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|--|--|---|---|--|--|---|
| CERTIFICATIONS<br>THURSDAY, MAR. 30                                  |  | <div>SCW</div> <div>ACTIVE AGING CERTIFICATION</div> <div>GILBERT • 9:00AM - 5:00PM</div>   | <div>SCW</div> <div>PILATES MATWORK CERTIFICATION</div> <div>APPEL • 8:00AM-5:00PM</div>  | <div>SCW</div> <div>PERSONAL TRAINING CERTIFICATION</div> <div>MCCORMICK • 9:00AM - 6:00PM</div>                     | <div>SCW</div> <div>LIFE COACHING CERTIFICATION</div> <div>SPREEN-GLICK • 9:00AM - 5:00PM</div>                        |   |
|  |  | <div>SCW</div> <div>GROUP EXERCISE CERTIFICATION</div> <div>VELAZQUEZ • 8:00AM-5:00PM</div> | <div>SCHWINN</div> <div>SCHWINN CYCLING CERTIFICATION</div> <div>THEWS • 7:00AM - 5:00PM</div>  | <div>SYMMETRY TECHNICIAN - ADVANCED</div> <div>POSTURAL CORRECTIVE EXERCISE</div> <div>MUMMY • 8:00AM - 5:00PM</div> | <div>SCW</div> <div>PRACTICAL GUIDE TO NUTRITION,<br/>HORMONES &amp; METABOLISM</div> <div>LAYNE • 9:00AM-3:30PM</div> |   |
| Indicates session is both<br>Live (In-Person) &<br>Recorded (Online) |  | <div>A</div> <div>FUNCTION /<br/>ACTIVE AGING</div>   | <div>B</div> <div>HIIT / STRENGTH / CORE</div>  | <div>C</div> <div>MIND / BODY<br/>/ RECOVERY</div>   | <div>D</div> <div>GX / DANCE /<br/>BARRE / BOXING</div>  |   |
| FRIDAY MARCH 31  | FR1                                    | 7:30am-8:45am   | Functional Training for Active Agers<br>Gilbert   | Stabilize the Shoulder<br>Gavigan  | Chair Yoga<br>Spreen-Glick   | Fight Club<br>Richards  |
|  | FR2                                    | 9:00am-10:15am  | Essentials of Proper Shoulder Mechanics<br>Comana   | SOULstrength™: Cardio Kickboxing Intervals<br>Park   | A WALL does it ALL<br>Krauss   | Discover a Teaching Vacation<br>Chilazi                           |
|  | EXPO SHOPPING 10:00am-11:00am          |   |   |  |  |   |
|  | FR3                                    | 11:00am-12:15pm   | ToughAgers® Active Older Adult Fitness<br>Rothschild  | Game Your Core<br>Velazquez  | FOGA- Foam Rolling and Yoga<br>Zahnn   | LaBlast® Fitness: Dance, Diversity, Inclusion.<br>Figueroa        |
|  | EXPO SHOPPING 12:00pm-2:45pm           |   |   |  |  |   |
|  | FR4                                    | SESSION 1<br>12:30pm-1:45pm<br>SESSION 2<br>1:15pm-2:30pm                                   | 99 Reasons for Foot Fitness<br>Krauss<br>Session 1  | Killer Core<br>Appel<br>Session 2  | Fire & Ice Yoga<br>Spreen-Glick<br>Session 2   | WARRIOR Combat™: Keep Fighting<br>de Werd & Richards<br>Session 1 |
|  | FR5                                    | 2:45pm-4:00pm   | Mobility, Fascia & the Active Ager<br>McCormick   | Long, Strong, Sculpted: Dynamic Flexibility<br>Chilazi   | Symmetry: Advanced "Postural" Corrective Exercise<br>Mummy   | Move Your Core the Latin Way<br>Rodriguez                         |
|  | EXPO SHOPPING 3:45pm-4:30pm            |   |   |  |  |   |
|  | FR6                                    | 4:30pm-5:45pm   | Sitting Pretty: Strength & Support<br>Gilbert   | Glute Training - Beginner to Advanced<br>Johnson   | High Roller<br>Appel   | E.M.H. Training<br>Gavigan  |
|  | FR7                                    | 6:00pm-7:00pm   | SCW FITNESS IDOL<br>KOOPERMAN, VELAZQUEZ, SPREEN-GLICK & DE WERD  |  | SMR: Functional Fascia Techniques<br>Gavigan   |   |
| SATURDAY, APRIL 1  | SA1                                    | 7:30am-8:45am   | S.E.A.T. - Supported Exercise for Ageless Training<br>Gilbert   | Bringing Back Foundation - Strength Training<br>Johnson  | SOULfusion™ EXPERIENCE<br>Park   | Core Training Meets Fun<br>Rodriguez                              |
|  | EXPO SHOPPING 8:30am-9:15am            |   |   |  |  |   |
|  | SA2                                    | 9:15am-10:30am  |  Keynote Address:<br>Exercise is Medicine<br>Dr. Edward Laskowski, MD 9:15am - 10:30am |  |  |   |
|  | EXPO SHOPPING 10:30am-11:00am          |   |   |  |  |   |
|  | SA3                                    | 11:00am-12:15pm   | Strength Through the Ages<br>Appel  | Planks in all Three Planes<br>Chilazi  | The Art of Breathwork<br>Krauss  | LaBlast® Fitness: Emotional Wealth<br>Figueroa                    |
|  | EXPO SHOPPING 12:00pm-2:45pm           |   |   |  |  |   |
|  | SA4                                    | SESSION 1<br>12:30pm-1:45pm<br>SESSION 2<br>1:15pm-2:30pm                                   | Active Agers From the Ground Up!<br>Velazquez<br>Session 2  | WARRIOR Rhythm: Stand Out de Werd<br>Session 1   | Posture & Alignment "With Personal Training"<br>Mummy<br>Session 2   | Coconut Beach Camp by Fit Bodies, Inc.<br>Chilazi<br>Session 1    |
|  | SA5                                    | 2:45pm-4:00pm   | The Aging Brain<br>Layne  | New Trainer, New Client<br>Gavigan   | True Power Yoga<br>Spreen-Glick  | Contender<br>Richards   |
|  | EXPO SHOPPING 3:45pm-4:30pm            |   |   |  |  |   |
|  | SA6                                    | 4:30pm-5:45pm   | Transformational Training After 40<br>McCormick   | Optimal Overhead Pressing<br>Mike  | Happy Hips & Healthy Backs<br>Fulton   | One & Done<br>Zahnn   |
| SUNDAY, APRIL 2  | SU1                                    | 7:30am-8:45am   | LaBlast® Chair Fitness<br>Figueroa  | How to Master the Deadlift<br>Mike   | StrongHER & F.I.T. Ballard   | Just Beat It!<br>Wartenberg                                       |
|  | SU2                                    | 9:00am-10:15am  | Influence of Fascia: Active Adult<br>McCormick  | Fundamentals of Squat Progressions and Variations<br>Mike  | BARREfusion™ Experience<br>Park  | Power Dance<br>Batyan   |
|  | EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm |   |   |  |  |   |
|  | SU3                                    | 10:45am-12:00pm   | WARRIOR Strength™: Put FUN in Functional<br>de Werd   | Exercise Testing for Athletes and Non-Athletes<br>Fleck  | Lower Body Self Care<br>Bettendorf   | F.I.T. Vibe<br>Ballard  |
|  | SU4                                    | 12:15pm-1:30pm  | Neural Approach to Mobility Training<br>Bettendorf  | Anaerobix<br>Fleck   | 5 Seconds To Improved Flexibility<br>Fulton  | Elite HIIT for Barre<br>McCormick                                 |
| CERTIFICATIONS<br>SUNDAY, APRIL 2                                    |  | <div>SCW</div> <div>YOGA I CERTIFICATION</div> <div>VELAZQUEZ • 7:30AM-3:30PM</div>         | <div>SCW</div> <div>BOXING CERTIFICATION</div> <div>RICHARDS • 7:30AM-2:30PM</div>  | <div>SEAT</div> <div>S.E.A.T. CERTIFICATION</div> <div>GILBERT • 7:30AM - 3:30PM</div>                               | <div>SCW</div> <div>STRETCHING &amp; FLEXIBILITY CERTIFICATION</div> <div>APPEL • 7:30AM - 3:30PM</div>                |   |

# California MANIA® Event & Certification Schedule

| E<br>CYCLE   | F<br>AQUA<br>(STARTS IN LECTURE)  | G<br>NUTRITION /<br>EXERCISE SCIENCE                                  | H<br>BUSINESS  | Give your fitness business<br>the attention it deserves.<br><br>scwfit.com/business |                   |
|--|---|---|--|---|-------------------|
| Schwinn®: R.I.S.E. &<br>#RideRight<br>Vanderburg   | Aqua Ease: Flexibility<br>for Active Agers<br>Velazquez                               | Myths & Science of<br>Training Women<br>Groves                        | Building Your Business<br>Stevenson  | FR1   | FRIDAY, MARCH 31  |
| Schwinn®: Dynamic Duos -<br>Cycling Fusion<br>Thomson  | Aqua HIIT & Box<br>McCormick  | Feasting & Fasting<br>Layne   | Successful GroupX<br>Marketing Calendars<br>de Werd  | FR2   |                   |
| EXPO SHOPPING 10:00am-11:00am  |   |   |  |   |                   |
| Schwinn®: Leader<br>of the Pack<br>Appel   | Aqua Brain Power<br>Gilbert   | Stress!! What You<br>Should Know<br>Comana                            | New World Sales<br>& Management<br>McBride   | FR3   |                   |
| EXPO SHOPPING 12:00pm-2:45pm   |   |   |  |   |                   |
| Schwinn®: Let the Beat Drop<br>Thomson<br>Session 1  | Water Works<br>Velazquez<br>Session 2   | Five Fat-Burning Hormones<br>Layne<br>Session 2                       | Creating with Canva<br>Hoff<br>Session 1   | FR4   |                   |
| Schwinn®: Polishing<br>Diamonds - Level Up<br>Vanderburg   | LaBlast® Splash:<br>Emotional Wealth<br>Figueroa                                      | Muscle Development - Building<br>Bigger Muscles Effectively<br>Comana | Rebuilding Sandcastles: 2023<br>McBride  | FR5   |                   |
| EXPO SHOPPING 3:45pm-4:30pm  |   |   |  |   |                   |
|  | Strong & Stable Aqua<br>Layne   | The Science & Application<br>of Assessments<br>Groves                 | Retain & Engage Your<br>Personal Training Clients<br>Hoff  | FR6   |                   |
|  | REGISTER FOR MANIA RECORDINGS<br>AND ENJOY 100+ SESSIONS<br>SCWFIT.COM/CALIFORNIA     |   |  | FR7   |                   |
| Schwinn®:<br>Cycle Mixology - Killer Playlists<br>Thomson  | Silver Tsunami<br>Velazquez   | Eat to Lose!<br>Seti  | Stop Guessing What Your<br>Clients Want!<br>Stevenson  | SA1   | SATURDAY, APRIL 1 |
| EXPO SHOPPING 8:30am-9:15am  |   |   |  |   |                   |
|  | Keynote Address:<br>Exercise is Medicine<br>Dr. Edward Laskowski, MD 9:15am - 10:30am |   |  | SA2   |                   |
| EXPO SHOPPING 10:30am-11:00am  |   |   |  |   |                   |
| Schwinn®: Breathly<br>Not Breathless<br>Vanderburg   | Strength Beneath the Surface<br>PluimMentz  | Physics of Pain & Performance<br>Mummy                                | Effective GX & PT Sales Strategies Panel<br>Kooperman, Richards, de Werd,<br>Stevenson, Clark & Johnson  | SA3   |                   |
| EXPO SHOPPING 12:00pm-2:45pm   |   |   |  |   |                   |
| Schwinn®: Tri-Cycle Triple Threat<br>Schneider<br>Session 2  | HIIT the Wall<br>Gilbert<br>Session 1   | Chasing the Dragon<br>Layne<br>Session 1                              | Stand Out On Social Media<br>Clark<br>Session 2  | SA4   |                   |
| Schwinn®: Pedal N Pulse<br>Appel   | Cheeks for Weeks - H2O<br>Gilbert   | Sleep: The Weight Loss Miracle<br>Seti                                | Building Successful<br>Hybrid Businesses<br>Vokoun   | SA5   |                   |
| EXPO SHOPPING 3:45pm-4:30pm  |   |   |  |   |                   |
| Schwinn®: Prime<br>Design 2.0<br>Schneider   | H2O Strength<br>Velazquez   | Sports Supplementation:<br>Scientifically Backed Performance<br>Hyde  | Retired, Not Expired! Strength Training<br>for Mature Adults Panel: Kooperman,<br>Gilbert, Layne & Appel | SA6   |                   |
| <div>STRETCHING<br/>CERTIFICATION</div> <div>BRAND NEW!</div> <div></div> | Turbulence Training<br>PluimMentz   | Bioenergetics: Review of<br>Energy Systems<br>Hyde                    | The Beauty of<br>Building a Brand<br>Park  | SU1   |                   |
|  | LaBlast® Splash:<br>Emotional Wealth<br>Figueroa                                      | Optimal Recovery<br>Layne   | Inexpensive Marketing for<br>Growth & Profitability<br>Kooperman   | SU2   |                   |
|  | EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm  |   |  |   |                   |
|  | Aqua HIIT & Run<br>Layne  | Ketogenic Diets: History<br>and Applications<br>Hyde                  | Stretching for Strength - Flexible<br>Foundations Panel: Kooperman,<br>Fulton, McCormick, Mike & Park    | SU3   |                   |
|  | Aqua Agility<br>Layne   | Self-Care For Your<br>Immune System<br>Seti                           | Every Day Leadership<br>Schuler  | SU4   |                   |

Register at: [scwfit.com/california](https://scwfit.com/california)