

WEDNESDAY, APRIL 4 & THURSDAY, APRIL 5

<b>WEDNESDAY PRE-CONVENTION WORKSHOP APRIL 4</b>									
<b>THURSDAY EVENING PRE-CONVENTION WORKSHOPS THURSDAY, APRIL 5</b>			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		
	HGH Fitness HGH FITNESS INSTRUCTOR TRAINING NELSON & ZENITH 8:30am-5:00pm Pg 8	Pilo PILO INSTRUCTOR TRAINING DE WERD 9:00am-5:00pm Pg 8		BARRE ABOVE™ POWERED BY SAVVIER FITNESS MURPHY MADDEN 9:00am-5:00pm Pg 8	SCW Core Training Workshop McCall 1:00pm-5:00pm Pg 7	PILATES MATWORK CERTIFICATION Appel • 8:00am-5:00pm Pg 7	TriggerPoint™ Assessments to Performance 5:30pm-9:30pm Pg 8		

<b>A</b> FUNCTIONAL TRAINING	<b>B</b> HIIT / CORE	<b>C</b> PT / GROUP EX	<b>D</b> BARRE	<b>E</b> DANCE / SPECIALTY	<b>F</b> STRENGTH TRAINING	<b>G</b> RECOVERY	<b>H</b> MIND / BODY
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<b>FR1</b> 7:30am-9:00am	Functional Training - Workout for Results McCall Pg 10	Crazy Core Combos M. 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
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EXPO OPEN 8:45am-2:30pm

<b>FR2</b> 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
<b>FR3</b> SESSION 1 11:45am-1:15pm SESSION 2 12:30pm-2:00pm	Short Circuit: Group Training Edition Fouts Session 1 Pg 12	Willow - 6Pack Abs, 6Pack Mind Hubbard & 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
<b>FR4</b> 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 Appel 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
<b>FR5</b> 4:00pm-5:30pm	Warm Up! Performance Flexibility & SMR Lewis-McCormick Pg 15	POUNDE® - 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

<b>FR6</b> EVENING SESSIONS 6:30pm-7:30pm							Roll & Restore Kristin Mabry	
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<b>SA1</b> 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
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EXPO OPEN 8:15am-9:30am

<b>SA2</b> KEYNOTE & AWARDS 9:30am-10:45am								
<b>SA3</b> 11:00am-12:30pm	Strong by Zumba® Wu Pg 20	POUNDE® - 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

<b>SA4</b> SESSION 1 12:45pm-2:15pm 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	SPRY – Strength, Power, Resistance, Yoga Kleidman & Horne Session 2 Pg 22
<b>SA5</b> 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
<b>SA6</b> 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	TriggerPoint™ for Movement Coronel Pg 24	Recovery Through Meditation Rockit & Biscontini Pg 24
<b>SA7</b> EVENING SESSIONS 6:45pm-7:45pm	STRONG by Zumba® Wu Pg 25	MANIA® Dance-Off! with Muvz, Efen Buzzo POUNDE® & ZUMBA® Pg 25						

SATURDAY, APRIL 7

<b>SU1</b> 7:00am-8:30am	The Warrior Fit Games SGT Ken® Pg 25	Lower Extremity Movement 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
<b>SU2</b> 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

<b>SU3</b> 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
<b>SU4</b> 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

SUNDAY, APRIL 8

# CALIFORNIA MANIA® SCHEDULE

SCW Aquatic Exercise Certification Howard 9:00am-6:00pm Pg 7	 SCHWINN® INDOOR CYCLING INSTRUCTOR CERTIFICATION J. SCOTT & THEWS 7:00am-5:00pm • Pg 7	 ACTIVE AGING CERTIFICATION Biscotini & O'Brien 9:00am-5:00pm • Pg 7	SCW Aqua Barre Certification Weisenmiller 9:00am-4:00pm Pg 7	 PERSONAL TRAINING CERTIFICATION LEWIS-MCCORMICK 8:00am-5:00pm • Pg 7	One Day to Wellness Certification B. & M. Mylrea 8:00am-5:00pm Pg 8	 NUTRITION HORMONES & METABOLISM Layne • 9:00am-3:30pm	Speedball Certification Feinberg & Schiller 8:00am-5:00pm Pg 7
SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg 7		SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm Pg 7		SCW Meditation Certification Rockit 5:30pm-9:30pm Pg 8			

<b>I</b> ACTIVE AGING / WELLNESS	<b>J</b> SCHWINN® CYCLING	<b>K</b> AQUA (STARTS IN POOL)	<b>L</b> AQUA (STARTS IN LECTURE)	<b>M</b> NUTRITION / HEALTH	<b>N</b> EX. SCIENCE / LEADERSHIP	<b>O</b> BUSINESS	<b>Q</b> BOXING / CIRCUIT
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Out with Old, In with Older! Biscotini & 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 Layne Pg 11	Calculated Results Garcia Pg 11	5 Principles of Kickass Brand Marketing Weitzel Pg 11	Boxing: The Method Feinberg Pg 11	<b>FR1</b> 7:30am-9:00am
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**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	<b>FR2</b> 10:00am-11:30am
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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 Keullian Session 2 Pg 13	StairMaster® BoxMaster McCall Session 2 Pg 13	<b>FR3</b> SESSION 1 11:45am-1:15pm	<b>FR3</b> SESSION 2 12:30pm-2:00pm
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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 Punchout Feinberg Pg 14	<b>FR4</b> 2:15pm-3:45pm
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Yoga for the Young at Heart: Chair Kooperman Pg 15	Schwinn®: To Breatheless and Back Dixon Pg 15	Aqua Zen Warasila Pg 15	Currents of Cardio Confitetti 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	<b>FR5</b> 4:00pm-5:30pm
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**CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm**

Les Mills SPRINT™: Suite Success Jacques Pg 18	 STATE OF THE INDUSTRY: TRENDS FOR 2018 MCCALL, LAYNE, HOWARD, & LEWIS-MCCORMICK ROOM K • 6:30pm-7:30pm • Pg 18	Boxing Bootcamp Feinberg Pg 21	<b>FR6</b> EVENING SESSIONS 6:30pm-7:30pm
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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	<b>SA1</b> 7:00am-8:30am
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**EXPO OPEN 8:15am-9:30am**

								<b>SA2</b> KEYNOTE & AWARDS 9:30am-10:45am
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Strength Training for Longevity & Vitality Kooperman Pg 20	Schwinn®: Rhythm Done Right Dixon Pg 20	ABC: Aqua Bootcamp Circuit Lewis-McCormick Pg 20	H2WHOA Layne Pg 20	Sneaky Strategies to Manage Weight Silverman Pg 20	Functional Training for Active Agers McCaughy Pg 21	Time-Saving Tools for Digital Music Howard & Velazquez Pg 21		<b>SA3</b> 11:00am-12:30pm
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**EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:00pm**


Functional Balance for Older Adults McCaughy Session 1 Pg 21	Schwinn®: B1G1 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	<b>SA4</b> SESSION 1 12:45pm-2:15pm	<b>SA4</b> SESSION 2 1:30pm-3:00pm
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Body & Sole for Active Agers Biscotini 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	<b>SA5</b> 3:15pm-4:45pm
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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	<b>SA6</b> 5:00pm-6:30pm
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	Schwinn® Cycling: #WhoAmI Thews Pg 25		 EBBES & FLOWS HOWARD, ROCKIT, WARASILA & VELAZQUEZ ROOM K • 6:45pm-7:45pm • Pg 25		Electronic Stimulation for Body Performance Feinberg		<b>SA7</b> EVENING SESSIONS 6:45pm-7:45pm
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Qi Gong for Every Body Haam Pg 25	 POWERWAVE INSTRUCTOR COURSE FOUTS • 8:00am-4:00pm • Pg 9		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	 FOAM ROLLING CERTIFICATION LEWIS-MCCORMICK 9:00am-3:00pm Pg 9	<b>SU1</b> 7:00am-8:30am
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Tai Chi 24 Yang Style Haam Pg 26			Barre-A-Cuda Weisenmiller Pg 27	What to Eat for Optimal Health B. & M. Mylrea Pg 27	20 Lessons Learned, 20 Secrets Biscotini Pg 27	Create an Online Fitness Business Holmes Pg 27	 BOXING CERTIFICATION FEINBERG 8:00am-4:00pm Pg 9	<b>SU2</b> 8:45am-10:15am
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**EXPO OPEN 10:00am-1:30pm**

Laughter Yoga and Laughalates Powell Pg 27	 THE AXLE WORKOUT CERTIFICATION PAGE • 8:00am-4:00pm • Pg 9	 WATERMOTION® CERTIFICATION VELAZQUEZ • 8:00am-4:00pm Pg 9	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 Brodowsky Pg 27	<b>SU3</b> 11:15am-12:45pm
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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 Biscotini Pg 28	Build Your Best Marketing Strategies Quest Pg 28	 SPORTS NUTRITION CERTIFICATION COMANA 9:00am-3:30pm • Pg 9	<b>SU4</b> 1:00pm-2:30pm
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