

ATLANTA MANIA[®]

FITNESS PRO CONVENTION



| EXPO HOURS | |
|--------------------|---|
| Friday, July 21: | 10:00am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm |
| Saturday, July 22: | 8:30am – 9:15am 10:30am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm |
| Sunday, July 23: | 10:00am – 1:00pm (Closeout Shopping) |

EXPO & SPONSORS

| | | | |
|-------------------|------------|-----------------------|------------------------|
| Aqua-Ohm..... | 25 | SCW..... | 12, 13, 14, 16, 17, 18 |
| Barre Vida..... | 5 | SEAT..... | 15 |
| Coresnatcher..... | 19 | SOULfusion..... | 9 |
| Fit Bodies®..... | 6 | StandOut Fit Pro..... | 8 |
| LaBlast®..... | 3 | Symmetry..... | 10 |
| Physique 57..... | 24 | Tiger Tail®..... | 4 |
| Sarge Fitt..... | 1 | Vibe Fitness..... | 7 |
| Schwinn®..... | 23, 28, 29 | | |

CO-SPONSOR



ASSOCIATE PLUS



ASSOCIATE SPONSORS



SUPPORTERS



PARKING
\$10 self-parking with in/out privileges
(Validation at the SCW registration desk required)



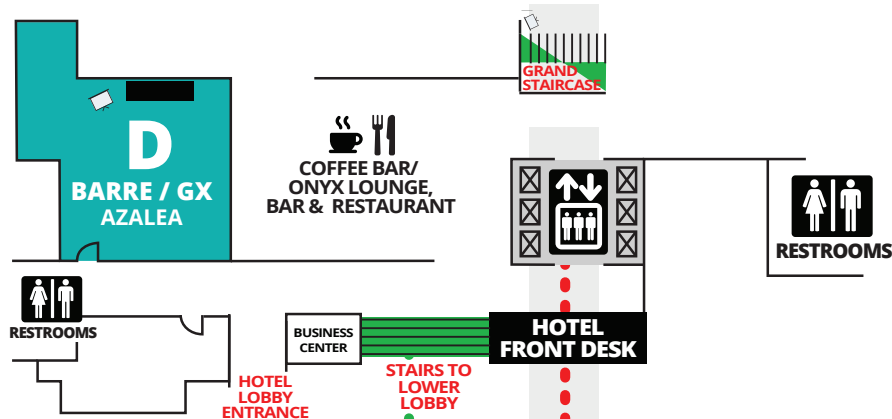
**RECORDING UPGRADE,
OUTLINES,EVALS & CECS**
scwfit.com/AT23

ATLANTA MANIA[®]

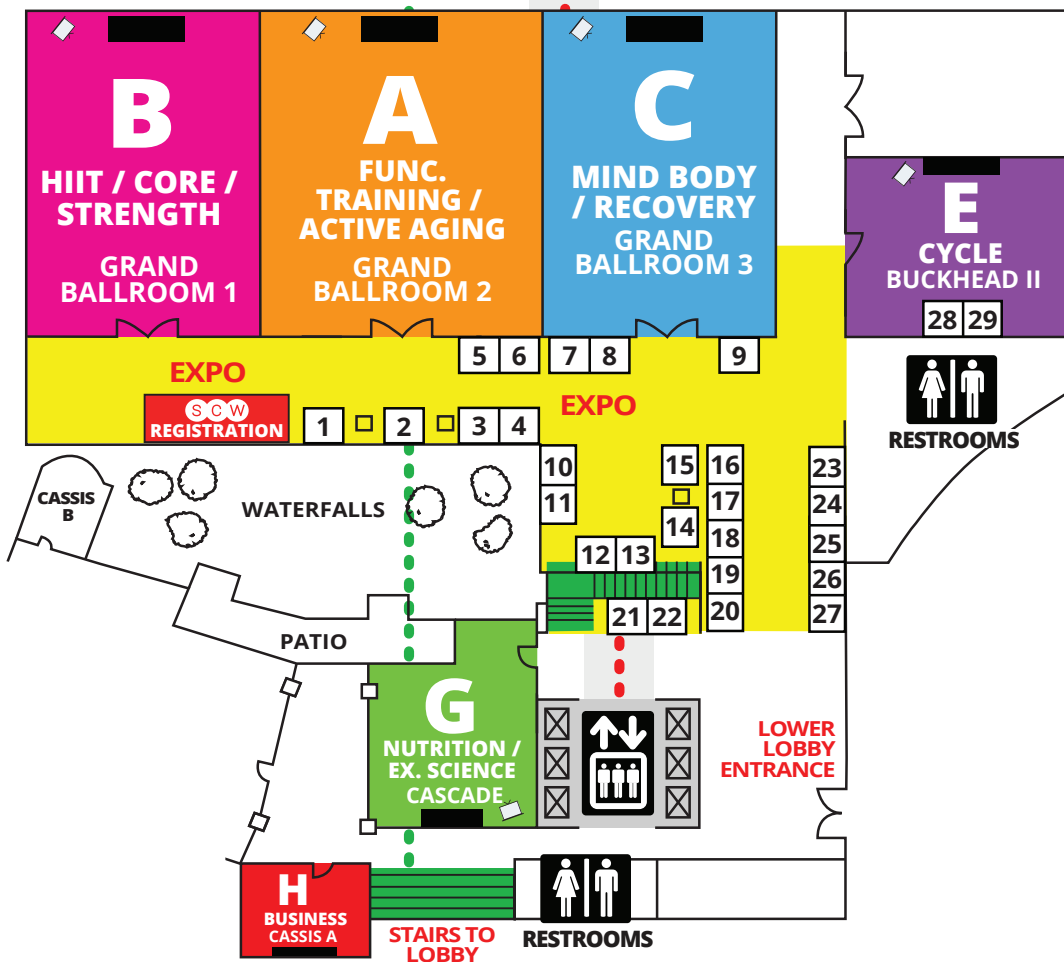
FITNESS PRO CONVENTION



L LOBBY LEVEL - 2nd floor



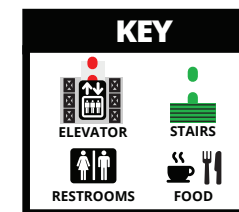
LL LOWER LOBBY LEVEL - 1st floor



3 GARDEN LEVEL - 3rd floor





**RECORDINGS,
OUTLINES,
EVALS & CECS**
scwfit.com/AT23











ADD RECORDINGS



100 HOURS OF
EDUCATION
AT YOUR
FINGERTIPS

| | | | | | | | | | | | |
|--|--|---|---|-----------------------------|---|-------------------------------|--|--|--|--|--|
| CERTIFICATIONS THURS., JULY 20 | SCW ACTIVE AGING CERTIFICATION GILBERT • 9:00AM - 5:00PM | | SCW PERSONAL TRAINING CERTIFICATION MCCORMICK, MS, CSCS • 9:00AM - 6:00PM | | SCW PILATES MATWORK CERTIFICATION APPEL • 8:00AM - 5:00PM | | SCW GROUP EXERCISE CERTIFICATION VELAZQUEZ • 8:00AM - 5:00PM | | SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION VANDERBURG • 7:00AM - 5:00PM | | |
| | water motion WATERINMOTION® AQUA EXERCISE CERTIFICATION KULP • 9:00AM - 5:00PM | | SCW PRACTICAL GUIDE TO NUTRITION: HORMONES & METABOLISM CERTIFICATION LAYNE • 9:00AM - 3:30PM | | SCW LIFE COACHING CERTIFICATION SPREEN-GLICK • 9:00AM - 3:30PM | | SCW ACTIVE AGING NUTRITION CERTIFICATION TOOLE • 5:30PM - 9:30PM | | SCW SCW CHRONIC DISEASE & FITNESS SPECIALIST CERTIFICATION CONTI • 5:30PM - 9:30PM | | |
| ■ Indicates session is both Live (In-Person) & Recorded (Online) | | | A FUNCTION / ACTIVE AGING | | B HIIT / STRENGTH / CORE | | C MIND BODY / RECOVERY | | D BARRE / GX / DANCE | | |
| FRIDAY, JULY 21 | FR1 | 7:30am-8:45am | Sitting Pretty: Strength & Support Gilbert | | LIT 101 (Low Impact Training) Robinson | | Yoga-Pilates Restore Bannister-Munn | | BARREfusion™ Experience Lubov | | |
| | FR2 | 9:00am-10:15am | Functional Fitness 50+ Toole | | E.M.H. Training Gavigan | | Bring the Toys! Bannister-Munn | | Discover a Teaching Vacation Cox | | |
| | EXPO SHOPPING 10:00am-11:00am | | | | | | | | | | |
| | FR3 | 11:00am-12:15pm | Manual Dexterity Training Gilbert | | Arm Candy Appel | | Symmetry: Advanced Postural Corrective Exercise Mummy | | Barre Vida - Balance Trainer & Barre Stone & Brasher | | |
| | EXPO SHOPPING 12:00pm-2:45pm | | | | | | | | | | |
| | FR4 | SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm | Strength Training for Longevity & Vitality Kooperman SESSION 1 | | Top Tier Core Conditioning Robinson SESSION 2 | | The Art of Flow: Yoga Basics Conti SESSION 1 | | LaBlast® Fitness: Dance. Diversity. Inclusion. van Amstel SESSION 2 | | |
| | FR5 | 2:45pm-4:00pm | Functional Training for Active Agers Gilbert | | Body Weight Exercises you are Underutilizing Williams | | Yoga for Balance Spreen-Glick | | Physique 57 Barre Basics Becker | | |
| | EXPO SHOPPING 3:45pm-4:30pm | | | | | | | | | | |
| | FR6 | 4:30pm-5:45pm | Arthritis Exercises: From Head to Toe Conti | | Sexy, Smart Strength for Women McCormick | | Corrective Exercise Strategies for the Ankle Williams | | Kardio Kickbox Savage | | |
| | FR7 | 6:00pm-7:00pm | SCW FITNESS IDOL Kooperman, Gilbert, Bannister-Munn & Robinson | | | | Flow Free & Be Spreen-Glick | | 100 MANIA® DANCE OFF! Club Vibe™, LaBlast®, Barre Vida, Fit Bodies, Tani Haggard & Manuel Velazquez | | |
| SATURDAY, JULY 22 | SA1 | 7:30am-8:45am | S.E.A.T. Supported Exercise for Ageless Training Gilbert | | Leg Circuit Blast for Power Williams | | Fire & Ice Yoga Spreen-Glick | | Kickbox N Chaos Turner | | |
| | 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 | Balance & Coordination for Active Agers Velazquez | | Band Camp Bannister-Munn | | Happy Muscles!® 365 Tiger Tail® Recovery Zuleger | | Physique 57 HIIT the Barre Becker | | |
| | EXPO SHOPPING 12:00pm-2:45pm | | | | | | | | | | |
| | SA4 | SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm | Stabilize the Shoulder Gavigan SESSION 2 | | SOULstrength™: Cardio Kickboxing Intervals Lubov SESSION 1 | | Hips Don't Lie Bannister-Munn SESSION 1 | | LaBlast® Fitness: Emotional Wealth van Amstel SESSION 2 | | |
| | SA5 | 2:45pm-4:00pm | Functional Training With Foam Rollers Garcia | | Kettlebell Krush Turner | | Posture & Alignment With Personal Training Mummy | | Coconut Beach Camp by Fit Bodies, Inc. Stanley | | |
| | EXPO SHOPPING 3:45pm-4:30pm | | | | | | | | | | |
| | SA6 | 4:30pm-5:45pm | Chair-agility Layne | | Fundamentals of Squat Progressions and Variations Mike | | By Any Stretch Appel | | SMR: Functional Fascia Techniques Gavigan | | |
| SA7 | 6:00pm-7:00pm | | | | | | | Dance Unleashed: The Ultimate House Party Ponte & Schur | | | |
| SUNDAY, JULY 23 | SU1 | 7:30am-8:45am | Perfect Programming for Active Agers Toole | | Functional Core Training Garcia | | Poppin' Booty Pilates Stys | | Hard Core by Physique 57 Becker & Melissaratos | | |
| | SU2 | 9:00am-10:15am | LaBlast® Chair Fitness Van Amstel | | Optimal Overhead Pressing Mike | | SOULfusion™ EXPERIENCE Lubov | |  | | |
| | EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm | | | | | | | | | | |
| | SU3 | 10:45am-12:00pm | Boogie, Band & Balance Kulp | | Core Connection Turner | | Got Back Pain? Garcia | | How to Handle Hypertrophy Robinson | | |
| SU4 | 12:15pm-1:30pm | Transformational Training After 40 McCormick | | Master the Deadlift Mike | | Myofascial Recovery Garcia | | Kickboxing Groove Haggard | | | |

atlanta mania® schedule

| E CYCLE | F AQUA (STARTS IN LECTURE) | G NUTRITION / EXERCISE SCIENCE | H BUSINESS | Give your fitness business the attention it deserves. scwfit.com/business | | |
|---|--|---|---|---|-------------------|--|
| Schwinn®: Polishing Diamonds - Level Up Sherman | Changing Tides - H2O Tabata Style Kulp | Brain Science Layne | Monetizing Your Passion & Skills Esquerre | FR1 | FRIDAY, JULY 21 | |
| Schwinn®: R.I.S.E. & #RideRight Vanderburg | LaBlast® Splash: Emotional Wealth van Amstel | Healthy Weight: Defined by a Dietitian Digsby | Find & Enroll New Clients Online Clark | FR2 | | |
| EXPO SHOPPING 10:00am-11:00am | | | | | | |
| Schwinn®: Dynamic Duos - Cycling Fusion Thews | Water Works Velazquez & Kulp | Five Fat-Burning Hormones Layne | 5 Star Management Spreen-Glick | FR3 | | |
| EXPO SHOPPING 12:00pm-2:45pm | | | | | | |
| Schwinn®: Leader of the Pack Appel SESSION 1 | Silver Tsunami Velazquez & Kulp SESSION 2 | Fad Diets & Failed Expectations Toole SESSION 1 | Negotiation Strategies for Fitness Pros Thews SESSION 2 | FR4 | | |
| Schwinn®: Let the Beat Drop Appel | 10 BEST Exercises for 1:1 Aquatic Training McCormick | Protein Power for Weight Control Digsby | Club, Studio & Client Attraction & Retention Kooperman | FR5 | | |
| EXPO SHOPPING 3:45pm-4:30pm | | | | | | |
| Schwinn®: Prime Design 2.0 Vanderburg | Aqua Ease: Flexibility for Active Agers Velazquez | Nutrition and Hormones: Healthy Aging Zuleger | Effective GX & PT Sales Strategies Panel Kooperman, Toole, Clark, Smith & Robinson | FR6 | | |
| | register for recordings and enjoy 100+ sessions scwfit.com/atlanta | |  | FR7 | | |
| Schwinn®: Pedal N Pulse Appel | H2O Reporting for Duty Haggard | Getting Clients Lean Healthfully Digsby | Create Value - Retain Clients Toole | SA1 | SATURDAY, JULY 22 | |
| 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 Thews | Turbulence Training PluimMentz | Physics of Pain & Performance Mummy | Becoming the Boss Smith | SA3 | | |
| EXPO SHOPPING 12:00pm-2:45pm | | | | | | |
| Schwinn®: Cycle Mixology - Killer Playlists Vanderburg SESSION 1 | H2O Strength Velazquez & Kulp SESSION 2 | Ketogenic Diets: History and Applications Hyde SESSION 1 | Stretching for Strength-Flexible Foundations Panel Kooperman, Mummy, Mike, McCormick & Appel SESSION 2 | SA4 | | |
| Schwinn®: Breathy Not Breathless Thews | Ab Arsenal Gilbert | Optimal Recovery Layne | Fitness in the Workplace Stone | SA5 | | |
| EXPO SHOPPING 3:45pm-4:30pm | | | | | | |
| Schwinn®: Recovery RX Vanderburg | Easy-Grip Aqua Dumbbell Workout Kulp | Sports Supplementation: Scientifically Backed Performance Hyde | Grow Your Business by Adding Value Esquerre | SA6 | | |
| | | | | | SUNDAY, JULY 23 | |
|  Get Certified For only \$179! | Aqua Agility Layne | Bioenergetics: Review of Energy Systems Hyde | Max Engagement = Max Return Switalski | SU1 | | |
| | Strong & Stable Aqua Layne | How Calories & Fat Tissue Work Digsby | The Future of Fitness Panel Toole, Esquerre, Smith, Robinson & McCormick | SU2 | | |
| | EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm | | | | | |
| | Aqua Disco Haggard | Chasing the Dragon: Food Addiction Layne | Smart Strategies for Serious Sales Smith | SU3 | | |
| | Tidal Toning Kulp | Weight Loss Isn't for Everyone Stys | Business Blueprint for 2023 Robinson | SU4 | | |
| CERTIFICATIONS SUN., JULY 23 |  YOGA I CERTIFICATION VELAZQUEZ • 7:30AM - 3:30PM |  S.E.A.T. - SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION GILBERT • 7:30AM - 3:30PM |  STRETCHING & FLEXIBILITY TRAINING CERTIFICATION APPEL • 7:30AM - 3:30PM |  SYMMETRY POSTURAL MEASUREMENT CERTIFICATION MUMMY • 7:30AM - 3:30PM | | |

CERTIFICATIONS
SUN., JULY 23

SCW
YOGA I CERTIFICATION
VELAZQUEZ • 7:30AM - 3:30PM

SEAT
S.E.A.T. - SUPPORTED EXERCISE FOR AGELESS TRAINING
CERTIFICATION
GILBERT • 7:30AM - 3:30PM

SCW
STRETCHING & FLEXIBILITY TRAINING CERTIFICATION
APPEL • 7:30AM - 3:30PM

SYMMETRY
SYMMETRY POSTURAL MEASUREMENT CERTIFICATION
MUMMY • 7:30AM - 3:30PM



SCW Health & Fitness
Business Summit
Give your fitness business
the attention it deserves.

scwfit.com/business