



Florida

MANIA®

FITNESS PRO CONVENTION

BUSINESS

SUMMIT

SCW

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Evals & CEC/CEUS



TIME	CODE	SESSION	PRESENTER
FRIDAY, MAY 3			
7:30am - 8:45am	FR1A	STRYKE	MANSOUR & MCNALLY
9:00am - 10:15am	FR2A	WARRIOR STRENGTH™: SIMPLE & SERIOUSLY “STICKY”	de WERD
11:00am - 12:15pm	FR3A	KILLER CORE	APPEL
12:30pm -1:45pm	FR4A	FULL BODY 3D HIIT-CIRCUIT	HUGHES
2:45pm - 4:00pm	FR5A	FLUID CORE FUSION	VELAZQUEZ
4:30pm - 5:45pm	FR6A	DEEP CORE AND PELVIC FLOOR	LAYNE
6:00pm - 7:00pm	FR7A	DANCE OFF!	LABLAST®, ZUMBA®, COUNTRY FUSION®, VELAZQUEZ, HAGGARD & WARTENBERG
SATURDAY, MAY 4			
7:30am - 8:45am	SA1A	BAND CAMP	BANNISTER-MUNN
11:00am - 12:15pm	SA3A	BBB WORKOUT – BALL, BAND, BAR	BANNISTER-MUNN
1:15pm – 2:30pm	SA4A	ATHLETIC WOMAN: FUNCTION & STRENGTH	HUGHES
2:45pm - 4:00pm	SA5A	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY & BANNISTER-MUNN
4:30pm - 5:45pm	SA6A	FUNCTIONAL CORE TRAINING	GARCIA
SUNDAY, MAY 5			
7:30am - 8:45am	SU1A	EFFORT MASTERY: COACHING PEAK PERFORMANCE & MOTIVATION	MCBEE
9:00am - 10:15am	SU2A	WARRIOR COMBAT™ KEEP FIGHTING	de WERD & RICHARDS
10:45am - 12:00pm	SU3A	TOTAL BODY STRENGTH	RICHARDS
12:15pm-1:30pm	SU4A	FLEX LIKE A BOSS	HAGGARD



TIME	CODE	SESSION	PRESENTER
FRIDAY, MAY 3			
7:30am - 8:45am	FR1B	MOBILITY TRAINING – ONLINE OR IN-PERSON	WEBB
9:00am - 10:15am	FR2B	SENIOR CIRCUIT	HAGGARD
11:00am - 12:15pm	FR3B	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
12:30pm – 1:45pm	FR4B	FREE YOUR FEET: SPONSORED BY VIBRAM FIVEFINGERS	EVANS
2:45pm - 4:00pm	FR5B	BODYFIT: TIPS ON MODIFICATIONS	ROSS
4:30pm - 5:45pm	FR6B	THE WARRIOR® WORKOUT	ROBERTS
6:00pm – 7:00pm	FR7B	FITNESS IDOL	TOOLE, GILBERT, ROBINSON & BANNISTER-MUNN
SATURDAY, MAY 4			
7:30am - 8:45am	SA1B	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE	WEBB
9:15am – 10:30am	SA2B	THE ROLE OF FITNESS PROFESSIONAL IN THE HEALTHCARE SYSTEM	MUMMY
11:00am - 12:15pm	SA3B	ACTIVE AGING PLAYGROUND	TOOLE
1:15pm – 2:30pm	SA4B	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
2:45pm - 4:00pm	SA5B	MASTER KNEE-PAIN REDUCTION STRATEGIES	WEBB
4:30pm - 5:45pm	SA6B	TIMELESS MOTION: AGE-DEFYING MOVEMENT	GILBERT
SUNDAY, MAY 5			
7:30am - 8:45am	SU1B	CREATIVE PROGRAMMING 55+	WARTENBERG
9:00am - 10:15am	SU2B	LABLAST® CHAIR FITNESS: PULL UP A SEAT	MIKSZAN
10:45am - 12:00pm	SU3B	CARDIO KICKBOXING FOR THE ACTIVE AGER	MALAGHAN
12:15pm - 1:30pm	SU4B	ACTIVE AGING LATIN JOYFUL MIX	SEPULVEDA



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FRIDAY, MAY 3			
7:30am - 8:45am	FR1C	ULTIMATE LEG DAY	TOOLE
9:00am - 10:15am	FR2C	ARM CANDY	APPEL
11:00am - 12:15pm	FR3C	THE SOLD-OUT CLASS STRATEGY	ROBINSON
1:15pm – 2:30pm	FR4C	BEYOND SQUAT: UNCONDITIONAL LOWER BODY TRAINING	ROCKIT
2:45pm - 4:00pm	FR5C	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED	MIKSZAN
4:30pm - 5:45pm	FR6C	KICKBOX N CHAOS	TURNER
SATURDAY, MAY 4			
7:30am - 8:45am	SA1C	WELCOME II THE TERRORDOME	TURNER
11:00am - 12:15pm	SA3C	LABLAST® FITNESS: BALLROOM BLITZ	FIGUEROA
12:30pm-1:45pm	SA4C	ZUMBA®	BOSTIC
2:45pm - 4:00pm	SA5C	STEP IT UP!	TURNER
4:30pm - 5:45pm	SA6C	360 PICKLEBALL PERFORMANCE TRAINING	ROBINSON
SUNDAY, MAY 5			
7:30am - 8:45am	SU1C	COUNTRY FUSION® 2024	MOONEY
9:00am - 10:15am	SU2C	STRYKE X-PRESS & STRETCH	MANSOUR & MCNALLY
10:45am - 12:00pm	SU3C	TOTAL BODY SHAPING	MCBEE
12:15pm - 1:30pm	SU4C	STRENGTH COURAGE AND WISDOM	FREEMAN



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FRIDAY, MAY 3			
7:30am - 8:45am	FR1D	YOGA-PILATES RESTORE	BANNISTER-MUNN
9:00am - 10:15am	FR2D	TIGER TAIL® GOODBYE BACK PAIN	ZULEGER
11:00am - 12:15pm	FR3D	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE	MUMMY
1:15pm – 2:30pm	FR4D	WARRIOR® TAI CHI YOGA AND QI GONG FUSION	ROBERTS
2:45pm - 4:00pm	FR5D	PILATES MAT TO THE MAX	APPEL
4:30pm - 5:45pm	FR6D	“DON’T JUST SIT THERE!”	RATLIFF
6:00pm - 7:00pm	FR7D	RECOVERY THROUGH MEDITATION	ROCKIT
SATURDAY, MAY 4			
7:30am – 8:45am	SA1D	SUPPORTING YOUR CLIENT’S MENTAL HEALTH JOURNEY	EVANS
11:00am - 12:15pm	SA3D	WARRIOR RHYTHM™ BRAVE, BOLD & BEAUTIFUL	de WERD
12:30pm – 1:45pm	SA4D	MOVING MEDITATIONS	ROBERTS
2:45pm - 4:00pm	SA5D	TIGER TAIL® ACTIVE RECOVERY	ZULEGER
4:30pm - 5:45pm	SA6D	BY ANY STRETCH	APPEL
SUNDAY, MAY 5			
7:30am - 8:45am	SU1D	MYOFASCIAL RECOVERY	GARCIA
9:00am - 10:15am	SU2D	PRO ATHLETE ACTIVE RECOVERY	ROBINSON
10:45am - 12:00pm	SU3D	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY	HUGHES
12:15pm - 1:30pm	SU4D	GOT BACK PAIN?	GARCIA



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FRIDAY, MAY 3				
7:30am – 8:45am	FR1E	AQUATIC PERSONAL TRAINING		MALAGHAN
9:00am - 10:15am	FR2E	LABLAST® SPLASH: BUOYANT BALLROOM BLITZ		FIGUEROA
11:00am - 12:15pm	FR3E	RIDE THE WAVE		VELAZQUEZ, HAGGARD & VANDENBERG
12:30pm -1:45pm	FR4E	LIQUID GYM ACQUA PUNCH & PUMP		VELAZQUEZ
2:45pm – 4:00pm	FR5E	COUNTRY FUSION® AQUATICS		MOONEY
4:30pm – 5:45pm	FR6E	AQUA – INTERVELOCITY		DZIUBINSKI
SATURDAY, MAY 4				
7:30am - 8:45am	SA1E	AQUA ZUMBA®		BOSTIC
11:00am - 12:15pm	SA3E	BUOY, OH BUOY, OH BUOY!		VELAZQUEZ, KULP, HAGGARD & VANDENBERG
1:15pm – 2:30pm	SA4E	SILVER TSUNAMI		VELAZQUEZ, KULP, WARTENBERG & VANDEBERG
2:45pm-4:00pm	SA5E	AQUA DRUMS VIBES		WARTENBERG
4:30pm-5:45pm	SA6E	H2O REPORTING FOR DUTY		HAGGARD
SUNDAY, MAY 5				
7:30am - 8:45am	SU1E	LIQUID GYM ACQUA TONER STRETCH & TONE	KULP	
9:00am - 10:15am	SU2E	AQUA POWER BAR	WARTENBERG	
10:45am - 12:00pm	SU3E	4 FUNCTIONAL AQUA CIRCUITS	LAYNE	
12:15pm - 1:30pm	SU4E	BEAUTIFUL BUOYANT BOOTY	VANDENBERG	



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FRIDAY, MAY 3			
7:30am - 8:45am	FR1F	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION	DIGSBY
9:00am - 10:15am	FR2F	SIP OR SKIP: ALCOHOL’S TRUE IMPACT	LAYNE
11:00am - 12:15pm	FR3F	SUGAR, SNACKS & HEART ATTACKS	DIGSBY
12:30pm – 1:45pm	FR4F	SIX ROOT CAUSES OF DECREASED LONGEVITY	LAYNE
2:45pm - 4:00pm	FR5F	BUILDING MUSCLE WHILE LOSING FAT	LAYNE
4:30pm - 5:45pm	FR6F	HOW YOU MOVE MATTERS	LASKOWSKI
SATURDAY, MAY 4			
7:30am - 8:45am	SA1F	THE GUT – SLEEP NETWORK EFFECT	LAYNE
11:00am - 12:15pm	SA3F	MYOFASCIAL RELEASE: THE VAGUS NERVE	ZULEGER
12:30pm – 1:45pm	SA4F	PHYSICS OF PAIN & PERFORMANCE	MUMMY
2:45pm - 4:00pm	SA5F	HOW TO KNOW IF YOU’RE UNDER- EATING	DIGSBY
4:30pm - 5:45pm	SA6F	NUTRITION PANEL	LAYNE, DIGSBY, TOOLE & MALAGHAN
SUNDAY, MAY 5			
7:30am - 8:45am	SU1F	TRENDING DIETS & WEIGHT LOSS MEDS	DIGSBY
9:00am - 10:15am	SU2F	PREVENTING COMMON FITNESS INJURIES	LASKOWSKI
10:45am - 12:00pm	SU3F	MAGNESIUM: THE MIGHTY MINERAL UNVEILED	TOOLE
12:15pm - 1:30pm	SU4F	HEALTHY EATING FOR ACTIVE AGERS	MALAGHAN



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FRIDAY, MAY 3			
7:30am - 8:45am	FR1G	OPERATING A PROFITABLE BOUTIQUE STUDIO	GILBERT
9:00am - 10:15am	FR2G	PERSONAL TRAINING: A LIFELONG CAREER	HUGHES
11:00am - 12:15pm	FR3G	GROWTH: MUST OR BUST	CLARK, BALL, MOONEY, DAY, HUGHES & EVANS
1:15PM – 2:30PM	FR4G	SELLING WITHOUT SELLING: IT’S ABOUT THE RELATIONSHIP!	ESQUERRE
2:45pm - 4:00pm	FR5G	ORGANIZE AND SIMPLIFY LEAD GENERATION	CLARK
4:30pm - 5:45pm	FR6G	BUILD THE FINANCIAL FUTURE OF YOUR DREAMS	DAY
6:00pm – 7:00pm	FR7G	KEYNOTE & COCKTAILS – FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME	CLARK
SATURDAY, MAY 4			
7:30am - 8:45am	SA1G	YOUR FINANCIAL HEALTH	ROSS
11:00am - 12:15pm	SA3G	NAVIGATING LEGAL PITFALLS IN FITNESS	BALL & CLARK
1:15pm – 2:30pm	SA4G	EFFECTIVE GX & PT SALES STRATEGIES PANEL	TOOLE, CLARK, WEBB & MCBRIDE
2:45pm - 4:00pm	SA5G	FIND & ENROLL CLIENTS USING SOCIAL MEDIA	CLARK
4:30pm - 5:45pm	SA6G	STRATEGY, IMPLEMENTATION & FINANCIAL MANAGEMENT	MCBRIDE
SUNDAY, MAY 5			
7:30am - 8:45am	SU1G	SOCIAL MEDIA: STRYKE WHILE THE IRON’S HOT	MANSOUR & MCNALLY
9:00am - 10:15am	SU2G	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS	MCBEE
10:45am - 12:00pm	SU3G	PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL	ESQUERRE
12:15pm-1:30pm	SU4G	NEW WORLD SALES & MANAGEMENT	MCBRIDE