

EXPO HOURS

Friday, Feb. 23: 10:00am – 11:00am
12:00pm – 2:45pm
3:45pm – 4:30pm

Saturday, Feb. 24: 8:30am – 9:15am
10:30am – 11:00am
12:00pm – 2:45pm
3:45pm – 4:30pm

Sunday, Feb. 25: 10:00am – 1:00pm
(Closeout Shopping)

Sarge Fitt.....1
ZUMBA[®].....2
SOULfusion™.....3
Alperian.....4
LaBlast[®].....5
Two Diamond Fit.....6
Gymnazo.....7
Detric Smith.....8
Mobility Recipe.....9
StandOut Fit-Pro.....10
fitDEGREE.....11

Soulbody Fitness.....12
Alternative Balance[®].....13
GymFit Financial.....14
ToughAgers.....15
VK Professionals.....16
Grab the Gold.....17
TigerTail.....18
S.E.A.T.....19
WATERinMOTION[®].....20
WARRIOR.....21
SCW Fitness.....22, 23, 24, 25, 26, 27

CO-SPONSOR



ASSOCIATE PLUS



ASSOCIATE SPONSORS

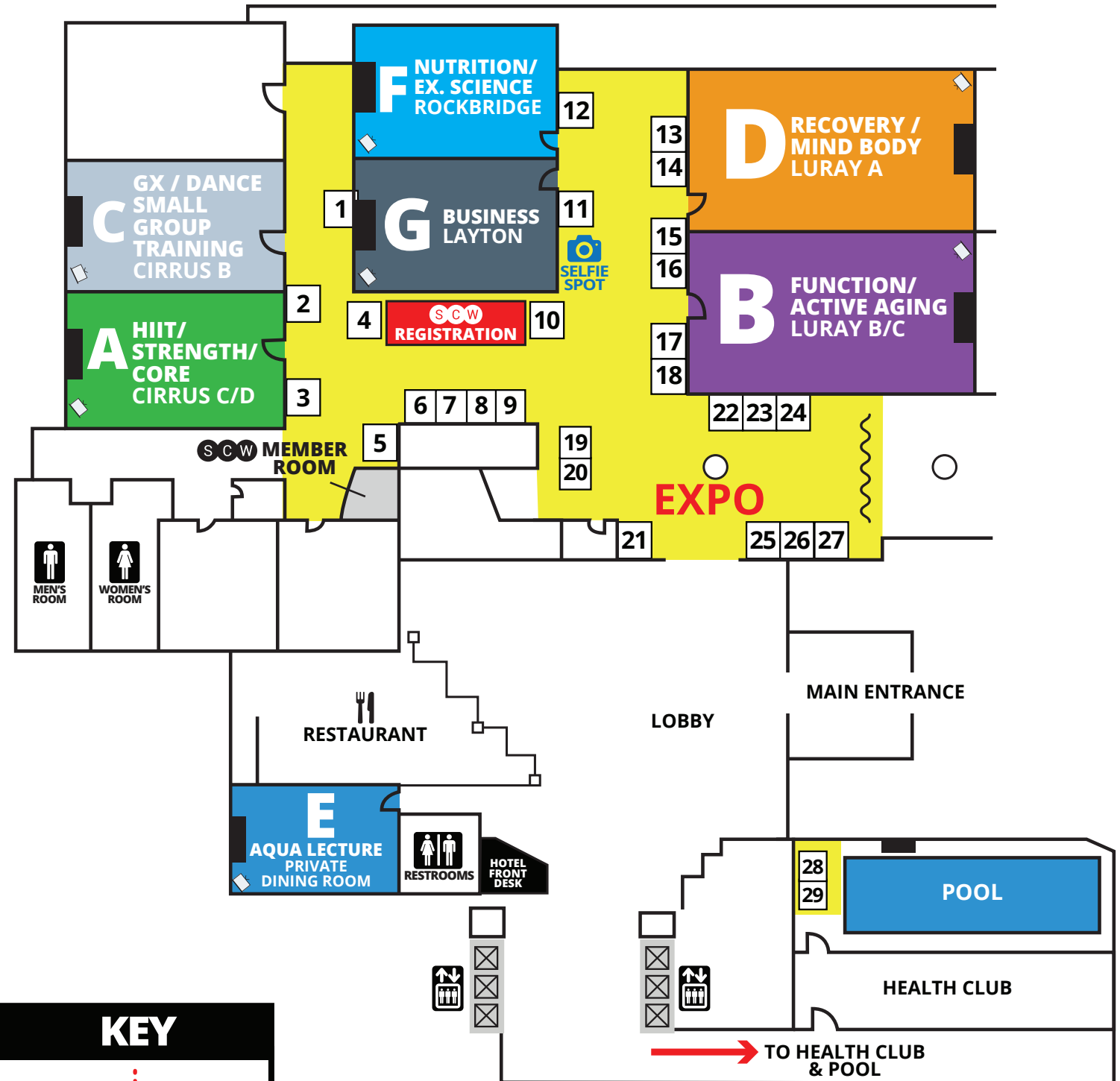


SUPPORTERS

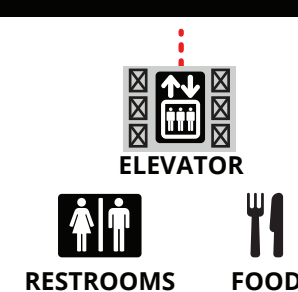


RECORDINGS, OUTLINES, EVALS & CECS

scwfit.com/DC24



KEY



**OUTLINES,
EVALS & CECS**

scwfit.com/DC24

CERTIFICATIONS
THURSDAY, FEB. 22



SCW LIFE COACHING
CERTIFICATION
Toole • 9:00am-3:00pm



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



SCW GROUP EXERCISE
CERTIFICATION
Velazquez • 8:00am-5:00pm



SCW TAI CHI
CERTIFICATION
Craddock • 9:00am-5:00pm



RECORDINGS, OUTLINES,
EVALS & CECS
scwfit.com/DC24

A

HIIT / CORE / STRENGTH

B

FUNCTION / ACTIVE AGING

C

GX / DANCE /
SMALL GROUP TRAINING

D

RECOVERY / MIND BODY

FRIDAY, FEB. 23

FR1	7:30am-8:45am	METABOLIC DISRUPTION Lenart	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	ULTIMATE LEG DAY Toole	YOGA-BATA VIIT Malaghan
FR2	9:00am-10:15am	WARRIOR COMBAT™ KEEP FIGHTING Richards	OPEN THE "GAIT" TO FALL PREVENTION Gilbert	TOTAL BODY SHAPING McBee	PILATES, POWER & POISE Lenart
EXPO SHOPPING 10:00am-11:00am					
FR3	11:00am-12:15pm	GAME YOUR CORE Velazquez	AGING SHOULDER: EXERCISE TO FUNCTION! Aslakson	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED Cooperman	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb
EXPO SHOPPING 12:00pm-2:45pm					
FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	EFFORT MASTERY: COACHING PEAK PERFORMANCE AND MOTIVATION McBee SESSION 1	PLYOMETRIC EXERCISES FOR OLDER ADULTS Aslakson SESSION 2	SOULFUSION™ EXPERIENCE Vandenberg SESSION 1	TIGER TAIL® GOODBYE BACK PAIN Zuleger SESSION 2
FR5	2:45pm-4:00pm	FULL BODY 3D HIIT-CIRCUIT Hughes	ACTIVE AGERS FROM THE GROUND UP! Velazquez	POWER: ONE SIZE DOES NOT FIT ALL Lenart	FUNCTIONAL TRAINING WITH FOAM ROLLERS Garcia
EXPO SHOPPING 3:45pm-4:30pm					
FR6	4:30pm-5:45pm	HIIT 'EM UP STYLE DANCE JAM Tara Turner	DEEP CORE AND PELVIC FLOOR Layne	PICKLEBALL POWER & PERFORMANCE Cooperman	BY ANY STRETCH Appel
FR7	6:00pm-7:00pm	FITNESS IDOL Cooperman, Velazquez, Toole & Gilbert			SOULBODY RESTORE Townsend

SATURDAY, FEB. 24

SA1	7:30am-8:45am	ALL TIME HIITS Appel	TIME WITH TISSUE Gilbert	BARREFUSION™ EXPERIENCE Vandenberg	GOT BACK PAIN? Garcia
EXPO SHOPPING 8:30am-9:15am					
SA2	9:15am-10:30am	 	KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD		
EXPO SHOPPING 10:30am-11:00am					
SA3	11:00am-12:15pm	WELCOME II THE TERRORDOME Turner	MOBILITY TRAINING ONLINE OR IN-PERSON Webb	SOULBODY YOGA SCULPT Dawson	TIGER TAIL® ACTIVE RECOVERY Zuleger
EXPO SHOPPING 12:00pm-2:45pm					
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FUNCTIONAL CORE TRAINING Garcia SESSION 1	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb SESSION 2	BASIC TO BADASS PROGRESSIVE TRAINING PROTOCOLS Lenart SESSION 1	WARRIOR RHYTHM™ THE GUTS TO STAND OUT de Werd SESSION 2
SA5	2:45pm-4:00pm	EMOM - EVERY MINUTE TO WIN IT! Appel	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert	LABLAST® FITNESS: BALLROOM BLITZ Cooperman	MELT. MOLD. MOVE: MOBILITY & RESTORATION Hughes
EXPO SHOPPING 3:45pm-4:30pm					
SA6	4:30pm-5:45pm	ZUMBA® Busch & Bostic	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	STEP IT UP! Turner	SOULBODY BARRE+LIIT Dawson

SUNDAY, FEB. 25

SU1	7:30am-8:45am	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes	TOUGHAGERS® ACTIVE OLDER ADULT FITNESS Rothschild	NAIL THE PERFECT WARM-UP Chilazi	GENTLE YOGA FOR MOBILITY Velazquez
SU2	9:00am-10:15am	WARRIOR STRENGTH™: PUT FUN IN FUNCTIONAL de Werd	TAILORED TRAINING FOR ACTIVE AGERS Toole	SOULKICKBOXING™ Vandenberg	MARTIAL ASANA Craddock
EXPO SHOPPING 10:00am-1:00pm					
SU3	10:45am-12:00pm	TOTAL BODY STRENGTH Richards	SENIOR CIRCUIT Haggard	LABLAST® CHAIR FITNESS: PULL UP A SEAT Cooperman	QIGONG AND SELF-HEALING Craddock
SU4	12:15pm-1:30pm	CORE BY 4 Wartenberg	INJURY PREVENTION FOR FITNESS INSTRUCTORS Chilazi	FUTURE-PROOFING FITNESS Batyán	YIN TO MY YANG Malaghan



WATERINMOTION
AQUA EXERCISE
CERTIFICATION
Kulp • 9:00am-5:00pm



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



get discounted
ONLINE CERTS
View them at scwfit.com/certs



Pre-RecordedSESSIONS



E

AQUA (STARTS IN LECTURE)

F

NUTRITION / EX. SCIENCE

G

BUSINESS



PRE-RECORDED
HIIT / CORE /
STRENGTH

PRE-RECORDED
RESTORE / PILATES /
TAI-CHI

PRE-RECORDED
AQUA
EXERCISE

PRE-RECORDED



TIDAL TONING Kulp	BUILDING MUSCLE WHILE LOSING FAT Layne	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS McBee
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ Cooperman	MAGNESIUM: THE MIGHTY MINERAL UNVEILED Toole	TRENDS IN FITNESS PROGRAMMING Cooperman
EXPO SHOPPING 10:00am-11:00am		
SOCA SPLASH Haggard	HOW YOU MOVE MATTERS Laskowski	7 SKILLS TO TURN PERSONAL TRAINING INTO A LIFELONG CAREER Hughes
EXPO SHOPPING 12:00pm-2:45pm		
RIDE THE WAVE Velazquez, Kulp & Haggard SESSION 2	HEALTHY EATING FOR ACTIVE AGERS Malaghan SESSION 2	EFFECTIVE GX & PT SALES STRATEGIES PANEL Cooperman, Toole, de Werd, Smith & Clark SESSION 1
BEAUTIFUL BUOYANT BOOTY Vandenberg	THE GUT – SLEEP NETWORK EFFECT Layne	NAVIGATING LEGAL PITFALLS IN FITNESS Cooperman & Ball
EXPO SHOPPING 3:45pm-4:30pm		
H2O REPORTING FOR DUTY Haggard	ART OF FOOD AS FUEL Malaghan	STOP SELLING & CREATE CULTURE Gilbert
		TAX & FINANCIAL FITNESS BOOTCAMP Day

AQUA ZUMBA® Bostic	PREVENTING COMMON FITNESS INJURIES Laskowski	BECOMING THE BOSS: BUSINESS 101 Smith
EXPO SHOPPING 8:30am-9:15am		
EXPO SHOPPING 10:30am-11:00am		
AQUA SIT TO STAND SKILLS Layne	CHAIN REACTION BIOMECHANICS Hughes	FIND & ENROLL CLIENTS USING SOCIAL MEDIA Clark
EXPO SHOPPING 12:00pm-2:45pm		
BUOY. OH BUOY. OH BUOY! Velazquez, Kulp & Vandenberg SESSION 1	WEIGHT-LOSS MEDS & FAD DIET UPDATE Digsby SESSION 2	GROWTH: MUST OR BUST Cooperman, Ball, Clark, Ross, Webb & Dennis SESSION 1
4 FUNCTIONAL AQUA CIRCUITS Layne	FUNCTIONAL NUTRITION AND HORMONES: HEALTHY AGING Zuleger	START & GROW YOUR BUSINESS Cooperman, Dennis, Webb, Day & Esquerre
EXPO SHOPPING 3:45pm-4:30pm		
H2O RAPID RESISTANCE Kulp	SUGAR, SNACKS & HEART ATTACKS Digsby	YOUR FINANCIAL HEALTH Ross

CORE FUSION H2O Vandenberg	HOW TO KNOW IF YOU'RE UNDER-EATING Digsby	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Esquerre
CHANGING TIDES - H2O TABATA STYLE Kulp	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	THE NUTS & BOLTS OF BUSINESS Esquerre
EXPO SHOPPING 10:00am-1:00pm		
TABATA AQUA RUNNING & CONDITIONING Wartenberg	MINDSET MAGIC: GUIDING NUTRITION MASTERY Toole	RAMP UP YOUR RETENTION WITH A CHALLENGE! Digsby
AQUA BOOT CAMP Carroll	OLDER & WISER Rothschild	PUBLIC RELATIONS FOR FITNESS PROS DaCosta

CERTIFICATIONS
SUNDAY, FEB. 25



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 PILATES MATWORK
CERTIFICATION
Lenart • 7:30am-3:30pm



ZUMBA® BASIC 1
TRAINING
Bostic & Busch
7:15am-3:30pm

 **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.