

CERTIFICATIONS
THURSDAY,
JULY 18



SCW PERSONAL
TRAINING
CERTIFICATION
Bannister-Munn
9:00am-6:00pm



SCW ACTIVE AGING
CERTIFICATION
Gilbert
9:00am-5:00pm



SCW GROUP EX
CERTIFICATION
Velazquez
8:00am-5:00pm



SCW LIFE
COACHING
CERTIFICATION
Toole
9:00am-3:00pm



SCW MEDITATION
CERTIFICATION
Rockit
5:00pm-9pm



SCHWINN® CYCLING:
INDOOR CYCLING
CERTIFICATION
Sherman • 7:00am-5:00pm



waterinmotion®
WATERINMOTION®
AQUA EXERCISE
CERTIFICATION
Hammer • 9am-5pm

ATLANTA
MANIA®
FIT PRO CONVENTION

A

HIIT / CORE / STRENGTH

B

FUNCTION / ACTIVE AGING

C

GX / DANCE /
SMALL GROUP TRAINING

D



RECOVERY / MIND BODY

E

CYCLE

FRIDAY, JULY 19	FR1	7:30am-8:45am	PRO ATHLETE CORE CONDITIONING II Robinson	ATHLETIC FLOW McMullen	BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING Rockit	YOGA-PILATES RESTORE Bannister-Munn	
	FR2	9:00am-10:15am	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	SOULBODY BARRE+LIIT Vandiver	TIGER TAIL® GOODBYE BACK PAIN Zuleger	SCHWINN®: BIKER BARRE Appel
	EXPO SHOPPING 10:00am-11:00am						
	FR3	11:00am-12:15pm	MOBILITY TRAINING - ONLINE OR IN-PERSON Webb	NO FLOOR CORE AND BALANCE Layne	EXERCISE AND PAIN: A PARADIGM SHIFT Mack	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE Mummy	SCHWINN®: SAVVY CYCLING Sherman
	EXPO SHOPPING 12:00pm-2:45pm						
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	2 LEGIT 2 HIIT Appel SESSION 2	BRING THE TOYS! Bannister-Munn SESSION 2	STRENGTHEN & SUPPORT McMullen SESSION 1	THE WARRIOR® WORKOUT Roberts SESSION 1	SCHWINN®: ROCK & ROLL RIDE Sherman SESSION 1
	FR5	2:45pm-4:00pm	HIT THE WALL Rockit	ATHLETIC AGING Appel	BALLS, BLOCKS, BANDS: PILATES FUSION Metcalf	TAI-CHI FUSED YOGA Velazquez	SCHWINN®: HEAR US ROAR Hogg & L. Johnson
	EXPO SHOPPING 3:45pm-4:30pm						
	FR6	4:30pm-5:45pm	BAND CAMP Bannister-Munn	"DON'T JUST SIT THERE!" Ratliff	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	BY ANY STRETCH Appel	WARRIOR® RIDE J. Roberts
	FR7	6:00pm-7:00pm		FITNESS IDOL Kooperman, Toole, Gilbert & Robinson	DANCE OFF! LaBlast®, ZUMBA®, Country Fusion®, Wartenberg & Velazquez	RECOVERY THROUGH MEDITATION Rockit	

SATURDAY, JULY 20

SA1	7:30am-8:45am	BBB WORKOUT - BALL, BAND, BAR Bannister- Munn	TIME WITH TISSUE Gilbert	BARRE HARD CORE Appel	SOULBODY YOGA SCULPT Voelpel	SCHWINN®: CYCLE A LA MODE Sherman
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am	 	KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD ROOM B			
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	FULL BODY 3D HIIT-CIRCUIT Hughes	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert	LABLAST® FITNESS: BALLROOM BLITZ van Amstel	TIGER TAIL® RECOVERY FOR LONGEVITY Zuleger	SCHWINN®: BEAST MODE Hogg
EXPO SHOPPING 12:00pm-2:45pm						
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	DEEP CORE AND PELVIC FLOOR Layne SESSION 2	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb SESSION 1	ELIMINATING BACK PAIN WITH DEADLIFTS Bongelli SESSION 1	WARRIOR® TAI CHI YOGA AND QI GONG FUSION Roberts SESSION 2	SCHWINN®: R.I.S.E. & #RIDERIGHT Hogg SESSION 1
SA5	2:45pm-4:00pm	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy & Bannister-Munn	COUNTRY FUSION® 2024 Mooney	ULTIMATE LEG DAY Toole	YOGA TOUCH Kooperman	SCHWINN®: RHYTHM ROADTRIP Appel
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Mike	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	ZUMBA® Santana	FLEXIBILITY - STOP DOING IT WRONG Metcalf	SCHWINN®: CYCLE MIXOLOGY Appel

SUNDAY, JULY 21

SU1	7:30am-8:45am	CORE BY 4 Wartenberg	BONE HEALTH BOOT CAMP Conti	RETRO AEROBICS Aktzi	SOULBODY RESTORE Voelpel
SU2	9:00am-10:15am	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED van Amstel	ACTIVE AGING PLAYGROUND Toole	TRAINING THE NEURODIVERGENT CLIENT Conti	THE BATTLE FOR MOBILITY McCormick
EXPO SHOPPING 10:00am-1:00pm					
SU3	10:45am-12:00pm	OPTIMAL OVERHEAD PRESSING Mike	LABLAST® CHAIR FITNESS: PULL UP A SEAT van Amstel	BRINGING BACK FOUNDATIONAL STRENGTH TRAINING G. Johnson	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Hughes
SU4	12:15pm-1:30pm	POWER IN THE TRANSVERSE PLANE Mike	CREATIVE PROGRAMMING 55+ Wartenberg	GLUTE TRAINING - BEGINNER TO ADVANCED G. Johnson	HEAT UPS & FINISHERS McCormick



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CERTIFICATIONS
SUNDAY,
JULY 21



ESSENTIALS
WARRIOR® TAI CHI
YOGA INSTRUCTOR
CERTIFICATION
Roberts • 7:30am-3:30pm



SCW PILATES
MATWORK
CERTIFICATION
Velazquez
7:30am-3:30pm



SCW STRETCHING
& FLEXIBILITY
TRAINING
CERTIFICATION
Appel • 7:30am-3:30pm



SEAT
SUPPORTED EXERCISE
FOR AGELESS TRAINING
CERTIFICATION
Gilbert • 7:30am-3:30pm



SYMMETRY
POSTURAL
MEASUREMENT
CERTIFICATION
Mummy • 7:30am-3:30pm



ZUMBA®
BASIC 1 TRAINING
7:15am-3:30pm

SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION
Layne • 9am-3:30pm



SCW CHAIR
YOGA
CERTIFICATION
Ratliff
9:00am-5:00pm



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F

AQUA (STARTS IN LECTURE)

G

NUTRITION / EX. SCIENCE

H


BUSINESS

BUSINESS
SUMMIT

RIDE THE WAVE Velazquez & Hammer	THE GUT – SLEEP NETWORK EFFECT Layne	BUILD THE FINANCIAL FUTURE OF YOUR DREAMS Day
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ van Amstel	MAGNESIUM: THE MIGHTY MINERAL UNVEILED Toole	START & GROW YOUR BUSINESS Kooperman, Clark, Webb, Mooney, Day & Ball
EXPO SHOPPING 10:00am-11:00am		
LIQUID GYM ACQUA PUNCH & PUMP Velazquez	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	FIND YOUR NEXT 50 LEADS Clark
EXPO SHOPPING 12:00pm-2:45pm		
COUNTRY FUSION® AQUATICS Mooney SESSION 2	SIX ROOT CAUSES OF DECREASED LONGEVITY Layne SESSION 1	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman SESSION 2
AQUA DRUMS VIBES Wartenberg	HOW TO CREATE A MENTAL WELL-BEING CULTURE V. Brick & L. Brick	EFFECTIVE GX & PT SALES STRATEGIES PANEL Kooperman, Robinson, Roberts & Hughes
EXPO SHOPPING 3:45pm-4:30pm		
AQUA BOOT CAMP BOQ-STYLE Velazquez	PREVENTING COMMON FITNESS INJURIES Laskowski	PERSONAL TRAINING: A LIFELONG CAREER Hughes
KEYNOTE & COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME - Brandi Clark • Room: H		

WATER RUNNING Rockit	HOW YOU MOVE MATTERS Laskowski	YOUR FINANCIAL HEALTH Ross
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD ROOM B		
EXPO SHOPPING 10:30am-11:00am		
AQUATIC EQUIPMENT INNOVATIONS Ford	PHYSICS OF PAIN & PERFORMANCE Mummy	NAVIGATING LEGAL PITFALLS IN FITNESS Ball & Kooperman
EXPO SHOPPING 12:00pm-2:45pm		
AQUA ZUMBA® Melendez SESSION 2	TRENDING DIETS & WEIGHT LOSS MEDS Digsby SESSION 2	STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL Kooperman, Appel, Metcalf & Bannister-Munn SESSION 1
BUOY, OH BUOY, OH BUOY! Velazquez, Wartenberg & Hammer	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger	FIND & ENROLL CLIENTS USING SOCIAL MEDIA Clark
EXPO SHOPPING 3:45pm-4:30pm		
4 FUNCTIONAL AQUA CIRCUITS Layne	WHEN EXERCISE MAKES CLIENT'S WORSE Mack	OPERATING A PROFITABLE BOUTIQUE STUDIO Kooperman, Gilbert, Hughes, Roberts & Toole

KNOCKOUT AQUA WITH HIIT McCormick	SUGAR, SNACKS & HEART ATTACKS Digsby	FROM STRUGGLING TO STREAMING Bongelli
SILVER TSUNAMI Wartenberg & Hammer	SOLVE 30 TRAINING & NUTRITION MISTAKES Mike	INDIVIDUALIZED SEMI-PRIVATE TRAINING G. Johnson
EXPO SHOPPING 10:00am-1:00pm		
LIQUID GYM ACQUA TONER STRETCH & TONE Wartenberg	KITCHEN MAKEOVER FOR FOOD LOVERS Digsby	MONETIZE YOUR BOTTOM LINE McCormick
STRONG & STABLE AQUA Layne	MINDSET MAGIC: GUIDING NUTRITION MASTERY Toole	ATTRACT, MOTIVATE & RETAIN CLIENTS WITH CHRONIC ILLNESS Conti

 **RECORDED SESSIONS** are filmed live at this MANIA® Convention and are only available online after the event at \$60 for 60 days with unlimited access.

Pre-Recorded SESSIONS



PRE-RECORDED
PERSONAL
TRAINING

PRE-RECORDED
RESTORE / PILATES /
TAI-CHI

PRE-RECORDED
AQUA
EXERCISE

PRE-RECORDED
BUSINESS
SUMMIT

STABILITY BALL BREAKTHROUGH Bannister-Munn	HAPPY HIPS & HEALTHY BACKS Fulton	AQUA YOGA FLOW Warasila	INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY Kooperman
7 GAME-CHANGING GLUTE TRAINING TIPS Tumminello	HIGH ROLLER - FOAM ROLLER PILATES Appel	AQUA HIIT THE BEAT Fowler	FIRESIDE CHAT WITH MARK HARRINGTON JR. Kooperman & Harrington
SMART STRENGTH FOR THE AGELESS FEMALE Roberts	CORE YOGA STRONG Howard	AB- ARSENAL Gilbert	SUCCESSFULLY BUILD YOUR MEMBER BASE Williams
TOTAL BODY RESET Turner	LOWER BODY SELF CARE Betendorf	MIX-MATCH AQUA MOVES TO THE MAX Howard	RETIRED, NOT EXPIRED: STRENGTH TRAINING FOR MATURE ADULTS PANEL Kooperman, Roberts, Ritchie & Gilbert
REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF Mullins	ADAPTIVE TAI CHI: MOVING DESPITE LIMITATIONS Glassmeyer	AQUA BRAIN POWER Gilbert	RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS Hoff
LOWER BODY BURNOUT Howard	FOGA - FOAM ROLLING AND YOGA Zahnn	BARRACUDA BOOTY Kulp	THE PERFECT VIRTUAL SOLUTION Madden
CORE TRAINING METHODS Mullins	CORE FORWARD PILATES Howard	10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING McCormick	BIGGEST SECRETS IN PERSONAL TRAINING SALES SUCCESS Baraglia

ROCK BOTTOMS! BANDED BOOTY STRENGTH McDonald	TAI CHI + WEIGHTS = IRON FUSION Ross	POWER TO THE POOL Dziubinski	CLUB, STUDIO & CLIENT RETENTION Kooperman
GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE (filmed at previous SCW Conventions) when you Add Atlanta MANIA® 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!			
CONTENDER Richards	YOGA SOUL Kooperman	CHEEKS FOR WEEKS - H2O Gilbert	PROFITABLE TRAINING WITH CLIENTS 55+ Ritchie
SL@T - STRENGTHEN, LENGTHEN & TONE Howard	FUNCTIONAL PILATES Velazquez	AQUA YOGA FOR ARTHRITIS Fairbrother	CONVERTING SOCIAL MEDIA CONTENT INTO CUSTOMERS Christopher
PLANKS IN ALL THREE PLANES Chilazi	SHOULDERS: PROTECTION & PERFORMANCE Christopher	H2O TAP OUT Cofield	BUILDING SUCCESSFUL HYBRID BUSINESSES Vokoun
CREATIVE COMPOUNDS Gavigan	FOREVER PILATES Appel	EASY-GRIP AQUA DUMBBELL WORKOUT Kulp	PURPOSEFUL PROGRAMMING Madden

TOP-TIER CORE CONDITIONING Robinson	THE ART OF FLOW: YOGA BASICS Conti	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Velazquez	NEW CLIENT RETENTION McBee
G.R.I.T. - STRENGTH TRAINING FOR THE AGER Gilbert	SMR: FUNCTIONAL FASCIA TECHNIQUES Gavigan	LIQUID LEVELS Pinkowski	ENTREPRENEURSHIP & OPENING Sheppard
CORE OFF THE FLOOR Zahab	YIN TO MY YANG Malaghan	TAB-AQUA QUICKIES Howard	BUILDING YOUR BUSINESS Stevenson
Access to pre-recorded sessions can be found at scwfit.com/atlanta			