

CALIFORNIA  
**MANIA**<sup>®</sup>  
FITNESS CONVENTION



SCW

APRIL 6-8, 2018

# CALIFORNIA MANIA® FITNESS PRO CONVENTION

## CALIFORNIA MANIA® FITNESS PRO CONVENTION

**APRIL 6-8, 2018**

(Friday, Saturday and Sunday)

## CERTIFICATIONS

**APRIL 4, 5 and 8, 2018**

(Wednesday, Thursday and Sunday)

### Hyatt Regency San Francisco Airport

1333 Bayshore Highway  
Burlingame, CA 94010  
800-233-1234  
650-347-1234

**REGISTER ONLINE AT:**  
[www.scwfit.com/mania](http://www.scwfit.com/mania)



## LETTER FROM SARA KOOPERMAN, JD

Dear California MANIACs -

MANIA® is excited to be back in Northern California!

I was in my 20s when I started this business three decades ago. My first office was sitting cross-legged on my 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, iPhones to hold our music or PowerPoint projectors to view our outlines. My staff and I ran from room to room with a boom box in one hand and a bull horn in the other. We printed outline books with hundreds of pages, killing thousands of trees. Now we are all wireless.

The industry has changed infinitely over the last 30 years, and MANIA® has evolved with it. For SCW: The "C" stands for Change, and 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, moves to our Nomad team and rises to excellence with our SCW Faculty and Presenters.

As we celebrate another year in Northern California, I feel truly blessed and eternally grateful, and I 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 MARCH 5, 2018**

**BECAUSE IT'S YOUR**



# PASSION



# CALIFORNIA 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 WE'RE A FAMILY

SCW is an internationally recognized educational organization that provides hands-on certifications and continuing education courses and conventions to fitness professionals in multiple disciplines nationwide. For the past 31 years, since 1987, Personal Trainers, Group Exercise Instructors, Small Group Training Leaders, Aquatic

Exercise Professionals, Cycling Teachers, Mind-Body Experts, Sport-Specific Training Educators and many more have obtained their certification through SCW. This outstanding Family of Leaders also supports Managers, Directors and Owners of clubs and facilities nationwide with our business and management tracks. As the largest conference leader in the world, MANIA® offers 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 100,000 virtually through our SCW OnDemand program and Online Certifications and Continuing Education Credit (CEC) programming.



## EXPERIENCE MANIA®

MANIA® is a three-day Fitness Education Conference, running 17 sessions every hour and featuring world-renowned Fitness Educators leading more than 250 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!



## CONVENTION & HOTEL LOCATION

### HYATT REGENCY SAN FRANCISCO AIRPORT

Hyatt Regency San Francisco Airport  
1333 Bayshore Highway  
Burlingame, CA 94010  
800-233-1234  
650-347-1234

### HOTEL ROOM RATE

\$159 Single-Quad – Pay as little as \$39.75 per night when you share a room with three others!

### HOTEL ROOM DISCOUNT DEADLINE: SATURDAY, MARCH 3, 2018

### AIRPORT TRANSPORTATION

The Hyatt offers complimentary shuttle service to and from the San Francisco Airport (SFO). The shuttle runs every 15 minutes between the hours of 4:30am to midnight, then every 30 minutes from midnight to 4:00am. Proceed to the second level of the departure area. Shuttle is indicated as Hyatt/Marriott and picks up from the center island.

### PARKING

MANIA® attendees will receive 50% OFF hotel parking rates (regularly \$30).

### MANIA® REGISTRATION DISCOUNT DEADLINE: MONDAY, MARCH 5, 2018

Avoid late fees! Register for MANIA® by Monday, March 5, 2018 and 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](http://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 THE PLACE WHERE THE FITNESS COMMUNITY GOES TO BE INSPIRED, GET RECHARGED AND LEARN!

MANIA® is affordable and is perfectly suited for the budding exercise professional to the seasoned fitness veteran. Rub elbows with your favorite presenters (local & international), shop the Expo and celebrate being part of a greater health and wellness community. It's a shot of adrenaline to your fitness career that keeps you coming back for more!

## MANIA® REGISTRATION OPTIONS & SAVINGS



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

Become part of the Staff Assistant Team for only \$99 - saving up to \$160 off the regular \$259 price!

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](http://www.scwfit.com/staff) or contact Denise Johnston at [staff@scwfit.com](mailto: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/mania](http://www.scwfit.com/mania). 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](mailto: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!

24  
CECS

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

including the Keynote presentation by TONY HORTON 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.



### EASILY DOWNLOADABLE OUTLINES ONLINE

Download & Print BEFORE you come! Outlines are NOT provided onsite. To download your outlines, go to [www.scwfit.com/OUTLINES](http://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.



### 2018 SCW PRESENTERS OF THE YEAR AWARD!

Now, you can VOTE for your Favorite MANIA® Presenters & Programs at [www.scwfit.com/AWARDS](http://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](http://scwfit.com/FitnessCares) for more information.

### REGISTRATION HOURS

Thursday, April 5:	6:00am – 6:30pm
Friday, April 6:	6:00am – 7:00pm
Saturday, April 7:	6:00am – 7:45pm
Sunday, April 8:	6:00am – 1:30pm

### EXPO HOURS

Thursday, April 5:	5:00pm – 7:00pm
Friday, April 6:	8:45am – 2:30pm
Saturday, April 7:	5:15pm – 6:45pm
	8:15am – 9:30am
Sunday, April 8:	12:15pm – 3:30pm
	6:15pm – 7:00pm
	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. All our event sites are held at Non-Union Hotels which saves thousands of dollars in shipping and handling. Our MANIA® attendees will use your products, try your program and experience your presenters! Host MANIA® sessions, receive a premier Expo booth (including table, chairs, carpet, etc.), provide inserts for the Welcome Bag, publish Articles and Ads in our Newsletter, reach hundreds of thousands through our social media platforms and send Discount Coupons in our Emails. Go to [www.scwfit.com/PARTNER](http://www.scwfit.com/PARTNER), email [partner@scwfit.com](mailto:partner@scwfit.com) or call our Partner/Sponsor Director, Cheryl Vincent, directly at 708-612-7599 or our office at 847-562-4020.



### 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!

PUSH YOUR **LIMITS**



# LOCKED IN



## PREMIER SPONSORS



## CO-SPONSORS



TRIGGERPOINT



## ASSOCIATE SPONSORS



CHECK OUT OUR SPONSOR SPECIALS ON PAGE 29!

# PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

## WEDNESDAY, APRIL 4

### SCW AQUATIC EXERCISE CERTIFICATION

Jeff Howard

Wednesday, April 4, 9:00am-6:00pm

**\$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. SCW (8.0), AFAA (8.0), ACE (0.7), AEA (9.0), NASM (0.7), ACSM (8.0).*

## THURSDAY, APRIL 5

### SCW PERSONAL TRAINING CERTIFICATION

Irene Lewis-McCormick, MS, CSCS

Thursday, April 5, 8:00am-5:00pm

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

This Nationally Recognized Personal Training Certification is led by only the top Presenter/Trainers in the country. Combining lecture and activity, this workshop addresses academic foundations, training principles, and hands-on program design to provide students with the skill sets and critical knowledge required to guide individuals to achieve their health-fitness and performance goals. The essentials of exercise physiology and kinesiology, health-risk assessment, physical evaluations, programming alternatives for cardio, strength and flexibility advancement, and an introduction to facilitating behavior change along with basic business and marketing skills are all addressed in this day-long course. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AEA (4.0), ACSM (8.0).* Session Type: Certification, Personal Training

### SCW GROUP EXERCISE CERTIFICATION

Jeff Howard

Thursday, April 5, 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 produces 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), AEA (4.5), NASM (0.8), ACSM (8.0).*

### SCW CORE TRAINING WORKSHOP

Pete McCall, MS

Thursday, April 5, 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), AEA (2.0), ACSM (4.0), NASM (0.4).*

### SCW PILATES MATWORK CERTIFICATION

Abbie Appel

Thursday, April 5, 8:00am-5:00pm

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

This Nationally Recognized Certification introduces a progressive series of exercises and modifications based on the methods of Joseph Pilates. The principles of core stabilization, Pilates mat work, and physical therapy techniques create the foundation for this intensive combination of theoretical and practical training. Proper execution of form, technique, and programming are explored as they apply to training the young, old, athletic, sedentary, and even those rehabilitating from injury. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (8.0), ACE (0.8), AEA (4.5), NASM (0.8), ACSM (8.0).*

### SCW ACTIVE AGING CERTIFICATION

Lawrence Biscontini, MA & Bernadette O'Brien, MA

Thursday, April 5, 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 and Bernadette 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 ACTIVE AGING NUTRITION CERTIFICATION

Tricia Silverman, RD, LDN, MBA

Thursday, April 5, 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), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (4.0), ACSM (4.0).*

### SCW YOGA I CERTIFICATION

Manuel Velazquez

Thursday, April 5, 8:00am-5:00pm

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

This Nationally Recognized Certification is the number one Yoga Certification in the U.S. offering the most comprehensive theoretical and practical approach to hands-on yoga instruction. Experience different Hatha yoga postures suitable for varying clientele - young, old, competitor, injured or recovering athlete, and advanced or deconditioned participant. Research, postures, program design and cueing techniques are addressed in a passionate and systematic

approach. Participants leave qualified to lead a successful yoga class or yoga-inspired cool down regardless of their previous teaching experience. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (8.0), ACE (0.8), AEA (4.0), NASM (0.8), ACSM (8.0).*

### SCW YOGA II CERTIFICATION

Manuel Velazquez

Thursday, April 5, 5:30pm-9:30pm

**\$99 MANIA® Attendees / \$129 Non-Attendees**

Take a deeper look in to 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 AQUA BARRE CERTIFICATION

Amy Weisenmiller

Thursday, April 5, 9:00am-4:00pm

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

Ready to 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. CPR card not required. SCW (6.0), AFAA (6.0), ACE (0.7), NASM (0.6), AEA (6.0), ACSM (6.0).*

### SPEEDBALL INSTRUCTOR CERTIFICATION

Steve Feinberg & Lynze Schiller

Thursday, April 5, 8:00am-5:00pm

**\$199 MANIA® Attendees & Non-Attendees**

This certification will enable you to implement Speedball Fitness in any facility. 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).*

### SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION

Jeffrey Scott & Doris Thews

Thursday, April 5, 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 (0.9), AFAA (8.25).*

## ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING

Joy Smith

Thursday, April 5, 8:00am-5:00pm

**\$225 Registration Fee (Use PROMO CODE: SCW25 to receive a \$25 discount.)**

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

## HIGH FITNESS INSTRUCTOR TRAINING

Emily Nelson & Amber Zenith

Thursday, April 5, 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).

## BARRE ABOVE® POWERED BY SAVVIER FITNESS®

Tricia Murphy Madden

Thursday, April 5, 9:00am-5:00pm

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

Whether you currently 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 that is perfect for all fitness levels. Walk away with tips on 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 and total CECs as follows: SCW (11.0), AFAA (12.0), ACE (12.0), NASM (0.12) *Note: CPR card is not required.*

## ONE DAY TO WELLNESS CERTIFICATION

Bruce & Mindy Mylrea

Thursday, April 5, 8:00am-5:00pm

**\$229 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).

## STAIRMASTER® PRESENTS - BOXMASTER® CERTIFICATION

Pete McCall, MS

Thursday, April 5, 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).

## STAIRMASTER® PRESENTS HIIT MIX SOLUTIONS CERTIFICATION

Abbie Appel

Thursday, April 5, 5:30pm-9:30pm

**\$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).

## PIYO CERTIFICATION

Ellen de Werd

Thursday, April 5, 9:00am-5:00pm

**\$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).

## TRIGGERPOINT™ FOAM ROLLING: PRINCIPLES & PRACTICE

Marc Coronel

Thursday, April 5, 1:00pm-5:00pm

**\$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 at the course.* 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

Susan Pata

Thursday, April 5, 5:30pm-9:30pm

**\$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 at the course.* SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4), ACSM (0.4), PMA (4.0).

## SCW NUTRITION, HORMONES & METABOLISM CERTIFICATION

Melissa Layne, MEd

Thursday, April 5, 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. 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 (7.0), ACE (0.7), NASM (0.7), AEA (7.0), ACSM (7.0).

## SCW MEDITATION CERTIFICATION

Yury Rockit

Thursday, April 5, 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 with 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. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4).

## SUNDAY, APRIL 8

### SCW BARRE CERTIFICATION

Abbie Appel

Sunday, April 8, 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, April 8, 8:00am-4:00pm

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

This certification provides the tools you need to start and grow a boxing program in your gym or studio. Learn to implement the basics of boxing with this comprehensive program. Address the science behind the sport. 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. Prepare to shock your students and their bodies with this outstanding certification. *Price includes training manual and testing fee PLUS a FREE PAIR OF BOXING GLOVES (\$100 value). Manuals will be emailed from SCW Fitness Education. 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, April 8, 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), ACE (0.7), NASM (0.7), AEA (4.0), ACSM (7.0).*

## SCW SPORTS NUTRITION CERTIFICATION



**Fabio Comana, MA, MS**

**Thursday, April 5, 9:00am-3:30pm**

**\$99 MANIA® Attendees / \$129 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), AEA (6.5), ACSM (6.0), NASM (0.6).*

## SCW FOAM ROLLING CERTIFICATION



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

**Sunday, April 8, 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 intense training will offer guidelines for Fitness Professionals on how to use foam rollers with coaching options. We'll 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).*

## WATERinMOTION® AQUA EXERCISE CERTIFICATION



**Manuel Velazquez**

**Sunday, April 8, 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 and 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).*

## STRONG BY ZUMBA® CERTIFICATION



**Cheryl Wu-Hall**

**Sunday, April 8, 8:00am-4:00pm**

**\$225 Registration Fee (Use PROMO CODE:**

**SCWSBZ25 to receive a \$25 discount.)**

STRONG by Zumba® combines high intensity interval training (HIIT) with the science of Synced Music Motivation for a group fitness experience like no other. During an intensive 1-day training, you'll learn the science behind high-intensity cardio and bodyweight training, how to combine moves and patterns with perfectly synced music, and all about the program's unique progression system used to increase intensity. The training also will touch on topics such as physiology, biomechanics, movement fundamentals and injury prevention. *Price includes Electronic Instructor Training Manual, Training Recap Video - delivered digitally, STRONG by Zumba™ My First Class™ - 60 minutes of music and moves delivered digitally, E-learning course with the foundational fitness moves and science behind the program and Certificate of Completion. SCW (8.0), AFAA (8.0), ACE (0.8).*

## BALLETONE® - POWERED BY SAVVIER FITNESS®



**Rose Zahnn & Ken Scott**

**Sunday, April 8, 8:00am-4:00pm**

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

Ballet is back...and with the popularity of barre, Pilates and strength-conditioning cardio, it's 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. Capture your fitness and your inner dancer you never knew you had...and 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

## POWERWAVE INSTRUCTOR COURSE



**Elisabeth Fouts**

**Sunday, April 8, 8:00am-4:00pm**

**\$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).*

## THE AXLE WORKOUT CERTIFICATION



**Andrew Page**

**Sunday, April 8, 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).*



# DEFY

## ALL LIMITS

# MANIA® COURSE DESCRIPTIONS

FRIDAY, APRIL 6

FR1

7:30AM-9:00AM

## 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.

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

## CRAZY CORE COMBOS Mindy Mylrea

Walk away with the best core exercises on the planet that you can teach on Monday morning. You will learn 4 different creative core combos for any fitness theme. This workshop is jam packed with critical, cutting-edge core research as well as amazing ab and back routines using every twist and turn in the book.

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

**Savvier  
Fitness**

## THE ULTIMATE LIGHT KETTLEBELL WORKOUT

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

Learn to create an intense, total-body workout developing strength, stamina and range of motion using lightweight kettlebells. This ageless training tool allows for a wide range of planes of motion, emphasizing power and control. Using soft kettlebell training techniques, fitness professionals will acquire a fresh variety of movement patterns to assist their groups in achieving total body fitness.

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

**OnDemand**

## BARRE 360 Abbie Appel

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

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

**POWER  
SYSTEMS**

## 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!**

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

**RIPPED**

## THINKFIT™ CIRCUITS: GET IT DONE IN 20

**Erika Quest**

Many of our clients and classes are SQUEEZED on time. In this session, you'll get dynamic and scalable 20-minute interval formats to help you get a full-body workout in 20, which you can stack and layer should you have the luxury to workout longer. Take away strategies that give the best of being both efficient and effective. Powered by Balanced Body.

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

**balanced body**

## TRIGGERPOINT™: GRID® LOCK FOR CORE TRAINING

**Marc Coronel**

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.

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

**TRIGGERPOINT**

## ROCK 'N' ROLL YOGA Nicole Peltier Hall

All levels and yoga styles will fall into rhythm in this cardio-yoga session. The class is non-stop action! The vinyasas are short and sweet and weave together in a non-pattern that provides a "change-it-up" opportunity and no one knows what is next. The mind gets a break from the study of yoga, the body expresses passion and joy, and the soul soars.

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

## OUT WITH OLD, IN WITH OLDER!

**Lawrence Biscontin, MA, & Bernadette O'Brien, MA**

Join Lawrence and Bernadette for a theoretical and practical application of what it means to train "seniors" today. Teaching the "chronologically enriched" involves a new mindset and toolbox. This duo - with a combined age of over 130 - will discuss "age," new guidelines and practical stories of inspiration you can take to your older clients with a fresh approach.

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

**OnDemand**

## SCHWINN®: HOW TO WOW! Doris Thews

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

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

**SCHWINN  
CYCLING**



## 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.

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

OnDemand



## 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.

## HYDRO PLAYGROUND Connie Warasila

Turn your pool into a playground. Fun and games in the water can bring joy and laughter to your classes when introduced with sensitivity and an inclusive approach. Get creative ideas for designing interactive play and learn methods to introduce students to a fun way of exercising and interacting with fellow class participants.

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

## TIMING IS EVERYTHING Melissa Layne, MEd

Exercise-nutrient intake timing is critical in determining physiological results. The influence of differing macronutrients affects outcomes, and with the popularity of carb cycling and carb fasting, fitness professionals need to understand the physiology behind these concepts. This session encompasses all the timing aspects of front and back loading and what current research shows about carb cycling and fasting for weight loss, muscle gain and while cutting. (LECTURE)

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

## CALCULATED RESULTS Kimberly Garcia

Kim is known worldwide for her ability to achieve phenomenal results! Her client adherence is over 90%! This course helps you learn how to effectively implement tools to track lean body mass, basal metabolic rate and adequate recovery to deliver optimal outcomes! Learn her secret to EXCELLENCE! (LECTURE)

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

## 5 PRINCIPLES OF KICKASS BRAND MARKETING

Kristin Weitzel

Your long-term success is driven by how well you communicate every aspect of your brand. Uncover keys to infusing everything you do – your offerings, website, list building, social media, customer service – with your unique and focused brand story. Get a diet of lean, mean brand-marketing so you can crush it forever after. (LECTURE)

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

## 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.

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

OnDemand

FR2

10:00AM-11:30AM

## THE BREAKDOWN Jenn Hall

Bring 32 counts of your favorite complex step 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 step participant can follow and even the most experienced will enjoy. Bring it!

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

## KIBO Lisa Gaylord

The ultimate self-protection and fitness training system using a hybrid of martial arts and boxing developed by world renowned 8th degree Black Belt and weapons specialist, Lisa Gaylord. This program is designed for the fitness entrepreneur and combines Karate, Kickboxing, Jiu Jitsu, KravMaga, Arnis, Boxing and Self-Defense.

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

## THE PROTOCOLS OF P90X Ellen de Werd

Searching to teach a predesigned program that incorporates cardio and full-body muscle conditioning? P90X by Beachbody LIVE shows you effective workouts using science-based protocols for maximizing results. Experience a master class that helps you build strong, lean muscle and bust through any plateaus that stand in your way.

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



## MAKE YOUR BARRE CLASSES A "HIIT"

Tricia Murphy Madden

We've done it! We've combined two popular formats (Barre and HIIT) together to create one powerful workout that fuses true muscular endurance activity with challenging cardiovascular work. Explore the scientific principles behind both formats, and gain insight on how to properly implement the HIIT experience in your barre classes.

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



## HIGH FITNESS: AEROBICS IS BACK!

Emily Nelson & Amber Zenith

Aerobics is Back, Bigger, Better, HIGHer! HIGH Fitness is a hardcore, fun, group fitness class that takes Aerobics 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's proven to produce repeat participants and results!

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



## INTENSITY BY HEDSTROM FITNESS Amy Dixon

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.

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



## 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.

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

## 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.

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

## BETWEEN THE CHAIRS

Irene Lewis-McCormick, MS, CSCS

Functional movement, range of motion and the ability to perform unassisted daily activities are linked to joint flexibility, soft tissue range of motion, balance and agility. Explore options for aging populations in mobility and relaxation techniques including class design that's unique and appealing for this fragile community.

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

OnDemand

**SCHWINN®: MUSIC MAGIC!****Jeffrey Scott**

In this workshop you will 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!

**FR2J Friday, 10:00am-11:30am****IRENE LEWIS-McCORMICK, MS, CSCS**

Irene is an award-winning fitness professional and internationally recognized speaker. An Orangetheory Fitness head coach and adjunct faculty at Drake University, Irene holds an M.S. in Exercise Science. She is faculty for SCW Fitness and a senior master trainer for TRX®, Tabata Bootcamp, Barre Above, Power Systems and JumpSport Fitness. Named IDEA Fitness Instructor of the Year (2015, 2017) and SCW Presenter of the Year (2016), Irene is also a RYKA FitPro Ambassador and the author of 15 educational manuals and two books.

**ATHLETIC AQUA ADVANTAGE****Melissa Layne, MEd**

Focusing on speed and agility, this combination of fitness-related components and water resistance will make you faster, stronger and a more elite athlete. Challenging the ability to move through water with fancy footwork and daunting drills, this session will boost all components of fitness while improving activities of daily life for our aging population.

**FR2K Friday, 10:00am-11:30am****FROM WATER NOVICE TO MANIAC** **Connie Martin**

Explore methods for attracting new water-fitness participants to your class with a toolbox of motivational verbal and nonverbal methods. Keep your members off the sofa by burning calories in the water with cardio-building, effective, simple and fun moves that will keep them coming back to find their inner water MANIAC!

**FR2L Friday, 10:00am-11:30am****COMMON SENSE NUTRITION: YOUR SCOPE****Kimberly Garcia**

Are your clients eating healthy but still seem unable to lose unwanted body fat or are they lacking energy during their training program? Kimberly discusses how deficiencies hinder client results and make your job more difficult. Learn how micronutrients influence metabolism, well-being and performance. Effectively help your clients become vitamin-infused all-stars. (LECTURE)

**FR2M Friday, 10:00am-11:30am****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)

**FR2N Friday, 10:00am-11:30am****TRENDS IN FITNESS PROGRAMMING****Sara Kooperman, JD**

This presentation examines societal factors that will drive our businesses to success in 2018. Customer experience, programming, technology and electronic influences are keys to our fitness future. To unlock potential, we examine implementation, experimentation and systematization of fads and trends. Review the best practices of various companies inside and outside of the fitness industry. (LECTURE)

**FR2O Friday, 10:00am-11:30am****STAIRMASTER® PRESENTS - HIIT MIX SOLUTION****Abbie Appel**

StairMaster® has created a formula that allows clubs and trainers alike to utilize any/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!

**FR2Q Friday, 10:00am-11:30am****FR3 - SESSION 1****11:45AM-1:15PM**

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

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

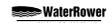
Energize your group training sessions with mix-and-match micro circuits! Experience plug-and-play, short circuit workouts with targeted training goals such as muscular strength, metabolic conditioning and mobility. Decrease your program planning time by learning how to mix and match these quick circuits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

**FR3A Friday, 11:45am-1:15pm****WILLOW - 6PACK ABS, 6PACK MIND****Dan Hubbert & Billy Boynton**

75 minutes of combined meditation and various Interval workouts for a total mind / body experience that will refresh the body and stimulate the brain. Willow delivers an experience like no other; 6PACK Abs + 6PACK Mind.

**FR3B Friday, 11:45am-1:15pm****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!

**FR3C Friday, 11:45am-1:15pm****ZUMBA® CARDIO BLAST** **Joy Smith**

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, 11:45am-1:15pm****THINKFIT™ PILATES: POWER MAT****Erika Quest**

Do your fitness clients complain that Pilates is not hard enough, while you know that it is just what they need? Learn techniques for enhancing intensity without teaching exercises beyond the client's level. Through cuing, timing, sequencing and programming, learn to make all your clients love Pilates. Powered by Balanced Body.

**FR3F Friday, 11:45am-1:15pm****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.

**FR3G 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.

**BARRE MOVES - UPDATE YOUR CHOREOGRAPHY****Tricia Murphy Madden**

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.

**FR3D Friday, 12:30pm-2:00pm****THE PERFECT FUSION WITH PIYO**

Pilates and Yoga are some of the most popular classes in group fitness, and Beachbody LIVE has created the perfect fusion with PiYo. You'll perform a series of low-impact, high-intensity Pilates- and yoga-inspired moves to work every single muscle in your body, all to the beat of the best music.

**FR3H Friday, 12:30pm-2:00pm****FLEXIBILITY + PERFORMANCE = WELLNESS****Jeff Howard**

Partner-assisted stretching releases muscle tension and increases range-of-motion at the soft tissue level, which is part of recovery and performance enhancement. Using Yoga straps and stretches, we will address loosening tight hips, improving your range-of-motion and circulation, alleviating back pain and more. Add this programming to your curriculum quickly and easily.

**FR3I Friday, 12:30pm-2:00pm****SCHWINN®: TOUR DE SCHWINN®****Amy Dixon**

How much grit and mental strength does it take to get through a challenging workout? Come and find out how to both execute and coach the Tour de Schwinn®. Build your tool kit with an authentic set of cutting-edge sport psychology strategies that will help you and your members win every time!

**FR3J Friday, 12:30pm-2:00pm****MUSIC MATTERS****Connie Warasila**

Music has the power to move people. Make sure you're choosing the type of music that will move your clients in the way you intend. Each group fitness class has a specific purpose and can be enhanced by music choice. Learn ways to embrace technology, discover online resources and design playlists that will set you apart as a music-savvy motivator!

**FR3K Friday, 12:30pm-2:00pm****GIRLS JUST WANNA HAVE FUN!****Sara Kooperman, JD, Melissa Layne, MEd, Irene Lewis-McCormick, MS, CSCS & Amy Weisenmiller**

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, 12:30pm-2:00pm****WHAT'S IN YOUR FOOD?****Tricia Silverman, RD, 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)

**FR3M Friday, 12:30pm-2:00pm****EDUTAINMENT & ENTERTAINMENT****Alana Sanders, MS, Lynze Schiller & Connie Martin**

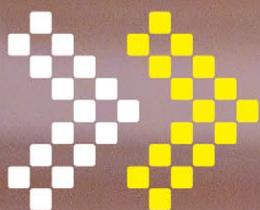
In this session, presented by three SCW FITNESS IDOL WINNERS, learn the effects that music and your voice can have to enhance the entertaining engagement in your class! Research shows how the brain benefits from its connection to music. Learn to use your voice and cues to be your students' muse!

**FR3N Friday, 12:30pm-2:00pm****ATTRACT CLIENTS WITH FACEBOOK LIVE****Bedros Keuilian**

Facebook Live is a hot feature, so Facebook is promoting it hard. Now is the perfect time for you to catch the wave of attention on Live videos and use them to attract more clients. Discover how to structure your Facebook Live video for maximum leads and learn a sneaky technique to share your website link without breaking Facebook's rules. (LECTURE)

**FR3O Friday, 12:30pm-2:00pm****STAIRMASTER® 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, 12:30pm-2:00pm****DON'T JUST WARM UP****CATCH FIRE**

FR4

2:15PM-3:45PM

**RUMBLE by R.I.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 a higher degree of training which enhances spatial awareness & overall movement.

**FR4A Friday, 2:15pm-3:45pm****BELOW THE BELT – GLUTES & LEGS! Mindy Mylrea**

Savvier Fitness

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.

**FR4B Friday, 2:15pm-3:45pm****AEROROPES™ Lisa Gaylord**

Aeroropes™ is an exclusive training system designed by Lisa Gaylord, one of the country's leading fitness experts. Aeroropes™ uses lightweight ropes designed to improve cardiorespiratory conditioning while developing and increasing muscular strength, power and endurance. This calorie-blasting workout places minimal stress on joints and is appropriate for all ages and fitness levels.

**FR4C Friday, 2:15pm-3:45pm****THINKFIT™: BELLS AT THE BARRE Abbie Appel**

balanced body

Using the Smart Bells and a Barre, discover fun, new ways to build a strong, efficient and graceful body for you and your clients. Powered by Balanced Body, use the Balanced Body Movement Principles and ThinkFit™ strategies to create fun and functional sequences to music.

**FR4D Friday, 2:15pm-3:45pm****MUVZ FITNESS Mia Sandoval**

MUVZ

Sixty minutes of functional training without equipment! We use elements of dance plyometrics, balance and body resistance for people of all ages, sizes and fitness levels. We use dynamic steps and choreography to today's current hip hop and pop hits while taking you to another level of fitness, and training you to be a better you.

**FR4E Friday, 2:15pm-3:45pm****BOSU® PILATES CORE POWER Erika Quest**

BOSU

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.

**FR4F Friday, 2:15pm-3:45pm****FOAM ROLLING APPLIED PROGRAMMING:**

TRIGGERPOINT

**REGEN®****Susa Pata**

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.

**FR4G Friday, 2:15pm-3:45pm****H3: HIP HOP HATHA Nicole Peltier Hall**

What do you get when you combine the hottest Hip Hop tunes with traditional yoga postures? A turbo-charged, wildly fun, rhythmic yoga class. This session offers electric moves, inspiring music and creative pose combinations for everyone. Bring an open mind and a “ready for something different” body, and let's get “wiggly wid it”.

**FR4H Friday, 2:15pm-3:45pm****EXERCISE FOR THE FOUNTAIN OF YOUTH Pete McCall, MS**

Would your clients over 50 like to slow down the biological aging process? The right exercises can boost production of the hormones that add muscle and enhance performance of physiological systems affected by the aging process. Learn how to design workouts to help clients turn back the clock and find their fountain of youth.

**FR4I Friday, 2:15pm-3:45pm****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. This workshop is one you do not want to miss!

**FR4J Friday, 2:15pm-3:45pm****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 itself.

**FR4K Friday, 2:15pm-3:45pm****DIVE INTO AQUA CHOREOGRAPHY**

water motion

**Sara Kooperman, JD, Manuel Velazquez, Connie Warasila & Amy Weisenmiller**

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****FORGET THE REST? Melissa Layne, MEd**

Even with the best diet and fitness routine, if sleep is off, you're wrecked. Rest and sleep are crucial to healing and maintenance of health. Explore the physiology of the body when deprived and how it affects testosterone, GH, IGF and other hormones involved in satiety and appetite control, and learn how to improve the hours spent in slumber. (LECTURE)

**FR4M Friday, 2:15pm-3:45pm****SMR FOR RUNNING PERFORMANCE**

RUMBLE ROLLER

**Brian Bettendorf, MSM, MS**

Sixteen million Americans run three 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)

**FR4N Friday, 2:15pm-3:45pm****SOCIAL MEDIA MARKETING FOR BEGINNERS**

OnDemand

**Alana Sanders, MS**

Explore how to market through Social Media's various tools for management techniques, how to create consistency when posting online, the importance of utilizing visual materials, and the difference between a Fan and a personal page. Alana will show you how to use basic tools to manage your social media stress-free. (LECTURE)

**FR4O 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

**MINDY MYLREA**

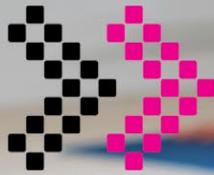
Mindy is the 2015 PFP Trainer of the Year, 2013 CanFitPro Specialty Presenter of the Year, 2008 Fitness Presenter of the Year, 2004 Can Fit Pro International Presenter of the Year, 1999 International Fitness Instructor of the Year, a National and World Aerobic Champion, and a five-star presenter.

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.





FEEL THE



# ZENERGY

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

**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**



## POUND® - ROCKOUT. WORKOUT. Michelle Opperman



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.

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

## 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.

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

## BARRE TRICKS

**Tricia Murphy Madden & Jeff McMullen**

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.

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



## MAGIC IN DANCE FITNESS Alana Sanders, MS



Make magic with this SCW Fitness Idol Champion! Alana, a 20-year dance fitness veteran, shares techniques on how to effectively select, break down and choreograph to music. In this interactive session, practice choreography skills and then teach your routine to the class. You are the magician; so, let's make some magic!

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

## 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.

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

## 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.

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

## 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!

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

## 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.

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

## SCHWINN®: TO BREATHLESS AND BACK Amy Dixon



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.

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

## AQUAZEN Connie Warasila



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

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

WEDNESDAY, APRIL 4 & THURSDAY, APRIL 5

<b>WEDNESDAY PRE-CONVENTION WORKSHOP APRIL 4</b>									
<b>THURSDAY EVENING PRE-CONVENTION WORKSHOPS THURSDAY, APRIL 5</b>			SCW Group Exercise Certification Howard 8:00am-5:00pm Pg 7		Zumba® Basic Skills Level 1 Instructor Training Smith 8:00am-5:00pm Pg 8		TriggerPoint™ Foam Rolling: Principles & Practices Coronel 1:00pm-5:00pm Pg 8		
					SCW Core Training Workshop McCall 1:00pm-5:00pm Pg 7		TriggerPoint™ Assessments to Performance 5:30pm-9:30pm Pg 8		



<b>A</b> FUNCTIONAL TRAINING	<b>B</b> HIIT / CORE	<b>C</b> PT / GROUP EX	<b>D</b> BARRE	<b>E</b> DANCE / SPECIALTY	<b>F</b> STRENGTH TRAINING	<b>G</b> RECOVERY	<b>H</b> MIND / BODY
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<b>FR1</b> 7:30am-9:00am	Functional Training - Workout for Results McCall Pg 10	Crazy Core Combos M. Mylrea Pg 10	The Ultimate Light Kettlebell Workout Lewis-McCormick Pg 10	Barre 360 Appel Pg 10	R.I.P.P.E.D.®: Reformulated! Terry & Tina Shorter Pg 10	ThinkFit™ Circuits: Get It Done in 20! Quest Pg 10	TriggerPoint™ GRID® Lock for Core Training Coronel Pg 10	Rock 'n' Roll Yoga Peltier Hall Pg 10
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EXPO OPEN 8:45am-2:30pm

<b>FR2</b> 10:00am-11:30am	The Breakdown J. Hall Pg 11	KIBO Gaylord Pg 11	The Protocols of P90X de Werd Pg 11	Make Your Barre Classes a 'HIIT' Murphy Madden Pg 11	HIGH Fitness: Aerobics is Back! Nelson & Zenith Pg 11	InTENSity by Hedstrom Fitness Dixon Pg 11	Glutes and Psoas: Corrective Exercise Osar Pg 11	SPRY - Strength, Power, Resistance, Yoga Kleidman & Horne Pg 11
<b>FR3</b> SESSION 1 11:45am-1:15pm	Short Circuit: Group Training Edition Fouts Session 1 Pg 12	Willow - 6Pack Abs, 6Pack Mind Hubbert & Boynton Session 1 Pg 12	Pulling For Power™ SGT Ken® Session 1 Pg 12	Barre Moves - Update Your Choreography Murphy Madden Session 2 Pg 13	Zumba® Cardio Blast Smith Session 1 Pg 12	ThinkFit™ Pilates: Power Mat Quest Session 1 Pg 12	RumbleRoller: Group Exercise Flow Bettendorf Session 1 Pg 12	The Perfect Fusion with PiYo de Werd Session 2 Pg 13
<b>FR3</b> SESSION 2 12:30pm-2:00pm								
<b>FR4</b> 2:15pm-3:45pm	RUMBLE by R.I.P.P.E.D.® Jessup Pg 14	Below the Belt: Glutes & Legs! M. Mylrea Pg 14	Aeropes™ Gaylord Pg 14	ThinkFit™ Bells at the Barre Appel Pg 14	MUVZ Fitness Sandoval Pg 14	BOSU® Pilates: Core Power Quest Pg 14	Foam Rolling Applied Programming: ReGen® Pata Pg 14	H3: Hip Hop Hatha Peltier Hall Pg 14
<b>FR5</b> 4:00pm-5:30pm	Warm Up! Performance Flexibility & SMR Lewis-McCormick Pg 15	POUNDE® - Rockout. Workout. Opperman Pg 15	Group Exercise or Group Injury? Garcia Pg 15	Barre Tricks Murphy Madden & McMullen Pg 15	Magic in Dance Fitness Sanders Pg 15	Speedball Feinberg & Schiller Pg 15	Knee Osteoarthritis? Corrective Exercise Strategy Osar Pg 15	Rhythm Yoga Velazquez Pg 15

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

<b>FR6</b> EVENING SESSIONS 6:30pm-7:30pm							Roll & Restore Kristin Mabry	
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<b>SA1</b> 7:00am-8:30am	No Equipment, No Problem Velazquez Pg 18	Tabata GX™ — Tabata ... Redefined! M. Mylrea Pg 18	Understanding Movement McCall Pg 19	M*PWR® Barre for Reducing Stress Schiller Pg 19	RUMBLE by R.I.P.P.E.D.® Jessup Pg 19	ThinkFit™ Pilates: Reformer on the MOTR Quest Pg 19	Group Exercise Instructor? Corrective Exercise Osar Pg 19	Extreme Tabata Yoga Pg 19
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EXPO OPEN 8:15am-9:30am

<b>SA2</b> KEYNOTE & AWARDS 9:30am-10:45am	<p>ROOM A • 9:30am-10:45am • Pg 20</p>							
<b>SA3</b> 11:00am-12:30pm	Strong by Zumba® Wu Pg 20	POUNDE® - Rockout. Workout. Opperman Pg 20	The Ultimate Group Experience Estremera Pg 20	Center Floor Zahnn & K. Scott Pg 20	Body Mechanics in Functional Training Sandoval & McMullen Pg 20	Renegade - Athletic Circuits Reinvented M. Mylrea Pg 20	Prevention & Recovery Through Muscle Stimulation Feinberg Pg 20	Y3: Yin-Yang Yoga Rockit Pg 20

EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:45pm

<b>SA4</b> SESSION 1 12:45pm-2:15pm	<b>SA4</b> SESSION 2 1:30pm-3:00pm	The Amrap Assault SGT Ken® Session 1 Pg 21	Quick and Dirty 30 Lewis-McCormick Session 2 Pg 22	Les Mills GRIT®: Cardio & HIIT Jacques Session 1 Pg 21	ThinkFit™: Bells at the Barre Appel Session 1 Pg 21	Salsa-Reggaeton Dance Mix Buzzo Session 1 Pg 21	Speedball Core Feinberg & Schiller Session 2 Pg 22	Corrective Exercise for the Problem Shoulder Pata Session 1 Pg 21	SPRY - Strength, Power, Resistance, Yoga Kleidman & Horne Session 2 Pg 22
<b>SA5</b> 3:15pm-4:45pm		PROJECT STEEL™ Stahl Pg 22	SPORT™ by Group RX Boynton Pg 22	Crew Conditioning™ with SGT Ken® SGT Ken® Pg 22	Balletone® - Non-Dancer Workout Zahnn & K. Scott Pg 22	HIGH Fitness: Taking it HIGHER! Nelson & Zenith Pg 23	ThinkFit™ Strength: Reformer on the MOTR™ Quest Pg 23	RumbleRoller: Mindfulness and Breathwork Bettendorf Pg 23	Club Pilates Mat Class - Level 1 Huffman Pg 23
<b>SA6</b> 5:00pm-6:30pm	Axle: Lift, Burn, Move Page Pg 23	Coaching Squat and Lunge Variations Comana Pg 23	R.I.P.P.E.D.®: REFORMULATED! Jessup Pg 24	Best of Barre Appel Pg 24	Smart Choreography 101 Hall Pg 24	Dynamic Flexibility: A 3D Life Velazquez Pg 24	TriggerPoint™ for Movement Coronel Pg 24	Recovery Through Meditation Rockit & Biscontini Pg 24	
<b>SA7</b> EVENING SESSIONS 6:45pm-7:45pm	STRONG by Zumba® Wu Pg 25	MANIA® Dance-Off! with Muvz, Efrén Buzzo POUNDE® & ZUMBA® Pg 25							

SATURDAY, APRIL 7

<b>SU1</b> 7:00am-8:30am	The Warrior Fit Games SGT Ken® Pg 25	Lower Extremity Movement Mechanics Comana Pg 25			Strong Mind   Strong Body Bonina Pg 25	ThinkFit™ Circuits: Get It Done in 20! Quest Pg 25	Corrective Exercises: Female Core Osar Pg 25	Spirited® Elements Rockit Pg 25
<b>SU2</b> 8:45am-10:15am	Don't Step On It Howard Pg 26	MMA for Group Fitness Estremera Pg 26			Salsa-Reggaeton Choreo Mix Buzzo Pg 26	BOSU® Up Down All Around Thews Pg 26	Shoulder Issues? Corrective Exercise Strategy Osar Pg 26	Yoga Basics: Going Deeper Chapman Pg 26

EXPO OPEN 10:00am-1:30pm

<b>SU3</b> 11:15am-12:45pm	HIGH Fitness: Bigger, Better, HIGHER! Nelson & Zenith Pg 27	Core Fit Haan Pg 27			Dance Fitness Meets Weights Sanders Pg 27	Les Mills GRIT® PLYO Workout Jacques Pg 27	Progressive Systems to Self-Myofascial Release Coronel Pg 27	Club Pilates Mat Class - Level 2 Huffman Pg 27
<b>SU4</b> 1:00pm-2:30pm	20X3 Howard Pg 27	Core & Restore Bretz Pg 28			Dance Breakdown Weisenmiller Pg 28	RECESS! For Kids & the Kid in You! J. Hall Pg 28	RumbleRoller: Roll Better, Roll Less Bettendorf Pg 28	Restorative Yoga - Prop-Free! Chapman Pg 28

SUNDAY, APRIL 8

# CALIFORNIA MANIA® SCHEDULE

SCW Aquatic Exercise Certification Howard 9:00am-6:00pm Pg 7			SCW Aqua Barre Certification Weisenmiller 9:00am-4:00pm Pg 7		One Day to Wellness Certification B. & M. Mylrea 8:00am-5:00pm Pg 8		Speedball Certification Feinberg & Schiller 8:00am-5:00pm Pg 7
SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg 7		SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm Pg 7		SCW Meditation Certification Rockit 5:30pm-9:30pm Pg 8			
SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg 7							

<b>I</b> ACTIVE AGING / WELLNESS	<b>J</b> SCHWINN® CYCLING	<b>K</b> AQUA (STARTS IN POOL)	<b>L</b> AQUA (STARTS IN LECTURE)	<b>M</b> NUTRITION / HEALTH	<b>N</b> EX. SCIENCE / LEADERSHIP	<b>O</b> BUSINESS	<b>Q</b> BOXING / CIRCUIT
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Out with Old, In with Older! Biscontini & O'Brien Pg 10	Schwinn®: How to Wow! Thevs Pg 10	Tab-Aqua Quickies Howard Pg 11	Hydro Playground Warasila Pg 11	Timing is Everything Layne Pg 11	Calculated Results Garcia Pg 11	5 Principles of Kickass Brand Marketing Weitzel Pg 11	Boxing: The Method Feinberg Pg 11	<b>FR1</b> 7:30am-9:00am
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**EXPO OPEN 8:45am-2:30pm**

Between the Chairs Lewis-McCormick Pg 11	Schwinn®: Music MAGIC! J. Scott Pg 12	Athletic Aqua Advantage Layne Pg 12	From Water Novice to MANIAC Martin Pg 12	Common Sense Nutrition: Your Scope Garcia Pg 12	Unleash the Power of Music Thevs Pg 12	Trends in Fitness Programming Kooperman Pg 12	StairMaster® Presents HIIT Mix Solution Appel Pg 12	<b>FR2</b> 10:00am-11:30am
Flexibility + Performance = Wellness Howard Session 2 Pg 13	Schwinn®: Tour de Schwinn® Dixon Session 2 Pg 13	Music Matters Warasila Session 2 Pg 13	Girls Just Wanna Have Fun! Kooperman, Layne, Lewis-McCormick & Weisenmiller Session 2 Pg 13	What's in Your Food? Silverman Session 2 Pg 13	Edutainment & Entertainment Sanders, Schiller & Martin Session 2 Pg 13	Attract Clients with Facebook Live Keullian Session 2 Pg 13	StairMaster® BoxMaster McCall Session 2 Pg 13	<b>FR3</b> SESSION 1 11:45am-1:15pm
								<b>FR3</b> SESSION 2 12:30pm-2:00pm
Exercise for the Fountain of Youth McCall Pg 14	Schwinn®: Magic of the 3 C's J. Scott Pg 14	Spirited® Surf 2 Rockit Pg 14	Dive Into Aqua Choreography Kooperman, Velazquez, Warasila & Weisenmiller Pg 14	Forget the Rest? Layne Pg 14	SMR for Running Performance Bettendorf Pg 14	Social Media Marketing for Beginners Sanders Pg 14	3:1 Punchout Feinberg Pg 14	<b>FR4</b> 2:15pm-3:45pm
Yoga for the Young at Heart: Chair Kooperman Pg 15	Schwinn®: To Breatheless and Back Dixon Pg 15	Aqua Zen Warasila Pg 15	Currents of Cardio Confetti Rockit Pg 18	Diet Diagnosis B. & M. Mylrea Pg 18	Power of Protocol Programming Katami Pg 18	Stability & Security: Pilates as Your Career Huffman Pg 18	StairMaster® Presents - HIIT Mix Solution Thevs Pg 18	<b>FR5</b> 4:00pm-5:30pm

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

Les Mills SPRINT™: Suite Success Jacques Pg 18		Boxing Bootcamp Feinberg Pg 21	<b>FR6 EVENING SESSIONS</b> 6:30pm-7:30pm
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Move Active Agers with Music Finley-Norwood Pg 19	Schwinn®: The Power Behind POWER J. Scott Pg 19	Tabata Water Sports 2: Game Time! Martin Pg 19	Aqua Core Options Warasila Pg 19	Know NO (Nitric Oxide) Layne Pg 19	Stress and Chronic Disease Garcia Pg 19	Fitness Program Comprehension & Creation Stahl Pg 19	StairMaster® Presents - HIIT Mix Solution Appel Pg 19	<b>SA1</b> 7:00am-8:30am
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**EXPO OPEN 8:15am-9:30am**

								<b>SA2</b> KEYNOTE & AWARDS 9:30am-10:45am
Strength Training for Longevity & Vitality Kooperman Pg 20	Schwinn®: Rhythm Done Right Dixon Pg 20	ABC: Aqua Bootcamp Circuit Lewis-McCormick Pg 20	H2WHOA Layne Pg 20	Sneaky Strategies to Manage Weight Silverman Pg 20	Functional Training for Active Agers McCaughy Pg 21	Time-Saving Tools for Digital Music Howard & Velazquez Pg 21		<b>SA3</b> 11:00am-12:30pm

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

Functional Balance for Older Adults McCaughy Session 1 Pg 21	Schwinn®: B1G1 Free - Class Design Thevs Session 2 Pg 22	Waves on Fire: Lower Body Martin Session 2 Pg 22	It's Raining Men! Howard, Velazquez & Rockit Session 2 Pg 22	Sugar Shockers and Shakedown Silverman Session 2 Pg 22	New Exercise Science Research & Ideas Comana Session 1 Pg 21	Fighter's Focus Katami Session 2 Pg 22	StairMaster® BoxMaster McCall Session 1 Pg 21	<b>SA4</b> SESSION 1 12:45pm-2:15pm
								<b>SA4</b> SESSION 2 1:30pm-3:00pm
Body & Sole for Active Agers Biscontini Pg 23	Schwinn®: Pedal and Pulse M. Mylrea Pg 23	Athletic Aquatics Bretz Pg 23	Silver Aqua Solutions Kooperman, Velazquez, Warasila & Weisenmiller Pg 23	Are All Calories Equal? Comana Pg 23	Foam Rolling: Rolling Pins to Vibration Pata Pg 23	Steps to Strengthening Your Brand Fouts Pg 23	StairMaster® Presents - HIIT Mix Solution Appel Pg 23	<b>SA5</b> 3:15pm-4:45pm
Active Aging: No Place Like Foam Kooperman Pg 24	Schwinn®: Train Right Re-imagined Dixon Pg 24	Zenergy H2O Lewis-McCormick Pg 24	Waves of Laughter Powell Pg 24	Nutrition Tips, Tidbits & Treats B. & M. Mylrea Pg 24	Say It and Drop the Mic ... McMullen Pg 24	Create Your Health & Wellness Brand Holmes Pg 25	Boxing: The Method Feinberg Pg 25	<b>SA6</b> 5:00pm-6:30pm
	Schwinn® Cycling: #WhoAmI Thevs Pg 25					Electronic Stimulation for Body Performance Feinberg		<b>SA7 EVENING SESSIONS</b> 6:45pm-7:45pm

Qi Gong for Every Body Haam Pg 25			Spiritually Deep for Water Powell Pg 26	Self-Care 101: Small Steps Chapman Pg 26	The Science of Myofascial Release Coronel Pg 26	Create Your Personal Brand Sanders Pg 26		<b>SU1</b> 7:00am-8:30am
Tai Chi 24 Yang Style Haam Pg 26			Barre-A-Cuda Weisenmiller Pg 27	What to Eat for Optimal Health B. & M. Mylrea Pg 27	20 Lessons Learned, 20 Secrets Biscontini Pg 27	Create an Online Fitness Business Holmes Pg 27		<b>SU2</b> 8:45am-10:15am
Laughter Yoga and Laughalates Powell Pg 27			Atomic Aquatics Bretz Pg 27	Nutrition & Sleep: Fascinating Connections Silverman Pg 27	Nervous System in Mobility Bettendorf Pg 27	Building the Blocks for Career Longevity Brodowsky Pg 27		<b>SU3</b> 11:15am-12:45pm
The Brainfit Workout Holmes Pg 28			Aqua Yoga Flow Warasila Pg 28	Self-Coaching Strategies for Wellness Silverman Pg 28	First & Last 5: Intros & Exits Biscontini Pg 28	Build Your Best Marketing Strategies Quest Pg 28		<b>SU4</b> 1:00pm-2:30pm

# FEARLESS

## LEADERS START HERE



### 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 our hearts stronger with cardioprotective benefits. Instantly abandon boredom with class ideas Yury has been sharing with his clients in Asia for years.

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

### DIET DIAGNOSIS Bruce & Mindy Mylrea



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

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

### POWER OF PROTOCOL PROGRAMMING Paul Katami



America's favorite fitness program has evolved into 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)

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

### STABILITY & SECURITY: PILATES AS YOUR 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)

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

### STAIRMASTER® PRESENTS – HIIT MIX SOLUTION



**Doris Thews**

StairMaster® has created a formula that allows clubs and trainers alike to utilize any/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, Jenn Hall, 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](http://www.scwfit.com/idol). Everyone is invited to attend. So, if you're not competing, come and watch, participate or cheer on the contestants!

**FR6B Friday, 6:30pm-7:30pm**

### ROLL & RESTORE Kristen Mabry, C-IAYT

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!

**FR6G Friday, 6:30pm-7:30pm**

### LES MILLS SPRINT™: CYCLING SUCCESS Mike Jacques LESMILLS

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, Melissa Layne, MEd & 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, APRIL 7

**SA1**

**7:00AM-8:30AM**

### NO EQUIPMENT, NO PROBLEM Manuel Velazquez



In this formatted experience, movements are sequenced to get your body to work as one unit through all planes of motion without equipment and with very little rest between segments. The results include efficient metabolic rate enhancement as the exercise intensity is close to the anaerobic work zone. Get strong using the most accessible piece of equipment you'll ever have: YOUR BODY!

**SA1A Saturday, 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.

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

### **UNDERSTANDING MOVEMENT** Pete McCall, MS

The human body has specific stages of neurological development to establish optimal movement skills. This interactive workshop reviews essential skills of movement, identifies the stages of development and provides strategies to improve coordination and movement skill. These exercises can be structured as corrective strategies, a dynamic warm-up or a challenging bodyweight workout.

**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**

### **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 a higher degree of training which enhances spatial awareness & overall movement.

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

### **THINKFIT™ PILATES: REFORMER ON THE MOTR** Erika Quest



Rev up your Reformer exercises by doing them on the MOTR™. Combining the round surface of a roller with variable, independent pulleys creates an amazing environment for challenging both beginning and advanced clients. Come feel how the MOTR™ will wake up your body! Powered by Balanced Body.

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

### **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.

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

### **EXTREME TABATA YOGA**

Jeff Howard

OnDemand

Tabata utilizes alternating work and rest for periods of time in a sequence of eight repetitions. This practice lends itself to yoga while holding a pose for 20 seconds and then resting for 10 seconds. Learn more Vinyasa's that will challenge your members and Yoga asanas that are linked together for a great challenge!

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

### **MOVE ACTIVE AGERS WITH MUSIC**

Rachel Finley-Norwood

How old is too old to work out? Would you believe a 106-year-old participated in this program? And thrived?! Most students in this brain and body fitness program are between 70-100. Learn how YOU can reach active agers with amazing music, exciting choreography and engaging instruments that motivate participants to think & move!

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

### **SCHWINN®: THE POWER BEHIND POWER** Jeffrey Scott



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!

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

### **TABATA WATER SPORTS 2: GAME TIME!**

Connie Martin

Join Connie for the next functional-training evolution. Experience a Tabata-inspired water workout with dynamic interval sequences training strength, endurance, agility and flexibility. We will simulate athletic moves from sports such as football, tennis, and fencing to touchdown, volley and foil our way to fitness and fun for all levels.

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

### **AQUA CORE OPTIONS** Connie Warasila

Explore the benefits and challenges of working your core in an aquatic environment. Use progressions and regressions for a variety of routines that ensure greater participant success regardless of fitness experience. Leave with eight new 64-count choreography sequences (all written down!) Discover a flood of new WATERinMOTION®-inspired Aqua Core Options!

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

### **KNOW N.O. (NITRIC OXIDE)**

Melissa Layne, MEd

Nitric oxide has been called the "Miracle Molecule" and has provided scientists with a Nobel Prize. This session will cover all aspects of nitric oxide including food sources, benefits, supplements and side effects. Learn the science behind NO in easy-to-understand physiological terms and analogies. NO supplements may be of differing ingredients and we will review the research on the pros and cons of each of the available ingredients. (LECTURE)

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

### **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)

**SA1N 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)

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

### **STAIRMASTER® PRESENTS – HIIT MIX SOLUTION**



Abbie Appel

StairMaster® has created a formula that allows clubs and trainers alike to utilize any/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!

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

## **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](http://www.findlawrence.com).



**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****SA3****11:00AM-12:30PM****STRONG BY ZUMBA® Cheryl Wu-Hall**

In every other HIIT program, music is an afterthought. STRONG by Zumba® combines HIIT with the science of Synced Music Motivation. Using only bodyweight, workout to music engineered to match every move. It's not dancing or counting reps but feeling the beat to push students into a new level of intensity. Let It Sync In™. We'll have Attendee Challenges and PRIZES!

**SA3A Saturday, 11:00am-12:30pm****POUND® - ROCKOUT. WORKOUT.****Michelle Opperman**

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.

**SA3B Saturday, 11:00am-12:30pm****THE ULTIMATE GROUP X EXPERIENCE Doris Estremera**

Want to discover fresh and exciting group fitness classes? Beachbody LIVE Master Trainers deliver a sampling of pre-designed 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.

**SA3C Saturday, 11:00am-12:30pm****CENTER FLOOR Rose Zahnn & Ken Scott**

Bring Your Barre Classes Center Floor! It's here ... a dancer's workout 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. Discover the dancer in YOU and your class participants.

**SA3D Saturday, 11:00am-12:30pm****BODY MECHANICS IN FUNCTIONAL TRAINING****Mia Sandoval & Jeff McMullen**

Training smart! Body alignment and range of motion are a must for longevity. How to position your bodies for their safest training. How to use simple but effective cueing for your students to find their range of motion as well as their end position for safe yet effective results! Train smart with Muvz.

**SA3E Saturday, 11:00am-12:30pm****RENEGADE - ATHLETIC CIRCUITS REINVENTED****Mindy Mylrea**

This fast-paced, athletic training circuit will push you out of your comfort zone and beyond your expectations! Using a variety of functional training equipment, this workout encourages you to meet challenge and unpredictability head on. Leave with a unique circuit format that will work your body from head to toe.

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

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

**SA3H Saturday, 11:00am-12:30pm****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®: RHYTHM DONE RIGHT Amy Dixon**

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. We will show you how to capture and captivate your riders the RIGHT way and provide your members with a memorable, results based, musically amazing cycling experience.

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

**SA3K Saturday, 11:00am-12:30pm****H2WHOA Melissa Layne, MEd**

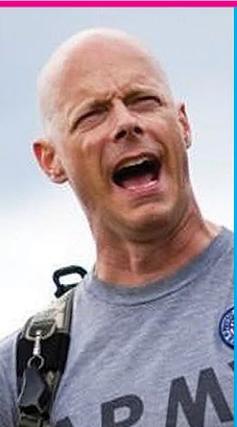
Make your class members holler "WHOA" when you take a basic 32-count water combination and add a unique direction, shape or tempo change. With multiple ideas to incorporate into existing combinations, this choreography can be milked for months by adding syncopation, turns, shapes or unusual arm patterns.

**SA3L Saturday, 11:00am-12:30pm****SNEAKY STRATEGIES TO MANAGE WEIGHT****Tricia Silverman, RD, 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)

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



# STRONGER TOGETHER

## FUNCTIONAL TRAINING FOR ACTIVE AGERS

**Dianne McCaughey, PhD**

What is the MOST effective way to train older adults to maximize their functional abilities? Discover how to apply the Functional Aging Training Model to your programming to create a safe and effective approach for improving function in older adults of all ability levels. Presented by the Functional Aging Institute. (LECTURE)

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

## TIME-SAVING TOOLS FOR DIGITAL MUSIC

**Jeff Howard & 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)

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

## BOXING BOOTCAMP Steve Feinberg

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

**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.

## 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!

**SA4A Saturday, 12:45pm-2:15pm**

## LES MILLS GRIT® CARDIO & HIIT Mike Jacques

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.

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

## THINKFIT™: BELLS AT THE BARRE Abbie Appel

Using the Smart Bells and a Barre, discover fun, new ways to build a strong, efficient and graceful body for you and your clients. Powered by Balanced Body, use the Balanced Body Movement Principles and ThinkFit™ strategies to create fun and functional sequences to music.

**SA4D Saturday, 12:45pm-2:15pm**

## SALSA-REGGAETON DANCE MIX Efren Buzzo

Combine elements of authentic dance steps and fitness – cardio, progressions and explosive movement. Learn how to cue and lead a dance fitness class from a basic level into a wow factor without stopping your awesome music. Salsa-Reggaeton (also called Salsa-Ton) is a mixture of rhythms, dances and cultures, mainly from Panama, Cuba, Puerto Rico, Colombia and Dominican Republic.

**SA4E Saturday, 12:45pm-2:15pm**

## CORRECTIVE EXERCISE FOR THE PROBLEM SHOULDER Susan Pata

The shoulder is one of the most problematic joints in the body yet one of the most mobile. Personal Trainers coach “put your shoulders down and back”, but is this always best? Examine the anatomy behind common shoulder injuries and learn a new perspective on corrective exercise program design.

**SA4G Saturday, 12:45pm-2:15pm**

## FUNCTIONAL BALANCE FOR OLDER ADULTS

**Dianne McCaughey, PhD**

Balance is a critical component of functioning that declines rapidly with age and inactivity. Yet effective balance training is much more than just standing on an unstable surface. Learn evidence-based strategies and exercises for improving specific aspects of balance to dramatically reduce fall risk and improve functional abilities of your older clients. Presented by the Functional Aging Institute.

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

## NEW EXERCISE SCIENCE RESEARCH & IDEAS

**Fabio Comana, MA, MS**

Out with the old, in with the new ... Get the latest update on exercise science research and programming applications. Be on the cutting edge of the industry with some of the latest ideas within these areas. Separate fact from fiction, don't restrain yourself with anecdotal opinion – build your credibility as a true, evidence-based practitioner. (LECTURE)

**SA4N Saturday, 12:45pm-2:15pm**

## STAIRMASTER® 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!

**SA4Q Saturday, 12:45pm-2:15pm**

Yes!

OnDemand

POWER SYSTEMS

LES MILLS

TRIGGERPOINT

balanced body

StairMaster

**SA4 - SESSION 2****1:30PM-3:00PM**

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

**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.

**SA4B Saturday, 1:30pm-3:00pm****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.

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

**SA4H Saturday, 1:30pm-3:00pm****SCHWINN®: B1G1 FREE - CLASS DESIGN Doris Thews**

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!

**SA4J Saturday, 1:30pm-3:00pm****WAVES ON FIRE: LOWER BODY Connie Martin**

Ignite your gluteal and legs. Learn how to improve muscular strength in the lower body while breathing Connie's F.I.R.E. (Focus. Isotonic Movement. Range of Motion. Empower) format into your core using water resistance. Examine anterior and posterior leg muscle groups during synergistic power movements that are fat-burning, low-impact, joint-friendly and heart-warming fun!

**SA4K Saturday, 1:30pm-3:00pm****IT'S RAINING MEN!****Jeff Howard, Manuel Velazquez & 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 flood of new ideas to make a splash Monday morning!

**SA4L Saturday, 1:30pm-3:00pm****SUGAR SHOCKERS AND SHAKEDOWN****Tricia Silverman, RD, 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)

**SA4M Saturday, 1:30pm-3:00pm****FIGHTER'S FOCUS Paul Katami**

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 goes to new moves and skills for adaptation vs. accommodation. (LECTURE)

**SA4O Saturday, 1:30pm-3:00pm****SA5****3:15PM-4:45PM****PROJECT STEEL™ PJ Stahl, MA, CSCS**

PROJECT STEEL™ has reinvented steady-state training into a functional and motivational workout that keeps participants engaged to get cardiovascular results without the monotony of one-dimensional training. Featuring a dynamic warm-up, strength training, bodyweight conditioning and finishing with stretching and mobility, this non-intimidating class with unlimited variations will challenge your body in new ways!

**SA5A Saturday, 3:15pm-4:45pm****SPORT™ BY GROUP RX Billy Boynton & Dana Anderson**

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****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!

**SA5C Saturday, 3:15pm-4:45pm****BALLETONE - DANCER'S WORKOUT FOR THE NON-DANCER****Rose Zahnn & Ken Scott**

Join us for a dynamic, total body workout that combines Pilates, barre and flowing ballet movements that improve posture, flexibility,

**HEROES****IN THE MAKING**

balance, cardiovascular fitness, muscular endurance and strength. Capture your fitness and your inner dancer you never knew you had. Beauty Meets Strength & Power; Fitness meets Balletone!  
**SA5D Saturday, 3:15pm-4:45pm**

### **HIGH FITNESS: TAKING IT HIGHER!**

**Emily Nelson & Amber Zenith**  
By modernizing old-school aerobics and mixing it with HIIT training, HIGH Fitness pushes participants beyond what they imagine they can do! CONSISTENT fitness choreography and FUN music combined with INTENSITY leads to a hardcore, fun, group fitness class. HIGH Fitness can be taken HIGHER or modified for the beginner!  
**SA5E Saturday, 3:15pm-4:45pm**

### **THINKFIT™ PILATES: REFORMER ON THE MOTR™**

**Erika Quest**  
Rev up your Reformer exercises by doing them on the MOTR™. Combining the round surface of a roller with variable, independent pulleys creates an amazing environment for challenging both beginning and advanced clients. Come feel how the MOTR™ will wake up your body! Powered by Balanced Body.  
**SA5F Saturday, 3:15pm-4:45pm**



### **RUMBLEROLLER: 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.  
**SA5G Saturday, 3:15pm-4:45pm**

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

**BODY & SOLE FOR ACTIVE AGERS** **Lawrence Biscontini, MA**  
A big fear as we age is falling, yet we rarely spend time with our active agers addressing the feet. Research and Review from the Barefoot Trend is hotter than ever, and this workshop fuses the latest cutting-edge information with practical applications of shoeless movement for older adults. We will blend research with foot hygiene, muscular anatomy, and stability and mobility movements to train lower-leg complex to improve balance and foot function.  
**SA5I Saturday, 3:15pm-4:45pm**

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

**ATHLETIC AQUATICS** **Kim Bretz, MS**  
This innovative session merges the worlds of aquatics, sports and group ex to deliver a high intensity workout. Bring out your inner athlete through high intensity cardio, core and muscular training with movements utilized in swimming, water polo, aquatic exercise and land based conditioning classes.  
**SA5K Saturday, 3:15pm-4:45pm**

**SILVER AQUA SOLUTIONS**   
**Sara Kooperman, JD, Manuel Velazquez, Connie Warasila & Amy Weisenmiller**  
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,



## **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.

and they provide older adults with an engaging workout that improves cardiovascular endurance, balance, strength and flexibility.  
**SA5L Saturday, 3:15pm-4:45pm**

**ARE ALL CALORIES EQUAL?** **Fabio Comana, MA, MS**   
We eat, burn and obsess about calories, but are these values we use even correct? What about calories in versus calories out? What about higher-intensity exercise with more carbohydrate calories vs. lower-intensity with more fat calories? This session will separate old science from new, and fact from fiction. Leave with a clearer understanding of the facts so you can program and educate effectively. (LECTURE)  
**SA5M Saturday, 3:15pm-4:45pm**

**FOAM ROLLING: ROLLING PINS TO VIBRATION**   
**Susan Pata**  
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)  
**SA5N Saturday, 3:15pm-4:45pm**

**STEPS TO STRENGTHENING YOUR BRAND**   
**Elisabeth Fouts**  
As a fitness professional in one of the fastest 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)  
**SA5O Saturday, 3:15pm-4:45pm**

**STAIRMASTER® PRESENTS – HIIT MIX SOLUTION**   
**Abbie Appel**  
StairMaster® has created a formula that allows clubs and trainers alike to utilize any/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. Learn how to properly train midline core bracing with The Axle Barbell that lifts, rolls and pulls (with your feet!). The Axle Workout is derived from a system that pairs Olympic Lifting with midline (rolling) core bracing. Ultralight, collapsible and capable of adding any load, The Axle optimizes human movement.  
**SA6A Saturday, 5:00pm-6:30pm**

**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 and serves as the basis every performing exercise. Join this session focused on movement research and learn how to properly coach the movement patterns of the lower extremity – the bend-and-lift or squat and the step/lunge, plus learn 3-dimensional variations that add more fun and function to your programs.  
**SA6B Saturday, 5:00pm-6:30pm**

**R.I.P.E.D.®: REFORMULATED!** Susan Jessup

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!

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

**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.

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

**SMART CHOREOGRAPHY 101** Jenn Hall

Explore methods to choreograph an entire cardio-dance class based on how the brain processes movement. Discover a method that allows the brain to create new neural pathways while the body reaps benefits from cardio-dance training. Work collaboratively to create a whole new cardio-dance class in a session that is all about you.

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

**DYNAMIC FLEXIBILITY: A 3D LIFE** Manuel Velazquez

Dynamic flexibility increases range of motion, core temperature and nervous system activity, which all 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.

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

**TRIGGERPOINT™ FOR MOVEMENT**

Marc Coronel

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.

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

**RECOVERY THROUGH MEDITATION**

Yury Rockit & Lawrence Biscontini, MA

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 and drills you can implement into your life or use with clients immediately for both physiological and psychological benefits for the mind and body.

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

**ACTIVE AGING: NO PLACE LIKE FOAM**

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.

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

**SCHWINN®: TRAIN RIGHT RE-IMAGINED** Amy Dixon

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.

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

**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.

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

**WAVES OF LAUGHTER** Claire Powell

Laughter increases oxygen in the body and brain, which makes us feel healthier and more energetic. Join Claire for a form of group water exercise in which participants choose to laugh intentionally. Her approach, called Laughter Yoga, combines Laughter Exercises with movement in the pool, resulting in a non-traditional approach to wellness.

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

**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)

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

**SAY IT AND DROP THE MIC ...** Jeff McMullen

Looking for inspiration? Why not focus on 3 simple areas in your tool belt? Learn a simple formula to make your verbal, visual and kinesthetic language appropriate for all to follow. Review proven coaching techniques to work the room while managing the masses, and leave feeling enlightened and invigorated from this thought-provoking session. (LECTURE)

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



# RISE

# AND GRIND

## CREATE YOUR HEALTH & WELLNESS BRAND

**Rachel Holmes**

Do you have an idea for a class, program, concept or brand and want to know how to package it, scale it and sell it? Rachel walks you through the steps to create and scale your own health and wellness brand using social media and digital marketing. (LECTURE)

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

## BOXING: THE METHOD

OnDemand

**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.

**SA6Q Saturday, 5:00pm-6:30pm**



## SARA KOOPERMAN, JD

Sara is an international favorite IHRSA, IDEA, AFC, Club Industry, YMCA, AYP, MFA, ICAA and ABC Conference presenter. Sara is the owner and Executive Director of SCW Fitness Education and founder of the eight MANIA® Fitness Instructor Training Conventions along with WATERinMOTION®. Sara is an attorney who was selected as a Gold Medal winner distinguishing her as a business leader who has contributed to the economic health of her community. She also received the state honor as Business Woman of the Year. Sara is a former lecturer for ACSM and is the proud recipient of AEA's Global Award for Contribution to the Aquatic Industry. Sara has served on the Gold's Gym Think Tank and has been inducted into the National Fitness Hall of Fame.

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**

## LOWER EXTREMITY MOVEMENT MECHANICS

**Fabio Comana, MS, MA**

Coaching proper form and technique begins with movement patterns, not exercises. Adapt your knowledge of stability and mobility throughout the kinetic chain to teach proper movement and exercises for the lower extremity. Join this session focused on movement research and learn how to properly coach the lower extremity exercises.

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

## STRONG MIND | STRONG BODY Kayla Bonina

Have you ever had a client that struggles mentally in their fitness journey and it's hindering their physical performance? In this workshop you will learn important tools on how to connect with them mentally and physically. The HIIT workout will incorporate different sports related movements for all levels of fitness incorporating teamwork and fun!

**SU1E Sunday, 7:00am-8:30am**

## THINKFIT™ CIRCUITS: GET IT DONE IN 20

**Erika Quest**

Many of our clients and classes are SQUEEZED on time. In this session, you'll get dynamic and scalable 20-minute interval formats to help you get a full-body workout in 20, which you can stack and layer should you have the luxury to workout longer. Take away strategies that give the best of being both efficient and effective. Powered by Balanced Body.

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

## CORRECTIVE EXERCISE: FEMALE CORE Dr. Evan Osar

More than 25 million individuals experience incontinence and 75-80% are females and 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.

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

## SPIRITED® ELEMENTS Yury Rockit

Learn how to fuse into a mind-body barefoot workout experience the four elements of earth, fire, water, and air with movement that complements the elements. Yury's "Spirited" program appears internationally with its appealing easy combination of 20-minute sections of barefoot & mindful strength, cardiovascular, and flexibility sections. Learn to give our body all our workout needs in 60 minutes using just our bodyweight and inspiring music.

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

## QI GONG FOR EVERY BODY Elian Haan

This session explains the 4 components of movement, meditation, balance and breath as an essential part of the practice of Qi Gong. A wide variety of exercises & energy work will be shared and executed in a functional and fun way. This class is popular with individuals and Active Agers motivated to increase flexibility and improve posture and balance.

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

## SA7 - EVENING SESSIONS

6:45PM-7:45PM

## STRONG BY ZUMBA® Cheryl Wu-Hall



In every other HIIT program, music is an afterthought. STRONG by Zumba® combines HIIT with the science of Synced Music Motivation. Using only bodyweight, workout to music engineered to match every move. It's not dancing or counting reps but feeling the beat to push students into a new level of intensity. Let It Sync In™. We'll have Attendee Challenges and PRIZES!

**SA7A Saturday, 6:45pm-7:45pm**

## MANIA® DANCE-OFF!

**MUVZ, POUND®, ZUMBA® & Efren Buzzo**

Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with Muvz, ZUMBA®, POUND® and Efren Buzzo, and learn tons of new moves to drive your dance programs to the next level. You even can win a free certification from one of these amazing programs. It's going to be a party of epic proportions!

**SA7B 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)

**SA7J Saturday, 6:45pm-7:45pm**

## EBBS AND FLOWS OF AQUA EXERCISE: PANEL DISCUSSION

**Jeff Howard, Connie Warasila, Manuel Velazquez & Yury Rockit**

Explore the most current tips and trends in water exercise.

This panel of industry experts addresses topics including aqua programming options such as HIIT, barre training and mind/body classes. Our presenters also expand upon water exercise scheduling variations, salary comparisons and certification requirements.

Discussions on deck teaching approaches, arm placement (in and out of the water) and cueing techniques make for a lively review. Come with plenty of comments and questions and learn from aqua's best! (LECTURE) THIS SESSION IS OPEN TO THE PUBLIC, and FREE REFRESHMENTS WILL BE PROVIDED!

**SA7M Saturday, 6:45pm-7:45pm**

## SUNDAY, APRIL 8

SU1

7:00AM-8:30AM

## THE WARRIOR FIT GAMES SGT Ken®



Experience highly effective exercises uniquely arranged in an obstacle course to awaken the competitor in you! A combination of exercises from the 1946 US Army Physical Fitness manual and



# FEEL THE RUSH

## **SPIRITUALLY DEEP FOR WATER** Claire Powell

Join Claire for an uplifting water-based experience to immerse and renew yourself mentally, physically and spiritually. Combine minimal impact and restorative movement. Refresh and connect, integrating your MANIA® experience and renewing yourself, plugging in to what matters most and emitting positive energy.

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

## **SELF-CARE 101: SMALL STEPS** Whitney Chapman

In this age of overdoing, not enough time and stressful lives, learn simple techniques to practice in less than 5 minutes daily to improve our own self-care. Discover practical tricks and tips to address dietary issues, sleep and improved communication to help you and your clients stay centered and balanced. (LECTURE)

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

## **THE SCIENCE OF MYOFASCIAL RELEASE**



**Marc Coronel**

For more than 10 years, the terms “foam rolling” and “self-myofascial release” have been used interchangeably. However, the application of foam rolling does not match the science of myofascial release. Examine the difference between foam rolling and myofascial release, and explore how to actually achieve “self-myofascial release” through practical application. (LECTURE)

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

## **CREATING YOUR PERSONAL BRAND**

**Alana Sanders, MS**

As a fitness professional, you are a walking billboard. Your name, body and workouts are part of your brand. Alana provides tips on how to get recognized as that next Public Figure on the networks. Learn how to become an international business while working from your own domain and reducing your overhead costs. (LECTURE)

**SU1O Sunday, 7:00am-8:30am**

**SU2**

**8:45AM-10:15AM**

## **DON'T STEP ON IT** Jeff Howard



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.

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

## **MMA FOR GROUP FITNESS** Doris Estremera

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.

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

## **SALSA-REGGAETON CHOREO MIX** Efren Buzzo

Learn how to recognize, embrace and utilize the rhythms of Salsa, Reggaeton, and music accents into effective dance fitness choreography. We'll break down specific songs step-by-step utilizing authentic popular dance moves, variations and modifications. Salsa-Reggaeton (also called Salsa-Ton) is a mixture of rhythms, dances and cultures, mainly from Panama, Cuba, Puerto Rico, Colombia and Dominican Republic.

**SU2E Sunday, 8:45am-10:15am**

## **BOSU® UP DOWN ALL AROUND** Doris Thews



In this fast-paced workshop, explore new ways to get your heart rate up, down and all around while experimenting with the BOSU® Balance Trainer in the same way! Intertwine work/rest intervals with cardio, strength, core and more. Arm yourself with hundreds of ideas for timing, structure and execution for all audiences.

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

## **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.

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

## **YOGA BASICS: GOING DEEPER** Whitney Chapman

Experience the power of beginner's mind in this inquiry-based practice. Discover (or rediscover) yogic postures by learning an intuitive approach to practicing. Learning how to listen into your deeper self, or Kosha, to refresh your practice, open your heart and provide you with tools to take back to your students.

**SU2H Sunday, 8:45am-10:15am**

## **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. Elian 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.

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

**BARRE-A-CUDA Amy Weisenmiller**

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.

**SU2L Sunday, 8:45am-10:15am**

**WHAT TO EAT FOR OPTIMAL HEALTH**

**Bruce & Mindy Mylrea**

Learn which scientifically proven foods should be consumed on a daily basis 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. (LECTURE)

**SU2M Sunday, 8:45am-10:15am**

**20 LESSONS LEARNED, 20 SECRETS Lawrence Biscontini, MA**

Lawrence will share the secrets of the fitness industry in minutes. Receive five take-away messages in each of the following arenas: business, personal training, group fitness and fitness management. That's 20 secrets from lessons learned in over 30 years in the fitness industry. Change your fitness game in a MAJOR way in ONE session from a respected name in the fitness industry. (LECTURE)

**SU2N Sunday, 8:45am-10:15am**

**CREATE AN ONLINE FITNESS BUSINESS Rachel Holmes**

Do you like the idea of creating an online fitness product or program and generating passive income? Join Rachel for a thoroughly exciting presentation as she walks you through the idea process, digital creation, how to market it, and how to launch and scale. Understand how to use social media platforms to spread your message, brand your product and get sales. (LECTURE)

**SU2O Sunday, 8:45am-10:15am**

**SU3**

**11:15AM-12:45PM**

**HIGH FITNESS: BIGGER, BETTER, HIGHER!**

**Emily Nelson & Amber Zenith**



HIGH Fitness takes aerobics and pushes it to be Bigger, Better and HIGHer! With simple fitness choreography, FUN music, the INTENSITY of interval training and a CONSISTENT formula, HIGH Fitness is a hardcore, fun, group fitness class. HIGH Fitness is built on the foundation of community – everyone is welcome and everyone gets results!

**SU3A Sunday, 11:15am-12:45pm**

**CORE FIT Elian Haan**

Ingredients for this format are balance, flexibility and strength, delivering quality over quantity with an emphasis on the how and why. Look for simple, result-driven and effective moves. Experience five 10-minute blocks of lunges & squats, shoulders & arms, balance, core and flexibility for a great hour of functional fitness.

**SU3B Sunday, 11:15am-12:45pm**

**DANCE FITNESS MEETS WEIGHTS Alana Sanders, MS**

Discover how to incorporate weights properly into your dance fitness workouts. Instructors will utilize the techniques learned in the session to choreograph a routine within a group and present.

**SU3E Sunday, 11:15am-12:45pm**

**LES MILLS GRIT™ PLYO Mike Jacques**

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.

**SU3F Sunday, 11:15am-12:45pm**

**PROGRESSIVE SYSTEMS TO SELF-MYOFASCIAL RELEASE Marc Coronel**

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. Learn how beginning with superficial, static techniques helps lay the foundation for deeper, active techniques. Feel the benefits of progressive foam rolling and design better programs.

**SU3G Sunday, 11:15am-12:45pm**

**CLUB PILATES MAT CLASS - LEVEL 2 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.

**SU3H Sunday, 11:15am-12:45pm**

**LAUGHTER YOGA AND LAUGHALATES Claire Powell**

Laughter increases oxygen in the body and brain, which makes us feel healthier and more energetic. Join Claire for a form of group exercise in which participants choose to laugh. Her approach, Laughter Yoga, combines Laughter Exercises with Yogic deep-breathing practices known as Prana Yama, resulting in a non-traditional approach to wellness.

**SU3I Sunday, 11:15am-12:45pm**

**ATOMIC AQUATICS Kim Bretz, MS**

Get ready to 'blast off' in this non-stop, high intensity aquatic workout. With a focus on intensity, you won't get cold in this powerhouse class as you challenge your cardiovascular system. Jump into high gear, defy your preconceived notions of aquatic exercise... this is the class you've been waiting for!

**SU3L Sunday, 11:15am-12:45pm**

**NUTRITION & SLEEP: FASCINATING CONNECTIONS**

**Tricia Silverman, RD, LDN**

Learn how sleeping well can help to control your cravings and weight. Discover foods, herbs, teas and minerals that can make you feel sleepier and others that may interfere with sleep. Get the eight great, sleep-tight tips. (LECTURE)

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

**NERVOUS SYSTEM IN 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)

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

**BUILDING THE BLOCKS FOR CAREER LONGEVITY**

**Barbara Brodowsky**

Whether you're at the start of your fitness career or a seasoned instructor, learn how the different parts of a workout reflect the stages of your fitness career. Using the blocks of the PiYo workout, create a pathway to career longevity, and discover how smart programming equals a smart career. (LECTURE)

**SU3O Sunday, 11:15am-12:45pm**

**SU4**

**1:00PM-2:30PM**

**20X3 Jeff Howard**

This one-hour workout combines three 20-minute segments to deliver results. Experience three of the hottest fitness trends united to provide excitement. The first 20 minutes is a heart-pumping Tabata workout followed by 20 minutes of integrated explosive exercises and the last 20 minutes is a traditional body conditioning segment used as a recovery component.

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

**CORE & RESTORE Kim Bretz, MS**

You can have it all in this unique combination class geared to build core strength and stability in conjunction with rhythmic foam rolling to release muscle tension and adhesions. This focused workout set to rhythmic energizing music, blends core stability and self-myofascial release to enhance daily functional fitness.

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

**DANCE BREAKDOWN Amy Weisenmiller**

Learn the basic 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!

**SU4E Sunday, 1:00pm-2:30pm**

**RECESS! FOR KIDS & THE KID IN YOU! Jenn Hall**

Explore proven strategies and games galore that will make all types of movement fun and exciting for kids (and adults) of all ages. This session will keep your classes organized and engaging while helping you keep your sanity and smile. Learn a unique style of "play" that will create a life-long habit of loving to move.

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

**RUMBLEROLLER: ROLL BETTER, ROLL LESS**



**Brian Bettendorf, MSM, MS**

So, you think you know foam rolling? Come learn how to assess movement with screens, allowing you and your clients to increase their recovery and performance results in the shortest time.

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

**RESTORATIVE YOGA: PROP-FREE! Whitney Chapman**

Oftentimes the powerful practice of restorative yoga requires a plethora of special equipment ... until this workshop with Whitney! Discover Self-Awakening Yoga®, a therapeutic technique that creates restoration and rejuvenation through inquiry. Release tension, open up joints and quiet your mind in this floor-based practice created by Don & Amba Stapleton.

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

**THE BRAINFIT WORKOUT Rachel Holmes**

The Brainfit Workout is a stress-reducing workout utilizing movement, music and meditations with powerful affirmations. Experience simple, low-impact movement with strength and conditioning exercises while

focusing on changing your mindset and self-talk. The Brainfit Workout is the next generation of Group Exercise, fusing mind, body and spirit in a new era of Group Wellness.

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

**AQUA YOGA FLOW Connie Warasila**

Slip into the pool and experience a relaxing yoga-inspired aqua session. You will journey to a place of deep physical and mental relaxation while practicing breathing techniques, vinyasas and balance postures. Come and wash away the day's tension and stress. You will float away refreshed, renewed and calm.

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

**SELF-COACHING STRATEGIES FOR WELLNESS**

**Tricia Silverman, RD, LDN**

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)

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

**FIRST & LAST 5: INTROS & EXITS**

**Lawrence Biscontini, MA**

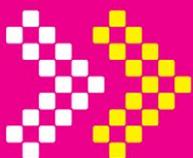
Research shows (IHRSA.org) clients remember the first five and last five minutes of personal training sessions and group fitness classes. Having polished, prepared and professional introductions & conclusions can help set you apart from your peers and even impact job security. Join Lawrence and practice dozens of ways to make an impact in the way you start and finish your sessions. (LECTURE)

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

**BUILD YOUR BEST MARKETING STRATEGIES Erika Quest**

Do you feel like marketing falls at the bottom of your list? Don't know where to start or how to create successful strategies? Learn to work smarter and not harder with simple, easy and effective ways to connect with your current loyal clients and attract new customers. (LECTURE)

**SU4O Sunday, 1:00pm-2:30pm**



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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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### 2: MANIA® RATES

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	BEFORE 3/5/18	AFTER 3/5/18
Registration	<input type="checkbox"/> \$259	<input type="checkbox"/> \$319
Previous Attendee	<input type="checkbox"/> \$229	<input type="checkbox"/> \$289
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Sunday Only	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189
Staff Assistant: Friday or Saturday	<input type="checkbox"/> \$99	<input type="checkbox"/> \$129

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### 5: FEE TOTAL

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Processing Fee	\$ <b>4.00</b>
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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/mania](http://www.scwfit.com/mania).

#### FRIDAY, APRIL 6, 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, APRIL 7, 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, APRIL 8, 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	_____	_____	_____

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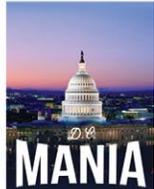
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