




CERTIFICATIONS
THURSDAY,
MAY 2




SCW
PERSONAL TRAINING
CERTIFICATION
Bannister- Munn
9:00am-8:00pm




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® GOODBYE 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	RECOVERY THROUGH MEDITATION Rockit

SATURDAY, MAY 4

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

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	
	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	
	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
Janl 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! Esquerre 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

 **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-RecordedSESSIONS



PRE-RECORDED
HIIT / CORE /
STRENGTH

PRE-RECORDED
RESTORE / PILATES /
TAI-CHI

PRE-RECORDED
AQUA
EXERCISE

PRE-RECORDED


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 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	STRETCHING FOR STRENGTH FLEX- IBLE FOUNDATIONS PANEL Kooperman, Chilazi, Appel & Roberts
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!			
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			