

FLORIDA MANIA[®]

FITNESS PERFORMANCE CONVENTION



MAY 4-6, 2018
scwfit.com/FLORIDA

FLORIDA
MANIA[®]
 FITNESS PRO CONVENTION

FLORIDA MANIA[®]
FITNESS PRO CONVENTION
MAY 4-6, 2018

(Friday, Saturday and Sunday)

CERTIFICATIONS
MAY 2, 3 and 6, 2018
 (Wednesday, Thursday and Sunday)

DoubleTree by Hilton
Orlando at Sea World

10100 International Drive
 Orlando, FL 32821

(800) 327-0363 (reservations only)
 (407) 352-1100

REGISTER ONLINE AT:
www.scwfit.com/mania



LETTER FROM
SARA KOOPERMAN, JD

Dear Florida MANIACs -

I was in my 20s when I started this business three decades ago. My first office was sitting cross-legged on my queen-size bed. There were no fax machines or computers, and there was certainly no World Wide Web - just snail mail and word of mouth.

No one had heard of social media, let alone ZUMBA[®] or Step Aerobics! Strength Training meant doing low-impact aerobics with 2 lb. hand weights to the tunes of Madonna and Michael Jackson.

To create our first database, I ordered the entire state of Illinois Yellow Pages and tore out health and fitness companies page by page. Then, using my trusty Panasonic Selectric Typewriter, I typed names one by one on pages of sticky labels (3 across and 10 down). I did this alphabetically (on the advice of my dad) so they could be copied at Kinko's. Back in the day, there were no wireless microphones, iPhones to hold our music or PowerPoint projectors to view our outlines. My staff and I ran from room to room with a boom box in one hand and a bullhorn in the other. We printed outline books with hundreds of pages, killing thousands of trees. Now we are all wireless.

The industry has changed infinitely over the last 30 years, and MANIA[®] has evolved with it. For SCW: The "C" stands for Change, and it's our middle name! Our success begins and ends with a great team of people, many who have been with us for multiple decades. You recognize them at Registration, in our booths, and wearing headsets while moving equipment. It starts with our office staff, passes to our Nomad team, and rises to excellence with our SCW Faculty and Presenters.

As we celebrate another year in Florida, I feel truly blessed and eternally grateful, and I thank you for being a part of the MANIA[®].

In Health and Wellness,

Sara Kooperman, JD
 CEO, SCW Fitness Education

SAVE UP TO \$80 - DISCOUNT DEADLINE ENDS APRIL 16, 2018

BECAUSE IT'S YOUR



PASSION



FLORIDA MANIA®

 **30 YEARS IN THE MAKING**



200+
CERTIFICATIONS
& WORKSHOPS



60+
TOP INDUSTRY
PRESENTERS



24
CEC & CEU
HOURS AVAILABLE



15
WORKSHOPS
EVERY HOUR



SCW FITNESS EDUCATION WE'RE A FAMILY

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

Exercise Professionals, Cycling 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 and management tracks. As the largest conference leader in the world, MANIA® offers nine Professional Training Conventions annually in New York City, California (San Francisco), Florida (Orlando), Atlanta, Dallas, DC, Philadelphia, Midwest (Chicago), and Boston. SCW serves over 10,000 health and wellness professionals at our events, and we reach more than 100,000 virtually through our SCW OnDemand program and Online Certifications and Continuing Education Credit (CEC) programming.

EXPERIENCE MANIA®

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

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





CONVENTION & HOTEL LOCATION

DOUBLETREE BY HILTON ORLANDO AT SEAWORLD

10100 International Drive
Orlando, FL 32821
(800) 327-0363 (reservations only)
(407) 352-1100

HOTEL ROOM RATES

RESORT ROOMS: \$117 per night, single-quad

Pay as little as \$29.25 per night when you share a room with three others!

TOWER ROOMS: \$147 per night, single-quad

Pay as little as \$36.75 per night when you share a room with three others!

HOTEL ROOM DISCOUNT DEADLINE: APRIL 19, 2018

AIRPORT SHUTTLE

Shuttle service from Mears Transportation is available from the airport to the hotel. Please look for the Mears Transportation Desk in the Ground Transportation/Baggage Claim Area of the Orlando International Airport. Shuttle service operates 24 hours a day. To arrange late-night service call 407-423-5566. Rates are approximately \$30 round trip and \$19 one way. Please reserve ahead of time.

PARKING

Self Parking: \$8 daily and overnight parking
Valet Parking: \$20.00 and overnight parking
SCW Fitness Education is not responsible for changes in rates

TAXI

Cost is approximately \$40 one way.
Uber can be less, depending on time of day.

MANIA® REGISTRATION DISCOUNT DEADLINE: MONDAY, APRIL 16, 2018

Avoid late fees! Register for MANIA® by Monday, April 16, 2018 and lock in all your class selections!

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

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

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

MORE THAN JUST A FITNESS CONVENTION



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

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



MANIA® REGISTRATION OPTIONS & SAVINGS

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

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

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



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

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



WEEKEND WARRIOR SPECIAL

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



YMCA DISCOUNT RATE

For our friends at the YMCA, we offer an \$80 Savings (Regularly \$259, Now \$179) when you use our special YMCA discount code: YMCA. All Group Exercise Instructors, Personal Trainers, Aqua Instructors, Cycle Instructors, and Management Staff receive this special discount. Please know that we are required to confirm your affiliation with the YMCA.



WATCH FOR TEXT MESSAGE UPDATES

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



REGISTER ONLINE & SAVE

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

MANIA® OFFERS 24 CECS/CEUS IN ONE WEEKEND – YOU NEED ‘EM, WE GOT ‘EM!

24
CECS

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

including the Keynote speech and evening sessions! SCW, AFAA, ACE, NASM, AEA, ACSM and other providers

accept MANIA® CECS/CEUs. We are happy to help you secure Physical Therapy or other CEUs! SCW is committed to excellence and utilizes only presenters that are certified or carry a fitness-related graduate or undergraduate degree. Please check with your individual certification organization to determine the exact number of CECS/CEUs required for credential maintenance. All courses are subject to CEC/CEU approval by your corresponding educational organization.



SCW LEADERSHIP & BUSINESS SUMMIT

Advance your career in a day! This innovative, one-day educational event offers business lectures, round-table discussions, and leadership tables to help Owners, Directors, Managers, and Trainers take their careers to the next

level. For more information, see the description under CERTS or visit www.scwfit.com/MANIAbusiness.



DON'T MISS OUR ACTIVE AGING SESSIONS!

With everyone over the age of 50 being classified as an older adult, Active Aging is on the rise! MANIA® offers a variety of programs and certifications that are geared to train fitness professionals (you!) how to work closely with this generation. Together we can help educate and strengthen the baby boomers, as they seek to continue living engaged and fulfilled lives!



2018 SCW PRESENTERS OF THE YEAR AWARD!

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

MANIA® of their choice!



FITNESS CARES CHARITY RAFFLE

Join SCW at our Reception and Charity Raffle for fabulous fitness equipment and resources donated by our generous exhibitors and sponsors. Proceeds support FitnessCares, which is providing support to victims of

the hurricane disasters in Texas, Florida and Puerto Rico. The Charity Raffle and Reception will take place on Friday, 5:30pm-6:15pm in the EXPO area. Please visit scwfit.com/FitnessCares for more information.

REGISTRATION HOURS

| | |
|-------------------|-----------------|
| Wednesday, May 2: | 7:00am - 6:30pm |
| Thursday, May 3: | 6:00am - 6:30pm |
| Friday, May 4: | 6:00am - 7:00pm |
| Saturday, May 5: | 6:00am - 7:45pm |
| Sunday, May 6: | 7:00am - 1:30pm |

EXPO HOURS

| | |
|------------------|--|
| Thursday, May 3: | 5:00pm - 7:00pm |
| Friday, May 4: | 8:45am - 2:30pm 5:15pm - 6:45pm |
| Saturday, May 5: | 8:15am - 9:30am 12:15pm - 3:30pm 6:15pm - 7:45pm |
| Sunday, May 6: | 10:00am - 1:30pm |



PARTNER WITH "THE BEST" SPONSOR / EXHIBIT / ADVERTISE

Reach 10,000 Fitness Professionals in face-to-face contact and another 90,000 virtually. All our event sites are held at Non-Union Hotels. Our MANIA®

attendees will use your products, try your program(s), and experience your presenters! Host MANIA® sessions, receive a premier Expo booth (including table, chairs, carpet, etc.), provide inserts for the Welcome Bag, publish Articles with Ads in our Newsletter, and receive Discount Coupons in our Emails. Go to www.scwfit.com/PARTNER, email partner@scwfit.com or call our Partner/Sponsor Director, Will Harris at 847-562-4020.



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!



EASILY ACCESSIBLE DOWNLOADABLE OUTLINES ONLINE

Download & Print BEFORE you come! Outlines are NOT provided onsite. To download your outlines, go to www.scwfit.com/OUTLINES. The outlines will remain

online 30 days after the close of MANIA® making it easier for you to retain this important information.

PUSH YOUR LIMITS



LOCKED IN



PREMIER SPONSORS



CO-SPONSORS



TRIGGERPOINT



ASSOCIATE SPONSORS



CHECK OUT OUR SPONSOR SPECIALS ON PAGE 29!

PRE-CONVENTION CERTIFICATIONS & WORKSHOPS

WEDNESDAY, MAY 2

SCW AQUATIC EXERCISE CERTIFICATION

Jeff Howard

Wednesday, May 2, 8:00am-5:00pm

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

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

SCW PERSONAL TRAINING CERTIFICATION

Keli Roberts

Wednesday, May 2, 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).*

THURSDAY, MAY 3

SCW GROUP EXERCISE CERTIFICATION

Jeff Howard

Thursday, May 3, 8:00am-5:00pm

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

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

SCW PILATES MATWORK CERTIFICATION

Abbie Appel

Thursday, May 3, 8:00am-5:00pm

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

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

including those individuals rehabilitating from injury. *Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (8.0), ACE (0.8), NASM (0.8), AEA (4.5), ACSM (8.0).*

SCW LEADERSHIP & BUSINESS SUMMIT

Sara Kooperman, Lori Lowell, Dan Ritchie, Ann Gilbert, Lawrence Biscontini, Ntiedo (Nt) Etuk,

Thursday, May 3, 8:30am-4:30pm

\$99 MANIA® Attendees / \$159 Non-Attendees (\$89 per person for two from the same facility)

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

SCW YOGA I CERTIFICATION

Manuel Velazquez

Thursday, May 3, 8:00am-5:00pm

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

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

SCW YOGA II CERTIFICATION

Manuel Velazquez

Thursday, May 3, 5:30pm-9:30pm

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

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

SCW SPORTS NUTRITION CERTIFICATION

Fabio Comana, MA, MS

Thursday, May 3, 9:00am-3:30pm

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

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

SCW AQUA BARRE CERTIFICATION

Billie Wartenberg

Thursday, May 3, 9:00am-4:00pm

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

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

SCW ACTIVE AGING CERTIFICATION

Lawrence Biscontini, MA

Thursday, May 3, 9:00am-5:00pm

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

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

SCW HIIT CERTIFICATION

Keli Roberts

Thursday, May 3, 11:00am-5:00pm

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

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

SCW CORE TRAINING WORKSHOP

Pete McCall, MS

Thursday, May 3, 1:00pm-5:00pm

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

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

SCW ACTIVE AGING NUTRITION CERTIFICATION

Tricia Silverman, RD, LDN, MBA

Thursday, May 3, 5:30pm-9:30pm

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

Tricia shares with you research-based, current insights on the distinct nutritional needs of your classes and clients over 50. Learn practical tips for preserving or increasing lean body mass, enhancing mental cognition, losing excess body fat, getting needed vitamins and minerals, and more. Discover studied nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutrition knowledge on aging.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4).

SCW MEDITATION CERTIFICATION

Yury Rokkit

Thursday, May 3, 5:30pm-9:30pm

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

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

SCW LIFESTYLE BEHAVIORAL COACHING WORKSHOP

Fabio Comana, MA, MS

Thursday, May 3, 5:30pm-10:00pm

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

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

SCHWINN® CYCLING: INSTRUCTOR CERTIFICATION

Jeffrey Scott & Helen Vanderburg

Thursday, May 3, 7:00am-5:00pm

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

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

STAIRMASTER® PRESENTS - BOXMASTER® CERTIFICATION

Sonja Friend-Uhl

Thursday, May 3, 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, May 3, 1:00pm-5:00pm

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

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

POWERWAVE™ INSTRUCTOR COURSE

Elisabeth Fouts

Thursday, May 3, 8:00am-4:00pm

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

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

ONE DAY TO WELLNESS CERTIFICATION

Bruce & Mindy Mylrea

Thursday, May 3, 8:00am-5:00pm

\$199 for MANIA® Attendees / \$229 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).

SPEEDBALL INSTRUCTOR CERTIFICATION

Steve Feinberg

Thursday, May 3, 8:00am-5:00pm

\$199 MANIA® Attendees & Non-Attendees

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

ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING

Jenna Bostic

Thursday, May 3, 8:00am-5:00pm

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

This training is the first step to becoming a Zumba® Instructor, 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 how to put these steps together into a song! Pre-con fee includes: Cardio Party and Live Class DVD, 20 Minute Express Workout DVD, 4

Basic Rhythms Review DVD, Cardio Party Music CD, The Zumba Instructor's Manual, and Zumba Certificate of Completion. SCW (8.0), AFAA (5.5), ACE (0.7).

HIGH FITNESS INSTRUCTOR TRAINING

Emily Nelson & Amber Zenith

Thursday, May 3, 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®

Leslee Bender

Thursday, May 3, 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 (8.0), AFAA (8.0), ACE (0.8), NASM (0.8).

BECOME A CORE DE FORCE INSTRUCTOR

Jericho McMatthews

Thursday, May 3, 9:00am-5:00pm

\$249 MANIA® Attendees & Non-Attendees

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

TRIGGERPOINT™ FOAM ROLLING: PRINCIPLES & PRACTICE

Sylvie Patrick

Thursday, May 3, 8:00am-12:00pm

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

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

TRIGGERPOINT™ ASSESSMENTS TO PERFORMANCE

Kolleen Losch

Thursday, May 3, 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).

SUNDAY, MAY 6**SCW BARRE CERTIFICATION****Abbie Appel****Sunday, May 6, 8:00am-4:00pm****\$159 MANIA® Attendees / \$199 Non-Attendees**

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

SCW BOXING CERTIFICATION**Steve Feinberg****Sunday, May 6, 8:00am-4:00pm****\$159 MANIA® Attendees / \$199 Non-Attendees**

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

Price includes training manual and testing fee PLUS a FREE PAIR OF BOXING GLOVES (\$100 value). Manuals will be emailed from SCW Fitness Education. CPR card not required. SCW (7.0), AFAA (7.0), ACE (0.8), NASM (0.7), AEA (4.0), ACSM (7.0).

SCW FUNCTIONAL PILATES CERTIFICATION**Leslee Bender****Sunday, May 6, 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).

WATERinMOTION® AQUA EXERCISE CERTIFICATION**Manuel Velazquez****Sunday, May 6, 8:00am-4:00pm****Additional \$159 MANIA® Attendees and/or****Instructor at a WATERinMOTION® licensed facility / \$199 Non-Attendees**

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

SCW FOAM ROLLING CERTIFICATION**Irene Lewis-McCormick, MS, CSCS****Sunday, May 6, 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).

THE AXLE WORKOUT CERTIFICATION**Andrew Page****Sunday, May 6, 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).

BALLETONE® - POWERED BY SAVVIER FITNESS®**Lauren George****Sunday, May 6, 8:00am-4:00pm****\$229.99 MANIA® Attendees / \$249.99 Non-Attendees**

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

STRONG BY ZUMBA® CERTIFICATION**Kelly Bullard****Sunday, May 6, 8:00am-4:00pm****\$225 Registration Fee (Use PROMO CODE: SCWSBZ25 to receive a \$25 discount.)**

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

BECOME AN INSANITY INSTRUCTOR**Erin Scott****Sunday, May 6, 8:00am-5:00pm****\$249 MANIA® Attendees & Non-Attendees**

As an INSANITY Instructor, you'll be the one inspiring your class to push hard in these sweat-drenching, cardio-conditioning workouts. Plus, with modifications for the toughest moves, you can help participants of all fitness levels achieve the results they desire. 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 are a novice or seasoned instructor. SCW (7.0), AFAA (7.0), ACE (0.7), NASM (0.8), CanFitPro/FIS/PTS (4.0), REPs (7.0).



MANIA® COURSE DESCRIPTIONS

FRIDAY, MAY 4

FR1

7:30AM-9:00AM

FUNCTIONAL TRAINING - WORKOUTS FOR RESULTS

Pete McCall, MS

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

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

UPPER EXTREMITY MOVEMENT MECHANICS

Fabio Comana, MA, MS

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

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

MMA FOR GROUP FITNESS Jericho McMatthews

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.

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



BARRE MOVES - UPDATE YOUR CHOREOGRAPHY



Leslee Bender

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.

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

THINKFIT™ CIRCUITS: PYRAMIDS & STACKS

Nico Gonzalez

Circuits are all the buzz, allowing clients and members to work at their own pace and effort level. Creating repetition lets everyone in the circuit master the foundation, build endurance, and push harder. This workshop, powered by Balanced Body, will showcase cardio and resistance circuits using pyramids and stacks for maximum efficiency.

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



THE WARRIOR® WORKOUT Jani Roberts

The Warrior® Workout is designed for men and women of all ages and fitness levels. Taught in rounds followed by short periods of active recovery, the workout challenges the mind and body simultaneously, including motivational guidance to help participants overcome their self-imposed limitations and realize their potential physically and mentally.

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

FLOW WAND Lori Lowell

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

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

BODY & SOLE FOR ACTIVE AGERS Lawrence Biscontini, MA

Learn to help our active agers face one of the biggest fears of aging: falling. We will approach 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!

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

SCHWINN®: HOW TO WOW! Abbie Appel

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.

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



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.

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

DEEP WATER TABATA Irene Lewis-McCormick, MS, CSCS

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

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



**DOMINATE YOUR
FUTURE**

COMMON SENSE NUTRITION: YOUR SCOPE

OnDemand

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)

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



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.

INSTRUCTOR STARTER PACK

Kari Merrill

Whether you are brand new to teaching Group Fitness or you need a refresher, this session is for you! Receive all of the tips and tricks you need to become a top-notch instructor, from music to timers to planning your class. Bring your questions and let's troubleshoot together. (LECTURE)

FR1M 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)

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

POWER
SYSTEMS

STAIRMASTER® PRESENTS - HIIT MIX SOLUTION

StairMaster®

Sonja Friend-Uhl

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

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

FR2

10:00AM-11:30AM

POUND® - ROCKOUT. WORKOUT. Michele Bastos

POUND

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

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

SPORT™ BY GROUP RX Billy Boynton

POWER
MUSIC

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.

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

THE AGELESS BODY RECOVERY WITH ROLLGA®

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.

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

ZUMBA® CARDIO BLAST Jenna Bostic

ZUMBA

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!

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

HIIT-HOP Kris Claborn

By mixing HIIT and Hip Hop, this high intensity class provides a sassy sweat session that'll leave you wanting more! HIIT-HOP not only incinerates calories, this workout also enhances EPOC to burn fat calories post workout. Get that inner spirit animal ready and let's HIIT our way through Hip Hop songs!

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

SHOULDER ISSUES? CORRECTIVE EXERCISE STRATEGY

Dr. Evan Osar

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

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

DRISHTI YOGA VINYASA FLOW Lori Lowell

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

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

PROGRESSIVE SYSTEMS TO SELF-MYOFASCIAL RELEASE Sylvie Patrick

TRIGGERPOINT

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.

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

SCHWINN®: THE MAGIC OF THE 3 C'S



Jeffrey Scott

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

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

AQUA CORE OPTIONS

Connie Warasila

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

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

FROM WATER NOVICE TO MANIAC**Connie Martin**

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

FR2K Friday, 10:00am-11:30am**ARE ALL CALORIES EQUAL?****Fabio Comana, MA, MS**

We eat, burn, and obsess about calories, but are these values we use even correct? What about calories in versus calories out? What about higher-intensity exercise with more carbohydrate calories vs. lower-intensity with more fat calories? This session will separate old science from new and fact from fiction. Leave with a clearer understanding of the facts, so you can program and educate effectively. (LECTURE)

FR2L Friday, 10:00am-11:30am**THE BRAINFIT WORKOUT Rachel Holmes**

The Brainfit Workout is a stress-reducing workout utilizing movement, music, and meditations with powerful affirmations. Experience simple, low-impact movement with strength and conditioning exercises while focusing on changing your mindset and self-talk. The Brainfit Workout is the next generation of Group Exercise, fusing mind, body, and spirit in a new era of Group Wellness.

FR2M Friday, 10:00am-11:30am**CLIMBING THE CORPORATE LADDER IN HEELS****Sara Kooperman, JD, Ann Gilbert, Mindy Mylrea, Keli Roberts & Helen Vanderburg**

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!

FR2N Friday, 10:00am-11:30am**BOXING: THE METHOD Steve Feinberg**

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

FR2O 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**

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!

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

FR3E 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.

INTENSITY BY HEDSTROM FITNESS Jessica Maurer

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.

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

FR3G Friday, 11:45am-1:15pm**FUNCTIONAL CIRCUITS FOR AGING CLIENTS Dan Ritchie**

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. This is a hands-on workshop so come prepared to move as we work through beginner to advanced level functional circuits.

FR3H Friday, 11:45am-1:15pm**GIRLS JUST WANNA HAVE FUN!****Sara Kooperman, JD, Irene Lewis-McCormick, MS, CSCS, Connie Warasila & Billie Wartenberg**

Bring a tidal wave of energy and excitement to the pool! The fabulous Women of MANIA® will provide a flood of new ideas that will give new meaning to fluid fun. Plunge into a fantastic workout that covers all body parts and add a major splash of WOW! to your aqua classes.

FR3K Friday, 11:45am-1:15pm**DIET DIAGNOSIS Bruce & Mindy Mylrea**

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

FR3L Friday, 11:45am-1:15pm**TIME-SAVING TOOLS FOR DIGITAL MUSIC****Jeff Howard & Manuel Velazquez**

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

FR3N 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.

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

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

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

PULLING FOR POWER™ SGT Ken®

WaterRower® GX

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

FR3C Friday, 12:30pm-2:00pm**HIGH FITNESS: AEROBICS IS BACK!**HIGH
fitness**Emily Nelson & Amber Zenith**

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

FR3D Friday, 12:30pm-2:00pm**SCHWINN®: TOUR DE SCHWINN® Keli Roberts**

SCHWINN

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.

FR3I Friday, 12:30pm-2:00pm**AQUA ZUMBA® Jenna Bostic**

ZUMBA

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

FR3J Friday, 12:30pm-2:00pm**FIGHTER'S FOCUS Jericho McMatthews**BEACHBODY
LIVE

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

FR3M Friday, 12:30pm-2:00pm**STAIRMASTER® PRESENTS BOXMASTER®**

StairMaster®

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!

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

FR4

2:15PM-3:45PM

STRONG BY ZUMBA® Kelly BullardSTRONG
BY ZUMBA

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

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

FR4B Friday, 2:15pm-3:45pm**THE ULTIMATE GROUP X EXPERIENCE**BEACHBODY
LIVE**Barbara Brodowsky**

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

FR4C Friday, 2:15pm-3:45pm**BARRE TRICKS Mindy Mylrea & Leslee Bender**Savvier
Fitness

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

FR4D Friday, 2:15pm-3:45pm**PREVENTION & RECOVERY THROUGH MUSCLE STIMULATION Steve Feinberg**

BOSU

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.

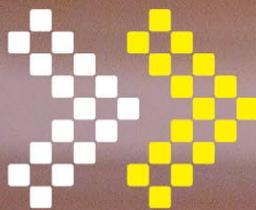
FR4E Friday, 2:15pm-3:45pm**BOSU® + BAR: GRIP, TIP, FLIP, STRIP Jessica Maurer**

BOSU

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!

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

DON'T JUST WARM UP



CATCH FIRE

TWISTED PILATES Jeff Howard & Nico Gonzalez

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

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

FOAM ROLLING APPLIED PROGRAMMING: REGEN®


Kolleen Losch

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

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

SCHWINN®: MUSIC MAGIC! Jeffrey Scott

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

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

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.

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

DIVE INTO AQUA CHOREOGRAPHY

Sara Kooperman, JD, Manuel Velazquez, Connie Warasila & Ann Gilbert

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.

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

NUTRITION PANEL

Fabio Comana, MA, MS, Kimberly Garcia, Bruce Mylrea, Tricia Silverman, RD, LDN, MBA

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)

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

LAUNCH GROUP TRAINING FROM SCRATCH Dan Ritchie

Learn how to launch a small group personal training model from scratch. Either into an existing health club business or launch a brand new business. This model can be dropped into existing studios, health clubs or brand new stand alone locations. (LECTURE)

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

CREATE YOUR HEALTH & WELLNESS BRAND Rachel Holmes

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

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

STAIRMASTER® PRESENTS - HIIT MIX SOLUTION

Abbie Appel

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

FR4O 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

BELOW THE BELT - GLUTES & LEGS! Mindy Mylrea

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

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

GROUP EXERCISE OR GROUP INJURY? Kimberly Garcia

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

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

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.

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

PUNCHING TO THE 32: CARDIOKICKBOXING MAGIC

Kari Merrill

Bring the individually choreographed class back and learn to create and breakdown a limitless series of cardiokickboxing combos taught utilizing 32 count music. Keep the energy flowing and your participants moving with an array of punching and kicking while incorporating agility, core, and spunk. The magic is in the breakdown.

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

MINDY MYLREA

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



FEEL THE



ZENERGY

GLUTES AND PSOAS: CORRECTIVE EXERCISE **Dr. Evan Osar**

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

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

CLUB PILATES MAT CLASS - LEVEL 1

CLUB  PILATES

Vanessa Huffman

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

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

YOGA FOR THE YOUNG AT HEART: CHAIR

 OnDemand

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.

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

SCHWINN®: TRAIN RIGHT RE-IMAGINED



Helen Vanderburg

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.

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

BARRE H2O **Billie Wartenberg**

 OnDemand

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.

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

TAB-AQUA QUICKIES **Jeff Howard**

 OnDemand

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

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

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)

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

THE SCIENCE OF MYOFASCIAL RELEASE

 TRIGGERPOINT

Sylvie Patrick

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 actually achieve "self-myofascial release" through practical application. (LECTURE)

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

SETTING FITNESS GOALS

Manuel Velazquez

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

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

3:1 PUNCHOUT **Steve Feinberg**

 OnDemand

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

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

WEDNESDAY, MAY 2
& THURSDAY, MAY 3

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|---|---|--|--|--|---|---|---|--|---|
| WEDNESDAY PRE-CONVENTION WORKSHOP MAY 2 | | |  PERSONAL TRAINING CERTIFICATION ROBERTS 8:00am-5:00pm • Pg 7 |  Savvy Fitness | | | | | |
| THURSDAY PRE-CONVENTION WORKSHOPS THURSDAY, MAY 3 | Become a Core De Force Instructor Matthews 9:00am-5:00pm Pg 8 |  PILATES MATWORK CERTIFICATION Appel • 8:00am-5:00pm Pg 7 | SCW Group Exercise Certification Howard 8:00am-5:00pm Pg 7 | BARRE ABOVE™ POWERED BY SAVVY FITNESS BENDER 9:00am-9:00pm | Zumba® Basic Skills Level 1 Instructor Training Bostic 8:00am-5:00pm Pg 8 |  TriggerPoint™ Foam Rolling: Principles & Practices Patrick 8:00am-12:00pm Pg 8 |  YOGA I CERTIFICATION VELAZQUEZ 8:00am-5:00pm • Pg 7 | | |
| | | | | SCW Meditation Certification Rockit 5:30pm-9:30pm Pg 8 | |  HIGH FITNESS INSTRUCTOR TRAINING NELSON & ZENITH 8:30am-9:00pm | TriggerPoint™ Assessments to Performance Losch 1:00pm-5:00pm Pg 8 | | SCW Yoga II Certification Manuel Velazquez 5:30pm-9:30pm Pg 7 |

 **CLICK HERE >>**
TO ENLARGE
& PRINT

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|---|-------------------------|------------------------------|---------------------------------------|-------------------------------------|------------------------------------|-------------------------|--|
| A FUNCTIONAL TRAINING & GROUP EX | B HIIT / CORE | C PT / SMALL GROUP | D BARRE / CARDIO / DANCE | E STRENGTH / SPECIALTY | F FUNCTIONAL TRAINING | G MIND / BODY | H ACTIVE AGING / RECOVERY |
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| FR1 7:30am-9:00am | Functional Training - Workout for Results McCall Pg 10 | Upper Extremity Movement Mechanics Comana Pg 10 | MMA for Group Fitness McMathews Pg 10 | Barre Moves - Update Your Choreography Bender Pg 10 | ThinkFit™: Circuits: Pyramids & Stacks Gonzalez Pg 10 | The Warrior® Workout J. Roberts Pg 10 | Flow Wand Lowell Pg 10 | Body & Sole for Active Ager Biscontini Pg 10 |
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EXPO OPEN 8:45am-2:30pm

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|---|---|--|--|---|---|--|---|---|
| FR2 10:00am-11:30am | POUND® - Rockout. Workout. Bastos Pg 11 | SPORT™ by Group RX Boynnton Pg 11 | The Ageless Body Recovery with Rollga® Bender Pg 11 | Zumba® Cardio Blast Bostic Pg 11 | HIIT HOP Claborn Pg 11 | Shoulder Issues? Corrective Exercise Strategy Osar Pg 11 | Drishti Yoga Vinyasa Flow Lowell Pg 11 | Progressive Systems to Self-Myofascial Release Patrick Pg 11 |
| FR3 SESSION 1 11:45am-1:15pm | Short Circuit: Group Training Edition Fouts Session 2 Pg 12 | Coaching Squat and Lunge Variations Comana Session 1 Pg 12 | Pulling for Power™ SGT Ken® Session 2 Pg 13 | HIGH Fitness: Aerobics is Back! Nelson & Zenith Session 2 Pg 13 | Speedball Feinberg Session 1 Pg 12 | inTENSITY by Hedstrom Fitness Maurer Session 1 Pg 12 | Y3: Yin-Yang Yoga Rockit Session 1 Pg 12 | Functional Circuits for Aging Clients Ritchie Session 1 Pg 12 |
| FR3 SESSION 2 12:30pm-2:00pm | | | | | | | | |
| FR4 2:15pm-3:45pm | STRONG by Zumba® Bullard Pg 13 | Corrective Exercises: Female Core Osar Pg 13 | The Ultimate Group X Experience Brodzsky Pg 13 | Barre Tricks M. Mylrea & Bender Pg 13 | Prevention & Recovery Through Muscle Stimulation Feinberg Pg 13 | BOSU® + Bar: Grip, Tip, Flip, Strip Maurer Pg 13 | Twisted Pilates Howard & Gonzalez Pg 14 | Foam Rolling Applied Programming: REGEN® Losch Pg 14 |
| FR5 4:00pm-5:30pm | Warm Up! Performance Flexibility & SMR Lewis-McCormick Pg 14 | Below the Belt: Glutes & Legs! M. Mylrea Pg 14 | Group Exercise or Group Injury? Garcia Pg 14 | ThinkFit™: Bells at the Barre Appel Pg 14 | Punching to 32: Cardio-Kickboxing Magic Merrill Pg 14 | Glutes and Psoas: Corrective Exercise Osar Pg 15 | Club Pilates Mat Class - Level 1 Huffman Pg 15 | Yoga for the Young at Heart: Chair Kooperman Pg 15 |

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

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| FR6 EVENING SESSIONS 6:30pm-7:30pm |  FITNESS IDOL COMPETITION WITH JUDGES: KOOPERMAN, K. ROBERTS, BISCONTINI & ROCKIT ROOM B • 6:30PM-7:30PM Pg 10 | SEXIFY: Chair Dance Workout Edwards Pg 18 | | | | | | |
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| SA1 7:00am-8:30am | POUND® - Rockout. Workout. Bastos Pg 18 | D'Fine Vanderburg Pg 18 | Aeroropes Gayford Pg 18 | Balletone- A Dancer's Workout for the Non-Dancer George Pg 18 | Dynamic Flexibility: A 3D Life Velazquez Pg 18 | Knee Osteoarthritis? Corrective Exercise Strategy Osar Pg 19 | Putting Intensity into Tai Chi Biscontini Pg 19 | Active Aging: Between the Chairs Lewis-McCormick Pg 19 |
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EXPO OPEN 8:15am-9:30am

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| SA2 KEYNOTE & AWARDS 9:30am-10:45am |  KEYNOTE ADDRESS LEAD TO SUCCEED: SGT KEN ROOM A • 9:30am-10:45am • Pg 19 | | | | | | | |
| SA3 11:00am-12:30pm | STRONG by Zumba® Bullard Pg 19 | Tabata GX™ — Tabata ... Redefined! M. Mylrea Pg 19 | The Brainfit Workout Holmes Pg 19 | Barre 360 Appel Pg 20 | ThinkFit™: Senior Power Gonzalez Pg 20 | INSURG3NT by Hedstrom Fitness K. Roberts Pg 20 | The Perfect Fusion with Piyo E. Scott Pg 20 | Strength Training for Longevity & Vitality Kooperman Pg 20 |

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

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|--|---|---|--|--|---|---|--|--|
| SA4 SESSION 1 12:45pm-2:15pm | The Amrap Assault SGT Ken® Session 1 Pg 20 | Les Mills BODYATTACK™ MEETS CXWORX™ Parrish Session 2 Pg 21 | Max Interval Training with Insanity E. Scott Session 2 Pg 21 | Center Floor George Session 2 Pg 21 | Speedball Core Feinberg Session 1 Pg 20 | East Meets Western Techniques: Rollga® Bender Session 1 Pg 21 | Club Pilates Mat Class - Level 2 Huffman Session 2 Pg 21 | TriggerPoint™ for Movement Patrick Session 2 Pg 21 |
| SA4 SESSION 2 1:30pm-3:00pm | | | | | | | | |
| SA5 3:15pm-4:45pm | PROJECT STEEL™ Stahl Pg 22 | Crazy Core Combos M. Mylrea Pg 22 | Crew Conditioning™ with SGT Ken® Pg 22 | HIGH Fitness: Taking it HIGH! Nelson & Zenith Pg 22 | ThinkFit™ Cardio: MOTR™ Fueled Intervals Gonzalez Pg 22 | BOSU® Stability Ball Overhaul Vanderburg Pg 22 | Pilates Strong 2018 Bender Pg 22 | Exercise for the Fountain of Youth McCall Pg 22 |
| SA6 5:00pm-6:30pm | Axle: Lift, Burn, Move Page Pg 23 | Tour de Core Gonzalez Pg 23 | No Equipment, No Problem Velazquez Pg 23 | Let The Beat Drop - Powered by Barre Above® George Pg 23 | ThinkFit™: Circuits: 3D Core Vanderburg Pg 23 | Multi-Generational Fitness Wartenberg Pg 23 | Pilates for Injury Prevention Bender Pg 23 | Active Aging: No Place Like Foam Kooperman Pg 24 |
| SA7 EVENING SESSIONS 6:45pm-7:45pm | | | | Skybeat Dance Fitness Rodgers Pg 24 | | | Recovery Through Meditation Rockit & Biscontini Pg 24 | |

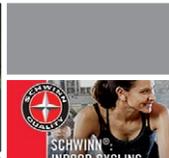
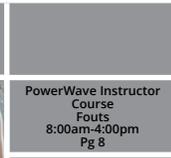
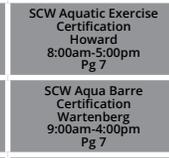
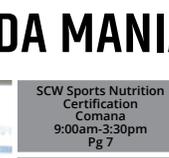
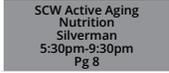
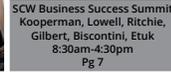
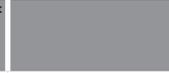
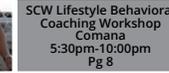
FRIDAY, MAY 4

SATURDAY, MAY 4

SUNDAY, MAY 6

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|---------------------------------|---|--|---|---|--|---|--|---|
| SU1 7:00am-8:30am | The Warrior Fit Games SGT Ken® Pg 25 | L.I.I.T. Howard Pg 25 |  STRONG by ZUMBA INSTRUCTOR TRAINING BULLARD 8:00am-4:00pm • Pg 9 |  SCW BARRE CERTIFICATION APPEL 8:00am-4:00pm • Pg 9 |  BalletoneX BY SAVVY FITNESS® CERTIFICATION GEORGE 8:00am-4:00pm • Pg 9 | BOSU® Pilates Core Power Vanderburg Pg 25 | Sunday Shakti: #SpiritualBurpees Biscontini Pg 25 | Move Active Ager with Music Finley-Norwood Pg 25 |
| SU2 8:45am-10:15am | Flexibility + Performance = Wellness Howard Pg 25 | Les Mills GRIT®: Cardio & HIIT Parrish Pg 25 | | | | Beyond Bootcamp by Hedstrom Fitness M. Mylrea Pg 25 | Willow - 6Pack Abs, 6Pack Mind Hubbert & Boynnton Pg 26 | TriggerPoint™: GRID® Lock Patrick Pg 26 |
| EXPO OPEN 10:00am-1:30pm | | | | | | | | |
| SU3 11:15am-12:45pm | Group Starts & Stops Howard Pg 26 | HIGH Fitness: Bigger, Better, HIGHer! Nelson & Zenith Pg 26 |  FUNCTIONAL PILATES CERTIFICATION BENDER • 8:00am-4:00pm • Pg 8 | | | Kibo & Kardio Kombatt™ Pg 26 | Restorative Yoga: Prop Free Chapman Pg 27 | Balance for Boomers & Beyond Dennis Pg 27 |
| SU4 1:00pm-2:30pm | The Warrior® Experience J. Roberts Pg 27 | Core Training: Functional or Dysfunctional? Citron Pg 27 | | | | Group Exercise Instructor? Corrective Exercise Osar Pg 27 | Strong Mind Strong Body Bonina Pg 27 | Corrective Exercise for the Problem Shoulder Losch Pg 27 |

FLORIDA MANIA® SCHEDULE-AT-A-GLANCE

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|  ACTIVE AGING CERTIFICATION Biscotini 9:00am-5:00pm • Pg 7 |  SCHWINN® INDOOR CYCLING INSTRUCTOR CERTIFICATION J. SCOTT & WANDERBURG 7:00am-5:00pm • Pg 8 |  PowerWave Instructor Course Fouts 8:00am-4:00pm 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 Core Training Certification McCall 1:00pm-5:00pm Pg 7 |  PRESENTS BOXMASTER® CERTIFICATION FRIEND-UHL 8:00am-12:00pm Pg 9 |  Speedball Certification Feinberg 8:00am-5:00pm Pg 8 |
|  SCW Active Aging Nutrition Silverman 5:30pm-9:30pm Pg 8 |  SCW Business Success Summit Kooperman, Lowell, Ritchie, Gilbert, Biscotini, Etuk 8:30am-4:30pm Pg 7 |  ONE DAY TO WELLNESS CERTIFICATION Bruce & Mylrea 8:00am-5:00pm • Pg 8 |  SCW Lifestyle Behavioral Coaching Workshop Comana 5:30pm-10:00pm Pg 8 |  PRESENTS HIIT MIX SOLUTIONS CERTIFICATION FRIEND-UHL 1:00pm-5:00pm Pg 9 |  SCW HIIT Certification Keli Roberts 11:00am-5:00pm Pg 8 | | |

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|---------------------|--------------------------------------|---|--------------------------------|--------------------------------------|----------------------|------------------------------|
| I CYCLING | J AQUA (STARTS IN POOL) | K AQUA (STARTS IN LECTURE) | L NUTRITION / HEALTH | M EX. SCIENCE / LEADERSHIP | N BUSINESS | O BOXING / CIRCUIT |
|---------------------|--------------------------------------|---|--------------------------------|--------------------------------------|----------------------|------------------------------|

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|-----------------------------------|--------------------------------------|---|---|---------------------------------------|---|--|-----------------------------|
| Schwinn®: How to WOW! Appel Pg 10 | H2O Functional Frolics Gilbert Pg 10 | Deep Water Tabata Lewis-McCormick Pg 10 | Common Sense Nutrition: Your Scope Garcia Pg 11 | Instructor Starter Pack Merrill Pg 11 | Steps to Strengthening Your Brand Fouts Pg 11 | StairMaster® Presents - HIIT MIX Solution Friend-Uhl Pg 11 | FR1 7:30am-9:00am |
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EXPO OPEN 8:45am-2:30pm

| | | | | | | | |
|---|---|--|--|--|--|---|---|
| Schwinn®: The Magic of The 3 C's J. Scott Pg 11 | Aqua Core Options Warasila Pg 11 | From Water Novice to MANIAC Martin Pg 12 | Are All Calories Equal? Comana Pg 12 | Create an Online Fitness Business Holmes Pg 12 | Climbing the Corporate Ladder in Heels Kooperman, Gilbert, M. Mylrea, K. Roberts, Vanderburg Pg 12 | Boxing: The Method Feinberg Pg 12 | FR2 10:00am-11:30am |
| Schwinn®: Tour de Schwinn® K. Roberts Session 2 Pg 13 | Aqua ZUMBA® Bostic Session 2 Pg 13 | Girls Just Wanna Have Fun! Kooperman, Warasila, Lewis-McCormick & Wartenberg Session 1 Pg 12 | Diet Diagnosis B. Mylrea & M. Mylrea Session 1 Pg 12 | Fighters Focus McMatthews Session 2 Pg 13 | Time-Saving Tools for Digital Music Howard & Velazquez Session 1 Pg 12 | StairMaster® Presents - BoxMaster® McCall Session 2 Pg 13 | FR3 SESSION 1 11:45am-1:15pm |
| Schwinn®: Music MAGIC! J. Scott Pg 14 | Aqua Currents of Cardio Confetti Rockit Pg 14 | Dive Into Aqua Choreography Kooperman, Velazquez, Warasila & Gilbert Pg 14 | Nutrition Panel - Comana, B. Mylrea, Silverman, Garcia Pg 14 | Launch Group Training From Scratch Ritchie Pg 14 | Create Your Health & Wellness Brand Holmes Pg 14 | StairMaster® Presents - HIIT MIX Solution Appel Pg 14 | FR3 SESSION 2 12:30pm-2:00pm |
| Schwinn®: Train Right Re-imagined Vanderburg Pg 15 | BARRE H2O Wartenberg Pg 15 | Tab-Aqua Quickies Howard Pg 15 | What's in Your Food? Silverman Pg 15 | The Science of Myofascial Release Patrick Pg 15 | Setting Fitness Goals Velazquez Pg 15 | 3:1 Punchout Feinberg Pg 15 | FR4 2:15pm-3:45pm |
| | | | | | | | FR5 4:00pm-5:30pm |

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

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| Les Mills SPRINT™: Suite Success Parrish Pg 18 |  STATE OF THE INDUSTRY: TRENDS FOR 2018 HOWARD, LEWIS-MCCORMICK, OSAR & MCCALL ROOM L • 6:30pm-7:30pm • Pg 18 | FR6 EVENING SESSIONS 6:30pm-7:30pm |
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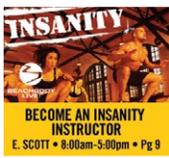
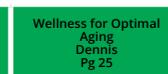
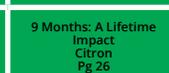
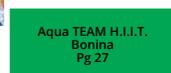
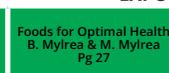
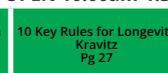
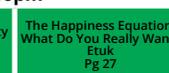
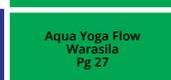
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| Schwinn®: B1G1 Free, Class Design M. Mylrea Pg 19 | Aqua ZUMBA® Bostic Pg 19 | Tabata Water Sports 2: GameTime Martin Pg 19 | Sneaky Strategies to Manage Weight Silverman Pg 19 | Building Blocks for Career Longevity Brodowsky Pg 19 | Fitness Program Comprehension & Creation Stahl Pg 19 | StairMaster® Presents - HIIT MIX Solution McCall Pg 19 | SA1 7:00am-8:30am |
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EXPO OPEN 8:15am-9:30am

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|---|--|---------------------------|---|---|---|--------------------------------|--|
| | | | | | | | SA2 KEYNOTE & AWARDS 9:30am-10:45am |
| Schwinn®: To Breathless and Back Vanderburg Pg 20 | Aqua: Playing With Your Playlists Wartenberg Pg 20 | Aqua Athlete Howard Pg 20 | Secret Life of a Fat Cell Kravitz Pg 20 | Foam Rolling: Rolling Pins to Vibration Losch Pg 20 | Become a Retention Rock Star Garcia Pg 20 | Boxing Bootcamp Feinberg Pg 20 | SA3 11:00am-12:30pm |

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

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|---|--|---|---|---|--|---|---|
| Schwinn®: The Power Behind POWER K. Roberts Session 1 Pg 21 | Waves on Fire: Lower Body Martin Session 2 Pg 22 | It's Raining Men! Howard, Velazquez & Rockit Session 1 Pg 21 | Nutrition Tips, Tidbits & Treats B. Mylrea & M. Mylrea Session 2 Pg 22 | The Female Training Advantages 2018 Kravitz Session 2 Pg 22 | Business Trends & Benchmarks Gilbert Session 1 Pg 21 | StairMaster® Presents - BoxMaster® Friend-Uhl Session 1 Pg 21 | SA4 SESSION 1 12:45pm-2:15pm |
| Schwinn®: Rhythm Done Right Appel Pg 23 | Zenergy H2O Lewis-McCormick Pg 23 | Silver Aqua Solutions Kooperman, Velazquez, Gilbert, Warasila Pg 23 | Nutrition and Chronic Pain Garcia Pg 23 | Train Your Brain Dennis Pg 23 | The Everyday Athlete Brodowsky Pg 23 | Boxing: The Method Feinberg Pg 23 | SA4 SESSION 2 1:30pm-3:00pm |
| Schwinn®: Pedal and Pulse M. Mylrea Pg 24 | Aquatic Solutions for the Aging Gilbert Pg 24 | Aqua Zen Warasila Pg 24 | Sugar Shockers and Shakedown Silverman Pg 24 | World's Best Resistance Training Programs Kravitz Pg 24 | Calculated Results Garcia Pg 24 | StairMaster® Presents - HIIT MIX Solution Appel Pg 24 | SA5 3:15pm-4:45pm |
| Schwinn®: #WhoAmI Appel Pg 24 | | |  Fbbs Flows HOWARD, GILBERT, WARASILA & VELAZQUEZ ROOM M • 6:45pm-7:45pm • Pg 25 | | | | SA6 5:00pm-6:30pm |
| | | | | | | | SA7 EVENING SESSIONS 6:45pm-7:45pm |

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|--|---|--|---|--|--|---|-----------------------------|
|  INSANITY BECOME AN INSANITY INSTRUCTOR E. SCOTT • 8:00am-5:00pm • Pg 9 |  water in motion Aqua TEAM H.I.I.T. Bonina Pg 27 |  Hydro Playground Warasila Pg 25 |  Managing Like a Zen Master Chapman Pg 25 |  Wellness for Optimal Aging Dennis Pg 25 |  How To Become A Global Sensation Etuk Pg 25 |  SCW BOXING CERTIFICATION FEINBERG 8:00am-4:00pm Pg 9 | SU1 7:00am-8:30am |
|  THE AXLE WORKOUT CERTIFICATION PAGE • 8:00am-4:00pm • Pg 9 |  water in motion WATERinMOTION® CERTIFICATION Velazquez • 8:00am-4:00pm Pg 9 |  Spirited® Surf 2 Rockit Pg 26 |  9 Months: A Lifetime Impact Citron Pg 26 |  Trends in Fitness Programming Kooperman Pg 26 |  Stability & Security: Your Pilates Career Huffman Pg 26 | SU2 8:45am-10:15am | |
| |  Aqua TEAM H.I.I.T. Bonina Pg 27 |  Foods for Optimal Health B. Mylrea & M. Mylrea Pg 27 |  10 Key Rules for Longevity Kravitz Pg 27 |  The Happiness Equation: What Do You Really Want? Etuk Pg 27 |  SCW FOAM ROLLING CERTIFICATION Lewis-McCormick 9:00am-3:00pm Pg 9 | SU3 11:15am-12:45pm | |
| |  Aqua Yoga Flow Warasila Pg 27 |  Self-Care 101: Small Steps Chapman Pg 27 |  Eight Best Anaerobic Circuit Programs Kravitz Pg 27 |  APP-etite for Wellness Rockit Pg 27 | SU4 1:00pm-2:30pm | | |

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

FRIDAY, MAY 4

SATURDAY, MAY 5

SUNDAY, MAY 6

FEARLESS

LEADERS START HERE

FR6 - EVENING SESSIONS

6:30PM-7:30PM

FITNESS IDOL

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

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

Each 2018 SCW Fitness Idol Winner receives:

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

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

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

SEXIFY: CHAIR DANCE WORKOUT

Angela Edwards

Show off your best assets using just a chair and a variety of sensual movements all while getting one amazing workout! Suitable for all levels of fitness. Please wear capris/leggings. HEELS OPTIONAL.

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

LES MILLS SPRINT™: CYCLING SUCCESS

LES MILLS

Andy Parrish

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.

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

STATE OF THE INDUSTRY PANEL DISCUSSION

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

Meet with industry experts regarding the future of group fitness, personal training, nutrition, and club operations as they discuss where our industry is now, the challenges we are facing in today's market, and where our future lies. Questions will be asked to the group to stimulate unified answers and differing opinions. An open forum will follow where you can address the experts and hear first-hand the best practices that exist today. THIS SESSION IS OPEN TO THE PUBLIC, AND THERE WILL BE FREE REFRESHMENTS! (LECTURE)

FR6L Friday, 6:30pm-7:30pm

SATURDAY, MAY 5

SA1

7:00AM-8:30AM

POUND® - ROCKOUT. WORKOUT. Michele Bastos

POUND

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

D'FINE Helen Vanderburg

What do you get when you combine techniques from Pilates, flexibility and fluidity from yoga, movements from Barre with your own bodyweight? One fantastic core conditioning and muscle-defining workout! Choreographed to inspiring music, experience an innovative and challenging group class, and leave with unique ideas to help your clients D'Fine the body!

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

AEROROPES Lisa Gaylord

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

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

BALLETONE™ - A DANCER'S WORKOUT FOR THE NON-DANCER Lauren George

Savvier Fitness

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

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

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.

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

KNEE OSTEOARTHRITIS? CORRECTIVE EXERCISE STRATEGY**Dr. Evan Osar**

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

SA1F Saturday, 7:00am-8:30am**PUTTING "INTENSITY" BACK INTO T'AI CHI****Lawrence Biscontini, MA**

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

SA1G Saturday, 7:00am-8:30am**ACTIVE AGING: BETWEEN THE CHAIRS****Irene Lewis-McCormick, MS, CSCS**

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

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

SA1I Saturday, 7:00am-8:30am**AQUA ZUMBA® Jenna Bostic**

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!

SA1J Saturday, 7:00am-8:30am**TABATA WATER SPORTS 2: GAME TIME! Connie Martin**

Join Connie for the next functional-training evolution. Plunge into this Tabata-inspired water workout with dynamic interval sequences training strength, endurance, agility, and flexibility. By using simulated athletic moves from sports such as football, tennis, and fencing we will score, volley, and foil our way to fitness! Fun for all levels.

SA1K Saturday, 7:00am-8:30am**SNEAKY STRATEGIES TO MANAGE WEIGHT****Tricia Silverman, RD, MBA**

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

(LECTURE)

SA1L 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)

SA1M 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)

SA1N Saturday, 7:00am-8:30am**STAIRMASTER® PRESENTS – HIIT MIX SOLUTION****Pete McCall, MS**

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

SA1O 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!

SA2B Saturday, 9:30am-10:45am**SA3****11:00AM-12:30PM****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!

SA3A Saturday, 11:00am-12:30pm**TABATA GX™ - TABATA...REDEFINED! Mindy Mylrea**

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

SA3B Saturday, 11:00am-12:30pm**THE BRAINFIT WORKOUT Rachel Holmes**

The Brainfit Workout is a stress-reducing workout utilizing movement, music and meditations with powerful affirmations. Experience simple, low-impact movement with strength and conditioning exercises while focusing on changing your mindset and self-talk. The Brainfit Workout is the next generation of Group Exercise, fusing mind, body, and spirit in a new era of Group Wellness.

SA3C 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.

BARRE 360 Abbie Appel

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

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

**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.

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

**THINKFIT™ STRENGTH: SENIOR POWER****Nico Gonzalez**

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.

SA3E 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.

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

**THE PERFECT FUSION WITH PIYO Erin Scott**

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.

SA3G 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.

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

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

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.

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

**AQUA: PLAYING WITH YOUR PLAYLISTS****Billie Wartenberg**

Music speaks to the soul, and sometimes music can make or break your class. Learn how to design playful playlists, how to edit songs simply, and how to include multi-generational music in your fitness classes, choreography and so much more!

SA3I 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)

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

FOAM ROLLING: ROLLING PINS TO VIBRATION**Kollen Losch**

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

SA3M 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)

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

**BOXING BOOTCAMP Steve Feinberg**

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

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

**SA4 - SESSION 1****12:45PM-2:15PM**

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

THE AMRAP ASSAULT**SGT Ken®**

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

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

**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.

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

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

EAST MEETS WESTERN TECHNIQUES: ROLLGA®

Leslee Bender

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

SA4F 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!

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

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!

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

BUSINESS TRENDS AND BENCHMARKS

Ann Gilbert

Explore today's business benchmarks with a seasoned professional of 30+ years. Understand the industry's trends and the importance they will play in the profitable year ahead. Muscle and function will not necessarily lead to revenue or cash flow. We will use our brains, not our brawn. (LECTURE)

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

STAIRMASTER® PRESENTS BOXMASTER®

Sonja Friend-Uhl

Want to improve your reaction time, agility, stamina, coordination? Then, 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!

SA4O 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.

LES MILLS BODYATTACK™ MEETS CXWORX™

Andy Parrish

CXWORX™ creates a stronger core in 30 minutes, which makes you better at all things you do, from everyday life to your favorite sports. BODYATTACK™ is a high-energy class with moves that cater for all levels. We combine athletic movements with strength exercises to challenge your limits in a good way!

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

MAX INTERVAL TRAINING WITH INSANITY

Erin Scott

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

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

CENTER FLOOR 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!

SA4D Saturday, 1:30pm-3:00pm

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.

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

TRIGGERPOINT™ FOR MOVEMENT

Sylvie Patrick

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

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

WAVES ON FIRE: LOWER BODY Connie Martin

OnDemand

Get ready to ignite your gluteals and legs. Learn how to improve muscular strength in the lower body while "breathing Connie's F.I.R.E. (Focus. Isotonic Movement. Range of Motion. Empower) format" into your core by using water resistance. Examine anterior and posterior leg muscle groups during synergistic power movements that are not only fat-burning, but low-impact options, joint-friendly, and heart-warming fun!

SA4J Saturday, 1:30pm-3:00pm**NUTRITION TIPS, TIDBITS AND TREATS**

ONE DAY TO WELLNESS

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)

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

SA4M Saturday, 1:30pm-3:00pm**SA5****3:15PM-4:45PM****PROJECT STEEL™** PJ Stahl, MA, CSCS

POWER SYSTEMS

PROJECT STEEL™ has reinvented steady-state training into a functional and motivational workout that keeps participants engaged to get cardiovascular results without the monotony of one-dimensional training. STEEL yourself for a complete workout! This non-intimidating class with unlimited variations will challenge your body in new ways!

SA5A Saturday, 3:15pm-4:45pm**CRAZY CORE COMBOS** Mindy Mylrea

Savvier Fitness

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.

SA5B Saturday, 3:15pm-4:45pm**CREW CONDITIONING™ WITH SGT KEN®** SGT Ken® WaterRower® GX

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!

SA5C Saturday, 3:15pm-4:45pm**HIGH FITNESS: TAKING IT HIGHER!**

HIGH Fitness

Emily Nelson & Amber Zenith

By modernizing old-school aerobics and mixing it with HIIT training, HIGH Fitness pushes participants beyond what they imagine they can do! CONSISTENT fitness choreography and FUN music combined with INTENSITY leads to a hardcore, fun, group fitness class. HIGH Fitness can be taken HIGHER or modified for the beginner!

SA5D Saturday, 3:15pm-4:45pm**THINKFIT™ CARDIO: MOTR™ FUELED INTERVALS**

balanced body

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.

SA5E Saturday, 3:15pm-4:45pm**BOSU®: STABILITY BALL OVERHAUL**

HEDSTROM FITNESS

Helen Vanderburg

Stability balls continue to stand the test of time as effective training tools for overall conditioning. Renew your love for stability ball training with this complete overhaul of innovative exercises and sequences. Add fresh ideas to your ball basics toolbox and experience the unique principles of training with the BOSU® Ballast Ball.

SA5F Saturday, 3:15pm-4:45pm**PILATES STRONG 2018** Leslee Bender

OnDemand

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.

SA5G Saturday, 3:15pm-4:45pm**EXERCISE FOR THE FOUNTAIN OF YOUTH** Pete McCall, MS

Would your clients over 50 like to slow down the biological aging process? The right exercises can boost production of the hormones that add muscle and enhance performance of physiological systems



affected by the aging process. Learn how to design workouts to help clients turn back the clock and find their fountain of youth.

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

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



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

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

ZENERGY H2O

Irene Lewis-McCormick, MS, CSCS

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

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

SILVER AQUA SOLUTIONS **Sara Kooperman, JD, Ann Gilbert, Manuel Velazquez & Connie Warasila**



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.

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

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)

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

TRAIN YOUR BRAIN **Cammy Dennis**

Boost your brain health! This informative and interactive session has 'brain exercises' that can help with memory retention, critical thinking skills, processing speed, and creative reasoning. This session includes basic neuroscience and activities that provide a mental workout to challenge cognition and train your brain. (LECTURE)

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

THE EVERYDAY ATHLETE

Barbara Brodowsky

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

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

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.

SA5O 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.

SA6

5:00PM-6:30PM

AXLE: LIFT, BURN, MOVE **Andrew Page**



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

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

TOUR de CORE **Nico Gonzalez**

Love abs classes?... then this workshop is definitely a must! Go beyond the regular crunch and dig deep into your core muscles to build a stronger midsection. Receive simple and effective protocols for safe movement patterns of the trunk utilizing small pieces of equipment. Your students and clients will move better and stronger.

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

NO EQUIPMENT, NO PROBLEM **Manuel Velazquez**



In need of a great workout, but don't have any equipment handy? NO PROBLEM! Through a series of formatted, sequential exercises, Manuel will get your body moving through all planes, without equipment, and with very little rest between segments. The results include efficient metabolic rate enhancement as the exercise intensity is close to the anaerobic work zone. Get strong using the most accessible piece of equipment you'll ever have: YOUR BODY!

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

LET THE BEAT DROP - POWERED BY BARRE ABOVE®



Lauren George

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

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

THINKFIT™: 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.

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

MULTI-GENERATIONAL FITNESS **Billie Wartenberg**

Is it possible to blend the ages of Millennials through Baby Boomers in your classes? YES, it can be done! Bridge the generational gap with effective and functional ways you can successfully have classes for ALL Fitness Ages and Levels.

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

PILATES FOR INJURY PREVENTION **Leslee Bender**



Many students who have experienced classical Mat Pilates leave with back pain due to the amount of supine flexion and overuse of the hip flexors. In this session, you leave with functional exercises that promote flexibility and core strength in a safe and effective manner.

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

ACTIVE AGING: NO PLACE LIKE FOAM**Sara Kooperman, JD**

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

SA6H Saturday, 5:00pm-6:30pm**SCHWINN®: PEDAL AND PULSE Mindy Mylrea**

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

SA6I Saturday, 5:00pm-6:30pm**AQUATIC SOLUTIONS FOR THE AGING****Ann Gilbert**

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.

SA6J Saturday, 5:00pm-6:30pm**AQUA ZEN Connie Warasila**

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

SA6K Saturday, 5:00pm-6:30pm**SUGAR SHOCKERS AND SHAKEDOWN****Tricia Silverman, RD, LDN, MBA**

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

SA6L Saturday, 5:00pm-6:30pm**CALCULATED RESULTS Kimberly Garcia**

Kim is known worldwide for her ability to achieve phenomenal results! Her client adherence is over 90%! This course helps you learn how to effectively implement tools to track lean body mass, basal

metabolic rate and adequate recovery to deliver optimal outcomes! Learn their secrets to EXCELLENCE! (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)

SA6M Saturday, 5:00pm-6:30pm**STAIRMASTER® PRESENTS - HIIT MIX SOLUTION****Abbie Appel**

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

SA6N Saturday, 5:00pm-6:30pm**SA7 - EVENING SESSIONS****6:45PM-7:45PM****SKYBEAT DANCE FITNESS Skylar Rodgers**

It's a party and everyone is invited! Dance your way into a well-balanced and dynamic fitness class. The session will include tips on choreography sequencing, class song arrangement, several cueing tips, as well as adaptations for various fitness levels. Learn to make your dance class fun and welcoming to all.

SA7D Saturday, 6:45pm-7:45pm**RECOVERY THROUGH MEDITATION****Yury Rockit & Lawrence Biscontini, M.A.**

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

SA7G Saturday, 6:45pm-7:45pm**SCHWINN® CYCLING: #WHOAMI Abbie Appel**

#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)

SA7I 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, 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!

SA7L Saturday, 6:45pm-7:45pm

SUNDAY, MAY 6



LAWRENCE BISCONTINI, MA

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

He is currently on the Advisory Board for the International Council on Active Aging (ICAA), and he is the Senior Consultant for Power Music®. Lawrence has contributed to the BOSU® Developmental Team and is currently a Registered Yoga Alliance Teacher. His newest book is "Stories of Color", which is a fictional book supporting his charity and scholarships.

Find Lawrence at www.findlawrence.com.

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.

SU1K Sunday, 7:00am-8:30am

MANAGING LIKE A ZEN MASTER Whitney Chapman

Managing people, schedules, budgets, and time can take its toll. Rediscover your center under pressure with simple tips, systems, and practices that will free your schedule, keep you calm, and assist you in empowering others to help before problems arise. Take away tools & tips you can implement immediately.

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

WELLNESS FOR OPTIMAL AGING Cammy Dennis

OnDemand

This session will examine the multiple dimensions of wellness and the influence they have on aging. Physical fitness is important, but, it's only one piece of the 'wellness pie'. There are many things to consider when it comes to influencing the quality of life as we age. Join this discussion on how the dimensions of wellness can positively impact the health of body, brain, and spirit. (LECTURE)

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

BECOME A GLOBAL SENSATION

Ntiedo (Nt) Etuk

Becoming a phenomenon isn't rocket science. It's not that we don't know how to - it's whether we want to put in the time, sweat, and sacrifice to make it happen. So, what are the steps and what are the pitfalls? Come learn to become the global version of YOU. (LECTURE)

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

SU2

8:45AM-10:15AM

FLEXIBILITY + PERFORMANCE = WELLNESS

OnDemand

Jeff Howard

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

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

LES MILLS GRIT® CARDIO & HIIT Andy Parrish

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

BEYOND BOOTCAMP BY HEDSTROM FITNESS

HEDSTROM FITNESS

Mindy Mylrea

Use athletic drills worthy of the challenge and experience a bootcamp that is exhilarating, skill driven, and crazy creative. Take

THE WARRIOR FIT GAMES

SGT Ken®

POWER SYSTEMS

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

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

L.I.I.T. Jeff Howard

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

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

BOSU® PILATES CORE POWER Helen Vanderburg

HEDSTROM FITNESS

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

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

SUNDAY SHAKTI: #SPIRITUALBURPEES

Lawrence Biscontini, MA

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

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

MOVE ACTIVE AGERS WITH MUSIC

Rachel Finley Norwood

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

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



FEEL THE

RUSH



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!

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

WILLOW - 6PACK ABS, 6PACK MIND

Daniel Hubbert & Billie Boynton

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

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



TRIGGERPOINT™: GRID® LOCK FOR CORE TRAINING

Sylvie Patrick



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

SU2H 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.

SU2K Sunday, 8:45am-10:15am

9 MONTHS: A LIFETIME IMPACT

Brittany Citron

With researchers deeming maternal inactivity "the greatest global health crisis in the 21st century," proper prenatal movement is more important than ever. Learn the latest research and evolving international guidelines, and take away simple, yet powerful tips that can make the biggest difference for your expecting clients – and their babies! (LECTURE)

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

TRENDS IN FITNESS PROGRAMMING

Sara Kooperman, JD

This presentation examines societal factors that will drive our businesses to success in 2018. Customer experience, programming, technology, and electronic influences are keys to our fitness future. To unlock potential, we examine implementation, experimentation, and



systematization of fads and trends. Review the best practices of various companies inside and outside of the fitness industry. (LECTURE)

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

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)

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

SU3

11:15AM-12:45PM

GROUPX STARTS & STOPS

Jeff Howard

Motivate and inspire your participants with simple warm-ups and unique cool-downs that start and stay on the musical phrase. Discover creative ways to warm-up for Bootcamps and HIIT classes. Learn how to update traditional exercises with simple add-on sequences. Join Jeff as he teaches you how to construct cool-downs that are dedicated to leaving your class ready to come back for more. There's no stopping you as you take your skills to the next level.

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

HIGH FITNESS: BIGGER, BETTER, HIGHER!

Emily Nelson & Amber Zenith



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

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

KIBO & KARDIO KOMBAT™

Lisa Gaylord

KIBO the ultimate self-protection and fitness training system using a hybrid of martial arts and boxing. It's the most important fitness program you'll ever take...and teach. KARDIO KOMBAT™ Experience authentic martial arts and boxing techniques set to the hottest music! Both programs developed by 8th degree Black Belt, Lisa Gaylord.

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

RESTORATIVE YOGA: PROP-FREE! Whitney Chapman

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

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

BALANCE FOR BOOMERS AND BEYOND Cammy Dennis

Seated exercises provide a great opportunity for improvements in strength and flexibility and provide a rehearsal effect for exercise progression. Once these initial goals have been accomplished, add standing exercises to more effectively train for function and balance. It's the perfect equation for success in older adult group fitness classes. In addition to demonstrating exercise progressions, various training tools will be introduced to heighten the opportunity for improving strength, function, and balance.

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

AQUA TEAMHIIT Kayla Bonina

Are you a sports fanatic and love the feeling of working with a team? During the AQUA TEAMHIIT workout, you will be shown how working in teams doing sport type movements, that are safe for all levels using the water, will challenge 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!

SU3K Sunday, 11:15am-12:45pm

FOODS FOR OPTIMAL HEALTH

Bruce & Mindy Mylrea

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

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

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)

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

THE HAPPINESS EQUATION Ntiedo (Nt) Etuk

Your fitness career can evolve in many ways, but few may offer you real happiness. In a fitness world where pressure to do more, to be more, is relentless, understanding your happiness equation is key. Learn how to evaluate your inner desires and become the very best version of you. (LECTURE)

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

SU4

1:00PM-2:30PM

THE WARRIOR® EXPERIENCE Jani Roberts

Find your inner Warrior. This Experience provides essential tools to stay in alignment and deal with emotions in daily life. From Warrior Workouts to Moving Meditations™, our practice teaches participants how to shift energy throughout the day, enhance and improve emotional well-being, and experience more joy on a regular basis.

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

CORE TRAINING: FUNCTIONAL OR DYSFUNCTIONAL?

Brittany Citron

It's likely 9 out of 10 clients could have dysfunction in their deep core muscles, especially female clients who have had children. Learn the keys to improving core function in your clients to unlock their strength, prevent injuries, and improve their quality of life! (LECTURE)

SU4B Sunday, 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.

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

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.

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

CORRECTIVE EXERCISE FOR THE PROBLEM SHOULDER Kolleen Losch

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.

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

AQUA YOGA FLOW Connie Warasila

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

SU4K Sunday, 1:00pm-2:30pm

SELF-CARE 101: SMALL STEPS

Whitney Chapman

In this age of overdoing, not having enough time, and leading stressful lives, we need simple techniques to help us improve our own self-care. Discover practical tricks and tips that can be put into practice in less than 5 minutes a day that address dietary issues, sleep, and improved communication to help you and your clients stay centered and balanced. (LECTURE)

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

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)

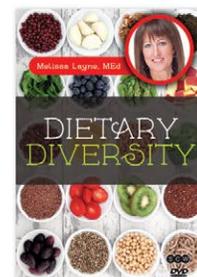
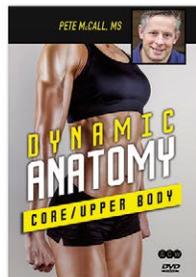
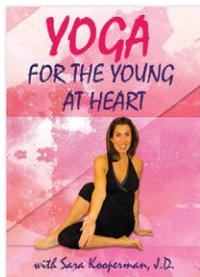
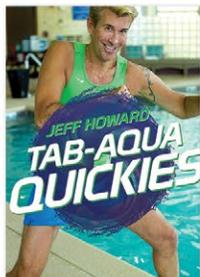
SU4M Sunday, 1:00pm-2:30pm

APP-ETITE FOR WELLNESS Yury Rockit

Have a smartphone? Explore ideas on how to use your digital device not only to connect socially, but also stay connected to your best self for enhanced well-being and productivity. Learn to hack some technological tips, plus discover great apps for productivity, brain waves, heartbeat, and binaural beats that enhance healing and recovery. (LECTURE)

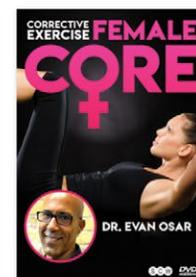
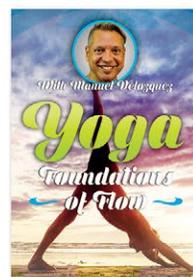
SU4N Sunday, 1:00pm-2:30pm

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



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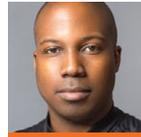
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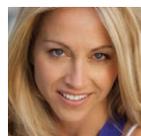
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If you are mailing or faxing in your MANIA® registration, begin here and complete steps 1-7 and sign and date the disclaimer. **NOTE: a \$25 processing fee applies to mailed, faxed, or phoned registrations.** Please print legibly.

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2: MANIA® RATES

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|--------------------------------------|--------------------------------|--------------------------------|
| 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 _____

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3: CONVENTION CERTIFICATIONS

| | | |
|-----------------------------|------------|----------|
| NAME OF CERTIFICATION _____ | DATE _____ | \$ _____ |
| NAME OF CERTIFICATION _____ | DATE _____ | \$ _____ |

5: FEE TOTAL

| | |
|----------------------------|---|
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| MANIA® Convention Rate | \$ _____ |
| Certifications | \$ _____ |
| Register by Mail/Fax/Phone | \$ 25.00 (Does Not Apply To Online Registration) |
| Processing Fee | \$ 4.00 |
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7: DIRECTIONS FOR REGISTRATION

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

FRIDAY, MAY 4, 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, MAY 5, 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, MAY 6, 2018

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

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