

FEB 17-18

WEDNESDAY FEBRUARY 17 PRE-CONVENTION EVENTS	SCW Personal Training Certification 9:00am-6:00pm Roberts Pg 7	Barre Above™ Certification 10:00am-6:00pm Madden Pg 7	Jungshin Level 1 Instructor Certification 9:00am-6:00pm Kahn Pg 8	Taijifit™ Foundations - The Basic Training Course 9:00am-6:00pm D. Ross Pg 8						
THURSDAY FEBRUARY 18 PRE-CONVENTION EVENTS	SCW Yoga I Certification 8:00am-5:30pm Howard Pg 7	SCW Small Group Training Certification 9:00am-5:00pm Roberts Pg 7	SCW Sports Nutrition Certification 9:00am-3:30pm Comana Pg 7	SCW Group Exercise Certification 8:00am-5:00pm Lewis-McCormick Pg 7	SCW Aquatic Exercise Certification 8:00am-5:00pm Warasila Pg 7	SCW Training with Kettlebells Certification 9:00am-4:00pm McCall Pg 7	SCW Pilates Matwork Certification 8:00am-5:00pm Appel Pg 8	Myofascial Compression™ Techniques: Foam Rolling 9:00am-5:00pm Pata Pg 8	Tabata BootCamp™ 8:00am-5:00pm M. Mylrea Pg 9	

FRIDAY, FEBRUARY 19

A BOOT CAMP & GROUP TRAINING	B GROUP TRAINING & HIIT	C DANCE & GROUP	D BARRE & SPECIALTY	E FUNCTIONAL TRAINING & STRENGTH	F MIND/BODY	G RECOVERY & AGING	H KETTLEBELLS & CIRCUIT TRAINING
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FR1 7:30am-9:00am	Ropes Unleashed: Power Meets Precision Nunez Pg 11	All Small Ball Appel Pg 11	Get RIPPED! Workshop Love & Bryan Pg 11	Barre Advanced! Madden Pg 11	PLYOGA® Flow Lauren Pg 11	LOK Fitness: FLOW Roxas & Maurer Pg 11	Balance Strategies for Older Adults Osar Pg 11	Jungshin Combat® - Long Sword Kahn Pg 11
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EXPO OPEN 8:45am-10:15am & 11:15am-2:30pm

FR2 10:00am-11:30am	SPRI Athletic Performance Nunez Pg 12	Jillian Michael's BodyShred™ Workshop Green Pg 12	Get Centered - Dance, Tai Chi & Yoga Fusion Kolber Pg 12	PILOXING® SSP: Opposites Attract Ballard Pg 12	Not Your Mama's Body Sculpt Roberts Pg 12	Yoga Rhythm Dance Kooperman Pg 12	TriggerPoint™: Injury Prevention & Better Movement Pata Pg 12	Doo-Wop Bop Westfall Pg 12	
FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	HIT Parade M. Mylrea Session 2 Pg 14	Core Reborn Appel Session 1 Pg 13	Zumba® Cardio Blast! Masceri Session 1 Pg 13	Balanced Body Barre®: Power Barre! Karley Session 2 Pg 14	Find Your Beat with DrumFIT®! Hoskin Session 2 Pg 14	Assists & Assessments Sherman Session 1 Pg 13	QI Gong and Tai Chi for Seniors Haan Session 2 Pg 14	Shockwave Dixon, Crosby & Scott Session 1 Pg 13
FR4 2:15pm-3:45pm	Female Formula - Battle It Out! Freytag Pg 15	Barbell Strength: Strong For Life, RIP® Livingstone Pg 15	UrbanKick® and H.I.I.T. Barnard & Natsuki Pg 15	Soul Body Barre - Form and Flow Barbour & Vandiver Pg 15	Corebar STRONG Tonne & Turi Pg 15	Making Magic with the Circle Appel Pg 15	TriggerPoint™: Applied Techniques for Re-Gen® Pata Pg 15	Indo-Row: The Perfect Calorie Burn Thews & Crosby Pg 15	
FR5 4:00pm-5:30pm	Battle with the Bands Nunez Pg 18	Crazy Core and So Much More M. Mylrea Pg 18	Zumba®: Diva Nation Masceri Pg 18	Beyond Bands for Barre Appel Pg 18	POUND® Towey Pg 18	TaijiFit Strength D. Ross Pg 18	Next-Level Recovery Auer-Sears & Ferguson Pg 18	Kettlebell: Beyond the Turkish Getup McCall Pg 18	

EXPO OPEN 5:15pm-6:45pm

FR6 6:30pm-7:30pm	Tubing Training Redefined Ross Pg 19					Yoga Flow State Sherman Pg 19		
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SA1 7:00am-8:30am	Strength Circuit Ramping Freytag Pg 19	Jillian Michaels BODYSHRED™ Green Pg 20	LOK Fitness: Kick Camp Roxas & Maurer Pg 20	PILOXING® Barre: Cardio Meets Barre Ballard Pg 20	Corebar BOOST Tonne & Turi Pg 20	Yoga for Seniors Haan Pg 20	Training Older Clients with Osteoarthritis Osar Pg 20	The One Weight Workout: Kettlebell McCall Pg 20
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EXPO OPEN 8:30am-9:30am

AWARDS CEREMONY & KEYNOTE 9:30am-10:45am	Exercise: The Magic Bullet Kravitz Pg 21							
SA2 11:00am-12:30pm	360 Training Drills Nunez Pg 21	Tabata Bootcamp™ Express Workout M. Mylrea Pg 21	Dancing For Joy 2016 Kolber Pg 21	Soul Body Barre - Modifications and Challenges Barbour & Vandiver Pg 21	PLYOGA® - Your Body is Power® Lauren Pg 21	Yoga for the Young at Heart Kooperman Pg 21	Next-Level Recovery Auer-Sears & Ferguson Pg 21	Shockwave Thews, Crosby & Cook Pg 21

EXPO OPEN 12:30pm-3:30pm

SA3 SESSION 1 12:45pm-2:15pm	SA3 SESSION 2 1:30pm-3:00pm	Align and Define Appel Session 2 Pg 23	Primal Movement Comana Session 1 Pg 22	Zumba! Let it MOVE YOU! Masceri Session 1 Pg 22	Balanced Body®: HIIT the Barre Karley Session 2 Pg 23	LES MILLS GRIT® Cardio Bramski Session 1 Pg 22	Bamboo Fusion-Yoga Grows and Tai Chi Flows D. Ross Session 2 Pg 23	Chair Workout: Flexibility & Mobility Lewis-McCormick Session 2 Pg 23	Indo-Row: Team Attack on Total Body Training Thews & Crosby Session 1 Pg 22
SA4 3:15pm-4:45pm	Jillian Michaels BODYSHRED™ Green Pg 23	Athletic Step Conditioning with POWER STEP® Pg 24	RIPPED! Intensity Love & Bryan Pg 24	Barre Above, Choreography Overload Madden Pg 24	Total Body Core Training McCall Pg 24	Steel Pilates Howard Pg 24	Psoas and Glutes Strategies Osar Pg 24	Jungshin Rhythm® - Double Short Swords Kahn Pg 24	
SA5 5:00pm-6:00pm	Move Free - Strands J. Ross Pg 25	Extreme Exercise Makeover M. Mylrea Pg 25	POUND®: Rockout - Workout. Towey Pg 25	PLYOGA® - The Reverse Warrior Lauren Pg 25	Balanced Body®: Get Your MOTR™ Running Gonzalez Pg 25	Taijifit™ Flow D. Ross Mats Pg 25	Relax & Restore Foam Roller Training Lewis-McCormick Pg 25	20x3 Howard Pg 25	

EXPO OPEN 6:15pm-7:45pm

SA6 7:30pm-8:30pm			GET RIPPED! 96-2 Love & Bryan Pg 26		DrumFIT®: Exercise for Body & Brain! Hoskin Pg 26		LOK Fitness: Toy Box Roxas & Maurer Pg 26	
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SUNDAY, FEBRUARY 21

SU1 7:00am-8:30am	Roll, Restore, Recharge J. Ross Pg 26	LES MILLS BODYPUMP® Bramski Pg 26	UrbanKick® and H.I.I.T. Barnard & Natsuki Pg 26			Balanced Body® Fit: Functional Fun Master Trainer Pg 27	The Rotator Cuff: Corrective Exercises Osar Pg 27		
SU2 8:45am-10:15am	Female Formula - Bal-lapalloza Freytag Pg 27	Group RX: No Equipment Vanderburg Pg 27	POUND® Fit Towey Pg 27			Tabata Yoga Howard Pg 27	TriggerPoint™: Life after Foam Rolling Pata Pg 27		
EXPO OPEN 10:00am-1:30pm									
SU3 11:15am-12:45pm	Move Free - Foam Roller & Bar Freytag Pg 28	Body Weight Boot Camp M. Mylrea Pg 28	Knockout: Test Your Athleticism, PILOXING® Ballard Pg 28			Barefoot Strength and Endurance Howard Pg 28	Core Fit for Seniors Haan Pg 28		
SU4 1:00pm-2:30pm	TRANSFORMATION Begins Here Livingston Pg 29	TriggerPoint™: Hip and Shoulder Mobility Pata Pg 29	Get Learning, Get Burning With DrumFIT®! Hoskin Pg 29			Awareness Enhanced Pilates Grant Pg 29	Flexibility Formulas Vanderburg Pg 29		



PHILLY MANIA® Schedule at a Glance

ZUMBA® Basic Skills Level 1 Instructor Training 8:00am-5:00pm Masceri Pg 9	Schwinn® Cycling Instructor Certification 8:00am-5:00pm Scott & Dixon Pg 9	Moving to Happiness® Coaching Method 9:00am-5:00pm Kolber Pg 9	Get RIPPED! Instructor Certification 9:00am-5:00pm Love & Bryan Pg 9	Urbankick® Instructor Certification 9:00am-5:00pm Barnard & Natsuki Pg 9	In-Trinity® Instructor Certification 8:00am-5:00pm In-Trinity Master Trainer Pg 9	SCW Seven Keys to Opening Your Own Fitness Facility Certification 9:00am-5:00pm Conrad Pg 8	SCW Yoga II Certification 5:30pm-9:30pm Howard Pg 8	SCW Group Strength Certification 5:30pm-9:30pm Lewis-McCormick Pg 8	SCW Lifestyle and Behavioral Coaching Workshop Comana Pg 7
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I AQUA (ACTIVITY)	J AQUA (LECTURE)	K SCHWINN® CYCLING	L MATRIX / MOI	M NUTRITION LECTURE	N EXERCISE SCIENCE & NUTRITION LECTURE	O BUSINESS & MOTIVATION LECTURE	P SUSPENSION & CIRCUIT TRAINING	Q BOXMASTER®
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Hydro Zen Fluid Fusion Velazquez Pg 11	Suspended Aqua Core Westfall Pg 11	Schwinn®: Train Right 2 Ride Right Roberts Pg 11	Introduction to IN-TRINITY® In-Trinity Master Trainer Pg 11	Diet Fads and Facts: Ending the Frustration Digsby Pg 12	Agile to Starting: Understanding Strength McCall Pg 12	Making More Money as a Fitness Professional Conrad Pg 12	Bodhi Suspension System®: Suspension Meets Cardio Gonzalez Pg 12	BoxMaster® Circuit: Round 1 Friend-Uhl Pg 12
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EXPO OPEN 8:45am-10:15am & 11:15am-2:30pm

Aqua Abs Kulp Pg 12	Aqua Yoga Flow Warasila Pg 13	Schwinn®: Music Makeover - There's an App! Scott Pg 13	IN-TRINITY® Warrior Program In-Trinity Master Trainer Pg 13	Metabolism, Fat, Abs, Butts and Thighs Comana Pg 13	Increase Your Energy Naturally Conrad Pg 13	Attract Participants Online & Through Social Media Goldfrid Pg 13		
Aqua Hip And Funk! Velazquez Session 1 Pg 13	Aqua Circuit Bootcamp Lewis-McCormick Session 1 Pg 13	Schwinn®: ABCs of Indoor Cycling Thews Session 1 Pg 14	MOI Cycle: Interval Ride Goldfrid & Lowell Session 2 Pg 14	Best Body Countdown Digsby Session 1 Pg 14	To HIIT Or Not To HIIT Comana Session 2 Pg 14	2016-17 Trends in Fitness Programming & Training - Kooperman Session 2 Pg 14	Bodhi Suspension System®: Chisel Your Physique! Karley Session 2 Pg 14	BoxMaster® Circuit: Round 2 Sports Performance Friend-Uhl Session 1 Pg 14
Water in Motion 25 Warasila, Kulp, Velazquez Pg 15	Schwinn® Cycling: It's All About the BASE Dixon Pg 15	Introduction to IN-TRINITY® In-Trinity Master Trainer Pg 15	Introduction to The Moving to Happiness® Coaching Method Kolber Pg 15	Group exercise or group injury? H. Garcia & K. Garcia	Group Fitness Management & Promotional Strategies Howard	Bodhi Suspension System®: Focus On Flexibility Karley	Boxmaster® Circuit: Round 3 - Warrior Training Friend-Uhl & McCall	
Water Cardio and Core Warasila Pg 18	Zenergy H20 Lewis-McCormick Pg 18	Schwinn®: Dynamic Duos Thews, Dixon, Sherman, Scott Pg 19	MOI Cycle: Endurance Ride Goldfrid & Lowell Pg 19	The Scoop on Sugar Digsby Pg 19	Exercise and Aging: Best Practice Programming Kooperman Pg 19	Become A Retention Rockstar H. Garcia & K. Garcia Pg 19	Bodhi Suspension System®: Suspension Circuits Gonzalez Pg 19	

EXPO OPEN 5:15pm-6:45pm

		LES MILLS SPRINT™ Workout Brams Pg 19		State of the Industry Address: Trends for 2016 Nunez, Lewis-McCormick, Robinson, Freytag Pg 19	Ebbs and Flows of Aqua Exercise: Panel Discussion Kooperman, Velazquez, Warasila, Howard & Westfall Pg 19			
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Horiz. & Vert. Dynamic Aqua Core Training Velazquez Pg 20	Tab-aqua Boot Camp Howard Pg 20	Schwinn®: Teaching Tips from TED® Scott Pg 20	IN-TRINITY® Warrior Program In-Trinity Master Trainer Pg 20	Metabolism Makeover Digsby Pg 20	50+ Females Layne Pg 21	The Perfection Detox® Kolber Pg 21	Bodhi Suspension System®: Pilates Meets Suspension Karley Pg 21	
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EXPO OPEN 8:30am-9:30am

Fluid HIIT Fusion Velazquez Pg 21	Deep Water Dance Party Westfall Pg 22	Schwinn®: Build It, They Will Come Sherman Pg 22	MOI Cycle: Race Day Ride Goldfrid Pg 22	Irisin, Insulin and Inulin Layne Pg 22	Supramaximal Eccentric Training Kravitz Pg 22	Using Social Media to Up Your Game Freytag Pg 22	Bodhi Suspension System®: Suspension Circuits Karley Pg 22	BoxMaster® Circuit: Final Round-Fight Club Friend-Uhl & McCall Pg 22

EXPO OPEN 12:30pm-3:30pm

Pool Pyramids Layne Session 1 Pg 23	Barre-a-Cuda Sidelines: Aqua Ballet Velazquez Session 1 Pg 23	Schwinn® Unapologetically Authentic Roberts & Cook Session 2 Pg 23	Introduction to IN-TRINITY® In-Trinity Master Trainer Session 1 Pg 23	The 12 Truths of Fat Loss Kravitz Session 1 Pg 23	Go Bones H. Garcia & K. Garcia Session 2 Pg 23	Successful Business Strategies For Owners & Managers Kooperman Session 2 Pg 23		BoxMaster® Circuit: Round 1 Friend-Uhl Session 1 Pg 23
	Water in Motion Platinum 4 Warasila, Velazquez, Henry, Kooperman Pg 24	Schwinn®: Coaches Survival Kit Scott & Thews Pg 24	MOI Cycle: Strength Ride Goldfrid Pg 24	Common Sense Nutrition Within Your Scope H. Garcia & K. Garcia Pg 24	New Rules for Peak Nutrient Timing Kravitz Pg 24	Business Trends: Become an Online Personal Trainer D. Ross Pg 24	Bodhi Suspension System®: Suspension Meets Cardio Gonzalez Pg 24	BoxMaster® Circuit: Round 2 Sports Performance Friend-Uhl Pg 25
Doo Wop Aqua Westfall Pg 25	Aqua Zen Warasila Pg 25	Schwinn®: Girl Power & the Schwinn® Sisterhood Vanderburg, Thews, Dixon Pg 25	IN-TRINITY® Warrior Program In-Trinity Master Trainer Pg 25	"No-Way!" Nutrition Nuggets Digsby Pg 26	Stress and Inflammation Comana Pg 26	Building Your Brand for Success Robinson Pg 26	Bodhi Suspension System®: Dancing With The Ropes Gonzalez Pg 26	BoxMaster® Circuit: Round 3 Warrior Training Friend-Uhl & McCall Pg 26

EXPO OPEN 6:15pm-7:45pm

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	Aqua Block Party Layne Pg 27	Schwinn®: The "HARD" Conversation Vanderburg Pg 27			Solutions for Women, Hormones and Metabolism Kravitz Pg 27	What Do I Eat? M. Mylrea & B. Mylrea Pg 27	Bodhi Suspension System®: Focus On Flexibility Karley Pg 27		
	Align & Define in the Pool Westfall Pg 27	Schwinn®: Revolution Evolution M. Mylrea Pg 28			Myths, Misconceptions and Controversies in Exercise Kravitz Pg 28	Nutritional Needs During Menopause Layne Pg 28	Bodhi Suspension System®: Pilates Meets Suspension Karley Pg 28	BoxMaster® Circuit: Final Round-Fight Club Friend-Uhl Pg 28	
	Anchor Down Henry Pg 28	Schwinn®: Recovery RX Cook & Vanderburg Pg 28			EXPO OPEN 10:00am-1:30pm			Bodhi Suspension System®: Chisel Your Physique! Gonzalez Pg 29	BoxMaster® Circuit: Round 1 Friend-Uhl Pg 29
	Go Deep Henry Pg 29				What's Really Making You Crazy? Layne Pg 28	Opening Your Own Fitness Facility Conrad Pg 29	Hot Topics in Nutrition Layne Pg 29	Essential Oils for Recovery and Recuperation Conrad Pg 29	