



D.C.
MANIA
FITNESS PRO CONVENTION



Scan here for Outlines,
Evals & CEC/CEUS



SUPPORT STAFF ANNOUNCEMENTS

FRIDAY

7:30 AM – WELCOME

- Welcome to MANIA®! To find Outlines, Evals, Discounts and CECs or the **QR Code** look on the back of your badge or on your map. (Hold up and point to it on the EVENT MAP.)
- Outlines & CECs are available and FREE for only 30 days after MANIA®. There is a \$35 fee to receive your CEC form after 30 days.
- To receive your CECs, you MUST **COMPLETE EVERY PRESENTER EVALUATION** by using the QR Code or go to www.scwfit.com/DC24 ("scwfit.com, forward slash, D C 24 ") **Each presenter eval is only 4 quick questions.**
- Enjoy MANIA® and your 1st session with _____ (say the name of presenter).

10:15 AM – EXCLUSIVE EXPO SHOPPING

- The Expo is now OPEN! Don't forget to visit the SCW Booth to get your discounts on fitness equipment & athletic apparel, BOSU equipment & check out the new SCW sweatshirts, T's. & Swag!

BEFORE LUNCH (at end of Session #3)

- **The Expo is OPEN!** Receive discounts on clothing & equipment. Great sale on CDs & DVDs. See the newest books, sweatshirts, T's & more at the SCW Booth!
- **Lunch** is available at Flights Bistro & Bar (Lobby) - (point to the location on the EVENT MAP).
- To ensure that you get ALL YOUR CECs, please make sure to complete your presenter evals!

4:00 PM – EXCLUSIVE 30-Minute EXPO SHOPPING

- Use your 30-minute break for Exclusive Expo shopping!

5:45 PM – FITNESS IDOL

- Come experience **Fitness Idol tonight at 6:00pm in Room B** & see who wins the opportunity to present at MANIA® 2025. Walk-ins are welcome!
- Can't decide which session to take – See them all! – **Take home 100+ MANIA® Session Recordings.** Add them with your QR Code or at the SCW Booth!
- And do not forget: The SCW Booth has DISCOUNTED fitness equipment & athletic apparel.
- To get your CECs, remember to fill out all your **Presenter Evaluations** on the QR Code!



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SATURDAY

7:30 AM – WELCOME

- Welcome to MANIA®! To find Outlines, Evals, Discounts and CECs or the **QR Code**, look on the back of your badge or on your map. (Hold up and point to it on the EVENT MAP.)
- Outlines & CECs are available and FREE for only 30 days after MANIA®. There is a \$35 fee to receive your CEC form after 30 days.
- To receive your CECs, you MUST **COMPLETE EVERY PRESENTER EVALUATION** by using the QR Code or go to www.scwfit.com/DC24 ("scwfit.com, forward slash, D C 24 "). **Each presenter eval is only 4 quick questions.**
- Enjoy MANIA® and your 1st session with _____ (say the name of presenter).

8:45 AM (at end of 1st session)– EXCLUSIVE EXPO SHOPPING & KEYNOTE ADDRESS

- Join us for our Keynote Address at 9:15AM: Where Healthy Meets Happy with Sohailla Digsby, in Room B.
- Use your 30-minute break for Exclusive Expo shopping!

BEFORE LUNCH (at end of Session #3)

- **The Expo is OPEN!** Receive DISCOUNTS on clothing & equipment. Great sale on CDs & DVDs. See the newest books, sweatshirts, T's & more at the SCW Booth!
- **Lunch** is available at Flights Bistro & Bar (Lobby) Check your map.
- To ensure that you get ALL YOUR CECs, please make sure to **complete your presenter evals!**

5:45 PM – AT END OF THE LAST CLASS OF THE DAY

- Be sure to **fill out your Presenter Evals!**
- Your CECs will be available on Sunday Afternoon.
- See you tomorrow!



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SUNDAY

7:30 AM – WELCOME

- Welcome to your final day of MANIA®!
- To find Outlines, Evals, Discounts **and CECs** use the **QR Code**.
- Your CECs are available at 1:30pm Today.
- Outlines & CECs are available and FREE for only 30 days after MANIA®. There is a \$35 fee to receive your CEC form after 30 days.
- To receive your CECs, you MUST **COMPLETE EVERY PRESENTER EVALUATION** by **using the QR Code** or go to www.scwfit.com/DC24 ("[scwfit.com, forward slash, D C 24](http://www.scwfit.com, forward slash, D C 24)") **Each presenter eval is only 4 quick questions.**
- Enjoy MANIA® and your 1st session with _____ (say the name of presenter).

10:15 AM (at end of Session #2)

- The Expo is Now Open and will Close at 1:00pm TODAY!
- Get your last-minute DISCOUNTS!
- You can still add 100+ MANIA Recordings with your QR Code or at the SCW Booth. Do not miss a minute of MANIA!
- Take equipment home TODAY and bring gifts to your subs! Get Big Savings at the SCW Booth on clothing, books, music CDs & DVDs!

1:30 PM (at the end of the last session!)

- Thank you for attending DC MANIA!
- Download your CEC form for FREE for **30 days** from your QR Code or the website www.scwfit.com/DC24 ("[scwfit.com, forward slash D C 24](http://www.scwfit.com, forward slash, D C 24)")!
- After 30 days, the form will **cost \$35**.
- Thank you for coming. See you next year on **February 28-March 2, 2025**.