BOSTON MANIA®

DOUBLETREE BOSTON NORTH SHORE HOTEL NOV. 1-3, 2024

EXPO HOURS

Friday, Nov. 1: 10:00am - 11:00an 12:00pm - 2:45pm

Saturday, Nov. 2: 8:30am - 9:15am 10:30am - 11:00am

3:45pm - 4:30pm

12:00pm - 2:45pm

(Closeout Shopping)

3:45pm - 4:30pm Sunday, Nov. 3: 10:00am - 1:00pm



EXPO & SPONSORS

S.E.A.T1	Tanita Corp. of America9	Alignment Essentials17
WATERInMOTION®2	YMCA of The North Shore10	Fit Pro Programming18
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CO-SPONSOR



ASSOCIATE PLUS SPONSORS







ASSOCIATE SPONSORS

















SUPPORTERS





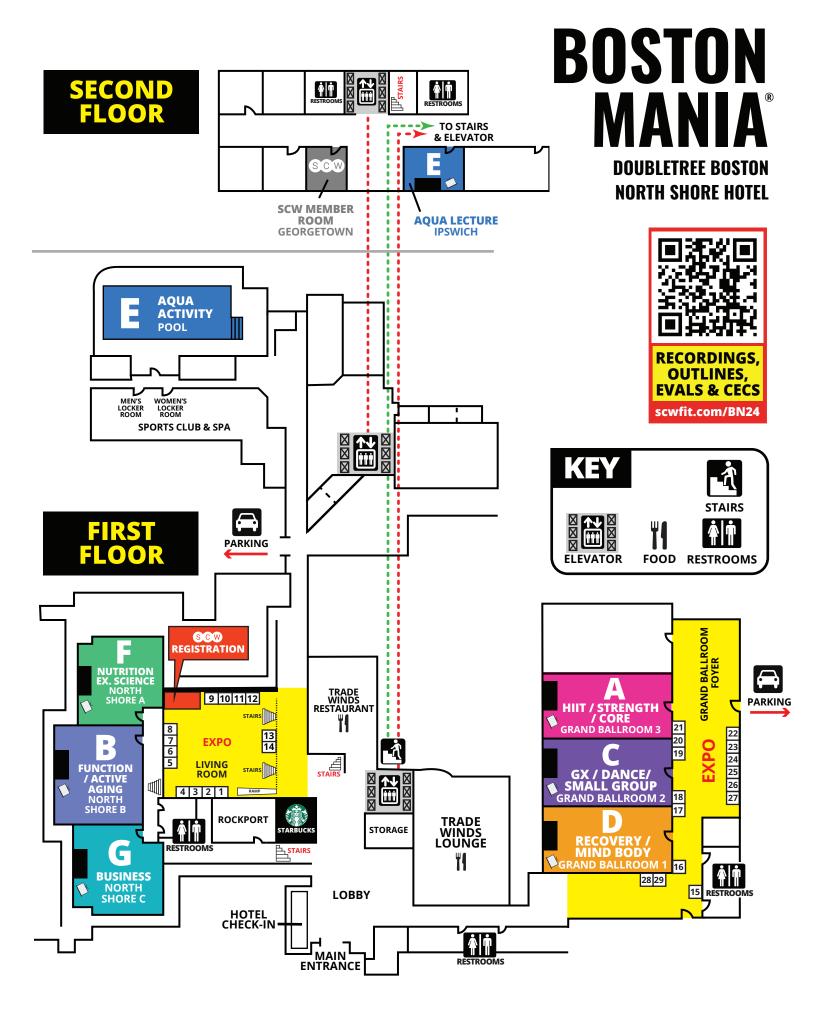














BOSTON

MANIA

FIT PRO CONVENTION







HIIT / STRENGTH / CORE | FUNCTION / ACTIVE AGING





GX / DANCE / Small group trainin



RECOVERY / MIND BODY



AQUA (STARTS IN LECTURE)

WATERIAMOTION® CERTIFICATION Hammer	CW AQUATIC XERCISE ERTIFICATION Byne 00am-5:00pm SI
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7	CERTIFICATION Ratliff 9:00am-5:00pm	1	CERTIFICATION Hammer 9:00am-5:00pm water motiv	on Section 1	CERTIFICATION Layne 9:00am-5:00pm
1					

THE IND CONVENTION		WENTION			SIMEE GROOT TRAINING					
	FR1	7:30am- 8:45am	THE HIDDEN CORE Ross & Corso ■	OPTIMAL MOBILITY: ENHANCING Functionality Gilbert ■	ULTIMATE LEG DAY Toole ■4	THE WARRIOR® WORKOUT Roberts ■	LABLAST® SPLASH: BUOYANT Ballroom Blitz Venezio			
	FR2	9:00am- 10:15am	ON THE FLOOR! Bannister-Munn ■ ∢	MOVE EFFICIENTLY, Effectively & Pain-Free Mack ■4	CARDIO DANCE McDonald ■ ◀	OPTIMAL WARM-UPS WITH 2-4-4 D'Agati & Perry ■◀	BUOY, OH BUOY, OH BUOY! Velazquez, Haggard, & Carvalho			
	EXPO SHOPPING 10:00am-11:00am									
BER 1	FR3	11:00am- 12:15pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Layne & Toole ■4	"DON'T JUST SIT THERE!" - Chair Yoga Ratliff ■	SOULFUSION™ EXPERIENCE Park ■	BRING THE TOYS! Bannister-Munn ■ ∢	AQUA DISCO Haggard			
OVEMB	EXPO SHOPPING 12:00pm-2:45pm									
IY, NOV	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FLUID CORE FUSION Velazquez Session 1 ■4	SITTING PRETTY: STRENGTH & SUPPORT Gilbert SESSION 1	STEP, STAMINA & STRENGTH Chilazi SESSION 2 ■4	GOODBYE BACK PAIN Bannister-Munn SESSION 1 ■◀	WATER REMIX Stenis SESSION 2			
FRIDA	FR5	2:45pm- 4:00pm	MOBILITY TRAINING - Online or in-Person Webb ■◀	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman ■4	HUSTLE & FLOW Haggard ■◀	SYMMETRY- SCIENTIFIC STRETCHING Mummy & Bannister-Munn	AQUA BOOT CAMP BOQ-STYLE Ford			
	EXPO SHOPPING 3:45pm-4:30pm									
	FR6	4:30pm- 5:45pm	DEEP CORE AND PELVIC FLOOR Layne ■	TIME WITH TISSUE Gilbert ■	BARRE HARD CORE McDonald ■4	PILATES POWERED BY CORESPRING® d'Anconia ■	AQUA VIBES Stenis			
	FR7	6:00pm- 7:00pm	DANCE OFF! LaBlast®, ZUMBA®, Alignment Essentials, Haggard & Velazquez ■◀	FITNESS IDOL Kooperman, Gilbert, Esquerre & Toole		FOAM ROLLING OFF THE FLOOR Chilazi ■◀				

	SA1	7:30am- 8:45am	REVITALIZE YOUR CORE TRAINING D'Agati & Perry ■4	TAILORED Training for active agers Toole ■◀	BAND CAMP Bannister-Munn ■∢	FOREVER PILATES Appel ■◀	SILVER TSUNAMI Velazquez, Haggard & Carvalho				
				EXPO SHOPPING	S 8:30am-9:15am						
2.1	SA2	9:15am- 10:30am	GRA GOL	KEYNOTE ADDRESS	: WHERE HEALTHY MEETS HA	.PPY • Sohailla Digsby, RDN, L	D ROOM B				
BER				EXPO SHOPPING	10:30am-11:00am						
UVEMBI	SA3	11:00am- 12:15pm	FULL BODY 3D HIIT-CIRCUIT Layne & Toole	SHOULDER PAIN: Optimize through exercise Webb	SOULKICKBOXING™ Coleman ■	GENTLE YOGA FOR MOBILITY Velazquez ■◀	AQUA ZUMBA® Cusson				
Ι, Γ				EXPO SHOPPING	12:00pm-2:45pm						
SAIUKDAY	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	KETTLEBELL TRAINING FOR WOMEN Ross & Corso session 1	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb Session 2 ■◀	ZUMBA® Saldi Session 2	RECOVERY FOR LONGEVITY Appel Session 1	MOVE, SHAKE, SPLASH Stenis Session 1				
A.	SA5	2:45pm- 4:00pm	KILLER CORE Appel ■◀	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert	LABLAST® FITNESS: Ballroom Blitz Venezio ■	WARRIOR® TAI CHI Yoga and qi gong fusion Roberts ■	AQUATIC EQUIPMENT INNOVATIONS Ford				
	EXPO SHOPPING 3:45pm-4:30pm										
	SA6	4:30pm- 5:45pm	EMOM - EVERY MINUTE TO WIN IT! Appel ■◀	AGE DEFYING MOBILITY TRAINING: Enhancing Longevity Webb	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy & Bannister-Munn	YOGA TOUCH Kooperman ■◀	AQUATIC AGING ATHLETE - WOMEN Warriors! Gilbert				
33	SU1	7:30am- 8:45am	TRAIN THE FEMALE ATHLETE Ross & Corso	LABLAST® CHAIR FITNESS: PULL UP A SEAT Venezio ■4	NAIL THE PERFECT WARM-UP Chilazi ■	MOVING MEDITATIONS Roberts ■	AB-SOLUTE Aqua Strength! Henry				
EMBEK	SU2	9:00am- 10:15am	SOULSTRENGTH™ EXPERIENCE Park	ACTIVE AGING PLAYGROUND Toole	MASTERING EXERCISE PROGRESSIONS WITH THE BELT SYSTEM D'Agati & Perry	FUNCTIONAL SOFT TISSUE: Mobility & Stability Chilazi	4 FUNCTIONAL Aqua circuits Layne				
Š			EXPO SHOPPING	10:00am-1:00pm							
IDAY,	SU3	10:45am- 12:00pm	PUMPED UP STRENGTH Stenis	LABLAST® FITNESS FOR ALL AGES Venezio	BASIC TO BADASS : PROGRESSIVE Training Protocols Lenart	PELVIC FLOOR MAKEOVER Head	RIDE THE WAVE Haggard & Carvalho				

CERTIFICATIONS
THURSDAY,
NOVEMBER 3

12:15pm-1:30pm





PROGRAMMING CORE WORKOUTS & Classes Chilazi





SENIOR CIRCUIT







BARREFUSION™ EXPERIENCE Coleman





HUMAN REFORMER PILATES Lenart





DEEP WAVES Henry



SCW LIFE COACHING CERTIFICATION

NUTRITION / EX. SCIENCE

KITCHEN MAKEOVER FOR FOOD LOVERS Digsby

NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION

Digsby

MAGNESIUM:BOOST PERFORMANCE, Enhance recovery



G

BUSINESS

PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL

Esquerre

CLIENT RETENTION MADE EASY D'Agati & Perry

SCULPTING YOUR PERSONAL TRAINING SUCCESS

De Leon

EXPO SHOPPING 10:00am-1:00pm

THE MENTAL WELLBEING CERTIFICATION FOR FITNESS PROFESSIONALS C. Brick and L. Brick

Pre-Recorded SESSIONS



PRE-RECORDED PERSONAL TRAINING

PRE-RECORDED Restore / Pilates / Tai-Chi

PRE-RECORDED AQUA Exercise



SIX ROOT CAUSES OF DECREASED LONGEVITY Layne	RETENTION STRATEGIES: UNLOCKING THE KEY TO CUSTOMER LOYALTY Netto		GAME YOUR CORE Velazquez	YOGA-PILATES RESTORE Bannister-Munn	H2O RAPID RESISTANCE Kulp	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS McBee
SIP OR SKIP: ALCOHOL'S TRUE IMPACT Layne ■4	START & GROW YOUR BUSINESS Kooperman, Day, Gilbert, Toole ■		HIIT 'EM UP Style dance Jam Turner	NO (DOWNWARD FACING) DOGS Allowed Fulton	AQUA ARTICULATIONS And Cardio Pyle	PUBLIC RELATIONS FOR FITNESS PROS DaCosta
EXPO SHOPPING	10:00am-11:00am	П				
PREVENTING COMMON FITNESS INJURIES Laskowski	ANTI-OBESITY WELLNESS & FITNESS PROGRAMMING Esquerre & Gilbert		ALL TIME Hiits Appel	FLOW FREE & BE Spreen-Glick	AQUA YOGA BARRE Wartenberg	YOUR FINANCIAL HEALTH Ross
EXPO SHOPPING	12:00pm-2:45pm	П				
BUILDING MUSCLE WHILE LOSING FAT Layne SESSION 2	STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL Kooperman, Toole, Roberts & Laskowski SESSION 1		TOTAL BODY STRENGTH Richards	ELEVATED: NEXT LEVEL ACTIVE RECOVERY Robinson	CORE FUSION H2O Vandenberg	GROWTH: MUST OR BUST Kooperman, Ball, Clark, Ross & Dennis
CRACKING THE CODE TO WEIGHT LOSS Toole	OPERATING A PROFITABLE Boutique Studio Gilbert ■4		73 WAYS TO HIT THE GLUTES Groves	QIGONG & SELF HEALING Craddock	WHEN BREATH MEETS WATER: Aqua Yoga Lemons	THE NUTS & Bolts of Business Esquerre
EXPO SHOPPING	3:45pm-4:30pm	П				
HOW YOU MOVE MATTERS Laskowski ■	RETHINKING OBESITY TREATMENT: Elevate your business Rogers		PLANKS WITH PROPS Esau	POPPIN' BOOTY PILATES Stys	POOL PERSONAL TRAINING Lagerhausen	SMALL BUSINESS Grassroots Marketing Kahn
SYMMETRY (BUSINESS SUMMIT OF STATE OF S	YNOTE & COCKTAILS: KEYS FOR FINANCIAL FITNESS SUCCESS trick Mummy • Room G		CORE AMORE Madden	YOGA GROOVES Brasher	H2O STRENGTH Kulp	BUILD A HIGH Performance Team Gilbert

UNDERSTANDING EXERCISE & ANTI-OBESITY MEDICATIONS Rogers ■	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Esquerre		SEXY, SMART STRENGTH FOR WOMEN McCormick	BEAUTY & THE BEAST: Yoga Power Bar Wartenberg	TABATA AQUA RUNNING & CONDITIONING Haggard	BUILDING A FINANCIALLY SUC- CESSFUL GYM Kleckner
EXPO SHOPPING	i 8:30am-9:15am	П				
KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD EXPOSHOPPING 10:30am-11:00am				t previous SCW Conventions	E-RECORDED SESSIONS) when you Add Boston MAN DED SESSIONS IN TOTAL!	
EXERCISE ANALYSIS Mack	RUN YOUR FITNESS BUSINESS!		LEG CIRCUIT Blast for Power Williams	BY ANY STRETCH Appel	FRONT & CENTER H20 Glibert	FILL YOUR SMALL Group Training Varol
EXPO SHOPPING 12:00pm-2:45pm						
PHYSICS OF PAIN & PERFORMANCE Mummy SESSION 2	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman SESSION 1		BALANCE YOUR HIIT Lenart	PILATES 4 LIFE Kahn	AQUA YOGA FOR ARTHRITIS Fairbrother	SIGNATURE SAUCE FOR SIX-FIGURE SUCCESS Diggs
STRENGTHEN THE VAGUS NERVE Layne ■	PACK YOUR PT SESSIONS: SUCCESSFUL SALES Kooperman, Toole, Webb ■<		FUNDAMENTALS OF SQUAT PROGRES- Sions And Variations Mike	HANDS ON STRETCHING Bannister-Munn	WARM WATER STRONG McCormick	STOP SELLING & Create Culture Gilbert
EXPO SHOPPING	i 3:45pm-4:30pm	П				
TRENDING DIETS & WEIGHT LOSS MEDS Digsby	CREATE CONTENT TO BOOST SALES Toole		COACHING CORE ENGAGEMENT Chilazi	THE BATTLE FOR MOBILITY McCormick	WAVES COMBAT: BEATS AND Power Moves Sepulveda	NEGOTIATION STRATEGIES FOR FITNESS PROS Thews
THE GUT – SLEEP NETWORK EFFECT Layne	INNOVATIVE TECH FOR SUPERIOR CLIENT OUTCOMES Digsby		BODY WEIGHT MILITIA Garland	FLEXIBILITY - STOP DOING IT WRONG Metcalf	CIRQUE DU SUSPEND: ÎMPACT-FREE AQUA EXERCISE Gili	BUSINESS BLUEPRINT Robinson

BODY WEIGHT MILITIA Garland	STOP DOING IT WRONG Metcalf	ÎMPACT-FREE Aqua exercise Gili	BUSINESS BLUEPRINT Robinson				
BEYOND SQUAT: Unconventional Lower Body Training Rockit	PILATES: MAT TO THE MAX Appel	AQUA STRIDES & STRENGTH Dziubinski	5 STAR MANAGEMENT Spreen-Glick				
LONG, STRONG, SCULPTED: Dynamic flexibility Chilazi	YOGA-BATA VIIT Lemons	AQUA CORE SENIOR STYLE Kulp	CLUB, STUDIO & CLIENT Retention Kooperman				
Access to pre-recorded sessions can be found at scwfit com/boston							

RECORDED SESSIONS are filmed live at this MANIA® Convention and are only available online after the event at \$60 for 60 days with unlimited access.

