

LIVE / IN-PERSON
CERTIFICATIONS
THURSDAY, NOV. 2

SCW Personal Training
Certification
Bannister-Munn
9:00am-6:00pm

Schwinn® Cycling: Indoor
Cycling Certification
Appel
7:00am-5:00pm

SCW Active Aging
Certification
Layne
9:00am-5:00pm

SCW Pilates Matwork
Certification
Lenart
8:00am-5:00pm

SCW Group Exercise
Certification
Velazquez
8:00am-5:00pm

SCW Life Coaching
Certification
Toole
9:00am-3:00pm

Muscle Mastery
Toole, Chilazi,
Lenart & Zuleger
6:00pm-8:00pm

FREE
FOR
HOTEL GUESTS

BOSTON MANIA FITNESS PRO CONVENTION			HIIT / CORE / STRENGTH	PRE-RECORDED PERSONAL TRAINING	FUNCTION / ACTIVE AGING	GX / DANCE / SMALL GROUP TRAINING	RECOVERY / MIND BODY	PRE-RECORDED RESTORE / PILATES/ TAI CHI
FRIDAY, NOVEMBER 3	FR1	7:30am-8:45am	Coaching Core Engagement Chilazi	How to Master the Deadlift Mike	Sitting Pretty: Strength & Support Gilbert	Pulling for Power™ by WATERROWER NOHRD® Lenart	Yoga-Pilates Restore Bannister-Munn	Muscle Care - Happy Hips & Healthy Backs Fulton
	FR2	9:00am-10:15am	Balance Your HIIT Lenart	7 Game-Changing Glute Training Tips Tumminello	Functional Training with Foam Rollers Garcia	POUND Rockout Workout® Ward	Bring the Toys! Bannister-Munn	High Roller - Foam Roller Pilates Appel
	EXPO SHOPPING 10:00am-11:00am							
	FR3	11:00am-12:15pm	Fluid Core Fusion Velazquez	Total Body Reset Turner	Manual Dexterity Training Gilbert	SOULfusion™ EXPERIENCE Park	Symmetry: Advanced Postural Corrective Exercise Mummy	Core Yoga Strong Howard
	EXPO SHOPPING 12:00pm-2:45pm							
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Got Back Pain? Garcia Session 2	Smart Strength for the Ageless Female Roberts	Functional Fitness 50+ Toole Session 1	LaBlast® Fitness: Dance, Diversity, Inclusion. Venezio & Mikszan Session 1	Yin to My Yang Malaghan Session 2	Lower Body Self Care Bettendorf
	FR5	2:45pm-4:00pm	Athletic Woman: Function & Strength Hughes	Redefine Functional Training - Redefine Yourself Mullins	Pickleball Power & Performance Kooperman	Barre Strong Lenart	Tiger Tail® Happy Muscles!® 365 Recovery Zuleger	Adaptive TaiChi: Moving Despite Limitations Glassmeyer
EXPO SHOPPING 3:45pm-4:30pm								
FR6	4:30pm-5:45pm	Core Connection Turner	Lower Body Burnout Howard	Functional Training for Active Agers Gilbert	Long, Strong, Sculpted: Dynamic Flexibility Chilazi	By Any Stretch Appel	FOGA - Foam Rolling and Yoga Zahnn	
FR7	6:00pm-7:00pm		Fitness Idol Kooperman, Carvalho Bannister-Munn, Gilbert		MANIA® MASHUP! LaBlast®, Tiger Tail, POUND, Brazil, RAQISA®, Chilazi & Velazquez	Myofascial Recovery Garcia		
SATURDAY, NOVEMBER 4	SA1	7:30am-8:45am	Band Camp Bannister-Munn	Core Training Methods Mullins	Functional Core Training Garcia	Sexy & Confident with Brazily Dance! Santos & Santos	Pilates: Mat to the Max Appel	Core Forward Pilates Howard
	EXPO SHOPPING 8:30am-9:15am							
	SA2	9:15am-10:30am	SYMMETRY	KEYNOTE ADDRESS The Role of Fitness Professional in the Healthcare System				Patrick Mummy 9:15am - 10:30am
	EXPO SHOPPING 10:30am-11:00am							
	SA3	11:00am-12:15pm	Full Body 3D HIIT-Circuit Hughes	Rock Bottoms! Banded Booty Strength McDonald	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Crew Conditioning™ by WATERROWER NOHRD® Lenart	Hips Don't Lie Bannister- Munn	Tai Chi + Weights = Iron Fusion Ross
	EXPO SHOPPING 12:00pm-2:45pm							
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Body Weight Militia Garland Session 1	Contender Richards	Balance & Coordination for Active Agers Velazquez Session 2	SOULkickboxing Park Session 2	Goodbye Back Pain Zuleger Session 1	Yoga Soul Kooperman
SA5	2:45pm-4:00pm	Posture & Alignment with Personal Training Mummy	SL@T - Strengthen, Lengthen & Tone Howard	Cardio Kickboxing for the Active Ager Malaghan	Kettlebell Krush Turner Kettlebells	Chair Yoga for the Young at Heart Kooperman	Functional Pilates Velazquez	
EXPO SHOPPING 3:45pm-4:30pm								
SA6	4:30pm-5:45pm	Arm Candy Appel	Glute Training - Beginner to Advanced Johnson	Sole Sisters Chilazi & Lenart	LaBlast® Fitness: Emotional Wealth Venezio & Mikszan	Melt, Mold, Move: Mobility & Restoration Hughes	Shoulders: Protection & Performance Christopher	
SUNDAY, NOVEMBER 5	SU1	7:30am-8:45am	SOULstrength™ EXPERIENCE Park	Creative Compounds Gavigan	The Aging Brain Layne	Disco & Dumbbells Haggard	Work Your ASANA Off Aronson	Forever Pilates Appel
	SU2	9:00am-10:15am	Core Off The Floor Lenart	Top-Tier Core Conditioning Robinson	LaBlast® Chair Fitness Venezio & Mikszan	Agility Ability Layne	Active Aging: No Place Like Foam Chilazi	The Art of Flow: Yoga Basics Conti
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm							
	SU3	10:45am-12:00pm	Planks in all Three Planes Chilazi	Core OFF the Floor Zahab	Perfect Programming for Active Agers Toole	Elevate Your Class Experience Brown	Beauty & the Beast: Yoga Power Bar Wartenberg	SMR: Functional Fascia Techniques Gavigan
SU4	12:15pm-1:30pm	Kicking H.I.T Lloyd	G.R.I.T. - Strength Training for the Ager Gilbert	Core by 4 Wartenberg	Kickbox N Chaos Turner	Time With Tissue Gilbert	Tai-Chi Fused Yoga Velazquez	




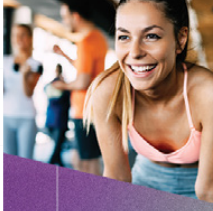

PRE-RECORDED SESSIONS

were filmed live at recent SCW Conventions.*

RECORDED SESSIONS

are filmed live at this MANIA Convention.*

boston mania® schedule

E CYCLE		F AQUA (STARTS IN LECTURE)		PRE-RECORDED AQUA		G NUTRITION / EXERCISE SCIENCE		H BUSINESS		PRE-RECORDED BUSINESS		HEALTH & FITNESS BUSINESS SUMMIT scwfit.com/business	
		Water Walking for Better Gait and Performance Pyle		Aqua Yoga Flow Warasila		Healthy Eating For Active Agers Malaghan		7 Skills to Turn Personal Training into a Lifelong Career Hughes		Inexpensive Marketing for Growth & Profitability Kooperman		FR1	
Schwinn®: R.I.S.E. & #RideRight Nicotera		LaBlast® Splash: Emotional Wealth Venezio & Mikszan		Aqua HIIT the Beat Fowler		Brain Science Layne		New World Sales & Management McBride		Annual GroupX Marketing Calendar de Werd		FR2	
EXPO SHOPPING 10:00am-11:00am													
Schwinn®: Dynamic Duos - Cycling Fusion Stenis		When Breath Meets Water: Aqua Yoga Malaghan		AB- Arsenal Gilbert		A Powerful Combination: Carb-cycling & HIIT		Fireside Chat with Mark Harrington Jr. Kooperman & Harrington		Successfully Build Your Member Base Williams		FR3	
EXPO SHOPPING 12:00pm-2:45pm													
Schwinn®: Leader of the Pack Appel Session 1		Ride the Wave Velazquez, Carvalho & Vandenberg Session 2		Mix-Match Aqua Moves to the Max Howard		Five Fat-Burning Hormones Layne Session 2		Personal & Business Protection Kooperman & Ball Session 1		New Client Retention McBee		FR4	
Schwinn®: Let the Beat Drop Appel		Silver Tsunami Velazquez, Carvalho & Vandenberg		Aqua Brain Power Gilbert		Nutrition Panel Layne, Toole, Malaghan, Pyle & Derrick		Rebuilding Sandcastles 2023 McBride		Retired, Not Expired! Strength Training for Mature Adults Panel Kooperman, Roberts, Ritchie & Gilbert		FR5	
EXPO SHOPPING 3:45pm-4:30pm													
		Beautiful Buoyant Booty Vandenberg		Barracuda Booty Kulp		Chain Reaction Biomechanics Hughes		Effective GX & PT Sales Strategies Panel Kooperman, Canty, Toole, & Clark		Attracting and Keeping Great Fitness Talent Baraglia		FR6	
				register for recordings and enjoy 100+ sessions				scwfit.com/boston				FR7	
Schwinn®: Prime Design 2.0 Nicotera		Core Fusion H2O Vandenberg		Power to the Pool Dziubinski		Nutrition & Weight Loss Drugs Derrick		Create Value - Retain Clients Toole		Biggest Secrets in Personal Training Sales Success Baraglia		SA1	
EXPO SHOPPING 8:30am-9:15am													
				KEYNOTE ADDRESS The Role of Fitness Professional in the Healthcare System Patrick Mummy 9:15am - 10:30am								SA2	
EXPO SHOPPING 10:30am-11:00am													
Schwinn®: Tri-Cycle Triple Threat Nicotera		Buoy, Oh Buoy, Oh Buoy! Velazquez, Carvalho & Vandenberg		10 Best Exercises for 1:1 Aquatic Training McCormick		Optimal Recovery Layne		Find & Enroll Clients Using Social Media Clark		Stretching for Strength - Flexible Foundations Panel Kooperman, Chilazi, Appel & Roberts		SA3	
EXPO SHOPPING 12:00pm-2:45pm													
Schwinn®: Cycle Mixology - Killer Playlists Appel Session 1		Aquatic Personal Training Malaghan Session 1		Cheeks for Weeks - H2O Gilbert		Physics of Pain & Performance Mummy Session 2		Fitness Business Success: Strategies, Coverage, and Tech Panel Kooperman, Ball, Clark, Toole & Dennis Session 1		Profitable Training With Clients 55+ Ritchie		SA4	
Schwinn®: Breathy Not Breathless Stenis		HIIT H2O for All Pyle		Aqua Yoga for Arthritis Fairbrother		Functional Nutrition and Hormones: Healthy Aging Zuleger		Technologies to Affordably Expand Dennis		Building Successful Hybrid Businesses Vokoun		SA5	
EXPO SHOPPING 3:45pm-4:30pm													
		Aqua Ab Arsenal Gilbert		H2O Tap Out Cofield		Feasting & Fasting? Layne		Trends In Fitness Programming Kooperman		Converting Social Media Content Into Customers Christopher		SA6	
		Tabata Aqua Running & Conditioning Wartenberg		Aqua Ease: Flexibility for Active Agers Velazquez		Fad Diets & Failed Expectations Toole		Bridging Medicine & Fitness Hughes		20 Menopause Fitness Studies for Fitness Pros Atkinson		SU1	
		Aqua Yoga Barre Wartenberg		Easy-Grip Aqua Dumbbell Workout Kulp		Nutrition for Group Fitness and Personal Trainers Price		Fostering Employee Wellbeing Through Engagement Weiss		Retain & Engage Your Personal Training Clients Hoff		SU2	
		EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm											
		H2O Reporting for Duty Haggard		Liquid Levels Pinkowski		Chasing the Dragon: Food Addiction Layne		The Beauty of Building a Brand Park		Entrepreneurship & Opening Sheppard		SU3	
		Soca Splash Haggard		Tab-Aqua Quickies Howard		50% OFF EQUIPMENT SCWFIT.COM/STORE		Build a High Performing Personal Training Team Canty		Building Your Business Stevenson		SU4	

FRIDAY, NOVEMBER 3

SATURDAY, NOVEMBER 4

SUNDAY, NOVEMBER 5

LIVE / IN-PERSON
CERTIFICATIONS
SUNDAY, NOV. 5

Stretching & Flexibility
Training Certification
Appel
7:30am-3:30pm

Yoga 1
Certification
Velazquez
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

Aquatic Personal
Certification
Malaghan
7:30am-3:30pm