

SCW

MANIA NOW

SCHEDULE OF SESSIONS



		A FUNCTION / PT	B ACTIVE AGING / RECOVERY	C MIND-BODY / GX	D GX / PT	E CYCLE/HIIT/ROW	F AQUA (ON LAND)
FRIDAY, NOVEMBER 6	FR1	HUSTLE@Home Styles	Functional Fitness Assessment for Mature Adults Ritchie		Take It Lying Down Biscontini	Schwinn®: The Magic of Music! Appel	Aqua Core Senior Style Kulp
	FR2	Butt Blaster & More Howard	Body Burnout McCormick	LaBlast® Fitness: New Normal Van Amstel	Exercise & Aging Best Practice Programming Kooperman		Choreography Overflow M. Velazquez
	FR3	The Kinetic Core Roberts	Strength Training for Longevity & Vitality Kooperman	iRESTORE: Your Rest Day Workout Fulton	Tukong Cardio Combat Kickboxing Smith	MASHUP®: Deliver 3 Workouts in 1 with VIIT Cura	
	FR4	Redefine Functional Training - Redefine Yourself Mullins	Coach by Color with Myzone® Fitzpatrick Myzone Belt	Triumph Over Transitions Lyons	Dynamic Flexibility for a 3D Life M. Velazquez	Purpose NOT Circus - Legit HIIT Thomson	Making Waves with LaBlast® Splash Van Amstel
	FR5	Floorless Core Hagan	Fascia & Functional Mobility Vanderburg	#DanceLikeNoOne's Watching Kurzban	Kettlebell HIIT Supreme Roberts	KBX Boot Camp Spreen-Glick	Routine Revolution H2O Gili & Barker-Hemings
	FR6	Let's Get Unconventional Roselli	Country Fusion® for Active Agers Mooney	Tai-Chi + Yoga = Bamboo Fusion Ross	Cueing, Coaching & Communication McCormick	Schwinn®: It's All About the Base Roberts	Surf It, Skim It - Kickboarding Mehanni
SATURDAY, NOVEMBER 7	SA1	Total Bodyweight Blast Benten	Active Aging No Floor Core Layne	LaBlast®: Ballroom Fitness Using PATTERNography Van Amstel	Quick & Dirty 30 McCormick	Schwinn®: Train Right to Ride Right Vanderburg	HIIT the Pool Running Gilbert
	SA2	Core Love Appel	Chronological vs. Physiological Age Salado	Functional Pilates Vanderburg	Functional Fitness After 50 Hagan		Liquid Gym Acqua Tone & Shine Raphael
	SA3	Myzone® Gamified Bootcamp Sopo	Balance for Active Aging Roberts	Wall Yoga - Sensing Confidence Krauss	Soul Power Freeman	MASHUP®: Active Recovery - Are You Implementing It? Cura	LaBlast® Splash: Waltzing in the Water Van Amstel
	SA4	Straight to the Core Robinson	Stop Hurting Your Shoulders! Roselli	MASONFlow Mason	Country Fusion® Mooney	Schwinn®: Rhythm Done Right Appel	Liquid Gym Acqua Punch & Pump Raphael
	SA5	Activated Body Thomson	Aging HIIT: Chair Today, Gone Manana Gilbert	Best of Polga - Pole Yoga Gilfry	Big Balance Theory Pinkowski	Welcome to the Jungle (Gym) - HIIT Friend Uhl	Double Trouble: Bad Boys Of Aqua
	SA6	Baby Boom Vopni		BIIT: Barre Intensity Interval Training O'Dell	Barre Fight Wartenberg	All Time HIITS Appel	Platinum - Silver Tsunami M. Velazquez
SUNDAY, NOVEMBER 8	SU1	SGT Functional Fire Drill McCormick	Sizzling Seniors (Re) Activation Hunt		Advanced Functional Pilates Bender		Mix-Match Aqua Moves to the Max Howard
	SU2	The Back, Booty & Core Connection Appel & McCormick	Stretch & Perform: The Bannister Method™ Bannister-Munn	Flexy & Fit - Pole Yoga Gilfry	Little Tweaks for Big Results Roberts	Schwinn®: F.E.A.R. Face Everything and RIDE Roberts	WATERinMOTION Strength Kulp
	SU3	Flex Your Own Way Leachman	Boosting the Brain With Cognitive Tasks Glatt	YogaLates Santiago	Assume the Position Biscontini	Metabolic Mixer Appel	Drag Me Into The Water PlumMentz
	SU4	Ultimate One-Dumbbell Challenge Velazquez	Lower Cross Syndrome Segawa	Tai Chi for Warmup & Recovery Carbo	Boogie Barre Carvalho		Aqua Yoga Fired Up Flow Martin
	SU5	Complete Guide to Metabolic Flexibility Roselli	Small Group Programming for Active Agers Gilbert	Tramp Camp DeFilippis	Yoga for the Young at Heart Kooperman		



G AQUA (PRE-RECORDED)	H NUTRITION / EX SCIENCE	I NUTRITION	J BUSINESS (MARKETING / REVENUE)	K BUSINESS (MEDIA / MANAGEMENT)	L BUSINESS (WEBINARS)	
Water Running Rockit	Shrinking Fat Cells Layne	Obesity From a Different Prospective Galanto	Millennials vs. Boomers: Getting Gens to the Gym Pellegrino	How To Captivate & Expand Your Audience McWaine	HIIT Programming: Indoors, Outdoors, and Online! Kooperman, Mylrea, Robinson & Roselli	FR1
Barre H2O Wartenberg	Facial Nutrition & Exercise Conti & Silverman	Fad Diet Update Digsby	Unique Programming for Boutique Gyms Gilfry	Tech Talk Maurer	Social Media During COVID-19 Kooperman, Murphy-Madden, Biscontini, Williams & Maurer	FR2
Aqua Bits & Pieces Layne	Core Health Secrets for Women Crawford & Vopni	Self Coaching Strategies for Wellness & Weight Loss Silverman	Opportunities Within the Health & Fitness Industry McBride	Marketing Without Money Conti	Meet Fitness Icon Todd Durkin Kooperman, Durkin	FR3
Playful Aqua Patterns Gilbert	Boosting Immunity Through Self-Care Seti	Nutrition for Fitness Professionals Layne	Trends for 2020 & Growth Panel Kooperman, McBride, Pellegrino & Stevenson		When COVID-19 Strikes Our Clubs & Communities Kooperman, McBride, Stevenson & Barry	FR4
H.E.A.T. Waves Henry	Bladder Control is a Fitness Issue Crawford	Tipping the Scales Comana	Inclusive Classes for All Bodies DeFilippis	Hybrid Small Group Training: Live & Online McBee	Water Exercise: Future Programming Kooperman, Howard, Warasila & Martin	FR5
Girls Just Wanna Have Fun Kooperman, McCormick, Gilbert, Wartenberg & Pinkowski	Diet Vs. Exercise: Food Choices Always Win Fearheiley	Nutrition & Sleep Fascinating Connections Silverman	Women's Leadership Lounge Gray	Brand Building Bootcamp Hoff	Unemployed GX Instructors: New Frontier Kooperman, Kolber, Spreen-Glick & Conti	FR6
Tab-Aqua Quickies Howard	Your Kitchen = Your Happy Place Digsby	Dietary Diversity Layne	The Changing Landscape of Fitness Kepple	Virtual Training Crash Course Robinson	Meet Fitness Icon Kathy Smith Kooperman & Smith	SA1
Aquatic Kickboxing: Out of the Box Layne	Exercise Program Design For The 55+ Client Ritchie	Longevity Labs: Eats & Feats Silverman	Face Your Fears: Rise & Reinvent Yourself Hagan	Get Your Time Back Maurer	Social Media, Social Responsibility & Social Interaction Kooperman, Hoff, Williams & Christopher	SA2
Aquatic Solutions for Active Agers Gilbert	Your Walk is Whack Persaud & Lodato	Putting an End to Stress Eating Seti	Small Group Training Success Robinson	Diverse & Inclusive Fitness Communities Williams	Barre Training: The Ups & Downs Kooperman, Murphy-Madden, Wartenberg & Appel	SA3
Waves on Fire: Active Agers Martin	Your Brain on Exercise Glatt	Meatless Mondays: Plant Protein De-Mystified Hall	Shifting Your Mindset For A New Era Barry	Live Streaming Like A Boss Williams	Engaging & Growing Your Aquatics Students Kooperman, Gilbert, Warasila & Wartenberg	SA4
Weight Loss Aquatic Style Gilbert	Intermittent Fasting - Fact or Fiction? Roth	Immunity Boosters & Busters Silverman		Social Media Panel Maurer, Hoff, Esquer & Conti	Active Aging Fitness Programming Kooperman, Dennis, Roberts & Layne	SA5
Tab-Aqua Bootcamp Howard	Taste the Mediterranean Way Silverman	Pros & Cons of Fasting Layne	Future of Group Ex Panel Kooperman, Howard, Hagan & Spreen-Glick	THINK Yourself® A BUSINESS PRO Plamondon-Thomas	Re-Opening: An International Perspective Kooperman, Campbell, Teixeira & Green	SA6
Aqua Soft Fitness Fusion Layne	Better Sleep for Active Agers Silverman	Timing is Everything Layne	Top 10 Factors Impacting Retention Bedford	Apps & Sites for Fitness Pros Digsby	Functional Training in a Dysfunctional World Kooperman, Roberts, Ritchie, Osar & Bender	SU1
Dive In Rockit	Nutrition Panel Layne, Silverman & Digsby	Cravings & Sugar Unsweetened Silverman	2020 Client Acquisition Systems Curley	Finding The Perfect Virtual Fit Coulter	Active Aging: Preparing for Life Reemerged! Kooperman, Bender, Metcalf & Gilbert	SU2
Aqua Athletes Howard	Fix 7 Menopause Symptoms with Exercise Atkinson	Nutrition & Chronic Pain Garcia	Create a Rockstar Sales Team Parker	Own & Hone Your Niche on Social Media McWaine	Virtual Personal Training: The Ins & Outs Kooperman, McBee, Robinson & Roselli	SU3
Aquatic Beauties & the Beasts Keyes & Keyes	Cooking Made Simple & Healthy Digsby	Are all Calories Equal? Comana	The Future of Personal Training Panel Roberts, Robinson & Christopher	THINK Yourself® A TECH PRO Plamondon-Thomas	Getting Our Aging Market Active Again Kooperman, Bender, Milner & Roberts	SU4
It's Raining Men Biscontini, Howard, Rockit & M. Velazquez	Aqua Solutions: The Posterior Chain Gili	Nutritional Needs During Menopause Layne	Small Group Training Profits & Programs Stevenson	How to Be Fluent in Exercise Language Christopher	Take the Plunge: Re-Open Your Pool Kooperman, Gilbert, Warasila, Howard & Kulp	SU5