

CERTIFICATIONS THURSDAY, MAY 2

- 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 Toole 9:00am-3:00pm
- SCW MEDITATION CERTIFICATION Rockit 5:00pm-9:00pm
- SCW AQUATIC EXERCISE CERTIFICATION Dziubinski 8:00am-4:00pm

FLORIDA MANIA® FIT PRO CONVENTION

A HIIT / CORE / STRENGTH | **B FUNCTION / ACTIVE AGING** | **C GX / DANCE / SMALL GROUP TRAINING** | **D RECOVERY / MIND BODY**

FRIDAY, MAY 3

FR1	7:30am-8:45am	STRIKE Roberts	MOBILITY TRAINING: ONLINE OR IN-PERSON Webb	ULTIMATE LEG DAY Toole	YOGA-PILATES RESTORE Bannister-Munn
FR2	9:00am-10:15am	WARRIOR STRENGTH™: SIMPLE & SERIOUSLY "STICKY" de Werd	SENIOR CIRCUIT Haggard	ARM CANDY Appel	TIGER TAIL® GOODYBE BACK PAIN Zuleger
EXPO SHOPPING 10:00am-11:00am					
FR3	11:00am-12:15pm	KILLER CORE Appel	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	THE SOLD-OUT CLASS STRATEGY Robinson	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE Mummy
EXPO SHOPPING 12:00pm-2:45pm					
FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FULL BODY 3D HIIT-CIRCUIT Hughes SESSION 1	FREE YOUR FEET: SPONSORED BY VIBRAM FIVEFINGERS EVANS SESSION 1	BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING ROCKIT SESSION 2	WARRIOR® TAI CHI YOGA AND QI GONG FUSION ROBERTS SESSION 2
FR5	2:45pm-4:00pm	FLUID CORE FUSION Velazquez	BODYFIT: TIPS ON MODIFICATIONS Ross	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED Mikszan	PILATES: MAT TO THE MAX Appel
EXPO SHOPPING 3:45pm-4:30pm					
FR6	4:30pm-5:45pm	DEEP CORE AND PELVIC FLOOR Layne	THE WARRIOR® WORKOUT Roberts	KICKBOX N CHAOS Turner	"DON'T JUST SIT THERE!" Ratliff
FR7	6:00pm-7:00pm	FITNESS IDOL Toole, Gilbert, Robinson & Bannister-Munn	DANCE OFF! LaBlast®, ZUMBA®, Country Fusion®, Velazquez, Haggard & Wartenberg	DANCE OFF! LaBlast®, ZUMBA®, Country Fusion®, Velazquez, Haggard & Wartenberg	RECOVERY THROUGH MEDITATION Rockit

SATURDAY, MAY 4

SA1	7:30am-8:45am	BAND CAMP Bannister-Munn	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	WELCOME II THE TERRORDOME Turner	SUPPORTING YOUR CLIENT'S MENTAL HEALTH JOURNEY Evans
EXPO SHOPPING 8:30am-9:15am					
SA2	9:15am-10:30am	KEYNOTE ADDRESS: THE ROLE OF FITNESS PROFESSIONAL IN THE HEALTHCARE SYSTEM PATRICK MUMMY ROOM B			
EXPO SHOPPING 10:30am-11:00am					
SA3	11:00am-12:15pm	BBB WORKOUT - BALL, BAND, BAR Bannister-Munn	ACTIVE AGING PLAYGROUND Toole	LABLAST® FITNESS: BALLROOM BLITZ Figueroa	WARRIOR RHYTHM™ BRAVE, BOLD & BEAUTIFUL de Werd
EXPO SHOPPING 12:00pm-2:45pm					
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes SESSION 2	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING GILBERT SESSION 2	ZUMBA® BOSTIC SESSION 1	MOVING MEDITATIONS ROBERTS SESSION 1
SA5	2:45pm-4:00pm	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy & Bannister-Munn	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb	STEP IT UP! Turner	TIGER TAIL® ACTIVE RECOVERY Zuleger
EXPO SHOPPING 3:45pm-4:30pm					
SA6	4:30pm-5:45pm	FUNCTIONAL CORE TRAINING Garcia	TIMELESS MOTION: AGE-DEFYING MOVEMENT Gilbert	360 PICKLEBALL PERFORMANCE TRAINING Robinson	BY ANY STRETCH Appel

SUNDAY, MAY 5

SU1	7:30am-8:45am	EFFORT MASTERY: COACHING PEAK PERFORMANCE AND MOTIVATION Wartenberg	CREATIVE PROGRAMMING 55+ Wartenberg	COUNTRY FUSION® 2024 Mooney	MYOFASCIAL RECOVERY Garcia
SU2	9:00am-10:15am	WARRIOR COMBAT™ KEEP FIGHTING de Werd	LABLAST® CHAIR FITNESS: PULL UP A SEAT Mikszan	PRO ATHLETE ACTIVE RECOVERY Robinson	PRO ATHLETE ACTIVE RECOVERY Robinson
EXPO SHOPPING 10:00am-1:00pm					
SU3	10:45am-12:00pm	TOTAL BODY STRENGTH Wartenberg	CARDIO KICKBOXING FOR THE ACTIVE AGER Malaghan	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Hughes	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Hughes
SU4	12:15pm-1:30pm	FLEX LIKE A BOSS Haggard	ACTIVE AGING LATIN JOYFUL MIX Sepulveda	STRENGTH COURAGE AND WISDOM Freeman	GOT BACK PAIN? Garcia

CERTIFICATIONS SUNDAY, MAY 5

- WARRIOR® TAI CHI YOGA INSTRUCTOR CERTIFICATION Jani Roberts 7:30am-3:30pm
- SCW YOGA 1 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 Bostic 7:30am-3:30pm

- SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION Layne 9:00am-3:30pm
- SCW AQUATIC PERSONAL TRAINING CERTIFICATION Malaghan 9:00am-3:00pm
- SCW CHAIR YOGA CERTIFICATION Ratliff 9:00am-5:00pm

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

AQUATIC PERSONAL TRAINING Malaghan	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	OPERATING A PROFITABLE BOUTIQUE BUSINESS Gilbert
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ Figueroa	SIP OR SKIP: ALCOHOL'S TRUE IMPACT Layne	PERSONAL TRAINING: A LIFELONG CAREER Hughes
EXPO SHOPPING 10:00am-11:00am		
RIDE THE WAVE Velazquez, Haggard & Vandenberg	SUGAR, SNACKS & HEART ATTACKS Digsby	GROWTH: MUST OR BUST Clark, Ball, Mooney, Day, Evans & Hughes
EXPO SHOPPING 12:00pm-2:45pm		
LIQUID GYM ACQUA PUNCH & PUMP Velazquez SESSION 1	SIX ROOT CAUSES OF DECREASED LONGEVITY Layne SESSION 1	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! SESSION 2
COUNTRY FUSION® AQUATICS Mooney	BUILDING MUSCLE WHILE LOSING FAT Layne	ORGANIZE AND SIMPLIFY LEAD GENERATION Clark
EXPO SHOPPING 3:45pm-4:30pm		
AQUA - INTERVELOCITY Dziubinski	HOW YOU MOVE MATTERS Laskowski	BUILD THE FINANCIAL FUTURE OF YOUR DREAMS Day
KEYNOTE & COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME • Brandi Clark ROOM G		

AQUA ZUMBA® Bostic	THE GUT - SLEEP NETWORK EFFECT Layne	YOUR FINANCIAL HEALTH Ross
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: THE ROLE OF FITNESS PROFESSIONAL IN THE HEALTHCARE SYSTEM PATRICK MUMMY ROOM B		
EXPO SHOPPING 10:30am-11:00am		
BUOY, OH BUOY, OH BUOY! Velazquez, Kulp, Haggard & Vandenberg	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger	NAVIGATING LEGAL PITFALLS IN FITNESS Ball & Clark
EXPO SHOPPING 12:00pm-2:45pm		
SILVER TSUNAMI Velazquez, Kulp, Haggard & Vandenberg SESSION 2	PHYSICS OF PAIN & PERFORMANCE Mummy SESSION 1	EFFECTIVE GX & PT SALES STRATEGIES PANEL Toole, Clark, Webb & McBride SESSION 2
AQUA DRUMS VIBES Wartenberg	HOW TO KNOW IF YOU'RE UNDER-EATING Digsby	FIND & ENROLL CLIENTS USING SOCIAL MEDIA Clark
EXPO SHOPPING 3:45pm-4:30pm		
H2O REPORTING FOR DUTY Haggard	NUTRITION PANEL Layne, Digsby, Toole & Malaghan	STRATEGY, IMPLEMENTATION & FINANCIAL MANAGEMENT McBride

LIQUID GYM ACQUA TONER STRETCH & TONE Kulp	TRENDING DIETS & WEIGHT LOSS MEDS Digsby	SOCIAL MEDIA: STRIKE WHILE THE IRON'S HOT Clark
AQUA POWER BAR Wartenberg	PREVENTING COMMON FITNESS INJURIES Laskowski	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS Hughes
EXPO SHOPPING 10:00am-1:00pm		
4 FUNCTIONAL AQUA CIRCUITS Layne	MAGNESIUM: THE MIGHTY MINERAL UNVEILED Toole	PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL Esquerre
BEAUTIFUL BUOYANT BOOTY Vandenberg	HEALTHY EATING FOR ACTIVE AGERS Malaghan	NEW WORLD SALES & MANAGEMENT McBride

Pre-Recorded SESSIONS

PRE-RECORDED HIIT / CORE / STRENGTH | **PRE-RECORDED RESTORE / PILATES / TAI-CHI** | **PRE-RECORDED AQUA EXERCISE** | **PRE-RECORDED BUSINESS**

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 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

GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE
(filmed at previous SCW Conventions) when you Add Florida MANIA® 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!

ROCK BOTTOMS! BANDED BODY STRENGTH McDonald	TAI CHI + WEIGHTS = IRON FUSION Ross	POWER TO THE POOL Dziubinski	STRETCHING FOR STRENGTH FLEXIBLE FOUNDATIONS PANEL Kooperman, Chilazi, Appel & Roberts
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/FLORIDA

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.