

BOSTON MANIA[®]

FITNESS PRO CONVENTION



EXPO HOURS

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

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

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

Tiger Tail.....1
Healthworks.....2
WATERinMOTION.....3, 33
S.E.A.T.....4
Nutrition Factors.....5
Schwinn.....6, 29, 30, 31
New England Sports Floors.....7
YMCA of the North Shore.....8
Symmetry for Health.....9, 10
Gymnazo.....11
StandOut Fit-Pro.....12

SOULfusion.....13
OOFOS.....14
fitDEGREE.....15
Alternative Balance.....16
Two Diamond Fit.....17
WaterRower.....18
LaBlast.....19
Raqisa.....20
Brazily Fitness.....21
SCW Fitness.....22, 23, 24, 25, 26
SCW Apparel.....27

CO-SPONSOR



ASSOCIATE PLUS



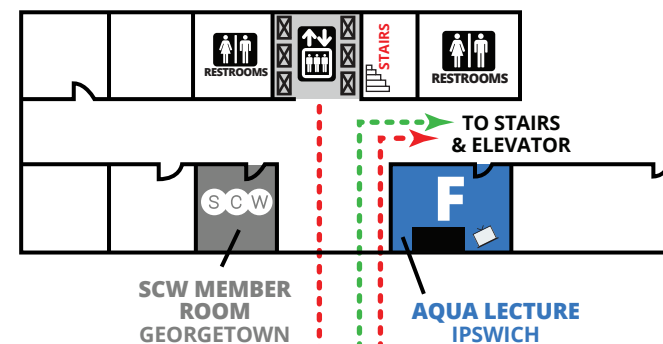
ASSOCIATE SPONSORS



SUPPORTERS



SECOND FLOOR

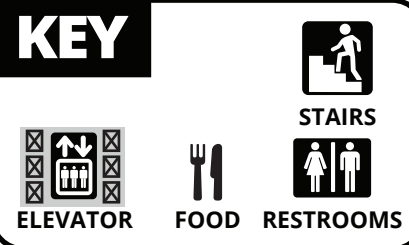
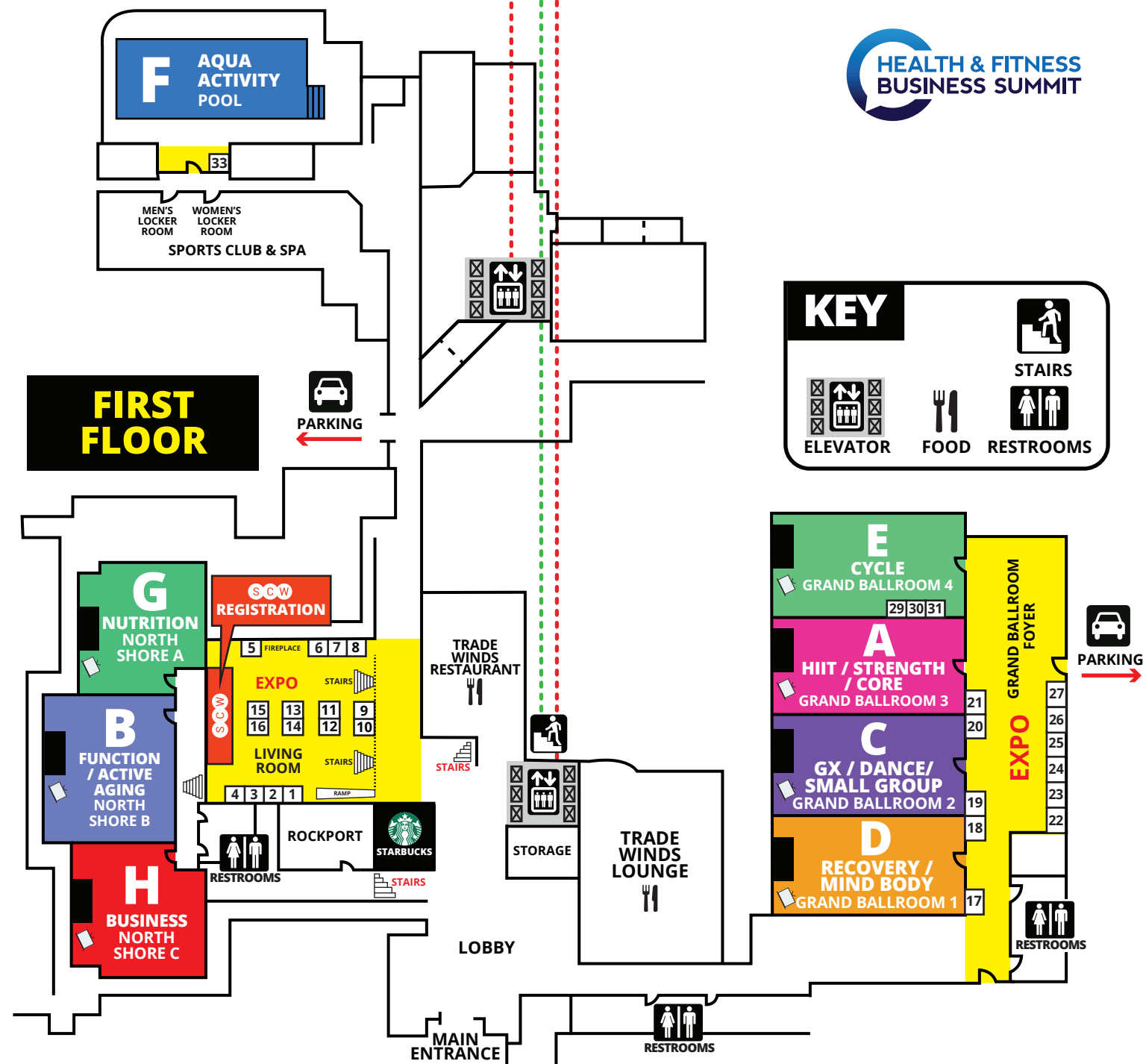


BOSTON MANIA[®]

FITNESS PRO CONVENTION



FIRST FLOOR



LIVE / IN-PERSON
CERTIFICATIONS
THURSDAY, NOV. 2



SCW Personal Training
Certification
Bannister-Munn
9:00am-6:00pm



SCW Active Aging
Certification
Layne
9:00am-5:00pm



SCW Group Exercise
Certification
Velazquez
8:00am-5:00pm



Muscle Mastery
Toole, Chilazi,
Lenart & Zuleger
6:00pm-8:00pm



Schwinn* Cycling: Indoor
Cycling Certification
Appel
7:00am-5:00pm



SCW Pilates Matwork
Certification
Lenart
8:00am-5:00pm



SCW Life Coaching
Certification
Toole
9:00am-3:00pm



RECORDINGS,
OUTLINES
EVALS & CECS
scwfit.com/BN23

A

HIIT / CORE /
STRENGTH



PRE-RECORDED
PERSONAL TRAINING

B

FUNCTION /
ACTIVE AGING

C

GX / DANCE / SMALL
GROUP TRAINING

D

RECOVERY /
MIND BODY



PRE-RECORDED
RESTORE / PILATES/
TAI CHI

FRIDAY, NOVEMBER 3	FR1	7:30am-8:45am	Coaching Core Engagement Chilazi	How to Master the Deadlift Mike	Sitting Pretty: Strength & Support Gilbert	Pulling for Power™ by WATERROWER NOHRD® Lenart	Yoga-Pilates Restore Bannister-Munn	Muscle Care - Happy Hips & Healthy Backs Fulton
	FR2	9:00am-10:15am	Balance Your HIIT Lenart	7 Game-Changing Glute Training Tips Tumminello	Functional Training with Foam Rollers Garcia	POUND Rockout Workout® Ward	Bring the Toys! Bannister-Munn	High Roller - Foam Roller Pilates Appel
	EXPO SHOPPING 10:00am-11:00am							
	FR3	11:00am-12:15pm	Fluid Core Fusion Velazquez	Total Body Reset Turner	Manual Dexterity Training Gilbert	SOULfusion™ EXPERIENCE Park	Symmetry: Advanced Postural Corrective Exercise Mummy	Core Yoga Strong Howard
	EXPO SHOPPING 12:00pm-2:45pm							
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Got Back Pain? Garcia Session 2	Smart Strength for the Ageless Female Roberts	Functional Fitness 50+ Toole Session 1	LaBlast® Fitness: Dance. Diversity. Inclusion. Venezio & Mikszan Session 1	Yin to My Yang Malaghan Session 2	Lower Body Self Care Bettendorf
	FR5	2:45pm-4:00pm	Athletic Woman: Function & Strength Hughes	Redefine Functional Training - Redefine Yourself Mullins	Pickleball Power & Performance Kooperman	Barre Strong Lenart	Tiger Tail® Happy Muscles!® 365 Recovery Zuleger	Adaptive TaiChi: Moving Despite Limitations Glassmeyer
EXPO SHOPPING 3:45pm-4:30pm								
FRIDAY, NOVEMBER 3	FR6	4:30pm-5:45pm	Core Connection Turner	Lower Body Burnout Howard	Functional Training for Active Agers Gilbert	Long, Strong, Sculpted: Dynamic Flexibility Chilazi	By Any Stretch Appel	FOGA - Foam Rolling and Yoga Zahnn
	FR7	6:00pm-7:00pm		Fitness Idol Kooperman, Carvalho Bannister-Munn, Gilbert		MANIA® MASHUP! LaBlast®, Tiger Tail, POUND, Brazil, RAQISA®, Chilazi & Velazquez	Myofascial Recovery Garcia	

SATURDAY, NOVEMBER 4

SA1	7:30am-8:45am	Band Camp Bannister-Munn	Core Training Methods Mullins	Functional Core Training Garcia	Sexy & Confident with Brazil Dance! Santos & Santos	Pilates: Mat to the Max Appel	Core Forward Pilates Howard
EXPO SHOPPING 8:30am-9:15am							
SA2	9:15am-10:30am	 SYMMETRY	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	Full Body 3D HIIT-Circuit Hughes	Rock Bottoms! Banded Booty Strength McDonald	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Crew Conditioning™ by WATERROWER NOHRD® Lenart	Hips Don't Lie Bannister- Munn	Tai Chi + Weights = Iron Fusion Ross
EXPO SHOPPING 12:00pm-2:45pm							
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Body Weight Militia Garland Session 1	Contender Richards	Balance & Coordination for Active Agers Velazquez Session 2	SOULkickboxing Park Session 2	Goodbye Back Pain Zuleger Session 1	Yoga Soul Kooperman
SA5	2:45pm-4:00pm	Posture & Alignment with Personal Training Mummy	SL@T - Strengthen, Lengthen & Tone Howard	Cardio Kickboxing for the Active Ager Malaghan	Kettlebell Krush Turner Kettlebells	Chair Yoga for the Young at Heart Kooperman	Functional Pilates Velazquez
EXPO SHOPPING 3:45pm-4:30pm							
SA6	4:30pm-5:45pm	Arm Candy Appel	Glute Training - Beginner to Advanced Johnson	Sole Sisters Chilazi & Lenart	LaBlast® Fitness: Emotional Wealth Venezio & Mikszan	Melt. Mold. Move: Mobility & Restoration Hughes	Shoulders: Protection & Performance Christopher

SUNDAY, NOVEMBER 5	SU1	7:30am-8:45am	SOULstrength™ EXPERIENCE Park	Creative Compounds Gavigan	The Aging Brain Layne	Disco & Dumbbells Haggard	Work Your ASANA Off Aronson	Forever Pilates Appel
	SU2	9:00am-10:15am	Core Off The Floor Lenart	Top-Tier Core Conditioning Robinson	LaBlast® Chair Fitness Venezio & Mikszan	Agility Ability Layne	Active Aging: No Place Like Foam Chilazi	The Art of Flow: Yoga Basics Conti
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm							
	SU3	10:45am-12:00pm	Planks in all Three Planes Chilazi	Core OFF the Floor Zahab	Perfect Programming for Active Agers Toole	Elevate Your Class Experience Brown	Beauty & the Beast: Yoga Power Bar Wartenberg	SMR: Functional Fascia Techniques Gavigan
SUNDAY, NOVEMBER 5	SU4	12:15pm-1:30pm	Kicking H.I.T Lloyd	G.R.I.T. - Strength Training for the Ager Gilbert	Core by 4 Wartenberg	Kickbox N Chaos Turner	Time With Tissue Gilbert	Tai-Chi Fused Yoga Velazquez

 PRE-RECORDED SESSIONS were filmed live at recent SCW Conventions.*

 RECORDED SESSIONS are filmed live at this MANIA Convention. *

* All pre-recorded and recorded sessions are only available online after the event at \$60 for 60 days with unlimited access.

boston mania® schedule

E

CYCLE

F

AQUA
(STARTS IN LECTURE)



PRE-RECORDED
AQUA

G

NUTRITION /
EXERCISE SCIENCE

H

BUSINESS



PRE-RECORDED
BUSINESS



HEALTH & FITNESS
BUSINESS SUMMIT
scwfit.com/business

	Water Walking for Better Gait and Performance Pyle	Aqua Yoga Flow Warasila	Healthy Eating For Active Agers Malaghan	7 Skills to Turn Personal Training into a Lifelong Career Hughes	Inexpensive Marketing for Growth & Profitability Kooperman	FR1
Schwinn®: R.I.S.E. & #RideRight Nicotera	LaBlast® Splash: Emotional Wealth Venezio & Mikszan	Aqua HIIT the Beat Fowler	Brain Science Layne	New World Sales & Management McBride	Annual GroupX Marketing Calendar de Werd	FR2
EXPO SHOPPING 10:00am-11:00am						
Schwinn®: Dynamic Duos - Cycling Fusion Stenis	When Breath Meets Water: Aqua Yoga Malaghan	AB- Arsenal Gilbert	A Powerful Combination: Carb-cycling & HIIT	Fireside Chat with Mark Harrington Jr. Kooperman & Harrington	Successfully Build Your Member Base Williams	FR3
EXPO SHOPPING 12:00pm-2:45pm						
Schwinn®: Leader of the Pack Appel Session 1	Ride the Wave Velazquez, Carvalho & Vandenberg Session 2	Mix-Match Aqua Moves to the Max Howard	Five Fat-Burning Hormones Layne Session 2	Personal & Business Protection Kooperman & Ball Session 1	New Client Retention McBee	FR4
Schwinn®: Let the Beat Drop Appel	Silver Tsunami Velazquez, Carvalho & Vandenberg	Aqua Brain Power Gilbert	Nutrition Panel Layne, Toole, Malaghan, Pyle & Derrick	Rebuilding Sandcastles 2023 McBride	Retired, Not Expired! Strength Training for Mature Adults Panel Kooperman, Roberts, Ritchie & Gilbert	FR5
EXPO SHOPPING 3:45pm-4:30pm						
	Beautiful Buoyant Booty Vandenberg	Barracuda Booty Kulp	Chain Reaction Biomechanics Hughes	Effective GX & PT Sales Strategies Panel Kooperman, Canty, Toole, & Clark	Attracting and Keeping Great Fitness Talent Baraglia	FR6
register for recordings and enjoy 100+ sessions scwfit.com/boston						FR7
Schwinn®: Prime Design 2.0 Nicotera	Core Fusion H2O Vandenberg	Power to the Pool Dziubinski	Nutrition & Weight Loss Drugs Derrick	Create Value - Retain Clients Toole	Biggest Secrets in Personal Training Sales Success Baraglia	SA1

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 Nicotera	Buoy, Oh Buoy, Oh Buoy! Velazquez, Carvalho & Vandenberg	10 Best Exercises for 1:1 Aquatic Training McCormick	Optimal Recovery Layne	Find & Enroll Clients Using Social Media Clark	Stretching for Strength - Flexible Foundations Panel Kooperman, Chilazi, Appel & Roberts	SA3
EXPO SHOPPING 12:00pm-2:45pm						
Schwinn®: Cycle Mixology - Killer Playlists Appel Session 1	Aquatic Personal Training Malaghan Session 1	Cheeks for Weeks - H2O Gilbert	Physics of Pain & Performance Mummy Session 2	Fitness Business Success: Strategies, Coverage, and Tech Panel Kooperman, Ball, Clark, Toole & Dennis Session 1	Profitable Training With Clients 55+ Ritchie	SA4
Schwinn®: Breathly Not Breathless Stenis	HIIT H2O for All Pyle	Aqua Yoga for Arthritis Fairbrother	Functional Nutrition and Hormones: Healthy Aging Zuleger	Technologies to Affordably Expand Dennis	Building Successful Hybrid Businesses Vokoun	SA5

SATURDAY, NOVEMBER 4

EXPO SHOPPING 3:45pm-4:30pm						
	Aqua Ab Arsenal Gilbert	H2O Tap Out Cofield	Feasting & Fasting? Layne	Trends In Fitness Programming Kooperman	Converting Social Media Content Into Customers Christopher	SA6
 Get Certified For only \$199!	Tabata Aqua Running & Conditioning Wartenberg	Aqua Ease: Flexibility for Active Agers Velazquez	Fad Diets & Failed Expectations Toole	Bridging Medicine & Fitness Hughes	20 Menopause Fitness Studies for Fitness Pros Atkinson	SU1
	Aqua Yoga Barre Wartenberg	Easy-Grip Aqua Dumbbell Workout Kulp	Nutrition for Group Fitness and Personal Trainers Price	Fostering Employee Wellbeing Through Engagement Weiss	Retain & Engage Your Personal Training Clients Hoff	SU2
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
	H2O Reporting for Duty Haggard	Liquid Levels Pinkowski	Chasing the Dragon: Food Addiction Layne	The Beauty of Building a Brand Park	Entrepreneurship & Opening Sheppard	SU3
 SCWFIT.COM/STORE	Soca Splash Haggard	Tab-Aqua Quickies Howard		Build a High Performing Personal Training Team Canty	Building Your Business Stevenson	SU4

LIVE / IN-PERSON
CERTIFICATIONS
SUNDAY, NOV. 5



Stretching & Flexibility
Training Certification
Appel
7:30am-3:30pm



Yoga 1
Certification
Gilbert
7:30am-3:30pm



S.E.A.T. Supported
Exercise For Ageless
Training Certification
Gilbert
7:30am-3:30pm



Symmetry Postural
Measurement
Certification
Mummy
7:30am-3:30pm



Aquatic Personal
Training Certification
Malaghan
7:30am-3:30pm