



EXPO HOURS	
FRIDAY, FEB 24	10:15am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
SATURDAY, FEB 25	8:45am – 9:15am 10:30am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
SUNDAY, FEB 26	10:00am – 1:00pm

## EXPO & SPONSORS

Aqua-Ohm.....	28	Physique 57.....	17
BoCo Bar.....	9	SCW.....	19, 20, 21, 22, 24, 25
Detric Smith.....	4	S.E.A.T.....	13
Fit Bodies.....	6	Soul Fusion.....	12
Heavy Metal Rollerz.....	26	Symmetry Alignment.....	15, 16
Hot Booty Ballet.....	5	Tramp Camp.....	10
Jetti.....	11	Two Diamond Fit.....	7
Kinestherapy.....	29	VK Professional Services.....	3
LaBlast.....	8	Warrior.....	23
MESO Fit.....	14	WATERinMOTION.....	30
OHM Fitness.....	27	Xco Latin by Jackie.....	18

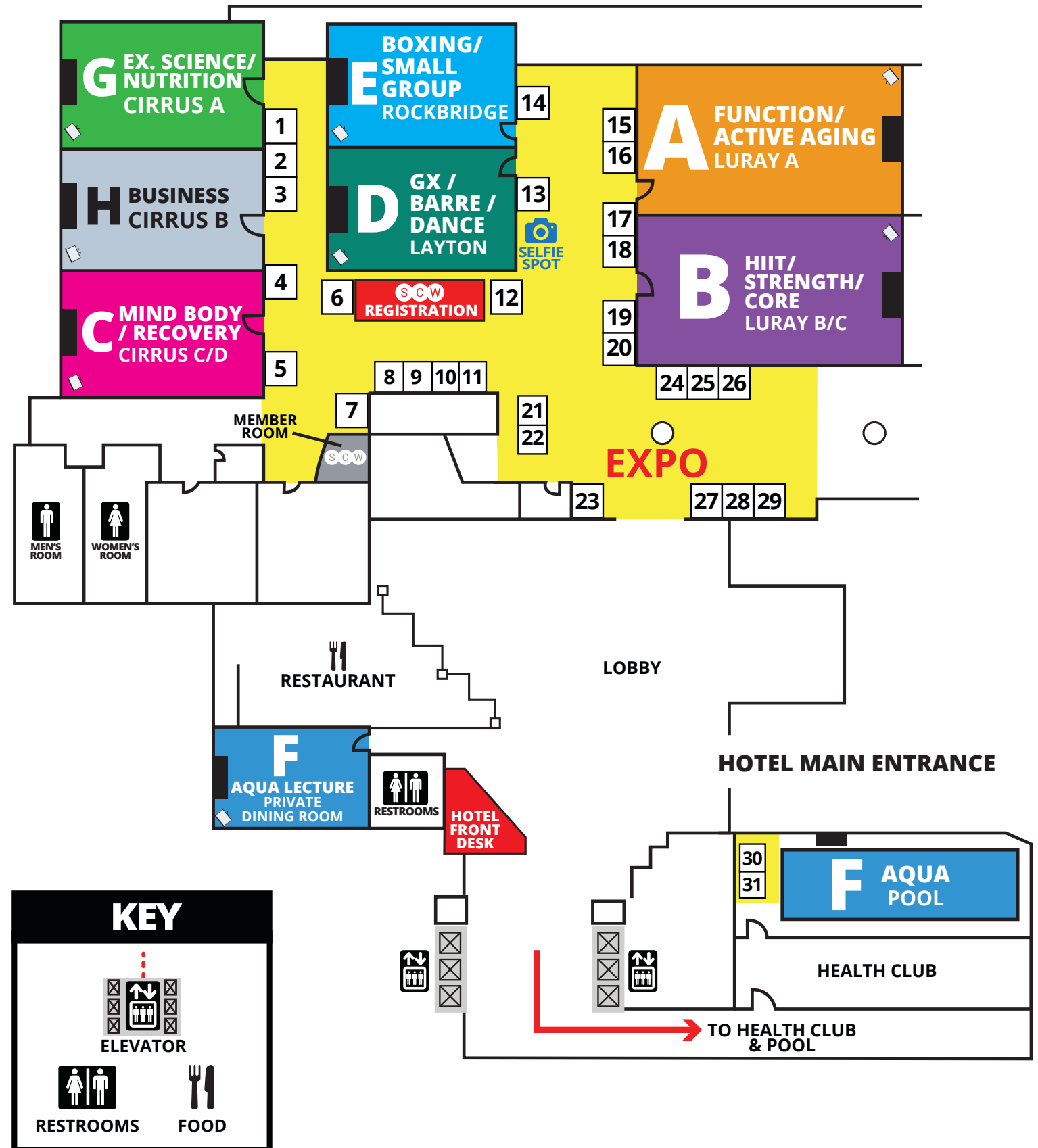
### CO-SPONSOR



### ASSOCIATE PLUS



### ASSOCIATE SPONSORS



CERTIFICATIONS  
THURSDAY, FEB. 23

SCW

ACTIVE AGING CERTIFICATION  
GILBERT • 9:00AM - 5:00PM

SCW

PILATES MATWORK CERTIFICATION  
APPEL • 8:00AM-5:00PM

SCW

PERSONAL TRAINING CERTIFICATION  
MCCORMICK • 9:00AM - 6:00PM

SCW

LIFE COACHING CERTIFICATION  
TOOLE • 9:00AM - 3:30PM

SCW

GROUP EXERCISE CERTIFICATION  
VELAZQUEZ • 8:00AM-5:00PM

water motion

WATERINMOTION™  
AQUA EXERCISE CERTIFICATION  
KULP • 8:00AM-5:00PM

SCW

SYMMETRY TECHNICIAN - ADVANCED  
POSTURAL CORRECTIVE EXERCISE  
MUMMY • 8:00AM - 5:00PM

SCW

PRACTICAL GUIDE TO NUTRITION,  
HORMONES & METABOLISM  
LAYNE • 9:00AM-3:30PM

Indicates session is both  
Live (In-Person) &  
Recorded (Online)

		A FUNCTION / ACTIVE AGING	B HIIT / STRENGTH / CORE	C MIND / BODY / RECOVERY	D GX / DANCE/ BARRE		
FRIDAY FEB. 24	FR1	7:30am-8:45am	Functional Training for Active Agers Gilbert	Top Tier Core Conditioning Robinson	Tai-Chi Fused Yoga Velazquez	TRAMP CAMP. Let's JUMPstart MANIA® Ursaner	
	FR2	9:00am-10:15am	Strength Training for Longevity & Vitality Kooperman	SOULstrength™ EXPERIENCE Lubov	Mat to the Max Appel	LaBlast® Fitness: Dance. Diversity. Inclusion. Perodeau	
	EXPO SHOPPING 10:00am-11:00am						
	FR3	11:00am-12:15pm	Sitting Pretty: Strength & Support Gilbert	Crunchless Core for Barre Weihl	Got Back Pain? Garcia	Hot Booty Ballet™ Ghadban	
	EXPO SHOPPING 12:00pm-2:45pm						
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Jetti: Fitness Freedom for all Ages Boyle Session 1	WARRIOR Strength™ de Werd Session 1	Myofascial Recovery Garcia Session 2	Move Your Core the Latin Way Rodriguez Session 2	
	FR5	2:45pm-4:00pm	Bodyfit: Tips on Modifications Ross	Back, Booty & Core Connection Appel	Symmetry: Advanced Postural Corrective Exercise Mummy	Stability Ball Breakthrough Bannister-Munn	
	EXPO SHOPPING 3:45pm-4:30pm						
	FR6	4:30pm-5:45pm	Functional Fitness 50+ Toole	Create a Signature HIIT Class Medina	Hands on Stretching Bannister-Munn	Barre Blueprint Appel	
	FR7	6:00pm-7:00pm	SCW FITNESS IDOL KOOPERMAN, VELAZQUEZ, BANNISTER-MUNN & DE WERD		Planks in all Three Planes Chilazi	Yoga-Bata VIIT Malaghan	Heavy Metal Rollerz Fit Klinger
SATURDAY, FEB. 25	SA1	7:30am-8:45am	S.E.A.T. - Supported Exercise for Ageless Training Gilbert	Sexy, Smart Strength for Women McCormick	5 Seconds To Improved Flexibility Fulton	Building Better Butts Mullins	
	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	Aging With Strength & Grace Dziubinski	Functional Core Training Garcia	SOULfusion™ EXPERIENCE Lubov	Bare Barre Becker	
	EXPO SHOPPING 12:00pm-2:45pm						
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	TRAMP CAMP: Bounce Basics Ursaner Session 2	WARRIOR Rhythm: The Guts to Stand Out de Werd Session 1	Discover a Teaching Vacation Chilazi Session 1	Jetti Flow & Barre Mendoza Session 2	
	SA5	2:45pm-4:00pm	Active Agers From the Ground Up! Velazquez	Bring the Toys! Bannister-Munn	Posture & Alignment With Personal Training Mummy	LaBlast® Fitness: Emotional Wealth Perodeau	
	EXPO SHOPPING 3:45pm-4:30pm						
	SA6	4:30pm-5:45pm	Functional Training With Foam Rollers Garcia	Game Your Core Velazquez	Yoga Restore Bannister-Munn	Core Training Meets Fun Rodriguez	
SUNDAY, FEB. 26	SU1	7:30am-8:45am	LaBlast® Chair Fitness Perodeau	Core Training Methods Mullins	The Battle for Mobility McCormick	Just Beat It! Wartenberg	
	SU2	9:00am-10:15am	Pre-Hab for Older Adults Wartenberg	WARRIOR Rhythm™ Conser	Active Recovery for Optimal Performance Fulton	Power Dance Batyan	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
	SU3	10:45am-12:00pm	Perfect Programming for Active Agers Toole	Dynamic Core Training McBee	Muscle Care - Happy Hips & Healthy Backs Fulton	BARRefusion™ EXPERIENCE Lubov	
	SU4	12:15pm-1:30pm	Redefine Functional Training - Redefine Yourself Mullins	Long, Strong, Sculpted: Dynamic Flexibility Chilazi	TRAMP CAMP: Rebound Recovery Ursaner	FitBarre Wartenberg	

CERTIFICATIONS  
SUNDAY, FEB. 26

SCW

YOGA I CERTIFICATION  
VELAZQUEZ • 7:30AM-3:30PM

SCW

BARRE CERTIFICATION  
APPEL • 7:30AM - 3:30PM

SEAT

S.E.A.T. CERTIFICATION  
GILBERT • 7:30AM - 3:30PM

SCW

AQUATIC EXERCISE CERTIFICATION  
DZIUBINSKI • 7:30AM - 3:30PM

# DC MANIA® Schedule





OUTLINES, EVALS  
& CECS

scwfit.com/DC23

HEALTH & FITNESS  
BUSINESS SUMMIT

SCW Health & Fitness  
Business Summit  
Give your fitness business  
the attention it deserves.  
scwfit.com/business

E BOXING / SMALL GROUP	F AQUA (STARTS IN LECTURE)	G NUTRITION / EXERCISE SCIENCE	H BUSINESS	
Kinestherapy Wise	Aqua Interval Integration Dziubinski	Fad Diets & Failed Expectations Toole	Smart Strategies for Serious Sales Smith	FR1
LIT 101 (Low Impact Training) Robinson	Water Works Velazquez, Kulp & Carvalho	Five Fat- Burning Hormones Layne	Rebuilding Sandcastles: 2023 McBride	FR2
EXPO SHOPPING 10:00am-11:00am				
Coconut Beach Camp by Fit Bodies, Inc. Chilazi	Barracuda Booty Kulp	Healthy Weight: Defined by a Dietitian Digsby	The Future of Fitness Panel Kooperman, Clark, Toole, McBride & Darden	FR3
EXPO SHOPPING 12:00pm-2:45pm				
Kickbox vs. Resistance Medina Session 1	LaBlast® Splash: Emotional Wealth Session 2	Healthy Eating for Active Agers Malaghan Session 1	Fitness & Wellness Advocacy Panel Kooperman, Clark, Richards, McBride & Darden Session 2	FR4
Movement Training: Keeping it R.A.W.®! Robbins	Splish Splash Calorie Smash Malaghan	Protein Power Digsby	Slingshot Leadership Darden	FR5
EXPO SHOPPING 3:45pm-4:30pm				
Contender Richards	Stride & Strength H2O Dziubinski	Building Bone Layne	Grow Your Business Through Community Shulman	FR6
	REGISTER FOR MANIA RECORDINGS AND ENJOY 100+ SESSIONS SCWFIT.COM/DC 			FR7
Killer Kardio Richards	Tidal Toning Kulp	Optimal Recovery Layne	Content Creation in Paradise Ghadban	SA1
EXPO SHOPPING 8:30am-9:15am				
	 Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am			SA2
EXPO SHOPPING 10:30am-11:00am				
Make Your BrainSweat® Robbins	Silver Tsunami Velazquez, Kulp & Carvalho	Physics of Pain & Performance Mummy	Inexpensive Marketing for Growth & Profitability Kooperman	SA3
EXPO SHOPPING 12:00pm-2:45pm				
Arm Candy Appel Session 2	H2O Strength Velazquez, Kulp & Carvalho Session 1	Perfect Practice Makes Perfect Laskowski Session 1	Know Your Worth: Fitness Financial Wellness Ross Session 2	SA4
Fight Club Richards	Strength Beneath the Surface PluimMentz	Nutrition Panel Layne, Digsby, Toole & Malaghan	Becoming the Boss Smith	SA5
EXPO SHOPPING 3:45pm-4:30pm				
Barefoot Kickbox Medina	Aqua HIIT & Box McCormick	Stopping Inflammation Through Nutrition Layne	Effective Group EX & PT Sales Strategies Panel Kooperman, Richards, Toole & Gilbert	SA6
Kinestherapy Circuit	Strong & Stable Aqua Layne	Getting Clients Lean Healthfully Digsby	Top 10 REX Strategies for 2023 Flatley	SU1
Gravity is Your Best Friend Zaffino	Aqua Disco Haggard	What Do You Eat? Ross	Connect Your Passion to Your Plies Becker & Weihl	SU2
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
A Dance for all Seasons Wartenberg & Haggard	Smart Sets for Aqua Dumbbells Kulp	Feasting & Fasting? Layne	Making Small Group Training Work! Edwards	SU3
Disco & Dumbbells Haggard	Swim Up Barre Malaghan	Low T for Women? McCormick	Personal and Small Group Training Sales McBee	SU4

SCW

BOXING CERTIFICATION  
RICHARDS • 7:30AM-2:30PM

WARRIOR RHYTHM™ INSTRUCTOR TRAINING  
DE WERD • 7:30AM - 3:30PM

jetti

JETTI INSTRUCTOR TRAINING  
BOYLE • 9:00AM -1:30PM

www.scwfit.com/DC