







DALLAS MANIA® SCHEDULE-AT-A-GLANCE

THURSDAY, AUGUST 22

THURSDAY PRE-CON WORKSHOPS	 HIGH FITNESS INSTRUCTOR TRAINING Semrad & Hayes 8:30am-5:00pm	SCW Group Exercise Certification Howard 8:00am-5:00pm p. 7	 SCW PERSONAL TRAINING CERTIFICATION Lewis-McCormick 8:00am-5:00pm	SCW Pilates Matwork Certification Appel 8:00am-5:00pm p. 7	SCW Active Aging Certification Gilbert 9:00am-5:00pm p. 7	SCW Yoga I Certification M. Velazquez 8:00am-5:00pm p. 7	 BARRE ABOVE® POWERED BY SANVAER FITNESS George - 9:00am-5:00pm	 ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING Hernandez - 8:00am-5:00pm	 SCHWINN® INDOOR CYCLING INSTRUCTOR CERTIFICATION Thews & Thomson 7:00am-5:00pm
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HIIT / FUNCTIONAL TRAINING	GROUP EXERCISE	PERSONAL TRAINING	PERSONAL TRAINING / SPECIALTY	ACTIVE AGING / WELLNESS	MIND/BODY / RECOVERY	BARRE	DANCE / SPECIALTY	SCHWINN CYCLING


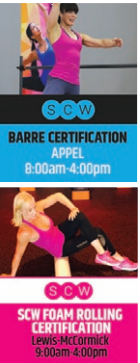

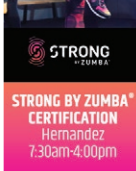


FRIDAY, AUGUST 23

FR1 7:30am-9:00am	Pulling for Power, Program 003™ Brush	Quick & Dirty 30 Lewis-McCormick	HIIT: Quantity or Quality! Thomson	POUND® - Sweat. Sculpt. Rock. DesOrmeaux	Functional Fluid Fitness for Longevity! Conti	Yoga for Healthy Backs Lacombe	"HIIT" the Party at the Barre George & Romer	Zumba® Cardio Blast Hernandez	Schwinn®: Prime Design Crosby
FR2 10:00am-11:30am	MASHUP®: VIIT is the New HIIT Cura & Xander	Coach Beyond Expectations McBee	From the Ground Up! M. Velazquez	Developing Elite Fitness Experiences Mullins	"I Wish I Knew Before..." Rockit	Core Forward Pilates Howard	Piloxing Barre: The Happy Hour! Ballard	Country Fusion® Mooney	Schwinn®: SchwINTENSITY Thews
FR3 Session 1 11:45am-1:15pm	HIIT the TURF Keenan-Stryaska & Hughes Session 2	50 Unique Core Lovers Exercises M. Mylrea Session 1	Consistent Resistance Erickson Session 2	PILOXING SSP Ballard Session 1	The 8 M's of Modern Meditation Gegg Session 1	Rumbleroller® Roll Better, Roll Less Miller Session 2	Boogie Barre Carvalho Session 1	Club Vibe® Dance Meets Fitness Ponte & Schur Session 2	Schwinn®: Rhythm Done Right Appel Session 1
FR3 Session 2 12:30pm-2:00pm									
FR4 2:15pm-3:45pm	The EPOCalypse WaterRower® Power Workout™ Lewis-McCormick	HIGH Fitness: Aerobics is Back! Semrad & Hayes	Rockit Strength®: Hard Core/ Peace Core Rockit	REB3L Groove™: Dance Fitness Redefined Cremins & Hughes	Sizzling Seniors Hunt	Mobility, Recovery and Injury Prevention Choquette	Barre Party Never Killed Nobody George & Romer	LaBlast® Fitness: Highly Involved Interval Training Van Amstel	Schwinn®: Ride and Row Thews & Dayer
FR5 4:00pm-5:30pm	Les Mills GRIT™: Cardio & HIIT Kattar	Maximizing Outdoor Fitness Programming B. Hall & Buky	Functional Abs: Core Strong! M. Velazquez	Training by the Numbers Gavigan	Active Aging: No Place Like Foam Kooperman	Prevention & Recovery through Muscle Stimulation Feinberg	Barre With A Twist Appel	Country Fusion® Workshop Mooney	Schwinn®: Take it to the MAX Thomson
FR6 EVENING SESSIONS 6:30pm-7:30pm						Recovery Through Meditation Rockit			

SATURDAY, AUGUST 24

SA1 7:00am-8:30am	Crew Conditioning Program 002™ Brush	Gliding Reinvented M. Mylrea & Balliew	Gamify Your Workout Gavigan	"REB3L Strength™: No REP Counting Cremins & Hughes"	Face it Together: Facial Exercise Program Conti	Pilates Functional Progressions M. Velazquez	Power Body Barre Wartenberg	The Art of Cueing™ Ponte & Schur	Schwinn®: Master the Moment Thews
SA2 KEYNOTE & AWARDS 9:30am-10:45am									
SA3 11:00am-12:30pm	HIIT Like a Girl presented by Ryka Appel, Lewis-McCormick & Thews	Strong by Zumba® Hernandez	No Equipment, No Excuses Garcia	The Next Generation of POUND® DesOrmeaux	Yoga for the Young at Heart: Chair Kooperman	Cardio Yoga™ - Cardio Focus Krauss	Creative Barre Warm-Ups Wartenberg	WERQ® Dance Fitness: #dancechallenge Stone	Schwinn®: Music & SO MUCH MORE! Thomson
SA4 Session 1 12:45am-2:15pm	HIIT the Turf - Yoga Fusion Keenan-Stryaska & Hughes Session 1	HIGH Fitness: Aerobics is Back! Semrad & Hayes Session 2	Programming Foundations for the Obese Population Thomson Session 2	SamuraiFIT: Martial Arts Workout Sanchez Session 1	Strength Training for Longevity & Vitality Kooperman Session 2	Resistance Yoga Howard Session 2	Barre Necessities Appel Session 1	LaBlast®: Dance Intervals for Everyone Van Amstel Session 2	Schwinn®: R&R - Ride & Restore Crosby Session 1
SA4 Session 2 1:30pm-3:00pm									
SA5 3:15pm-4:45pm	Trending Now: HIIT With Active Recovery Brown & Lyon	Camp Gladiator Outdoor Fitness Workout C. Martin & Murphy	Keep It Simple. Keep It Smart. Thomson	Redefine Functional Training - Redefine Yourself Mullins	Whose Back? Your Back! Haan	Vibration - Next Level Recovery & Performance Fabrocini	FUNCTIONAL Barre George	Balletone - The Non-Dancer Workout Lenart & Reynolds	Schwinn®: How to WOW! M. Mylrea
SA6 5:00pm-6:30pm	Creating Better Butts Mullins	BODYATTACK® Workout Kattar	Coaching Core Stability McBee	POUND® Why Your Body Rocks DesOrmeaux	Country Fusion® For Active Agers Mooney	Rolling with Mindfulness and Breathwork Miller	Weight at the Barre Wartenberg	The Mix by Piloxing® Ballard	Schwinn®: Balancing Act - Cycling Fusion Appel
SA7 EVENING SESSIONS 6:45pm-7:45pm						MANIA® Rest and Recovery with Kinetisense, Namirsa & RumbleRoller			

SUNDAY, AUGUST 25

SU1 7:00am-8:30am	The Art of Circuits Lewis-McCormick	From Burnout to Boost! Haan	Kinetisense®: Advanced Functional Movement Training Sauls		Deep Stretch & the Aging Gilbert	Go With the Flow Salutations Howard			Schwinn®: Step into Your Shine Hendricks
SU2 8:45am-10:15am	Mandatory Teamwork Gavigan	HIGH Fitness: Aerobics is Back! Semrad & Hayes	HIIT the Turf - For Personal Trainers Keenan-Stryaska & Hughes		Multi-Generational Fitness Wartenberg	Cardio Yoga™ - Yoga Focus Krauss	BARRE CERTIFICATION APPEL 8:00am-4:00pm		Schwinn®: Let the Music Play M. Mylrea
SU3 11:15am-12:45pm	Extreme HIIT Chaos Erickson	RumbleRoller® Group Exercise Flow Miller	The Ladder Approach to Program Design Mullins		Practical Core 55+ Wartenberg	Got Back Pain? Garcia			
SU4 1:00pm-2:30pm	Double the Fun! Double the Results! Erickson	WERQ® Dance Fitness: Formation Stone	Basics of Personal Training Programming Gavigan	STRONG BY ZUMBA® CERTIFICATION Hernandez 7:30am-4:00pm	Aging Fit Gilbert	Interactive Yoga for Large Groups Gegg	SCW FOAM ROLLING CERTIFICATION Lewis-McCormick 9:00am-4:00pm	COUNTRY FUSION® STAR INSTRUCTOR CERTIFICATION Mooney 8:00am-4:00pm	

FREE EXPO HOURS

Thurs., Aug 22:.....5:00pm - 7:00pm
 Fri., Aug 23:.....8:45am-2:30pm & 5:00pm - 6:45pm (Charity Auction)
 Sat., Aug 24:.....8:15am-3:30pm & 6:00pm-7:00pm
 Sun., Aug 25:.....10:00am-1:30pm (Closeout Shopping)



SCW Aquatic Exercise Certification
 Howard
 9:00am-6:00pm p. 7
- WEDNESDAY -

MASHUP Certification
 Brown & Zacharias
 8:00am-5:00pm p. 8

StairMaster®: HIIT Just Got Real
 Certification Crosby
 8:00am-12:00pm p. 8



ONE DAY TO WELLNESS CERTIFICATION
 Bruce & Mindy Mylrea
 8:00am-5:00pm

PILOXING
 PILLOXING SSP INSTRUCTOR TRAINING CERTIFICATION
 McVay • 8:00am-5:00pm

SCW Aqua Barre Certification
 Wartenberg
 9:00am-4:00pm p. 7



WOMEN'S LEADERSHIP SUMMIT
 Kooperman, Atkinson, Lacombe, Gilbert, Vastola & Maurer • 8:30pm - 5:00pm
 CLUB INDUSTRY BUSINESS SUMMIT WIFA

J	J2	K	L	M	N	O	P	Q	R	S
STAGES CYCLING	JOHNNY G CYCLING	AQUA (STARTS IN POOL)	AQUA (STARTS ON LAND)	BOXING / SPECIALTY	CIRCUIT	NUTRITION / WELLNESS	EX. SCIENCE / LEADERSHIP	CLUB INDUSTRY PROGRAMMING	CLUB INDUSTRY SALES/RETENTION	CLUB INDUSTRY MEDIA

Stages®: W.T.F.T.P.? Santin	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond	Acquapole® Next Generation Anaya & Raphael	Aqua Core Options Warasila	Speedball Core Feinberg	StairMaster HIIT: Real Ratios for Results Appel	Nutrition for Fitness Professionals Layne	Metabolism Reality Check Digsby	Tidbits to Grow Your Business Bosley	Best Practices for Increasing Retention Vastola	Social Media Shortcuts, Systems & Strategies Atkinson
Stages®: Party Through the Decades Benchley, Mitchell & Kohler	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond	LaBlast® Splash - Shallow Aqua Fitness Van Amstel	Aquatic Solutions for the Aging Gilbert	He-Mugs-Me-Not! Feinberg		The Why & How of Fasting B. & M. Mylrea	Self - Coaching Strategies for Wellness Silverman	Fitness Business Trends For 2019 Kooperman	Innovative Programming & Retention Ideas Gorsline	Brand Bootcamp: Build a Healthy Brand Williamson
Stages®: The Power of Progression Benchley Session 2	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond Session 2	Acquapole® JUMP Toning Anaya & Raphael Session 1	Girls Just Wanna Have Fun Kooperman, Layne & Wartenberg Session 1	Boxing: The Method Feinberg Session 2	StairMaster HIIT: Science of Variability Thomson Session 2	Abs are Made in the Kitchen Digsby Session 1	Building Choreography Like a Pro Van Amstel Session 2	What FitPros Want From Leaders Lacombe Session 1	Emotional Intelligence and High Performance Leadership Vastola Session 2	Social Media Basics & Beyond Maurer Session 1
Stages®: One Size DOESN'T Fit All Kohler	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond	Aqua Boot Camp Howard	Dive Into Aqua Choreography M. Velazquez, Gilbert, Warasila, Wartenberg & Carvalho	JUNGSHIN® Athletic Flow - Long Sword Workout Kahn		Nutrition Panel - Digsby, Layne, B. Mylrea, Silverman	Prevention and Performance for Runners Miller	From Sub List to CEO Stone	Creating Value Based Coaches McBee	Utilizing Fitness Technology Maurer
Stages®: Mixed Emotions, a Practical Approach Santin	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond	Barre-A-Cuda 2 Wartenberg	Aqua Zumba® Hernandez	Chistrong Training Carnivale	StairMaster HIIT: Rest & HIIT Crosby	Food for Thought: Brain Superfoods Silverman	Overcoming Plateaus Layne	Building Better Teams Sellar	Build Your Sales Pipeline Elmasri	Gray is the New Green Atkinson
Les Mills SPRINT™ Kattar		Acquapole® Boxing Anaya & Raphael						Lewis-McCormick Layne, Williamson & Vastola		
Stages®: Different Roads, One World Santin	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond	Dive In Rockit	LaBlast® Splash: Aqua Dance Intervals Van Amstel	Speedball For Personal Trainers Feinberg	StairMaster HIIT: High Five Appel	Cravings and Sugar Unsweetened Silverman	Going Deep Into Core Training Citron	Soft Skills for Tough Employees Lacombe	Essentials to Selling Beyond Price Vastola	Marketing to Women in Midlife Atkinson

HOW TO THRIVE

NOT JUST SURVIVE IN THE FITNESS INDUSTRY

KEYNOTE ADDRESS • THEWS • 9:30am-10:45am

Stages®: Build it (FASTER). They Will Come Benchley & Mitchell	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond	Aquatic Bootcamp Trifecta Watkins	It's Raining Men! Equipment Revealed Howard, Van Amstel, M. Velazquez, Rockit & Carvalho	JUNGSHIN® Fitness: Rhythm-Short Swords Workout Kahn	StairMaster HIIT: Optimizing HIIT Intervals Crosby	The Carb & Protein Myth B. & M. Mylrea	Electronic Stimulation For Athletic Performance Feinberg	Start Your Own Fitness Business Lindauer	Financing Options for Your Business Bosley	Instagram Stories Bootcamp Vogel
Stages®: Power vs. Rhythm Benchley & Mitchell Session 2	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond Session 1	Happy Aqua Flow Anaya & Raphael Session 1	Aquatic Core & More Watkins Session 1	Boxing Bootcamp Feinberg Session 2		Stopping Inflammation Through Nutrition Layne Session 1	Movement Prep How To's Miller Session 2	Global Fitness Trends - What's the Rage? Williamson Session 1	Standard of Service Models Vastola Session 1	Become a Fitness Micro-Influencer Vogel Session 2
Stages®: The Power of Cue-munication Kohler	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond	6 Steps to Aqua Drills Layne	Silver Aqua Solutions M. Velazquez, Gilbert, Warasila, Wartenberg & Carvalho	Chicamp Carnivale	StairMaster HIIT: Real Ratios for Results Crosby	Fad Diet Update Digsby	The Female Training Advantages 2019 Kravitz	Inspiring the Hustle Pylant & Richardson	Coping Successfully with Different Personalities Gorsline	Multi-Media Marketing for Growth & Profitability Kooperman
Stages®: The Invisible Road Mitchell	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond	Hydro Lift Off! Howard	Aqua Yoga Flow Warasila	3:1 Punchout Feinberg		What To Eat for Optimal Health B. & M. Mylrea	Carbohydrate Crazeiness Kravitz	Female Leadership: Personal & Professional Kooperman, Lacombe & Erickson	Planning & Designing Your Own Studio Wiehe & Chancey	Hack the Status Quo Sellar
		Acquapole® Circuit Revolution Anaya & Raphael								
Stages®: The Sixth Sense Santin	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond		Aqua Drums Anaya & Raphael			Immunity Boosters & Busters Silverman	The Metabolic Effects of Resistance Training Kravitz	The Joy of EX Lacombe	Strategies For Fitness Career Longevity Erickson	Fitness Writing: Blogs, Websites & Magazines Vogel
Stages®: Triple Threat Mindset Kohler	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond		Aqua Chi-Flow Haan			What If You Don't Diet Digsby	Once Postpartum, Always Postpartum Citron	Lead AND Succeed REB3L Style Creameans & Hughes	Acquiring & Retaining Personal Training Clients Garcia	Golden Nuggets For Successful Managers Gilbert
	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond		Water Running Rockit			Nutrition & Sleep: Fascinating Connections Silverman	Fat Loss: The Real Story Kravitz	PT + Group Fitness = Skyrocketing Success Brown & Lyon	Increasing Your Fitness Business Profits Lindauer	Insurance for Studios, Instructors & Trainers Urmston-Lowe
	Ride of Truth®: JOHNNY G Spirit Bike Yeager-Diamond		Dynamic Deep Combos Watkins			Performance Training for Pregnancy Citron	Exercise: The Ultimate Brain Booster Kravitz	Aquatic Programming for Success: Ebbs & Flows Warasila	Studio Synergy: 8 Week Programs Digsby	Podcasting 101: Create Your Platform Conti

FRIDAY, AUGUST 23

SATURDAY, AUGUST 24

SUNDAY, AUGUST 25