





CERTIFICATIONS THURS., JULY 20	SCW ACTIVE AGING CERTIFICATION GILBERT • 9:00AM - 5:00PM		SCW PERSONAL TRAINING CERTIFICATION MCCORMICK, MS. CSCS • 9:00AM - 6:00PM		SCW PILATES MATWORK CERTIFICATION APPEL • 8:00AM - 5:00PM		SCW GROUP EXERCISE CERTIFICATION VELAZQUEZ • 8:00AM - 5:00PM		SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION VANDERBURG • 7:00AM - 5:00PM		
	water motion WATERINMOTION® AQUA EXERCISE CERTIFICATION KULP • 9:00AM - 5:00PM		SCW PRACTICAL GUIDE TO NUTRITION: HORMONES & METABOLISM CERTIFICATION LAYNE • 9:00AM - 3:30PM		SCW LIFE COACHING CERTIFICATION SPREEN-GLICK • 9:00AM - 3:30PM		SCW ACTIVE AGING NUTRITION CERTIFICATION TOOLE • 5:30PM - 9:30PM		SCW SCW CHRONIC DISEASE & FITNESS SPECIALIST CERTIFICATION CONTI • 5:30PM - 9:30PM		
■ 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, JULY 21	FR1	7:30am-8:45am	Sitting Pretty: Strength & Support Gilbert		LIT 101 (Low Impact Training) Robinson		Yoga-Pilates Restore Bannister-Munn		BARREfusion™ Experience Lubov		
	FR2	9:00am-10:15am	Functional Fitness 50+ Toole		E.M.H. Training Gavigan		Bring the Toys! Bannister-Munn		Discover a Teaching Vacation Cox		
	EXPO SHOPPING 10:00am-11:00am										
	FR3	11:00am-12:15pm	Manual Dexterity Training Gilbert		Arm Candy Appel		Symmetry: Advanced Postural Corrective Exercise Mummy		Barre Vida - Balance Trainer & Barre Stone & Brasher		
	EXPO SHOPPING 12:00pm-2:45pm										
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Strength Training for Longevity & Vitality Kooperman SESSION 1		Top Tier Core Conditioning Robinson SESSION 2		The Art of Flow: Yoga Basics Conti SESSION 1		LaBlast® Fitness: Dance. Diversity. Inclusion. van Amstel SESSION 2		
	FR5	2:45pm-4:00pm	Functional Training for Active Agers Gilbert		Body Weight Exercises you are Underutilizing Williams		Yoga for Balance Spreen-Glick		Physique 57 Barre Basics Becker		
	EXPO SHOPPING 3:45pm-4:30pm										
	FR6	4:30pm-5:45pm	Arthritis Exercises: From Head to Toe Conti		Sexy, Smart Strength for Women McCormick		Corrective Exercise Strategies for the Ankle Williams		Kardio Kickbox Savage		
	FR7	6:00pm-7:00pm	SCW FITNESS IDOL Kooperman, Gilbert, Bannister-Munn & Robinson				Flow Free & Be Spreen-Glick		OOO MANIA® DANCE OFF! Club Vibe™, LaBlast® Barre Vida, Fit Bodies Tani Haggard & Manuel Velazquez		
	SATURDAY, JULY 22	SA1	7:30am-8:45am	S.E.A.T. Supported Exercise for Ageless Training Gilbert		Leg Circuit Blast for Power Williams		Fire & Ice Yoga Spreen-Glick		Kickbox N Chaos Turner	
EXPO SHOPPING 8:30am-9:15am											
SA2		9:15am-10:30am	 SYMMETRY 1		KEYNOTE ADDRESS The Role of Fitness Professional in the Healthcare System					Patrick Mummy • 9:15am - 10:30am	
EXPO SHOPPING 10:30am-11:00am											
SA3		11:00am-12:15pm	Balance & Coordination for Active Agers Velazquez		Band Camp Bannister-Munn		Happy Muscles!® 365 Tiger Tail® Recovery Zuleger		Physique 57 HIIT the Barre Becker		
EXPO SHOPPING 12:00pm-2:45pm											
SA4		SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Stabilize the Shoulder Gavigan SESSION 2		SOULstrength™: Cardio Kickboxing Intervals Lubov SESSION 1		Hips Don't Lie Bannister-Munn SESSION 1		LaBlast® Fitness: Emotional Wealth van Amstel SESSION 2		
SA5		2:45pm-4:00pm	Functional Training With Foam Rollers Garcia		Kettlebell Krush Turner		Posture & Alignment With Personal Training Mummy		Coconut Beach Camp by Fit Bodies, Inc. Stanley		
EXPO SHOPPING 3:45pm-4:30pm											
SA6		4:30pm-5:45pm	Chair-agility Layne		Fundamentals of Squat Progressions and Variations Mike		By Any Stretch Appel		SMR: Functional Fascia Techniques Gavigan		
SA7		6:00pm-7:00pm							Dance Unleashed: The Ultimate House Party Ponte & Schur		
SUNDAY, JULY 23	SU1	7:30am-8:45am	Perfect Programming for Active Agers Toole		Functional Core Training Garcia		Poppin' Booty Pilates Stys		Hard Core by Physique 57 Becker & Melissaratos		
	SU2	9:00am-10:15am	LaBlast® Chair Fitness Van Amstel		Optimal Overhead Pressing Mike		SOULfusion™ EXPERIENCE Lubov				
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm										
	SU3	10:45am-12:00pm	Boogie, Band & Balance Kulp		Core Connection Turner		Got Back Pain? Garcia		How to Handle Hypertrophy Robinson		
SU4	12:15pm-1:30pm	Transformational Training After 40 McCormick		Master the Deadlift Mike		Myofascial Recovery Garcia		Kickboxing Groove Haggard			

register at: www.scwfit.com/atlanta

atlanta mania® schedule

E CYCLE	F AQUA (STARTS IN LECTURE)	G NUTRITION / EXERCISE SCIENCE	H BUSINESS	Give your fitness business the attention it deserves. scwfit.com/business	
Schwinn®: Polishing Diamonds - Level Up Sherman	Changing Tides - H2O Tabata Style Kulp	Brain Science Layne	Monetizing Your Passion & Skills Esquerre	FR1	FRIDAY, JULY 21
Schwinn®: R.I.S.E. & #RideRight Vanderburg	LaBlast® Splash: Emotional Wealth van Amstel	Healthy Weight: Defined by a Dietitian Digsby	Find & Enroll New Clients Online Clark	FR2	
EXPO SHOPPING 10:00am-11:00am					
Schwinn®: Dynamic Duos - Cycling Fusion Thews	Water Works Velazquez & Kulp	Five Fat-Burning Hormones Layne	5 Star Management Spreen-Glick	FR3	
EXPO SHOPPING 12:00pm-2:45pm					
Schwinn®: Leader of the Pack Appel SESSION 1	Silver Tsunami Velazquez & Kulp SESSION 2	Fad Diets & Failed Expectations Toole SESSION 1	Negotiation Strategies for Fitness Pros Thews SESSION 2	FR4	
Schwinn®: Let the Beat Drop Appel	10 BEST Exercises for 1:1 Aquatic Training McCormick	Protein Power for Weight Control Digsby	Club, Studio & Client Attraction & Retention Kooperman	FR5	
EXPO SHOPPING 3:45pm-4:30pm					
Schwinn®: Prime Design 2.0 Vanderburg	Aqua Ease: Flexibility for Active Agers Velazquez	Nutrition and Hormones: Healthy Aging Zuleger	Effective GX & PT Sales Strategies Panel Kooperman, Toole, Clark, Smith & Robinson	FR6	
	register for recordings and enjoy 100+ sessions		scwfit.com/atlanta	FR7	
Schwinn®: Pedal N Pulse Appel	H2O Reporting for Duty Haggard	Getting Clients Lean Healthfully Digsby	Create Value - Retain Clients Toole	SA1	SATURDAY, JULY 22
EXPO SHOPPING 8:30am-9:15am					
 SYMMETRY	KEYNOTE ADDRESS The Role of Fitness Professional in the Healthcare System Patrick Mummy • 9:15am - 10:30am			SA2	
EXPO SHOPPING 10:30am-11:00am					
Schwinn®: Tri-Cycle Triple Threat Thews	Turbulence Training PluimMentz	Physics of Pain & Performance Mummy	Becoming the Boss Smith	SA3	
EXPO SHOPPING 12:00pm-2:45pm					
Schwinn®: Cycle Mixology - Killer Playlists Vanderburg SESSION 1	H2O Strength Velazquez & Kulp SESSION 2	Ketogenic Diets: History and Applications Hyde SESSION 1	Stretching for Strength - Flexible Foundations Panel Kooperman, Mummy, Mike, McCormick & Appel SESSION 2	SA4	
Schwinn®: Breathy Not Breathless Thews	Ab Arsenal Gilbert	Optimal Recovery Layne	Fitness in the Workplace Stone	SA5	
EXPO SHOPPING 3:45pm-4:30pm					
Schwinn®: Recovery RX Vanderburg	Easy-Grip Aqua Dumbbell Workout Kulp	Sports Supplementation: Scientifically Backed Performance Hyde	Grow Your Business by Adding Value Esquerre	SA6	
					SUNDAY, JULY 23
 Get Certified For only \$179!	Aqua Agility Layne	Bioenergetics: Review of Energy Systems Hyde	Max Engagement = Max Return Switalski	SU1	
	Strong & Stable Aqua Layne	How Calories & Fat Tissue Work Digsby	The Future of Fitness Panel Toole, Esquerre, Smith, Robinson & McCormick	SU2	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
	Aqua Disco Haggard	Chasing the Dragon: Food Addiction Layne	Smart Strategies for Serious Sales Smith	SU3	
	Tidal Toning Kulp	Weight Loss Isn't for Everyone Stys	Business Blueprint for 2023 Robinson	SU4	