



CALIFORNIA
MANIA[®]
FITNESS PRO CONVENTION

**HEALTH & FITNESS
BUSINESS SUMMIT**

Scan Here For Outlines,
Evals & CECs/CEUs



TIME	CODE	SESSION	PRESENTER
FRIDAY, MARCH 31			
7:30am - 8:45am	FR1A	FUNCTIONAL TRAINING FOR ACTIVE AGERS	GILBERT
9:00am - 10:15am	FR2A	ESSENTIALS OF PROPER SHOULDER MECHANICS	COMANA
11:00am - 12:15pm	FR3A	TOUGHAGERS® ACTIVE OLDER ADULT FITNESS	ROTHSCHILD
12:30pm-1:45pm	FR4A	99 REASONS FOR FOOT FITNESS	KRAUSS
2:45pm - 4:00pm	FR5A	MOBILITY, FASCIA & THE ACTIVE AGER	MCCORMICK
4:30pm - 5:45PM	FR6A	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
6:00pm - 7:00pm	FR7A	FITNESS IDOL	KOOPERMAN, VELAZQUEZ, SPREEN-GLICK & de WERD
SATURDAY, APRIL 1			
7:30am - 8:45am	SA1A	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
9:15am - 10:30am	SA2A	KEYNOTE: EXERCISE IS MEDICINE	LASKOWSKI
11:00am - 12:15pm	SA3A	STRENGTH THROUGH THE AGES	APPEL
1:15pm-2:30pm	SA4A	ACTIVE AGERS FROM THE GROUND UP!	VELAZQUEZ
2:45pm - 4:00pm	SA5A	THE AGING BRAIN	LAYNE
4:30pm - 5:45pm	SA6A	TRANSFORMATIONAL TRAINING AFTER 40	MCCORMICK
SUNDAY, APRIL 2			
7:30am - 8:45am	SU1A	LABLAST® CHAIR FITNESS	FIGUEROA
9:00am - 10:15am	SU2A	INFLUENCE OF FASCIA: ACTIVE ADULT	MCCORMICK
10:45am-12:00pm	SU3A	WARRIOR STRENGTH™: PUT FUN IN FUNCTIONAL	de WERD
12:15pm-1:30pm	SU4A	NEURAL APPROACH TO MOBILITY TRAINING	BETTENDORF



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FRIDAY, MARCH 31			
7:30am - 8:45am	FR1B	STABILIZE THE SHOULDER	GAVIGAN
9:00am - 10:15am	FR2B	SOULSTRENGTH™: CARDIO KICKBOXING INTERVALS	PARK
11:00am - 12:15pm	FR3B	GAME YOUR CORE	VELAZQUEZ
1:15pm-2:30pm	FR4B	KILLER CORE	APPEL
2:45pm - 4:00pm	FR5B	LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY	CHILAZI
4:30pm - 5:45pm	FR6B	GLUTE TRAINING – BEGINNER TO ADVANCED	JOHNSON
SATURDAY, APRIL 1			
7:30am - 8:45am	SA1B	BRINGING BACK FOUNDATION – STRENGTH TRAINING	JOHNSON
11:00am - 12:15pm	SA3B	PLANKS IN ALL THREE PLANES	CHILAZI
12:30pm – 1:45pm	SA4B	WARRIOR RHYTHM™: STAND OUT	de WERD
2:45pm - 4:00pm	SA5B	NEW TRAINER, NEW CLIENT	GAVIGAN
4:30pm - 5:45pm	SA6B	OPTIMAL OVERHEAD PRESSING	MIKE
SUNDAY, APRIL 2			
7:30am - 8:45am	SU1B	HOW TO MASTER THE DEADLIFT	MIKE
9:00am - 10:15am	SU2B	FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS	MIKE
10:45am - 12:00pm	SU3B	EXERCISE TESTING FOR ATHLETES AND NON-ATHLETES	FLECK
12:15pm - 1:30pm	SU4B	ANAEROBIX	FLECK



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FRIDAY, MARCH 31			
7:30am - 8:45am	FR1C	CHAIR YOGA	SPREEN-GLICK
9:00am - 10:15am	FR2C	A WALL DOES IT ALL	KRAUSS
11:00 - 12:15pm	FR3C	FOGA-FOAM ROLLING AND YOGA	ZAHNN
1:15pm-2:30pm	FR4C	FIRE & ICE YOGA	SPREEN-GLICK
2:45pm - 4:00pm	FR5C	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE	MUMMY
4:30pm - 5:45pm	FR6C	HIGH ROLLER	APPEL
6:00pm – 7:00pm	FR7C	SMR: FUNCTIONAL FASCIA TECHNIQUES	GAVIGAN
SATURDAY, APRIL 1			
7:30am - 8:45am	SA1C	SOULFUSION™ EXPERIENCE	PARK
11:00am - 12:15pm	SA3C	THE ART OF BREATHWORK	KRAUSS
1:15pm-2:30pm	SA4C	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY
2:45pm - 4:00pm	SA5C	TRUE POWER YOGA	SPREEN-GLICK
4:30pm – 5:45pm	SA6C	HAPPY HIPS & HEALTHY BACKS	FULTON
SUNDAY, APRIL 2			
7:30am - 8:45am	SU1C	SHOULDER SOLUTIONS FOR PAIN-FREE MOVEMENT	BUTTENDORF
9:00am - 10:15am	SU2C	ACTIVE RECOVERY FOR OPTIMAL PERFORMANCE	FULTON
10:45am - 12:00pm	SU3C	LOWER BODY SELF CARE	BETTENDORF
12:15pm - 1:30pm	SU4C	5 SECONDS TO IMPROVED FLEXIBILITY	FULTON



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FRIDAY, MARCH 31			
7:30am - 8:45am	FR1D	FIGHT CLUB	RICHARDS
9:00am - 10:15am	FR2D	DISCOVER A TEACHING VACATION	CHILAZI
11:00am - 12:15pm	FR3D	LABLAST® FITNESS: DANCE. DIVERSITY. INCLUSION.	FIGUEROA
12:30pm-1:45pm	FR4D	WARRIOR COMBAT™: KEEP FIGHTING	De WERD & RICHARDS
2:45pm - 4:00pm	FR5D	MOVE YOUR CORE THE LATIN WAY	RODRIGUEZ
4:30pm - 5:45pm	FR6D	E.M.H. TRAINING	GAVIGAN
SATURDAY, APRIL 1			
7:30am - 8:45am	SA1D	CORE TRAINING MEETS FUN	RODRIGUEZ
11:00am - 12:15pm	SA3D	LABLAST® FITNESS: EMOTIONAL WEALTH	FIGUEROA
12:30pm-1:45pm	SA4D	COCONUT BEACH CAMP BY FIT BODIES, INC.	CHILAZI
2:45pm - 4:00pm	SA5D	CONTENER	RICHARDS
4:30pm – 5:45pm	SA6D	ONE & DONE	ZAHNN
SUNDAY, APRIL 2			
7:30am - 8:45am	SU1D	StrongHER & F.I.T.	BALLARD
9:00am - 10:15am	SU2D	BARREfusion™ EXPERIENCE	PARK
10:45am - 12:00pm	SU3D	F.I.T. VIBE	BALLARD
12:15pm - 1:30pm	SU4D	ELITE HIIT FOR BARRE	MCCORMICK



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FRIDAY, MARCH 31			
7:30am - 8:45am	FR1E	SCHWINN®: R.I.S.E. & #RIDERIGHT	VANDEBURG
9:00am - 10:15am	FR2E	SCHWINN®: DYNAMIC DUOS – CYCLING FUSION	THOMSON
11:00am - 12:15pm	FR3E	SCHWINN®: LEADER OF THE PACK	APPEL
12:30pm-1:45pm	FR4E	SCHWINN®: LET THE BEAT DROP	THOMSON
2:45pm - 4:00pm	FR5E	SCHWINN®: POLISHING DIAMONDS – LEVEL UP	VANDEBURG
SATURDAY, APRIL 1			
7:30am - 8:45am	SA1E	SCHWINN®: CYCLE MIXOLOGY – KILLER PLAYLIST	THOMSON
11:00am - 12:15pm	SA3E	SCHWINN®: BREATHY NOT BREATHLESS	VANDEBURG
1:15pm – 2:30pm	SA4E	SCHWINN®: TRI-CYCLE TRIPLE THREAT	SCHNEIDER
2:45pm - 4:00pm	SA5E	SCHWINN®: PEDAL N PULSE	APPEL
4:15pm - 5:30pm	SA6E	SCHWINN®: PRIME DESIGN 2.0	SCHNEIDER



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FRIDAY, MARCH 31			
7:30am - 8:45am	FR1F	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS	VELASQUEZ
9:00am - 10:15am	FR2F	AQUA HIIT & BOX	MCCORMICK
11:00am - 12:15pm	FR3F	AQUA BRAIN POWER	GILBERT
1:15pm-2:30pm	FR4F	WATER WORKS	VELASQUEZ
2:45pm - 4:00pm	FR5F	LABLAST® SPLASH: EMOTIONAL WEALTH	FIGUEROA
4:30pm - 5:45pm	FR6F	STRONG & STABLE AQUA	LAYNE
SATURDAY, APRIL 1			
7:30am - 8:45am	SA1F	SILVER TSUNAMI	VELAZQUEZ
11:00am - 12:15pm	SA3F	STRENGTH BENEATH THE SURFACE	PLUIMMENTZ
12:30pm – 1:45pm	SA4F	HIIT THE WALL	GILBERT
2:45pm - 4:00pm	SA5F	CHEEKS FOR WEEKS – H2O	GILBERT
4:30pm – 5:45pm	SA6F	H2O STRENGTH	VELAZQUEZ
SUNDAY, APRIL 2			
7:30am - 8:45am	SU1F	TURBULENCE TRAINING	PLUIMMENTZ
9:00am - 10:15am	SU2F	LABLAST® SPLASH: EMOTIONAL WEALTH	FIGUEROA
10:45am - 12:00pm	SU3F	AQUA HIIT & RUN	LAYNE
12:15pm - 1:30pm	SU4F	AQUA AGILITY	LAYNE



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FRIDAY, MARCH 31			
7:30am - 8:45am	FR1G	MYTHS & SCIENCE OF TRAINING WOMEN	GROVES
9:00am - 10:15am	FR2G	FEASTING & FASTING	LAYNE
11:00am - 12:15pm	FR3G	STRESS!! WHAT YOU SHOULD KNOW	COMANA
1:15pm-2:30pm	FR4G	FIVE FAT-BURNING HORMONES	LAYNE
2:45pm - 4:00pm	FR5G	MUSCLE DEVELOPMENT BUILDING BIGGER MUSCLES EFFECTIVELY	COMANA
4:30pm - 5:45pm	FR6G	THE SCIENCE & APPLICATION OF ASSESSMENTS	GROVES
SATURDAY, APRIL 1			
7:30am - 8:45am	SA1G	EAT TO LOSE!	SETI
11:00am - 12:15pm	SA3G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
12:30pm-1:45pm	SA4G	CHASING THE DRAGON	LAYNE
2:45pm - 4:00pm	SA5G	SLEEP: THE WEIGHT LOSS MIRACLE	SETI
4:30pm - 5:45pm	SA6G	SPORTS SUPPLEMENTATION: SCIENTIFICALLY BACKED PERFORMANCE	HYDE
SUNDAY, APRIL 2			
7:30am - 8:45am	SU1G	BIOENERGETICS: REVIEW OF ENERGY SYSTEMS	HYDE
9:00am - 10:15am	SU2G	OPTIMAL RECOVERY	LAYNE
10:45am - 12:00pm	SU3G	KETOGENIC DIETS: HISTORY AND APPLICATIONS	HYDE
12:15pm - 1:30pm	SU4G	SELF-CARE FOR YOUR IMMUNE SYSTEMS	SETI



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TIME	CODE	SESSION	PRESENTER
FRIDAY, MARCH 31			
7:30am - 8:45am	FR1H	BUILDING YOUR BUSINESS	STEVENSON
9:00am - 10:15am	FR2H	SUCCESSFUL GROUPTX MARKETING CALENDARS	de WERD
11:00am - 12:15pm	FR3H	NEW WORLD SALES & MANAGEMENT	MCBRIDE
12:30pm-1:45pm	FR4H	CREATING WITH CANVA	HOFF
2:45pm - 4:00pm	FR5H	REBUILDING SANDCASTLES: 2023	MCBRIDE
4:30pm - 5:45pm	FR6H	RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS	HOFF
SATURDAY, APRIL 1			
7:30am - 8:45am	SA1H	STOP GUESSING WHAT YOUR CLIENTS WANT!	STEVENSON
11:00pm - 12:15pm	SA3H	EFFECTIVE GX & PT SALES STRATEGIES PANEL	KOOPERMAN, RICHARDS, STEVENSON, CLARK & JOHNSON
1:15pm - 2:30pm	SA4H	STAND OUT ON SOCIAL MEDIA	CLARK
2:45pm - 4:00pm	SA5H	BUILDING SUCCESSFUL HYBRID BUSINESSES	VOKOUN
4:15pm - 5:30pm	SA6H	RETIRED, NOT EXPIRED! STRENGTH TRAINING FOR MATURE ADULTS PANEL	KOOPERMAN, GILBERT, LAYNE & APPEL
SUNDAY, APRIL 2			
7:30am - 8:45am	SU1H	THE BEAUTY OF BUILDING A BRAND	PARK
9:00am - 10:15am	SU2H	INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY	KOOPERMAN
10:45am - 12:00pm	SU3H	STRETCHING FOR STRENGTH- FLEXIBLE FOUNDATIONS PANEL	KOOPERMAN, FULTON, MCCORMICK, MIKE & PARK
12:15pm - 1:30pm	SU4H	EVERY DAY LEADERSHIP	SCHULER