

Pre-Convention Workshops Wednesday, July 22	 SCW Pilates Matwork Certification Appel • 8:00am-5:00pm	 SCW Yoga 1 Certification Velazquez • 9:00am-6:00pm	 SCW Aqua Exercise Certification Howard • 9:00am-6:00pm					
Pre-Convention Workshops Thursday, July 23	 Zumba® Basic 1 Instructor Training Santana • 8:00am-5:00pm	 SCW Group Exercise Certification Howard • 8:00am-5:00pm	SCW Active Aging Certification Pinkowski 9:00am-5:00pm	SCW Flowing Yoga Certification M. Velazquez 9:00am-5:00pm	SCW Personal Training Certification Roberts 8:00am-5:00pm	Myzone University: Myzone's Best Practices Sopo, Fitzpatrick & Di Pasca 9:00am-4:00pm	 SCW Foam Rolling Certification McCormick 9:00am-4:00pm	
	 SCW Small Group Training Certification Gavigan 5:30pm-9:30pm	SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm	SCW Meditation Certification Rockit 5:30pm-9:30pm	SCW Next Level Personal Training Certification Roberts • 5:30pm-9:30pm	 Barre Above® - Powered by Savvier Fitness® George • 9:00am-5:00pm			



A	B	C	D	E	F	G	H
HIIT / CORE	FUNCTION / GX	ACTIVE AGING	YOGA / MIND-BODY / RECOVERY	PERSONAL TRAINING	BARRE / PILATES	DANCE / SPECIALTY	SCHWINN® CYCLING

FR1 7:00am-8:15am	HIIT the TURF Keenan-Stryka & Angelique Hughes	FIIT - Functional Intense Integrated Training M. Mylrea	Sarcopenia & Strength Training Layne	Upper Body Self Care Bettendorf	JUNGSHIN® Athletic Flow - Long Sword Workout Kahn	Sexy & Fit Polga Gilfry	Program Your Workout With Dance Corps Dorsey	Schwinn®: Dry-Tri: Beast Mode Fusion Thews
FR2 9:15am-10:30am	Functional Core Training Garcia	From the Ground Up! M. Velazquez	Indo Board for Active Agers Guenther & White	Resistance Yoga Howard	Bodyweight Warrior Roselli	Barre Party Never Killed Nobody George	Managing Muscle Soreness Feinberg	Schwinn®: Work, Not Twerk - Rhythm Results McLean
FR3 Session 1 10:45am-12:00pm	SL@T - Strengthen, Lengthen & Tone Howard Session 2	Corrective Exercise Roundup: Lower Extremity Comana Session 1	Groove & Gait: Active Aging Pinkowski Session 2	Tai Chi for Warmup & Recovery DD. Ross Session 1	Coach by Color with Myzone® Sopo Session 2	Boogie Barre Carvalho Session 1	Zumba® Cardio Blast Santana Session 2	Schwinn®: Breathly Not Breathless Appel Session 1
FR3 Session 2 11:30am-12:45pm								
FR4 1:00pm-2:15pm	Quick & Dirty 30 McCormick	Creating Ingenious Circuits With Stroops Purdy	I've Fallen But Can Get Up! Roselli	Mindful Movement for Non-Yogis Woods	The Athletic Advantage Robinson	Barre Training: Grace & Flow Roberts	LaBlast®: Ballroom Fitness Using PATTERNography Van Amstel	Schwinn®: Set the Stage - The Perfect Ride McLean
FR5 2:30pm-3:45pm	Workout Creation: How & Why Conti	Resistance Training - Essentials to Weight Management Woods	Mobility & Stability Pinkowski	iRestore for Fascia Fitness Fulton	Let's Get FHITT Robinson	Barre for Athletes Hall	Create a Dance Fitness Experience! Ponte & Schur	Schwinn®: A DJ Saved My Life Thomson
FR6 4:00pm-5:15pm	50 Unique Core Lovers Exercises M. Mylrea	Superhuman Circuits Johnson	Caribbean JOYful Mix - Active Aging Sepulveda	Tai-Chi + Yoga = Bamboo Fusion DD. Ross	The Ultimate Fitness Equation Robinson	Barreter's Happy Hour K. Williams	Hot Booty Ballet™ Ghadban	
FR7 6:00pm-7:00pm	Butts & Gutts Thomson	MANIA® Dance Off! Dance Corps, Hot Booty Ballet™, LaBlast®, Manuel Velazquez, Mac Carvalho, Vibe Fitness & Zumba® Wartenberg - Emcee	Strength & Grace Gilbert	Recovery Through Meditation Rockit	Developmental Stages at All Ages Roselli	Roll With Pilates Appel	Finale Fixer-Upper Parsons	

SA1 7:30am-8:45am	Bada\$\$ Women Appel, Roberts, McCormick & Wartenberg	Field Day Gavigan	Recovery Techniques for Active Agers Toole	Conscious Movement & Functional Yoga M. Velazquez	The "F" Word Thomson	Pilates & Barre Connection Jernigan Morris	Mini-Band: Dynamic Techniques Ghadban	Schwinn®: Ride and Row Dayer & McLean
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SA2 KEYNOTE 9:45am-11:00am	<p>KEYNOTE ADDRESS</p> <p>UNLOCK YOUR NEW DIMENSION OF PASSION</p> <p>with Stacey Lei Krauss</p> 							
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SA3 11:15am-12:30pm	No Equipment Outdoor Bootcamp McCormick	STRONG by Zumba® Alas	Core 55+ Wartenberg	Turf Yoga Fusion Keenan-Stryka & Angelique Hughes	Boats, Bands and Battle Ropes™ SGT Ken®	Barre With a Twist Appel	Balletone - Where Cardio & Ballet Meet George	Schwinn®: Be the Vibe Master M. Mylrea Bikes
SA4 Session 1 12:45pm-2:00pm	Core Reloaded M. Williams Session 1	JUNGSHIN® Fitness - Rhythm - Short Swords Kahn Session 2	Bringing Up Boomers! Kooperman Session 2	Tai-Chi for Veterans DD. Ross Session 1	Myzone® Gamified Bootcamp Sopo Session 2	Weight at the Barre Wartenberg Session 1	iRestore Yoga: Results Beyond the Mat Fulton Session 2	Schwinn®: F.E.A.R. Face Everything and RIDE Roberts Session 2
SA4 Session 2 1:30pm-2:45pm								
SA5 3:00pm-4:15pm	Core to Soar! Rockit	HIIT Chaos - Powered by SAVVIER M. Mylrea	The Golden Gait Layne	Soul Yoga: Rhythm & Blues Kooperman	Pulling for Power: Program 05™ SGT Ken®	Stroops Pilates Tower of Power Appel	LaBlast® Fitness: Waltz, Tango, Foxtrot! Van Amstel	Schwinn®: Ride or Die - Tribe Connection Thomson
SA6 4:30pm-5:45pm	Glute Reboot Appel & Gavigan	30-Minute Cluster Circuits M. Williams	Chair, Don't Care Wartenberg	Cardio Yoga™ - Cardio Focus Krauss	Mindful Movement Prep Thompson	Flexy & Fit Pole Yoga Gilfry	The Cognitive Dance Experience Velazquez	Schwinn®: Master Your One - Rock the Room McLean
SA7 6:00pm-7:00pm	Core Forward Pilates Howard	Fitness Idol Kooperman, Roberts, Rockit & Wartenberg	Warrior Flow Yoga Molina	RumbleRoller® Meets Stroops: Compression & Aggression Bettendorf & Purdy	Boxing & Bands C. Williams	Got Back Pain? Garcia	Vibe Live House Party Ponte & Schur	

SU1 7:30am-8:45am	Personal Training - The Female Core Roberts	Maximizing Med Balls For Groups McCormick	Training the Over 50 Woman Toole	Yoga & Mental Health Molina	Consistent Resistance Purdy	 SCW Barre Certification Appel 7:30am-3:30pm	 STRONG by Zumba® Instructor Training Alas 7:30am-4:00pm	Schwinn®: Bring It - Verbal & Visual Cueing Mastery M. Mylrea
SU2 9:00am-10:15am	Integrating Equipment for Functional Performance Garcia	Balance Training for the Weekend Warrior Guenther & White	Yoga for Graceful Aging Gegg	Cardio Yoga™ - Yoga Focus Krauss	Boxing & Boxes C. Williams			Schwinn®: Rock Steady - Recovery Rides & Results Roberts
SU3 11:00am-12:15pm	Functional Core Training With Foam Rollers Garcia	Lift Off! Howard	Wellness RX for the Active Ager Layne	The Art of Flow: Yoga Basics Conti	HIIT the Turf: For Personal Trainers Keenan- Stryka & Angelique Hughes			Schwinn®: SchwINTENSITY Dayer
SU4 12:30pm-1:45pm	Rockit Strength®: Hard Core/Peace Core Rockit	Fire-Starters & Finishers Parsons	Active Agers: Chair Fitness Upgrade Gegg	Flexibility + Performance = Wellness Howard	Creative Compounds Gavigan			

Friday, July 24

Saturday, July 25

Sunday, July 26

Atlanta MANIA® Schedule



SCW Tai Chi Certification
DD. Ross
9:00am-5:00pm

SCW Nutrition Coaching for Fitness Professionals Certification
Layne
9:00am-5:00pm

One Day to Wellness Certification
B. & M. Mylrea
9:00am-6:00pm

SCW Corrective Exercise Certification
Comana
9:00am-5:00pm

SCW Women's Leadership Forum
Kooperman, Conti, Gilbert, Thews & Hills-Adetoye
9:30am-4:30pm

SCW Women's Leadership Summit
Kooperman, Conti, Gilbert, Thews & Hills-Adetoye
9:30am-4:30pm



New For 2020!
SCW Health & Fitness Business Summit
The perfect place for Managers, Owners & Directors to take their Clubs & Studios to the next level.

www.scwfit.com/business

I
BOXING / HIIT

J
CIRCUITS / ROWING

K
AQUA (POOL)

L
AQUA (LECTURE)

M
NUTRITION / WELLNESS

N
LEADERSHIP / EX. SCIENCE

O
SALES / RETENTION

P
MEDIA / MARKETING

Welcome to the Jungle (Gym) - HIIT
Friend-Uhl

What's Your Type?
Appel

Hydro CSI (Cardio Strength Intervals)
Warasila

Acquapole® Fitness
A. Velazquez & Raphael

Energy Pathways and Ketones
Comana

Active Aging Program Design
Pinkowski

Drive the Experience
Robinson

Workshop Wealth Builder
Fulton

FR1
7:00am-8:15am

High Five - HIIT
Appel

Does Size REALLY Matter?
Thomson

Power to the Pool
Dziubinski

Girls Just Wanna Have Fun
Kooperman, Layne & Wartenberg

The Why & How of Fasting
B. & M. Mylrea

Exercise, Stress, Hormones & Inflammation
Comana

Profitable Businesses: Launch, Grow & Exit
Bosley

Social Media Panel
Digsby, Hall & Conti

FR2
9:15am-10:30am

The Cycle - HIIT
Thomson
Session 2

Work Your Why
Friend-Uhl
Session 2

Dive In
Rockit
Session 1

Making Waves with LaBlast® Splash
Van Amstel
Session 1

Diets Are Like One Night Stands
Digsby
Session 1

Leading to Create Positive Culture
Debish
Session 2

Winning Millennial & Gen Z Clients
Polack
Session 1

Multi-Media Marketing for Growth & Profitability
Kooperman
Session 2

FR3 Session 1
10:45am-12:00pm

FR3 Session 2
11:30am-12:45pm

Boxing: The Method
Feinberg

YOQUA™
Dziubinski

Choreography Overflow
M. Velazquez, Warasila, Gilbert, Wartenberg & Carvalho

Ending Your Clients' Exercise Self Sabotage
Seti

Trends for 2020 & Growth Panel
Kooperman, Thews, Gavigan & Howard

Financing Options to Grow Your Business
Bosley

Website Clicks That Get Clients
Smith

FR4
1:00pm-2:15pm

3:1 Punchout
Feinberg

Surf & Turf
Gilbert

It's Raining Men!
Howard, M. Velazquez, Rockit & Carvalho

Nutrition Panel - Digsby, Layne, Silverman, Roberts-Moderator

Leading for Maximum Performance
Kooperman

Punch Out Parkinsons
Debish & Fazio

Acquiring & Retaining Personal Training Clients
Garcia

FR5
2:30pm-3:45pm

Water Running
Rockit

WATERinMOTION Strength
Kooperman, M. Velazquez, Wartenberg, & Carvalho

Active Aging Nutrition Insights
Silverman

Training the Injured Runner
Brian Bettendorf

Corporate Wellness: Creating New Revenue
Gavigan

17 Social Media Marketing Tricks
Hall

FR6
4:00pm-5:15pm

Bridge Over Troubled Waters
Warasila

Liquid Gym Cyclone Bike
A. Velazquez & Raphael

Immunity Boosters & Busters
Silverman

STATE OF THE INDUSTRY
McCormick, Layne, Feinberg & Gavigan

How to Motivate Volunteers
Garland

Building Dynamic Performance Teams
Gilbert

Riches Are in The Niches
Smith

FR7
6:00pm-7:00pm

Purpose, NOT Circus - HIIT
Friend-Uhl

Turn Back Time: Aging Explored
M. Mylrea

H2O Cue, Pace, Resist
Dziubinski

Liquid Gym Star Workout
A. Velazquez, & Raphael

Success Factors for Weight Loss
Silverman

KEYNOTE ADDRESS
Unlock a New Dimension of Passion
with Stacey Lei-Krauss

How to Motivate Volunteers
Garland

Building Dynamic Performance Teams
Gilbert

SA1
7:30am-8:45am

Bring on the 4-Letter Words! - HIIT
Roberts

"Toning" is NOT a Thing
Friend-Uhl

Active Aging - Water Wellness
Pinkowski

Double Trouble: Bad Boys Of Aqua
Howard & M. Velazquez

Nutrition for HIIT & LIIT Programs
Layne

Fitness Business Trends for 2020
Kooperman

Out of Body Experience
Gibert

Make Money While You Sleep
Digsby

SA3
11:15am-12:30pm

Your Brain on HIIT
Friend-Uhl
Session 1

Aqua Abs: WIM-sy
Carvalho
Session 1

LaBlast® Splash: Waltzing in the Water
Van Amstel
Session 1

Progress Over Perfection
Digsby
Session 2

Golden Nuggets for Successful Managers
Gilbert

Wowing Your Customer
K. Williams
Session 2

Growth Thru Hospital & Healthcare Affiliations
Bellenger
Session 1

SA4 Session 1
12:45pm-2:00pm

SA4 Session 2
1:30pm-2:45pm

Boxing Bootcamp
Feinberg

Hydro Lift Off!
Howard

Platinum - Silver Tsunami
M. Velazquez, Warasila, Gilbert, Wartenberg & Carvalho

Putting an End to Stress Eating
Seti

Controversies in Resistance Training: Solved
Kravitz

6ix Steps to Sales Success
Bustamante

Relevant Fitness: Myths, Marketing & Money
DD. Ross

SA5
3:00pm-4:15pm

He-Mugs-Me Not!
Feinberg

Ups & Downs of Aqua
Carvalho

Acquapole® Circuit
A. Velazquez & Raphael

The Carb & Protein Myth
B. Mylrea & M. Mylrea

HIIT Beyond Your Max
Kravitz

Cycling Evolution
Debish

Put the "Social" in Social Media
Conti

SA6
4:30pm-5:45pm

Aqua Yoga Flow
Warasila

Acquapole® Aqua Boxing
A. Velazquez & Raphael

Postpartum Recovery (At Any Age)
Citron

Calorie Burning: Facts vs. Controversy
Kravitz

The Art of Cueing™
Ponte & Schur

Power of Podcasting: Leverage Your Brand
Conti

Put the "Social" in Social Media
Conti

SA7
6:00pm-7:00pm

StairMaster
HIIT Just Got Real Certification
Friend-Uhl • 8:00am-12:00pm

SCW
SCW Boxing Certification
Feinberg
7:30am-3:30pm

waterinmotion
WATERinMOTION® Aqua Exercise Certification
M. Velazquez
8:00am-4:00pm

SCW
SCW Aqua Barre Certification
Wartenberg
8:00am-3:00pm

Master of Mindful Eating
Seti

The Age Antidote
Kravitz

Strategies for Success as a Business Owner
Gilbert

Unique Programming for Boutique Gyms
Gilfry

SU1
7:30am-8:45am

Savvier Fitness
Extreme HIIT Chaos® Powered by Savvier Fitness®
M. Mylrea
8:00am-4:00pm

SCW
SCW Boxing Certification
Feinberg
7:30am-3:30pm

waterinmotion
WATERinMOTION® Aqua Exercise Certification
M. Velazquez
8:00am-4:00pm

SCW
SCW Aqua Barre Certification
Wartenberg
8:00am-3:00pm

Food Deconstructed
Silverman

Grow Your PT Business
Roberts

Business Management for Fitness Professionals
Bellenger

Maximize Facebook Like a Boss
Digsby

SU2
9:00am-10:15am

SCW
SCW Boxing Certification
Feinberg
7:30am-3:30pm

waterinmotion
WATERinMOTION® Aqua Exercise Certification
M. Velazquez
8:00am-4:00pm

SCW
SCW Aqua Barre Certification
Wartenberg
8:00am-3:00pm

"Training" Women For Pregnancy
Citron

Women, Hormones, Metabolism & Exercise
Kravitz

The Caring Touch
Bustamante

One to Many: Business Expansion
Garland

Maximize Facebook Like a Boss
Digsby

SU3
11:00am-12:15pm

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SU4
12:30pm-1:45pm

Friday, July 24

Saturday, July 25

Sunday, July 26