



EXPO HOURS	
Friday, March 22:	10:00am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
Saturday, March 23:	8:30am – 9:15am 10:30am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
Sunday, March 24:	10:00am – 1:00pm (Closeout Shopping)

Symmetry.....	1, 2	TuBallRx.....	17
SCW Fitness.....	3, 4, 9, 10, 15, 16	XCO Latin.....	18
Grab the Gold.....	5	LaBlast.....	19
Mobility Recipe.....	6	WARRIOR.....	20
Tiger Tail.....	7	S.E.A.T.....	21
StandOut Fit-Pro.....	8	WATERinMOTION.....	22
Schwinn.....	11, 28, 29, 30	Alternative Balance.....	23
Gymnazo.....	12	GymFit Financial.....	24
SOULfusion.....	13	Two Diamond Fit.....	25
Alignment Essentials.....	14	WATERinMOTION.....	26, 27

CO-SPONSORS



ASSOCIATE PLUS



ASSOCIATE SPONSORS



SUPPORTERS



RECORDINGS, OUTLINES, EVALS & CECS

scwfit.com/CA24



OUTLINES, EVALS & CECS

scwfit.com/CA24

CERTIFICATIONS
THURSDAY, MARCH 21



SCW ACTIVE AGING
CERTIFICATION
Gilbert
9:00am-5:00pm



SCW GROUP EX
CERTIFICATION
Velazquez
8:00am-5:00pm



SCW PILATES
MATWORK
CERTIFICATION
Kahn • 8:00am-5:00pm



SCHWINN® CYCLING:
INDOOR CYCLING
CERTIFICATION
K. Roberts • 7:00am-5:00pm



WARRIOR® TAI CHI
YOGA INSTRUCTOR
CERTIFICATION
Jani Roberts
9:00am-5:00pm



RECORDINGS,
OUTLINES,
EVALS & CECS
scwfit.com/CA24

A
HIIT / CORE / STRENGTH

B
FUNCTION / ACTIVE AGING

C
GX / DANCE /
SMALL GROUP TRAINING

D
RECOVERY / MIND BODY

E
CYCLE

FRIDAY, MARCH 22	FR1	7:30am-8:45am	CORE AMORE Madden	MOBILITY TRAINING- ONLINE OR IN-PERSON Webb	INTO THE RING Spreen-Glick	PILATES 4 LIFE Kahn	WARRIOR® RIDE Jani Roberts
	FR2	9:00am-10:15am	WARRIOR STRENGTH™: SIMPLE & SERIOUSLY “STICKY” de Werd	OPEN THE “GAIT” TO FALL PREVENTION Gilbert	MOVE YOUR CORE THE LATIN WAY Reyes & Campos	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE Mummy	SCHWINN®: BIKER BARRE Thews
	EXPO SHOPPING 10:00am-11:00am						
	FR3	11:00am-12:15pm	DEEP CORE AND PELVIC FLOOR Layne	TAILORED TRAINING FOR ACTIVE AGERS Toole	BARREFUSION™ EXPERIENCE Park	WARRIOR® TAI CHI YOGA AND QI GONG FUSION Jani Roberts	SCHWINN®: SAVVY CYCLING Schneider
	EXPO SHOPPING 12:00pm-2:45pm						
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	ALL TIME HITS Appel SESSION 2	STAY ON YOUR FEET Madden SESSION 1	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED Solis & Alvarez SESSION 2	TIGER TAIL® GOODBYE BACK PAIN Zuleger SESSION 2	SCHWINN®: ROCK & ROLL RIDE K. Roberts SESSION 1
	FR5	2:45pm-4:00pm	FULL BODY 3D HIIT-CIRCUIT Hughes	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	Jani Roberts	PILATES: MAT TO THE MAX Appel	SCHWINN®: HEAR US ROAR Thews
	EXPO SHOPPING 3:45pm-4:30pm						
	FR6	4:30pm-5:45pm	CREATIVE CORE SOLUTIONS Madden	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	DYNAMIC CONDITIONING Johnson	TAI-CHI FUSED YOGA Velazquez	
	FR7	6:00pm-7:00pm		FITNESS IDOL Kooperman, Toole, Silvas & Gilbert	DANCE OFF! LaBlast®, Move to Empower, ZUMBA®, Velazquez, Haggard & Madden	RESET & RECHARGE Spreen-Glick	

SATURDAY, MARCH 23

SA1	7:30am-8:45am	FLUID CORE FUSION Velazquez	TIME WITH TISSUE Gilbert	BARRE MIXER Silvas	TRUE POWER YOGA Spreen-Glick	SCHWINN®: CYCLE A LA MODE K. Roberts
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am	 	KEYNOTE ADDRESS: PURSUING YOUR PASSIONS IN WELLNESS • Reena Vokoun, MS			9:15am-10:30am • ROOM B
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb	SOULKICKBOXING™ Park & Coleman	GENTLE YOGA FOR MOBILITY Velazquez	SCHWINN®: RHYTHM ROADTRIP Appel
EXPO SHOPPING 12:00pm-2:45pm						
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	ARM CANDY Appel SESSION 1	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert SESSION 2	WARRIOR RHYTHM™ BRAVE, BOLD & BEAUTIFUL de Werd SESSION 1	TIGER TAIL® ACTIVE RECOVERY Zuleger SESSION 2	SCHWINN®: R.I.S.E. & #RIDERIGHT Thews SESSION 1
SA5	2:45pm-4:00pm	CORE TRAINING MEETS FUN Reyes & Campos	ATHLETIC AGING Madden	LABLAST® FITNESS: BALLROOM BLITZ Solis & Alvarez	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy	SCHWINN®: CYCLE MIXOLOGY Appel
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	PICKLEBALL POWER & PERFORMANCE Kooperman	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	ZUMBA® Stone	BY ANY STRETCH Appel	SCHWINN®: BEAST MODE BEAST MODE Schneider

SUNDAY, MARCH 24

SU1	7:30am-8:45am	73 WAYS TO HIT THE GLUTES Groves	FUNCTIONAL FITNESS THROUGH MIND & MOTION Pereyra	DANCE PUMP Burdick	SOULFUSION™ EXPERIENCE Park
SU2	9:00am-10:15am	WARRIOR COMBAT™ KEEP FIGHTING Richards	ACTIVE AGING PLAYGROUND Toole	BOOT CAMP BUSINESS Silvas	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Hughes
EXPO SHOPPING 10:00am-1:00pm					
SU3	10:45am-12:00pm	SOULSTRENGTH™ EXPERIENCE Park	LABLAST® CHAIR FITNESS: PULL UP A SEAT Solis & Alvarez	TOTAL BODY STRENGTH Richards	ALL GAIN NO PAIN FOAM ROLLING Thews
SU4	12:15pm-1:30pm	PLANKS WITH PROPS Esau	MOVEMENT THROUGH MENOPAUSE Groves	F.I.T. CAMP Ballard	FLOW SLOW YOGA Thews



get certified

FOR ONLY \$199

CERTIFICATIONS
SUNDAY, MARCH 24



SCW LIFE COACHING
CERTIFICATION
Spreen
7:30am-3:30pm



SCW PERSONAL
TRAINING
CERTIFICATION
K. Roberts • 7:30am-3:30pm



SCW YOGA 1
CERTIFICATION
Velazquez
7:30am-3:30pm



SCW STRETCHING & FLEXIBILITY
TRAINING
CERTIFICATION
Appel • 7:30am-3:30pm



S.E.A.T. SUPPORTED
EXERCISE FOR AGELESS
TRAINING
CERTIFICATION
Gilbert • 7:30am-3:30pm

SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS
CERTIFICATION
Layne • 9:00am-3:30pm



MANIA®
MASHUP
Hosted by WARRIOR
6:00pm-8:00pm



WATERINMOTION
AQUA EXERCISE
CERTIFICATION
Vandenberg • 9am-5pm

F
AQUA (STARTS IN LECTURE)

G
NUTRITION / EX. SCIENCE

H
BUSINESS



RIDE THE WAVE Velazquez & Vandenberg	FUELING FOR FITNESS AND PERFORMANCE Comana	BUILD A HIGH PERFORMANCE TEAM Gilbert
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ Solis & Alvarez	SIP OR SKIP: ALCOHOL'S TRUE IMPACT Layne	SMALL BUSINESS GRASSROOTS MARKETING Kahn
EXPO SHOPPING 10:00am-11:00am		
CORE FUSION H2O Vandenberg	CHAIN REACTION BIOMECHANICS Hughes	TRENDS IN FITNESS PROGRAMMING Kooperman
EXPO SHOPPING 12:00pm-2:45pm		
BEAUTIFUL BUOYANT BOOTY Vandenberg SESSION 1	SIX ROOT CAUSES OF DECREASED LONGEVITY Layne SESSION 2	EFFECTIVE GX & PT SALES STRATEGIES PANEL Kooperman, Toole, de Werd, Clark & J. Roberts SESSION 1
SILVER TSUNAMI Velazquez & Vandenberg	THE SCIENCE OF FAT Comana	NAVIGATING LEGAL PITFALLS IN FITNESS Kooperman & Ball
EXPO SHOPPING 3:45pm-4:30pm		
GIRL MEETS BUOY Vandenberg	EXERCISE, STRESS, HORMONES AND INFLAMMATION Comana	AUTOMATE LEAD GENERATION & FOLLOW-UP PROCESSES Clark
   COCKTAILS & KEYNOTE BUSINESS INTELLIGENCE: USE YOUR DATA • Justin Raithel	ROOM H	

AQUA ZUMBA® Bostic	THE GUT - SLEEP NETWORK EFFECT Layne	7 SKILLS TO TURN PERSONAL TRAINING INTO A LIFELONG CAREER Hughes
EXPO SHOPPING 8:30am-9:15am		
 PASSION FIT PERSONAL TRAINING	KEYNOTE ADDRESS: PURSUING YOUR PASSIONS IN WELLNESS • Reena Vokoun, MS	
EXPO SHOPPING 10:30am-11:00am		
AQUA SIT TO STAND SKILLS Layne	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger	GROWTH: MUST OR BUST Kooperman, Ball, Clark, Madden & Kleckner
EXPO SHOPPING 12:00pm-2:45pm		
4 FUNCTIONAL AQUA CIRCUITS Layne SESSION 2	PHYSICS OF PAIN & PERFORMANCE Mummy SESSION 1	FIND & ENROLL CLIENTS USING SOCIAL MEDIA Clark SESSION 2
BUOY, OH BUOY, OH BUOY! Velazquez & Vandenberg	KITCHEN MAKEOVER FOR WEIGHT LOSS SUCCESS Seti	START & GROW YOUR BUSINESS Kooperman, Webb, Day & Hughes
EXPO SHOPPING 3:45pm-4:30pm		
H2O REPORTING FOR DUTY Haggard	BUILDING MUSCLE WHILE LOSING FAT Layne	TAX & FINANCIAL FITNESS BOOTCAMP Day

WATER WALKING FOR BETTER GAIT AND PERFORMANCE Pyle	MAGNESIUM: THE MIGHTY MINERAL UNVEILED Toole	AFFECTING BEHAVIOR CHANGE Silvas
SOCA SPLASH Haggard	SLEEP: THE WEIGHT LOSS MIRACLE Seti	FIND YOUR POP (ULATION) Balbi
EXPO SHOPPING 10:00am-1:00pm		
HIIT H2O FOR ALL Pyle	SELF-CARE FOR YOUR IMMUNE SYSTEM Seti	BUILDING A FINANCIALLY SUCCESSFUL GYM Kleckner
AQUA DISCO Haggard	FEED YOUR BODY & SOUL: MINDFUL EATING Pyle	

ZUMBA® JUMP START GOLD TRAINING
Stone
7:30am-3:30pm



SYMMETRY
POSTURAL MEASUREMENT
CERTIFICATION
Mummy • 7:30am-3:30pm

Pre-RecordedSESSIONS



PRE-RECORDED
HIIT / CORE / STRENGTH

PRE-RECORDED
RESTORE / PILATES / TAI-CHI

PRE-RECORDED
AQUA EXERCISE

PRE-RECORDED


HOW TO MASTER THE DEADLIFT Mike	HAPPY HIPS & HEALTHY BACKS Fulton	AQUA YOGA FLOW Warasila	INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY Kooperman
7 GAME-CHANGING GLUTE TRAINING TIPS Tumminello	HIGH ROLLER - FOAM ROLLER PILATES Appel	AQUA HIIT THE BEAT Fowler	FIRESIDE CHAT WITH MARK HARRINGTON JR. Kooperman & Harrington
SMART STRENGTH FOR THE AGELESS FEMALE Roberts	CORE YOGA STRONG Howard	AB- ARSENAL Gilbert	SUCCESSFULLY BUILD YOUR MEMBER BASE Williams
TOTAL BODY RESET Turner	LOWER BODY SELF CARE Bettendorf	MIX-MATCH AQUA MOVES TO THE MAX Howard	RETIRED, NOT EXPIRED! STRENGTH TRAINING FOR MATURE ADULTS PANEL Kooperman, Roberts, Ritchie & Gilbert
REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF Mullins	ADAPTIVE TAI-CHI: MOVING DESPITE LIMITATIONS Glassmeyer	AQUA BRAIN POWER Gilbert	RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS Hoff
LOWER BODY BURNOUT Howard	FOGA - FOAM ROLLING AND YOGA Zahnn	BARRACUDA BOOTY Kulp	NEW WORLD SALES & MANAGEMENT McBride
CORE TRAINING METHODS Mullins	CORE FORWARD PILATES Howard	10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING McCormick	BIGGEST SECRETS IN PERSONAL TRAINING SALES SUCCESS Ragaglia

ROCK BOTTOMS! BANDED BOOTY STRENGTH McDonald	TAI CHI + WEIGHTS = IRON FUSION Ross	POWER TO THE POOL Dziubinski	STRETCHING FOR STRENGTH FLEXIBLE FOUNDATIONS PANEL Kooperman, Chilazi, Appel & Roberts
GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE (filmed at previous SCW Conventions) when you Add California MANIA 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!			
CONTENDER Richards	YOGA SOUL Kooperman	CHEEKS FOR WEEKS - H2O Gilbert	PROFITABLE TRAINING WITH CLIENTS 55+ Ritchie
SL@T - STRENGTHEN, LENGTHEN & TONE Howard	FUNCTIONAL PILATES Velazquez	AQUA YOGA FOR ARTHRITIS Fairbrother	CONVERTING SOCIAL MEDIA CONTENT INTO CUSTOMERS Christopher
GLUTE TRAINING - BEGINNER TO ADVANCED Johnson	SHOULDERS: PROTECTION & PERFORMANCE Christopher	H2O TAP OUT Cofield	BUILDING SUCCESSFUL HYBRID BUSINESSES Vokoun
CREATIVE COMPOUNDS Gavigan	FOREVER PILATES Appel	EASY-GRIP AQUA DUMBBELL WORKOUT Kulp	PURPOSEFUL PROGRAMMING Madden

TOP-TIER CORE CONDITIONING Robinson	THE ART OF FLOW: YOGA BASICS Conti	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Velazquez	NEW CLIENT RETENTION McBee
G.R.I.T. - STRENGTH TRAINING FOR THE AGER Gilbert	SMR: FUNCTIONAL FASCIA TECHNIQUES Gavigan	LIQUID LEVELS Pinkowski	ENTREPRENEURSHIP & OPENING Sheppard
CORE OFF THE FLOOR Zahab	YIN TO MY YANG Malaghan	TAB-AQUA QUICKIES Howard	BUILDING YOUR BUSINESS Stevenson
Access to pre-recorded sessions can be found at scwfit.com/california			

 **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.