

# DALLAS MANIA® SCHEDULE

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A	B	C	D	E
ACTIVE AGING	FUNCTION/HIIT	MIND-BODY/CORE	BARRE/GX	CYCLE

<b>FRIDAY, NOVEMBER 5</b>  	FR1 7:30am-8:45am	<ul style="list-style-type: none"> <li>■ BOSU® Barre Strong Scott &amp; Roberts</li> <li>■ Exploring Chair Yoga Spreen-Glick</li> <li>■ Weigh2Dance Lauria</li> </ul>	<ul style="list-style-type: none"> <li>■ Schwinn®: Breathly Not Breathless Appel</li> </ul>
	EXPO SHOPPING 8:30am-9:45am		
	FR2 9:45am-11:00am	<ul style="list-style-type: none"> <li>■ Bodyweight Booty Appel</li> <li>■ Tai Chi + Weights = Iron Fusion Ross</li> <li>■ HIIT the Ballet George</li> </ul>	<ul style="list-style-type: none"> <li>■ Schwinn®: Dry-Tri: Beast Mode Fusion Thews &amp; Hogg</li> </ul>
	FR3 11:15am-12:30pm	<ul style="list-style-type: none"> <li>■ HIIT Mix Up! Keenan-Stryksa &amp; Hughes</li> <li>■ The SOULfusion EXPERIENCE Park</li> <li>■ Let the Beat Drop George</li> </ul>	<ul style="list-style-type: none"> <li>■ Schwinn®: Ride or Die: Killer Vibe McLean</li> </ul>
	FR4 12:45pm-2:00pm SESSION 1 SESSION 2 1:30pm-2:45pm	<ul style="list-style-type: none"> <li>■ BOSU® Pilates Core Power Scott &amp; Vandenberg SESSION 1</li> <li>■ Stretch &amp; Perform: The Bannister Method™ Bannister- Munn SESSION 1</li> <li>■ Balletone® Meets Barre Reynolds SESSION 2</li> </ul>	<ul style="list-style-type: none"> <li>■ Schwinn®: F.E.A.R. Face Everything &amp; RIDE Roberts SESSION 2</li> </ul>
	EXPO SHOPPING 12:15pm-3:00pm		
	FR5 3:00pm-4:15pm	<ul style="list-style-type: none"> <li>■ This is HIIT! Erickson</li> <li>■ Flow Free &amp; Be Spreen-Glick</li> <li>■ Where Functional Training Meets Fun Rodriguez</li> </ul>	<ul style="list-style-type: none"> <li>■ Schwinn®: Set the Stage: Perfect Ride McLean</li> </ul>
EXPO SHOPPING 4:00pm-6:00pm			
FR6 5:00pm-6:15pm	<ul style="list-style-type: none"> <li>■ Straight to the Core Robinson</li> <li>■ Yoga Sculpt Murphy Madden &amp; Reynolds</li> <li>■ Core-tensity Leachman</li> </ul>	<ul style="list-style-type: none"> <li>■ Schwinn®: Bring IT: Verbal &amp; Visual Cueing Hogg</li> </ul>	
FR7 6:30pm-7:30pm	<ul style="list-style-type: none"> <li>■ Fitness Idol Kooperman, Roberts, Spreen-Glick, Conti &amp; Howard</li> <li>■ Gengtle Yoga for Mobility M. Velazquez</li> <li>■ Boogie Barre Carvalho</li> </ul>		

<b>SATURDAY, NOVEMBER 6</b>	SA1 7:30am-8:45am	<ul style="list-style-type: none"> <li>■ S.E.A.T. Supported Exercise for Ageless Training Gilbert</li> <li>■ BOSU® Toolbox Paulson &amp; Thews</li> <li>■ Tai Chi Fire Fusion Ross</li> </ul>	<ul style="list-style-type: none"> <li>■ Let's Get FHITT Robinson</li> <li>■ Schwinn®: Master Your One Appel</li> </ul>
	EXPO SHOPPING 8:30am- 9:45am		
	SA2 9:45am-11:00am	<p><i>Keynote Address:</i>  <b>SOUTHERN CHARM</b>                  with Tricia Murphy Madden &amp; Lauren George</p>	
	SA3 11:15am-12:30pm	<ul style="list-style-type: none"> <li>■ Training the Ageless Female Client Roberts</li> <li>■ Fundamental Performance Leachman</li> <li>■ STRONG Nation™ Hernandez</li> <li>■ Quarters of Fitness Robinson</li> </ul>	<ul style="list-style-type: none"> <li>■ Schwinn®: A DJ Saved My Life Thomson</li> </ul>
	EXPO SHOPPING 11:00am-3:00pm		
	SA4 12:45pm-2:00pm SESSION 1 SESSION 2 1:30pm-2:45pm	<ul style="list-style-type: none"> <li>■ Hot Crossed Buns Howard SESSION 1</li> <li>■ BOSU® Kinetic Line Training Paulson &amp; Vandenberg SESSION 2</li> <li>■ Turf Yoga Fusion Keenan-Stryksa &amp; Hughes SESSION 2</li> <li>■ Barre for Cardio Junkies George SESSION 2</li> </ul>	<ul style="list-style-type: none"> <li>■ Schwinn®: HIIT &amp; Quit it! Hogg SESSION 1</li> </ul>
	SA5 3:00pm-4:15pm	<ul style="list-style-type: none"> <li>■ Barre Boom Appel</li> <li>■ The Bare Essential: Strength Training 101 Bannister-Munn</li> <li>■ Cardio Yoga™ - Cardio Focus Chilazi</li> <li>■ Zumba® Martin</li> </ul>	<ul style="list-style-type: none"> <li>■ Schwinn®: Rock Steady-Recovery Rides Roberts</li> </ul>
EXPO SHOPPING 4:00pm-6:00pm			
SA6 5:00pm-6:15pm	<ul style="list-style-type: none"> <li>■ Active Agers From the Ground Up M. Velazquez</li> <li>■ HIIT IT - Sports Cardio Bonina</li> <li>■ Rhythmic Vinyasa Flow L. Lowell &amp; J. Lowell</li> <li>■ Weigh2Dance Banded Lauria</li> </ul>	<ul style="list-style-type: none"> <li>■ Schwinn®: Work Not Twerk Thomson</li> </ul>	

<b>SUNDAY, NOVEMBER 7</b>	SU1 7:30am-8:45am	<ul style="list-style-type: none"> <li>■ Playful Patterns for Seniors Gilbert</li> <li>■ 50 Unique Core Lovers Exercises Murphy Madden</li> <li>■ Hands on Stretching: The Bannister Method™ Bannister-Munn</li> <li>■ The SOULstrength EXPERIENCE Park</li> </ul>	 <b>DISCOUNTED ROOM RATES AVAILABLE!</b> scwfit.com/dallas/hotel 	
	SU2 9:00am-10:15am	<ul style="list-style-type: none"> <li>■ Better Balance Training Dziubinski</li> <li>■ This HIIT Just Got Real! Erickson</li> <li>■ Core Strong Yoga Howard</li> <li>■ Move Your Core the Latin Way Rodriguez</li> </ul>		
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
	SU3 11:15am-12:30pm	<ul style="list-style-type: none"> <li>■ G.R.I.T Gilbert</li> <li>■ Lower Body Burnout Howard</li> <li>■ Yoga Block Vinyasa L. Lowell</li> <li>■ The Impact of MELT Hitzmann</li> </ul>		
SU4 12:45pm-2:00pm	<ul style="list-style-type: none"> <li>■ Get Upright for an Upgraded Core Howard</li> <li>■ Level Up Your Strength Classes! Bannister Munn</li> <li>■ Fascia, ROM &amp; Flexibility M. Velazquez</li> <li>■ Innovative Planking for Core Strengthening Chilazi</li> </ul>			

Indicates session is Recorded



F	G	H	I	J
CIRCUITS/ROWING	AQUA	NUTRITION	LEADERSHIP/EX SCIENCE	SALES/RETENTION/ PROGRAMMING

FR1 7:30am-8:45am	<ul style="list-style-type: none"> <li>■ Complete Guide to Metabolic Flexibility Roselli</li> <li>■ Acquapole® Strong Circuit A. Velazquez</li> </ul>	<ul style="list-style-type: none"> <li>■ Forget the Rest? Layne</li> </ul>	<ul style="list-style-type: none"> <li>■ Exercise, Stress, Hormones &amp; Inflammation Comana</li> </ul>	<ul style="list-style-type: none"> <li>■ Small Group Training Profits &amp; Programs Stevenson</li> </ul>
EXPO SHOPPING 8:30am-9:45am				
FR2 9:45am-11:00am	<ul style="list-style-type: none"> <li>■ Back to Business Roselli</li> <li>■ Smart Sets for Aqua Dumbbells Kulp</li> </ul>	<ul style="list-style-type: none"> <li>■ Diet Myths &amp; Misconceptions Bryce</li> </ul>	<ul style="list-style-type: none"> <li>■ The State of the Science and Future Outlook of CBD Comana</li> </ul>	<ul style="list-style-type: none"> <li>■ Best Of Both Worlds Kinworthy</li> </ul>
FR3 11:15am-12:30pm	<ul style="list-style-type: none"> <li>■ Stop Hurting Your Shoulders Roselli</li> <li>■ Turbulence Training PlumMentz</li> </ul>	<ul style="list-style-type: none"> <li>■ Metabolism 101: Nourish to Flourish Panel Layne, McCall, Comana &amp; Digsby</li> </ul>	<ul style="list-style-type: none"> <li>■ Optimize Performance with Form &amp; Function! Davis</li> </ul>	<ul style="list-style-type: none"> <li>■ Recruit, Train, Motivate &amp; Retain Brady</li> </ul>
FR4 12:45pm-2:00pm SESSION 2	<ul style="list-style-type: none"> <li>■ Welcome to the Jungle-STAIRMASTER® HIIT Hogg SESSION 2</li> <li>■ Cool Pool Moves: 8 Tools to Remember M. Velazquez, Kulp, Gilbert &amp; Carvalho SESSION 1</li> </ul>	<ul style="list-style-type: none"> <li>■ Pros &amp; Cons of Fasting Layne SESSION 2</li> </ul>	<ul style="list-style-type: none"> <li>■ Legal Essentials in a Covid World Sterling &amp; Kooperman SESSION 2</li> </ul>	<ul style="list-style-type: none"> <li>■ Solution Based Sales Stevenson SESSION 1</li> </ul>
EXPO SHOPPING 12:15pm-3:00pm				
FR5 3:00pm-4:15pm	<ul style="list-style-type: none"> <li>■ Your Brain on HIIT-STAIRMASTER® McCall</li> <li>■ Aqua ROM Training for Mature Adults Gilbert</li> </ul>	<ul style="list-style-type: none"> <li>■ Fad Diet Update Digsby</li> </ul>	<ul style="list-style-type: none"> <li>■ Arthritis Integration: The Who, What &amp; How! Conti</li> </ul>	<ul style="list-style-type: none"> <li>■ Working in Niche Markets Panel Kooperman, Appel, Murphy Madden &amp; Ross</li> </ul>
EXPO SHOPPING 4:00pm-6:00pm				
FR6 5:00pm-6:15pm	<ul style="list-style-type: none"> <li>■ Basic Movement Assessments by Star Trac McCall</li> <li>■ Mix-Match Aqua: Moves to the Max Howard</li> </ul>	<ul style="list-style-type: none"> <li>■ Diet vs. Exercise: Food Choices Always Win Fearheiley</li> </ul>	<ul style="list-style-type: none"> <li>■ Balancing Your Business &amp; Yourself Thews</li> </ul>	<ul style="list-style-type: none"> <li>■ Talks &amp; Takes Kooperman, Darden, McBride &amp; Stevenson</li> </ul>
FR7 6:30pm-7:30pm	<ul style="list-style-type: none"> <li>■ Liquid Gym Star Workout A. Velazquez</li> </ul>	<ul style="list-style-type: none"> <li>■ Nutrition Panel Layne, Digsby, Fearheiley &amp; Davis</li> </ul>	<ul style="list-style-type: none"> <li>■ Glute Training for Strength &amp; Performance Bryce</li> </ul>	<ul style="list-style-type: none"> <li>■ Specialize Your Exercise Brady</li> </ul>

SA1 7:30am-8:45am	<ul style="list-style-type: none"> <li>■ Acquapole® Aqua Boxing A. Velazquez</li> </ul>	<ul style="list-style-type: none"> <li>■ Functional Foods for a Fantastic You Fearheiley</li> </ul>	<ul style="list-style-type: none"> <li>■ CBD and Your Best Self Roberts</li> </ul>	<ul style="list-style-type: none"> <li>■ New World Sales &amp; Management McBride</li> </ul>
EXPO SHOPPING 8:30am- 9:45am				
SA2 9:45am-11:00am	<p><b>BUSINESS KEYNOTE ADDRESS</b>  <b>SLINGSHOT LEADERSHIP</b>                  with Brent Darden</p>			SA2
SA3 11:15am-12:30pm	<ul style="list-style-type: none"> <li>■ Purpose NOT Circus: Legit HIIT - STAIRMASTER® McCall</li> <li>■ Aqua Abs: WIM-sy Carvalho</li> </ul>	<ul style="list-style-type: none"> <li>■ Why Fascia Matters Beyond Muscles Hitzmann</li> </ul>	<ul style="list-style-type: none"> <li>■ Why ALL Women Should Strength Train Bryce</li> </ul>	<ul style="list-style-type: none"> <li>■ Grow Your Audience Using Tik Tok &amp; Reels Kinworthy &amp; Rich</li> </ul>
EXPO SHOPPING 11:00am-3:00pm				
SA4 12:45pm-2:00pm SESSION 1	<ul style="list-style-type: none"> <li>■ Nautilus Strength - Does Size Really Matter? Appel SESSION 1</li> <li>■ Aqua Zumba® Hernandez SESSION 2</li> </ul>	<ul style="list-style-type: none"> <li>■ How Calories &amp; Fat Tissue Work Digsby SESSION 1</li> </ul>	<ul style="list-style-type: none"> <li>■ Launch, Grow &amp; Elevate Your Brand Morris SESSION 1</li> </ul>	<ul style="list-style-type: none"> <li>■ 2021 Growth Panel Kooperman, McBride, Murphy Madden &amp; Stevenson SESSION 2</li> </ul>
SA5 3:00pm-4:15pm	<ul style="list-style-type: none"> <li>■ When Good Knees Go Bad Bryce</li> <li>■ WATERinMOTION® Silver Tsunami M. Velazquez, Kulp, Carvalho &amp; Gilbert</li> </ul>	<ul style="list-style-type: none"> <li>■ Killing the Buzz Layne</li> </ul>	<ul style="list-style-type: none"> <li>■ Are You FallPROOF? Conti</li> </ul>	<ul style="list-style-type: none"> <li>■ Maximize Your Business's Earning Potential Polson</li> </ul>
EXPO SHOPPING 4:00pm-6:00pm				
SA6 5:00pm-6:15pm	<ul style="list-style-type: none"> <li>■ Toning is NOT a Thing - Nautilus McCall</li> <li>■ Aquatic Balance Solutions Dziubinski</li> </ul>	<ul style="list-style-type: none"> <li>■ How to Eat Sugar Digsby</li> </ul>	<ul style="list-style-type: none"> <li>■ Recovery With Muscle Stimulation Appel</li> </ul>	<ul style="list-style-type: none"> <li>■ Get More Clients Without Ads Polson</li> </ul>

<b>SUNDAY, NOVEMBER 6</b>	SU1 7:30am-8:45am	<ul style="list-style-type: none"> <li>■ Aqua Ease: Flexibility for Active Agers M. Velazquez</li> <li>■ Unleash the Power of Superfruits! Davis</li> </ul>	<ul style="list-style-type: none"> <li>■ Fit comes in EVERY SIZE! Lauria</li> </ul>	<ul style="list-style-type: none"> <li>■ Build an Unbeatable Digital Marketing Strategy Polson</li> </ul>	
	SU2 9:00am-10:15am	<ul style="list-style-type: none"> <li>■ Aqua Core Senior Style Kulp</li> <li>■ Mastering Menopause Layne</li> </ul>	<ul style="list-style-type: none"> <li>■ Exercise Research 101: Facts vs. Fake News Chilazi</li> </ul>	<ul style="list-style-type: none"> <li>■ Owning Your Own Fitness Studio L. Lowell &amp; J. Lowell</li> </ul>	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
	SU3 11:15am-12:30pm	<ul style="list-style-type: none"> <li>■ WATERinMOTION® Strength Kulp, M. Velazquez &amp; Cavalho</li> <li>■ Why You Can't Stop Eating Digsby</li> </ul>	<ul style="list-style-type: none"> <li>■ Maximizing Revenue Through Value-Added Programming Murphy Madden</li> </ul>	<ul style="list-style-type: none"> <li>■ Marketing Messages Atkinson</li> </ul>	SU3
SU4 12:45pm-2:00pm	<ul style="list-style-type: none"> <li>■ One on One Aquatic Training Dziubinski</li> <li>■ Got Muscle? Targeting Hypertrophy Layne</li> </ul>	<ul style="list-style-type: none"> <li>■ What Women Want! Atkinson</li> </ul>	<ul style="list-style-type: none"> <li>■ 6ix Steps to Sales Success Bustamante</li> </ul>	SU4	

**GET CERTIFIED HERE!**  
 SEPT. 29, 30 & OCT. 3  
  
 scwfit.com/dallas/certs