

**CERTIFICATIONS
THURSDAY,
NOV. 10**

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

SCW
PERSONAL TRAINING CERTIFICATION
ROBERTS • 8:00AM - 6:00PM

TALJFIT CERTIFICATION
ROSS • 9:00AM - 5:00PM

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

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

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

SCW
YOGA 1 CERTIFICATION
VELAZQUEZ • 8:00AM - 5:00PM

SCW
FALL PREVENTION CERTIFICATION
CONTI • 3:30PM-9:30PM

**Boston MANIA®
Schedule**
scwfit.com/Boston



**SCW Boston Health & Fitness
Business Summit 2022**
Give your fitness business the attention it deserves. A unique and engaging opportunity to learn from fitness industry leaders who paved the way. Visit: scwfit.com/business

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

E ROWING / BOXING / SMALL GROUP	F AQUA (STARTS IN LECTURE)	G NUTRITION / EXERCISE SCIENCE	H BUSINESS	FR1	7:30am-8:45am
Fight Night 2.0 Richards	Smart Sets for Aqua Dumbbells Kulp	General Population Nutrition Coaching Toole	Social Media Success Accelerator Poirier	FR1	7:30am-8:45am
Brrrrn © Slide Board Training for Active Aging Adamic & Martin NEW	H2O Strength Through the Ages Velazquez, Kulp & Carvalho Noodles, Hand Buoys, Tubing	Low T for Women? McCormick NEW	Inexpensive Marketing For Growth & Profitability Kooperman	FR2	9:00am-10:15am
EXPO SHOPPING 10:15am- 11:00am					
Boats, Bands and Battle Ropes™ SGT Ken®	LaBlast® Splash: Dancing with Aquatic Principles Perodeau	Stopping Inflammation Through Nutrition Layne	Stretching for Strength - Flexible Foundations Panel Kooperman, Bannister-Munn, Appel, Velazquez	FR3	11:00am-12:15pm
Intro to Jetti Walking Fitness Program Boyle Session 1	Aqua Ease: Flexibility for Active Agers Velazquez Session 2	Effective Group Ex. & PT Sales Strategies Panel Kooperman, Oksayan, D. Gilbert, Esquerre & A. Gilbert - Sess. 1	Getting On Board - Slide Board Training Adamic & Martin - Session 2	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm
EXPO SHOPPING 12:00pm-2:45pm					
4 Quarters of Fitness Robinson	Splish Splash Calorie Smash Malaghan	Mastering Menopause Layne	Financial Success in your Career Esquerre	FR5	2:45pm-4:00pm
EXPO SHOPPING 3:45pm-4:30pm					
Kickbox N Chaos Turner	Cheeks for Weeks Gilbert	Art of Food as Fuel Malaghan	Selling for the Non Salesperson Barnes	FR6	4:30pm-5:45pm
REGISTER FOR MANIA® RECORDINGS AND ENJOY 100 SESSIONS SCWFIT.COM/BOSTON				FR7	6:00pm-7:00pm
Making Cardio Fun Williams	H2O Rapid Resistance Kulp	The Sleep, Eat, & Hormones Link Layne	Boutique Fitness' Winning Formula Etuk	SA1	7:30am-8:45am
EXPO SHOPPING 8:45am- 9:15am					
SA2	9:15am-10:30am	Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am		SA2	9:15am-10:30am
EXPO SHOPPING 10:30am- 11:00am					
Fight Club Richards	LaBlast® Splash: Dance. Water. Emotional Health. Perodeau	State of the Boutique Fitness Industry Barnes & Etuk	Nutrition Math - Calories, Grams and Size, Oh My! Toole	SA3	11:00am-12:15pm
Row, Recover, Roll and Repeat™ SGT Ken® Session 1	Water Works Velazquez, Kulp & Carvalho Session 2	Nutrition for Fitness Professionals Layne Session 1	Cheap Tricks to Market Your GX & PT Panel Kooperman, Oksayan, D. Gilbert, Howard & A. Gilbert Sess. 2	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm
EXPO SHOPPING 12:00pm-2:45pm					
Brrrrn © Slide Board Training for Athletes Adamic & Martin	Strength Beneath the Surface PluimMentz	WORDS MATTER: Eating Disorders & the Fitness Industry Conti	Perfect Practice Makes Perfect Laskowski	SA5	2:45pm-4:00pm
EXPO SHOPPING 3:45pm-4:30pm					
Contender Richards	Tab-Aqua Quickies Howard	Pros & Cons of Fasting Layne	Retired, Not Expired! Strength Training for Mature Adults Panel Kooperman, Velazquez, Malaghan, Bannister-Munn	SA6	4:15pm-5:30pm
Street Kamp Garland	Aqua Excellence for the Active Ager Velazquez, Kulp & Carvalho	The D.I.E.T. Revelation Douglass	Grow Your Business Through Retentions & Conversions Esquerre	SU1	7:30am-8:45am
Kettlebell Krush Turner	Aqua Disco Haggard	Got Muscle? Targeting Hypertrophy Layne	Motivational Interviewing & Goal Setting Skills for Fit Pros Nitschke	SU2	9:00am-10:15am
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
Budget Bootcamp Aronson	Barracuda Booty Kulp	Helping Clients Reject Diet Culture Nitschke	Simplicity Breeds Success Baldwin	SU3	10:45am-12:00pm
Street Kata - Evolution to Kickboxing Garland	Swim Up Barre Malaghan	Is Your Diet on Fire? Douglass	What Will You G.A.I.N. Austin	SU4	12:15pm-1:30pm

FRIDAY, NOVEMBER 11

SATURDAY, NOVEMBER 12

SUNDAY, NOV. 13

FRIDAY, NOVEMBER 11

SATURDAY, NOVEMBER 12

SUNDAY, NOV. 13

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
Sitting Pretty: Strength & Support Gilbert	LIT 101 (Low Impact Training) Robinson	Flowing Yoga For Chakra Balancing Velazquez	Improve Your Rear View Taylor
Best Mobility Exercises for Better Movement Tumminello	Back, Booty & Core Connection Appel	Discover a Teaching Vacation Chilazi	LaBlast® Fitness: Dance is Mental & Emotional Health Perodeau
EXPO SHOPPING 10:15am- 11:00am			
Recovery Techniques for Active Agers Toole	SOULstrength™ EXPERIENCE Park	The Art of Flow: Yoga Basics Conti	7 Game-Changing Glute Training Tips Tumminello
Arthritis Exercises: From Head to Toe Conti Session 2	Pro Athlete Core Conditioning Robinson Session 1	WARRIOR Strength™ de Werd Session 2	Zumba® Saldi Session 2
EXPO SHOPPING 12:00pm-2:45pm			
Strength Training for Longevity & Vitality Kooperman	Planks in all Three Planes Chilazi	Yoga Restore Bannister-Munn	Where Functional Training Meets Fun Rodriguez
EXPO SHOPPING 3:45pm-4:30pm			
The Battle for Mobility McCormick	The Bare Essential - Strength Training 101 Bannister-Munn	Tai-Chi Fused Yoga Velazquez	Barre Bang Appel Barre
SCW FITNESS IDOL HOWARD, VELAZQUEZ, RICHARDS & BANNISTER-MUNN			
S.E.A.T. Supported Exercise for Ageless Training Gilbert	How to Handle Hypertrophy D. Robinson	Core Forward Pilates Howard	Jetti Flow & Barre Mendoza
EXPO SHOPPING 8:45am- 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			
Hot Crossed Buns Howard	Coconut Beach Camp by Fit Bodies, Inc. Chilazi	Hands On Stretching Bannister-Munn	BareFit Super Circuits Taylor
Best Practices for Functional Flexibility Williams Session 1	WARRIOR Rhythm™ de Werd Session 2	SOULfusion™ EXPERIENCE Park Session 1	Move Your Core the Latin Way Rodriguez Session 2
EXPO SHOPPING 12:00pm-2:45pm			
LaBlast® Fitness: Active Aging for All Perodeau	Arm Candy Appel	Core Yoga Strong Howard	STRONG Nation™ Bayersdorfer
EXPO SHOPPING 3:45pm-4:30pm			
Functional Training for Active Agers Gilbert	ABSolutely Core Training Williams	Active Recovery for Better Results Fulton	Total Body Reset Turner
Fab Women Fifty+ Toole	Core Connection Turner	Muscle Care - Happy Hips & Healthy Backs Fulton	Slide Into Your Stronger Self Taylor
Boogie, Band & Balance Kulp	Core Flow Lenart	Chair Yoga for the Young at Heart Kooperman	BARRefusion™ EXPERIENCE Park
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
WARRIOR Strength™: Put FUN in Functional de Werd	Level Up Your Strength Classes! Bannister-Munn	5 Seconds to Improved Flexibility Fulton	Agility Ability Layne
Active Agers From the Ground Up! Velazquez	Rock Bottoms! Banded Booty McDonald	Yoga Sculpt Aronson	Disco & Dumbbells Haggard

**CERTIFICATIONS
SUNDAY,
NOV. 13**

ZUMBA
ZUMBA® BASIC 1 TRAINING
SALDI • 7:30AM-4:00PM

STRONG NATION™ TRAINING
BAYERSDORFER • 7:30AM-4:00PM

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

SCW
BARRE CERTIFICATION
APPEL • 7:30AM - 3:30PM

SCW
GROUP EXERCISE CERTIFICATION
HOWARD • 7:30AM - 3:30PM

SCW
BOXING CERTIFICATION
RICHARDS • 7:30AM-2:30PM

SCW
AQUATIC EXERCISE CERTIFICATION
MCCORMICK • 7:30AM - 3:30PM

FIT
BAREFIT SUSPENSION SYSTEM TRAINING
CERTIFICATION
TAYLOR • 11:00AM - 3:00PM

jetti
JETTI INSTRUCTOR TRAINING
BOYLE • 11:00AM - 3:00PM