

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 EXERCISE CERTIFICATION Velazquez 8:00am-5:00pm	SCW LIFE COACHING CERTIFICATION Spreen 7:30am-3:30pm	SCW MEDITATION CERTIFICATION Rockit 5:00pm-9pm	SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION Sherman • 7:00am-5:00pm	WATERINMOTION® AQUA EXERCISE CERTIFICATION Hammer • 9am-5pm
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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
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FRIDAY, JULY 19

FR1 7:30am-8:45am	PRO ATHLETE CORE CONDITIONING II Robinson	TAILORED TRAINING FOR ACTIVE AGERS Toole	BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING Rockit	YOGA-PILATES RESTORE Bannister-Munn	WARRIOR® RIDE Roberts
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	STRYKE Mansour & McNally	MOBILITY TRAINING - ONLINE OR IN-PERSON Webb	EXERCISE AND PAIN: A PARADISE SHIFT Mack	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE Mummy	SCHWINN®: SAVVY CYCLING Hogg
EXPO SHOPPING 12:00pm-2:45pm					
FR4 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	TWO LEGIT TO HIIT Appel SESSION 2	BRING THE TOYS! Bannister-Munn SESSION 2	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED van Amstel 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, B ANDS PILATES FUSION Metcalfe	TAI-CHI FUSED YOGA Velazquez	SCHWINN®: HEAR US ROAR Thews
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	
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	 GRAB THE GOLD	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 Sherman
EXPO SHOPPING 12:00pm-2:45pm					
SA4 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	DEEP CORE AND PELVIC FLOOR Appel SESSION 2	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb SESSION 1	STRYKE X-PRESS & STRETCH Mansour & McNally 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	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 Metcalfe	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	 scwfit.com/atlanta/certifications
SU2 9:00am-10:15am	ACTIVE STRENGTHENING WITH STRETCH Ross	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	NO FLOOR CORE AND BALANCE Layne	GLUTE TRAINING - BEGINNER TO ADVANCED G. Johnson	HEAT UPS & FINISHERS McCormick	

CERTIFICATIONS SUNDAY, JULY 21

ALIGNMENT 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	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION Gilbert • 7:30am-3:30pm	SYMMETRY POSTURAL MEASUREMENT CERTIFICATION Mummy • 7:30am-3:30pm	ZUMBA® BASIC 1 TRAINING Santana 7:30am-3:30pm
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SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION
Layne • 9am-3:30pm

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

JOHN BRICK CERT

AQUA CERT

F AQUA (STARTS IN LECTURE) | **G** NUTRITION / EX. SCIENCE | **H** BUSINESS 

RIDE THE WAVE Velazquez & Hammer	SIP OR SKIP: ALCOHOL'S TRUE IMPACT Layne	OPERATING A PROFITABLE BOUTIQUE STUDIO Gilbert
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ van Amstel	MAGNESIUM: THE MIGHTY MINERAL UNVEILED Toole	START & GROW YOUR BUSINESS Kooperman, Clark, Webb, Mooney & Ball
EXPO SHOPPING 10:00am-11:00am		
LIQUID GYM ACQUA PUNCH & PUMP Velazquez	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	ORGANIZE AND SIMPLIFY LEAD GENERATION 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	SUGAR, SNACKS & HEART ATTACKS Digsby	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
COCKTAILS & KEYNOTE BUSINESS INTELLIGENCE: USE YOUR DATA • Justin Raithel 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, Metcalfe & 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 CLIENTS WORSE Mack	INCREASE REVENUE, GAIN HEALTHIER CLIENTS Landa

KNOCKOUT AQUA WITH HIIT McCormick	THE GUT - SLEEP NETWORK EFFECT Layne	SOCIAL MEDIA: STRYKE WHILE THE IRON'S HOT Mansour & McNally
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
AQUA POWER BAR Wartenberg	MINDSET MAGIC: GUIDING NUTRITION MASTERY Toole	ATTRACT, MOTIVATE & RETAIN CLIENTS WITH CHRONIC ILLNESS Conti

Pre-Recorded SESSIONS

PRE-RECORDED PERSONAL TRAINING | **PRE-RECORDED RESTORE / PILATES / TAI-CHI** | **PRE-RECORDED AQUA EXERCISE** | **PRE-RECORDED BUSINESS SUMMIT 2024**

HOW TO MASTER THE DEADLIFT Mike	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 Bettendorf	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 Huff
LOWER BODY BURNOUT Howard	FOGA - FOAM ROLLING AND YOGA Zahn	BARRACUDA BOOTY Kulp	NEW WORLD SALES & MANAGEMENT McBride
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 BODY STRENGTH
McDonald

TAI CHI + WEIGHTS = IRON FUSION
Ross

POWER TO THE POOL
Dziubinski

STRETCHING FOR STRENGTH FLEXIBLE FOUNDATIONS PANEL
Kooperman, Chilai, Appel & Roberts

GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE
(filmed at previous SCW Conventions) when you Add California 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
GLUTE TRAINING - BEGINNER TO ADVANCED Johnson	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

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.