



dc mania[®]
fitness pro convention



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TIME	CODE	SESSION	PRESENTER
FRIDAY, FEBRUARY 28			
7:30am - 8:45am	FR1A	KETTLEBELL TRAINING FOR WOMEN	P. ROSS & CORSO
9:00am - 10:15am	FR2A	WELCOME II THE TERRORDOME	TURNER
11:00am - 12:15pm	FR3A	THE CORE 6: STRENGTH & MOVEMENT ESSENTIALS	BANNISTER-MUNN
12:30pm -1:45pm	FR4A	KETTLEBELL KRUSH	TURNER
2:45pm - 4:00pm	FR5A	MOBILITY TRAINING – ONLINE OR IN-PERSON	WEBB
4:30pm - 5:45pm	FR6A	NEXT-LEVEL CORE TRAINING	GARCIA
6:00pm – 7:00pm	FR7A	DANCE OFF!	VELAZQUEZ, BATYAN, DOVEL & CARVALHO
SATURDAY, MARCH 1			
7:30am - 8:45am	SA1A	KILLER CORE	APPEL
11:00am - 12:15pm	SA3A	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE	WEBB
12:30pm – 1:45pm	SA4A	SOULSTRENGTH™ EXPERIENCE	CARVALHO
2:45pm - 4:00pm	SA5A	THE HIDDEN CORE	P. ROSS & CORSO
4:30pm - 5:45pm	SA6A	PELVIC FLOOR FROM THE OUTSIDE IN	LAYNE
SUNDAY, MARCH 2			
7:30am - 8:45am	SU1A	CARDIO KICKBOXING FOR THE ACTIVE AGER	LEMONS
9:00am - 10:15am	SU2A	INTERVALS REIMAGINED: STRENGTH - POWER - ROLL	CONTI
10:45am - 12:00pm	SU3A	TRAIN THE FEMALE ATHLETE	P. ROSS & CORSO
12:15pm-1:30pm	SU4A	ACTIVE STRENGTHENING WITH STRETCH	K. ROSS



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FRIDAY, FEBRUARY 28			
7:30am - 8:45am	FR1B	DARE TO CHAIR	GILBERT
9:00am - 10:15am	FR2B	AGING BRAINS & BONES	LAYNE
11:00am - 12:15pm	FR3B	PRIME PERFORMANCE FOR 50+	ROBINSON
12:30pm – 1:45pm	FR4B	TOUGHAGERS® ACTIVE OLDER ADULT FITNESS	ROTHSCHILD
2:45pm - 4:00pm	FR5B	STRENGTH TRAINING FOR LONGEVITY & VITALITY II	KOOPERMAN
4:30pm - 5:45pm	FR6B	BOOST BRAIN & BODY BALANCE	GILBERT
SATURDAY, MARCH 1			
7:30am - 8:45am	SA1B	MORE THAN MUSCLE: WELCOME TO THE BRAIN GAME	LEMONS
9:15am – 10:30am	SA2B	KEYNOTE: THE FITNESS EVOLUTION	MUMMY
11:00am - 12:15pm	SA3B	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
1:15pm – 2:30pm	SA4B	NO GYM EQUIPMENT? NO EXCUSES!	GARCIA
2:45pm - 4:00pm	SA5B	MASTER KNEE-PAIN REDUCTION STRATEGIES	WEBB
4:30pm - 5:45pm	SA6B	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY & BANNISTER-MUNN
SUNDAY, MARCH 2			
7:30am - 8:45am	SU1B	LABLAST® CHAIR FITNESS: PULL UP A SEAT	DOVEL
9:00am - 10:15am	SU2B	FIFTY, FIT & FIERCE	TOOLE
10:45am - 12:00pm	SU3B	CONQUERING SCIATIC PAIN	GARCIA
12:15pm - 1:30pm	SU4B	AASK AMBER: ANTI-AGING SURVIVAL KIT	TOOLE



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FRIDAY, FEBRUARY 28			
7:30am - 8:45am	FR1C	ZUMBA®	BUSCH
9:00am - 10:15am	FR2C	BARRE-RAISING WORKOUT	BATYAN
11:00am - 12:15pm	FR3C	FLEX & POWER: HIP MOBILITY MASTERY	KULP
1:15pm – 2:30pm	FR4C	HIP MOBILITY FOR PEAK PERFORMANCE	BANNISTER-MUNN
2:45pm - 4:00pm	FR5C	SOULFUSION™ EXPERIENCE	CARVALHO
4:30pm - 5:45pm	FR6C	PUMP YOUR PEACH!	TOOLE
6:00pm – 7:00pm	FR7C	SCW FITNESS STAR SEARCH	KOOPERMAN, GILBERT, ROBINSON &TOOLE
SATURDAY, MARCH 1			
7:30am - 8:45am	SA1C	STEP IT UP!	TURNER
11:00am - 12:15pm	SA3C	BARRE HARD CORE	CHILAZI
12:30pm – 1:45pm	SA4C	PUMPED UP STRENGTH	CHILAZI
2:45pm - 4:00pm	SA5C	LABLAST® FITNESS: BALLROOM BLITZ	COOPERMAN
4:30pm - 5:45pm	SA6C	THE SECRET TO ROCKIN’ DANCE FITNESS CLASSES	BATYAN
SUNDAY, MARCH 2			
7:30am - 8:45am	SU1C	PROP POWER: AMP UP YOUR BARRE WORKOUTS	CHILAZI
9:00am - 10:15am	SU2C	STEP UP YOUR GROOVE	LAYNE
10:45am - 12:00pm	SU3C	LABLAST® FITNESS FOR ALL AGES	DOVEL
12:15pm - 1:30pm	SU4C	ANKLE MECHANICS FOR PEAK PERFORMANCE	GARCIA



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FRIDAY, FEBRUARY 28			
7:30am - 8:45am	FR1D	FLOW LIKE A PRO	DD. ROSS
9:00am - 10:15am	FR2D	IRON AND SILK: POWER MEETS PRECISION	DD. ROSS
11:00am - 12:15pm	FR3D	UNLOCKING REVENUE STREAMS WITH STRETCH THERAPY	ARMANTRADING
1:15pm – 2:30pm	FR4D	CORESPRING® PILATES: ABS & GLUTES	D’ANCONIA
2:45pm - 4:00pm	FR5D	SYMMETRY-SCIENTIFIC STRETCHING	MUMMY & BANNISTER-MUNN
4:30pm - 5:45pm	FR6D	GENTLE YOGA FOR MOBILITY	VELAZQUEZ
6:00pm - 7:00pm	FR7D	YIN TO MY YANG	LEMONS
SATURDAY, MARCH 1			
7:30am – 8:45am	SA1D	CORESPRING® PILATES FUNCTIONAL PERFORMANCE	D’ANCONIA
11:00am - 12:15pm	SA3D	STRETCH SAVVY: HANDS-ON TECHNIQUES	BANNISTER-MUNN
1:15pm – 2:30pm	SA4D	FOREVER PILATES	APPEL
2:45pm - 4:00pm	SA5D	YIN+RESTORE	GREENBAUM
4:30pm - 5:45pm	SA6D	HIGH ROLLER	APPEL
SUNDAY, MARCH 2			
7:30am - 8:45am	SU1D	PRANA ENERGY	GREENBAUM
9:00am - 10:15am	SU2D	HUMAN REFORMER PILATES	CHILAZI
10:45am - 12:00pm	SU3D	BREATH EMPOWERMENT	CRADDOCK
12:15pm - 1:30pm	SU4D	BAREFOOT: MORE THAN A TREND	CRADDOCK



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FRIDAY, FEBRUARY 28			
7:30am - 8:45am	FR1E	LIQUID GYM ACQUA TONER STRETCH & TONE	KULP
9:00am - 10:15am	FR2E	BUOY, OH BUOY, OH BUOY!	KULP, VELAZQUEZ, SEPULVEDA & CARVALHO
11:00am - 12:15pm	FR3E	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS	VELAZQUEZ
1:15pm – 2:30pm	FR4E	LIQUID GYM ACQUA PUNCH & PUMP	VELAZQUEZ
2:45pm - 4:00pm	FR5E	AQUA ZUMBA [®]	BOSTIC
4:30pm - 5:45pm	FR6E	LABLAST [®] SPLASH: BUOYANT BALLROOM BLITZ	DOVEL
SATURDAY, MARCH 1			
7:30am - 8:45am	SA1E	AQUA BOOT CAMP BOQ-STYLE	FORD
11:00am - 12:15pm	SA3E	HIIT THE FLOW	KULP
1:15pm – 2:30pm	SA4E	AQUA DRUMS VIBES	KULP
2:45pm - 4:00pm	SA5E	SILVER TSUNAMI	KULP, VELAZQUEZ, SEPULVEDA & CARVALHO
4:30pm - 5:45pm	SA6E	AB-SOLUTE AQUA STRENGTH!	HENRY
SUNDAY, MARCH 2			
7:30am - 8:45am	SU1E	AQUA FIESTA; LATIN RHYTHMS FOR ALL	SEPULVEDA
9:00am - 10:15am	SU2E	AQUA INTERVALS ROULETTE	VANDENBERG
10:45am - 12:00pm	SU3E	AQUAHOLIC	LAYNE
12:15pm - 1:30pm	SU4E	AQUATIC EQUIPMENT INNOVATIONS	FORD



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FRIDAY, FEBRUARY 28			
7:30am - 8:45am	FR1F	DEBUNKING EXERCISE SCIENCE MYTHS	LAYNE
9:00am - 10:15am	FR2F	THE TRUTH ABOUT PROCESSED FOODS	DIGSBY
11:00am - 12:15pm	FR3F	BOOST YOUR PRE-WORKOUT & RECOVERY	KOOPERMAN & ONTIVEROS
1:15pm – 2:30pm	FR4F	TRANSFORMING TRAINING FOR GLP-1 CLIENTS	DURAK
2:45pm - 4:00pm	FR5F	NUTRITION FOR LASTING CHANGE	LEE
4:30pm - 5:45pm	FR6F	NUTRITION: HOT TOPIC RESEARCH	LAYNE
SATURDAY, MARCH 1			
7:30am - 8:45am	SA1F	PRO ATHLETE RECOVERY	ROBINSON
11:00am - 12:15pm	SA3F	BODY COMPOSITION 101	HAN
12:30pm – 1:45pm	SA4F	PHYSICS OF PAIN & PERFORMANCE	MUMMY
2:45pm - 4:00pm	SA5F	NUTRITION PANEL	LAYNE, TOOLE, DIGSBY & LEMONS
4:30pm - 5:45pm	SA6F	HOW TO AVOID BEING MY PATIENT	LASKOWSKI
SUNDAY, MARCH 2			
7:30am - 8:45am	SU1F	PREVENTING COMMON FITNESS INJURIES	LASKOWSKI
9:00am - 10:15am	SU2F	OVERWORKED & OVERWEIGHT: IMPACT OF STRESS ON OBESITY	DIGSBY
10:45am - 12:00pm	SU3F	STRENGTH TRAINING FOR HORMONAL HEALTH	SHAVER
12:15pm-1:30pm	SU4F	HEALTHY EATING FOR ACTIVE AGERS	LEMONS



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FRIDAY, FEBRUARY 28			
7:30am - 8:45am	FR1G	MAKING SALES SUCK LESS	ROBINSON
9:00am - 10:15am	FR2G	STRETCHING STRATEGIES: FLEXIBILITY, RECOVERY, PERFORMANCE	KOOPERMAN, BANNISTER-MUNN, ARMANTRADING & LASKOWSKI
11:00am - 12:15pm	FR3G	MARKETING MASTERY	CONTI
12:30pm – 1:45pm	FR4G	START & GROW YOUR BUSINESS	KOOPERMAN, DAY, CLARK, GILBERT, TOOLE & DORSEY
2:45pm - 4:00pm	FR5G	FIND & ENROLL CLIENTS USING SOCIAL MEDIA	CLARK
4:30pm - 5:45pm	FR6G	YOUR FINANCIAL HEALTH	K. ROSS
6:00pm – 7:00pm	FR7G	KEYNOTE & COCTAILS – FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME	CLARK
SATURDAY, MARCH 1			
7:30am - 8:45am	SA1G	REBRAND AND THRIVE	GILBERT
11:00am - 12:15pm	SA3G	RUN YOUR FITNESS BUSINESS!	DAY
1:15pm – 2:30pm	SA4G	FIND YOUR NEXT 50 LEADS	CLARK
2:45pm - 4:00pm	SA5G	BRINGING MEDICINE AND FITNESS TOGETHER	D. APPEL
4:30pm - 5:45pm	SA6G	PACK YOUR PT SESSIONS: SUCCESSFUL SALES	KOOPERMAN, GILBERT, TOOLE, ROTHSCHILD & WEBB
SUNDAY, MARCH 2			
7:30am - 8:45am	SU1G	BOOST MEMBERSHIPS: WOMEN 50+	SHAVER
9:00am - 10:15am	SU2G	POWER OF “8” BUSINESS GROWTH STRATEGIES	ESQUERRE
10:45am - 12:00pm	SU3G	CREATE VALUE – RETAIN CLIENTS	TOOLE
12:15pm – 1:30pm	SU4G	FITNESS MANAGER: ARE YOU READY?	ESQUERRE