

LIVE / IN-PERSON
CERTIFICATIONS
THURSDAY, NOV. 2



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



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



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



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



SCW Pilates Matwork
Certification
Lenart
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

Indicates session is
both Live & Being Recorded
at Boston MANIA®

FRIDAY, NOVEMBER 3	LIVE / IN-PERSON CERTIFICATIONS THURSDAY, NOV. 2						
	FR1	FR2	FR3	FR4	FR5	FR6	FR7
FRIDAY, NOVEMBER 3	7:30am-8:45am	9:00am-10:15am	11:00am-12:15pm	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	2:45pm-4:00pm	4:30pm-5:45pm	6:00pm-7:00pm
	Coaching Core Engagement Chilazi	Balance Your HIIT Lenart	Fluid Core Fusion Velazquez	Got Back Pain? Garcia Session 2	Athletic Woman: Function & Strength Hughes	Core Connection Turner	Fitness Idol Kooperman, Carvalho Bannister-Munn, Gilbert
	How to Master the Deadlift Mike	7 Game-Changing Glute Training Tips Tumminello	Total Body Reset Turner	Smart Strength for the Ageless Female Roberts	Redefine Functional Training - Redefine Yourself Mullins	Lower Body Burnout Howard	
	Sitting Pretty: Strength & Support Gilbert	Functional Training with Foam Rollers Garcia	Manual Dexterity Training Gilbert	Functional Fitness 50+ Toole Session 1	Pickleball Power & Performance Kooperman	Functional Training for Active Agers Gilbert	
	Pulling for Power™ by WATERROWER NOHRD® Lenart	POUND Rockout Workout® Ward	SOULfusion™ EXPERIENCE Park	LaBlast® Fitness: Dance, Diversity, Inclusion. Venezio & Mikszan Session 1	Barre Strong Lenart	Long, Strong, Sculpted: Dynamic Flexibility Chilazi	MANIA® MASHUP! LaBlast®, Tiger Tail, POUND, Brazily, RAQISA® & Velazquez
	Yoga-Pilates Restore Bannister-Munn	Bring the Toys! Bannister-Munn	Symmetry: Advanced Postural Corrective Exercise Mummy	Yin to My Yang Malaghan Session 2	Tiger Tail® Happy Muscles!® 365 Recovery Zuleger	By Any Stretch Appel	Myofascial Recovery Garcia
	Muscle Care - Happy Hips & Healthy Backs Fulton	High Roller - Foam Roller Pilates Appel	Core Yoga Strong Howard	Lower Body Self Care Bettendorf	Adaptive TaiChi: Moving Despite Limitations Glassmeyer	FOGA - Foam Rolling and Yoga Zahn	
SATURDAY, NOVEMBER 4	EXPO SHOPPING 10:00am-11:00am						
	EXPO SHOPPING 12:00pm-2:45pm						
	EXPO SHOPPING 3:45pm-4:30pm						
	EXPO SHOPPING 8:30am-9:15am						
	SA2	9:15am-10:30am	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
SUNDAY, NOVEMBER 5	EXPO SHOPPING 12:00pm-2:45pm						
	EXPO SHOPPING 3:45pm-4:30pm						
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
	SU1	7:30am-8:45am	SOULstrength™ EXPERIENCE Park	Creative Compounds Gavigan	The Aging Brain Layne	Disco & Dumbbells Haggard	Work Your ASANA Off Aronson
	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
	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
	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

ONLINE
CERTIFICATIONS



Nutrition, Hormones,
and Metabolism
Online
Certification



Boxing
Online
Certification



Aquatic Exercise
Online
Certification



Barre Fitness
Online
Certification



Functional Pilates
Online
Certification



Flowing Yoga
Online
Certification



Group Strength
Online
Certification



Tai Chi
Online
Certification



Group Step
Online
Certification



Aqua Barre
Online
Certification



Meditation
Online
Certification



Fall Prevention
Online
Certification



Nutrition Coaching
Online
Certification

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	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	AB-Solute Strength! Henry	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 Expan 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 & and 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

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
Training Certification
Malaghan
7:30am-3:30pm



BOSTON MANIA® FIT PRO CONVENTION