

## EXPO HOURS

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

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

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

**RECORDINGS,  
OUTLINES,  
EVALS & CECS**

[scwfit.com/DL24](http://scwfit.com/DL24)

## FOURTH FLOOR ④

## EXPO & SPONSORS

Alignment Essentials .....	12	SCW Fitness .....	15, 16 & 17
Alleviate .....	29	S.E.A.T.....	11
Alternative Balance .....	6	SOULfusion .....	18
Beat Boss .....	28	Sportsmith .....	3
BOQ Aquatic Fitness Equipment .....	2	StandOut Fit Pro .....	8
Cohesion Services .....	26	Stick Mobility .....	30
Grab the Gold .....	5	Symmetry .....	22 & 23
GymFit Financial .....	9	Tanita Corporation of America .....	14
Gymnazo .....	21	The Mobility Recipe .....	7
Indigo .....	20	Tiger Tail .....	4
LaBlast .....	19	Two Diamond Fit .....	24
Level Fitness LLC .....	1	Warrior .....	25
Purify Your Hair .....	27	WaterInMotion .....	13
Schwinn .....	10, 31, 32 & 33		

### CO-SPONSORS



### ASSOCIATE PLUS SPONSORS



### ASSOCIATE SPONSORS



### SUPPORTERS



## THIRD FLOOR ③

## SECOND FLOOR ②

### KEY

- ELEVATOR
- ESCALATOR
- RESTROOMS
- FOOD

**RECORDINGS,  
OUTLINES,  
EVALS & CECS**

[scwfit.com/DL24](http://scwfit.com/DL24)



CERTIFICATIONS  
THURSDAY,  
AUGUST 22



SCW PERSONAL  
TRAINING  
CERTIFICATION  
Bannister-Munn  
9:00am-6:00pm



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



SCW GROUP EX  
CERTIFICATION  
Velazquez  
8:00am-5:00pm



SCW CHAIR  
YOGA  
CERTIFICATION  
Ratliff  
9:00am-5:00pm



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



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



SCW AQUATIC  
EXERCISE  
CERTIFICATION  
Wartenberg  
8:00am-4:00pm



RECORDINGS,  
OUTLINES,  
EVALS & CECS

scwfit.com/DL24

A

HIIT / CORE / STRENGTH

B

FUNCTION / ACTIVE AGING

C

GX / DANCE /  
SMALL GROUP TRAINING

D



RECOVERY / MIND BODY

E

CYCLE

FRIDAY, AUGUST 23	FR1	7:30am-8:45am	KILLER CORE Appel	TAILORED TRAINING FOR ACTIVE AGERS Toole	BARREFUSION™ EXPERIENCE Vandenberg	YOGA-PILATES RESTORE Bannister-Munn	BEATBOSS™ TAPBACKS, PUSH-UPS YAY OR NAY Austin & Leadley
	FR2	9:00am-10:15am	CORE BY 4 Wartenberg	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	THE WARRIOR® WORKOUT Roberts	TIGER TAIL® GOODBYE BACK PAIN Zuleger	SCHWINN®: SAVVY CYCLING Schneider
	EXPO SHOPPING 10:00am-11:00am						
	FR3	11:00am-12:15pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes	"DON'T JUST SIT THERE!" CHAIR YOGA Ratliff	PROP POWER: AMP UP YOUR BARRE WORKOUTS George	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE Mummy	SCHWINN®: BIKER BARRE Appel
	EXPO SHOPPING 12:00pm-2:45pm						
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	INTEGRATED STRENGTH George SESSION 1	TIME WITH TISSUE Gilbert SESSION 1	ATHLETIC FLOW Schell SESSION 2	BRING THE TOYS! Bannister- Munn SESSION 2	SCHWINN®: BEAST MODE Schneider SESSION 1
	FR5	2:45pm-4:00pm	MOBILITY TRAINING - ONLINE OR IN-PERSON Webb	CREATIVE PROGRAMMING 55+ Wartenberg	ULTIMATE LEG DAY Toole	FUNCTIONAL PILATES Velazquez	WARRIOR® RIDE Roberts
EXPO SHOPPING 3:45pm-4:30pm							
FR6	4:30pm-5:45pm	WARRIOR STRENGTH™: SIMPLE & SERIOUSLY "STICKY" de Werd & Ballance	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	KICKBOX N CHAOS Turner	BY ANY STRETCH Appel	SCHWINN®: HEAR US ROAR Thews	
	FR7	6:00pm-7:00pm	WORKOUT WITH B-BOARD® Vandendriessche	FITNESS IDOL Toole, Gilbert, Esquerre & Bannister-Munn	DANCE OFF! LaBlast®, ZUMBA®, Alignment Essentials, Fit Pro Programming, Wartenberg & Velazquez	YOGA TOUCH Kooperman	

SATURDAY, AUGUST 24

SA1	7:30am-8:45am	DEEP CORE AND PELVIC FLOOR Layne	ACTIVE AGING PLAYGROUND Toole	WELCOME II THE TERRORDOME Turner	HUMAN REFORMER PILATES George	SCHWINN®: RHYTHM ROADTRIP Appel
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am	 	KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD   ROOM B			
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	FULL BODY 3D HIIT-CIRCUIT Hughes	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	LABLAST® FITNESS: BALLROOM BLITZ van Amstel & Solis	FLOW SLOW YOGA Thews	SCHWINN®: CYCLE A LA MODE Schneider
EXPO SHOPPING 12:00pm-2:45pm						
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	WARRIOR RHYTHM™   BRAVE, BOLD & BEAUTIFUL de Werd SESSION 2	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert SESSION 2	ZUMBA® Melendez SESSION 1	TAI-CHI FUSED YOGA Velazquez SESSION 2	SCHWINN®: R.I.S.E. & #RIDERIGHT Thews SESSION 1
SA5	2:45pm-4:00pm	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy & Bannister-Munn	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb	SOULKICKBOXING™ Park & Coleman	TIGER TAIL® RECOVERY FOR LONGEVITY Zuleger	SCHWINN®: CYCLE MIXOLOGY Appel
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	BBB WORKOUT – BALL, BAND, BAR Bannister- Munn	BALANCE & COORDINATION FOR ACTIVE AGERS Velazquez	STRENGTHEN & SUPPORT Schell	WARRIOR® TAI CHI YOGA AND QI GONG FUSION Roberts	SCHWINN®: ROCK & ROLL RIDE Thews

SUNDAY, AUGUST 25

SU1	7:30am-8:45am	POWER IN THE TRANSVERSE PLANE Mike	FUSION REVOLUTION Schell	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED van Amstel & Solis	THE BATTLE FOR MOBILITY McCormick	BEATBOSS™ BIKE SCULPTING DONE RIGHT Austin & Leadley	
SU2	9:00am-10:15am	WARRIOR COMBAT™   KEEP FIGHTING de Werd	LABLAST® CHAIR FITNESS: PULL UP A SEAT van Amstel & Solis	FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Mike	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Hughes	 <div>get certified</div> <div>FOR ONLY \$199</div> <div>scwfit.com/dallas/certifications</div>	
EXPO SHOPPING 10:00am-1:00pm							
SU3	10:45am-12:00pm	BARRE HARD CORE George	TAI CHI FLOW: RECOVERY FOR GXs & PTS Glassmeyer	10 BEST BODYWEIGHT & BAND EXERCISES McCormick	SOULFUSION™ EXPERIENCE Park		
SU4	12:15pm-1:30pm	OPTIMAL OVERHEAD PRESSING Mike	PERFECT PROGRAMMING FOR ACTIVE AGERS Toole	STEP IT UP! Turner	TAICHI: THE MIND/BODY EXPERIENCE Glassmeyer		

CERTIFICATIONS  
SUNDAY,  
AUGUST 25



ALIGNMENT  
ESSENTIALS  
WARRIOR® TAI CHI  
YOGA INSTRUCTOR  
CERTIFICATION  
Roberts • 7:30am-3:30pm



SCW PILATES  
MATWORK  
CERTIFICATION  
Velazquez  
7:30am-3:30pm



SCW STRETCHING  
& FLEXIBILITY  
TRAINING  
CERTIFICATION  
Appel • 7:30am-3:30pm



SEAT  
SUPPORTED EXERCISE  
FOR AGELESS TRAINING  
CERTIFICATION  
Gilbert • 7:30am-3:30pm



SYMMETRY  
POSTURAL  
MEASUREMENT  
CERTIFICATION  
Mummy • 7:30am-3:30pm



ZUMBA®  
BASIC 1 TRAINING  
Melendez  
7:15am-3:30pm



SCW YOGA 1  
CERTIFICATION  
Thews  
7:30am-3:30pm



SCHWINN® CYCLING:  
INDOOR CYCLING  
CERTIFICATION  
Appel • 7:00am-5:00pm



water@motion  
AQUA EXERCISE  
CERTIFICATION  
Kulp  
9:00am-5:00pm



THE MENTAL WELLBEING  
CERTIFICATION FOR  
FITNESS PROFESSIONALS  
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F

AQUA (STARTS IN LECTURE)

G

NUTRITION / EX. SCIENCE

H


BUSINESS



H2O RAPID RESISTANCE Kulp	INFLAMMATION: THE EXERCISE- NUTRITION NEXUS Fearheiley	OPERATING A PROFITABLE BOUTIQUE STUDIO Gilbert
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ van Amstel & Solis	SIX ROOT CAUSES OF DECREASED LONGEVITY Layne	START & GROW YOUR BUSINESS Kooperman, Clark, Webb, Day, & Ball
EXPO SHOPPING 10:00am-11:00am		
AQUA BOOT CAMP BOQ-STYLE Ford	A WEALTH OF GUT HEALTH UNLOCKED Fearheiley	FIND YOUR NEXT 50 LEADS Clark
EXPO SHOPPING 12:00pm-2:45pm		
AQUA DRUMS VIBES Wartenberg SESSION 2	BUILDING MUSCLE WHILE LOSING FAT Layne SESSION 1	PACK YOUR PT SESSIONS: SUCCESSFUL SALES Kooperman, Toole, Webb & Hughes SESSION 2
AQUA SIT TO STAND SKILLS Layne	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman	BUSINESS MASTERY: MAXIMIZING TIME AND REVENUE Ricketts
EXPO SHOPPING 3:45pm-4:30pm		
BUOY, OH BUOY, OH BUOY! Velazquez, Kulp, Wartenberg & Vandenberg	NUTRITION PANEL Layne, Digsby, Toole & Fearheiley	GET "CERTIFIED" TO RUN YOUR FITNESS BUSINESS! Day
 <div>KEYNOTE &amp; COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT &amp; INCOME - Brandi Clark • Room G</div>		

SILVER TSUNAMI Velazquez, Kulp, Carroll & Vandenberg	HOW YOU MOVE MATTERS Laskowski	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Esquerre
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD   ROOM B		
EXPO SHOPPING 10:30am-11:00am		
AQUATIC EQUIPMENT INNOVATIONS Ford	PHYSICS OF PAIN & PERFORMANCE Mummy	STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL Toole, Appel, McCormick Roberts & Laskowski
EXPO SHOPPING 12:00pm-2:45pm		
4 FUNCTIONAL AQUA CIRCUITS Layne SESSION 1	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger SESSION 1	FIND & ENROLL CLIENTS USING SOCIAL MEDIA Clark SESSION 2
LIQUID GYM ACQUA PUNCH & PUMP Velazquez	CHAIN REACTION BIOMECHANICS Hughes	NAVIGATING LEGAL PITFALLS IN FITNESS Ball & Clark
EXPO SHOPPING 3:45pm-4:30pm		
AQUA ZUMBA® Melendez	TRENDING DIETS & WEIGHT LOSS MEDS Digsby	MAXIMIZE YOUR BRAND'S EARNING POTENTIAL Esquerre

RIDE THE WAVE Kulp, Carroll & Vandenberg	THE GUT – SLEEP NETWORK EFFECT Layne	FITNESS MARKETING MASTERCLASS: INSIDER TIPS Tate
LIQUID GYM ACQUA TONER STRETCH & TONE Kulp	KITCHEN MAKEOVER FOR FOOD LOVERS Digsby	PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL Esquerre
EXPO SHOPPING 10:00am-1:00pm		
BEAUTIFUL BUOYANT BOOTY Vandenberg	PREVENTING COMMON FITNESS INJURIES Laskowski	CREATE CONTENT TO BOOST SALES Toole
CORE FUSION H2O Vandenberg	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	MONETIZE YOUR BOTTOM LINE McCormick

 **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.

Pre-Recorded

SESSIONS



PRE-RECORDED  
PERSONAL  
TRAINING

PRE-RECORDED  
RESTORE / PILATES /  
TAI-CHI

PRE-RECORDED  
AQUA  
EXERCISE

PRE-RECORDED



STABILITY BALL BREAKTHROUGH Bannister-Munn	HAPPY HIPS & HEALTHY BACKS Fulton	AQUA YOGA FLOW Warasila	INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY Kooperman
7 GAME-CHANGING GLUTE TRAINING TIPS Tumminello	HIGH ROLLER - FOAM ROLLER PILATES Appel	AQUA HIIT THE BEAT Fowler	FIRESIDE CHAT WITH MARK HARRINGTON JR. Kooperman & Harrington
SMART STRENGTH FOR THE AGELESS FEMALE Roberts	CORE YOGA STRONG Howard	AB- ARSENAL Gilbert	SUCCESSFULLY BUILD YOUR MEMBER BASE Williams
TOTAL BODY RESET Turner	LOWER BODY SELF CARE Bettendorf	MIX-MATCH AQUA MOVES TO THE MAX Howard	RETIRED, NOT EXPIRED! STRENGTH TRAINING FOR MATURE ADULTS PANEL Kooperman, Roberts, Ritchie & Gilbert
REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF Mullins	QIGONG & SELF HEALING Cradock	AQUA BRAIN POWER Gilbert	RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS Hoff
LOWER BODY BURNOUT Howard	FOGA - FOAM ROLLING AND YOGA Zahn	BARRACUDA BOOTY Kulp	THE PERFECT VIRTUAL SOLUTION Madden
CORE TRAINING METHODS Mullins	CORE FORWARD PILATES Howard	10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING McCormick	BIGGEST SECRETS IN PERSONAL TRAINING SALES SUCCESS Baraglia

ROCK BOTTOMS! BANDED BOOTY STRENGTH McDonald	TAI CHI + WEIGHTS = IRON FUSION Ross	POWER TO THE POOL Dziubinski	CLUB, STUDIO & CLIENT RETENTION Kooperman
GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE (filmed at previous SCW Conventions) when you Add Dallas MANIA® 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!			
CONTENDER Richards	YOGA SOUL Kooperman	CHEEKS FOR WEEKS - H2O Gilbert	PROFITABLE TRAINING WITH CLIENTS 55+ Ritchie
SL@T - STRENGTHEN, LENGTHEN & TONE Howard	PILATES 4 LIFE Kahn	AQUA YOGA FOR ARTHRITIS Fairbrother	CONVERTING SOCIAL MEDIA CONTENT INTO CUSTOMERS Christopher
PLANKS IN ALL THREE PLANES Chilazi	SHOULDERS: PROTECTION & PERFORMANCE Christopher	TABATA AQUA RUNNING & CONDITIONING Haggard	BUILDING SUCCESSFUL HYBRID BUSINESSES Vokoun
CREATIVE COMPOUNDS Gavigan	FOREVER PILATES Appel	EASY-GRIP AQUA DUMBBELL WORKOUT Kulp	PURPOSEFUL PROGRAMMING Madden

TOP-TIER CORE CONDITIONING Robinson	THE ART OF FLOW: YOGA BASICS Conti	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Velazquez	NEW CLIENT RETENTION McBee
G.R.I.T. - STRENGTH TRAINING FOR THE AGER Gilbert	SMR: FUNCTIONAL FASCIA TECHNIQUES Gavigan	LIQUID LEVELS Pinkowski	ENTREPRENEURSHIP & OPENING Sheppard
CORE OFF THE FLOOR Zahab	YIN TO MY YANG Malaghan	TAB-AQUA QUICKIES Howard	BUILDING YOUR BUSINESS Stevenson
Access to pre-recorded sessions can be found at <a href="https://scwfit.com/dallas">scwfit.com/dallas</a>			