

SCW

BOSTON
MANIA® Fitness Pro
Convention



Scan Here For Outlines,
Evals & CECs/CEUs



TIME	CODE	SESSION	PRESENTER
FRIDAY, NOVEMBER 11			
7:30am - 8:45am	FR1A	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
9:00am - 10:15am	FR2A	BEST MOBILITY EXERCISES FOR BETTER MOVEMENT	TUMMINELLO
11:00am - 12:15pm	FR3A	RECOVERY TECHNIQUES FOR ACTIVE AGERS	TOOLE
1:15pm-2:30pm	FR4A	ARTHRITIS EXERCISES: FROM HEAD TO TOE	CONTI
2:45pm - 4:00pm	FR5A	STRENGTH TRAINING FOR LONGEVITY & VITALITY	KOOPERMAN
4:30pm - 5:45PM	FR6A	THE BATTLE FOR MOBILITY	MCCORMICK
SATURDAY, NOVEMBER 12			
7:30am - 8:45am	SA1A	S.E.A.T. SUPPORTED EXERCISE FO AGELESS TRAINING	GILBERT
11:00am - 12:15pm	SA3A	HOT CROSSED BUNS	HOWARD
12:30pm - 1:45pm	SA4A	BEST PRACTICES FOR FUNCTIONAL FLEXIBILITY	WILLIAMS
2:45pm - 4:00pm	SA5A	LABLAST® FITNESS: ACTIVE AGING FOR ALL	PERODEAU
4:15pm - 5:30pm	SA6A	FUNCTIONAL TRAINING FOR ACTIVE AGERS	GILBERT
SUNDAY, NOVEMBER 13			
7:30am - 8:45am	SU1A	FAB WOMEN FIFTY+	TOOLE
9:00am - 10:15am	SU2A	BOOGIE, BAND & BALANCE	KULP
10:45am - 12:00pm	SU3A	WARRIOR STRENGTH™: PUT FUN IN FUNCTIONAL	de WERD
12:15pm - 1:30pm	SU4A	ACTIVE AGERS FROM THE GROUND UP!	VELAZQUEZ

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TIME	CODE	SESSION	PRESENTER
FRIDAY, NOVEMBER 11			
7:30am - 8:45am	FR1B	LIT 101 (LOW IMPACT TRAINING)	ROBINSON
9:00am - 10:15am	FR2B	BACK, BOOTY & CORE CONNECTION	APPEL
11:00am - 12:15pm	FR3B	SOULSTRENGTH™ EXPERIENCE	PARK
12:30pm-1:45pm	FR4B	PRO ATHLETE CORE CONDITIONING	ROBINSON
2:45pm - 4:00pm	FR5B	PLANKS IN ALL THREE PLANES	CHILAZI
4:30pm - 5:45pm	FR6B	THE BARE ESSENTIAL – STRENGTH TRAINING 101	BANNISTER-MUNN
6:00pm - 7:00pm	FR7B	FITNESS IDOL	HOWARD, VELAZQUEZ, RICHARDS & BANNISTER-MUNN
SATURDAY, NOVEMBER 12			
7:30am - 8:45am	SA1B	HOW TO HANDLE HYPERTROPHY	D. ROBINSON
9:15am - 10:30am	SA2B	KEYNOTE: EXERCISE IS MEDICINE	LASKOWSKI
11:00am - 12:15pm	SA3B	COCONUT BEACH CAMP BY FIT BODIES, INC	CHILAZI
1:15pm - 2:30pm	SA4B	WARRIOR RHYTHM™	de WERD
2:45pm - 4:00pm	SA5B	ARM CANDY	APPEL
4:15pm - 5:30pm	SA6B	ABSOLUTELY CORE TRAINING	WILLIAMS
SUNDAY, NOVEMBER 13			
7:30am - 8:45am	SU1B	CORE CONNECTION	TURNER
9:00am - 10:15am	SU2B	CORE FLOW	LENART
10:45am - 12:00pm	SU3B	LEVEL UP YOUR STRENGTH CLASSES	BANNISTER-MUNN
12:15pm - 1:30pm	SU4B	ROCK BOTTOMS! BANDED BOOTY STRENGTH	MCDONALD

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FRIDAY, NOVEMBER 11			
7:30am - 8:45am	FR1C	FLOWING YOGA FOR CHAKRA BALANCING	VELAZQUEZ
9:00am - 10:15am	FR2C	DISCOVER A TEACHING VACATION	CHILAZI
11:00 - 12:15pm	FR3C	THE ART OF FLOW: YOGA BASICS	CONTI
1:15pm-2:30pm	FR4C	WARRIOR STRENGTH™	de WERD
2:45pm - 4:00pm	FR5C	YOGA RESTORE	BANNISTER-MUNN
4:30pm - 5:45pm	FR6C	TAI-CHI FUSED YOGA	VELAZQUEZ
SATURDAY, NOVEMBER 12			
7:30am - 8:45am	SA1C	CORE FORWARD PILATES	HOWARD
11:00am - 12:15pm	SA3C	HANDS ON STRETCHING	BANNISTER-MUNN
12:30pm - 1:45pm	SA4C	SOULFUSION™ EXPERIENCE	PARK
2:45pm - 4:00pm	SA5C	CORE YOGA STRONG	HOWARD
4:15pm - 5:30pm	SA6C	ACTIVE RECOVERY FOR BETTER RESULTS	FULTON
SUNDAY, NOVEMBER 13			
7:30am - 8:45am	SU1C	MUSCLE CARE – HAPPY HIPS & HEALTHY BACKS	FULTON
9:00am - 10:15am	SU2C	CHAIR YOGA FOR THE YOUNG AT HEART	KOOPERMAN
10:45am - 12:00pm	SU3C	5 SECONDS TO IMPROVED FLEXIBILITY	FULTON
12:15pm - 1:30pm	SU4C	YOGA SCULPT	ARONSON

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FRIDAY, NOVEMBER 11			
7:30am - 8:45am	FR1D	IMPROVE YOUR REAR VIEW	TAYLOR
9:00am - 10:15am	FR2D	LABLAST® FITNESS: DANCE IS MENTAL & EMOTIONAL HEALTH	PERODEAU
11:00am - 12:15pm	FR3D	7 GAME-CHANGING GLUTE TRAINING TIPS	TUMMINELLO
12:30pm-1:45pm	FR4D	ZUMBA®	SALDI
2:45pm - 4:00pm	FR5D	WHERE FUNCTIONAL TRAINING MEETS FUN	RODRIGUEZ
4:30pm - 5:45pm	FR6D	BARRE BANG	APPEL
6:00pm – 7:00pm	FR7D	SOLE SISTERS	CHILAZI & LENART
SATURDAY, NOVEMBER 12			
7:30am - 8:45am	SA1D	JETTI FLOW & BARRE	MENDOZA
11:00am - 12:15pm	SA3D	BAREFIT SUPER CIRCUITS	TAYLOR
1:15pm - 2:30pm	SA4D	MOVE YOUR CORE THE LATIN WAY	RODRIGUEZ
2:45pm - 4:00pm	SA5D	STRONG NATION™	BAYERSDORFER
4:15pm - 5:30pm	SA6D	TOTAL BODY RESET	TURNER
SUNDAY, NOVEMBER 13			
7:30am - 8:45am	SU1D	SLIDE INTO YOUR STRONGER SELF	TAYLOR
9:00am - 10:15am	SU2D	BARREFUSION™ EXPERIENCE	PARK
10:45am - 12:00pm	SU3D	AGILITY ABILITY	LAYNE
12:15pm - 1:30pm	SU4D	DISCO & DUMBBELLS	HAGGARD

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FRIDAY, NOVEMBER 11			
7:30am - 8:45am	FR1E	FIGHT NIGHT 2.0	RICHARDS
9:00am - 10:15am	FR2E	BRRRN © SLIDE BOARD TRAINING FOR ACTIVE AGING	ADAMIC & MARTIN
11:00am - 12:15pm	FR3E	BOATS, BANDS AND BATTLE ROPES™	SGT KEN®
12:30pm-1:45pm	FR4E	INTRO TO JETTI WALKING FITNESS PROGRAM	BOYLE
2:45pm - 4:00pm	FR5E	4 QUARTERS OF FITNESS	ROBINSON
4:30pm - 5:45pm	FR6E	KICKBOX N CHAOS	TURNER
SATURDAY, NOVEMBER 12			
7:30am - 8:45am	SA1E	MAKING CARDIO FUN	WILLIAMS
11:00am - 12:15pm	SA3E	FIGHT CLUB	RICHARDS
12:30pm-1:45pm	SA4E	ROW, RECOVER, ROLL AND REPEAT™	SGT KEN®
2:45pm - 4:00pm	SA5E	BRRRN © SLIDE BOARD TRAINING FOR ATHLETES	ADAMIC & MARTIN
4:15pm - 5:30pm	SA6E	CONTENDER	RICHARDS
SUNDAY, NOVEMBER 13			
7:30am - 8:45am	SU1E	STREET KAMP	GARLAND
9:00am - 10:15am	SU2E	KETTLEBELL KRUSH	TURNER
10:45am-12:00pm	SU3E	BUDGET BOOTCAMP	ARONSON
12:15pm-1:30pm	SU4E	STREET KATA – EVOLUTION TO KICKBOXING	GARLAND

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FRIDAY, NOVEMBER 11			
7:30am - 8:45am	FR1F	SMART SETS FOR AQUA DUMBBELLS	KULP
9:00am - 10:15am	FR2F	H2O STRENGTH THROUGH THE AGES	KULP, VELAZQUEZ & CARVALHO
11:00am - 12:15pm	FR3F	LABLAST® SPLASH: DANCING WITH AQUATIC PRINCIPLES	PERODEAU
1:15pm-2:30pm	FR4F	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS	VELAZQUEZ
2:45pm - 4:00pm	FR5F	SPLISH SPLASH CALORIE SMASH	MALAGHAN
4:30pm - 5:45pm	FR6F	CHEEKS FOR WEEKS	GILBERT
SATURDAY, NOVEMBER 12			
7:30am - 8:45am	SA1F	H2O RAPID RESISTANCE	KULP
11:00am - 12:15pm	SA3F	LABLAST® SPLASH: DANCE. WATER. EMOTIONAL HEALTH.	PERODEAU
1:15pm-2:30pm	SA4F	WATER WORKS	KULP, VELAZQUEZ & CARVALHO
2:45pm - 4:00pm	SA5F	STRENGTH BENEATH THE SURFACE	PLUIMMENTZ
4:15pm - 5:30pm	SA6F	TAB-AQUA QUICKIES	HOWARD
SUNDAY, NOVEMBER 13			
7:30am - 8:45am	SU1F	AQUA EXCELLENCE FOR THE ACTIVE AGER	KULP, VELAZQUEZ & CARVALHO
9:00am - 10:15am	SU2F	AQUA DISCO	HAGGARD
10:45am - 12:00pm	SU3F	BARRACUDA BOOTY	KULP
12:15pm - 1:30pm	SU4F	SWIM UP BARRE	MALAGHAN

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7:30am - 8:45am	FR1G	GENERAL POPULATION NUTRITION COACHING	TOOLE
9:00am - 10:15am	FR2G	LOW T FOR WOMEN?	MCCORMICK
11:00am - 12:15pm	FR3G	STOPPING INFLAMMATION THROUGH NUTRITION	LAYNE
12:30pm-1:45pm	FR4G	EFFECTIVE GROUP EX & PT SALES STRATEGIES PANEL	KOOPERMAN, OKSAYAN, D. GILBERT, ESQUERRE, & A. GILBERT
2:45pm - 4:00pm	FR5G	MASTERING MENOPAUSE	LAYNE
4:30pm - 5:45pm	FR6G	ART OF FOOD AS FUEL	MALAGHAN
SATURDAY, NOVEMBER 12			
7:30am - 8:45am	SA1G	THE SLEEP, EAT, & HORMONES LINK	LAYNE
11:00am - 12:15pm	SA3G	STATE OF THE BOUTIQUE FITNESS INDUSTRY	BARNES & ETUK
12:30pm-1:45pm	SA4G	NUTRITION FOR FITNESS PROFESSIONALS	LAYNE
2:45pm - 4:00pm	SA5G	WORD MATTER: EATING DISORDERS & THE FITNESS INDUSTRY	CONTI
4:15pm - 5:30pm	SA6G	PROS & CONS OF FASTING	LAYNE
SUNDAY, NOVEMBER 13			
7:30am - 8:45am	SU1G	THE D.I.E.T. REVELATION	DOUGLASS
9:00am - 10:15am	SU2G	GOT MUSCLE? TARGETING HYPERTROPHY	LAYNE
10:45am - 12:00pm	SU3G	HELPING CLIENTS REJECT DIET CULTURE	NITSCHKE
12:15pm - 1:30pm	SU4G	IS YOUR DIET ON FIRE?	DOUGLASS




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FRIDAY, NOVEMBER 11			
7:30am - 8:45am	FR1H	SOCIAL MEDIA SUCCESS ACCELERATOR	POIRIER
9:00am - 10:15am	FR2H	INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY	KOOPERMAN
11:00am - 12:15pm	FR3H	STRETCHING FOR STRENGTH – FLEXIBLE FOUNDATIONS PANEL	KOOPERMAN, BANNISTER-MUNN, APPEL, VELAZQUEZ
1:15pm - 2:30pm	FR4H	GETTING ON BOARD – SLIDE BOARD TRAINING	ADAMIC & MARTIN
2:45pm - 4:00pm	FR5H	FINANCIAL SUCCESS IN YOUR CAREER	ESQUERRE
4:30pm - 5:45pm	FR6H	SELLING FOR THE NON SALESPERSON	BARNES
SATURDAY, NOVEMBER 12			
7:30am - 8:45am	SA1H	BOUTIQUE FITNESS’ WINNING FORMULA	ETUK
11:00am - 12:15pm	SA3H	NUTRITION MATH – CALORIES, GRAMS AND SIZE, OH MY!	TOOLE
1:15pm - 2:30pm	SA4H	CHEAP TRICKS TO MARKET YOUR GX & PT PANEL	KOOPERMAN, OKSAYAN, D. GILBERT, HOWARD, & A. GILBERT
2:45pm - 4:00pm	SA5H	PERFECT PRACTICE MAKES PERFECT	LASKOWSKI
4:15pm - 5:30pm	SA6H	RETIRED, NOT EXPIRED! STRENGTH TRAINING FOR MATURE ADULTS PANEL	KOOPERMAN, VELAZQUEZ, BANNISTER-MUNN & MALAGHAN
SUNDAY, NOVEMBER 13			
7:30am - 8:45am	SU1H	GROW YOUR BUSINESS THROUGH RENTENTIONS & CONVERSIONS	ESQUERRE
9:00am - 10:15am	SU2H	MOTIVATIONAL INTERVIEWING & GOAL SETTING SKILLS FOR FIT PROS	NITSCHKE
10:45am - 12:00pm	SU3H	SIMPLICITY BREEDS SUCCESS	BALDWIN
12:15pm - 1:30pm	SU4H	WHAT WILL YOU G.A.I.N.	AUSTIN