



DC SCW
MANIA[®]
FITNESS PRO CONVENTION

HEALTH & FITNESS
BUSINESS SUMMIT

Scan Here For Outlines,
Evals & CECs/CEUs



TIME	CODE	SESSION	PRESENTER
FRIDAY, FEBRUARY 24			
7:30am - 8:45am	FR1A	FUNCTIONAL TRAINING FOR ACTIVE AGERS	GILBERT
9:00am - 10:15am	FR2A	STRENGTH TRAINING FOR LONGEVITY & VITALITY	KOOPERMAN
11:00am - 12:15pm	FR3A	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
12:30pm-1:45pm	FR4A	JETTI: FITNESS FREEDOM FOR ALL AGES	BOYLE
2:45pm - 4:00pm	FR5A	BODYFIT: TIPS ON MODIFICATIONS	ROSS
4:30pm - 5:45PM	FR6A	FUNCTIONAL FITNESS 50+	TOOLE
6:00pm - 7:00pm	FR7A	FITNESS IDOL	KOOPERMAN, VELAZQUEZ, BANNISTER- MUNN & de WERD
SATURDAY, FEBRUARY 25			
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	AGING WITH STRENGTH & GRACE	DZIUBINSKI
1:15pm-2:30pm	SA4A	TRAMP CAMP: BOUNCE BASICS	URSANER
2:45pm - 4:00pm	SA5A	ACTIVE AGERS FROM THE GROUND UP!	VELAZQUEZ
4:30pm - 5:45pm	SA6A	FUNCTIONAL TRAINING WITH FOAM ROLLERS	GARCIA
SUNDAY, FEBRUARY 26			
7:30am - 8:45am	SU1A	LABLAST® CHAIR FITNESS	COOPERMAN
9:00am - 10:15am	SU2A	PRE-HAB FOR OLDER ADULTS	WARTENBERG
10:45am - 12:00pm	SU3A	PERFECT PROGRAMMING FOR ACTIVE AGERS	TOOLE
12:15pm - 1:30pm	SU4A	REDEFINE FUNCTIONAL TRAINING – REDEFINE YOURSELF	MULLINS



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FRIDAY, FEBRUARY 24			
7:30am - 8:45am	FR1B	TOP TIER CORE CONDITIONING	ROBINSON
9:00am - 10:15am	FR2B	SOULSTRENGTH™ EXPERIENCE	LUBOV
11:00am - 12:15pm	FR3B	CRUNCHLESS CORE FOR BARRE	WEIHI
12:30pm -1:45pm	FR4B	WARRIOR STRENGTH™	de WERD
2:45pm - 4:00pm	FR5B	BACK, BOOTY & CORE CONNECTION	APPEL
4:30pm - 5:45pm	FR6B	CREATE A SIGNATURE HIIT CLASS	MEDINA
6:00pm – 7:00pm	FR7B	PLANKS IN ALL THREE PLANES	CHILAZI
SATURDAY, FEBRUARY 25			
7:30am - 8:45am	SA1B	SEXY, SMART STRENGTH FOR WOMEN	MCCORMICK
11:00am - 12:15pm	SA3B	FUNCTIONAL CORE TRAINING	GARCIA
12:30pm – 1:45pm	SA4B	WARRIOR RHYTHM™: THE GUTS TO STAND OUT	de WERD
2:45pm - 4:00pm	SA5B	BRING THE TOYS!	BANNISTER-MUNN
4:30pm - 5:45pm	SA6B	GAME YOUR CORE	VELAZQUEZ
SUNDAY, FEBRUARY 26			
7:30am - 8:45am	SU1B	CORE TRAINING METHODS	MULLINS
9:00am - 10:15am	SU2B	WARRIOR RHYTHM™	CONSER
10:45am - 12:00pm	SU3B	DYNAMIC CORE TRAINING	MCBEE
12:15pm - 1:30pm	SU4B	LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY	CHILAZI



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FRIDAY, FEBRUARY 24			
7:30am - 8:45am	FR1C	TAI-CHI FUSED YOGA	VELAZQUEZ
9:00am - 10:15am	FR2C	MAT TO THE MAX	APPEL
11:00 - 12:15pm	FR3C	GOT BACK PAIN?	GARCIA
1:15pm-2:30pm	FR4C	MYOFASCIAL RECOVERY	GARCIA
2:45pm - 4:00pm	FR5C	SYMMETRY: ADVANCED CORRECTIVE EXERCISE	MUMMY
4:30pm - 5:45pm	FR6C	HANDS ON STRETCHING	BANNISTER-MUNN
6:00pm – 7:00pm	FR7C	YOGA-BATA VIIT	MALAGHAN
SATURDAY, FEBRUARY 25			
7:30am - 8:45am	SA1C	5 SECONDS TO IMPROVE FLEXIBILITY	FULTON
11:00am - 12:15pm	SA3C	SOULFUSION™ EXPERIENCE	LUBOV
12:30pm - 1:45pm	SA4C	DISCOVER A TEACHING VACATION	CHILAZI
2:45pm - 4:00pm	SA5C	POSTURE & ALIGNMENT	MUMMY
4:30pm – 5:45pm	SA6C	YOGA RESTORE	BANNISTER-MUNN
SUNDAY, FEBRUARY 26			
7:30am - 8:45am	SU1C	THE BATTLE FOR MOBILITY	MCCORMICK
9:00am - 10:15am	SU2C	ACTIVE RECOVERY FOR BETTER RESULTS	FULTON
10:45am - 12:00pm	SU3C	MUSCLE CARE – HAPPY HIPS & HEALTHY BACKS	FULTON
12:15pm - 1:30pm	SU4C	TRAMP CAMP: REBOUND RECOVERY	URSANER



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7:30am - 8:45am	FR1D	TRAMP CAMP: LET’S JUMPstartMANIA®	URSANER
9:00am - 10:15am	FR2D	LABLAST® FITNESS: DANCE. DIVERSITY. INCLUSION	COOPERMAN
11:00am - 12:15pm	FR3D	HOT BOOTY BALLET™	GHADBAN
1:15pm – 2:30pm	FR4D	MOVE YOUR CORE THE LATIN WAY	RODRIGUEZ
2:45pm - 4:00pm	FR5D	STABILITY BALL BREAKTHROUGH	BANNISTER-MUNN
4:30pm - 5:45pm	FR6D	BARRE BLUEPRINT	APPEL
6:00pm - 7:00pm	FR7D	HEAVY METAL ROLLERZ FIT	KLINGER
SATURDAY, FEBRUARY 25			
7:30am - 8:45am	SA1D	BUILDING BETTER BUTTS	MULLINS
11:00am - 12:15pm	SA3D	BARE BARRE	BECKER
1:15pm - 2:30pm	SA4D	JETTI FLOW & BARRE	MENDOZA
2:45pm - 4:00pm	SA5D	LABLAST® FITNESS: EMOTIONAL WEALTH	COOPERMAN & MIKSZAN
4:30pm – 5:45pm	SA6D	CORE TRAINING MEETS FUN	RODRIGUEZ
SUNDAY, FEBRUARY 26			
7:30am - 8:45am	SU1D	JUST BEAT IT!	WARTENBERG
9:00am - 10:15am	SU2D	POWER DANCE	BATYAN
10:45am - 12:00pm	SU3D	BARREFUSION™ EXPERIENCE	LUBOV
12:15pm - 1:30pm	SU4D	FITBARRE	WARTENBERG



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FRIDAY, FEBRUARY 24			
7:30am - 8:45am	FR1E	KINESTHERAPY	WISE
9:00am - 10:15am	FR2E	LIT 101 (LOW IMPACT TRAINING)	ROBINSON
11:00am - 12:15pm	FR3E	COCONUT BEACH CAMP BY FIT BODIES, INC	CHILAZI
12:30pm-1:45pm	FR4E	KICKBOX VS. RESISTANCE	MEDINA
2:45pm - 4:00pm	FR5E	MOVEMENT TRAINING: KEEPING IT RAW!	ROBBINS
4:30pm - 5:45pm	FR6E	CONTENDER	RICHARDS
SATURDAY, FEBRUARY 25			
7:30am - 8:45am	SA1E	KILLER KARDIO	RICHARDS
11:00am - 12:15pm	SA3E	MAKE YOUR BRAIN SWEAT	ROBBINS
1:15pm – 2:30pm	SA4E	ARM CANDY	APPEL
2:45pm - 4:00pm	SA5E	FIGHT CLUB	RICKARDS
4:15pm - 5:30pm	SA6E	BAREFOOT KICKBOX	MEDINA
SUNDAY, FEBRUARY 26			
7:30am - 8:45am	SU1E	KINESTHERAPY CIRCUIT	WISE
9:00am - 10:15am	SU2E	THE POWER OF GRAVITY	ZAFFINO
10:45am-12:00pm	SU3E	A DANCE FOR ALL SEASONS	WARTENBERG & HAGGARD
12:15pm-1:30pm	SU4E	DISCO & DUMBBELLS	HAGGARD



TIME	CODE	SESSION	PRESENTER
FRIDAY, FEBRUARY 24			
7:30am - 8:45am	FR1F	AQUA INTERVAL INTEGRATION	DZIUBINSKI
9:00am - 10:15am	FR2F	WATER WORKS	VELAZQUEZ, KULP & CARVALHO
11:00am - 12:15pm	FR3F	BARRACUDA BOOTY	KULP
1:15pm-2:30pm	FR4F	LABLAST® SPLASH: EMOTIONAL WEALTH	MIKSZAN
2:45pm - 4:00pm	FR5F	SPLISH SPLASH CALORIE SMASH	MALAGHAN
4:30pm - 5:45pm	FR6F	STRIDE & STRENGTH H2O	DZIUBINSKI
SATURDAY, FEBRUARY 25			
7:30am - 8:45am	SA1F	TIDAL TONING	KULP
11:00am - 12:15pm	SA3F	SILVER TSUNAMI	VELAZQUEZ, KULP & CARVALHO
12:30pm – 1:45pm	SA4F	H2O STRENGTH	VELAZQUEZ, KULP & CARVALHO
2:45pm - 4:00pm	SA5F	STRENGTH BENEATH THE SURFACE	PLUIMMENTZ
4:30pm – 5:45pm	SA6F	AQUA HIIT & BOX	MCCORMICK
SUNDAY, FEBRUARY 26			
7:30am - 8:45am	SU1F	STRONG & STABLE AQUA	LAYNE
9:00am - 10:15am	SU2F	AQUA DISCO	HAGGARD
10:45am - 12:00pm	SU3F	SMART SETS FOR AQUA DUMBBELLS	KULP
12:15pm - 1:30pm	SU4F	SWIM UP BARRE	MALAGHAN



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FRIDAY, FEBRUARY 24			
7:30am - 8:45am	FR1G	FAD DIETS & FAILED EXPECTATIONS	TOOLE
9:00am - 10:15am	FR2G	FIVE FAT-BURNING HORMONES	LAYNE
11:00am - 12:15pm	FR3G	HEALTHY WEIGHT: DEFINED BY A DIETITIAN	DIGSBY
12:30pm – 1:45pm	FR4G	HEALTHY EATING FOR ACTIVE AGERS	MALAGHAN
2:45pm - 4:00pm	FR5G	PROTEIN POWER	DIGSBY
4:30pm - 5:45pm	FR6G	BUILDING BONE	LAYNE
SATURDAY, FEBRUARY 25			
7:30am - 8:45am	SA1G	OPTIMAL RECOVERY	LAYNE
11:00am - 12:15pm	SA3G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
12:30pm-1:45pm	SA4G	PERFECT PRACTICE MAKES PERFECT	LASKOWSKI
2:45pm - 4:00pm	SA5G	NUTRITION PANEL	LAYNE, DIGSBY, TOOLE & MALAGHAN
4:30pm - 5:45pm	SA6G	STOPPING INFLAMMATION THROUGH NUTRITION	LAYNE
SUNDAY, FEBRUARY 26			
7:30am - 8:45am	SU1G	GETTING CLIENTS LEAN HEALTHFULLY	DIGSBY
9:00am - 10:15am	SU2G	WHAT DO YOU EAT?	ROSS
10:45am - 12:00pm	SU3G	FEASTING & FASTING?	LAYNE
12:15pm - 1:30pm	SU4G	LOW T FOR WOMEN?	MCCORMICK



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TIME	CODE	SESSION	PRESENTER
FRIDAY, FEBRUARY 24			
7:30am - 8:45am	FR1H	SMART STRATEGIES FOR SERIOUS SALES	SMITH
9:00am - 10:15am	FR2H	REBUILDING SANDCASTLES: 2023	MCBRIDE
11:00am - 12:15pm	FR3H	THE FUTURE OF FITNESS PANEL	KOOPERMAN, CLARK, RICHARDS, MCBRIDE & DARDEN
1:15pm – 2:30pm	FR4H	FITNESS & WELLNESS ADVOCACY PANEL	KOOPERMAN, CLARK, RICHARDS, MCBRIDE & DARDEN
2:45pm - 4:00pm	FR5H	SLINGSHOT LEADERSHIP	DARDEN
4:30pm - 5:45pm	FR6H	GROW YOUR BUSINESS THROUGH COMMUNITY	SHULMAN
SATURDAY, FEBRUARY 25			
7:30am - 8:45am	SA1H	CONTENT CREATION IN PARADISE	GHADBAN
11:00pm - 12:15pm	SA3H	INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY	KOOPERMAN
1:15pm - 2:30pm	SA4H	KNOW YOUR WORTH: FITNESS FINANCIAL WELLNESS	ROSS
2:45pm - 4:00pm	SA5H	BECOMING THE BOSS	SMITH
4:15pm - 5:30pm	SA6H	EFFECTIVE GROUP EX & PT SALES STRATEGIES PANEL	KOOPERMAN, RICHARDS, TOOLE & GILBERT
SUNDAY, FEBRUARY 26			
7:30am - 8:45am	SU1H	TOP 10 REX STRATEGIES FOR 2023	FLATLEY
9:00am - 10:15am	SU2H	CONNECT YOUR PASSION TO YOUR PLIES	BECKER & WEIHL
10:45am - 12:00pm	SU3H	MAKING SMALL GROUP TRAINING WORK!	EDWARDS
12:15pm - 1:30pm	SU4H	PERSONAL AND SMALL GROUP TRAINING SALES	MCBEE