

# DALLAS MANIA<sup>®</sup>

FITNESS PHILANTHROPY CONVENTION



AUGUST 24-26, 2018  
[scwfit.com/DALLAS](http://scwfit.com/DALLAS)

# DALLAS MANIA®

FITNESS PRO CONVENTION

**DALLAS MANIA®**  
**FITNESS PRO CONVENTION**  
**AUGUST 24-26, 2018**  
(Friday, Saturday and Sunday)

**CERTIFICATIONS**  
**AUGUST 22, 23 and 26, 2018**  
(Wednesday, Thursday and Sunday)

**THE FAIRMONT  
DALLAS HOTEL**

1717 N Akard Street  
Dallas, TX 75201

(214) 720-2020

(800) 441-1414 reservations

**REGISTER ONLINE AT:**  
**www.scwfit.com/DALLAS**



## LETTER FROM SARA KOOPERMAN, JD

Dear DALLAS MANIACs,

MANIA® is excited to be back in Dallas!

I was in my 20s when I started this business over three decades ago. My first office was sitting cross-legged on a queen-size bed. There were no fax machines or computers, and there was certainly no World Wide Web - just snail mail and word of mouth. No one had heard of social media, let alone ZUMBA® or Step Aerobics! Strength Training meant doing low-impact aerobics with 2 lb. hand weights to the tunes of Madonna and Michael Jackson.

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

Back in the day, there were no wireless microphones, no iPhones to hold our music and no PowerPoint projectors to view our presentations. I also did not have the amazing staff that we have today! I ran from room to room with a boom box in one hand and a bullhorn in the other. We printed outline books with hundreds of pages, killing thousands of trees. The industry has changed infinitely over the last 30+ years, and MANIA® has evolved with it. For SCW: The "C" stands for Change; it's our middle name! Our success begins and ends with a great team of people, many who have been with us for multiple decades. You recognize them at Registration, in our booths and wearing headsets while moving equipment. It starts with our office staff, passes to our Nomad team, and rises to excellence with our SCW Faculty and Presenters.

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

In Health and Wellness,

Sara Kooperman, JD  
CEO, SCW Fitness Education

**SAVE UP TO \$80 - DISCOUNT DEADLINE ENDS AUGUST 6, 2018**

**BECAUSE IT'S YOUR**



**PASSION**



# DALLAS MANIA®

## 30+ YEARS IN THE MAKING



**250+**  
CERTIFICATIONS  
& WORKSHOPS



**80+**  
TOP INDUSTRY  
PRESENTERS



**24**  
CEC & CEU  
HOURS AVAILABLE



**19**  
WORKSHOPS  
EVERY HOUR



### SCW FITNESS EDUCATION: 30+ YEARS AND GOING STRONG!

SCW is an internationally recognized educational organization that provides hands-on certifications and continuing education courses and conventions to fitness professionals in multiple disciplines nationwide. For the past 30+ years, since 1987, Personal Trainers, Group Exercise Instructors, Small Group Training Leaders, Aquatic

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

### EXPERIENCE MANIA®

MANIA® is a three-day Fitness Education Conference, running 19 sessions every hour and featuring world-renowned Fitness Educators leading close to 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!





*Fairmont*  
DALLAS

## CONVENTION & HOTEL LOCATION

### THE FAIRMONT DALLAS HOTEL

1717 N Akard Street  
Dallas, TX 75201  
(214) 720-2020  
(800) 441-1414 reservations

### HOTEL ROOM RATES

**\$163 Single or Double | \$173 Triple | \$183 Quad**

WOW – what a savings! Pay as little as \$45.75 per night when you share a room with three others!

**HOTEL ROOM DISCOUNT DEADLINE: JULY 31, 2018**

### PARKING

The Dallas Fairmont offers Valet parking.

0-6 hours: \$16 (no in and out privileges)

Over 6 hours: \$22 (no in and out privileges)

Overnight: \$30 per day (with in and out privileges)

\*Rates do not include tax.

\*\*SCW is not responsible for changes in rates at any location.\*\*

Self-service covered and open parking lots and garages are available in the surrounding area.

### TAXI

A taxi will cost approximately \$50-\$75 each way from the airport to the hotel.

Uber can run approximately \$25-32 one way.

### AIRPORT SHUTTLE

Transportation is available from the Dallas-Ft. Worth International Airport to the Fairmont Hotel for an average of \$17 per person through Super Shuttle (972) 615-2410.

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

**AVOID LATE FEES! REGISTER FOR MANIA® BY MONDAY, AUGUST 6 & 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!

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

## MORE THAN JUST A FITNESS CONVENTION



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

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



## MANIA® REGISTRATION OPTIONS & SAVINGS

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

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

For further details or to register, please visit [www.scwfit.com/staff](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/DALLAS](http://www.scwfit.com/DALLAS). 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!



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

including the Keynote speech and evening sessions! SCW, AFAA, ACE, NASM, NFTP, 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.



### 2018 SCW PRESENTERS OF THE YEAR AWARD!

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!



### 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!



### PARTNER WITH "THE BEST" SPONSOR / EXHIBIT / ADVERTISE

Reach 10,000 Fitness Professionals in face-to-face contact and another 100,000 virtually, plus another 100,000 through SCW social media. All our event sites are held at

Non-Union Hotels. Our MANIA® attendees will use your products, try your program(s) and experience your offerings! Host MANIA® sessions, receive a premier Expo booth (including table, chairs, carpet, etc.), provide inserts for the Welcome Bag, publish Articles with Ads in our Newsletter, promote your business through our SCW Quarterly Guides and receive 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, Will Harris at 847-562-4020.



### DOWNLOADABLE OUTLINES ONLINE

Download & Print BEFORE you come to MANIA®! 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.

### REGISTRATION HOURS

Wednesday, August 22:	7:00am - 6:30pm
Thursday, August 23:	6:00am - 6:30pm
Friday, August 24:	6:00am - 7:00pm
Saturday, August 25:	6:00am - 7:45pm
Sunday, August 26:	6:30am - 1:30pm

### EXPO HOURS

Thursday, August 23:	5:00pm - 7:00pm
Friday, August 24:	8:45am - 2:30pm 5:15pm - 6:45pm
Saturday, August 25:	8:15am - 9:30am 12:15pm - 3:30pm
Sunday, August 26:	6:15pm - 7:45pm 10:00am - 1:30pm



### SCW BUSINESS LEADERSHIP SUMMIT

**Thursday, August 23 • 8:30am-4:30pm**

with Sara Kooperman, JD, Ann Gilbert, Lawrence Biscontini, MA, Cody Sipe, PhD & Paul Bosley, MS

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

# 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, AUGUST 22

### SCW AQUATIC EXERCISE CERTIFICATION

Jeff Howard

Wednesday, August 22, 8:00am-5:00pm

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

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this Nationally Recognized Certification serves as an important first step into the field of teaching water exercise. This comprehensive course addresses practical skill mastery while reinforcing the benefits of aquatic exercise in the unique environment of water. The principles of aquatic training as they apply to general anatomy, kinesiology, water depth, movement plans, practical cueing skills, musical usage, and special population adaptations are thoroughly addressed. The need for professionalism, leadership skills, and legal considerations are reinforced. Practical on-site coaching of teaching skills is included. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (8.0), AFAA (8.0), NASM (0.7), AEA (9.0), ACSM (8.0), NFPT (1.6).*

## THURSDAY, AUGUST 23

### SCW GROUP EXERCISE CERTIFICATION

Jeff Howard

Thursday, August 23, 8:00am-5:00pm

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

Learn class sequencing, warm-up progressions, musical phrasing, proper cueing techniques, choreography development, and all the practical skills required to teach your best class, every class. Leave this Nationally Recognized Certification with confidence in your ability to lead and demonstrate proper group teaching skills. Understand cardiovascular training, muscular endurance, and flexibility training techniques with one of our industry's finest. The balance of theoretical and practical training make this cutting-edge Group Exercise Certification perfect to prepare you for the newest variety of fitness programming - Hi/low impact, muscle sculpting, HIIT programming, and more. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (8.0), NASM (0.8), AEA (4.5), ACSM (8.0), NFPT (1.6).*

### SCW PERSONAL TRAINING CERTIFICATION

Keli Roberts

Thursday, August 23, 8:00am-5:00pm

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

This Nationally Recognized Personal Training Certification is led by only the top Presenters/Trainers in the country. Combining lecture and activity, this certification addresses academic foundations, training principles, and hands-on program design to provide students with the skill sets and critical knowledge required to guide individuals to achieve their health-fitness and performance goals. The essentials of exercise physiology and kinesiology, health-risk assessment, physical evaluations, programming alternatives for cardio, strength and flexibility advancement, and an introduction to facilitating behavior change along with basic business and marketing skills are all addressed in this day-long course. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AEA (4.0), ACSM (8.0), NFPT (1.6).*

### SCW PILATES MATWORK CERTIFICATION

Abbie Appel

Thursday, August 23, 8:00am-5:00pm

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

Get introduced to a progressive series of exercises and modifications based on the methods of Joseph Pilates in this Nationally Recognized Certification. The principles of core stabilization, Pilates mat work, and physical therapy techniques create the foundation for this intensive combination of theoretical and practical training. Proper execution of form, technique, and programming are explored as they apply to training all ages and abilities, including those individuals rehabilitating from injury. *Price includes training manual*

*and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8), AEA (4.5), ACSM (8.0).*

### SCW YOGA I CERTIFICATION

Manuel Velazquez

Thursday, August 23, 8:00am-5:00pm

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

Ready to get certified by the #1 Yoga Certification in the U.S.? Participants will learn the most comprehensive theoretical and practical approach to hands-on yoga instruction. Experience different Hatha yoga postures suitable for varying clientele - young, old, competitor, injured, or recovering athlete to advanced or deconditioned participant. Research, postures, program design and cueing techniques are addressed in a passionate and systematic approach. Participants leave qualified to lead a successful yoga class or yoga-inspired cool down regardless of their previous teaching experience. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8), AEA (4.0), ACSM (8.0), NFPT (1.6).*

### SCW YOGA II CERTIFICATION

Manuel Velazquez

Thursday, August 23, 5:30pm-9:30pm

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

Take a deeper look into the fundamentals of Yoga instruction from an authentic, fitness-appropriate perspective. This condensed course serves as the next level of the Hatha Yoga postures discussed in Yoga Fundamentals I, addressing the eight limbs of yoga, detailed pranayama study, partner yoga, inversions, chanting, and chakras. SCW Yoga Fundamentals I is recommended, but not required. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), AFAA (6.0), ACE (0.7), NASM (0.6), AEA (8.0), ACSM (7.0), NFPT (1.4).*

### SCW BUSINESS LEADERSHIP SUMMIT

Sara Kooperman, JD, Lawrence Biscontini, MA, Paul Bosley, MS, Ann Gilbert, Cody Sipe, PhD

Thursday, August 23, 8:30am-4:30pm

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

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

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

### SCW NUTRITION, HORMONES & METABOLISM CERTIFICATION

Irene Lewis McCormick, MS, CSCS

Thursday, August 23, 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 (8.0), ACSM (8.0), ACE (0.7), AEA (4.0), AFAA (7.0), NASM (0.7), NFPT (1.6).*

### SCW ACTIVE AGING CERTIFICATION

Lawrence Biscontini, MA & Bernadette O'Brien, MA

Thursday, August 23, 9:00am-5:00pm

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

Many individuals are living longer and better than ever. Cutting-edge research reveals the secrets involving aging and how we can proactively become involved with our chronologically enriched friends. We know that we can train and slow the aging process by focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention, and balance. Lawrence will discuss why we don't just "teach seniors" any longer. Group fitness instructors, personal trainers, and those in charge of active aging programming will enjoy this exciting day that combines research and practical approaches for training the brains and bodies of our 50+ participants. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (6.0), AFAA (6.0), ACE (0.7), NASM (0.6), AEA (6.0), ACSM (6.0), NFPT (1.2).*

### SCW AQUA BARRE CERTIFICATION

Billie Wartenberg

Thursday, August 23, 9:00am-4:00pm

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

Dive into the hottest up-and-coming trend! Bring the extremely popular Barre format to the pool with this brand-new certification, which uses a noodle as a ballet barre for stability. Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs, and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen, and improve your range of motion. Leave with innovative programming that will allow you to creatively plan multiple Aqua Barre workouts appropriate for all levels of fitness. Discover the aqua excitement a Barre-A-Cuda Class can bring and be among the first to offer this fun and inspiring water workout! *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. SCW (6.0), AFAA (6.0), ACE (0.7), NASM (0.6), AEA (6.5), ACSM (6.0), NFPT (1.2).*

### SCW SPORTS NUTRITION CERTIFICATION

Fabio Comana, MA, MS

Thursday, August 23, 9:00am-3:30pm

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

Sports Nutrition and weight-loss continue to enjoy robust growth in response to consumer demands topping \$25.8 billion in sales; comparable in size to the entire fitness industry (\$26 billion). This growth is fueled, in part, by changing trends towards exercise that include increased opportunities for competitive-type events, the rising popularity of shorter, more-vigorous exercise programs, and expanding research connecting effective nutrition and hydration with improved exercise performance. This specialty certification delivers the knowledge and applications of sports nutrition and key supplements needed by fitness professionals to successfully educate, coach, and drive clients and athletes to success. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (6.0), AFAA (6.0), ACE (0.7), NASM (0.6), AEA (6.5), ACSM (6.0), NFPT (1.2).*

### SCW LIFESTYLE BEHAVIORAL COACHING WORKSHOP

Fabio Comana, MA, MS

Thursday, August 23, 5:30pm-10:00pm

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

Ever struggle with engaging participants and clients, igniting their passion for change, and empowering them to success and self-sufficiency? Discover the art forms for rapport-building, motivational interviewing, overcoming ambivalence and resistance, personality indexing, neuro-linguistic programming, and behavioral change. Become an innovator and combine your science of programming with the art of behavioral change, coaching, and communication. *Price includes training manual (\$24.95 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (4.0), ACSM (4.0), NFPT (0.8).*

Everyone wants a strong, lean, sculpted core. Effective core exercises require much more than just lying on the floor. Knowing how the muscles of the core work can help you deliver results clients want. Upright movements require core muscles to work in all three planes of motion to control the body's center of gravity over a moving base of support. Learn how to design core training programs that help the body both move and look better to produce results clients want. *Price includes training manual and testing fee (\$59 value) Manuals will be emailed from SCW Fitness Education. SCW (4.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (2.0), ACSM (4.0), NFPT (0.8).*

## SCW KETTLEBELL PRACTICAL CERTIFICATION

**Pete McCall, MS**

**Thursday, August 23, 5:30pm-9:30pm**

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

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

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

This certification is designed for personal trainers and group fitness instructors. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (2.0), ACSM (4.0), NFPT (0.8).*

## SCW ACTIVE AGING NUTRITION CERTIFICATION

**Tricia Silverman, RD, LDN, MBA**

**Thursday, August 23, 5:30pm-9:30pm**

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

Tricia shares with you research-based, current insights on the distinct nutritional needs of your classes and clients over 50. Learn practical tips for preserving or increasing lean body mass, enhancing mental cognition, losing excess body fat, getting needed vitamins and minerals, and more. Discover studied nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutrition knowledge on aging. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4), NFPT (0.8).*

## SCW MEDITATION CERTIFICATION

**Yury Rockit**

**Thursday, August 23, 5:30pm-9:30pm**

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

Learn the background to traditional tenets of Eastern meditation, from principles to prana to practices. Fuse theory and practical meditation techniques to gain a deeper sense of self and consciousness. Learn mindful skills that gradually progress with the potential to develop into a lifelong practice for yourself and others. Movement enhances our physical body; meditation improves our mental and emotional states. This vibrant program is suitable for any fitness professional (no experience required). Acquire new skills to be able to start your own meditation class or simply implement aspects of meditation into your current recovery programs. Strengthen your emotional balance, stimulate clearer thinking, and enhance your personal and professional creativity with this elevated course that encourages deeper sleep, reduced anxiety, and increased self-confidence. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4), NFPT (0.8).*

## SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION

**Doris Thews & Amy Dixon**

**Thursday, August 23, 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 (8.0), ACE (0.9), AFAA (8.0), NASM (0.8).*

## STAIRMASTER® PRESENTS - BOXMASTER® CERTIFICATION

**Sonja Friend-Uhl**

**Thursday, August 23, 8:00am-12:00pm**

**\$129 MANIA® Attendees / \$159 Non-Attendees**

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

## STAIRMASTER® PRESENTS HIIT MIX SOLUTIONS CERTIFICATION

**Sonja Friend-Uhl**

**Thursday, August 23, 1:00pm-5:00pm**

**\$129 MANIA® Attendees / \$159 Non-Attendees**

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

## TRIGGERPOINT™ FOAM ROLLING: PRINCIPLES & PRACTICE

**Marc Coroneil**

**Thursday, August 23, 8:00am-12:00pm**

**\$100 MANIA® Attendees / \$125 Non-Attendees**

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

## TRIGGERPOINT™ ASSESSMENTS TO PERFORMANCE

**Brandon Wagner**

**Thursday, August 23, 1:00pm-5:00pm**

**\$100 MANIA® Attendees / \$125 Non-Attendees**

Unlike its predecessors, Foam Rolling Principles & Practices and Myofascial Compression Techniques:

The Evolution of Foam Rolling, this course covers fundamental principles of human movement science, including anatomy, joint motion, function and dysfunction. Learn the logic behind assessment-based programming to design and implement an effective self-myofascial release program. *Each participant with completed registration will receive a free MB5™ Massage Ball and MB2™ Roller. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4), ACSM (0.4), PMA (4.0).*

## MASHUP®

**Jamie Zacharias, RN, MSN, NP-C & Barbie Brown**

**Thursday, August 23, 8:00am-5:00pm**

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

VIIT is the New HIIT! MASHUP® is the first established Variable-intensity Interval Training (VIIT) group fitness program in the industry offering Mind/Body, Agility & Strength, and High-intensity Intervals specifically designed for three fitness levels in every workout. You will review the program's research-based VIIT formulas, group fitness fundamentals, safety cueing, music coaching commands, and how to integrate the holistic coaching component within each workout. This certification will enable you to implement MASHUP® in any facility. *Certification includes a reference manual with sample exercises and workouts, visual whiteboards, custom playlists, health and fitness education resources and Connect eligibility. A basic group fitness/personal training certification or related degree is required. SCW (7.0) ACE (0.7) AFAA (11.0) NASM (1.1)*

## ONE DAY TO WELLNESS CERTIFICATION

**Bruce & Mindy Mylrea**

**Thursday, August 23, 8:00am-5:00pm**

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

What if one day could change your career and your life? One Day to Wellness is a comprehensive wellness course encompassing all the latest and greatest in behavioral-change research, eating strategies for sustained success, and mindful and productive goal-setting. This course is for fitness, nutrition, and wellness coaches who want to assist their clients with all the latest coaching and motivational tools, as well as anyone who needs that infusion of life-transforming energy. As a One Day to Wellness coach, you'll have all the resources you need to offer worksheets, assessments, applications, and one-hour lectures to include in your toolbox for recruitment and retention. *Seminar day deliverables: Manual, tote bag, food samples, special gift, customized action plan, CD/DVD/downloads. SCW (9.0), AFAA (9.0), ACE (0.9), NASM (0.9).*

## ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING

**Kelly Bullard**

**Thursday, August 23, 8:00am-5:00pm**

**\$225 Registration Fee (Use PROMO CODE: SCW25 to receive a \$25 discount. + A FREE ZUMBA® BAG)**

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

## HIGH FITNESS INSTRUCTOR TRAINING

**Amber Zenith**

**Thursday, August 23, 8:30am-5:00pm**

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

Aerobics is Back, Bigger, Better HIGHER! HIGH Fitness is a hardcore, fun group fitness class that has taken Aerobics and brought it to the next level with modern



fitness techniques. 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 & Lauren George  
Thursday, August 23, 9:00am-5:00pm

**\$229.99 MANIA® Attendees / \$249.99 Non-Attendees**  
Whether you teach barre or are motivated to add this popular format to your repertoire, look no further than Barre Above®, one of the fastest growing barre programs in the country. Discover the essentials of barre and see how this dynamic and progressive method of training enhances strength, flexibility, and balance. Watch your toolbox expand as you study and practice the progressions and regressions necessary to teach a fun, effective, and efficient barre workout perfect for all fitness levels. Learn how to implement, launch, and run a successful and in-demand barre program that requires little to no equipment. Certification includes: Two DVDs plus electronic versions, print and electronic instructor manual, Instructor web membership, equipment and apparel discounts, no licensing fees, options for ongoing choreography, certificate of completion. SCW (12.0), AFAA (12.0), ACE (1.2), NASM (1.2).

## SUNDAY, AUGUST 26

### SCW BARRE CERTIFICATION

Abbie Appel

Sunday, August 26, 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), NFPT (1.4).

### SCW BOXING CERTIFICATION

Steve Feinberg

Sunday, August 26, 8:00am-4:00pm

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

Prepare to shock your students and their bodies with this outstanding boxing certification. Whether you are looking to start or grow your own boxing program or bring it to your studio or club, we will provide you the tools you need. Learn to implement the basics of boxing, address the science behind the sport, and leave with the knowledge and confidence to empower others - from novices to well-trained fighters. This certification explores three learning styles, auditory, visual and tactile and provides you with several authentic workouts that are taught at a traditional boxing gym or independent studio. Price includes training manual and testing fee PLUS a FREE PAIR OF BOXING GLOVES (\$100 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0), AFAA (7.0), ACE (0.8), NASM (0.7), AEA (4.0), ACSM (7.0), NFPT (1.4).

### SCW FOAM ROLLING CERTIFICATION

Irene Lewis-McCormick, MS, CSCS

Sunday, August 26, 9:00am-3:00pm

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

Self-myofascial release, also known as foam rolling, has transformed from a once elite recovery technique into a daily fitness practice appropriate for all levels. Recent research, technology, and affordable products have made this part of today's fitness culture. Self-massage is effective when applying pressure to specific points on the body and can be used to decrease tightness, increase mobility and improve joint stability. Correct Foam Rolling leads to faster and more complete recovery. This four-hour intensive training will offer guidelines for Fitness Professionals on how to use foam rollers with coaching options. We will examine the science of muscle, rolling, and relaxation techniques

and spinal alignment for enhanced posture. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (6.0), AFAA (4.0), ACE (0.4), NASM (0.4), AEA (2.0), ACSM (6.0), NFPT (1.2).

### SCW FUNCTIONAL PILATES CERTIFICATION

Leslee Bender

Sunday, August 26, 8:00am-4:00pm

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

Experience a very functional approach to Pilates mat utilizing props that simulate apparatus. Whether you are a seasoned Pilates trainer or new to teaching, you will leave with several essential tools and concepts that give you many ways to change a mat class for variety. You also will walk away with the understanding of how to combine classical repertoire with a modern approach that will challenge your students both vertically and horizontally to improve everyday activities and posture and reduce overuse injuries. Learn the science of modern functional Pilates, alignment, breath, and exercises enhanced by using props simulating apparatus equipment used for training and rehabilitation. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), AFAA (7.0), NASM (0.7), AEA (3.5), ACSM (7.0), NFPT (1.4).

### WATERinMOTION® AQUA EXERCISE CERTIFICATION

Manuel Velazquez

Sunday, August 26, 9:00am-5:00pm

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

This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal, and visual cueing techniques, deck teaching skills, and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation, and leadership development. Leave certified in both the WATERinMOTION® Original program and the WATERinMOTION® Platinum (older adult) program, with the skills to teach your best class, every class! Certification includes a FREE online 5-part course, downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and optional Video Assessment (\$300 value). SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), AEA (8.0), ACSM (7.0), NFPT (1.4).

### THE AXLE WORKOUT CERTIFICATION

Andrew Page

Sunday, August 26, 8:00am-4:00pm

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

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

### BECOME A PIYO INSTRUCTOR

Kimberly Dobson

Sunday, August 26, 8:00am-4:00pm

**\$249 MANIA® Attendees & Non-Attendees**

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

### STRONG BY ZUMBA® INSTRUCTOR TRAINING

Kelly Bullard

Sunday, August 26, 8:00am-4:00pm

**\$250 Registration Fee (Use PROMO CODE: SCWSBZ25 to receive a \$25 discount. + A FREE STRONG BY ZUMBA® BAG)**

STRONG by Zumba® combines high intensity interval training (HIT) 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).

### THE MIX BY PILOXING®

Jordan Ballard

Sunday, August 26, 8:00am- 4:00pm

**\$250 early bird price through August 5, 2018, \$295 regular price after August 5, 2018 and \$325 day of certification - pending on space availability.**

This 9-hour course teaches you the foundation and recipe of THE MIX by PILOXING®, providing you with every resource needed to teach a full 45-minute THE MIX class. Workout includes 9 tracks of today's hits and iconic throwbacks. Each Pre-Choreographed track incorporates the latest moves from the Commercial Dance scene straight out of the dance mecca of Los Angeles. Dance combinations are choreographed to a specific part of the song creating an easy to follow and easy to teach song-based program. This interval training format, intended for participants of all fitness levels, ages and backgrounds will have your class dancing like no one is watching. SCW (8.0), AFAA (0.8), AFAA (8.0).



## LOUIS VAN AMSTEL

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

## MANIA® COURSE DESCRIPTIONS

FRIDAY, AUGUST 24

FR1

7:30AM-9:00AM

**CORRECTIVE EXERCISE: FEMALE CORE** Dr. Evan Osar

OnDemand

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

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

**FR1B Friday, 7:30am-9:00am****UPPER EXTREMITY MOVEMENT MECHANICS**

Fabio Comana, MA, MS

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

**FR1C Friday, 7:30am-9:00am****CLUB PILATES MAT CLASS - LEVEL 1** Vanessa Huffman

CLUB PILATES

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.

**FR1D Friday, 7:30am-9:00am****FUNCTIONAL CIRCUITS FOR AGING CLIENTS**

Cody Sipe

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

**FR1E Friday, 7:30am-9:00am****RUMBLE BY R.I.P.P.E.D.®** Susan Jessup

RUMBLE

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

**FR1F Friday, 7:30am-9:00am****BARRE FOR ATHLETES** Jenn Hall

Most athletes have strong quadriceps, hamstrings, and upper bodies but lack strength and flexibility in their hips, adductors, abductors, ankles and feet. This muscular imbalance and lack of flexibility can lead to injury. Explore how applying the principles of barre can improve function and decrease injury among athletes.

**FR1G Friday, 7:30am-9:00am****HIGH FITNESS: AEROBICS IS BACK!** Amber Zenith

HIGH fitness

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

**FR1H Friday, 7:30am-9:00am****GET ON BOARD: WITH JUVO** Shauna Smith-Yates

JUVO BOARD

Experience and discover the benefits of balance and elevate training with Juvo Board. Be inspired to create and perform endless new and exciting workout routines on one revolutionary surface no matter what fitness modality you teach. Be empowered to aid clients of all fitness levels.

**FR1I Friday, 7:30am-9:00am****HIIT THE TURF** Jen Keenan-Stryka & Angelique Hughes

Turf

You won't want to miss this NEW energetic HIIT based class featuring easy to travel with TURF ON THE GO mats. Sessions showcase exciting new moves using gliding discs, cardio and strength. Proven to sculpt muscles and burn fat! This workout will keep your clients coming back for more!

**FR1J Friday, 7:30am-9:00am****SCHWINN®: HOW TO WOW!** Doris Thews

SCHWINN

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

**FR1K Friday, 7:30am-9:00am****AQUATIC SOLUTIONS FOR ACTIVE AGERS** Ann Gilbert

OnDemand

Identify typical functional declines of the active aging population and ways to adapt your aquatic programming to create effective formats that will improve walking efficiency and general mobility. Gain a better understanding of how a well-designed format will increase confidence and decrease the fear associated with falling and muscular imbalances in active agers.

**FR1L Friday, 7:30am-9:00am****SPIRITUAL DJ H2O** Lawrence Biscontini, MA

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

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

DOMINATE YOUR

FUTURE



**NUTRITION AND MENTAL HEALTH** Kimberly Garcia

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

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

**STEPS TO STRENGTHENING YOUR BRAND**

Elisabeth Fouts

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

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

**SELF-COACHING STRATEGIES FOR WELLNESS**

Tricia Silverman, RD, LDN, MBA

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

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

**52 DAYS: YOUR BEST BODY** Sohailla Digsby, RDN, LD

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

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

**THINKFIT™ SUSPENSION: GAME ON WITH GRAVITY!**

Erika Quest

The Bodhi Suspension system adds game-changing variety to a studio or fitness environment. Use gravity to deliver innovative sequences to enhance athletic performance, improve flexibility and/or coach clients into moving better every day. It's time to add suspension and change your workout game! Powered by Balanced Body.

**FR1R Friday, 7:30am-9:00am**

**STAIRMASTER® PRESENTS – HIIT MIX SOLUTION**

Sonja Friend-Uhl

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

**FR1S Friday, 7:30am-9:00am**

**FR2**

**10:00AM-11:30AM**

**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!

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

**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!

**FR2B 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.

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

**EXTREME TABATA YOGA** Jeff Howard

Tabata utilizes alternating work and rest for periods of time in a sequence of eight repetitions. This practice lends itself to yoga 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!

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

**TRIGGERPOINT™:**

**GRID® LOCK FOR CORE TRAINING** Mark 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.

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

**ROLLING WITH MINDFULNESS AND BREATHWORK**

Brian Bettendorf, MSM, MS

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

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

**BARRE MOVES – UPDATE YOUR CHOREOGRAPHY**

Tricia Murphy Madden, Leslee Bender & Lauren George

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.

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

**CLUB VIBE® - DANCE MEETS FITNESS**

Allyson Ponte & Kelly Schur

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

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

**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!

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

**SPEEDBALL CORE** Steve Feinberg

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.

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

**SCHWINN®: MUSIC MAGIC!** Abbie Appel

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

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

**BARRE H2O** Billie Wartenberg

Make a splash in the water with Barre H2O! By combining the formats of Aqua exercises with traditional Barre movements, you will learn creative Barre choreography while experiencing the amazing benefits of the water.

**FR2L Friday, 10:00am-11:30am**

**AQUA CURRENTS OF CARDIO CONFETTI** Yury Rockit

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

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

**DIET DIAGNOSIS****Bruce & Mindy Mylrea**

Scores of new diet books are published every year by the \$60B weight loss industry, so why is the general population still is gaining weight? What gives? Mindy and Bruce sift through scientific evidence of the biggest diet trends to diagnose which, if any, really work for sustained, healthy, long-term weight loss. (LECTURE)  
**FR2N Friday, 10:00am-11:30am**

**FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL****Sara Kooperman, JD, Ann Gilbert, & Keli Roberts**

While men and women come from different worlds they do share the same office. Revisit stereotypes about gender roles in business and use confidence, competition, and character to confront the odds and become an inspiring leader. Learn to correct common mistakes and become empowered to make game-changing decisions. Come with plenty of questions to help advance your career! (LECTURE)  
**FR2O Friday, 10:00am-11:30am**

**BUILDING BLOCKS - CORE SCIENCE & TRAINING****Fabio Comana, MA, MS**

We all train utilizing core exercises, but do you really have a sense of purpose and understanding on lumbo-pelvic hip stability, the 3 layers of trunk musculature and respective functions? How about training specific to the local and global layers, exercise progressions and training in balance to avoid low-back injury? Think you need an update? Get your version 2.0 in this session and train with a purpose. (LECTURE)  
**FR2P Friday, 10:00am-11:30am**

**CREATING A LASTING BRAND Danielle Natoni**

Your brand is what people say about you when you are not in the room. In this branding session, Danielle will help you uncover and define your personal brand to help you grow your following, create lifelong class participants, and become a go to resource for health and fitness in your community. (LECTURE)  
**FR2Q Friday, 10:00am-11:30am**

**THINKFIT™ SUSPENSION: MEET THE BEAT****Nico Gonzalez**

Moving with the ropes on the Bodhi Suspension System promotes rhythm and flow in a class setting! Come groove to the beat in multiple body positions while learning movement sequences to get your cardio pumping and your legs, arms, core and flexibility jumping! Powered by Balanced Body.  
**FR2R 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.

**COACHING SQUAT AND LUNGE VARIATIONS****Fabio Comana, MA, MS**

Coaching proper form is a fundamental responsibility for every professional, yet it requires a solid understanding of stability and mobility throughout the kinetic chain. Learn how to properly coach the movement patterns of the lower extremity – bend-and-lift or squat and step/lunge and explore 3-dimensional variations that add fun and function to your programs.  
**FR3B Friday, 11:45am-1:15pm**

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

**THE ULTIMATE GROUP X EXPERIENCE****Kimberly Dobson & Danielle Natoni**

Want to discover fresh and exciting group fitness classes? Beachbody LIVE Master Trainers deliver a sampling of predesigned classes that touch all aspects of group exercise. Push your limits with INSANITY, strengthen head to toe with P90X, train MMA-style with CORE DE FORCE, and perfectly blend Pilates and Yoga with PiYo.  
**FR3F Friday, 11:45am-1:15pm**

**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.

**AGELESS BODY TRILOGY - ROLLGA® Leslee Bender**

In this session you will walk away combining three disciplines (yoga, Pilates, Rollga) for an ageless painless body. Experience why mobility and stability myofascial compression is the new way to health, wellness and performance for any stage in life.  
**FR3I Friday, 11:45am-1:15pm**

**IRON ANKLES STRENGTH IN BALANCE Virginia Lake**

Challenge and improve your core strength and balance using Iron Ankles straps and lightweight dumbbells. Using slow controlled movements with great attention to proper form we challenge and strengthen our core. You are guided through compound movement exercises and static holds to improve body mobility, balance and strength.  
**FR3J Friday, 11:45am-1:15pm**

**TAB-AQUA POWER Jeff Howard**

Take your current aquatic class, add a pinch of power, coupled with a dash of dynamic sculpting, all set to Tabata timing – and leave with a workout to propel you through 2015! Just 6 simple rules applied to your existing workout will give you more ideas and moves to push your class to the next level!  
**FR3L Friday, 12:30pm-2:00pm**

**GIRLS JUST WANNA HAVE FUN!****Sara Kooperman, JD, Irene Lewis-McCormick, MS, CSCS, Billie Wartenberg & Connie Warasila**

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

**6 SNEAKY STRATEGIES 4 CANCER SURVIVAL Jenn Hall**

This session is for anyone who has or knows someone who has cancer (that's everyone!). Discover 6 sneaky strategies for packing more cancer-fighting nutrients into your day, coping with side effects and mental fatigue of being a patient or a member of a patient's support system from the perspective of a Stage 4 cancer survivor (walking miracle!) (LECTURE)  
**FR3N Friday, 11:45am-1:15pm**

**TIDBITS TO GROW YOUR BUSINESS Paul Bosley, MS**

This session focuses on the many tasks required for a studio owner to launch and grow their business. The tasks include marketing, sales, accounting. Legal, organizational and management. Paul Bosley managed chains of fitness centers for over 20 years and shares the knowledge and lessons learned over the 44 years working with the fitness industry and an operator and as a financing source. (LECTURE)  
**FR3Q Friday, 11:45am-1:15pm**

**STAIRMASTER® PRESENTS BOXMASTER® Pete McCall, MS**

If you want to improve your reaction time, agility, stamina, or coordination, BoxMaster® is the opponent for you! With the ability to cater to all fitness levels, the BoxMaster® will excite greater participation in boxing-style fitness training and help boost your client/member retention with an entirely different way to get in shape!  
**FR3S 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.

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

The language of fitness is changing. People don't just workout, they "train." Personal trainers don't just train, they "coach." Learn how to apply



coaching techniques that'll transform and grow your group-training sessions. Discover the "coach" within you and cultivate a group of fitness athletes through large-scale warm-ups, movement blocks and cues and focused programming.

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

**BOSU® + BAR: GRIP, TIP, FLIP, STRIP** Alison Galvan 

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

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

**BODY & SOLE FOR ACTIVE AGERS**

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

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

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

**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.

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

**ZUMBA® CARDIO BLAST** Kelly Bullard

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, dance out!

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

**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.

**FR3K Friday, 12:30pm-2:00pm**

**UNLEASH THE POWER OF MUSIC** Doris Thews

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

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

**PROGRAMMING PILLARS FOR ACTIVE ADULTS**

**Marc Coronel**

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

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

**BOXING: THE METHOD** Steve Feinberg

This cardio-boxing class uses the best asset in your studio: YOU! Combine the technique work of punching, method training, and core work ALL in one high-intensity 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.

**FR3R Friday, 12:30pm-2:00pm**

**FR4**

**2:15PM-3:45PM**

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

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

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

**WILLOW - 6PACK ABS, 6PACK MIND**

**Dan Hubbert & Billy Boynton**

Willow is a combination Meditation / Interval workout class designed around the largest international scientific study on fundamental well-being, which included over 1,200 participants on 6 continents. Willow's easy to learn meditation techniques paired with a variety of Intervals and Tabatas is a fun and energizing class. Willow delivers and experience like no other; 6PACK Abs + 6PACK Mind.

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

**FOAM ROLLING**

**APPLIED PROGRAMMING: REGEN®** Brandon Wagner

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.

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

**PILATES STRONG 2018** Leslee Bender

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

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

**DON'T JUST WARM UP**



**CATCH FIRE**



**POWER TRAINING FOR OLDER ADULTS** Cody Sipe

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

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

**THINKFIT™ CARDIO: MOTR™- FUELED INTERVALS**

**Nico Gonzalez**

Our clients want to get the most bang for their buck. When it comes to cardiovascular fitness, group fitness instructors, and personal trainers need to deliver both aerobic and anaerobic drills. Learn and experience four 15-minute cardio segments with various anaerobic drills sprinkled throughout. Sweat and creativity guaranteed! Powered by Balanced Body.

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

**MAKE YOUR BARRE CLASSES A "HIIT"**

**Tricia Murphy Madden & Lauren George**

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.

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

**LABLAST SILK: ACCESSIBLE DANCE FITNESS**

**Louis Van Amstel**

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

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

**JUVO FLOW** Shauna Smith-Yates

Experience and discover the benefits of natural movement enhanced with the use of Juvo Board. Be empowered to aid clients in natural movement that is all-encompassing and applies to all fitness levels. Let Juvo Board Elevate your workout.

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

**FUNCTIONAL CIRCUITS FOR THE ACTIVE ADULT**

**Marc Coronel**

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

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

**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.

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

**AQUATIC BABY BOOMER BOOTCAMP** Danita Watkins

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

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

**DIVE INTO AQUA CHOREOGRAPHY**

**Manuel Velazquez, Connie Warasila, Ann Gilbert & Billie Wartenberg**

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

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

**NUTRITION PANEL**

**Fabio Comana, MA, MS, Kimberly Garcia, Bruce Mylrea, Tricia Silverman, RD, LDN, MBA & Sohailla Digsby, RDN, LD**

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

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

**UP YOUR TRAINING GAME: INSANITY!**

**Danielle Naton**

Max Interval Training (MIT) will UP YOUR GAME! Insanity taps into broad based sports conditioning matched with MIT to produce high yield fitness results. The format encourages training your inner Athlete to Dig Deeper, push boundaries and create new thresholds using timed intervals and short duration rests. Engage in understanding how MIT works and how you can use it to create your own blocks of exercise and training that develop the athlete in your everyday life. (LECTURE)

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

**NERVOUS HACKS FOR MOBILITY**

**Brian Bettendorf, MSM, MS**

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

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

**HOW TO HIRE & RETAIN** Lisa Gorsline

Learn the art of hiring the "right" people for your club. Learn the importance of creating a fun environment for members and employees as well as exceeding the members expectations every time they walk through your club. (LECTURE)

**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**

**EXTREME CHAOS MEETS FLUID STRENGTH**

**Mindy Mylrea & Carolyn Erickson**

Savvier's newest programs will have you training in Chaos and challenging your strength. Extreme Chaos co-creator, Carolyn Erickson, and Fluid Strength creator, Mindy Mylrea, introduce innovative new methods to HIIT and Strength train that will knock your socks off! Be the first to take these new formats to your students.

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

**POUND® - ROCKOUT. WORKOUT.**

**Michelle DesOrmeaux**

Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing, and sweat-

**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 ZENENERGY

dripping fun of playing the drums. You're not listening to music, you ARE the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

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

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

OnDemand

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

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

## **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.

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

## **FUNCTIONAL PILATES FLOWS BY ACTIVMOTION BAR**

ACTIVMOTION BAR

**Erika Quest**

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

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

## **POWER BODY BARRE** Billie Wartenberg

Barre Classes can ROCK using the Power Systems Body Bar. Learn creative patterns, dynamic choreography and a seamless flow combining the Body Bar with your own body. Help your members improve balance, muscular endurance and muscle strength with combined cardio blocks to improve overall fitness.

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

## **MASHUP®: VIIT IT!**

**Jamie Zacharias, RN, MSN, NP-C & Barbie Brown**

mashup

VIIT is the New HIIT! Experience a short, effective workout with Variable-intensity Interval Training (VIIT). Learn the nuts and bolts of this research-based program featuring Mind/Body, Agility & Strength, and High-intensity Interval exercises for every fitness level for a fun and challenging workout!

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

## **THE ULTIMATE CARDIO KICKBOXING PARTY**

**Kimberly Dobson**

BEACHBODY LIVE!

The ultimate cardio kickboxing party, Turbo Kick by Beachbody LIVE challenges the beginner and elite fitness enthusiasts alike. Combining

total-body cardio, HIIT training and bodyweight moves, you'll burn calories as you build lean muscle with this fun and challenging cardio kickboxing workout.

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

## **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.

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

## **SCHWINN®: TOUR DE SCHWINN®** Keli Roberts



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

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

## **H2O FUNCTIONAL FROLICS** Ann Gilbert

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

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

## **AQUA CHI-FLOW** Elian Haan

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

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

## **SUGAR SHOCKERS AND SHAKEDOWN**

OnDemand

**Tricia Silverman, RD, LDN, MBA**

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

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

## **THE SCIENCE OF MYOFASCIAL RELEASE**

TRIGGERPOINT

**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 how to achieve "self-myofascial release" through practical application. (LECTURE)

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

WEDNESDAY, AUGUST 22  
& THURSDAY, AUGUST 23

PRE-CONVENTION WORKSHOPS WEDNESDAY, AUGUST 22								
PRE-CONVENTION WORKSHOPS THURSDAY, AUGUST 24		SCW Personal Training Certification Roberts 8:00am-5:00pm Pg 7		YOGA I CERTIFICATION VELAZQUEZ • 8:00am-5:00pm • Pg 7	SCW Active Aging Certification Biscontini & O'Brien 9:00am-5:00pm Pg 7	MASHUP® Zacharias & Brown 8:00am-5:00pm Pg 9	SAVYR FITNESS BARRE ABOVE™ MURPHY-MADDEN & GEORGE 9:00am-5:00pm • Pg 9	SCW Meditation Certification Rockit 5:30pm-9:30pm Pg 8




A GROUP EX & CIRCUIT	B HIIT / CORE	C BALANCE & STRENGTH	D MIND / BODY	E ACTIVE AGING / RECOVERY	F DYNAMIC TRAINING	G BARRE	H DANCE / POWER	I SPECIALTY
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FRIDAY, AUGUST 24

FR1 7:30am-9:00am	Corrective Exercise: Female Core Osar Pg 1	Below the Belt - Glutes & Legs! M. Mylrea Pg 10	Upper Extremity Movement Mechanics Comana Pg 10	Club Pilates: Mat Work Level 1 Huffman Pg 10	Functional Circuits for Aging Clients Sipe Pg 10	RUMBLE by R.I.P.P.E.D.® Jessup Pg 10	Barre for Athletes Hall Pg 10	HIGH Fitness: Aerobics is Back! Zenith Pg 10	Get "On Board" with Juvo Smith-Yates Pg 10
EXPO OPEN 8:45am-2:30pm									
FR2 10:00am-11:30am	Short Circuit: Group Training Edition Fouts Pg 11	Pulling for Power™ SGT Ken® Pg 11	InTENSity by Hedstrom Fitness Dixon Pg 11	Extreme Tabata Yoga Howard Pg 11	TriggerPoint™: GRID® Lock Coronel Pg 11	Rolling with Mindfulness and Breathwork Bettendorf Pg 11	Barre Moves - Update Your Choreography Murphy-Madden, Bender & George Pg 11	Club Vibe® - Dance Meets Fitness Ponte & Schur Pg 11	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter Pg 11
FR3 Session 1 11:45am-1:15pm FR3 Session 2 12:30pm-2:00pm	Coaching Camp: Group Training Growth Fouts Session 2 Pg 12	Coaching Squat and Lunge Variations Comana Session 1 Pg 12	BOSU® + Bar: Grip, Tip, Flip & Strip Galvan Session 2 Pg 13	Rhythm Yoga Velazquez Session 1 Pg 12	Body & Sole for Active Agers Biscontini & O'Brien Session 2 Pg 13	The Ultimate Group X Experience Dobson & Natoni Session 1 Pg 12	ThinkFit™: Bells at the Barre Appel Session 2 Pg 13	Zumba® Cardio Blast Bullard Session 2 Pg 13	Ageless Body Trilogy - Rollga® Bender Session 1 Pg 12
FR4 2:15pm-3:45pm	Quick & Dirty 30 Lewis-McCormick Pg 13	Willow - 6Pack Abs, 6Pack Mind Boynton & Hubbert Pg 13	Foam Rolling Applied Programming: REGEN® Wagner Pg 13	Pilates Strong 2018 Bender Pg 13	Power Training for Older Adults Sipe Pg 14	ThinkFit™ Cardio: MOTR™ Fueled Intervals Gonzalez Pg 14	Make Your Barre Classes a "HIIT" Murphy-Madden & George Pg 14	LaBlast Silk: Accessible Dance Fitness Van Amstel Pg 14	Juvo Flow Smith-Yates Pg 14
FR5 4:00pm-5:30pm	Warm Up! Performance Flexibility & SMR Lewis-McCormick Pg 14	Extreme Chaos Meets Fluid Strength M. Mylrea & Erickson Pg 14	POUND® - Rockout. Workout. DesOrmeaux Pg 14	Dynamic Flexibility: A 3D Life Velazquez Pg 15	Active Aging: No Place Like Foam Kooperman Pg 15	Functional Pilates Flows by ActivMotion™ Bar Quest Pg 15	Power Body Barre Wartenberg Pg 15	MASHUP®: VIIT IT! Zacharias & Brown Pg 15	The Ultimate Cardio Kickboxing Party Dobson Pg 15
CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm									
FR6 6:30pm-7:30pm	Unifying Community with U-Jam Leslie Pg 18								

SATURDAY, AUGUST 25

SA1 7:00am-8:30am	POUND® - Rockout. Workout. DesOrmeaux Pg 18	The Rowing Rush™ Sponsored by Waterrower SGT Ken® Pg 18	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter Pg 18	Spirited® Elements Rockit Pg 18	Myofascial Compression Techniques for Injury Prevention Wagner Pg 18	Roll Better, Roll Less Bettendorf Pg 19	Barre Fight Wartenberg Pg 19	Center Floor Murphy-Madden & George Pg 19	Mind Body Flow Juvo Smith-Yates Pg 19
EXPO OPEN 8:15am-9:30am									
SA2 9:30am-10:45am Keynote / Awards									
SA3 11:00am-12:30pm	Piloxing® SSP Ballard Pg 19	Foundations 360 Stahl Pg 20	INSURG3NT by Hedstrom Fitness Roberts Pg 20	Pilates on the Ball Appel Pg 20	Strength Training for Longevity & Vitality Kooperman Pg 20	ThinkFit™: 3D Core Vanderburg Pg 20	Let The Beat Drop Murphy-Madden & George Pg 20	LaBlast - Partner Free Ballroom Dance Van Amstel Pg 20	Rock the Core by ActivMotion Bar® Coronel Pg 20
EXPO OPEN 12:15pm-3:30pm   6:15pm-7:45pm									
SA4 Session 1 12:45pm-2:15pm SA4 Session 2 1:30pm-3:00pm	Crazy Core Combos M. Mylrea Session 1 Pg 21 Session 2 Pg 21	Crew Conditioning™ with SGT Ken® Pg 21	BOSU® Sport C.A.M.P. Thews Session 2 Pg 22	Club Pilates Mat Class - Level 2 Huffman Session 1 Pg 21	Yoga for the Young at Heart: Chair Kooperman Session 2 Pg 22	ThinkFit™ Strength: Senior Power Quest Session 2 Pg 22	Gliding Scales - Barre With Gliders Appel Session 1 Pg 21	Club Vibe® - Dance Meets Fitness Ponte & Schur Session 2 Pg 22	Juvo Core Like Never Before Smith-Yates Session 2 Pg 22
SA5 3:15pm-4:45pm	ROC STEADY by PROJECT STEEL™ Stahl Pg 22	Max Interval Training with INSANITY Natoni Pg 22	The Mix by Piloxing® Ballard Pg 22	Relax & Restore Foam Roller Training Lewis-McCormick Pg 23	TriggerPoint™ for Movement Coronel Pg 23	LaBlast® Line Dance Van Amstel Pg 23	Barre 360 Appel Pg 23	Country Fusion Mooney Pg 23	Ageless Body Recovery with ROLLGA® Bender Pg 23
SA6 5:00pm-6:30pm	STRONG by Zumba® Bullard Pg 24	Axle Loaded Page Pg 24	Extreme Results Driven by Chaos Erickson Pg 24	The Perfect Fusion With Piyo Dobson Pg 24	Psoas & Glutes: Corrective Exercise Osar Pg 24	Les Mills BODYATTACK™ Kattar Pg 24	Best of Barre Appel Pg 24	HIGH Fitness: Aerobics is Back! Zenith Pg 24	Abs & Assets: Juvo Pilates/Barre Smith-Yates Pg 24
SA7 6:45pm-7:45pm		MANIA® Dance Off Club Vibe, Country Fusion, Jenn Hall, LaBlast, Piloxing, U-Jam, Zumba Pg 25		Recovery Through Meditation Rockit Pg 25					

SUNDAY, AUGUST 26

SU1 7:00am-8:30am	MASHUP® YOUR WORKOUT Zacharias & Brown Pg 25	The Warrior Fit Games SGT Ken® Pg 25	BOSU® Pilates Core Power Quest Pg 25	Qi Gong for Every Body Haan Pg 25	Progressive Systems to Self-Myofascial Release Coronel Pg 25		Unifying Community with U-Jam Leslie Pg 25	
SU2 8:45am-10:15am	Shoulder Issues? Corrective Exercise Strategy Osar Pg 26	Les Mills GRIT™ Cardio & HIIT Kattar Pg 26	Flexibility + Performance = Wellness Howard Pg 26	ThinkFit™ Pilates: Mat Circuit Circus Quest Pg 26	RumbleRoller Group Exercise Flow Bettendorf Pg 26		LaBlast Shape: Interval Based Dance Fitness Van Amstel Pg 26	
EXPO OPEN 10:00am-1:30pm								
SU3 11:15am-12:45pm	The 4 F's of Exercise Haan Pg 27	THE AMRAP ASSAULT SGT. Ken® Pg 27	Beyond Bootcamp by Hedstrom Fitness M. Mylrea Pg 27	Y3: Yin Yang Yoga Rockit Pg 27	Move Active Agers with Music Finley-Norwood Pg 27		Country Fusion Mooney Pg 27	
SU4 1:00pm-2:30pm	Group Ex Instructor? Corrective Exercise Osar Pg 28	SPORT™ by Group RX Boynton Pg 28	POUND® - Rockout. Workout. DesOrmeaux Pg 28	Relaxercise Haan Pg 28	Corrective Exercise for the Problem Shoulder Wagner Pg 28	STRONG BY ZUMBA® CERTIFICATION BULLARD 8:00am-4:00pm • Pg 9	BARRE CERTIFICATION APPEL 8:00am-4:00pm • Pg 9	HIIT the Dance Floor Hall Pg 28

## DALLAS MANIA® SCHEDULE

				<b>AQUATIC EXERCISE CERTIFICATION</b> HOWARD • 8:00am-5:00pm Pg 7					
TriggerPoint™ Foam Rolling: Principles & Practices Coronel 8:00am-12:00pm Pg 8			SCW Aqua Barre Certification Wartenberg 9:00am-4:00pm Pg 7	SCW Sports Nutrition Certification Comana 9:00am-3:30pm Pg 7	SCW Business Leadership Summit Kooperman, Thews, Biscontini, Bosley, Gilbert, Sipe 8:30am-4:30pm Pg 7		SCW Nutrition, Hormones and Metabolism McCormick 9:00am-3:30pm Pg 7	HIGH Fitness Instructor Training Zenith 8:30am-5:00pm Pg 8	SCW Core Training Certification McCall 1:00pm-5:00pm Pg 8
TriggerPoint™ Assessments to Performance Wagner 1:00pm-5:00pm Pg 8	<b>SCHWINN® INDOOR CYCLING INSTRUCTOR CERTIFICATION</b> DIXON & THEWS 7:00am-5:00pm • Pg 8			SCW Lifestyle Behavioral Coaching Workshop Comana 5:30pm-10:00pm Pg 7		<b>ONE DAY TO WELLNESS CERTIFICATION</b> BRUCE & MYLREA 8:00am-5:00pm • Pg 8			SCW Kettlebell Practical Certification McCall 5:30pm-9:30pm Pg 8

<b>J</b> STRENGTH / REHAB	<b>K</b> CYCLING	<b>L</b> AQUA	<b>M</b> AQUA	<b>N</b> NUTRITION	<b>O</b> EX. SCIENCE / LEADERSHIP	<b>P</b> HEALTH / WELLNESS	<b>Q</b> BUSINESS	<b>R</b> SUSPENSION / BOXING	<b>S</b> STAIRMASTER
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HIIT the Turf Stryksa & Hughes Pg 10	Schwinn®: How to WOW! Thews Pg 10	Aquatic Solutions for Active Aged Gilbert Pg 10	Spiritual DJ H2O Biscontini Pg 10	Nutrition & Mental Health Garcia Pg 11	Steps to Strengthening Your Brand Fouts Pg 11	Self Coaching Strategies for Wellness Silverman Pg 11	52 Days: Your Best Body Digsby Pg 11	ThinkFit™ Suspension: Game On With Gravity Quest Pg 11	Stairmaster® Presents - HIIT Mix Solution Friend-Uhl Pg 11	<b>FR1</b> 7:30am-9:00am
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## EXPO OPEN 8:45am-2:30pm

Speedball Core Feinberg & Schiller Pg 11	Schwinn®: Music MAGIC! Appel Pg 11	Barre H2O Wartenberg Pg 11	Aqua Currents of Cardio Confetti Rockit Pg 11	Diet Diagnosis B. Mylrea & M. Mylrea Pg 12	Female Leadership: Personal & Professional Kooperman, Gilbert, K. Roberts Pg 12	Building Blocks: Core Science & Training Comana Pg 12	Creating a Lasting Brand Natonl Pg 12	ThinkFit™ Suspension: Meet the Beat Gonzalez Pg 12		<b>FR2</b> 10:00am-11:30am
Iron Ankles Strength In Balance Lake Session 1 Pg 12	Schwinn®: To Breathless & Back Dixon Session 2 Pg 13	Tab-Aqua Power Howard Session 1 Pg 13	Girls Just Wanna Have Fun Kooperman, Lewis, McCormick, Wartenberg, & Warasila Session 1 Pg 12	6 Sneaky Strategies 4 Cancer Survival Hall Session 1 Pg 12	Unleash the Power of Music Thews Session 2 Pg 13	Programming Pillars for Active Adults Coronel Session 2 Pg 13	Tidbits to Grow Your Business Bosley Session 1 Pg 12	Boxing: The Method Feinberg Session 2 Pg 13	Stairmaster® Presents - BoxMaster® McCall Session 1 Pg 12	<b>FR3</b> 11:45am-1:15pm 12:30pm-2:00pm
Functional Circuits for the Active Adult Coronel Pg 14	Schwinn®: Pedal & Pulse M. Mylrea Pg 14	Aquatic Baby Boomer Bootcamp Watkins Pg 14	Dive Into Aqua Choreography Velazquez, Warasila, Wartenberg, Gilbert Pg 14	Nutrition Panel - Comana, B. Mylrea, Silverman, Digsby, Garcia Pg 14	Up Your Training Game: INSANITY Natonl Pg 14	Nervous Hacks for Mobility Bettendorf Pg 14	How to Hire & Retain Gorsline Pg 14			<b>FR4</b> 2:15pm-3:45pm
Recess! For the Kids & the Kid in You! Hall Pg 15	Schwinn®: Tour de Schwinn® Roberts Pg 15	H2O Functional Frolics Gilbert Pg 15	Aqua Chi-Flow Haan Pg 15	Sugar Shockers and Shakedown Silverman Pg 15	The Science of Myofascial Release Coronel Pg 15	Prevention & Recovery through Muscle Stimulation Feinberg Pg 18	Self-Publish a Book or eBook Digsby Pg 18		Stairmaster® Presents - HIIT Mix Solution Appel Pg 18	<b>FR5</b> 4:00pm-5:30pm

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

Les Mills SPRINT™: Cycling Success Kattar Pg 18	Aqua Zumba® Bullard Pg 18		<b>STATE OF THE INDUSTRY: TRENDS FOR 2018</b> HOWARD, LEWIS, MCCORMICK, OSAR & MCCALL - ROOM N 6:30pm-7:30pm • Pg 10							<b>FR6</b> 6:30pm-7:30pm
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MMA For Group Fitness Dobson Pg 19	Schwinn®: The Magic Of The 3 Cs Thews Pg 19	Aqua Yoga Flow Warasila Pg 19	ABC: Aqua Bootcamp Circuit Lewis-McCormick Pg 19	Nutrition & Sleep: Fascinating Connections Silverman Pg 19	Fitness Program Comprehension and Creation Stahl Pg 19	The Ageless Body with ROLLGA® Bender Pg 19	Building Blocks for Career Longevity Brodowsky Pg 19	Boxing Bootcamp Feinberg Pg 19	Stairmaster® Presents - HIIT Mix Solution Friend-Uhl Pg 19	<b>SA1</b> 7:00am-8:30am
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## EXPO OPEN 8:15am-9:30am

										<b>SA2</b> 9:30am-10:45am
RUMBLE by R.I.P.E.D.® Jessup Pg 20	Schwinn®: Train Right Reimagined Dixon Pg 20	Aquatic Core & More Watkins Pg 20	It's Raining Men! Howard, Velazquez & Rockit Pg 20	Top 10 for Weight Loss Digsby Pg 20	Secret Life of a Fat Cell Kravitz Pg 20	Electronic Stimulation for Athletic Performance Feinberg Pg 20	Become A Retention Rock Star Garcia Pg 20	ThinkFit™ Suspension: Circuits 2.0 Quest Pg 21	Stairmaster® Presents - HIIT Mix Solution McCall Pg 21	<b>SA3</b> 11:00am-12:30pm

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

HIIT the Turf Stryksa & Hughes Session 2 Pg 22	Schwinn®: The Power Behind POWER Roberts Session 1 Pg 21	Aqua Team HIIT Bonina Session 1 Pg 22	Zenergy H2O Lewis-McCormick Session 1 Pg 21	What's in Your Food? Silverman Session 1 Pg 21	Foam Rolling: Rolling Pins to Vibration Wagner Session 2 Pg 22	Assess, Explore, Pattern-Functional Pilates Bender Session 1 Pg 21	Time-Saving Tools for Digital Music Howard & Velazquez Session 1 Pg 21	ThinkFit™ Suspension: Power and Endurance Gonzalez Session 1 Pg 21		<b>SA4</b> 12:45pm-2:15pm 1:30pm-3:00pm
Speedball Feinberg & Schiller Pg 23	Schwinn®: Rhythm Done Right Vanderburg Pg 23	Tab-Aqua Quickies Howard Pg 23	Silver Aqua Solutions Velazquez, Warasila, Wartenberg, Gilbert Pg 23	Nutrition Tips, Tidbits & Treats B. Mylrea & M. Mylrea Pg 23	The Female Training Advantages 2018 Kravitz Pg 23	Sneaky Strategies to Manage Weight Silverman Pg 23	Leading for Max Performance Kooperman Pg 23	ThinkFit™ Suspension: Pilates-Inspired Gonzalez Pg 23	Stairmaster® Presents - HIIT Mix Solution McCall Pg 23	<b>SA5</b> 3:15pm-4:45pm
Core Fit Haan Pg 24	Schwinn®: B1G1 Free, Class Design M. Mylrea Pg 24	Barre-A-Cuda Wartenberg Pg 24	Luscious Limbs Gilbert Pg 24	Metabolism Makeover Digsby Pg 25	World's Best Resistance Training Programs Kravitz Pg 25	Inspired to THRIVE: The Journey Ponté & Schur Pg 25	Coping With Different Personalities Gorsline Pg 25	3:1 Punchout Feinberg Pg 25		<b>SA6</b> 5:00pm-6:30pm
					<b>EBB &amp; FLOW</b> HOWARD, GILBERT, WARASILA & VELAZQUEZ ROOM N • 6:45pm-7:45pm • Pg 25					<b>SA7</b> 6:45pm-7:45pm

Iron Ankles Strength Training Lake Pg 26		Hydro Playground Warasila Pg 26	Aqua Athlete Howard Pg 26	Foods for Optimal Health B. Mylrea & M. Mylrea Pg 26	Prevention and Performance for Runners Bettendorf Pg 26	Schwinn®: #WhoAmI Thews Pg 26	Fitness Insurance - An Enlightening Experience Sanders Pg 26			<b>SU1</b> 7:00am-8:30am
HIIT the Turf Stryksa & Hughes Pg 27		Surf & Turf Gilbert Pg 27	Spirited® Surf 2 Rockit Pg 27	Meatless Monday? Plant Protein Demystified Hall Pg 27	10 Key Rules for Longevity Kravitz Pg 27		Get More Personal Training Orientations Stowell Pg 27	<b>water motion</b> CERTIFICATION VELAZQUEZ • 9:00am-5:00pm • Pg 9	<b>AXLE</b> THE AXLE WORKOUT CERTIFICATION PAGE • 8:00am-4:00pm • Pg 9	<b>SU2</b> 8:45am-10:15am
Strong Mind Strong Body Bonina Pg 27		Aquatic Kick & Burn Bootcamp Watkins Pg 27	Playful Aqua Patterns Gilbert Pg 27	Common Sense Nutrition: Your Scope Garcia Pg 27	Eight Best Anaerobic Circuit Programs Kravitz Pg 27		Stability & Security: Your Pilates Career Huffman Pg 27	<b>BOXING CERTIFICATION</b> FEINBERG • 8:00am-4:00pm • Pg 9	<b>THE MIX</b> THE MIX BY PILOXING® Ballard • 8:00am-4:00pm • Pg 9	<b>SU3</b> 11:15am-12:45pm
Iron Ankles Lower Body Strength & Tone Lake Pg 28	<b>PIYO</b> BECOME A PIYO INSTRUCTOR DOBSON 8:00am-4:00pm • Pg 9	Aqua Zen Warasila Pg 28	Aquatic Muscle Mix Watkins Pg 28	Nutrition & Chronic Pain Garcia Pg 28	The Art of Cueing™ Ponté & Schur Pg 28	<b>FOAM ROLLING CERTIFICATION</b> LEWIS MCCORMICK 9:00am-3:00pm • Pg 9	Scripts for the Non-Sales Person Stowell Pg 28			<b>SU4</b> 1:00pm-2:30pm

Schedule is subject to change. Please visit [www.scwfit.com/DALLAS](http://www.scwfit.com/DALLAS) for updates.

# FEARLESS



## LEADERS START HERE

### 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. (LECTURE)  
**FR5P Friday, 4:00pm-5:30pm**

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

Writing a book or eBook will not only extend the reach of your message, it will also boost your credibility, bring in passive income, and increase your marketing opportunities. Getting a book idea in print or ready for download in a matter of months is a realistic goal if you learn how to prepare your publication. (LECTURE)  
**FR5Q Friday, 4:00pm-5:30pm**

### STAIRMASTER® PRESENTS – HIIT MIX SOLUTION

**Abbie Appel**

StairMaster® has created a formula that allows clubs and trainers alike to utilize all available equipment with unique interval protocols, resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results-Driven, Interactive, Scalable, Exciting & Engaging and Team/Community-centric! Plug in the details and PLAY!  
**FR5S Friday, 4:00pm-5:30pm**



### FR6 - EVENING SESSIONS

**6:30PM-7:30PM**

### UNIFYING COMMUNITY WITH U-JAM! **Mandy Leslie**

See what the hype is all about and experience a U-Jam class first-hand. In addition, Susy will teach you the "secret sauce" to building community outside of the classroom. You won't want to miss this insanely popular and highly addictive class.

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

### FITNESS IDOL

**Judges: Sara Kooperman, JD, Keli Roberts, Yury Rockit & Billie Wartenberg**

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

### LES MILLS SPRINT™: CYCLING SUCCESS

**Alex Kattar**

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.

**FR6K Friday, 6:30pm-7:30pm**



### AQUA ZUMBA® **Kelly Bullard**

Make a splash with Aqua Zumba®. This refreshing, invigorating ZUMBA® pool party includes many different Latin and International dance rhythms in a whole new way! Experience this unique workout



that complements muscles and allows individuals, including those that are fit and those with physical limitations, to join the ZUMBA® experience!  
**FR6K Friday, 6:30pm-7:30pm**

### STATE OF THE INDUSTRY PANEL DISCUSSION

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

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)

**FR6N Friday, 6:30pm-7:30pm**

## SATURDAY, AUGUST 25

**SA1**

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

### POUND® - ROCKOUT. WORKOUT.

**Michelle DesOrmeaux**

Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. You're not listening to music, you ARE the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

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



### THE ROWING RUSH™ SPONSORED BY WATERROWER

**SGT Ken®**

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

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



### 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!

**SA1C Saturday, 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.

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

### MYOFASCIAL COMPRESSION™ TECHNIQUES FOR INJURY PREVENTION **Brandon Wagner**

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

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



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

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

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

**BARRE FIGHT** Billie Wartenberg

Unleash your inner beauty and best! This new spin on cardio kickboxing is a high-energy knockout of workout both on and off the barre. This 60-minute workout will certainly have you feeling stronger, leaner and more energetic. \*No actual fighting or physical contact.

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

**CENTER FLOOR**

Tricia Murphy Madden & Lauren George

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

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

**MIND BODY FLOW JUVO** Shauna Smith-Yates

Experience Yoga and Pilates exercises like never before with the Juvo Board. Assist and empower the client in their workout by bringing the mat to them with Elevate. Amp up the challenge with the instability of Balance.

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

**MMA FOR GROUP FITNESS** Kimberly Dobson

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.

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

**SCHWINN®: THE MAGIC OF THE 3 C's** Doris Thews

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

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

**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.

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

**ABC - AQUA BOOTCAMP CIRCUIT**

Irene Lewis-McCormick, MS, CSCS

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

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

**NUTRITION & SLEEP: FASCINATING CONNECTIONS**

Tricia Silverman, RD, LDN, MBA

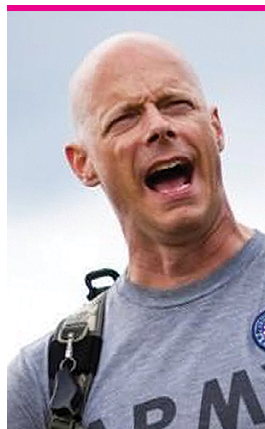
Learn how sleeping well can help to control your cravings and weight. Discover foods, herbs, teas and minerals that can make you feel sleepier and others that may interfere with sleep. Get the eight great, sleep-tight tips. (LECTURE)

**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**

**THE AGELESS BODY WITH ROLLGA®** Leslee Bender

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

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

**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)

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

**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 with bags, gloves, ropes, medicine balls, and more. It has been proven that hitting a bag and focusing on combinations can provide relief from the aggression-filled issues that enter our lives. Experience a high-intensity level of training and enjoy one of the world's most disciplined sports: Boxing.

**SA1R Saturday, 7:00am-8:30am**

**STAIRMASTER® PRESENTS BOXMASTER®**

Sonja Friend-Uhl

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

**SA1S Saturday, 7:00am-8:30am**

**SA2 - KEYNOTE ADDRESS**

**9:30AM-10:45AM**

**LEAD TO SUCCEED** SGT Ken®

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

**SA2C Saturday, 9:30am-10:45am**

**SA3**

**11:00AM-12:30PM**

**PILOXING® SSP** Jordan Ballard

PILOXING SSP is the original fusion format that made PILOXING a worldwide success. Uniquely blending two of the industry's most powerful and timeless disciplines of Pilates and Boxing, PILOXING SSP adds a third element of dance into this high-energy interval workout. Never have you enjoyed sweating so much.

**SA3A 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.

**FOUNDATIONS 360 PJ Stahl, MA, CSCS**

Learn creative program design sets for group and one-on-one training sessions designed to improve movement pattern activation, joint stability, and overall strength. Foundations 360 combines dynamic exercises, multi-dimensional movement patterns, and core exercises utilizing variable balance training techniques.

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

**INSURG3NT by HEDSTROM FITNESS Keli Roberts**

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

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

**PILATES ON THE BALL Abbie Appel**

Break through plateaus with an updated twist on Pilates. Incorporate a stability ball to enhance standard Mat and Pilates Reformer exercises. Learn fun and effective modifications and progressions for all demographics. Challenge upper body, lower body and core with movements that will spice up your Pilates workout.

**SA3D 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.

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

**THINKFIT™ CIRCUITS: 3D CORE Helen Vanderburg**

Experience a new and powerful way to train the core using the ThinkFit™ Trunk Integration Movement principles with a 3-dimensional approach. Expand your core training repertoire and experience how breath control stimulates a greater activation of the core and how breath and movement are linked in effective core training. Train the core as the power center for stability and movement. Powered by Balanced Body.

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

**LET THE BEAT DROP - POWERED BY BARRE ABOVE®**

**Tricia Murphy Madden & Lauren George**

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

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

**LABLAST: PARTNER FREE BALLROOM DANCE**

**Louis Van Amstel**

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

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

**ROCK THE CORE BY ACTIVMOTION BAR Marc Coronel**

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

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

**RUMBLE BY R.I.P.P.E.D.® Susan Jessup**

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

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

**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.

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

**AQUATIC CORE AND MORE Danita Watkins**

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

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

**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 a flood of new ideas to make a splash Monday morning!

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

**TOP 10 FOR WEIGHT LOSS Sohailla Digsby, RDN, LD**

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

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

**SECRET LIFE OF A FAT CELL Len Kravitz, PhD**

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

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

**ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE**

**Steve Feinberg**

We will demonstrate and go over the use of muscle and nerve electronic stimulators to improve overall athletic performance. (LECTURE)

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

**BECOME A RETENTION ROCK STAR**

**Kimberly Garcia**

It's easy to attract clients, but how do you keep them? Holistic Health Practitioner Kimberly Garcia offers inspiring and effective tips on how to retain clients for 10+ years. She also will demonstrate how to expand from simple outdoor boot camps to owning a performance center producing over \$450,000 annually. (LECTURE)

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

**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.



# STRONGER TOGETHER

## THINKFIT™ SUSPENSION: CIRCUITS 2.0 Erika Quest

The Bodhi Suspension System is a great addition to a circuit class. Learn how to use the ThinkFit™ programming system with suspension and small props to create dynamic circuit classes combining stability, mobility, core and so much more! Powered by Balanced Body.

**SA3R Saturday, 11:00am-12:30pm**



## STAIRMASTER® PRESENTS - HIIT MIX SOLUTION

**Pete McCall, MS**

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

**SA3S 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.

## CRAZY CORE COMBOS Mindy Mylrea

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

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



## 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.

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



## GLIDING SCALES - BARRE WITH GLIDERS Abbie Appel

Slide into plies, scales and tendus with this exciting Barre-based workout that incorporates one piece of equipment, gliders. With a variety of dynamic exercises for upper body, lower body and core. Discover how gliders can enhance creativity and effectiveness of standard Barre movements. Experience Barre on a whole new level!

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



## SCHWINN®: THE POWER BEHIND POWER Keli Roberts

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

**SA4K Saturday, 12:45pm-2:15pm**



## AQUA TEAM HIIT Kayla Bonina

Are you a sports fanatic and love the feeling of working with a team? During the AQUA TEAMHIIT workout, you will be shown how working in teams doing sport type movements, that are safe for all levels using the water, will challenge and inspire not only you, but also, the team around you. You will get to unleash your competitive side and really have the team and athletic feel to the workout!

**SA4L Saturday, 1:30pm-3:00pm**

## 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.

**SA4M Saturday, 12:45pm-2:15pm**

## WHAT'S IN YOUR FOOD? Tricia Silverman, RD, LDN, MBA

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

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

## ASSESS, EXPLORE, PATTERN - FUNCTIONAL PILATES Leslee Bender

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

**SA4P Saturday, 12:45pm-2:15pm**



## TIME-SAVING TOOLS FOR DIGITAL MUSIC

**Jeff Howard and Manuel Velazquez**

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

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



## THINKFIT™ SUSPENSION: POWER AND ENDURANCE

**Nico Gonzalez**

The Bodhi Suspension System has revolutionized everything! Introduce your clients to this two-rope system to awaken your senses and challenge every part of your body. Learn innovative movement sequences designed to improve athletic performance and muscular endurance. Powered by Balanced Body.

**SA4R Saturday, 12:45pm-2:15pm**



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

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

**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, 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!

**SA4B Saturday, 1:30pm-3:00pm****BOSU® SPORT C.A.M.P. Doris Thews**

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

**SA4C Saturday, 1:30pm-3:00pm****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.

**SA4E Saturday, 1:30pm-3:00pm****THINKFIT™ STRENGTH: SENIOR POWER****Erika Quest**

Baby boomers who are actively aging can be your most dedicated and inspiring clients and the MOTR™ is a fantastic tool for creating one on one and small group training for this population. Using the Balanced Body Movement Principles, you will learn engaging, flexible programming to keep your boomers fit and functional.

Session Type: Active Aging, Strength Training, Bells &amp; Balls

**SA4F Saturday, 1:30pm-3:00pm****CLUB VIBE® - DANCE MEETS FITNESS****Allyson Ponte & Kelly Schur**

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

**SA4H Saturday, 1:30pm-3:00pm****JUVO CORE LIKE NEVER BEFORE Shauna Smith-Yates**

Try the fastest growing water sport, Stand Up Paddling, ON LAND! Sculpt abs in unique and fun ways with the simulated feeling of paddling on water with Juvo Balance! This workout will give clients the confidence to try SUP or keep your seasoned paddlers in peak shape!

**SA4I Saturday, 1:30pm-3:00pm****HIIT THE TURF Jen Keenan-Stryka & Angelique Hughes**

You won't want to miss this NEW energetic HIIT based class featuring easy to travel with TURF ON THE GO mats. Sessions showcase exciting new moves using gliding discs, cardio and strength. Proven to sculpt muscles and burn fat! This workout will keep your clients coming back for more!

**SA4J Saturday, 1:30pm-3:00pm****FOAM ROLLING: ROLLING PINS TO VIBRATION****Brandon Wagner**

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)

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

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

**SA5A Saturday, 3:15pm-4:45pm****MAX INTERVAL TRAINING WITH INSANITY****Danielle Natoni**

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

**SA5B Saturday, 3:15pm-4:45pm****THE MIX BY PILOXING®****Jordan Ballard**

THE MIX by Piloxing is inspired by commercial dance from the dance mecca of Los Angeles. This all-new program will have you addicted from the first beat. Lose yourself in Today's Music Hits and Iconic Throwbacks while learning moves from LA's dance scene. This is what cardio should feel like!

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

## RELAX & RESTORE FOAM ROLLER TRAINING

Irene Lewis-McCormick, MS, CSCS

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

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

## 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.

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

## LABLAST® LINE DANCE

Louis Van Amstel

Are you ready to take traditional line dancing out of the saddle and onto the ballroom floor while blasting it to a whole new level of partner-free fitness and fun? Then LaBlast® Line Dance is for you! Disco, Paso Doble, Jive, Foxtrot and more!

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

## BARRE 360

Abbie Appel

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

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

## COUNTRY FUSION

Elizabeth Mooney

Country Fusion® is a new fitness workout that incorporates country music and dance. This workout can burn up to 500 calories in its 50min class! Country Fusion® is designed for all levels, ages, and for male and females. Learn how to dance, get an amazing workout all while having fun!

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

## AGELESS BODY RECOVERY WITH ROLLGA®

Leslee Bender

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

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

## SPEEDBALL

Steve Feinberg

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.

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

## SCHWINN®: RHYTHM DONE RIGHT

Helen Vanderburg

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

SA5K Saturday, 3:15pm-4:45pm

## 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.

SA5L Saturday, 3:15pm-4:45pm



## MANUEL VELAZQUEZ

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

## SILVER AQUA SOLUTIONS

Manuel Velazquez, Connie Warasila, Ann Gilbert & Billie Wartenberg

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

SA5M Saturday, 3:15pm-4:45pm

## 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)

SA5N Saturday, 3:15pm-4:45pm

## THE FEMALE TRAINING ADVANTAGES 2018

Len Kravitz, PhD

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

SA5O Saturday, 3:15pm-4:45pm

## SNEAKY STRATEGIES TO MANAGE WEIGHT

Tricia Silverman, RD, LDN, MBA

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

SA5P Saturday, 3:15pm-4:45pm

## LEADING FOR MAX PERFORMANCE

Sara Kooperman, JD

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

SA5Q Saturday, 3:15pm-4:45pm

## THINKFIT™ SUSPENSION: PILATES-INSPIRED

Nico Gonzalez

Pilates does an amazing job connecting the body from the inside out. Why not complement the method by adding balance, standing exercises and functional core challenges? Experience a Pilates-inspired session on the Bodhi Suspension System, and witness how your entire body reacts to gravitational pulls, level changes and more. Powered by Balance Body.

SA5R Saturday, 3:15pm-4:45pm

## STAIRMASTER® PRESENTS - HIIT MIX SOLUTION

Pete McCall, MS

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

SA5S Saturday, 3:15pm-4:45pm

SA6

5:00PM-6:30PM

**STRONG BY ZUMBA® Kelly Bullard**

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. Feeling the beat to push students into a new level of intensity. Let It Sync In™. Attendee Challenges and PRIZES!

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

**AXLE LOADED Andrew Page**

Get #loaded in this weightlifting class that combines explosive power exercises with high-intensity cardio bursts to amplify muscle recruitment and metabolic load. Learn proper form to maximize your workout safely and effectively; then add weighted plates to your AXLE to increase muscle strength and endurance.

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

**EXTREME RESULTS DRIVEN BY CHAOS****Carolyn Erickson**

Extreme Chaos is a muscle stimulating, mind-blowing HIIT workout experience delivering random HIIT, PHA (peripheral heart action), and powerful, mindful movement utilizing real-time feedback where all body systems are challenged to work in collaboration. Transform your client's body and mind in a brand new way; because when they train in chaos, you prepare them for anything.

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

**THE PERFECT FUSION WITH PIYO Kimberly Dobson**

Pilates and Yoga are some of the most popular classes in group fitness today. 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.

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

**PSOAS & GLUTES: 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.

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

**LES MILLS BODYATTACK® WORKOUT Alex Kattar**

Les Mills' BODYATTACK® is a high-energy class for total beginners to total addicts. We combine movements like running, lunging and jumping with strength exercises such as push-ups and squats. Adam will pump out energizing tunes and lead you to challenge your limits, burn up to 730 calories and leave you with a sense of achievement.

**SA6F 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.

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

**HIGH FITNESS: AEROBICS IS BACK! Amber Zenith**

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

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

**ABS & ASSETS: JUVO PILATES/BARRE****Sauna Smith-Yates**

Reach new levels in your Pilates mat and barre classes. Assist and empower the client in their workout by bringing the mat to them with Elevate. Amp up the challenge with the instability of Balance.

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

**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. Five 10-minute blocks of lunges & squats, shoulders & arms, balance, core, and flexibility for a great hour of functional fitness.

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

**SCHWINN®: B1G1 FREE, CLASS DESIGN Mindy Mylrea**

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

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

**BARRE-A-CUDA Billie Wartenberg**

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

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

**LUSCIOUS LIMBS Ann Gilbert**

Practice innovative strength-training workout patterns that will take your classes to a new level. Study a trainer's cueing patterns and learn how to implement them into this coached class format. Grab a noodle and a buoy and hit the pool this season with the ultimate "switch it up" class format.

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



## METABOLISM MAKEOVER

Sohailla Digsby, RDN, LD

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

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

## WORLD'S BEST RESISTANCE TRAINING PROGRAMS

Len Kravitz, PhD

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

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

## INSPIRED TO THRIVE - THE JOURNEY

Allyson Ponte & Kelly Schur

We all experience life moments that shake us to the core. Regardless of the cause, we can find strength, hope, beauty and opportunity through our trials. The very challenges we fear can enrich our lives and help us grow. Learn to discover inspiration along the journey and pay it forward. (LECTURE)

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

## COPING WITH DIFFERENT PERSONALITIES

Lisa Gorsline

We are all different! You will learn the different personality styles and learn how to deal with bosses, co-workers, members and people in general. This will help with your communication style, less stress in your life, avoid "burn out" and create a life that you want to wake up to every morning. Stop by this session and walk away with confidence, motivation and inspiration. (LECTURE)

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

## 3:1 PUNCHOUT Steve Feinberg

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

SA6R Saturday, 5:00pm-6:30pm

## SA7 - EVENING SESSIONS 6:45PM-7:45PM

## MANIA® DANCE-OFF!

with Club Vibe, Country Fusion, Jenn Hall, LaBlast, Piloxing, U-Jam & Zumba

Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with Club Vibe, Country Fusion, Jenn Hall, LaBlast, Piloxing, U-Jam & Zumba, 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

## RECOVERY THROUGH MEDITATION

Yury Rockit

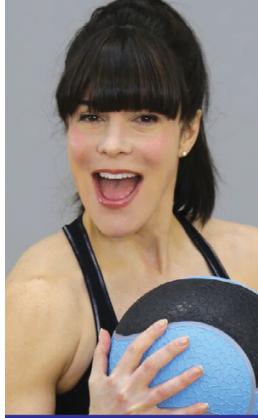
Learn the background to traditional tenets of Buddhist meditation: from principles to prana to practices. Instead of learning just theory, we practice meditation to gain new pranayama skills & drills for you and your clients for both physiological and psychological benefits for mind and body.

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

## EBBS AND FLOWS OF AQUA EXERCISE: PANEL DISCUSSION

Jeff Howard, Ann Gilbert, Connie Warasila & Manuel Velazquez

Are you up on the most current tips and trends in water exercise? This panel of industry experts addresses topics including aqua programming options such as HIIT, barre training, and mind/body classes. Our presenters also expand upon water exercise scheduling variations,



## ABBIE APPEL

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

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

SA7N Saturday, 6:45pm-7:45pm

## SUNDAY, AUGUST, 26

SU1

7:00AM-8:30AM

## MASHUP® YOUR WORKOUT

Jamie Zacharias, RN, MSN, NP-C & Barbie Brown

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

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

## THE WARRIOR FIT GAMES SGT Ken®

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

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

## BOSU® PILATES CORE POWER Erika Quest

Evolve your core training and take it to the next level. Fusing various 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.

SU1C Sunday, 7:00am-8:30am

## QI GONG FOR EVERY BODY Elian Haan

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

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

## 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. Begin with superficial, static techniques which will help lay the foundation for deeper, active techniques. Feel the benefits and design better programs.

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

## UNIFYING COMMUNITY WITH U-JAM Mandy Leslie

See what the hype is all about and experience a U-Jam class first-hand. In addition, Susy will teach you the "secret sauce" to building community outside of the classroom. You won't want to miss this insanely popular and highly addictive class.

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

# FEEL THE RUSH

## IRON ANKLES STRENGTH TRAINING Virginia Lake

Learn how to use our equipment, to teach proper technique in this full range of motion strength program using dumbbells as leg weights as well as hand held. We teach how to improve mobility, strength and balance in this full body program designed for all ages and fitness levels.

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

## 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.

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

## AQUA ATHLETE Jeff Howard

This class simulates different sports ranging from tennis to volleyball in patterns unique to each athletic endeavor. Jeff uses a cognitive teaching method that is easy to simulate and very effective. It involves the ability to process information and learn a different way of cueing that achieves results with less words.

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

## FOODS FOR OPTIMAL HEALTH Bruce & Mindy Mylrea

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

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

## PREVENTION AND PERFORMANCE FOR RUNNERS

**Brian Bettendorf, MSM, MS**

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

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

## 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)

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

## FITNESS INSURANCE - AN ENLIGHTENING EXPERIENCE

**Joseph Sanders**

An Informative lecture that will describe tailored policies for fitness professionals along with an explanation of coverage selections and policy limitations. Join in with a Q & A as well as the opportunity to see how quick and easy it is to insure yourself today! (LECTURE)

**SU1Q Sunday, 7:00am-8:30am**

**SU2**

**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 cueing to address the forward shoulder and head positions.

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

## LES MILLS GRIT® CARDIO & HIIT Alex Kattar

**LES MILLS**

GRIT® Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed, and maximizes calorie burn. This workout uses a variety of 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.

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

## FLEXIBILITY + PERFORMANCE = WELLNESS Jeff Howard

**OnDemand**

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.

**SU2C Sunday, 8:45am-10:15am**

## THINKFIT™ PILATES: MAT CIRCUIT CIRCUS

**Erika Quest**

Add ring, rollers, bands and balls to your Pilates Matwork! Using the Balanced Body Movement Principles and ThinkFit™ programming system, learn to design well-balanced classes that take Pilates beyond the Mat to address functional exercises, including standing work, upper-body strength and balance and dynamic lower-body exercises. Powered by Balanced Body.

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

## RUMBLEROLLER: GROUP EXERCISE FLOW

**Brian Bettendorf, MSM, MS**

**RUMBLEROLLER**

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.

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

## LABLAST SHAPE: INTERVAL BASED DANCE FITNESS

**Louis Van Amstel**

**LaBlast**

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

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

**HIIT THE TURF** Jen Keenan-Stryka & Angelique Hughes

You won't want to miss this NEW energetic HIIT based class featuring easy to travel with TURF ON THE GO mats. Sessions showcase exciting new moves using gliding discs, cardio and strength. Proven to sculpt muscles and burn fat! This workout will keep your clients coming back for more!

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

**SURF AND TURF** Ann Gilbert

Discover an innovative new program utilizing both the deck and the waves! Turn the table on your conventional formatting and excite your members with a new strength and endurance mix. Taught by, Ann Gilbert, your takeaway will include science-based movement patterns, cueing and teaching strategies.

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

**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.

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

**MEATLESS MONDAY? PLANT PROTEIN DEMYSTIFIED!**

Jenn Hall

Are you considering adding vegetarian or vegan days to your lifestyle? Concerned about where you will get protein? Come find out how to replace all the protein your athlete body requires with plant-based nutrition and how it can add better performance and longevity to your fitness career. This is not a conversion lecture, meat eaters welcome!! (LECTURE)

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

**10 KEY RULES FOR LONGEVITY** Len Kravitz, PhD

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

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

**GET MORE PERSONAL TRAINING ORIENTATIONS**

Jason Stowell

Even the best personal trainers in the world started out by needing to get in front of lots potential clients. In this session we will discuss noninvasive and some nontraditional ways in which we can attract prospective more clients to us. (LECTURE)

**SU2Q Sunday, 8:45am-10:15am**

**SU3**

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

**THE 4 F'S OF EXERCISE** Elia Haan

Fun with Friends & Functional Fitness. A great class for all your clients that combines simple and effective exercises for inter changeable class formats. Use it in moderate, interval or Tabata setting and change up your routine while your students will recognize the exercises for impressive results!

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

**THE AMRAP ASSAULT** SGT Ken®

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

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

**BEYOND BOOTCAMP BY HEDSTROM FITNESS**

Mindy Mylrea

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

**SU3C Sunday, 11:15am-12:45pm**

**Y3: YIN-YANG YOGA** Yury Rockit

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

**SU3D Sunday, 11:15am-12:45pm**

**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!

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

**COUNTRY FUSION** Elizabeth Mooney

Country Fusion® is a new fitness workout that incorporates country music and dance. This workout can burn up to 500 calories in its 50min class! Country Fusion® is designed for all levels, ages, and for male and females. Learn how to dance, get an amazing workout all while having fun!

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

**STRONG MIND | STRONG BODY** Kayla Bonina

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

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

**AQUATIC KICK AND BURN BOOTCAMP**

Danita Watkins

Kickboxing is one of the most popular fitness formats and is a great workout in the water. In this workshop we will begin by using some basic kickboxing moves and turn it into some amazing combination moves while incorporating some HIIT format for calorie burn.

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

**PLAYFUL AQUA PATTERNS** Ann Gilbert

Study innovative science-based patterns to incorporate into your aqua classes. Learn to balance movement patterns to ensure that you know how to incorporate a well-designed warm-up and cool-down section to your class while capturing the attention of the group and retaining them for years to come.

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

**COMMON SENSE NUTRITION: YOUR SCOPE**

Kimberly Garcia

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

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

**EIGHT BEST ANAEROBIC CIRCUIT PROGRAMS**

Len Kravitz, PhD

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

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

**STABILITY & SECURITY: YOUR PILATES CAREER**

Vanessa Huffman

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

**SU3Q Sunday, 11:15am-12:45pm**



SU4

1:00PM-2:30PM

**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.

**SU4A Sunday, 1:00pm-2:30pm****SPORT™ BY GROUP RX Billy Boynton**

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™ by Group Rx training strengthens the heart, increases bone mineral density, and tones the entire body with every move you make. It's GO Time!

**SU4B Sunday, 1:00pm-2:30pm****POUND® - ROCKOUT. WORKOUT.****Michelle DesOrmeaux**

Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. You're not listening to music, you ARE the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

**SU4C Sunday, 1:00pm-2:30pm****RELAXERCISE Elian Haan**

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

**SU4D Sunday, 1:00pm-2:30pm****CORRECTIVE EXERCISE****FOR THE PROBLEM SHOULDER Brandon Wagner**

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.

**SU4E Sunday, 1:00pm-2:30pm****HIIT THE DANCE FLOOR Jenn Hall**

You've never experienced a HIIT class quite like this! Explore how to create a totally dance-based, high intensity interval training class using specific music and easy-to-follow, dance-based choreography. Based on the latest HIIT research and designed to be so much fun that participants don't realize how much intensity they're exerting, this session will have you ready to HIIT the Dance Floor!

**SU4H Sunday, 1:00pm-2:30pm****IRON ANKLES LOWER BODY STRENGTH & TONE****Virginia Lake**

Strap in and use dumbbells for a full range of motion strength training targeting hips, glutes, thighs and abs. Using Iron Ankles straps and dumbbells your body becomes the only machine needed to do leg extensions, hamstring curls, leg press and so much more.

**SU4J Sunday, 1:00pm-2:30pm****AQUA ZEN Connie Warasila**

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

**SU4L Sunday, 1:00pm-2:30pm****AQUATIC MUSCLE MIX Danita Watkins**

This is a workshop designed to help develop a variety of strength training moves using a variety of pieces of equipment. We will also discuss how the properties of water play a role on intensities and movement with equipment. Understanding muscle pairs of the body, and how they work together is important to help promote good posture.

**SU4M Sunday, 1:00pm-2:30pm****NUTRITION AND CHRONIC PAIN****Kimberly Garcia**

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

**SU4N Sunday, 1:00pm-2:30pm****THE ART OF CUEING™ Allyson Ponte & Kelly Schur**

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

**SU4O Sunday, 1:00pm-2:30pm****SCRIPTS FOR THE NON-SALES PERSON****Jason Stowell**

Most personal trainers will admit that they are not great at "Sales". In this session, we will redefine what a "sale" is and how you can increase the number of clients by employing both verbal and nonverbal communication tactics. We will reference a few studies including the Power of Influence and what we can learn from a master pick-pocket! (LECTURE)

**SU4Q Sunday, 1:00pm-2:30pm**

# SPONSOR SPECIALS



Since 1986, Power Systems' passion for fitness has been fueled by our customers. Our mission is to advance health, fitness, and performance for everyone by being a resource to our customer, who understands your individual and collective goals then supplies targeted solutions to help Power Your Potential. Together and right alongside you, we have seen the fitness industry grow and change tremendously over the past three decades. We understand that in order to remain your trusted and valued partner, we must also continue to move forward with the same dynamics as our industry. As our company continues to evolve with the industry, we are in pursuit to reach our fullest potential of empowering you with everything you need to use fitness as a means to influence the world. By creating new partnerships, updating your favorite products, and providing educational programs, we continue with great effort to become a complete solution for you. Visit [www.power-systems.com](http://www.power-systems.com) or call 800-321-6975.



When you step into Rykå, you step into more than a shoe - you step into a world MADE JUST FOR WOMEN. You join the tribe. You find community and support. We are stronger together than we are apart - and that is how we choose to move through life. Because OUR FEET ARE DIFFERENT than his - and we think our individuality is a pretty amazing thing to celebrate. JOIN THE MADE FOR WOMEN MOVEMENT. YOUR FIT, YOUR SHOES, YOUR LIFE LIVED THE RYKÅ WAY.



Join the leader in cutting-edge programming and products! Savvier Fitness has provided thousands of professionals nationwide with innovative programming, education, and products specifically designed for health clubs, studios, and independent fitness professionals. With cutting-edge programs like Barre Above®, Tabata GX™ and more, Savvier Fitness captures unique and in-demand approaches to exercise and wellness that help drive member acquisition and retention. Additionally, Savvier Fitness also creates fitness apparel, like Barre Sox® Fitness socks, and also products that are portable, storable, versatile, and affordable for facilities, such as Gliding™ and Bender Ball™. Attend any Savvier Fitness® sponsored session at SCW MANIA and receive a FREE GIFT when you stop by the booth! [www.SavvierFitness.com](http://www.SavvierFitness.com).



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



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



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



Discover how WATERinMOTION® has resuscitated hundreds of aqua programs nationwide through a constant stream of exceptional music, invigorating choreography and magnificent marketing. Including free certifications, this innovative program empowers experienced aqua instructors, transitions land instructors to the pool smoothly and efficiently and provides high-quality available aqua subs consistently. For a fountain of creativity and education, dive into WATERinMOTION®! For info visit [www.waterinmotion.com](http://www.waterinmotion.com), email us at [water@scwfit.com](mailto:water@scwfit.com) or call 847-562-4020.



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



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



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



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



Balanced Body® has worked with commercial fitness facilities for over 40 years to create the very best in mindful movement equipment and training. Learn cutting edge programming and choreography with top notch teachers, and also enjoy playing with great exercise tools like MOTR® and the Bodhi Suspension System®. For 2018 we will also feature ThinkFit®, a programming system that combines the fitness essentials of cardiorespiratory training, strength, neuromotor training and flexibility with the Balanced Body® Movement Principles. Create classes for clients at all levels of ability, on any piece of equipment! Info: [www.balancedbody.com](http://www.balancedbody.com), 800-745-2837.



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

# DALLAS MANIA<sup>®</sup> PRESENTERS



**ABBIE APPEL**  
BALANCED BODY / SCW  
POWER SYSTEMS / STAIRMASTER



**JORDAN BALLARD**  
PILOXING



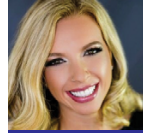
**LESLEE BENDER**  
SCW / SAVVIER / ROLLGA



**BRIAN BETTENDORF**  
MSM, MS  
RUMBLEROLLER



**LAWRENCE BISCONTINI**, MA  
SCW



**KAYLA BONINA**



**BILLY BOYNTON**  
POWER MUSIC



**PAUL BOSLEY**, MS



**BARBARA BRODOWSKY**  
BEACHBODY



**BARBIE BROWN**  
MASHUP



**KELLY BULLARD**  
ZUMBA



**FABIO COMANA**, MA, MS  
SCW



**MARC CORONEL**  
TRIGGERPOINT  
/ ACTIVMOTION BAR



**MICHELLE DESORMEAUX**  
POUND



**SOHAILLA DIGSBY**, RDN, LD



**AMY DIXON**  
HEDSTROM / SCHWINN



**KIMBERLY DOBSON**  
BEACHBODY



**CAROLYN ERICKSON**  
SAVVIER



**STEVE FEINBERG**  
SCW / NAMIRSA



**RACHEL FINLEY-NORWOOD**



**ELISABETH FOUTS**  
POWER SYSTEMS



**SONJA FRIEND-UHL**  
STAIRMASTER



**ALISON GALVAN**  
HEDSTROM



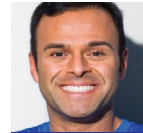
**KIMBERLY GARCIA**



**LAUREN GEORGE**  
SAVVIER



**ANN GILBERT**



**NICO GONZALEZ**  
BALANCED BODY



**LISA GORSLINE**



**ELIAN HAAN**



**JENN HALL**



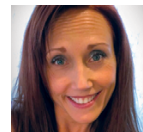
**JEFF HOWARD**  
SCW / YES! MUSIC



**DAN HUBBERT**  
POWER MUSIC



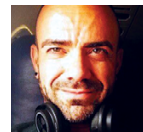
**VANESSA HUFFMAN**  
CLUB PILATES



**ANGELIQUE HUGHES**  
TURF ON THE GO!



**SUSAN JESSUP**  
RIPPED



**ALEX KATTAR**  
LES MILLS



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**LEN KRAVITZ**, PHD



**VIRGINIA LAKE**



**MANDY LESLIE**



**IRENE LEWIS-MCCORMICK**, MS, CSCS  
SCW / POWER SYSTEMS



**PETE MCCALL**, MS  
SCW / STAIRMASTER



**DEREK MIKULSKI**  
ACTIVMOTION BAR



**ELIZABETH MOONEY**  
COUNTRY FUSION



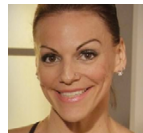
**TRICIA MURPHY MADDEN**  
SAVVIER



**BRUCE MYLREA**  
ONE DAY TO WELLNESS



**MINDY MYLREA**  
ONE DAY TO WELLNESS /  
HEDSTROM / SAVVIER / SCHWINN



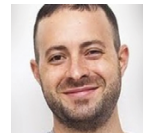
**DANIELLE NATONI**  
BEACHBODY



**BERNADETTE O'BRIEN**, MA  
SCW



**DR. EVAN OSAR**



**ANDREW PAGE**  
POWER SYSTEMS



**ALLYSON PONTE**  
CLUB VIBE



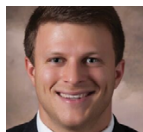
**ERIKA QUEST**  
ACTIVMOTION BAR  
BALANCED BODY / HEDSTROM



**KELI ROBERTS**  
HEDSTROM / SCW / SCHWINN



**YURY ROCKIT**  
SCW



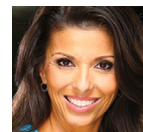
**JOSEPH SANDERS**



**KELLY SCHUR**  
CLUB VIBE



**TERRY SHORTER**  
R.I.P.P.E.D.



**TINA SHORTER**  
R.I.P.P.E.D.



**TRICIA SILVERMAN**,  
RD, LDN, MBA  
SCW



**CODY SIPE**, PhD



**SHAUNA SMITH YATES**  
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**PJ STAHL**, MA, CSCS  
POWER SYSTEMS



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## 1: ATTENDEE INFORMATION

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

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

FIRST NAME _____	LAST NAME _____
EMAIL ADDRESS _____ ( ) _____	
CELL PHONE _____	
HOME STREET ADDRESS _____	
CITY _____	STATE _____ ZIP _____

## 2: MANIA® RATES

## DISCOUNT DEADLINE: AUGUST 6, 2018

	BEFORE 8/6/18	AFTER 8/6/18
Registration	<input type="checkbox"/> \$259	<input type="checkbox"/> \$319
Previous Attendee	<input type="checkbox"/> \$229	<input type="checkbox"/> \$289
Refer-a-Friend Rate*	<input type="checkbox"/> \$199	<input type="checkbox"/> \$249
Weekend Warrior Special (Any 2 Days)	<input type="checkbox"/> \$199	<input type="checkbox"/> \$249
SCW Member Rate	<input type="checkbox"/> \$179	<input type="checkbox"/> \$179
Any ONE Day: Friday or Saturday	<input type="checkbox"/> \$179	<input type="checkbox"/> \$229
Sunday Only	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189
Staff Assistant: Friday or Saturday	<input type="checkbox"/> \$99	<input type="checkbox"/> \$129

\* Refer a Friend name \_\_\_\_\_

Email address \_\_\_\_\_

Cell phone # ( ) \_\_\_\_\_

## 3: CONVENTION CERTIFICATIONS

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

## 5: FEE TOTAL

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

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## 6: PAYMENT INFORMATION

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

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ / \_\_\_\_\_

Print Cardholder's Name \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

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

Check # \_\_\_\_\_

\*\*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/DALLAS](http://www.scwfit.com/DALLAS).

### FRIDAY, AUGUST 24, 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, AUGUST 25, 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, AUGUST 26, 2018

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

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

Signature required \_\_\_\_\_

Date \_\_\_\_\_



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