



**florida
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fitness pro convention



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| TIME | CODE | SESSION | PRESENTER |
|-------------------|------|--|--|
| FRIDAY, MAY 2 | | | |
| 7:30am - 8:45am | FR1A | ROTARY GROUND FORCE TRAINING | PRESTON & HORNE |
| 9:00am - 10:15am | FR2A | FULL BODY WORKOUT WITH BILLYSTIX™ | SHUTTIC |
| 11:00am - 12:15pm | FR3A | ARMS, BUTTS & CORE ON THE FLOOR! | BANNISTER-MUNN |
| 1:15pm – 2:30pm | FR4A | INTEGRATED STRENGTH | MADDEN |
| 2:45pm - 4:00pm | FR5A | PALANGO! STRENGTH | OJEDA |
| 4:30pm - 5:45pm | FR6A | RBB BURN | STRACHAN |
| 6:00pm – 7:00pm | FR7A | DANCE OFF! | LABLAST®, PALANGO! FITNESS, TAMPA BAY BODIES, INC., WARTENBERG, & VELAQUEZ |
| SATURDAY, MAY 3 | | | |
| 7:30am - 8:45am | SA1A | HIP MOBILITY FOR PEAK PERFORMANCE | BANNISTER-MUNN |
| 11:00am - 12:15pm | SA3A | THE CORE 6: STRENGTH & MOVEMENT ESSENTIALS | BANNISTER-MUNN |
| 12:30pm – 1:45pm | SA4A | PELVIC FLOOR FROM THE OUTSIDE IN | LAYNE |
| 2:45pm - 4:00pm | SA5A | ACTIVE STRENGTHENING WITH STRETCH | K. ROSS |
| 4:30pm - 5:45pm | SA6A | NEXT-LEVEL CORE TRAINING | GARCIA |
| SUNDAY, MAY 4 | | | |
| 7:30am - 8:45am | SU1A | CORE BY 4 | WARTENBERG |
| 9:00am - 10:15am | SU2A | STRENGTH & GRACE: BACK TO POWER | LEMONS |
| 10:45am - 12:00pm | SU3A | STEP UP YOUR GROOVE | LAYNE |
| 12:15pm-1:30pm | SU4A | DON'T FORGET YOUR UNILATERAL EXERCISES | LEMONS |



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| FRIDAY, MAY 2 | | | |
| 7:30am - 8:45am | FR1B | DARE TO CHAIR | GILBERT |
| 9:00am - 10:15am | FR2B | DEMENTIA CLIENT STRATEGIES FOR TRAINERS | ROTHSCHILD |
| 11:00am - 12:15pm | FR3B | BALANCE TRAINING FOR HEALTHY AGING | RATLIFF |
| 12:30pm – 1:45pm | FR4B | BOOST BRAIN & BODY BALANCE | GILBERT |
| 2:45pm - 4:00pm | FR5B | FUNCTIONAL BALANCE CIRCUITS FOR CLIENTS OVER 50 | RITCHIE |
| 4:30pm - 5:45pm | FR6B | MASTER KNEE-PAIN REDUCTION STRATEGIES | WEBB |
| SATURDAY, MAY 3 | | | |
| 7:30am - 8:45am | SA1B | TOUGHAGERS® ACTIVE OLDER ADULT FITNESS | ROTHSCHILD |
| 9:15am – 10:30am | SA2B | KEYNOTE: THE PURPOSE-DRIVEN FITNESS FORMULA | WEBB |
| 11:00am - 12:15pm | SA3B | S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING | GILBERT |
| 1:15pm -2:30pm | SA4B | ATHLETIC AGING | APPEL |
| 2:45pm - 4:00pm | SA5B | MOBILITY TRAINING – ONLINE OR IN-PERSON | WEBB |
| 4:30pm - 5:45pm | SA6B | THE JOY OF LINE DANCING | KITTAY |
| SUNDAY, MAY 4 | | | |
| 7:30am - 8:45am | SU1B | FASCIAL FITNESS FOR AN AGELESS BODY | BENDER |
| 9:00am - 10:15am | SU2B | ANKLE MECHANICS FOR PEAK PERFORMANCE | GARCIA |
| 10:45am - 12:00pm | SU3B | AASK AMBER: ANTI-AGING SURVIVAL KIT | TOOLE |
| 12:15pm - 1:30pm | SU4B | LABLAST® CHAIR FITNESS: PULL UP A SEAT | FIGUEROA |



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| FRIDAY, MAY 2 | | | |
| 7:30am - 8:45am | FR1C | PROP POWER: AMP UP YOUR BARRE | MADDEN |
| 9:00am - 10:15am | FR2C | SOULKICKBOXING™ | COLEMAN |
| 11:00am - 12:15pm | FR3C | ZUMBA® | BOSTIC |
| 1:15pm – 2:30pm | FR4C | PUMP YOUR PEACH! | TOOLE |
| 2:45pm - 4:00pm | FR5C | BARREFUSION™ EXPERIENCE | COLEMAN |
| 4:30pm - 5:45pm | FR6C | GAME YOUR CORE | VELAZQUEZ |
| SATURDAY, MAY 3 | | | |
| 7:30am - 8:45am | SA1C | NO GYM EQUIPMENT? NO EXCUSES! | GARCIA |
| 11:00am - 12:15pm | SA3C | LABLAST® FITNESS: BALLROOM BLITZ | VAN AMSTEL |
| 12:30pm – 1:45pm | SA4C | PALANGO! CARDIO | OJEDA |
| 2:45pm - 4:00pm | SA5C | SOULFUSION™ EXPERIENCE | COLEMAN |
| 4:30pm - 5:45pm | SA6C | WARRIOR® WORKOUT | ROBERTS |
| SUNDAY, MAY 4 | | | |
| 7:30am - 8:45am | SU1C | LABLAST® FITNESS FOR ALL AGES | FIGUEROA |
| 9:00am - 10:15am | SU2C | RBB SHRED | STRACHAN |
| 10:45am - 12:00pm | SU3C | TRAIN LIKE AN ATHLETE | KORNEGAY |
| 12:15pm - 1:30pm | SU4C | STEP INTO STRUTERCIZE™ | TAUB |



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| FRIDAY, MAY 2 | | | |
| 7:30am - 8:45am | FR1D | DECONSTRUCTING ASANAS | RATLIFF |
| 9:00am - 10:15am | FR2D | PAIR UP WITH PILATES | TOOLE |
| 11:00am - 12:15pm | FR3D | SYMMETRY ALIGNSMART [®] - SCIENTIFIC STRETCHING | MUMMY |
| 12:30pm – 1:45pm | FR4D | SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE | WEBB |
| 2:45pm - 4:00pm | FR5D | AGLESS PILATES | BENDER |
| 4:30pm - 5:45pm | FR6D | STRETCH SAVVY: HANDS-ON TECHNIQUES | BANNISTER-MUNN |
| 6:00pm - 7:00pm | FR7D | SCW FITNESS STAR SEARCH | GILBERT, SEPULVEDA, & BANNISTER-MUNN |
| SATURDAY, MAY 3 | | | |
| 7:30am – 8:45am | SA1D | HUMAN REFORMER PILATES | APPEL |
| 11:00am - 12:15pm | SA3D | CONQUERING SCIATIC PAIN | GARCIA |
| 1:15pm – 2:30pm | SA4D | PILATES FUNCTIONAL PROGRESSIONS | VELAZQUEZ |
| 2:45pm - 4:00pm | SA5D | POSTURE & ALIGNMENT WITH PERSONAL TRAINING | MUMMY |
| 4:30pm - 5:45pm | SA6D | FOREVER PILATES | APPEL |
| SUNDAY, MAY 4 | | | |
| 7:30am - 8:45am | SU1D | MINDFUL BODY FUSION | LEMONS |
| 9:00am - 10:15am | SU2D | KARDIO KENPO | SHUTTIC |
| 10:45am - 12:00pm | SU3D | POSTURE PERFECT: BODY WEIGHT EXERCISES FOR BETTER POSTURE | PRESTON & HORNE |
| 12:15pm - 1:30pm | SU4D | WARRIOR [®] TAI CHI YOGA AND QI GONG FUSION | ROBERTS |



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| FRIDAY, MAY 2 | | | |
| 7:30am - 8:45am | FR1E | RHYTHM AND ROAD | TOOLE |
| 9:00am - 10:15am | FR2E | QUIET CHAOS, FIND YOUR RHYTHM | NICOTERA |
| 11:00am - 12:15pm | FR3E | RIDE RE-INVENTED | MADDEN |
| 1:15pm – 2:30pm | FR4E | TRENDS IN CYCLING | NICOTERA |
| 2:45pm - 4:00pm | FR5E | MUSIC & MOTIVATION: PERFECT CYCLING PAIR | MADDEN |
| SATURDAY, MAY 3 | | | |
| 7:30am - 8:45am | SA1E | CONNECT WITH MUSIC, MESSAGING, MOTIVATION | NICOTERA |
| 11:00am - 12:15pm | SA3E | RHYTHM RIDE: RIDE THE BEAT | JACKSON |
| 12:30pm – 1:45pm | SA4E | WARRIOR® RIDE | ROBERTS |
| 2:45pm - 4:00pm | SA5E | CREATE RIDES WITH AI | NICOTERA |



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| FRIDAY, MAY 2 | | | |
| 7:30am - 8:45am | FR1F | UNLOCKING THE POWER OF HIIT | NICOTERA |
| 9:00am - 10:15am | FR2F | KETTLEBELL TRAINING FOR WOMEN | P. ROSS & CORSO |
| 11:00am - 12:15pm | FR3F | TRAIN SMART & HIIT SMART GOALS | DAYER |
| 12:30pm – 1:45pm | FR4F | THE HIDDEN CORE | P. ROSS & CORSO |
| 2:45pm - 4:00pm | FR5F | HYPERTROPHY UNLOCKED | MAYWEATHER |
| 4:30pm - 5:45pm | FR6F | PUREBACK: STRENGTHEN, RESTORE, THRIVE | PRESTON & HORNE |
| SATURDAY, MAY 3 | | | |
| 7:30am - 8:45am | SA1F | TRAIN THE FEMALE ATHLETE | P. ROSS & CORSO |
| 11:00am - 12:15pm | SA3F | HIIT RATIOS & EXERCISE PROGRESSION | APPEL |
| 12:30pm – 1:45pm | SA4F | REFRAMING STRENGTH TRAINING: REAL RESULTS | MAYWEATHER |
| 2:45pm - 4:00pm | SA5F | KILLER CORE | APPEL |
| 4:30pm - 5:45pm | SA6F | PUSH, PULL, SQUAT, HINGE | MAYWEATHER |



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| FRIDAY, MAY 2 | | | |
| 7:30am - 8:45am | FR1G | LABLAST® SPLASH: BUOYANT BALLROOM BLITZ | VAN AMSTEL |
| 9:00am - 10:15am | FR2G | AQUA ZUMBA® | BOSTIC |
| 11:00am - 12:15pm | FR3G | WAVE WORKS | VELAZQUEZ & SEPULVEDA |
| 12:30pm – 1:45pm | FR4G | WHEN BREATH MEETS WATER: AQUA YOGA | LEMONS |
| 2:45pm - 4:00pm | FR5G | AQUA DRUMS VIBES | WARTENBERG |
| 4:30pm - 5:45pm | FR6G | WATER FIESTA: SPLASH & FLOW | SEPULVEDA |
| SATURDAY, MAY 3 | | | |
| 7:30am - 8:45am | SA1G | AQUATIC STRENGTH TRAINING | PLUIMMENTZ |
| 11:00am - 12:15pm | SA3G | TIDES OF POWER | KULP, VELAZQUEZ & SEPULVEDA |
| 1:15pm – 2:30pm | SA4G | LIQUID GYM ACQUA TONER STRETCH & TONE | KULP |
| 2:45pm - 4:00pm | SA5G | H2O REPORTING FOR DUTY | HAGGARD |
| 4:30pm - 5:45pm | SA6G | AGELESS AQUA | KULP, VELAZQUEZ, WARTENBERG & SEPULVEDA |
| SUNDAY, MAY 4 | | | |
| 7:30am - 8:45am | SU1G | AQUA DISCO | HAGGARD |
| 9:00am - 10:15am | SU2G | LIQUID GYM ACQUA PUNCH & PUMP | WARTENBERG |
| 10:45am - 12:00pm | SU3G | ALL-INCLUSIVE AQUATICS | PLUIMMENTZ |
| 12:15pm – 1:30pm | SU4G | TABATA AQUA RUNNING & CONDITIONING | WARTENBERG |



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| FRIDAY, MAY 2 | | | |
| 7:30am - 8:45am | FR1H | DEBUNKING EXERCISE SCIENCE MYTHS | LAYNE |
| 9:00am - 10:15am | FR2H | ANTI-OBESITY WELLNESS & FITNESS PROGRAMMING | GILBERT |
| 11:00am - 12:15pm | FR3H | NUTRITION: HOT TOPIC RESEARCH | LAYNE |
| 1:15pm – 2:30pm | FR4H | SLEEP HABITS: KEY TO FITNESS | LAYNE |
| 2:45pm - 4:00pm | FR5H | REVERSE YOUR CLOCK ON AGING | PAJUNEN |
| 4:30pm - 5:45pm | FR6H | CRACKING THE CODE TO WEIGHT LOSS | TOOLE |
| SATURDAY, MAY 3 | | | |
| 7:30am - 8:45am | SA1H | PHYSICS OF PAIN & PERFORMANCE | MUMMY |
| 11:00am - 12:15pm | SA3H | BODY COMPOSITION 101 | HAN |
| 1:15pm – 2:30pm | SA4H | HOW TO AVOID BEING MY PATIENT | LASKOWSKI |
| 2:45pm - 4:00pm | SA5H | BOOST YOUR PRE-WORKOUT & RECOVERY | ONTIVEROS, LAYNE, TOOLE & LEMONS |
| 4:30pm - 5:45pm | SA6H | THE ECOSYSTEM OF FOOD | FOSS |
| SUNDAY, MAY 4 | | | |
| 7:30am - 8:45am | SU1H | WOMEN: TRAINING THROUGH THE STAGES | LAYNE |
| 9:00am - 10:15am | SU2H | MASTERING MACROS | TOOLE |
| 10:45am - 12:00pm | SU3H | PREVENTING COMMON FITNESS INJURIES | LASKOWSKI |
| 12:15pm – 1:30pm | SU4H | STORING ISSUES IN OUR TISSUES | FOSS |



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| FRIDAY, MAY 2 | | | |
| 7:30am - 8:45am | FR1I | SECRETS OF SUCCESSFUL STUDIO OWNERS | RITCHIE |
| 9:00am - 10:15am | FR2I | YOUR FINANCIAL HEALTH | K. ROSS |
| 11:00am - 12:15pm | FR3I | MARKETING TO ACTIVE AGERS PANEL | TOOLE, RITCHIE, GILBERT, PAJUNEN & ROTHSCHILD |
| 12:30pm – 1:45pm | FR4I | CONFIDENT PROGRAM SALES STRATEGIES | RITCHIE |
| 2:45pm - 4:00pm | FR5I | STRENGTH TRAINING FOR ACTIVE AGERS PANEL | TOOLE, GILBERT, LASKOWSKI, LEMONS & WEBB |
| 4:30pm - 5:45pm | FR6I | BALANCING THE BURN – MANAGING INFLAMMATION | LEMONS |
| 6:00pm – 7:00pm | FR7I | BUSINESS KEYNOTE: THE FITNESS EVOLUTION | MUMMY |
| SATURDAY, MAY 3 | | | |
| 7:30am - 8:45am | SA1I | REBRAND AND THRIVE | GILBERT |
| 11:00am - 12:15pm | SA3I | | |
| 12:30pm – 1:45pm | SA4I | START & GROW YOUR BUSINESS | TOOLE, K. ROSS, & ROTHSCHILD |
| 2:45pm - 4:00pm | SA5I | BUILD A HIGH PERFORMANCE TEAM | GILBERT |
| 4:30pm - 5:45pm | SA6I | SO, YOU’RE A PERSONAL TRAINER. NOW WHAT? | LEMONS |
| SUNDAY, MAY 4 | | | |
| 7:30am - 8:45am | SU1I | | |
| 9:00am – 10:15am | SU2I | PAIN-FREE NECK & BACK: MOBILITY STRATEGIES | WEBB |