



BOSTON
MANIA[®]
FITNESS PRO CONVENTION



HEALTH & FITNESS
BUSINESS SUMMIT

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Evals & CEC/CEUS



TIME	CODE	SESSION	PRESENTER
FRIDAY, NOVEMBER 3			
7:30am - 8:45am	FR1A	COACHING CORE ENGAGEMENT	CHILAZI
9:00am - 10:15am	FR2A	BALANCE YOUR HIIT	LENART
11:00am - 12:15pm	FR3A	FLUID CORE FUSION	VELAZQUEZ
1:15pm – 2:30pm	FR4A	GOT BACK PAIN?	GARCIA
2:45pm - 4:00pm	FR5A	ATHLETIC WOMAN: FUNCTION & STRENGTH	HUGHES
4:30pm - 5:45pm	FR6A	CORE CONNECTION	TURNER
SATURDAY, NOVEMBER 4			
7:30am - 8:45am	SA1A	BAND CAMP	BANNISTER-MUNN
11:00am - 12:15pm	SA3A	FULL BODY 3D HIIT – CIRCUIT	HUGHES
12:30pm - 1:45pm	SA4A	BODY WEIGHT MILITIA	GARLAND
2:45pm - 4:00pm	SA5A	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY
4:30pm - 5:45pm	SA6A	ARM CANDY	APPEL
SUNDAY, NOVEMBER 5			
7:30am - 8:45am	SU1A	SOULSTRENGTH™ EXPERIENCE	PARK
9:00am - 10:15am	SU2A	CORE OFF THE FLOOR	LENART
10:45am - 12:00pm	SU3A	PLANKS IN ALL THREE PLANES	CHILAZI
12:15pm-1:30pm	SU4A	KICKING H.I.T.	LLOYD



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FRIDAY, NOVEMBER 3			
7:30am - 8:45am	FR1B	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
9:00am - 10:15am	FR2B	FUNCTIONAL TRAINING WITH FOAM ROLLERS	GARCIA
11:00am - 12:15pm	FR3B	MANUAL DEXTERITY TRAINING	GILBERT
12:30pm-1:45pm	FR4B	FUNCTIONAL FITNESS 50+	TOOLE
2:45pm - 4:00pm	FR5B	PICKLEBALL POWER & PERFORMANCE	KOOPERMAN
4:30pm - 5:45pm	FR6B	FUNCTIONAL TRAINING FOR ACTIVE AGERS	GILBERT
6:00pm - 7:00pm	FR7B	FITNESS IDOL	KOOPERMAN, BANNISTER-MUNN, CARVALHO & GILBERT
SATURDAY, NOVEMBER 4			
7:30am - 8:45am	SA1B	FUNCTIONAL CORE TRAINING	GARCIA
9:15am - 10:30am	SA2B	KEYNOTE: THE ROLE OF FITNESS PROFESSIONAL IN THE HEALTHCARE SYSTEM	MUMMY
11:00am - 12:15pm	SA3B	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
1:15pm – 2:30pm	SA4B	BALANCE & COORDINATION FOR ACTIVE AGERS	VELAZQUEZ
2:45pm - 4:00pm	SA5B	CARDIO KICKBOXING FOR THE ACTIVE AGER	MALAGHAN
4:30pm - 5:45pm	SA6B	SOLE SISTERS	CHILAZI & LENART
SUNDAY, NOVEMBER 5			
7:30am - 8:45am	SU1B	THE AGING BRAIN	LAYNE
9:00am - 10:15am	SU2B	LABLAST® CHAIR FITNESS	ENEZIO & MIKSZAN
10:45am - 12:00pm	SU3B	PERFECT PROGRAMMING FOR ACTIVE AGERS	TOOLE
12:15pm - 1:30pm	SU4B	CORE BY 4	WARTENBERG



TIME	CODE	SESSION	PRESENTER
FRIDAY, NOVEMBER 3			
7:30am - 8:45am	FR1C	PULLING FOR POWER™ BY WATERROWER/NOHRD®	LENART
9:00am - 10:15am	FR2C	POUND ROCKOUT WORKOUT®	WARD
11:00am - 12:15pm	FR3C	SOULFUSION™ EXPERIENCE	PARK
12:30pm – 1:45pm	FR4C	LABLAST® FITNESS: DANCE. DIVERSITY. INCLUSION.	ENEZIO & MIKSZAN
2:45pm - 4:00pm	FR5C	BARRE STRONG	LENART
4:30pm - 5:45pm	FR6C	LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY	CHILAZI
6:00pm – 7:00pm	FR7C	MANIA® MASHUP!	LABLAST®, TIGER TAIL®, POUND, BRAZILY, RAQISA®, CHILAZI & VELAZQUEZ
SATURDAY, NOVEMBER 4			
7:30am - 8:45am	SA1C	SEXY & CONFIDENT WITH BRAZILY DANCE!	SANTOS & SANTOS
11:00am - 12:15pm	SA3C	CREW CONDITIONING™ BY WATERROWER/NOHRD®	LENART
1:15pm – 2:30-m	SA4C	SOULKICKBOXING	PARK
2:45pm - 4:00pm	SA5C	KETTLEBELL KRUSH	TURNER
4:30pm - 5:45pm	SA6C	LABLAST® FITNESS: BALLROOM BLOWOUT	ENEZIO & MIKSZAN
6:00pm – 7:00pm	SA7C	RAQ THE BARRE® BELLY DANCE FITNESS	DOHERTY & CHILAZI
SUNDAY, NOVEMBER 5			
7:30am - 8:45am	SU1C	DISCO & DUMBBELLS	HAGGARD
9:00am - 10:15am	SU2C	AGILITY ABILITY	LAYNE
10:45am - 12:00pm	SU3C	ELEVATE YOUR CLASS EXPERIENCE	BROWN
12:15pm - 1:30pm	SU4C	KICKBOX N CHAOS	TURNER



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FRIDAY, NOVEMBER 3			
7:30am - 8:45am	FR1D	YOGA-PILATES RESTORE	BANNISTER-MUNN
9:00am - 10:15am	FR2D	BRING THE TOYS!	BANNISTER-MUNN
11:00am - 12:15pm	FR3D	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE	MUMMY
1:15pm – 2:30pm	FR4D	YIN TO MY YANG	MALAGHAN
2:45pm - 4:00pm	FR5D	TIGER TAIL® HAPPY MUSCLES!® 365 RECOVERY	ZULEGER
4:30pm - 5:45pm	FR6D	BY ANY STRETCH	APPEL
6:00pm - 7:00pm	FR7D	MYOFASCIAL RECOVERY	GARCIA
SATURDAY, NOVEMBER 4			
7:30am – 8:45am	SA1D	PILATES: MAT TO THE MAX	APPEL
11:00am - 12:15pm	SA3D	HIPS DON'T LIE	BANNISTER-MUNN
12:30pm – 1:45pm	SA4D	GOODBYE BACK PAIN	ZULEGER
2:45pm - 4:00pm	SA5D	CHAIR YOGA FOR THE YOUNG AT HEART	KOOPERMAN
4:30pm - 5:45pm	SA6D	MELT. MOLD. MOVE: MOBILITY & RESTORATION	HUGHES
SUNDAY, NOVEMBER 5			
7:30am - 8:45am	SU1D	WORK YOUR ASANA OFF	ARONSON
9:00am - 10:15am	SU2D	NO PLACE LIKE FOAM	CHILAZI
10:45am - 12:00pm	SU3D	BEAUTY & THE BEAST: YOGA POWER BAR	WARTENBERG
12:15pm - 1:30pm	SU4D	TIME WITH TISSUE	GILBERT



TIME	CODE	SESSION	PRESENTER
FRIDAY, NOVEMBER 3			
9:00am - 10:15am	FR2E	SCHWINN®: R.I.S.E. & #RIDERIGHT	NICOTERA
11:00am - 12:15pm	FR3E	SCHWINN®: DYNAMIC DUOS – CYCLING FUSION	STENIS
12:30pm - 1:45pm	FR4E	SCHWINN®: LEADER OF THE PACK	APPEL
2:45pm - 4:00pm	FR5E	SCHWINN®: LET THE BEAT DROP	APPEL
SATURDAY, NOVEMBER 4			
7:30am - 8:45am	SA1E	SCHWINN®: PRIME DESIGN 2.0	NICOTERA
11:00am - 12:15pm	SA3E	SCHWINN®: TRI-CYCLE TRIPLE THREAT	NICOTERA
12:30pm – 1:45pm	SA4E	SCHWINN®: CYCLE MIXOLOGY – KILLER PLAYLISTS	APPEL
4:30pm – 5:45pm	SA5E	SCHWINN®: BREATHY NOT BREATHLESS	STENIS



TIME	CODE	SESSION	PRESENTER
FRIDAY, NOVEMBER 3			
7:30am - 8:45am	FR1F	WATER WALKING FOR BETTER GAIT AND PERFORMANCE	PYLE
9:00am - 10:15am	FR2F	LABLAST® BUOYANT BALLROOM BLOWOUT	ENEZIO & MIKSZAN
11:00am - 12:15pm	FR3F	WHEN BREATH MEETS WATER: AQUA YOGA	MALAGHAN
1:15pm - 2:30pm	FR4F	RIDE THE WAVE	VALAZQUEZ, CARVALHO & VANDENBERG
2:45pm - 4:00pm	FR5F	SILVER TSUNAMI	VELAZQUEZ, CHARVALHO & VANDENBERG
4:30pm - 5:45pm	FR6F	BEAUTIFUL BUOYANT BOOTY	VANDERBERG
SATURDAY, NOVEMBER 4			
7:30am - 8:45am	SA1F	CORE FUSION H2O	VANDENBERG
11:00am - 12:15pm	SA3F	BUOY, OH BUOY, OH BUOY!	VELAZQUEZ, CARVALHO & VANDENBERG
12:30pm – 1:45pm	SA4F	AQUATIC PERSONAL TRAINING	MALAGHAN
2:45pm - 4:00pm	SA5F	HIIT H2O FOR ALL	PYLE
4:30pm - 5:45pm	SA6F	AQUA AB ARSENAL	GILBERT
SUNDAY, NOVEMBER 5			
7:30am - 8:45am	SU1F	TABATA AQUA RUNNING & CONDITIONING	WARTENBERG
9:00am - 10:15am	SU2F	AQUA YOGA BARRE	WARTENBERG
10:45am - 12:00pm	SU3F	H2O REPORTING FOR DUTY	HAGGARD
12:15pm - 1:30pm	SU4F	SOCA SPLASH	HAGGARD



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7:30am - 8:45am	FR1G	HEALTHY EATING FOR ACTIVE AGERS	MALAGHAN
9:00am - 10:15am	FR2G	BRAIN SCIENCE	LAYNE
11:00am - 12:15pm	FR3G	CARB-CYCLING & HIIT	DERRICK
1:15pm – 2:30pm	FR4G	FIVE FAT-BURNING HORMONES	LAYNE
2:45pm - 4:00pm	FR5G	NUTRITION PANEL – MODERATOR MELISSA LAYNE	LAYNE, TOOLE, MALAGHAN, PYLE & DERRICK
4:30pm - 5:45pm	FR6G	CHAIN REACTION BIOMECHANICS	HUGHES
SATURDAY, NOVEMBER 4			
7:30am - 8:45am	SA1G	NUTRITION & WEIGHT LOSS DRUGS	DERRICK
11:00am - 12:15pm	SA3G	OPTIMAL RECOVERY	LAYNE
1:15pm – 2:30pm	SA4G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
2:45pm - 4:00pm	SA5G	FUNCTIONAL NUTRITION AND HORMONES: HEALTHY AGING	ZULEGER
4:30pm - 5:45pm	SA6G	FEASTING & FASTING?	LAYNE
SUNDAY, NOVEMBER 5			
7:30am - 8:45am	SU1G	FAD DIETS & FAILED EXPECTATIONS	TOOLE
9:00am - 10:15am	SU2G	NUTRITION FOR GROUP FITNESS AND PERSONAL TRAINERS	PRICE
10:45am - 12:00pm	SU3G	CHASING THE DRAGON: FOOD ADDICTION	LAYNE



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FRIDAY, NOVEMBER 3			
7:30am - 8:45am	FR1H	7 SKILLS TO TURN PERSONAL TRAINING INTO A LIFELONG CAREER	HUGHES
9:00am - 10:15am	FR2H	NEW WORLD SALES & MANAGMENT	MCBRIDE
11:00am - 12:15pm	FR3H	FIRESIDE CHAT WITH MARK HARRINGTON JR.	KOOPERMAN & HARRINGTON
12:30pm – 1:45pm	FR4H	PERSONAL & BUSINESS PROTECTION	KOOPERMAN & BALL
2:45pm - 4:00pm	FR5H	REBUILDING SANDCASTLES 2023	MCBRIDE
4:30pm - 5:45pm	FR6H	EFFECTIVE GX & PT SALES STRATEGIES PANEL	KOOPERMAN, CANTY, TOOLE & CLARK
SATURDAY, NOVEMBER 4			
7:30am - 8:45am	SA1H	CREATE VALUE – RETAIN CLIENTS	TOOLE
11:00am - 12:15pm	SA3H	FIND & ENROLL CLIENTS USING SOCIAL MEDIA	CLARK
12:30pm – 1:45pm	SA4H	FITNESS BUSINESS SUCCESS: STRATEGIES, COVERAGE AND TECH PANEL	KOOPERMAN, BALL, CLARK, TOOLE & DENNIS
2:45pm - 4:00pm	SA5H	TECHNOLOGIES TO AFFORDABLY EXPAND	DENNIS
4:15pm - 5:30pm	SA6H	TRENDS IN FITNESS PROGRAMMING	KOOPERMAN
SUNDAY, NOVEMBER 5			
7:30am - 8:45am	SU1H	BRIDGING MEDICINE & FITNESS	HUGHES
9:00am - 10:15am	SU2H	FOSTERING EMPLOYEE WELLBEING THROUGH ENGAGEMENT	WEISS
10:45am - 12:00pm	SU3H	THE BEAUTY OF BUILDING A BRAND	PARK
12:15pm - 1:30pm	SU4H	BUILD A HIGH PERFROMING PERSOANL TRAINING TEAM	CANTY