunday, 8:45am-10:15am**RUN AN 8-WEEK CHALLENGE Sohailla Digsby, RDN, LD**

Imagine the synergy and success that would come from a well-run 8-week Challenge: your best-ever results, retention & reputation! In this session, learn how to launch an 8-week challenge, and experience synergy at its best, while your clients reach their personal best!

SU2P Sunday, 8:45am-10:15am**SU3****11:15AM-12:45PM****THE AMRAP ASSAULT SGT Ken®**

Team-driven, five-event athletic challenge with your favorite functional training pieces! As a team, accumulate As Many Reps As Possible in each event & see how your team finishes. Qualifying teams (1st, 2nd, 3rd place) will be rewarded. This is not only a test of physical strength and stamina but of mental toughness and resilience!

SU3A Sunday, 11:15am-12:45pm**TRIGGERPOINT™: GRID®****LOCK FOR CORE TRAINING Sylvie Patrick**

Confused about how core training is different from abdominal training? Get on the GRID® and discover integrated movements that strengthen and stabilize the core. Learn how to coach clients through this comprehensive core training session to help create a stronger core, boost agility and increase flexibility, all while improving your client's back health.

SU3B Sunday, 11:15am-12:45pm**RUMBLEROLLER: GROUP EXERCISE FLOW****Brian Bettendorf, MSM, MS**

While it's common to see self-myofascial release and mobility training performed as part of a personal training session, it's not often that you see it used within group exercise. Experience a full-body routine that's adaptable to a wide range of users to get people to feel and move better.

SU3F Sunday, 11:15am-12:45pm**BEYOND BOOTCAMP BY HEDSTROM FITNESS****Mindy Mylrea**

Use athletic drills worthy of the challenge and experience a boot camp that is exhilarating, skill driven, and crazy creative. Take run of the mill boot camp workouts above and beyond by offering unique stations, transitions that create an event, partner/team drills that provide community and friendly competition, and variations to last all year!

SU3G Sunday, 11:15am-12:45pm**Y3: YIN-YANG YOGA Yury Rockit**

Renovate your yoga formats with a variety of transformational practices that benefit body, breath, and mind. Learn to complement dynamic asana flow (yang yoga) with a slower-paced practice (yin yoga) to create a balanced movement experience enhancing your relaxation response.

SU3H Sunday, 11:15am-12:45pm**GLUTES AND PSOAS: CORRECTIVE EXERCISE Dr. Evan Osar**

Hip tightness and discomfort are two of the leading causes of decreased performance and chronic pain. The psoas and glutes are vital to maintaining optimal function of the hip and spine. Unfortunately, most strategies focus only on stretching the psoas and strengthening the glutes. Discover how to identify the signs of dysfunction and the corrective exercises to improve psoas and glute function.

SU3I Sunday, 11:15am-12:45pm**AQUACHI FLOW Elian Haan**

Learn how to move gracefully and fluidly with aqua tai chi moves. The benefits are improved balance, strength, agility, flexibility, coordination, posture and mental awareness. Aqua Chi Flow is a relaxation program that has been created to help us enjoy water in a flowing yet powerful progression.

SU3L Sunday, 11:15am-12:45pm**COMMON SENSE NUTRITION: YOUR SCOPE****Kimberly Garcia**

Are your clients eating healthy but still seem unable to lose unwanted body fat? Are they lacking energy during their training program?

Kimberly discusses how deficiencies hinder client results and make your job more difficult. Learn how micro-nutrients influence metabolism, well-being, and performance. Effectively help your clients become vitamin-infused all-stars. (LECTURE)

SU3M Sunday, 11:15am-12:45pm

EIGHT BEST ANAEROBIC CIRCUIT PROGRAMS Len Kravitz, PhD

Based on scientific studies by Dr. Len Kravitz and colleagues, experience a multi-media journey on the physiology of anaerobic conditioning and the unique responses to various circuit-training protocols. Learn 8 original HIIT-Circuit, Cluster-HIIT-Circuit and Peripheral Heart Action programs and why they work. A must-attend for personal trainers to optimize their clients' workout experience. (LECTURE)

SU3N Sunday, 11:15am-12:45pm

STABILITY & SECURITY: YOUR PILATES CAREER

Vanessa Huffman

You can't offer the finest Pilates classes in the world without the best staff of trainers! Learn how Club Pilates can provide you with security, career growth, longevity, and stability within your fitness career. Join us and discover your career as a Club Pilates Fitness Instructor. (LECTURE)

SU3P Sunday, 11:15am-12:45pm



SU4

1:00PM-2:30PM

HIGH FITNESS: AEROBICS IS BACK! Amber Zenith



Aerobics is Back, Bigger, Better, HIGHer! HIGH Fitness is a hardcore fun group fitness class that has taken Aerobics and brought it to the next level with modern fitness techniques. HIGH combines FUN with INTENSITY and CONSISTENCY. HIGH Fitness can be modified for beginners or athletes. It is proven to produce repeat participants and results!

SU4A Sunday, 1:00pm-2:30pm

LES MILLS GRIT® CARDIO & HIIT Lauren Schroder



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 bodyweight exercises and provides the challenge and intensity you need for fast results. Get education around HIIT and how it can benefit your members' goals and increase retention.

SU4B Sunday, 1:00pm-2:30pm

KNEE OSTEOARTHRITIS? CORRECTIVE EXERCISE STRATEGY

Dr. Evan Osar

Knee osteoarthritis limits individual's ability to walk, run, and participate in many activities. Unfortunately, many individuals are not given great options outside of rest, medications, and surgery. Discover why so many older adults have knee osteoarthritis and the most effective corrective exercises for improving your client's knee and foot function.

SU4F Sunday, 1:00pm-2:30pm

Savvier
Fitness

BARRE TRICKS Jenn Hall

It's easy to get in a rut! Do you find yourself using the same equipment every time? It may be time to reinvigorate your barre class with other available tools. This enlightening session offers unique ideas on how to incorporate different types of equipment for a better barre experience.

SU4G Sunday, 1:00pm-2:30pm

RELAXERCISE Elian Haan

Multiple (8) meditation styles explained and practiced that are easy to use in group exercise or personal training setting. Learn how to deal with anxiety & stress and thru simple meditation. The why, what, where, when, and how of deepening your practice over the course of time.

SU4H Sunday, 1:00pm-2:30pm

DEEP STRETCH AND THE AGING Ann Gilbert

Discover a new land-based format that focuses on the science behind the deep stretch for your active ager. Eliminate the fear of mat work and empower your members with the educational-based format that easily can be launched into your growing active aging program GX lineup.

SU4I Sunday, 1:00pm-2:30pm

AQUA CURRENTS OF CARDIO CONFETTI Yury Rockit

Group ex instructors have a variety of choices for creating water-based classes. Instead of just one approach, Yury will present a buffet of innovative ways to achieve the same goal: make your hearts stronger with cardioprotective benefits. Instantly abandon boredom with class ideas Yury has been sharing with his clients in Asia for years.

SU4L Sunday, 1:00pm-2:30pm

NUTRITION AND CHRONIC PAIN Kimberly Garcia

100 million Americans currently suffer with chronic pain per the American Academy of Pain Medication. This number includes many seemingly healthy and fit individuals. Join Kimberly Garcia to learn how diet adds to this growing concern and what you can do to be part of reducing this negative statistic. (LECTURE)

SU4M Sunday, 1:00pm-2:30pm



THE ART OF CUEING™ Allyson Ponte & Kelly Schur

Cueing is a fundamental staple of professional group fitness instruction. Enhance your communication skills and engage with your participants by fine tuning your verbal & visual cues. Learn tips/techniques to enhance your instruction and improve each experience you deliver. (LECTURE)

SU4N Sunday, 1:00pm-2:30pm

ENTREPRENEURSHIP AT THE BARRE

Jonelle Dickson-Prokopchak

Have you ever thought about making a full-time career at your own gym? What about a part-time studio experiment? Do you have that entrepreneurial spirit, but not quite yet the confidence needed to strike out? Jonelle Dickson-Prokopchak will discuss the ups and downs of studio ownership and certification creation. (LECTURE)

SU4P Sunday, 1:00pm-2:30pm



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Since 1986, Power Systems' passion for fitness has been fueled by our customers. Our mission is to advance health, fitness, and performance for everyone by being a resource to our customer, who understands your individual and collective goals then supplies targeted solutions to help Power Your Potential. Together and

right alongside you, we have seen the fitness industry grow and change tremendously over the past three decades. We understand that in order to remain your trusted and valued partner, we must also continue to move forward with the same dynamics as our industry. As our company continues to evolve with the industry, we are in pursuit to reach our fullest potential of empowering you with everything you need to use fitness as a means to influence the world. By creating new partnerships, updating your favorite products, and providing educational programs, we continue with great effort to become a complete solution for you. Visit www.power-systems.com or call 800-321-6975.



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and independent fitness professionals. With cutting-edge programs like Barre Above®, Tabata GX™ and more, Savvier Fitness captures unique and in-demand approaches to exercise and wellness that help drive member acquisition and retention. Additionally, Savvier Fitness also creates fitness apparel, like Barre Sox® Fitness socks, and also products that are portable, storable, versatile, and affordable for facilities, such as Gliding™ and Bender Ball™. Attend any Savvier Fitness® sponsored session at SCW MANIA and receive a FREE GIFT when you stop by the booth! www.SavvierFitness.com.



BOSU® products are known and proven industry-wide for enhancing functional training, balance, core strength, flexibility and overall fitness levels. The BOSU® Balance Trainer, BOSU® NexGen™ Balance Trainer, BOSU® Ballast Ball, and BOSU® product accessories and DVDs challenge the entire body with integrated, multi-joint movement, and are applicable for athletes and fitness enthusiasts of all levels. Proudly made in the U.S.A. For certification and workshop information, and to pre-order demo equipment, email sales@bosu.com, call (800) 810-6528 or visit the booth.



Hedstrom Fitness is dedicated to delivering products that are unique and versatile, and fill a specific niche within the fitness industry. Hedstrom Fitness capitalized on functional training with both the Kamagon® Ball and Surge®. The Kamagon® Ball's patented Hydro-Inertia® technology adds fluid resistance to exercises and teaches the body to stabilize during workouts. The Surge® products let you train for everyday life. The cylindrical shaped Surge® imposes top-down instability and replicates the unstable demands of the body. The Kamagon® Ball and Surge® can be used and customized by anyone, no matter their fitness level. Hedstrom Fitness products are proudly made in the U.S.A. For certification and workshop information and to pre-order demo equipment, email hedstromfitness@hedstrom.com, call (800) 810-6528, or visit the Hedstrom Fitness booth.



AEROBICS IS BACK! BIGGER, BETTER, HIGHER! HIGH Fitness is a hardcore fun aerobic group fitness format created to bring back old school aerobics infused with modern fitness techniques. HIGH Fitness has swept the nation over the past three years in its ability to make fitness both challenging and fun for participants. The challenge of the HIGH leaves them ADDICTED and coming back for more. Our courses teach you everything you need to know to successfully teach and run your HIGH classes and business and take your participants even HIGHER. SCW MANIA® attendees receive 20% off trainings and a FREE HAT. To learn more, visit our booth or visit www.highfitness.com.



Discover how WATERinMOTION® has resuscitated hundreds of aqua programs nationwide through a constant stream of exceptional music, invigorating choreography and magnificent marketing. Including free certifications, this innovative program empowers experienced aqua instructors, transitions land instructors to the pool smoothly and efficiently and provides high-quality available aqua subs consistently.

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For Schwinn® the ride started outdoors more than a century ago and in 1995 Schwinn(R) launched a phenomenon with the first production bike designed specifically for indoor cycling. The bike set the standard for an entire industry - a standard that we've raised with each Schwinn® innovation. Today, we not only bring the industry great bikes; we bring expertise and unmatched education. Join the tens of thousands of successful indoor cycling instructors worldwide who are Schwinn® Cycling Certified! Then, take exciting new ideas and skills back to your club to energize and engage your team and members! For show discounts on education events and Schwinn® Indoor Cycling Bikes, email bmuck@corehandf.com. For additional information please visit www.SchwinnEducation.com. Connect with us on social media at www.facebook.com/SchwinnIndoorCycling and Twitter @SCHWINNtraining.



TriggerPoint is on a mission to empower people to move better. Our innovative self-care products are supported with practical-based education all designed to help restore natural movement, improve mobility, flexibility and minimize the risk of injury. Our accredited courses teach how to implement our systematic approach to foam rolling with a variety of mobility and therapeutic tools for self and/or client care. SCW MANIA® attendees enjoy 20% off all TriggerPoint products and education. To learn more, visit our booth or contact us at www.tptherapy.com | 800-446-7587.



Beachbody® LIVE offers a variety of pre-designed group ex formats based on some of the world's bestselling workouts. Thriving on results-oriented, innovative, and inspiring workouts, our group fitness formats are carefully designed, tested, and proven to work for people of every age and fitness level. Backed by billions of dollars in advertising over the past 20 years, our fitness brands are household names made famous by celebrity trainers like Tony Horton and Shaun T. From P90X® to INSANITY®, PiYo® to CORE DE FORCE®, we have a format for every body. We are Instructors and class-goers bonded by sweat and a shared journey where fitness is fun. To learn more, visit our booth or contact us at www.BeachbodyLIVE.com | 888-247-1940.



TM POUND® is a fitness & lifestyle brand based in Los Angeles, CA. The workout combines cardio, Pilates, isometric movements and plyometrics with constant simulated drumming—all to loud, kick-ass music. An energizing, infectious, sweat-dripping workout, each strike of the Ripstix releases a primal aggression as well as a neuromuscular reward of mixing sound and movement. It allows you to truly become the music.



ActivMotion Bars are hollow and partially filled with ball bearings that shift dynamically within. This shifting variable mass allows you to feel and hear your imbalances, heightening body awareness and, activating core muscles like never before. Coupled with our powerful education system, we aim to provide unparalleled training experiences and results.

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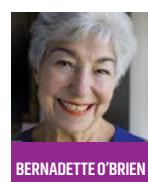
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1: ATTENDEE INFORMATION

If you are mailing or faxing in your MANIA® registration, begin here and complete steps 1-7 and sign and date the disclaimer. **NOTE: a \$25 processing fee applies to mailed, faxed, or phoned registrations.** Please print legibly.

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Northbrook, IL 60062
Fax: (847) 562-4080

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2: MANIA® RATES DISCOUNT DEADLINE: JULY 9, 2018

	BEFORE 7/9/18	AFTER 7/9/18
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
Sunday Only	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189
Staff Assistant: Friday or Saturday	<input type="checkbox"/> \$99	<input type="checkbox"/> \$129

* Refer a Friend name _____
Email address _____
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3: CONVENTION CERTIFICATIONS

NAME OF CERTIFICATION	DATE	\$	AMOUNT
NAME OF CERTIFICATION	DATE	\$	AMOUNT

5: FEE TOTAL

SCW Membership	\$ _____
MANIA® Convention Rate	\$ _____
Certifications	\$ _____
Register by Mail/Fax/Phone	\$ <u>25.00</u> <small>(Does Not Apply To Online Registration)</small>
Processing Fee	\$ <u>4.00</u>
TOTAL	\$ _____

SAVE \$25 and Register Online at www.scwfit.com/ATLANTA

6: PAYMENT INFORMATION

Payment Method: MasterCard Visa Discover Check or money order**

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Cardholder's Signature _____

Your signature is required. Your above signature authorizes SCW to charge your credit card.

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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/ATLANTA.

FRIDAY, JULY 27, 2018

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, JULY 28, 2018

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	SA7	_____	_____

SUNDAY, JULY 29, 2018

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 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 agree 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: www.scwfit.com/ATLANTA/faqs/.

Signature required _____ Date _____



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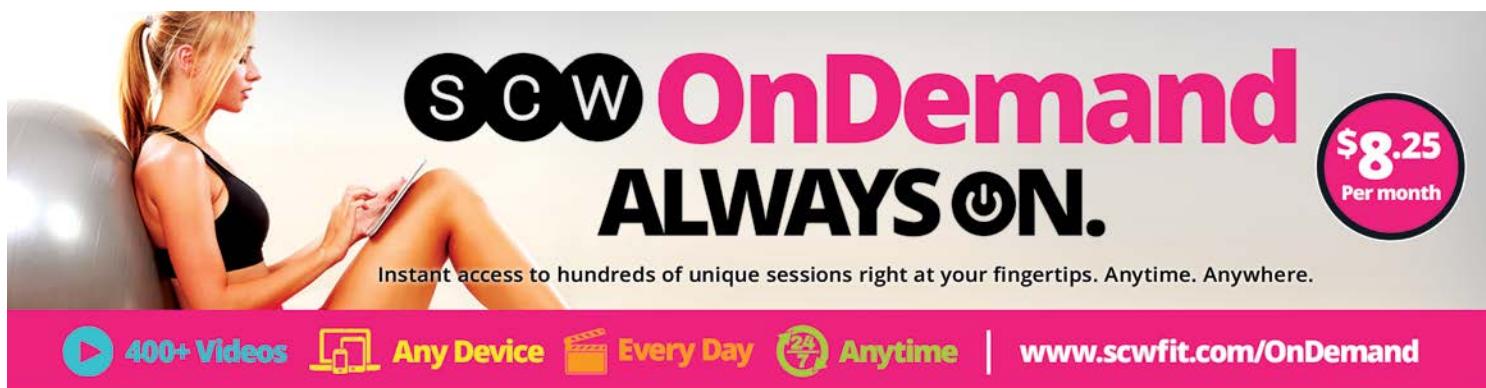


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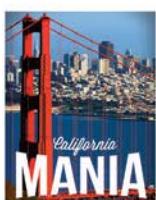
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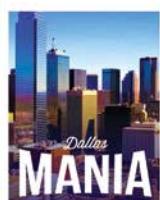
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