



California
MANIA
FITNESS PRO CONVENTION



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TIME	CODE	SESSION	PRESENTER
FRIDAY, MARCH 22			
7:30am - 8:45am	FR1A	CORE AMORE	MADDEN
9:00am - 10:15am	FR2A	WARRIOR STRENGTH™: SIMPLE & SERIOUSLY “STICKY”	DE WERD
11:00am - 12:15pm	FR3A	DEEP CORE AND PELVIC FLOOR	LAYNE
1:15PM – 2:30PM	FR4A	ALL TIME HIITS	APPEL
2:45pm - 4:00pm	FR5A	FULL BODY 3D HIIT-CIRCUIT	HUGHES
4:30pm - 5:45pm	FR6A	CREATIVE CORE SOLUTIONS	MADDEN
SATURDAY, MARCH 23			
7:30am - 8:45am	SA1A	FLUID CORE FUSION	VELAZQUEZ
11:00am - 12:15pm	SA3A	ATHLETIC WOMAN: FUNCTION & STRENGTH	HUGHES
12:30pm - 1:45pm	SA4A	ARM CANDY	APPEL
2:45pm - 4:00pm	SA5A	CORE TRAINING MEETS FUN	REYES & CAMPOS
4:30pm - 5:45pm	SA6A	PICKLEBALL POWER & PERFORMANCE	KOOPERMAN
SUNDAY, MARCH 24			
7:30am - 8:45am	SU1A	73 WAYS TO HIT THE GLUTES	GROVES
9:00am - 10:15am	SU2A	WARRIOR COMBAT™ KEEP FIGHTING	RICHARDS
10:45am - 12:00pm	SU3A	SOULSTRENGTH™ EXPERIENCE	PARK
12:15pm-1:30pm	SU4A	PLANKS WITH PROPS	ESAU



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FRIDAY, MARCH 22			
7:30am - 8:45am	FR1B	MOBILITY TRAINING – ONLINE OR IN-PERSON	WEBB
9:00am - 10:15am	FR2B	OPEN THE “GAIT” TO FALL PREVENTION	GILBERT
11:00am - 12:15pm	FR3B	TAILORED TRAINING FOR ACTIVE AGERS	TOOLE
12:30pm – 2:30pm	FR4B	STAY ON YOUR FEET	MADDEN
2:45pm - 4:00pm	FR5B	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
4:30pm - 5:45pm	FR6B	STRENGTH TRAINING FOR LONGEVITY & VITALITY II	KOOPERMAN
6:00pm – 7:00pm	FR7B	FITNESS IDOL	KOOPERMAN, TOOLE, SILVAS & GILBERT
SATURDAY, MARCH 23			
7:30am - 8:45am	SA1B	TIME WITH TISSUE	GILBERT
9:15am – 10:30am	SA2B	KEYNOTE: PURSUING YOUR PASSIONS IN WELLNESS	VOKOUN
11:00am - 12:15pm	SA3B	MASTER KNEE-PAIN REDUCTION STRATEGIES	WEBB
1:15pm – 2:30pm	SA4B	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
2:45pm - 4:00pm	SA5B	ATHLETIC AGING	MADDEN
4:30pm - 5:45pm	SA6B	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE	WEBB
SUNDAY, MARCH 24			
7:30am - 8:45am	SU1B	FUNCTIONAL FITNESS THROUGH MIND & MOTION	PEREYRA
9:00am - 10:15am	SU2B	ACTIVE AGING PLAYGROUND	TOOLE
10:45am - 12:00pm	SU3B	LABLAST® CHAIR FITNESS: PULL UP A SEAT	SOLIS & ALVAREZ
12:15pm - 1:30pm	SU4B	MOVEMENT THROUGH MENOPAUSE	GROVES



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FRIDAY, MARCH 22			
7:30am - 8:45am	FR1C	INTO THE RING	SPREEN-GLICK
9:00am - 10:15am	FR2C	MOVE YOUR CORE THE LATIN WAY	REYES & CAMPOS
11:00am - 12:15pm	FR3C	BARREFUSION™ EXPERIENCE	PARK
1:15pm – 2:30pm	FR4C	LABLAST®KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED	SOLIS & ALVAREZ
2:45pm - 4:00pm	FR5C	THE WARRIOR® WORKOUT	J. ROBERTS
4:30pm - 5:45pm	FR6C	DYNAMIC CONDITIONING	JOHNSON
6:00pm – 7:00pm	FR7C	DANCE OFF!	LABLAST®, ZUMBA®, VELAZQUEZ, HAGGARD & MADDEN
SATURDAY, MARCH 23			
7:30am - 8:45am	SA1C	BARRE MIXER	SILVAS
11:00am - 12:15pm	SA3C	SOULKICKBOXING™	PARK & COLEMAN
12:30pm-1:45pm	SA4C	WARRIOR RHYTHM™ BRAVE, BOLD & BEAUTIFUL	DE WERD
2:45pm - 4:00pm	SA5C	LABLAST® FITNESS BALLROOM BLITZ	SOLIS & ALVAREZ
4:30pm - 5:45pm	SA6C	ZUMBA®	STONE
SUNDAY, MARCH 24			
7:30am - 8:45am	SU1C	DANCE PUMP	BURDICK
9:00am - 10:15am	SU2C	BOOT CAMP BUSINESS	SILVAS
10:45am - 12:00pm	SU3C	TOTAL BODY STRENGTH	RICHARDS
12:15pm - 1:30pm	SU4C	F.I.T. CAMP	BALLARD



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FRIDAY, MARCH 22			
7:30am - 8:45am	FR1D	PILATES 4 LIFE	KAHN
9:00am - 10:15am	FR2D	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE	MUMMY
11:00am - 12:15pm	FR3D	WARRIOR® TAI CHI YOGA AND QI GONG FUSION	J. ROBERT
1:15pm – 2:30pm	FR4D	TIGER TAIL® GOODBYE BACK PAIN	ZULEGER
2:45pm - 4:00pm	FR5D	PILATES TO THE MAX	APPEL
4:30pm - 5:45pm	FR6D	TAI-CHI FUSED YOGA	VELASQUEZ
6:00pm - 7:00pm	FR7D	RESET & RECHARGE	SPREEN-GLICK
SATURDAY, MARCH 23			
7:30am – 8:45am	SA1D	TRUE POWER YOGA	SPREEN-GLICK
11:00am - 12:15pm	SA3D	GENTLE YOGA FOR MOBILITY	VELAZQUEZ
1:15pm-2:30pm	SA4D	TIGER TAIL® ACTIVE RECOVERY	ZULEGER
2:45pm - 4:00pm	SA5D	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY
4:30pm - 5:45pm	SA6D	BY ANY STRETCH	APPEL
SUNDAY, MARCH 24			
7:30am - 8:45am	SU1D	SOULFUSION™ EXPERIENCE	PARK
9:00am - 10:15am	SU2D	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY	HUGHES
10:45am - 12:00pm	SU3D	ALL GAIN NO PAIN FOAM ROLLING	THEWS
12:15pm - 1:30pm	SU4D	FLOW SLOW YOGA	THEWS



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FRIDAY, MARCH 22			
9:00am - 10:15am	FR1E	WARRIOR® RIDE	J. ROBERTS
9:00am - 10:15am	FR2E	SCHWINN®: BIKER BARRE	THEWS
11:00am - 12:15pm	FR3E	SCHWINN®: SAVVY CYCLING	SCHNEIDER
12:30pm-2:15pm	FR4E	SCHWINN®: ROCK & ROLL RIDE	K. ROBERTS
2:45pm – 5:45pm	FR5E	SCHWINN®: HEAR US ROAR	THEWS
SATURDAY, MARCH 23			
7:30am - 8:45am	SA1E	SCHWINN®: CYCLE A LA MODE	K. ROBERTS
11:00am - 12:15pm	SA3E	SCHWINN®: RHYTHM ROADTRIP	APPEL
12:30pm – 1:45pm	SA4E	SCHWINN® R.I.S.E. #RIDERIGHT	THEWS
2:45pm-4:00pm	SA5E	SCHWINN®: CYCLE MIXOLOGY	APPEL
4:30pm-5:45pm	SA6E	SCHWINN®: BEAST MODE	SCHNEIDER



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FRIDAY, MARCH 22			
7:30am - 8:45am	FR1F	RIDE THE WAVE	VELAZQUEZ & VANDENBERG
9:00am - 10:15am	FR2F	LABLAST® SPLASH: BUOYANT BALLROOM BLITZ	SOLIS & ALVAREZ
11:00am - 12:15pm	FR3F	CORE FUSION H2O	VANDENBERG
12:30pm – 1:45pm	FR4F	BEAUTIFUL BUOYANT BOOTY	VANDENBERG
2:45pm - 4:00pm	FR5F	SILVER TSUMANI	VELAZQUEZ & VANDENBERG
4:30pm - 5:45pm	FR6F	GIRL MEETS BUOY	VANDENBERG
SATURDAY, MARCH 23			
7:30am - 8:45am	SA1F	AQUA ZUMBA®	STONE
11:00am - 12:15pm	SA3F	AQUA SIT TO STAND SKILLS	LAYNE
1:15pm-2:30pm	SA4F	4 FUNCTIONAL AQUA CIRCUITS	LAYNE
2:45pm - 4:00pm	SA5F	BUOY, OH BUOY, OH BUOY!	VELAZQUEZ & VANDENBERG
4:30pm - 5:45pm	SA6F	H2O REPORTING FOR DUTY	HAGGARD
SUNDAY, MARCH 24			
7:30am - 8:45am	SU1F	WATER WALKING FOR BETTER GAIT AND PERFORMANCE	PYLE
9:00am - 10:15am	SU2F	SOCA SPLASH	HAGGARD
10:45am - 12:00pm	SU3F	HIIT H2O FOR ALL	PYLE
12:15pm - 1:30pm	SU4F	AQUA DISCO	HAGGARD



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FRIDAY, MARCH 22			
7:30am - 8:45am	FR1G	FUELING FOR FITNESS AND PERFORMANCE	COMANA
9:00am - 10:15am	FR2G	SIP OR SKIP: ALCOHOL'S TRUE IMPACT	LAYNE
11:00am - 12:15pm	FR3G	CHAIN REACTION BIOMECHANICS	HUGHES
1:15PM – 2:30PM	FR4G	SIX ROOT CAUSES OF DECREASED LONGEVITY	LAYNE
2:45pm - 4:00pm	FR5G	THE SCIENCE OF FAT	COMANA
4:30pm - 5:45pm	FR6G	EXERCISE, STRESS, HORMONES, AND INFLAMMATION	COMANA
SATURDAY, MARCH 23			
7:30am - 8:45am	SA1G	THE GUT – SLEEP NETWORK EFFECT	LAYNE
11:00am - 12:15pm	SA3G	MYOFACIAL RELEASE: THE VAGUS NERVE	ZULEGAR
12:30pm-1:15pm	SA4G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
2:45pm - 4:00pm	SA5G	KITCHEN MOKEOVER FOR WEIGHT LOSS SUCCESS	SETI
4:30pm - 5:45pm	SA6G	BUILDING MUSCLE WHILE LOSING FAT	LAYNE
SUNDAY, MARCH 24			
7:30am - 8:45am	SU1G	MAGNESIUM: THE MIGHTY MINERAL UNVEILED	TOOLE
9:00am - 10:15am	SU2G	SLEEP: THE WEIGHT LOSS MIRACLE	SETI
10:45am - 12:00pm	SU3G	SELF-CARE FOR YOUR IMMUNE SYSTEM	SETI
12:15pm-1:30pm	SU4G	FEED YOUR BODY & SOUL: MINDFUL EATING	PYLE



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FRIDAY, MARCH 22			
7:30am - 8:45am	FR1H	BUILD A HIGH-PERFORMANCE TEAM	GILBERT
9:00am - 10:15am	FR2H	SMALL BUSINESS GRASSROOTS MARKETING	KAHN
11:00am - 12:15pm	FR3H	TRENDS IN FITNESS PROGRAMMING	KOOPERMAN
12:30pm-1:45pm	FR4H	EFFECTIVE GX & PT SALES STRATEGIES PANEL	KOOPERMAN, TOOLE, DE WERD, CLARK & J. ROBERTS
2:45pm - 4:00pm	FR5H	NAVIGATING LEGAL PITFALLS IN FITNESS	KOOPERMAN & BALL
4:30pm - 5:45pm	FR6H	AUTOMATED LEAD & FOLLOW-UP PROCESSES	CLARK
6:00pm-7:00pm	FR7H	SYMMETRY BUSINESS KEYNOTE: USE YOUR DATA	RAITHEL
SATURDAY, MARCH 23			
7:30am - 8:45am	SA1H	7 SKILLS TO TURN PERSONAL TRAINING INTO A LIFELONG CAREER	HUGHES
11:00am - 12:15pm	SA3H	GROWTH: MUST OR BUST	KOOPERMAN, BALL, CLARK, MADDEN & KLECKNER
1:15pm – 2:30pm	SA4H	FIND & ENROLL CLIENTS USING SOCIAL MEDIA	CLARK
2:45pm - 4:00pm	SA5H	START & GROWN YOUR BUSINESS	KOOPERMAN, WEBB, DAY & HUGHES
4:30pm - 5:45pm	SA6H	TAX & FINANCIAL FITNESS BOOTCAMP DAY	DAY
SUNDAY, MARCH 24			
7:30am - 8:45am	SU1H	AFFECTING BEHAVIOR CHANGE	SILVAS
9:00am - 10:15am	SU2H	FIND YOUR POP(ULATION)	BALBI
10:45am - 12:00pm	SU3H	BUILDING A FINANCIALLY SUCCESSFUL GYM	KLECHNER