





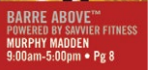





WEDNESDAY, APRIL 4
& THURSDAY, APRIL 5



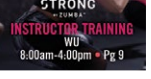





WEDNESDAY PRE-CONVENTION WORKSHOP APRIL 4								
THURSDAY EVENING PRE-CONVENTION WORKSHOPS THURSDAY, APRIL 5			SCW Group Exercise Certification Howard 8:00am-5:00pm Pg 7		Zumba® Basic Skills Level 1 Instructor Training Smith 8:00am-5:00pm Pg 8		TriggerPoint™ Foam Rolling: Principles & Practices Coronel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



A	B	C	D	E	F	G	H
FUNCTIONAL TRAINING	HIIT / CORE	PT / GROUP EX	BARRE	DANCE / SPECIALTY	STRENGTH TRAINING	RECOVERY	MIND / BODY

FR1 7:30am-9:00am	Functional Training - Workout for Results McCall Pg 10	Crazy Core Combos Mylrea Pg 10	The Ultimate Light Kettlebell Workout Lewis-McCormick Pg 10	Barre 360 Appel Pg 10	R.I.P.P.E.D.®: Reformulated! Terry & Tina Shorter Pg 10	ThinkFit™ Circuits: Get It Done in 20! Quest Pg 10	TriggerPoint™: GRID® Lock for Core Training Coronel Pg 10	Rock n' Roll Yoga Peltier Hall Pg 10
EXPO OPEN 8:45am-2:30pm								
FR2 10:00am-11:30am	The Breakdown J. Hall Pg 11	KIBO Gaylord Pg 11	The Protocols of P90X de Werd Pg 11	Make Your Barre Classes a 'HIIT' Murphy Madden Pg 11	HIGH Fitness: Aerobics is Back! Nelson & Zenith Pg 11	InTEnsity by Hedstrom Fitness Dixon Pg 11	Glutes and Psoas: Corrective Exercise Osar Pg 11	SPRY - Strength, Power, Resistance, Yoga Kleidman & Horne Pg 11
FR3 SESSION 1 11:45am-1:15pm	Short Circuit: Group Training Edition Fouts Session 1 Pg 12	Willow - 6Pack Abs, 6Pack Mind Hubbert & Boynton Session 1 Pg 12	Pulling For Power™ SGT Ken® Session 1 Pg 12	Barre Moves - Update Your Choreography Murphy Madden Session 2 Pg 13	Zumba® Cardio Blast Smith Session 1 Pg 12	ThinkFit™ Pilates: Power Mat Quest Session 1 Pg 12	RumbleRoller: Group Exercise Flow Bettendorf Session 1 Pg 12	The Perfect Fusion with PiYo de Werd Session 2 Pg 13
FR4 2:15pm-3:45pm	RUMBLE by R.I.P.P.E.D.® Jessup Pg 14	Below the Belt: Glutes & Legs! M. Mylrea Pg 14	Aeropes™ Gaylord Pg 14	ThinkFit™: Bells at the Barre Jessup Pg 14	MUVZ Fitness Sandoval Pg 14	BOSU® Pilates Core Power Quest Pg 14	Foam Rolling Applied Programming: ReGen® Pata Pg 14	H3: Hip Hop Hatha Peltier Hall Pg 14
FR5 4:00pm-5:30pm	Warm Up! Performance Flexibility & SMR Lewis-McCormick Pg 15	POUND® - Rockout. Workout. Opperman Pg 15	Group Exercise or Group Injury? Garcia Pg 15	Barre Tricks Murphy Madden & McMullen Pg 15	Magic in Dance Fitness Sanders Pg 15	Speedball Feinberg & Schiller Pg 15	Knee Osteoarthritis? Corrective Exercise Strategy Osar Pg 15	Rhythm Yoga Velazquez Pg 15
CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm								
FR6 EVENING SESSIONS 6:30pm-7:30pm								Roll & Restore Kristin Mabry

SA1 7:00am-8:30am	No Equipment, No Problem Velazquez Pg 18	Tabata GX™ — Tabata ... Redefined! M. Mylrea Pg 18	Understanding Movement McCall Pg 19	M*PWR® Barre for Reducing Stress Schiller Pg 19	RUMBLE by R.I.P.P.E.D.® Jessup Pg 19	ThinkFit™ Pilates: Reformer on the MOTR Quest Pg 19	Group Exercise Instructor? Corrective Exercise Osar Pg 19	Extreme Tabata Yoga Howard Pg 19
EXPO OPEN 8:15am-9:30am								
SA2 KEYNOTE & AWARDS 9:30am-10:45am								
SA3 11:00am-12:30pm	Strong by Zumba® Wu Pg 20	POUND® - Rockout. Workout. Opperman Pg 20	The Ultimate Group Experience Estremera Pg 20	Center Floor Zahnn & K. Scott Pg 20	Body Mechanics in Functional Training Sandoval & McMullen Pg 20	Renegade - Athletic Circuits Reinvented M. Mylrea Pg 20	Prevention & Recovery Through Muscle Stimulation Feinberg Pg 20	Y3: Yin-Yang Yoga Rockit Pg 20
EXPO OPEN 12:15pm-3:30pm 6:15pm-7:45pm								
SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	The Amrap Assault SGT Ken® Session 1 Pg 21	Quick and Dirty 30 Lewis-McCormick Session 2 Pg 22	Les Mills GRIT®: Cardio & HIIT Jacques Session 1 Pg 21	ThinkFit™: Bells at the Barre Appel Session 1 Pg 21	Salsa-Reggaeton Dance Mix Buzzo Session 1 Pg 21	Speedball Core Feinberg & Schiller Session 2 Pg 22	Corrective Exercise for The Problem Shoulder Pata Session 1 Pg 21
SA5 3:15pm-4:45pm	PROJECT STEEL™ Stahl Pg 22	SPORT™ by Group RX Boynton Pg 22	Crew Conditioning™ with SGT Ken® SGT Ken® Pg 22	Balletone® - Non-Dancer Workout Zahnn & K. Scott Pg 22	HIGH Fitness: Taking It Higher! Nelson & Zenith Pg 23	ThinkFit™ Strength: Reformer on the MOTR™ Quest Pg 23	RumbleRoller: Mindfulness and Breathwork Bettendorf Pg 23	Club Pilates Mat Class - Level 1 Huffman Pg 23
SA6 5:00pm-6:30pm	Axle: Lift, Burn, Move Page Pg 23	Coaching Squat and Lunge Variations Comana Pg 23	R.I.P.P.E.D.®: REFORMULATED! Jessup Pg 24	Best of Barre Appel Pg 24	Smart Choreography 101 Hall Pg 24	Dynamic Flexibility: A 3D Life Velazquez Pg 24	TriegerPoint™ for Movement Coronel Pg 24	Recovery Through Meditation Rockit & Biscontini Pg 24
SA7 EVENING SESSIONS 6:45pm-7:45pm	STRONG by Zumba® Wu Pg 25	MANIA® Dance-Off with Muvz, Eren Buzzo POUND® & ZUMBA® Pg 25						

SU1 7:00am-8:30am	The Warrior Fit Games SGT Ken® Pg 25	Lower Extremity Mechanics Comana Pg 25			Strong Mind Strong Body Bonina Pg 25	ThinkFit™ Circuits: Get It Done in 20! Quest Pg 25	Corrective Exercises: Female Core Osar Pg 25	Spirited® Elements Rockit Pg 25
SU2 8:45am-10:15am	Don't Step On It Howard Pg 26	MMA for Group Fitness Estremera Pg 26			Salsa-Reggaeton Choreo Mix Buzzo Pg 26	BOSU® Up Down All Around Thews Pg 26	Shoulder Issues? Corrective Exercise Strategy Osar Pg 26	Yoga Basics: Going Deeper Chapman Pg 26
EXPO OPEN 10:00am-1:30pm								
SU3 11:15am-12:45pm	HIGH Fitness: Bigger, Better, HIGHER! Nelson & Zenith Pg 27	Core Fit Haan Pg 27			Dance Fitness Meets Weights Sanders Pg 27	Les Mills GRIT® PLYO Workout Jacques Pg 27	Progressive Systems to Self-Myofascial Release Coronel Pg 27	Club Pilates Mat Class - Level 2 Huffman Pg 27
SU4 1:00pm-2:30pm	20X3 Howard Pg 27	Core & Restore Bretz Pg 28			Dance Breakdown Weisenmiller Pg 28	RECESS! For Kids & the Kid in You! J. Hall Pg 28	RumbleRoller: Roll Better, Roll Less Bettendorf Pg 28	Restorative Yoga - Prop-Free! Chapman Pg 28


SATURDAY, APRIL 6
SUNDAY, APRIL 8

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

CALIFORNIA MANIA® SCHEDULE

I	J	K	L	M	N	O	Q
ACTIVE AGING / WELLNESS	SCHWINN® CYCLING	AQUA (STARTS IN POOL)	AQUA (STARTS IN LECTURE)	NUTRITION / HEALTH	EX. SCIENCE / LEADERSHIP	BUSINESS	BOXING / CIRCUIT

Out with Old, In with Older! Biscontini & O'Brien Pg 10	Schwinn®: How to Wow! Thews Pg 10	Tab-Aqua Quickies Howard Pg 11	Hydro Playground Warasila Pg 11	Timing is Everything Garcia Pg 11	Calculated Results Pg 11	5 Principles of Kickass Brand Marketing Weitzel Pg 11	Boxing: The Method Feinberg Pg 11	FR1 7:30am-9:00am
EXPO OPEN 8:45am-2:30pm								
Between the Chairs Lewis-McCormick Pg 11	Schwinn®: Music MAGIC! J. Scott Pg 12	Athletic Aqua Advantage Layne Pg 12	From Water Novice to MANIAC Martin Pg 12	Common Sense Nutrition: Your Scope Garcia Pg 12	Unleash the Power of Music Thews Pg 12	Trends in Fitness Programming Kooperman Pg 12	StairMaster® Presents - HIIT Mix Solution Appel Pg 12	FR2 10:00am-11:30am
Flexibility + Performance + Wellness Howard Session 2 Pg 13	Schwinn®: Tour de Schwinn® Dixon Session 2 Pg 13	Music Matters Warasila Session 2 Pg 13	Girls Just Wanna Have Fun! Kooperman, Layne, Lewis-McCormick & Weisenmiller Session 2 Pg 13	What's in Your Food? Silverman Session 2 Pg 13	Edutainment & Entertainment Sanders, Schiller & Martin Session 2 Pg 13	Attract Clients with Facebook Live Keuilian Session 2 Pg 13	StairMaster® BoxMaster McCall Session 2 Pg 13	FR3 SESSION 1 11:45am-1:15pm
Exercise for the Fountain of Youth McCall Pg 14	Schwinn®: Magic of the 3 C's J. Scott Pg 14	Spirited® Surf 2 Rockit Pg 14	Dive Into Aqua Choreography Kooperman, Velazquez, Warasila & Weisenmiller Pg 14	Forget the Rest? Layne Pg 14	SMR for Running Performance Bettendorf Pg 14	Social Media Marketing for Beginners Sanders Pg 14	3:1 Pouchout Feinberg Pg 14	FR4 2:15pm-3:45pm
Yoga for the Young at Heart: Chair Kooperman Pg 15	Schwinn®: To Breathless and Back Dixon Pg 15	Aqua Zen Warasila Pg 15	Currents of Cardio Confetti Rockit Pg 18	Diet Diagnosis B. & M. Mylrea Pg 18	Power of Protocol Programming Katami Pg 18	Stability & Security: Pilates as Your Career Huffman Pg 18	StairMaster® Presents - HIIT Mix Solution Thews Pg 18	FR5 4:00pm-5:30pm
CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm								
	Les Mills SPRINT™: Suite Success Jacques Pg 18						Boxing Bootcamp Feinberg Pg 21	FR6 EVENING SESSIONS 6:30pm-7:30pm

Move Active Agers with Music Finley-Norwood Pg 19	Schwinn®: The Power Behind POWER J. Scott Pg 19	Tabata Water Sports 2: Game Time! Martin Pg 19	Aqua Core Options Warasila Pg 19	Know NO (Nitric Oxide) Layne Pg 19	Stress and Chronic Disease Garcia Pg 19	Fitness Program Comprehension & Creation Stahl Pg 19	StairMaster® Presents - HIIT Mix Solution Appel Pg 19	SA1 7:00am-8:30am
EXPO OPEN 8:15am-9:30am								
								SA2 KEYNOTE & AWARDS 9:30am-10:45am
Strength Training for Longevity & Vitality Kooperman Pg 20	Schwinn®: Rhythm Done Right Dixon Pg 20	Aqua Bootcamp Circuit Lewis-McCormick Pg 20	H2VHQA Layne Pg 20	Sneaky Strategies to Manage Weight Dixon Pg 20	Functional Training for Active Agers McCall Pg 21	Time-Saving Tools for Digital Music Howard & Velazquez Pg 21		SA3 11:00am-12:30pm
EXPO OPEN 12:15pm-3:30pm 6:15pm-7:00pm								
Functional Balance for Older Adults McCaughy Session 1 Pg 21	Schwinn®: BIG1 Free - Class Design Thews Session 2 Pg 22	Waves on Fire: Lower Body Martin Session 2 Pg 22	It's Raining Men! Howard, Velazquez & Rockit Session 2 Pg 22	Sugar Shockers and Shakedown Silverman Session 2 Pg 22	New Exercise Science Research & Ideas Comana Session 1 Pg 21	Fighter's Focus Katami Session 2 Pg 22	StairMaster® BoxMaster McCall Session 1 Pg 21	SA4 SESSION 1 12:45pm-2:15pm
Body & Sole for Active Agers Biscontini Pg 23	Schwinn®: Pedal and Pulse M. Mylrea Pg 23	Athletic Aquatics Bretz Pg 23	Silver Aqua Solutions Kooperman, Velazquez, Warasila & Weisenmiller Pg 23	Are All Calories Equal? Comana Pg 23	Foam Rolling: Rolling Pins to Vibration Pata Pg 23	Steps to Strengthening Your Brand Fouts Pg 23	StairMaster® Presents - HIIT Mix Solution Appel Pg 23	SA5 3:15pm-4:45pm
Active Aging: No Place Like Foam Kooperman Pg 24	Schwinn®: Train Right Re-imagined Dixon Pg 24	Zenergy H2O Lewis-McCormick Pg 24	Waves of Laughter Powell Pg 24	Nutrition Tips, Tidbits & Treats B. & M. Mylrea Pg 24	Say It and Drop the Mic ... McMullen Pg 24	Create Your Health & Wellness Brand Holmes Pg 25	Boxing: The Method Feinberg Pg 25	SA6 5:00pm-6:30pm
	Schwinn® Cycling: #WhoAmI Thews Pg 25					Electronic Stimulation for Body Performance Feinberg		SA7 EVENING SESSIONS 6:45pm-7:45pm

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