

BOSTON MANIA® Fitness Pro Convention



EXPO HOURS	
FRIDAY, NOV. 11	10:15am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
SATURDAY, NOV. 12	8:45am – 9:15am 10:30am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
SUNDAY, NOV. 13	10:00am – 1:00pm

EXPO & SPONSORS

Aqua-Ohm.....	12	SCW.....	25, 26, 27, 28, 29
BAREfit.....	21	S.E.A.T.....	20
Brrrn.....	8	SOULfusion.....	7
Fit Bodies.....	6	Two Diamond Fit.....	18
IHRSA.....	3	WARRIOR.....	1
Jetti Fitness.....	2	WaterRower.....	22
LaBlast.....	5	WATERinMOTION.....	14
Namirsa.....	17, 19	Xco Latin by Jackie.....	23
Orange Theory.....	16	YMCA of the North Shore.....	9
Sandals.....	15		

CO-SPONSOR



ASSOCIATE PLUS



ASSOCIATE SPONSORS

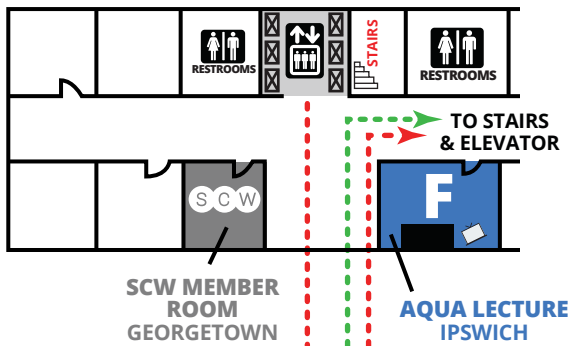


RECORDINGS,
OUTLINES, EVALS
& CECS
scwfit.com/BN22

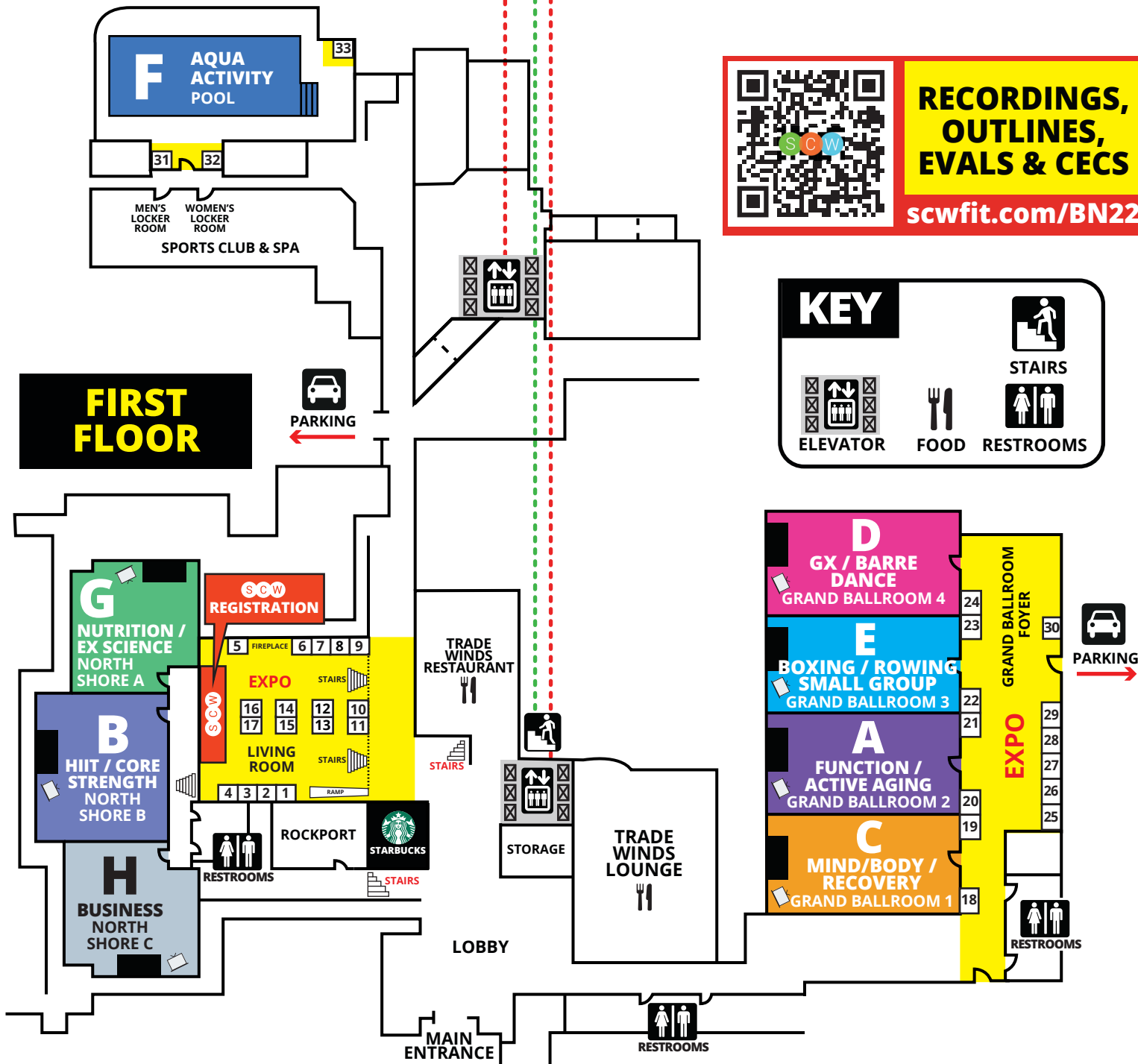
BOSTON MANIA® Fitness Pro Convention



SECOND FLOOR





FIRST FLOOR



RECORDINGS,
OUTLINES,
EVALS & CECS
scwfit.com/BN22

KEY



CERTIFICATIONS THURSDAY, NOV. 10		<div>SCW</div> <div>ACTIVE AGING CERTIFICATION</div> <div>GILBERT • 9:00AM - 5:00PM</div>	<div>SCW</div> <div>PERSONAL TRAINING CERTIFICATION</div> <div>ROBERTS • 8:00AM - 6:00PM</div>	<div>TALJFIT CERTIFICATION</div> <div>ROSS • 9:00AM - 5:00PM</div>	<div>SCW</div> <div>PILATES MATWORK CERTIFICATION</div> <div>APPEL • 8:00AM-5:00PM</div>	
		<div>SCW</div> <div>PRACTICAL GUIDE TO NUTRITION, HORMONES, AND METABOLISM</div> <div>LAYNE • 9:00AM - 3:30PM</div>	<div>water@motion</div> <div>WATERINMOTION® AQUA EXERCISE CERTIFICATION</div> <div>KULP • 9:00AM - 5:00PM</div>	<div>SCW</div> <div>YOGA 1 CERTIFICATION</div> <div>VELAZQUEZ • 8:00AM - 5:00PM</div>	<div>SCW</div> <div>FALL PREVENTION CERTIFICATION</div> <div>CONTI • 5:30PM-9:30PM</div>	
■ Indicates session is both Live (In-Person) & Recorded (Online)		<div>A</div> <div>FUNCTION & ACTIVE AGING</div>	<div>B</div> <div>HIIT / STRENGTH / CORE</div>	<div>C</div> <div>MIND/BODY & RECOVERY</div>	<div>D</div> <div>BARRE / GX / DANCE</div>	
FRIDAY, NOVEMBER 11	FR1	7:30am-8:45am	Sitting Pretty: Strength & Support Gilbert	LIT 101 (Low Impact Training) Robinson	Flowing Yoga For Chakra Balancing Velazquez	Improve Your Rear View Taylor
	FR2	9:00am-10:15am	Best Mobility Exercises for Better Movement Tumminello	Back, Booty & Core Connection Appel	Discover a Teaching Vacation Chilazi	LaBlast® Fitness: Dance is Mental & Emotional Health Perodeau
	EXPO SHOPPING 10:15am- 11:00am					
	FR3	11:00am-12:15pm	Recovery Techniques for Active Agers Toole	SOULstrength™ EXPERIENCE Park	The Art of Flow: Yoga Basics Conti	7 Game-Changing Glute Training Tips Tumminello
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Arthritis Exercises: From Head to Toe Conti Session 2	Pro Athlete Core Conditioning Robinson Session 1	WARRIOR Strength™ de Werd Session 2	Zumba® Saldi Session 2
	EXPO SHOPPING 12:00pm-2:45pm					
	FR5	2:45pm-4:00pm	Strength Training for Longevity & Vitality Kooperman	Planks in all Three Planes Chilazi	Yoga Restore Bannister-Munn	Where Functional Training Meets Fun Rodriguez
	EXPO SHOPPING 3:45pm-4:30pm					
	FR6	4:30pm-5:45pm	The Battle for Mobility McCormick	The Bare Essential - Strength Training 101 Bannister-Munn	Tai-Chi Fused Yoga Velazquez	Barre Bang Appel Barre
	FR7	6:00pm-7:00pm		SCW FITNESS IDOL HOWARD, VELAZQUEZ, RICHARDS & BANNISTER-MUNN	Sole Sisters Chilazi & Lenart	
SATURDAY, NOVEMBER 12	SA1	7:30am-8:45am	S.E.A.T. Supported Exercise for Ageless Training Gilbert	How to Handle Hypertrophy D. Robinson	Core Forward Pilates Howard	Jetti Flow & Barre Mendoza
	EXPO SHOPPING 8:45am- 9:15am					
	SA2	9:15am-10:30am		 	Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am	
	EXPO SHOPPING 10:30am- 11:00am					
	SA3	11:00am-12:15pm	Hot Crossed Buns Howard	Coconut Beach Camp by Fit Bodies, Inc. Chilazi	Hands On Stretching Bannister-Munn	BareFit Super Circuts Taylor
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Best Practices for Functional Flexibility Williams Session 1	WARRIOR Rhythm™ de Werd Session 2	SOULfusion™ EXPERIENCE Park Session 1	Move Your Core the Latin Way Rodriguez Session 2
	EXPO SHOPPING 12:00pm-2:45pm					
	SA5	2:45pm-4:00pm	LaBlast® Fitness: Active Aging for All Perodeau	Arm Candy Appel	Core Yoga Strong Howard	STRONG Nation™ Bayersdorfer
	EXPO SHOPPING 3:45pm-4:30pm					
	SA6	4:15pm-5:30pm	Functional Training for Active Agers Gilbert	ABSolutely Core Training Williams	Active Recovery for Better Results Fulton	Total Body Reset Turner
SUNDAY, NOV. 13	SU1	7:30am-8:45am	Fab Women Fifty+ Toole	Core Connection Turner	Muscle Care - Happy Hips & Healthy Backs Fulton	Slide Into Your Stronger Self Taylor
	SU2	9:00am-10:15am	Boogie, Band & Balance Kulp	Core Flow Lenart	Chair Yoga for the Young at Heart Kooperman	BARRefusion™ EXPERIENCE Park
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
	SU3	10:45am-12:00pm	WARRIOR Strength™: Put FUN in Functional de Werd	Level Up Your Strength Classes! Bannister-Munn	5 Seconds to Improved Flexibility Fulton	Agility Ability Layne
	SU4	12:15pm-1:30pm	Active Agers From the Ground Up! Velazquez	Rock Bottoms! Banded Booty Strength McDonald	Yoga Sculpt Aronson	Disco & Dumbbells Haggard
CERTIFICATIONS SUNDAY, NOV. 13		<div>ZUMBA</div> <div>ZUMBA® BASIC 1 TRAINING</div> <div>SALDI • 7:30AM-4:00PM</div>	<div>STRONG NATION</div> <div>STRONG NATION™ TRAINING</div> <div>BAYERSDORFER • 7:30AM-4:00PM</div>	<div>SEAT</div> <div>S.E.A.T. CERTIFICATION</div> <div>GILBERT • 7:30AM - 3:30PM</div>	<div>SCW</div> <div>BARRE CERTIFICATION</div> <div>APPEL • 7:30AM - 3:30PM</div>	

<div><div>SCW</div><div>ACTIVE AGING NUTRITION CERTIFICATION</div><div>TOOLE • 5:30PM - 9:30PM</div></div>				<div><div>Boston MANIA®</div><div>Schedule</div><div>scwfit.com/Boston</div></div>		<div><div>HEALTH & FITNESS BUSINESS SUMMIT</div></div>		<div><div>SCW</div><div>RECORDINGS, OUTLINES, EVALS & CECS</div></div>	
<div><div>E</div><div>ROWING / BOXING / SMALL GROUP</div></div>		<div><div>F</div><div>AQUA (STARTS IN LECTURE)</div></div>		<div><div>G</div><div>NUTRITION / EXERCISE SCIENCE</div></div>		<div><div>H</div><div>BUSINESS</div></div>		<div><div>SCW Boston Health & Fitness Business Summit 2022</div><div>Give your fitness business the attention it deserves. A unique and engaging opportunity to learn from fitness industry leaders who paved the way. Visit: scwfit.com/business</div></div>	
<div><div>Fight Night 2.0 Richards</div></div>		<div><div>Smart Sets for Aqua Dumbbells Kulp</div></div>		<div><div>General Population Nutrition Coaching Toole</div></div>		<div><div>Social Media Success Accelerator Poirier</div></div>		<div>FR1</div>	<div>7:30am-8:45am</div>
<div><div>Brrrn © Slide Board Training for Active Aging Adamic & Martin NEW</div></div>		<div><div>H2O Strength Through the Ages Velazquez, Kulp & Carvalho Noodles, Hand Buoys, Tubing</div></div>		<div><div>Low T for Women? McCormick NEW</div></div>		<div><div>Inexpensive Marketing For Growth & Profitability Kooperman</div></div>		<div>FR2</div>	<div>9:00am-10:15am</div>
<div>EXPO SHOPPING 10:15am- 11:00am</div>									
<div><div>Boats, Bands and Battle Ropes™ SGT Ken®</div></div>		<div><div>LaBlast® Splash: Dancing with Aquatic Principles Perodeau</div></div>		<div><div>Stopping Inflammation Through Nutrition Layne</div></div>		<div><div>Stretching for Strength - Flexible Foundations Panel Kooperman, Bannister-Munn, Appel, Velazquez</div></div>		<div>FR3</div>	<div>11:00am-12:15pm</div>
<div><div>Intro to Jetti Walking Fitness Program Boyle Session 1</div></div>		<div><div>Aqua Ease: Flexibility for Active Agers Velazquez Session 2</div></div>		<div><div>Effective Group Ex. & PT Sales Strategies Panel Kooperman, Oksayan, D. Gilbert, Esquerre & A. Gilbert - Sess. 1</div></div>		<div><div>Getting On Board - Slide Board Training Adamic & Martin - Session 2</div></div>		<div>FR4</div>	<div>SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm</div>
<div>EXPO SHOPPING 12:00pm-2:45pm</div>									
<div><div>4 Quarters of Fitness Robinson</div></div>		<div><div>Splish Splash Calorie Smash Malaghan</div></div>		<div><div>Mastering Menopause Layne</div></div>		<div><div>Financial Success in your Career Esquerre</div></div>		<div>FR5</div>	<div>2:45pm-4:00pm</div>
<div>EXPO SHOPPING 3:45pm-4:30pm</div>									
<div><div>Kickbox N Chaos Turner</div></div>		<div><div>Cheeks for Weeks Gilbert</div></div>		<div><div>Art of Food as Fuel Malaghan</div></div>		<div><div>Selling for the Non Salesperson Barnes</div></div>		<div>FR6</div>	<div>4:30pm-5:45pm</div>
		<div><div>REGISTER FOR MANIA® RECORDINGS AND ENJOY 100 SESSIONS</div><div>SCWFIT.COM/BOSTON</div></div>				<div><div>FR7</div></div>		<div>6:00pm-7:00pm</div>	
<div><div>Making Cardio Fun Williams</div></div>		<div><div>H2O Rapid Resistance Kulp</div></div>		<div><div>The Sleep, Eat, & Hormones Link Layne</div></div>		<div><div>Boutique Fitness' Winning Formula Etuk</div></div>		<div>SA1</div>	<div>7:30am-8:45am</div>
<div>EXPO SHOPPING 8:45am- 9:15am</div>									
		<div><div>Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am</div></div>				<div><div>SA2</div></div>		<div>9:15am-10:30am</div>	
<div>EXPO SHOPPING 10:30am- 11:00am</div>									
<div><div>Fight Club Richards</div></div>		<div><div>LaBlast® Splash: Dance. Water. Emotional Health. Perodeau</div></div>		<div><div>State of the Boutique Fitness Industry Barnes & Etuk</div></div>		<div><div>Nutrition Math - Calories, Grams and Size, Oh My! Toole</div></div>		<div>SA3</div>	<div>11:00am-12:15pm</div>
<div><div>Row, Recover, Roll and Repeat™ SGT Ken® Session 1</div></div>		<div><div>Water Works Velazquez, Kulp & Carvalho Session 2</div></div>		<div><div>Nutrition for Fitness Professionals Layne Session 1</div></div>		<div><div>Cheap Tricks to Market Your GX & PT Panel Kooperman, Oksayan, D. Gilbert, Howard & A. Gilbert Sess. 2</div></div>		<div>SA4</div>	<div>SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm</div>
<div>EXPO SHOPPING 12:00pm-2:45pm</div>									
<div><div>Brrrn © Slide Board Training for Athletes Adamic & Martin</div></div>		<div><div>Strength Beneath the Surface PluimMentz</div></div>		<div><div>WORDS MATTER: Eating Disorders & the Fitness Industry Conti</div></div>		<div><div>Perfect Practice Makes Perfect Laskowski</div></div>		<div>SA5</div>	<div>2:45pm-4:00pm</div>
<div>EXPO SHOPPING 3:45pm-4:30pm</div>									
<div><div>Contender Richards</div></div>		<div><div>Tab-Aqua Quickies Howard</div></div>		<div><div>Pros & Cons of Fasting Layne</div></div>		<div><div>Retired, Not Expired! Strength Training for Mature Adults Panel Kooperman, Velazquez, Malaghan, Bannister-Munn</div></div>		<div>SA6</div>	<div>4:15pm-5:30pm</div>
<div><div>Street Kamp Garland</div></div>		<div><div>Aqua Excellence for the Active Ager Velazquez, Kulp & Carvalho</div></div>		<div><div>The D.I.E.T. Revelation Douglass</div></div>		<div><div>Grow Your Business Through Retentions & Conversions Esquerre</div></div>		<div>SU1</div>	<div>7:30am-8:45am</div>
<div><div>Kettlebell Krush Turner</div></div>		<div><div>Aqua Disco Haggard</div></div>		<div><div>Got Muscle? Targeting Hypertrophy Layne</div></div>		<div><div>Motivational Interviewing & Goal Setting Skills for Fit Pros Nitschke</div></div>		<div>SU2</div>	<div>9:00am-10:15am</div>
<div>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</div>									
<div><div>Budget Bootcamp Aronson</div></div>		<div><div>Barracuda Booty Kulp</div></div>		<div><div>Helping Clients Reject Diet Culture Nitschke</div></div>		<div><div>Simplicity Breeds Success Baldwin</div></div>		<div>SU3</div>	<div>10:45am-12:00pm</div>
<div><div>Street Kata - Evolution to Kickboxing Garland</div></div>		<div><div>Swim Up Barre Malaghan</div></div>		<div><div>Is Your Diet on Fire? Douglass</div></div>		<div><div>What Will You G.A.I.N. Austin</div></div>		<div>SU4</div>	<div>12:15pm-1:30pm</div>
<div><div>SCW</div><div>GROUP EXERCISE CERTIFICATION</div><div>HOWARD • 7:30AM - 3:30PM</div></div>		<div><div>SCW</div><div>BOXING CERTIFICATION</div><div>RICHARDS • 7:30AM-2:30PM</div></div>		<div><div>SCW</div><div>AQUATIC EXERCISE CERTIFICATION</div><div>MCCORMICK • 7:30AM - 3:30PM</div></div>		<div><div>FIT</div><div>BAREFIT SUSPENSION SYSTEM TRAINING CERTIFICATION</div><div>TAYLOR • 11:00AM - 3:00PM</div></div>		<div><div>jetti</div><div>JETTI INSTRUCTOR TRAINING</div><div>BOYLE • 11:00AM - 3:00PM</div></div>	