

BOSTON
MANIA[®]
FITNESS PRO CONVENTION



EXPO HOURS

Friday, Nov. 3: 10:00am – 11:00am
12:00pm – 2:45pm
3:45pm – 4:30pm

Saturday, Nov. 4: 8:30am – 9:15am
10:30am – 11:00am
12:00pm – 2:45pm
3:45pm – 4:30pm

Sunday, Nov. 5: 10:00am – 1:00pm
(Closeout Shopping)

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Healthworks.....	2	fitDEGREE.....	15
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S.E.A.T.....	4	Two Diamond Fit.....	17
Nutrition Factors.....	6	WaterRower.....	18
Schwinn.....	7, 29, 30, 31	LaBlast.....	19
YMCA of the North Shore.....	8	Raqisa.....	20
Symmetry for Health.....	9, 10	Brazily Fitness.....	21
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StandOut Fit-Pro.....	12	SCW Apparel.....	27
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CO-SPONSOR



ASSOCIATE PLUS



ASSOCIATE SPONSORS



SUPPORTERS



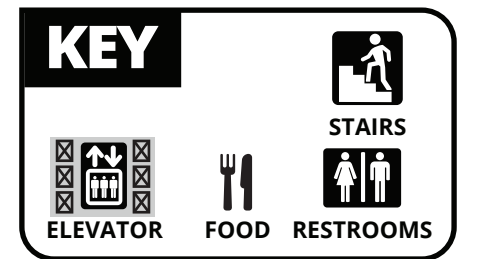
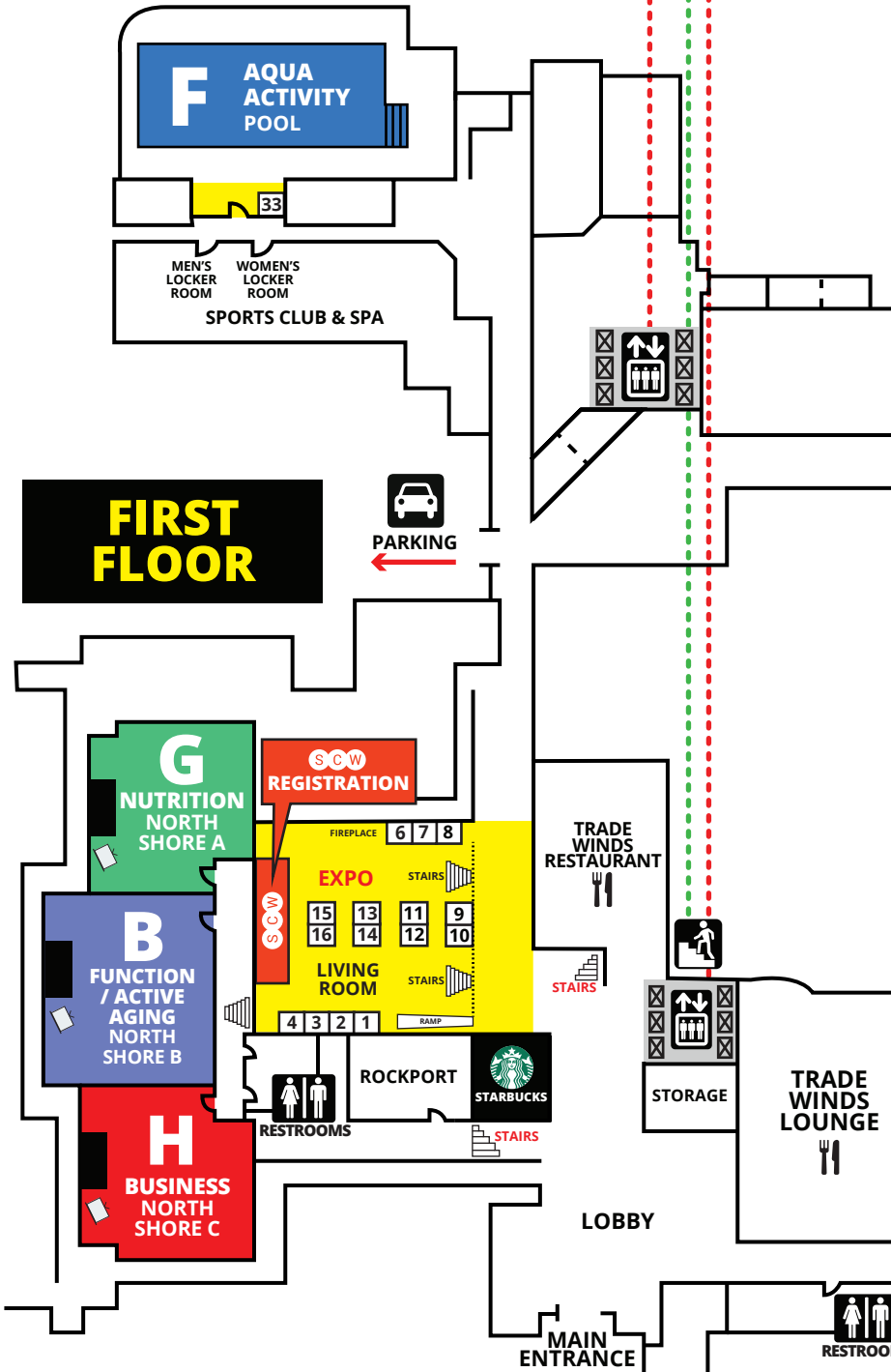
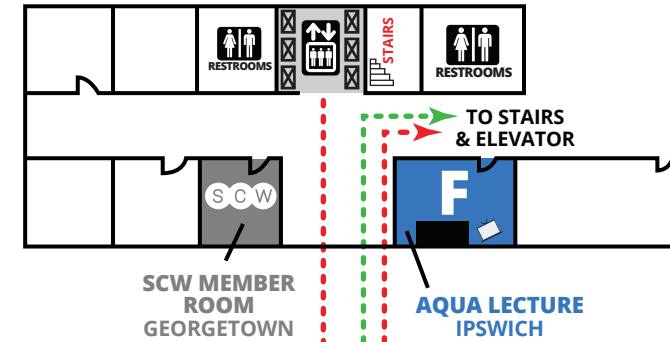
RECORDINGS, OUTLINES, EVALS & CECS

scwfit.com/BN23

BOSTON
MANIA[®]
FITNESS PRO CONVENTION



SECOND FLOOR



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



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



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



RECORDINGS,
OUTLINES
EVALS & CECS
scwfit.com/BN23

A

HIIT / CORE /
STRENGTH



PRE-RECORDED
PERSONAL TRAINING

B

FUNCTION /
ACTIVE AGING

C

GX / DANCE / SMALL
GROUP TRAINING

D

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, Brazily, 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. *

* All pre-recorded and recorded sessions are only available online after the event at \$60 for 60 days with unlimited access.

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						
 SYMMETRY	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®: Breathly 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

SATURDAY, NOVEMBER 4

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
 Get Certified For only \$199!	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

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