

CERTIFICATIONS THURSDAY, OCTOBER 31

- SCW PERSONAL TRAINING CERTIFICATION: Bannister-Munn, 9:00am-6:00pm
- SCW ACTIVE AGING CERTIFICATION: Gilbert, 9:00am-5:00pm
- SCW GROUP EXERCISE CERTIFICATION: Velazquez, 8:00am-5:00pm
- SCW CHAIR YOGA CERTIFICATION: Ratliff, 9:00am-5:00pm
- WATERINMOTION® CERTIFICATION: Hamner, 9:00am-5:00pm
- SCW AQUATIC EXERCISE CERTIFICATION: Layne, 9:00am-5:00pm

BOSTON MANIA® FIT PRO CONVENTION

A HIIT / STRENGTH / CORE | **B** FUNCTION / ACTIVE AGING | **C** GX / DANCE / SMALL GROUP TRAINING | **D** RECOVERY / MIND BODY | **E** AQUA (STARTS IN LECTURE)

FRIDAY, NOVEMBER 1	FR1	7:30am-8:45am	THE HIDDEN CORE Ross & Corso	OPTIMAL MOBILITY: ENHANCING FUNCTIONALITY Gilbert	ULTIMATE LEG DAY Toole	THE WARRIOR® WORKOUT Roberts	LABLAST® SPLASH: BUOYANT BALLROOM BLITZ Figueroa	
	FR2	9:00am-10:15am	ON THE FLOOR! Bannister-Munn	MOVE EFFICIENTLY, EFFECTIVELY & PAIN-FREE Mack	CARDIO DANCE McDonald	OPTIMAL WARM-UPS WITH 2-4-4 D'Agati & Perry	BUOY, OH BUOY, OH BUOY! Velazquez, Haggard, & Carvalho	
	EXPO SHOPPING 10:00am-11:00am							
	FR3	11:00am-12:15pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Layne & Toole	"DON'T JUST SIT THERE!" - CHAIR YOGA Ratliff	SOULFUSION™ EXPERIENCE Park	BRING THE TOYS! Bannister-Munn	AQUA DISCO Haggard	
	EXPO SHOPPING 12:00pm-2:45pm							
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FLUID CORE FUSION Velazquez SESSION 1	SITTING PRETTY: STRENGTH & SUPPORT Gilbert SESSION 1	STEP, STAMINA & STRENGTH Chilazi SESSION 2	GOODBYE BACK PAIN Bannister-Munn SESSION 1	WATER REMIX Stenis SESSION 2	
	FR5	2:45pm-4:00pm	MOBILITY TRAINING - ONLINE OR IN-PERSON Webb	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	HUSTLE & FLOW Haggard	SYMMETRY - SCIENTIFIC STRETCHING Mummy & Bannister-Munn	AQUA BOOT CAMP BOQ-STYLE Ford	
EXPO SHOPPING 3:45pm-4:30pm								
FR6	4:30pm-5:45pm	DEEP CORE AND PELVIC FLOOR Layne	TIME WITH TISSUE Gilbert	BARRE HARD CORE McDonald	PILATES POWERED BY CORESPRING® d'Anconia	AQUA VIBES Stenis		
FR7	6:00pm-7:00pm	DANCE OFF! LaBlast®, ZUMBA®, Alignment Essentials, Haggard & Velazquez	FITNESS IDOL Kooperman, Gilbert, Esquerre & Toole	FOAM ROLLING OFF THE FLOOR Chilazi				

SATURDAY, NOVEMBER 2	SA1	7:30am-8:45am	REVITALIZE YOUR CORE TRAINING D'Agati & Perry	TAILORED TRAINING FOR ACTIVE AGERS Toole	BAND CAMP Bannister-Munn	FOREVER PILATES Appel	SILVER TSUNAMI Velazquez, Haggard & Carvalho	
	EXPO SHOPPING 8:30am-9:15am							
	SA2	9:15am-10:30am						
	EXPO SHOPPING 10:30am-11:00am							
	SA3	11:00am-12:15pm	FULL BODY 3D HIIT-CIRCUIT Layne & Toole	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	SOULKICKBOXING™ Coleman	GENTLE YOGA FOR MOBILITY Kooperman	AQUA ZUMBA® Cusson	
	EXPO SHOPPING 12:00pm-2:45pm							
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	KETTLEBELL TRAINING FOR WOMEN Ross & Corso SESSION 1	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb SESSION 2	ZUMBA® Saldi SESSION 2	RECOVERY FOR LONGEVITY Appel SESSION 1	MOVE, SHAKE, SPLASH Stenis SESSION 1		
SA5	2:45pm-4:00pm	KILLER CORE Appel	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert	LABLAST® FITNESS: BALLROOM BLITZ Figueroa	WARRIOR® TAI CHI YOGA AND QI GONG FUSION Roberts	AQUATIC EQUIPMENT INNOVATIONS Ford		
EXPO SHOPPING 3:45pm-4:30pm								
SA6	4:30pm-5:45pm	EMOM - EVERY MINUTE TO WIN IT! Appel	AGE DEFYING MOBILITY TRAINING: ENHANCING LONGEVITY Webb	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy & Bannister-Munn	YOGA TOUCH Kooperman	AQUATIC AGING ATHLETE - WOMEN WARRIORS! Gilbert		

SUNDAY, NOVEMBER 3	SU1	7:30am-8:45am	TRAIN THE FEMALE ATHLETE Ross & Corso	LABLAST® CHAIR FITNESS: PULL UP A SEAT Figueroa	NAIL THE PERFECT WARM-UP Chilazi	MOVING MEDITATIONS Roberts	AB-SOLUTE AQUA STRENGTH! Henry	
	SU2	9:00am-10:15am	SOULSTRENGTH™ EXPERIENCE Park	ACTIVE AGING PLAYGROUND Toole	MASTERING EXERCISE PROGRESSIONS WITH THE BELT SYSTEM D'Agati & Perry	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Chilazi	4 FUNCTIONAL AQUA CIRCUITS Layne	
	EXPO SHOPPING 10:00am-1:00pm							
	SU3	10:45am-12:00pm	PUMPED UP STRENGTH Stenis	LABLAST® FITNESS FOR ALL AGES Figueroa	BASIC TO BADASS : PROGRESSIVE TRAINING PROTOCOLS Lenart	PELVIC FLOOR MAKEOVER Head	RIDE THE WAVE Haggard & Carvalho	
SU4	12:15pm-1:30pm	PROGRAMMING CORE WORKOUTS & CLASSES Chilazi	SENIOR CIRCUIT Haggard	BARREFUSION™ EXPERIENCE Coleman	HUMAN REFORMER PILATES Lenart	DEEP WAVES Henry		

CERTIFICATIONS THURSDAY, NOVEMBER 3

- SCW YOGA 1 CERTIFICATION: Velazquez, 7:30am-3:30pm
- SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION: Gilbert, 7:30am-3:30pm
- SYMMETRY POSTURAL MEASUREMENT CERTIFICATION: Mummy, 7:30am-3:30pm
- SCW PILATES MATWORK CERTIFICATION: Appel, 7:30am-3:30pm
- ZUMBA® BASIC 1 TRAINING: Saldi, 7:45am-3:30pm

SCW LIFE COACHING CERTIFICATION: Toole, 9:00am-3:00pm

THE MENTAL WELLBEING CERTIFICATION FOR FITNESS PROFESSIONALS: C. Brick and L. Brick, Online Exclusive

F NUTRITION / EX. SCIENCE | **G** BUSINESS

SIX ROOT CAUSES OF DECREASED LONGEVITY Layne	RETENTION STRATEGIES: UNLOCKING THE KEY TO CUSTOMER LOYALTY Netto
SIP OR SKIP: ALCOHOL'S TRUE IMPACT Layne	START & GROW YOUR BUSINESS Kooperman, Day, Gilbert, Toole
EXPO SHOPPING 10:00am-11:00am	
PREVENTING COMMON FITNESS INJURIES Laskowski	ANTI-OBESITY WELLNESS & FITNESS PROGRAMMING Esquerre & Gilbert
EXPO SHOPPING 12:00pm-2:45pm	
BUILDING MUSCLE WHILE LOSING FAT Layne SESSION 2	STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL Kooperman, Toole, Roberts, & Laskowski SESSION 1
CRACKING THE CODE TO WEIGHT LOSS Toole	OPERATING A PROFITABLE BOUTIQUE STUDIO Gilbert
EXPO SHOPPING 3:45pm-4:30pm	
HOW YOU MOVE MATTERS Laskowski	RETHINKING OBESITY TREATMENT: ELEVATE YOUR BUSINESS Rogers
KEYNOTE & COCKTAILS: 5 KEYS FOR FINANCIAL FITNESS SUCCESS Patrick Mummy • Room G	

UNDERSTANDING EXERCISE & ANTI-OBESITY MEDICATIONS Rogers	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Esquerre
EXPO SHOPPING 8:30am-9:15am	
KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD ROOM B	
EXPO SHOPPING 10:30am-11:00am	
EXERCISE ANALYSIS Mack	RUN YOUR FITNESS BUSINESS! Day
EXPO SHOPPING 12:00pm-2:45pm	
PHYSICS OF PAIN & PERFORMANCE Mummy SESSION 2	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman SESSION 1
STRENGTHEN THE VAGUS NERVE Layne	PACK YOUR PT SESSIONS: SUCCESSFUL SALES Kooperman, Toole, Webb & Spitz
EXPO SHOPPING 3:45pm-4:30pm	
TRENDING DIETS & WEIGHT LOSS MEDS Digsby	CREATE CONTENT TO BOOST SALES Toole

THE GUT – SLEEP NETWORK EFFECT Layne	INNOVATIVE TECH FOR SUPERIOR CLIENT OUTCOMES Digsby
KITCHEN MAKEOVER FOR FOOD LOVERS Digsby	PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL Esquerre
EXPO SHOPPING 10:00am-1:00pm	
NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	CLIENT RETENTION MADE EASY D'Agati & Perry
MAGNESIUM-BOOST PERFORMANCE, ENHANCE RECOVERY Toole	SCULPTING YOUR PERSONAL TRAINING SUCCESS De Leon

Pre-Recorded SESSIONS

PRE-RECORDED PERSONAL TRAINING | **PRE-RECORDED RESTORE / PILATES / TAI-CHI** | **PRE-RECORDED AQUA EXERCISE** | **PRE-RECORDED BUSINESS SUMMIT**

GAME YOUR CORE Velazquez	YOGA-PILATES RESTORE Bannister-Munn	H2O RAPID RESISTANCE Kulp	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS McBee
HIT 'EM UP STYLE DANCE JAM Turner	NO (DOWNWARD FACING) DOGS ALLOWED Fulton	AQUA ARTICULATIONS AND CARDIO Pyle	PUBLIC RELATIONS FOR FITNESS PROS DaCosta
ALL TIME HITS Appel	FLOW FREE & BE Spreen-Glick	AQUA YOGA BARRE Wartenberg	YOUR FINANCIAL HEALTH Ross
TOTAL BODY STRENGTH Richards	ELEVATED: NEXT LEVEL ACTIVE RECOVERY Robinson	CORE FUSION H2O Vandenberg	GROWTH: MUST OR BUST Kooperman, Ball, Clark, Ross & Dennis
73 WAYS TO HIT THE GLUTES Groves	QIGONG & SELF HEALING Craddock	WHEN BREATH MEETS WATER: AQUA YOGA Lemons	THE NUTS & BOLTS OF BUSINESS Esquerre
PLANKS WITH PROPS Esau	POPPIN' BOOTY PILATES Stys	POOL PERSONAL TRAINING Lagerhausen	SMALL BUSINESS GRASSROOTS MARKETING Kahn
CORE AMORE Madden	YOGA GROOVES Brasher	H2O STRENGTH Kulp	BUILD A HIGH PERFORMANCE TEAM Gilbert

SEXY, SMART STRENGTH FOR WOMEN McCormick	BEAUTY & THE BEAST: YOGA POWER BAR Wartenberg	TABATA AQUA RUNNING & CONDITIONING Haggard	BUILDING A FINANCIALLY SUCCESSFUL GYM Kleckner
<p>GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE (filmed at previous SCW Conventions) when you Add Boston MANIA® 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!</p>			
LEG CIRCUIT BLAST FOR POWER Williams	BY ANY STRETCH Appel	FRONT & CENTER H2O Gilbert	FILL YOUR SMALL GROUP TRAINING Varol
BALANCE YOUR HIIT Lenart	PILATES 4 LIFE Kahn	AQUA YOGA FOR ARTHRITIS Fairbrother	SIGNATURE SAUCE FOR SIX-FIGURE SUCCESS Diggs
FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Mike	HANDS ON STRETCHING Bannister-Munn	WARM WATER STRONG McCormick	STOP SELLING & CREATE CULTURE Gilbert
COACHING CORE ENGAGEMENT Chilazi	THE BATTLE FOR MOBILITY McCormick	WAVES COMBAT: BEATS AND POWER MOVES Sepulveda	NEGOTIATION STRATEGIES FOR FITNESS PROS Thews

BODY WEIGHT MILITIA Garland	FLEXIBILITY - STOP DOING IT WRONG Metcalfe	CIRQUE DU SUSPEND: IMPACT-FREE AQUA EXERCISE Gili	BUSINESS BLUEPRINT Robinson
BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING Rockit	PILATES: MAT TO THE MAX Appel	AQUA STRIDES & STRENGTH Dziubinski	5 STAR MANAGEMENT Spreen-Glick
LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY Chilazi	YOGA-BATA VIIT Lemons	AQUA CORE SENIOR STYLE Kulp	CLUB, STUDIO & CLIENT RETENTION Kooperman

Access to pre-recorded sessions can be found at scwfit.com/boston

RECORDED SESSIONS are filmed live at this MANIA® Convention and are only available online after the event at \$60 for 60 days with unlimited access.