

EXPO HOURS

Friday, May 3: 10:00am – 11:00am
12:00pm – 2:45pm
3:45pm – 4:30pm

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

Sunday, May 5: 10:00am – 1:00pm
(Closeout Shopping)



OUTLINES,
EVALS
& CECS

scwfit.com/FL24

SPONSOR / EXHIBITOR
BOOTHS

Alternative Balance.....	1
Tiger Tail.....	2
StandOut Fit-Pro.....	3
Grab the Gold.....	4
LaBlast.....	5
Symmetry.....	6, 7
The Mobility Recipe.....	8

GymFit Financial.....	9
WARRIOR.....	10
Conscious Counsel.....	11
WATERinMOTION.....	12
S.E.A.T.....	13
SCW Fitness.....	14, 15, 16, 17, 18
Alignment Essentials.....	19
Vibram.....	20
Gymnazo.....	21

Iovate Health Sciences Intl.....	22
Two Diamond Fit.....	23
VK Professionals.....	24
Indigo Aquatics.....	25
Promoteer.....	26
Stryke Fitness.....	27
Allies of Health & Beauty.....	28
TravelFun.....	29
Country Fusion.....	30

CO-SPONSOR



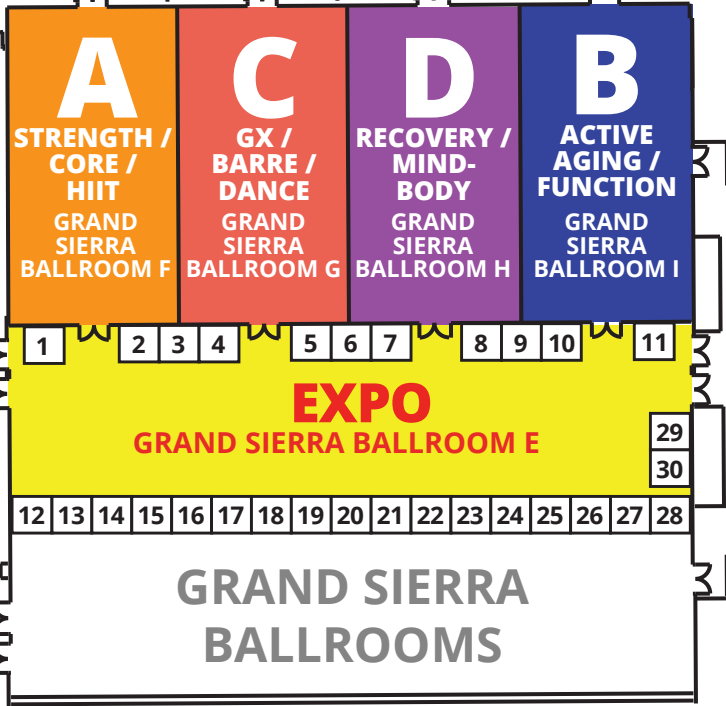
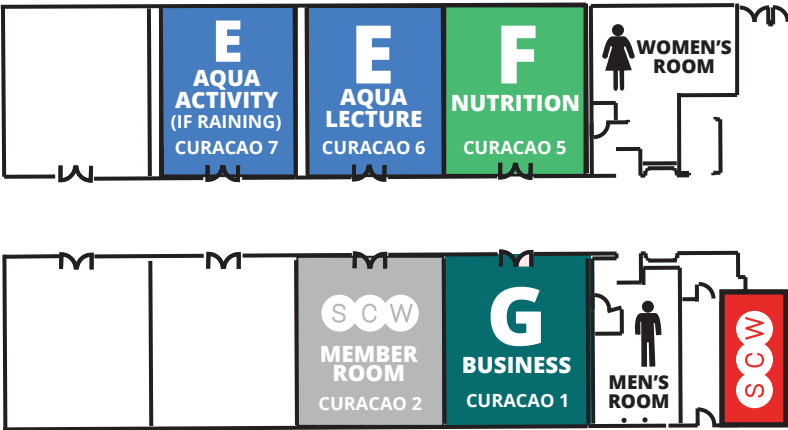
ASSOCIATE PLUS SPONSORS



ASSOCIATE SPONSORS



SUPPORTERS

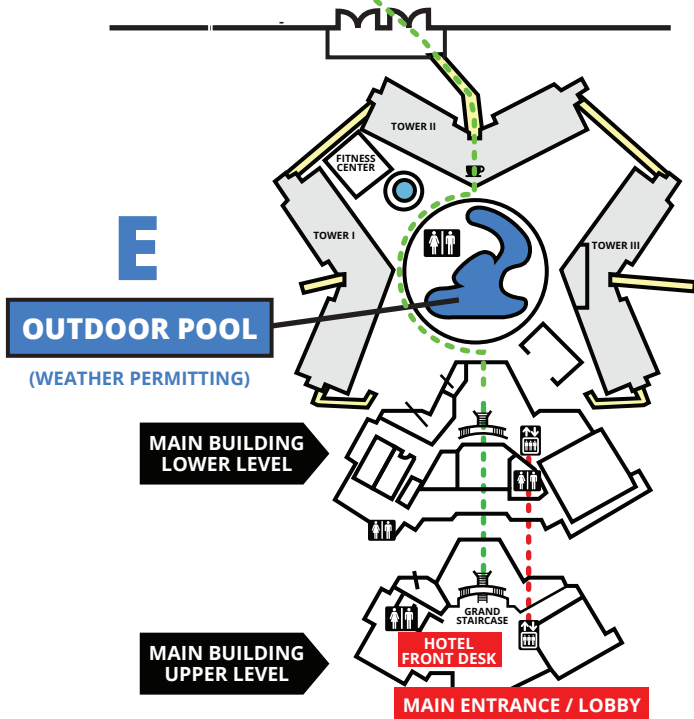


MANIA[®]
EVENT
MAP



OUTLINES,
EVALS & CECS

scwfit.com/FL24



CERTIFICATIONS
THURSDAY,
MAY 2

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

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

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

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

SCW MEDITATION
CERTIFICATION
Rockitt
5:00pm-9:00pm

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

FLORIDA MANIA®
FIT PRO CONVENTION

A

B

C

D

HIIT / CORE / STRENGTH

FUNCTION / ACTIVE AGING

GX / DANCE /
SMALL GROUP TRAINING

RECOVERY / MIND BODY

FR1	7:30am-8:45am	STRYKE Mansour & McNally	MOBILITY TRAINING: ONLINE OR IN-PERSON Webb	ULTIMATE LEG DAY Toole	YOGA-PILATES RESTORE Bannister-Munn
FR2	9:00am-10:15am	WARRIOR STRENGTH™: SIMPLE & SERIOUSLY "STICKY" de Ward	SENIOR CIRCUIT Haggard	ARM CANDY Appel	TIGER TAIL® GOODBYE BACK PAIN Zuleger
EXPO SHOPPING 10:00am-11:00am					
FR3	11:00am-12:15pm	KILLER CORE Appel	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	THE SOLD-OUT CLASS STRATEGY Robinson	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE Mummy
EXPO SHOPPING 12:00pm-2:45pm					
FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FULL BODY 3D HIIT-CIRCUIT Hughes SESSION 1	FREE YOUR FEET: SPONSORED BY HYPERAM FIVEFINGERS Evans SESSION 1	BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING Rockitt SESSION 2	WARRIOR® TAI CHI YOGA AND QI GONG FUSION Roberts SESSION 2
FR5	2:45pm-4:00pm	FLUID CORE FUSION Velazquez	BODYFIT: TIPS ON MODIFICATIONS Ross	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED Mikszan	PILATES: MAT TO THE MAX Appel
EXPO SHOPPING 3:45pm-4:30pm					
FR6	4:30pm-5:45pm	DEEP CORE AND PELVIC FLOOR Layne	THE WARRIOR® WORKOUT Roberts	KICKBOX N CHAOS Turner	"DON'T JUST SIT THERE!" Ratliff
FR7	6:00pm-7:00pm	FITNESS IDOL Toole, Gilbert, Robinson & Bannister-Munn	FITNESS IDOL Toole, Gilbert, Robinson & Bannister-Munn	DANCE OFF! Lablast® ZUMBA® Country Fusion® Velazquez, Haggard & Wartenberg	RECOVERY THROUGH MEDITATION Rockitt

SA1	7:30am-8:45am	BAND CAMP Bannister-Munn	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	WELCOME II THE TERRORDOME Turner	SUPPORTING YOUR CLIENT'S MENTAL HEALTH JOURNEY Evans
SA2	9:15am-10:30am	SYMME TRY KEYNOTE ADDRESS: THE ROLE OF FITNESS PROFESSIONAL IN THE HEALTHCARE SYSTEM PATRICK MUMMY ROOM B			
SA3	11:00am-12:15pm	B88 WORKOUT – BALL, BAND, BAR Bannister-Munn	ACTIVE AGING PLAYGROUND Toole	LABLAST® FITNESS: BALLROOM BLITZ Figueroa	WARRIOR RHYTHM™ BRAVE, BOLD & BEAUTIFUL de Ward
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes SESSION 2	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING CROSSMAN SESSION 2	ZUMBA® Bostic SESSION 1	MOVING MEDITATIONS Roberts SESSION 1
SA5	2:45pm-4:00pm	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy & Bannister-Munn	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb	STEP IT UP! Turner	TIGER TAIL® ACTIVE RECOVERY Zuleger
EXPO SHOPPING 3:45pm-4:30pm					
SA6	4:30pm-5:45pm	FUNCTIONAL CORE TRAINING Garcia	TIMELESS MOTION: AGE-DEFYING MOVEMENT Gilbert	360 PICKLEBALL PERFORMANCE TRAINING Robinson	BY ANY STRETCH Appel

SU1	7:30am-8:45am	EFFORT MASTERY: COACHING PEAK PERFORMANCE AND MOTIVATION McBee	CREATIVE PROGRAMMING 55+ Wartenberg	COUNTRY FUSION® 2024 Mooney	MYOFASCIAL RECOVERY Garcia
SU2	9:00am-10:15am	WARRIOR COMBAT™ KEEP FIGHTING de Ward & Richards	LABLAST® CHAIR FITNESS: PULL UP A SEAT Mikszan	STRYKE X- PRESS & STRETCH Mansour & McNally	PRO ATHLETE ACTIVE RECOVERY Robinson
EXPO SHOPPING 10:00am-1:00pm					
SU3	10:45am-12:00pm	TOTAL BODY STRENGTH Richards	CARDIO KICKBOXING FOR THE ACTIVE AGER Malaghan	TOTAL BODY SHAPING McBee	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Hughes
SU4	12:15pm-1:30pm	FLEX LIKE A BOSS Haggard	ACTIVE AGING LATIN JOYFUL MIX Sepulveda	STRENGTH COURAGE AND WISDOM Freeman	GOT BACK PAIN? Garcia

CERTIFICATIONS
SUNDAY,
MAY 5

WARRIOR® TAI CHI
YOGA INSTRUCTOR
Jani Roberts
7:30am-3:30pm

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

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

S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING
CERTIFICATION
Gilbert • 7:30am-3:30pm

SYMME TRY POSTURAL
MEASUREMENT
Mummy
7:30am-3:30pm

ZUMBA®
Bostic
7:30am-3:30pm

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

SCW AQUATIC
PERSONAL TRAINING
CERTIFICATION
Malaghan
9:00am-3:00pm

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

E

F

G

AQUA (STARTS IN LECTURE)

NUTRITION / EX. SCIENCE

BUSINESS

AQUATIC PERSONAL TRAINING Malaghan	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digbsy	A PROFITABLE BOUTIQUE BUSINESS Gilbert
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ Figueroa	SIP OR SKIP: ALCOHOL'S TRUE IMPACT Layne	PERSONAL TRAINING: A LIFELONG CAREER Hughes
EXPO SHOPPING 10:00am-11:00am		
RIDE THE WAVE Velazquez, Haggard & Vandenberg	SUGAR, SNACKS & HEART ATTACKS Digbsy	GROWTH: MUST OR BUST Clark, Ball, Mooney, Day, Evans & Hughes
EXPO SHOPPING 12:00pm-2:45pm		
LIQUID GYM AQUA PUNCH & PUMP Velazquez SESSION 1	SIX ROOT CAUSES OF DECREASED LONGEVITY Layne SESSION 1	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Roberts SESSION 2
COUNTRY FUSION® AQUATICS Mooney	BUILDING MUSCLE WHILE LOSING FAT Layne	ORGANIZE AND SIMPLIFY LEAD GENERATION Clark
EXPO SHOPPING 3:45pm-4:30pm		
AQUA - INTERVELOCITY Dzrubinski	HOW YOU MOVE MATTERS Laskowski	BUILD THE FINANCIAL FUTURE OF YOUR DREAMS Day
KEYNOTE & COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME • Brandi Clark ROOM G		

AQUA ZUMBA® Bostic	THE GUT – SLEEP NETWORK EFFECT Layne	YOUR FINANCIAL HEALTH Ross
EXPO SHOPPING 8:30am-9:15am		
SYMME TRY KEYNOTE ADDRESS: THE ROLE OF FITNESS PROFESSIONAL IN THE HEALTHCARE SYSTEM PATRICK MUMMY ROOM B		
BUOY, OH BUOY, OH BUOY! Velazquez, Kulp, Haggard & Vandenberg	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger	NAVIGATING LEGAL PITFALLS IN FITNESS Ball & Clark
EXPO SHOPPING 10:30am-11:00am		
SILVER TSUNAMI Velazquez, Kulp, Haggard & Vandenberg SESSION 2	PHYSICS OF PAIN & PERFORMANCE Mummy SESSION 1	EFFECTIVE EX & PT SALES STRATEGIES PANEL Toole, Clark, Webb & McBride SESSION 2
AQUA DRUMS VIBES Wartenberg	HOW TO KNOW IF YOU'RE UNDER-EATING Digbsy	FIND & ENROLL CLIENTS USING SOCIAL MEDIA Clark
EXPO SHOPPING 3:45pm-4:30pm		
H2O REPORTING FOR DUTY Haggard	NUTRITION PANEL Layne, Digbsy, Toole & Malaghan	STRATEGY IMPLEMENTATION & FINANCIAL MANAGEMENT McBride

LIQUID GYM AQUA TONER STRETCH & TONE Kulp	TRENDING DIETS & WEIGHT LOSS MEETS Digbsy	SOCIAL MEDIA: STRYKE WHILE THE IRON'S HOT Mansour & McNally
AQUA POWER BAR Wartenberg	PREVENTING COMMON FITNESS INJURIES Laskowski	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS McBee
EXPO SHOPPING 10:00am-1:00pm		
4 FUNCTIONAL AQUA CIRCUITS Layne	MAGNESIUM: THE MIGHTY MINERAL UNVEILED Toole	PT 2024- MEET THE HYBRID FITNESS PROFESSIONAL Esquerre
BEAUTIFUL BUOYANT BOOTY Vandenberg	HEALTHY EATING FOR ACTIVE AGERS Malaghan	NEW WORLD SALES & MANAGEMENT McBride

Pre-Recorded SESSIONS

PRE-RECORDED
HIIT / CORE / STRENGTH

PRE-RECORDED
RESTORE / PILATES / TAI-CHI

PRE-RECORDED
AQUA EXERCISE

PRE-RECORDED
BUSINESS SUMMIT 2025

HOW TO MASTER THE DEADLIFT Mike	HAPPY HIPS & HEALTHY BACKS Fulton	AQUA YOGA FLOW Warasila	INEXPENSIVE MARKETING STRATEGIES & PROFITABILITY Koepferman
7 GAME-CHANGING GLUTE TRAINING TIPS Tumminello	HIGH ROLLER - FOAM ROLLER PILATES Appel	AQUA HIT THE BEAT Fowler	FIRESIDE CHAT WITH MARK HARRINGTON JR. Koepferman & 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 MAJORITY ADULTS Koepferman, Roberts, Ritchie & Gilbert
REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF Mullins	ADAPTIVE TAI-CHI: MOVING DESPITE LIMITATIONS Glassmeyer	AQUA BRAIN POWER Gilbert	RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS Trot
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! BANDS FOR STRENGTH

TAI CHI + WEIGHTS - IRON FUSION

POWER TO THE POOL

STRETCHING FOR STRENGTH FLEXIBILITY & STRENGTH

Richards

Koepferman

Dzrubinski

Koepferman, Gilbert, Appel & Roberts

GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE

(filmed at previous SCW Conventions) when you Add Florida MANIA® 2024

Recordings... 160 RECORDED SESSIONS IN TOTAL!

CONTENDER
Richards

YOGA SOUL
Koepferman

CHEEKS FOR WEEKS - H2O
Gilbert

PROFITABLE TRAINING WITH CLIENTS 55+
Ritchie

SL@T - STRENGTHEN, LENGTHEN & TONE
Howard

FUNCTIONAL PILATES
Velazquez

AQUA YOGA FOR ARTHRITIS
Fairbrother

CONVERTING SOCIAL MEDIA CONTENT INTO CUSTOMERS
Christopher

GLUTE TRAINING - BEGINNER TO ADVANCED
Johnson

SHOULDER: PROTECTION & PERFORMANCE
Christopher

H2O TAP OUT
Confield

BUILDING SUCCESSFUL HYBRID BUSINESSES
Voloun

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
Shepard

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 sewfit.com/FLORIDA

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.