



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

EXPO & SPONSORS

Aqua-Ohm.....	12	SOULfusion.....	5
Chargel.....	7	StandOut Fit Pro.....	11
Fit Bodies.....	6	Symmetry for Health.....	1,2
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Salad Master.....	25	Two Diamond Fit.....	17
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SCW.....	8, 9, 10, 14, 15, 16	Warrior.....	21
S.E.A.T.....	23		

CO-SPONSOR


SUPPORTED EXERCISE FOR AGELESS TRAINING



ASSOCIATE PLUS


The Global Health & Fitness Association








ROUNDTABLES FOR EXECUTIVES



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PARKING
Self Parking is \$10 with validation.



CERTIFICATIONS THURSDAY, MAR. 30		<div>SCW</div> ACTIVE AGING CERTIFICATION GILBERT • 9:00AM - 5:00PM	<div>SCW</div> PILATES MATWORK CERTIFICATION APPEL • 8:00AM-5:00PM	<div>SCW</div> PERSONAL TRAINING CERTIFICATION MCCORMICK • 9:00AM - 6:00PM	<div>SCW</div> LIFE COACHING CERTIFICATION SPREEN-GLICK • 9:00AM - 5:00PM	
		<div>SCW</div> GROUP EXERCISE CERTIFICATION VELAZQUEZ • 8:00AM-5:00PM	<div>SCHWINN</div> SCHWINN CYCLING CERTIFICATION THEWS • 7:00AM - 5:00PM	<div>SCW</div> SYMMETRY TECHNICIAN - ADVANCED POSTURAL CORRECTIVE EXERCISE MUMMY • 8:00AM - 5:00PM	<div>SCW</div> PRACTICAL GUIDE TO NUTRITION, HORMONES & METABOLISM LAYNE • 9:00AM-3:30PM	
📺 Indicates session is both Live (In-Person) & Recorded (Online)		<div>A</div> FUNCTION / ACTIVE AGING	<div>B</div> HIIT / STRENGTH / CORE	<div>C</div> MIND / BODY / RECOVERY	<div>D</div> GX / DANCE / BARRE / BOXING	
FRIDAY MARCH 31	FR1	7:30am-8:45am	Functional Training for Active Agers Gilbert 📺	Stabilize the Shoulder Gavigan 📺	Chair Yoga Spreen-Glick 📺	Fight Club Richards 📺
	FR2	9:00am-10:15am	Essentials of Proper Shoulder Mechanics Comana 📺	SOULstrength™: Cardio Kickboxing Intervals Park 📺	A WALL does it ALL Krauss 📺	Discover a Teaching Vacation Chilazi 📺
	EXPO SHOPPING 10:00am-11:00am					
	FR3	11:00am-12:15pm	ToughAgers® Active Older Adult Fitness Rothschild 📺	Game Your Core Velazquez 📺	FOGA- Foam Rolling and Yoga Zahnn 📺	LaBlast® Fitness: Dance, Diversity, Inclusion. Figueroa 📺
	EXPO SHOPPING 12:00pm-2:45pm					
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	99 Reasons for Foot Fitness Krauss Session 1 📺	Killer Core Appel Session 2 📺	Fire & Ice Yoga Spreen-Glick Session 2 📺	WARRIOR Combat™: Keep Fighting de Werd & Richards Session 1 📺
	FR5	2:45pm-4:00pm	Mobility, Fascia & the Active Ager McCormick 📺	Long, Strong, Sculpted: Dynamic Flexibility Chilazi 📺	Symmetry: Advanced "Postural" Corrective Exercise Mummy 📺	Move Your Core the Latin Way Rodriguez
	EXPO SHOPPING 3:45pm-4:30pm					
	FR6	4:30pm-5:45pm	Sitting Pretty: Strength & Support Gilbert 📺	Glute Training - Beginner to Advanced Johnson 📺	High Roller Appel 📺	E.M.H. Training Gavigan 📺
	FR7	6:00pm-7:00pm	<div>SCW</div> FITNESS IDOL KOOPERMAN, VELAZQUEZ, SPREEN-GLICK & DE WERD		SMR: Functional Fascia Techniques Gavigan 📺	
SATURDAY, APRIL 1	SA1	7:30am-8:45am	S.E.A.T. - Supported Exercise for Ageless Training Gilbert 📺	Bringing Back Foundation - Strength Training Johnson 📺	SOULfusion™ EXPERIENCE Park 📺	Core Training Meets Fun Rodriguez
	EXPO SHOPPING 8:30am-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	Strength Through the Ages Appel 📺	Planks in all Three Planes Chilazi 📺	The Art of Breathwork Krauss 📺	LaBlast® Fitness: Emotional Wealth Figueroa 📺
	EXPO SHOPPING 12:00pm-2:45pm					
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Active Agers From the Ground Up! Velazquez Session 2 📺	WARRIOR Rhythm: Stand Out de Werd Session 1 📺	Posture & Alignment "With Personal Training" Mummy Session 2 📺	Coconut Beach Camp by Fit Bodies, Inc. Chilazi Session 1 📺
	SA5	2:45pm-4:00pm	The Aging Brain Layne 📺	New Trainer, New Client Gavigan 📺	True Power Yoga Spreen-Glick 📺	Contender Richards 📺
	EXPO SHOPPING 3:45pm-4:30pm					
	SA6	4:30pm-5:45pm	Transformational Training After 40 McCormick 📺	Optimal Overhead Pressing Mike 📺	Happy Hips & Healthy Backs Fulton 📺	One & Done Zahnn 📺
SUNDAY, APRIL 2	SU1	7:30am-8:45am	LaBlast® Chair Fitness Figueroa 📺	How to Master the Deadlift Mike 📺	StrongHER & F.I.T. Ballard 📺	Just Beat It! Wartenberg 📺
	SU2	9:00am-10:15am	Influence of Fascia: Active Adult McCormick 📺	Fundamentals of Squat Progressions and Variations Mike 📺	BARREfusion™ Experience Park 📺	Power Dance Batyan 📺
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
	SU3	10:45am-12:00pm	WARRIOR Strength™: Put FUN in Functional de Werd 📺	Exercise Testing for Athletes and Non-Athletes Fleck 📺	Lower Body Self Care Bettendorf 📺	F.I.T. Vibe Ballard 📺
	SU4	12:15pm-1:30pm	Neural Approach to Mobility Training Bettendorf 📺	Anaerobix Fleck 📺	5 Seconds To Improved Flexibility Fulton 📺	Elite HIIT for Barre McCormick 📺
CERTIFICATIONS SUNDAY, APRIL 2		<div>SCW</div> YOGA I CERTIFICATION VELAZQUEZ • 7:30AM-3:30PM	<div>SCW</div> BOXING CERTIFICATION RICHARDS • 7:30AM-2:30PM	<div>SEAT</div> S.E.A.T. CERTIFICATION GILBERT • 7:30AM - 3:30PM	<div>SCW</div> STRETCHING & FLEXIBILITY CERTIFICATION APPEL • 7:30AM - 3:30PM	

California MANIA® Schedule



**OUTLINES,
EVALS
& CECS**
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Schwinn®: R.I.S.E. & #RideRight Vanderburg	Aqua Ease: Flexibility for Active Agers Velazquez	Myths & Science of Training Women Groves	Building Your Business Stevenson	FR1	FRIDAY, MARCH 31	
Schwinn®: Dynamic Duos - Cycling Fusion Thomson	Aqua HIIT & Box McCormick	Feasting & Fasting Layne	Successful GroupX Marketing Calendars de Werd	FR2		
EXPO SHOPPING 10:00am-11:00am						
Schwinn®: Leader of the Pack Appel	Aqua Brain Power Gilbert	Stress!! What You Should Know Comana	New World Sales & Management McBride	FR3		
EXPO SHOPPING 12:00pm-2:45pm						
Schwinn®: Let the Beat Drop Thomson Session 1	Water Works Velazquez Session 2	Five Fat-Burning Hormones Layne Session 2	Creating with Canva Hoff Session 1	FR4		
Schwinn®: Polishing Diamonds - Level Up Vanderburg	LaBlast® Splash: Emotional Wealth Figueroa	Muscle Development - Building Bigger Muscles Effectively Comana	Rebuilding Sandcastles: 2023 McBride	FR5		
EXPO SHOPPING 3:45pm-4:30pm						
	Strong & Stable Aqua Layne	The Science & Application of Assessments Groves	Retain & Engage Your Personal Training Clients Hoff	FR6	FRIDAY, MARCH 31	
	REGISTER FOR MANIA RECORDINGS AND ENJOY 100+ SESSIONS SCWFIT.COM/CALIFORNIA			FR7		
Schwinn®: Cycle Mixology - Killer Playlists Thomson	Silver Tsunami Velazquez	Eat to Lose! Seti	Stop Guessing What Your Clients Want! Stevenson	SA1		
EXPO SHOPPING 8:30am-9:15am					SATURDAY, APRIL 1	
		Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am		SA2		
EXPO SHOPPING 10:30am-11:00am						
Schwinn®: Breathly Not Breathless Vanderburg	Strength Beneath the Surface PluimMentz	Physics of Pain & Performance Mummy	Effective GX & PT Sales Strategies Panel Kooperman, Richards, de Werd, Stevenson, Clark & Johnson	SA3		
EXPO SHOPPING 12:00pm-2:45pm						
Schwinn®: Tri-Cycle Triple Threat Schneider Session 2	HIIT the Wall Gilbert Session 1	Chasing the Dragon Layne Session 1	Stand Out On Social Media Clark Session 2	SA4		
Schwinn®: Pedal N Pulse Appel	Cheeks for Weeks - H2O Gilbert	Sleep: The Weight Loss Miracle Seti	Building Successful Hybrid Businesses Vokoun	SA5		
EXPO SHOPPING 3:45pm-4:30pm						SATURDAY, APRIL 1
Schwinn®: Prime Design 2.0 Schneider	H2O Strength Velazquez	Sports Supplementation: Scientifically Backed Performance Hyde	Retired, Not Expired! Strength Training for Mature Adults Panel: Kooperman, Gilbert, Layne & Appel	SA6		
	Turbulence Training PluimMentz	Bioenergetics: Review of Energy Systems Hyde	The Beauty of Building a Brand Park	SU1	SUNDAY, APRIL 2	
	LaBlast® Splash: Emotional Wealth Figueroa	Optimal Recovery Layne	Inexpensive Marketing for Growth & Profitability Kooperman	SU2		
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
	Aqua HIIT & Run Layne	Ketogenic Diets: History and Applications Hyde	Stretching for Strength - Flexible Foundations Panel: Kooperman, Fulton, McCormick, Mike & Park	SU3		
Aqua Agility Layne	Self-Care For Your Immune System Seti	Every Day Leadership Schuler	SU4			

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