

THURSDAY, JAN. 25

THURSDAY PRE-CONVENTION WORKSHOPS THURSDAY, JAN. 25



SCW Group Exercise Certification Lewis-McCormick 8:00am-5:00pm Pg 7

HIGH Fitness Instructor Training Nelson & Zenith 8:30am-5:00pm Pg 7



PIYo Certification Buono 9:00am-5:00pm Pg 7

Zumba® Basic Skills Level 1 Instructor Training Meletiou 8:00am-5:00pm Pg 7

SCW Sports Nutrition Certification Comana 9:00am-3:30pm Pg 7

SCW Core Training McCall 1:00pm-5:00pm Pg 7

THURSDAY EVENING PRE-CONVENTION WORKSHOPS THURSDAY, JAN. 25

PERSONAL TRAINING CERTIFICATION ROBERTS 9:00AM-6:00PM - Pg 7

SCW Meditation Rockit 5:30pm-9:30pm Pg 7

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SCW Meditation Rockit 5:30pm-9:30pm Pg 7

SCW Lifestyle Behavioral Coaching Comana 5:30pm-10:00pm Pg 7

SCW Kettlebell Practical Certification McCall 5:30pm-9:30pm Pg 7

A FUNCTIONAL TRAINING	B HIIT / CORE	C PT / GROUP EX	D BARRE	E STRENGTH / SPECIALTY	F DANCE / AEROBICS	G MIND / BODY	H ACTIVE AGING
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FR1 7:30am-9:00am

KIBO Gaylord Pg 10

The Ultimate Group X Experience Buono Pg 10

Creative Barre Warm-Ups Wartenberg Pg 10

ThinkFit™: Pyramids, Stacks and More Gonzalez Pg 10

HIIT the Dance Floor Hall Pg 10

Extreme Tabata Yoga Howard Pg 10

Out with Old, In with Older! Biscontini & O'Brien Pg 10

EXPO OPEN 8:45am-2:30pm

FR2 10:00am-11:30am

Crazy Core Combos M. Mylrea Pg 11

Exercise Physiology: How Muscles Function McCall Pg 11

Barre 360 Appel Pg 11

INtensity by Hedstrom Fitness Lenart & Benchley Pg 11

HIGH Fitness: Aerobics is Back! Nelson & Zenith Pg 11

Putting Intensity Back into Tai Chi Biscontini Pg 11

Yoga for the Young at Heart: Chair Kooperman Pg 11

FR3 SESSION 1 11:45am-1:15pm

FR3 SESSION 2 12:45pm-2:15pm

Axle: Lift, Burn, Move Page Session 1 Pg 12

Tabata GX™ - A New Approach M. Mylrea Session 1 Pg 12

ThinkFit™: Bells at the Barre Appel Session 2 Pg 13

AeroRopes™ Gaylord Session 1 Pg 12

Zumba® Cardio Blast Meletiou Session 2 Pg 13

Rhythm Yoga Velazquez Session 2 Pg 13

Knee Osteoarthritis? Corrective Exercise Strategy O'saif Session 2 Pg 13

FR4 2:30pm-4:00pm

The Amrap Assault SGT Ken® Pg 13

STRONG by Zumba® Meletiou Pg 14

Coaching Squat and Lunge Variations Comana Pg 14

Make Your Barre Classes a 'HIIT' Murphy Madden Pg 14

Renegade - Athletic Circuits Reinvented M. Mylrea Pg 14

STOMP Fit Hall Pg 14

Zen Overload: Unconventional Mind/Body Howard Pg 14

Functional Balance for Older Adults McCaughy Pg 14

FR5 4:15pm-5:30pm

Short Circuit Group Training Edition Fouts Pg 15

Lift, Shift and Twist Ross Pg 15

Corrective Exercise Round-up Comana Pg 15

Barre Moves - Update Your Choreography Murphy Madden Pg 15

Speedball Feinberg & Schiller Pg 15

Magic in Dance Fitness Sanders Pg 15

Y3: Yin-Yang Yoga Rockit Pg 15

Exercise for the Fountain of Youth McCall Pg 15

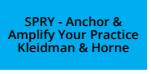
CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm

FR6 EVENING SESSIONS 6:30pm-7:30pm

Reactive Training 101: Box Jump Breakdown Fouts



SPRY - Anchor & Amplify Your Practice Kleidman & Horne



FITNESS IDOL WITH JUDGES: ADRIENNE BISCONTINI, ROBERTS & ROCKIT Room 6 • Pg 18

POUND® - Rockout. Workout. Wong

SA1 7:00am-8:30am

The Warrior Fit Games SGT Ken® Pg 18

The Ultimate Light Kettlebell Workout Lewis-McCormick Pg 19

Beauty of the Beast Ropes Ross Pg 19

Barre Tricks Murphy Madden Pg 19

Speedball Core Feinberg & Schiller Pg 19

Smart Choreography 101 Hall Pg 19

PIYO - The Perfect Fusion Jackson Pg 19

Body & Sole for Active Agers Biscontini Pg 19

EXPO OPEN 8:15am-9:30am

SA2 KEYNOTE & AWARDS 9:30am-10:45am



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SA2 KEYNOTE & AWARDS 9:30am-10:45am

SA3 11:00am-12:30pm

SPORT™ by Group Rx Anderson Pg 20

Below the Belt Training M. Mylrea Pg 20

Funtensity Bootcamp Ross Pg 20

Barre Fight Wartenberg Pg 20

BOSU® Up Down All Around Thews Pg 20

Soul Clap Fitness Freeman Pg 20

Pilates Undressed Howard & Gonzalez Pg 20

Strength Training for Longevity & Vitality Kooperman Pg 20

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

SA4 SESSION 1 12:45pm-2:15pm

SA4 SESSION 2 1:30pm-3:00pm

PROJECT STEEL™ Stahl Session 2 Pg 22

HIIT the Circuit M. Mylrea Session 1 Pg 21

MMA for Group Fitness Buono Session 1 Pg 21

Best of Barre Appel Session 1 Pg 21

Valslide® Master Trainer Course Waters Session 1 Pg 21

HIGH Fitness: Taking it HIGHER! Nelson & Zenith Session 2 Pg 22

Yin Yoga: Less is More Chapman Session 2 Pg 22

Active Aging: No Place Like Foam Kooperman Session 1 Pg 21

SA5 3:15pm-4:45pm

STRONG by Zumba® Meletiou Pg 22

P90X and Tony Horton Horton Pg 22

POUND® - Rockout. Workout. Wong Pg 22

M*PWR® Barre for Reducing Stress Schiller Pg 22

ThinkFit™ Strength: MOTR™ Balance + Core Roberts Pg 23

Art of Dance Fitness Sanders Pg 23

Pilates Strong 2018 Bender Pg 23

Move Active Agers with Music Finley-Norwood Pg 23

SA6 5:00pm-6:30pm

Breaking Into Corporate Wellness Gavigan Pg 24

Completely Core Appel Pg 24

Fascial Line Flexibility Flow Vanderburg Pg 24

Barre Hop Wartenberg Pg 24

BODYATTACK® Workout & Scheduling for Success Bramski Pg 24

The 4 F's of Exercise Haan Pg 24

Pilates for Injury Prevention Bender Pg 24

Active Aging: Between the Chairs Lewis-McCormick Pg 24

SA7 EVENING SESSIONS 6:45pm-7:45pm

Warm Up! Performance Flexibility & SMR Lewis-McCormick



FRIDAY, JAN. 26

SATURDAY, JAN. 27

SUNDAY, JAN. 28

MONDAY, JAN. 29

NEW YORK CITY MANIA® 2018

SCHEDULE-AT-A-GLANCE

TriggerPoint™ Foam Rolling: Principles & Practices Patrick 1:00pm-5:00pm Pg 8	One Day to Wellness Certification B. & M. Mylrea 8:00am-5:00pm Pg 7
TriggerPoint™ Assessments to Performance Pata 5:30pm-9:30pm Pg 8	

I RECOVERY	J SCHWINN® CYCLING	K NUTRITION	L LEADERSHIP / EX SCIENCE	M BUSINESS	N SUSPENSION	O BOXING & CIRCUIT	P AQUA ON DECK
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TriggerPoint™ GRID® Lock for Core Training Patrick Pg 10	Schwinn®: How to Wow! Thews Pg 10	Sugar Shockers and Shakedown Silverman Pg 11	Perfect Health: East Meets West Rollins Pg 11	Become a Retention Rock Star Garcia Pg 11	ThinkFit™ Suspension: Game On With Gravity Quest Pg 11	StairMaster® Presents - HIIT MIX Solution Appel Pg 11	ABC - Aqua Bootcamp Circuit Lewis-McCormick Pg 11	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Glutes and Psoas: Corrective Exercise Osar Pg 12	Schwinn®: Tour de Schwinn® Roberts Pg 12	Sneaky Strategies to Manage Weight Silverman Pg 12	New Exercise Science Research & Ideas Comana Pg 12	Functional Training for Active Agers McCaughey Pg 12	ThinkFit™ Suspension: Circuits 2.0 Quest Pg 12	Boxing: The Method Feinberg & Schiller Pg 12	Barre H2O Wartenberg Pg 12	FR2 10:00am-11:30am
RumbleRoller Integrating SMR into Group Exercise Bettendorf Session 2 Pg 13	Schwinn®: B1G1 Free - Class Design Thews Session 1 Pg 12	Why Figs Fit a Healthy Lifestyle Stockill Session 1 Pg 12	Calculated Results Garcia Session 1 Pg 12	Build Your Best Business Strategy Quest Session 2 Pg 13	ThinkFit™ Suspension: Meet the Beat Gonzalez Session 1 Pg 12	StairMaster® BoxMaster McCall Session 1 Pg 13	Girls Just Wanna Have Fun! Kooperman, Layne, Lewis-McCormick, & Wartenberg Session 2 Pg 13	FR3 11:45am-1:15pm 12:45pm-2:15pm
Myofascial Compression™ Techniques for Injury Prevention Pata Pg 14	Schwinn®: The Power Behind POWER Roberts Pg 14	Obesity Makeover Ross Pg 14	See What You're Made Of Galman Pg 14	Power of Protocol Programming Katami Pg 14	ThinkFit™ Suspension: Pilates-Inspired Gonzalez Pg 14	3:1 Punchout Feinberg & Schiller Pg 14	WATERinMOTION® Kooperman, Velazquez & Wartenberg Pg 15	FR4 2:30pm-4:00pm
Group Exercise or Group Injury? Garcia Pg 15	Schwinn®: To Breathless and Back Dixon Pg 15	Diet Diagnosis B. & M. Mylrea Pg 18	SMR for Endurance Runners Bettendorf Pg 18	Trends In Fitness Programming Kooperman Pg 18		StairMaster® Presents - HIIT MIX Solution Thews Pg 18	H2WHOA Layne Pg 18	FR5 4:15pm-5:30pm

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

Les Mills SPRINT™: Cycling Success Bramski Pg 18	 STATE OF THE INDUSTRY: TRENDS FOR 2018 McCall, Layne, Mylrea, Comana & Lewis-McCormick Pg 18						Healing from the Foot Up Olsen Figlo, D.P.M.	FR6 6:30pm-7:30pm
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Group Exercise Instructor? Corrective Exercise Osar Pg 19	Schwinn®: Pedal and Pulse M. Mylrea Pg 19	Common Sense Nutrition: Your Scope Garcia Pg 19	9 Months: A Lifetime Impact Citron Pg 19	Social Media Marketing for Beginners Sanders Pg 19	ThinkFit™ Suspension: Power and Endurance Gonzalez Pg 19	StairMaster® Presents - HIIT MIX Solution Thews Pg 19	Athletic Aqua Advantage Layne Pg 20	SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am








								SA2 9:30am-10:45am
Prevention & Recovery Through Muscle Stimulation Feinberg Pg 20	Schwinn®: Rhythm Done Right Dixon Pg 20	52 Days to Your Best Body Digsby Pg 20	Secret Life of a Fat Cell Kravitz Pg 20	Fitness Comprehension & Creation Stahl Pg 21	ThinkFit™ Suspension: Game On With Gravity! Quest Pg 21	StairMaster® BoxMaster® McCall Pg 21	Aqua Run Layne Pg 21	SA3 11:00am-12:30pm

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

Corrective Exercise for the Problem Shoulder Pata Session 2 Pg 22	Schwinn®: Music MAGIC! Scott Session 1 Pg 21	Top 10 for Weight Loss Digsby Session 2 Pg 22	The Female Training Advantages 2018 Kravitz Session 2 Pg 22	Business of Small Group Personal Training Roberts Session 2 Pg 22	ThinkFit™ Suspension: Meet the Beat Gonzalez Session 2 Pg 22	Boxing Bootcamp Feinberg & Schiller Session 1 Pg 21	It's Raining Men! Howard, Velazquez & Rockett Session 1 Pg 22	SA4 12:45pm-2:15pm 1:30pm-3:00pm
RumbleRoller: Integrating Mindfulness to SMR Bettendorf Pg 23	Schwinn®: Train Right Re-imagined Dixon Pg 23	Cooking with California Figs Ragone Pg 23	Unleash the Power of Music Thews Pg 23	Self-Publish A Book Or Ebook Digsby Pg 23	ThinkFit™ Suspension: Circuits 2.0 Quest Pg 23	StairMaster® Presents - HIIT MIX Solution Appel Pg 23	WATERinMOTION® Platinum Kooperman, Velazquez & Wartenberg Pg 23	SA5 3:15pm-4:45pm
Progressive Systems to Self-Myofascial Release Patrick Pg 24	Schwinn®: The Magic of the 3 C's Scott Pg 24	Nutrition Tips, Tidbits & Treats B. & M. Mylrea Pg 24	World's Best Resistance Training Programs Kravitz Pg 24	Steps to Strengthening Your Brand Fouts Pg 25			Currents of Cardio Confetti Rockett Pg 25	SA6 5:00pm-6:30pm
	Schwinn® Cycling: #WhoAmI Scott & Thews Pg 25	 EBBS & FLOWS Mylrea, Layne, Wartenberg & Velazquez Pg 25		Developing a Cult Following Etuk				SA7 6:45pm-7:45pm

Shoulder Issues? Corrective Exercise Strategy Osar Pg 25	 Schwinn Quality	What to Eat for Optimal Health B. & M. Mylrea Pg 26	The Science of Myofascial Release Patrick Pg 26	Next-Level Social Media Sanders Pg 26		 BOXING CERTIFICATION FEINBERG & SCHILLER 8:00AM-4:00PM • Pg 8	 FSCX	SU1 7:00am-8:30am
Dynamic Flexibility: A 3D Life Velazquez Pg 26		Metabolism Makeover Digsby Pg 26	Eight Best Anaerobic Circuit Programs Kravitz Pg 27	Building the Blocks for Career Longevity Brodovsky Pg 27		 PRESENTS BOXMASTER CERTIFICATION THIEWS 8:00AM-12:00PM • Pg 9	 PBOX CERTIFICATION HORTON & JACKSON 9:00AM-5:00PM • Pg 8	SU2 8:45am-10:15am

EXPO OPEN 10:00am-1:30pm

Foam Rolling Applied Programming: ReGen® Pata Pg 27	 Schwinn Quality	What's In Your Food? Silverman Pg 27	10 Key Rules for Longevity Kravitz Pg 27	Run an 8-Week Challenge: Studio Synergy Kravitz Pg 27	 Nutrition HORMONES and METABOLISM LAYNE • 9:00AM-2:30PM • Pg 8	 PRESENTS HIIT MIX SOLUTIONS CERTIFICATION LEWIS-McCORMICK 10:00AM-4:00PM • Pg 9	 FOAM ROLLING CERTIFICATION Lewis-McCormick 10:00am-4:00pm • Pg 8	SU3 11:15am-12:45pm
RumbleRoller: Roll Better & Roll Less Bettendorf Pg 28	 Schwinn Quality	Longevity Lab: Fats & Feats Silverman Pg 28	First & Last 5: Intros & Exits Biscontini Pg 28	Creating Caring Community in Class Chapman Pg 28	 FUNCTIONAL PILATES CERTIFICATION BENDER 8:00AM-4:00PM • Pg 9	 SOLE IN THE CITY BISCONTINI 3:30PM-7:00PM • Pg 9		SU4 1:00pm-2:30pm

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