



ATLANTA  
MANIA®  
FITNESS PRO CONVENTION

HEALTH & FITNESS  
BUSINESS SUMMIT

Scan here for Outlines,  
Evals & CEC/CEUS



TIME	CODE	SESSION	PRESENTER
FRIDAY, JULY 21			
7:30am - 8:45am	FR1A	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
9:00am - 10:15am	FR2A	FUNCTIONAL FITNESS 50+	TOOLE
11:00am - 12:15pm	FR3A	MANUAL DEXTERITY TRAINING	GILBERT
12:30pm-1:45pm	FR4A	STRENGTH TRAINING FOR LONGEVITY AND VITALITY	KOOPERMAN
2:45pm - 4:00pm	FR5A	FUNCTIONAL TRAINING FOR ACTIVE AGERS	GILBERT
4:30pm - 5:45PM	FR6A	ARTHRITIS EXERCISES: FROM HEAD TO TOE	CONTI
6:00pm - 7:00pm	FR7A	FITNESS IDOL	KOOPERMAN, GILBERT, BANNISTER- MUNN & ROBINSON
SATURDAY, JULY 22			
7:30am - 8:45am	SA1A	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
9:15am - 10:30am	SA2A	KEYNOTE: THE ROLE OF FITNESS PROFESSIONAL IN THE HEALTHCARE SYSTEM	MUMMY
11:00am - 12:15pm	SA3A	BALANCE & COORDINATION FOR ACTIVE AGERS	VELAZQUEZ
1:15pm-2:30pm	SA4A	STABILIZE THE SHOULDER	GIVIGAN
2:45pm - 4:00pm	SA5A	FUNCTIONAL TRAINING WITH FOAM ROLLERS	GARCIA
4:30pm - 5:45pm	SA6A	CHAIR-AGILITY	LAYNE
SUNDAY, JULY 23			
7:30am - 8:45am	SU1A	PERFECT PROGRAMMING FOR ACTIVE AGERS	TOOLE
9:00am - 10:15am	SU2A	LABLAST® CHAIR FITNESS	VAN AMSTEL
10:45am-12:00pm	SU3A	BOOGIE, BAND & BALANCE	KULP
12:15pm-1:30pm	SU4A	TRANSFORMATIONAL TRAINING AFTER 40	MCCORMICK



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FRIDAY, JULY 21			
7:30am - 8:45am	FR1B	LIT 101 9LOW IMPACT TRAINING)	ROBINSON
9:00am - 10:15am	FR2B	E.M.H. TRAINING	GAVIGAN
11:00am - 12:15pm	FR3B	ARM CANDY	APPEL
1:15pm-2:30pm	FR4B	TOP TIER CORE CONDITIONING	ROBINSON
2:45pm - 4:00pm	FR5B	BODY WEIGHT EXERCISES YOU ARE UNDERUTILIZING	WILLIAMS
4:30pm - 5:45pm	FR6B	SEXY, SMART STRENGTH FOR WOMEN	MCCORMICK
SATURDAY, JULY 22			
7:30am - 8:45am	SA1B	LEG CIRCUIT BLAST FOR POWER	WILLIAMS
11:00am - 12:15pm	SA3B	BAND CAMP	BANNISTER-MUNN
12:30pm-1:45pm	SA4B	SOULSTRENGTH™ CARDIO KICKBOXING INTERVALS	LUBOV
2:45pm - 4:00pm	SA5B	KETTLEBELL KRUSH	TURNER
4:30pm - 5:45pm	SA6B	FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS	MIKE
SUNDAY, JULY 23			
7:30am - 8:45am	SU1B	FUNCTIONAL CORE TRAINING	GARCIA
9:00am - 10:15am	SU2B	OPTIMAL OVERHEAD PRESSING	MIKE
10:45am - 12:00pm	SU3B	CORE CONNECTION	TURNER
12:15pm - 1:30pm	SU4B	MASTER THE DEADLIFT	MIKE





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FRIDAY, JULY 21			
7:30am - 8:45am	FR1C	YOGA-PILATES RESTORE	BANNISTER-MUNN
9:00am - 10:15am	FR2C	BRING THE TOYS!	BANNISTER-MUNN
11:00 - 12:15pm	FR3C	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE	MUMMY
12:30pm – 1:45pm	FR4C	THE ART OF FLOW: YOGA BASICS	CONTI
2:45pm - 4:00pm	FR5C	YOGA FOR BALANCE	SPREEN-GLICK
4:30pm - 5:45pm	FR6C	CORRECTIVE EXERCISE STRATEGIES FOR THE ANKLE	WILLIAMS
6:00pm – 7:00pm	FR7C	FLOW FREE & BE	SPREEN-GLICK
SATURDAY, JULY 22			
7:30am - 8:45am	SA1C	FIRE & ICE YOGA	SPREEN
11:00am - 12:15pm	SA3C	HAPPY MUSCLES!®365	ZULEGER
12:30pm – 1:45pm	SA4C	HIPS DON'T LIE	BANNISTER-MUNN
2:45pm - 4:00pm	SA5C	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY
4:30pm – 5:45pm	SA6C	BY ANY STRETCH	APPEL
SUNDAY, JULY 23			
7:30am - 8:45am	SU1C	POPPIN' BOOTY PILATES	STYS
9:00am - 10:15am	SU2C	SOULFUSION™ EXPERIENCE	LOBOV
10:45am - 12:00pm	SU3C	GOT BACK PAIN?	GARCIA
12:15pm - 1:30pm	SU4C	MYOFASCIAL RECOVERY	GARCIA



TIME	CODE	SESSION	PRESENTER
FRIDAY, JULY 21			
7:30am - 8:45am	FR1D	BARREFUSION™ EXPERIENCE	LOBOV
9:00am - 10:15am	FR2D	DISCOVER A TEACHING VACATION	COX
11:00 - 12:15pm	FR3D	BARRE VIDA – BALANCE TRAINER & BARRE	STONE & BRASHER
12:30pm – 1:45pm	FR4D	LABLAST® FITNESS: DANCE. DIVERSITY. INCLUSION.	VAN AMSTEL
2:45pm - 4:00pm	FR5D	PHYSIQUE 57 BARRE BASICS	MELISSARATOS
4:30pm - 5:45pm	FR6D	KARDIO KICKBOX	SAVAGE
6:00pm – 7:00pm	FR7D	MANIA® DANCE OFF!	CLUB VIBE™, LABLAST®, BARRE VIDA, FIT BODIES, HAGGARD & VELAZQUEZ
SATURDAY, JULY 22			
7:30am - 8:45am	SA1D	KICKBOX N CHAOS	TURNER
11:00am - 12:15pm	SA3D	PHYSIQUE 57 HIIT THE BARRE	BECKER
12:30pm – 1:45pm	SA4D	LABLAST® FITNESS: EMOTIONAL WEALTH	VAN AMSTEL
2:45pm - 4:00pm	SA5D	COCONUT BEACH CAMP BY FIT BODIES, INC	STANLEY
4:30pm – 5:45pm	SA6D	SMR: FUNCTIONAL FASCIA TECHNIQUES	GAVIGAN
SUNDAY, JULY 23			
7:30am - 8:45am	SU1D	HARD CORE BY PHYSIQUE 57	BECKER & MELISSARATOS
9:00am - 10:15am	SU2D	HOW TO HANDLE HYPERTROPHY	ROBINSON
10:45am - 12:00pm	SU3D	KICKBOXING GROOVE	HAGGARD





TIME	CODE	SESSION	PRESENTER
FRIDAY, JULY 21			
7:30am - 8:45am	FR1E	SCHWINN®: POLISHING DIAMONDS – LEVEL UP	VANDERBURG
9:00am - 10:15am	FR2E	SCHWINN®: R.I.S.E. & #RIDERIGHT	APPEL
11:00am - 12:15pm	FR3E	SCHWINN®: DYNAMIC DUOS – CYCLING FUSION	THEWS
12:30pm-1:45pm	FR4E	SCHWINN®: LEADER OF THE PACK	SHERMAN
2:45pm - 4:00pm	FR5E	SCHWINN®: LET THE BEAT DROP	APPEL
4:30pm – 5:45pm	FR6E	SCHWINN®: PRIME DESIGN 2.0	VANDERBURG
SATURDAY, JULY 22			
7:30am - 8:45am	SA1E	SCHWINN®: PEDAL N PULSE	APPEL
11:00am - 12:15pm	SA3E	SCHWINN®: TRI-CYCLE TRIPLE THREAT	THEWS
12:30pm-1:45pm	SA4E	SCHWINN®: CYCLE MIXOLOGY – KILLER PLAYLISTS	VANDERBURG
2:45pm - 4:00pm	SA5E	SCHWINN®: BREATHY NOT BREATHLESS	THEWS
4:15pm - 5:30pm	SA6E	SCHWINN®: RECOVERY RX	VANDERBURG



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FRIDAY, JULY 21			
7:30am - 8:45am	FR1F	CHANGING TIDES – H2O TABATA STYLE	KULP
9:00am - 10:15am	FR2F	LABLAST® SPLASH	VAN AMSTEL
11:00am - 12:15pm	FR3F	WATER WORKS	VELAZQUEZ & KULP
1:15pm-2:30pm	FR4F	SILVER TSUNAMI	VELAZQUEZ & KULP
2:45pm - 4:00pm	FR5F	10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING	MCCORMICK
4:30pm - 5:45pm	FR6F	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS	VELAZQUEZ
SATURDAY, JULY 22			
7:30am - 8:45am	SA1F	H2O REPORTING FOR DUTY	HAGGARD
11:00am - 12:15pm	SA3F	TURBULENCE TRAINING	PLUIMMENTZ
1:15pm-2:30pm	SA4F	H2O STRENGTH	VELAZQUEZ & KULP
2:45pm - 4:00pm	SA5F	AQUA AB ARSENAL	GILBERT
4:30pm – 5:45pm	SA6F	EASY-GRIP AQUA DUMBBELL WORKOUT	KULP
SUNDAY, JULY 23			
7:30am - 8:45am	SU1F	AQUA AGILITY	LAYNE
9:00am - 10:15am	SU2F	STRONG & STABLE AQUA	LAYNE
10:45am - 12:00pm	SU3F	AQUA DISCO	HAGGARD
12:15pm - 1:30pm	SU4F	TIDAL TONING	KULP





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FRIDAY, JULY 21			
7:30am - 8:45am	FR1G	BRAIN SCIENCE	LAYNE
9:00am - 10:15am	FR2G	HEALTHY WEIGHT: DEFINED BY A DIETITIAN	DIGSBY
11:00am - 12:15pm	FR3G	FIVE FAT-BURNING HORMONES	LAYNE
12:30pm – 1:45pm	FR4G	FAD DIETS & FAILED EXPECTATIONS	TOOLE
2:45pm - 4:00pm	FR5G	PROTEIN POWER	DIGSBY
4:30pm - 5:45pm	FR6G	NUTRITION AND HORMONES: HEALTHY AGING	ZULEGER
SATURDAY, JULY 22			
7:30am - 8:45am	SA1G	GETTING CLIENTS LEAN HEALTHFULLY	DIGSBY
11:00am - 12:15pm	SA3G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
12:30pm-1:45pm	SA4G	KETOGENIC DIETS: HISTORY AND APPLICATIONS	HYDE
2:45pm - 4:00pm	SA5G	OPTIMAL RECOVERY	LAYNE
4:30pm - 5:45pm	SA6G	SPORTS SUPPLEMENTATION: SCIENTIFICALLY BACKED PERFORMANCE	HYDE
SUNDAY, JULY 23			
7:30am - 8:45am	SU1G	BIOENERGETICS: REVIEW OF ENERGY SYSTEMS	HYDE
9:00am - 10:15am	SU2G	HOW CALORIES & FAT TISSUE WORK	DIGSBY
10:45am - 12:00pm	SU3G	CHASING THE DRAGON: FOOD ADDICTION	LAYNE
12:15pm - 1:30pm	SU4G	WEIGHT LOSS ISN'T FOR EVERYONE	STYS



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FRIDAY, JULY 21			
7:30am - 8:45am	FR1H	MONETIZING YOUR PASSION & SKILLS	ESQUERRE
9:00am - 10:15am	FR2H	FIND & ENROLL NEW CLIENTS ONLINE	CLARK
11:00am - 12:15pm	FR3H	5 STAR MANAGEMENT	SPREEN-GLICK
1:15pm – 2:30pm	FR4H	NEGOTIATION STRETEGIES FOR FITNESS PROS	THEWS
2:45pm - 4:00pm	FR5H	CLUB, STUDIO & CLIENT ATTRACTION & RETENTION	KOOPERMAN
4:30pm - 5:45pm	FR6H	EFFECTIVE GX & PT SALES STRATEGIES PANEL	KOOPERMAN, TOOLE, CLARK, SMITH & ROBINSON
SATURDAY, JULY 22			
7:30am - 8:45am	SA1H	CREATE VALUE – RETAIN CLIENTS	TOOLE
11:00pm - 12:15pm	SA3H	BECOMING THE BOSS	SMITH
1:15pm-2:30pm	SA4H	STRETCHING FOR STRENGTH – FLEXIBLE FOUNDATIONS PANEL	KOOPERMAN, MUMMY, MIKE, MCCORMICK & APPEL
2:45pm - 4:00pm	SA5H	FITNESS IN THE WORKPLACE	STONE
4:15pm - 5:30pm	SA6H	GROW YOUR BUSINESS BY ADDING VALUE	ESQUERRE
SUNDAY, JULY 23			
7:30am - 8:45am	SU1H	MAX ENGAGEMENT = MAX RETURN	SWITALSKI
9:00am - 10:15am	SU2H	THE FUTURE OF FITNESS PANEL	KOOPERMAN, TOOLE, ESQUERRE, SMITH & ROBINSON
10:45am - 12:00pm	SU3H	SMART STRATEGIES FOR SERIOUS SALES	SMITH
12:15pm - 1:30pm	SU4H	BUSINESS BLUEPRINT FOR 2023	ROBINSON