

EXPO HOURS	
FRIDAY, APR 14	10:15am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
SATURDAY, APR 15	8:45am – 9:15am 10:30am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
SUNDAY, APR 16	10:00am – 1:00pm

EXPO & SPONSORS

Age Rejuvenation.....	24	Primal Health Coach Institute.....	26
Aqua-Ohm.....	12	Schwinn.....	28
Brazily.....	8	SCW.....	3,15,16,17,19
Fit Bodies.....	25	S.E.A.T.....	18
HOTWORX.....	23	StandOut Fit Pro.....	11
LaBlast.....	22	Symmetry.....	4
MESO.....	20	T31.....	2
NES Health.....	32	Tough Agers.....	6
Polga.....	5	Two Diamond Fit.....	33

CO-SPONSOR



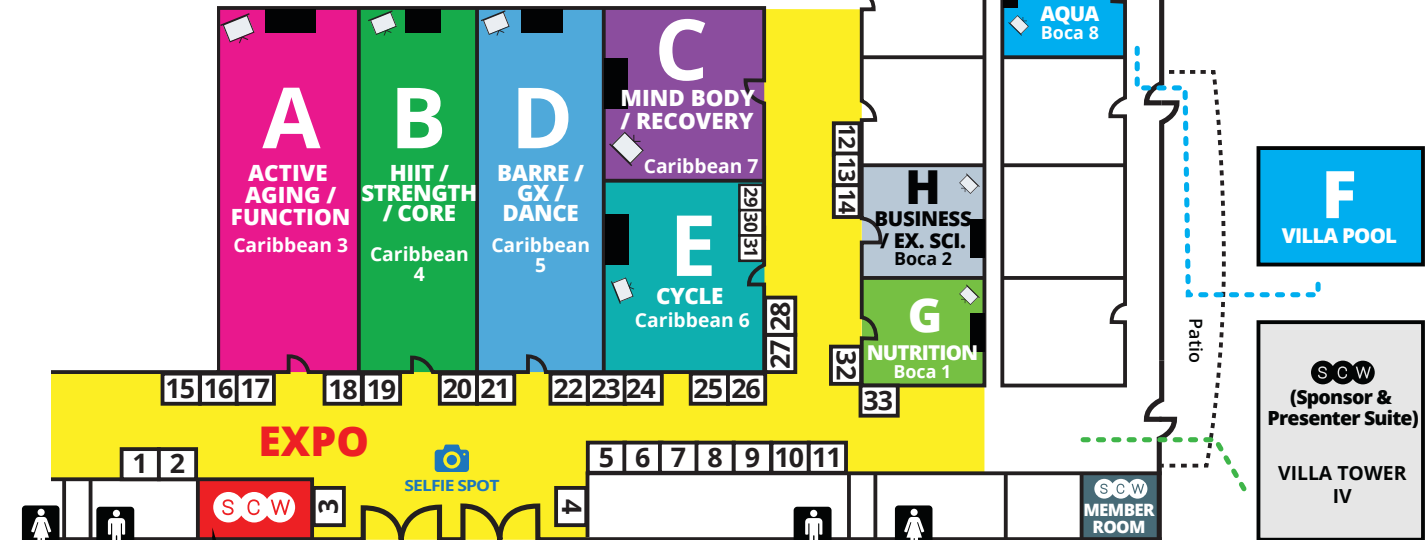
ASSOCIATE PLUS



ASSOCIATE SPONSORS



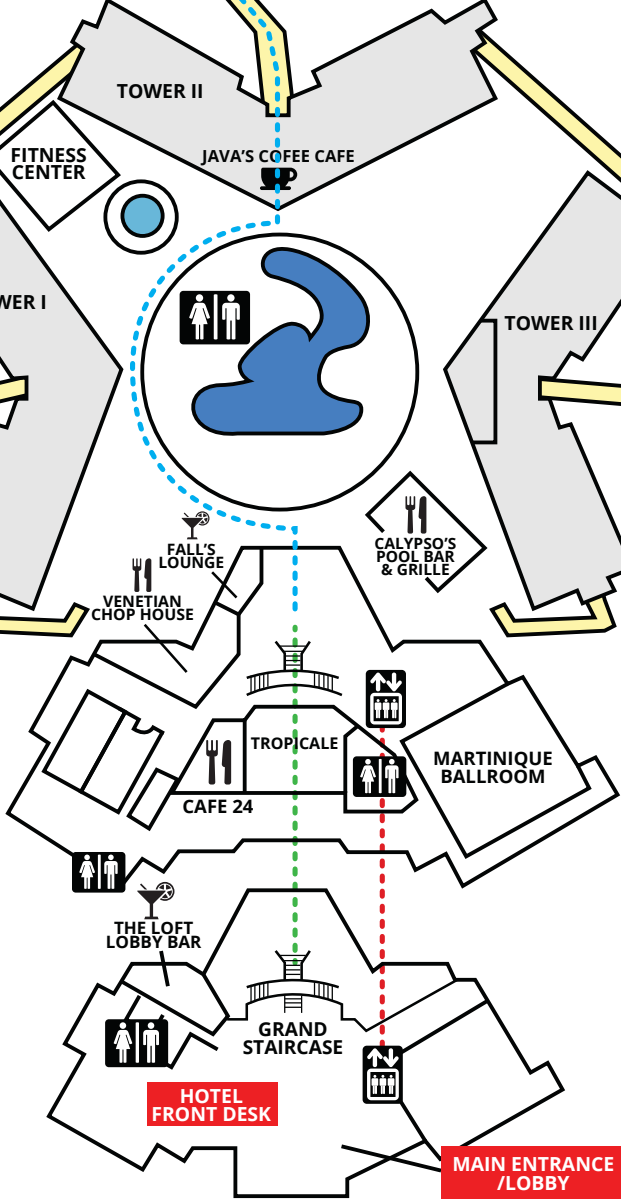
CONVENTION CENTER



**RECORDINGS,
OUTLINES,
EVALS & CECS**
scwfit.com/FL23

MAIN BUILDING LOWER LEVEL

MAIN BUILDING UPPER LEVEL



CERTIFICATIONS
THURSDAY, APRIL 13

SCW

ACTIVE AGING CERTIFICATION
GILBERT • 9:00AM - 5:00PM

SCW

PILATES MATWORK CERTIFICATION
APPEL • 8:00AM-5:00PM

SCW

PERSONAL TRAINING CERTIFICATION
MCCORMICK • 9:00AM - 6:00PM

SCW

LIFE COACHING CERTIFICATION
TOOLE • 9:00AM - 3:30PM

SCW

GROUP EXERCISE CERTIFICATION
VELAZQUEZ • 8:00AM-5:00PM

SCHWINN

SCHWINN CYCLING CERTIFICATION
SHERMAN • 7:00AM - 5:00PM

SCW

SYMMETRY TECHNICIAN - ADVANCED
POSTURAL CORRECTIVE EXERCISE
MUMMY • 8:00AM - 5:00PM

SCW

PRACTICAL GUIDE TO NUTRITION,
HORMONES & METABOLISM
LAYNE • 9:00AM-3:30PM

Indicates session is both
Live (In-Person) &
Recorded (Online)

A

FUNCTION /
ACTIVE AGING

B



HIIT / STRENGTH / CORE

C

MIND / BODY
/ RECOVERY

D

BARRE / GX / DANCE

FRIDAY APRIL 14	FR1	7:30am-8:45am	Sitting Pretty: Strength & Support Gilbert	Level Up Your Strength Classes! Bannister-Munn	Yoga-Bata VIIT Malaghan	Elite HIIT for Barre McCormick
	FR2	9:00am-10:15am	ToughAgers® Active Older Adult Fitness Rothschild	Dynamic Core Training McBee	Tai-Chi Fused Yoga Velazquez	Movement Training: Keeping It R.A.W.®! Robbins
	EXPO SHOPPING 10:00am-11:00am					
	FR3	11:00am-12:15pm	Manual Dexterity Training Gilbert	Killer Core Appel	Hands on Stretching Bannister-Munn	LaBlast® Fitness: Dance. Diversity. Inclusion. Figueroa
	EXPO SHOPPING 12:00pm-2:45pm					
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Functional Fitness 50+ Toole Session 1	Functional Core Training Garcia Session 2	Symmetry: Advanced Postural Corrective Exercise Mummy Session 1	Coaching the Station Based Circuit Workout McBee Session 2
	FR5	2:45pm-4:00pm	Balance & Coordination for Active Agers Velazquez	Body Weight Exercises you are Underutilizing Williams	Yoga-Pilates Restore Bannister-Munn	Brazily Dance Experience Santos & Santos
	EXPO SHOPPING 3:45pm-4:30pm					
FR6	4:30pm-5:45pm	Aging With Strength & Grace Dziubinski	Fluid Core Fusion Velazquez	Corrective Exercise Strategies for the Ankle Williams	Barefoot Kickbox Medina	
FR7	6:00pm-7:00pm	SCW FITNESS IDOL KOOPERMAN, GILBERT, BANNISTER-MUNN & MCBEE		Myofascial Recovery Garcia	Dance Off! LaBlast, Brazily, Velazquez, Ghabban, Haggard & Wartenberg	
SATURDAY, APRIL 15	SA1	7:30am-8:45am	S.E.A.T. - Supported Exercise for Ageless Training Gilbert	Leg Circuit Blast for Power Williams	By Any Stretch Appel	Total Body Shaping McBee
	EXPO SHOPPING 8:30am-9:15am					
	SA2	9:15am-10:30am	 Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am 			
	EXPO SHOPPING 10:30am-11:00am					
	SA3	11:00am-12:15pm	ABSolute Core You've NEVER Tried Christopher	Stability Ball Breakthrough Bannister-Munn	High Roller Appel	LaBlast® Fitness: Emotional Wealth Figueroa
	EXPO SHOPPING 12:00pm-2:45pm					
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Strength Training for Longevity & Vitality Kooperman Session 1	Create a Signature HIIT Class Medina Session 2	Gentle Yoga for Mobility Velazquez Session 1	Discover a Teaching Vacation Ghabban Session 2
	SA5	2:45pm-4:00pm	Balance & Stability for Active Agers Gilbert	Resistance Band Total Body Workout Bannister-Munn	Posture & Alignment With Personal Training Mummy	Make Your BrainSweat® Robbins
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	Functional Training with Foam Rollers Garcia	Sexy, Smart Strength for Women McCormick	Happy Hips & Healthy Backs Fulton	Kickbox vs. Resistance Medina	
SUNDAY, APRIL 16	SU1	7:30am-8:45am	LaBlast® Chair Fitness Figueroa	How to Handle Hypertrophy Robinson	Active Recovery for Optimal Performance Fulton	Just Beat It! Wartenberg
	SU2	9:00am-10:15am	Perfect Programming for Active Agers Toole	Beauty & the Beast: Yoga Power Bar Wartenberg	Adaptive TaiChi: Moving Despite Limitations Glassmeyer	Kickboxing Groove Haggard
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
	SU3	10:45am-12:00pm	Pre-Hab for Older Adults Wartenberg	Top Tier Core Conditioning Robinson	Shoulders: Protection & Performance Christopher	Quick & Dirty 30 - 2023 McCormick
	SU4	12:15pm-1:30pm	Mobility, Fascia & the Active Ager McCormick	LIT 101 (Low Impact Training) Robinson	5 Seconds To Improved Flexibility Fulton	Dance Party Fitness Haggard

CERTIFICATIONS
SUNDAY, APRIL 16

SCW

YOGA I CERTIFICATION
VELAZQUEZ • 7:30AM-3:30PM

SCW

AQUATIC EXERCISE CERTIFICATION
DZIUBINSKI • 7:30AM - 3:30PM

SEAT

S.E.A.T. CERTIFICATION
GILBERT • 7:30AM - 3:30PM

SCW

STRETCHING & FLEXIBILITY CERTIFICATION
APPEL • 7:30AM - 3:30PM

Florida MANIA®

watermotion

WATERINMOTION® AQUA EXERCISE
CERTIFICATION
KULP • 9:00AM - 5:00PM

SCW



ACTIVE AGING NUTRITION CERTIFICATION
TOOLE • 5:30PM - 9:30PM

SCW

AQUATIC PERSONAL TRAINING CERTIFICATION
MALAGHAN • 9:00AM - 5:00PM

HEALTH & FITNESS
BUSINESS SUMMIT

OUTLINES,
EVALS & CECS

FRIDAY, APRIL 14	Schwinn®: R.I.S.E. & #RideRight Appel	Aqua Strides & Strength Dziubinski	Diet vs. Exercise: Food Choices Always Win Fearheiley	Personal and Small Group Training Sales McBee	FR1
	Schwinn®: Dynamic Duos - Cycling Fusion Hogg	Changing Tides - H2O Tabata Style Kulp	Feasting & Fasting Layne	Entrepreneurship & Opening Sheppard	FR2
	EXPO SHOPPING 10:00am-11:00am				
	Schwinn®: Polishing Diamonds - Level Up Sherman	Water Works Velazquez & Kulp	Information & Energy - Keys to Health Teclaw	Content Creation in Paradise Ghabban	FR3
	EXPO SHOPPING 12:00pm-2:45pm				
	Schwinn®: Leader of the Pack Hogg Session 1	Easy-Grip Aqua Dumbbell Workout Kulp Session 2	Five Fat-Burning Hormones Layne Session 1	Club, Studio & Client Retention Kooperman Session 2	FR4
	Schwinn®: Let the Beat Drop Appel	LaBlast® Splash: Emotional Wealth Figueroa	Healthy Eating for Active Agers Malaghan	Operations: 5 Components of Business Sheppard	FR5
	EXPO SHOPPING 3:45pm-4:30pm				
		Strong & Stable Aqua Layne	Functional Foods for a Fantastic You Fearheiley	Effective GX & PT Sales Strategies Panel Kooperman, Clark, McBee, Toole & Christopher	FR6
		REGISTER FOR MANIA RECORDINGS AND ENJOY 100+ SESSIONS SCWFIT.COM/FLORIDA			FR7
SATURDAY, APRIL 15	Schwinn®: Prime Design 2.0 Hogg	Splish Splash Calorie Smash Malaghan	Chasing the Dragon Layne	Monetizing Your Passion & Skills Esquerre	SA1
	EXPO SHOPPING 8:30am-9:15am				
		Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am			SA2
	EXPO SHOPPING 10:30am-11:00am				
	Schwinn®: Cycle Mixology - Killer Playlists Sherman	Strength Beneath the Surface PluimMentz	Physics of Pain & Performance Mummy	Stand Out On Social Media Clark	SA3
	EXPO SHOPPING 12:00pm-2:45pm				
	Schwinn®: Breathly Not Breathless Appel Session 2	Free to Move in the Pool Dziubinski Session 1	What is Primal Fitness? Rupsis Session 2	Personal Trainings Missing Playbook Christopher Session 1	SA4
	Schwinn®: Tri-Cycle Triple Threat Hogg	Turbulence Training PluimMentz	Future Wellness: Biogenetics Teclaw	Fitness Logic: Common Sense Training Christopher	SA5
	EXPO SHOPPING 3:45pm-4:30pm				
	Schwinn®: Pedal N Pulse Appel	Silver Tsunami Velazquez & Kulp	Childhood & Adolescent Obesity: Healthy Guidance Fearheiley	Create Value - Retain Clients Toole	SA6
SUNDAY, APRIL 16	 Get Certified For only \$199!	Aqua Disco Haggard	Optimal Recovery Layne	Age-Proof Marketing Atkinson	SU1
		Swim Up Barre Malaghan	Fix 7 Menopause Systems with Exercise Atkinson	Stretching for Strength - Flexible Foundations Panel: Kooperman, Fulton, McCormick, Mummy & Christopher	SU2
		EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
		H2O Strength Kulp	Brain Science Layne	Wellness Programming to Attract the Non-Exerciser Bellenger	SU3
		Aqua Running & Conditioning Wartenberg	Fad Diets & Failed Expectations Toole	Grow Your Business by Adding Value Esquerre	SU4