

**CERTIFICATIONS THURSDAY, MAR. 30**

<b>SCW</b> ACTIVE AGING CERTIFICATION GILBERT • 9:00AM - 5:00PM	<b>SCW</b> PILATES MATWORK CERTIFICATION APPEL • 8:00AM-5:00PM	<b>SCW</b> PERSONAL TRAINING CERTIFICATION MCCORMICK • 9:00AM - 6:00PM	<b>SCW</b> LIFE COACHING CERTIFICATION SPREEN-GLICK • 9:00AM - 5:00PM
<b>SCW</b> GROUP EXERCISE CERTIFICATION VELAZQUEZ • 8:00AM-5:00PM	<b>SCHWINN</b> SCHWINN CYCLING CERTIFICATION THEWS • 7:00AM-5:00PM	<b>SCW</b> SYMMETRY TECHNICIAN - ADVANCED POSTURAL CORRECTIVE EXERCISE MUMMY • 8:00AM - 5:00PM	<b>SCW</b> PRACTICAL GUIDE TO NUTRITION, HORMONES & METABOLISM LAYNE • 9:00AM-3:30PM

■ Indicates session is both Live (In-Person) & Recorded (Online)

<b>A</b> FUNCTION / ACTIVE AGING	<b>B</b> HIIT / STRENGTH / CORE	<b>C</b> MIND / BODY / RECOVERY	<b>D</b> GX / DANCE / BARRE / BOXING
-------------------------------------	------------------------------------	------------------------------------	---

FRIDAY MARCH 31	FR1	7:30am-8:45am	Functional Training for Active Agers Gilbert ■	Stabilize the Shoulder Gavigan ■	Chair Yoga Spreen-Glick ■	Fight Club Richards ■	
	FR2	9:00am-10:15am	Essentials of Proper Shoulder Mechanics Comana ■	SOULstrength™: Cardio Kickboxing Intervals Park ■	A WALL does it ALL Krauss ■	Discover a Teaching Vacation Chilazi ■	
	EXPO SHOPPING 10:00am-11:00am						
	FR3	11:00am-12:15pm	ToughAgers® Active Older Adult Fitness Rothschild ■	Game Your Core Velazquez ■	FOGA- Foam Rolling and Yoga Zahnn ■	LaBlast® Fitness: Dance. Diversity. Inclusion. Figueroa ■	
	EXPO SHOPPING 12:00pm-2:45pm						
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	99 Reasons for Foot Fitness Krauss Session 1 ■	Killer Core Appel Session 2 ■	Fire & Ice Yoga Spreen-Glick Session 2 ■	WARRIOR Combat™: Keep Fighting de Werd & Richards Session 1 ■	
	FR5	2:45pm-4:00pm	Mobility, Fascia & the Active Ager McCormick ■	Long, Strong, Sculpted: Dynamic Flexibility Chilazi ■	Symmetry: Advanced "Postural" Corrective Exercise Mummy ■	Move Your Core the Latin Way Rodriguez ■	
EXPO SHOPPING 3:45pm-4:30pm							
FR6	4:30pm-5:45pm	Sitting Pretty: Strength & Support Gilbert ■	Glute Training - Beginner to Advanced Johnson ■	High Roller Appel ■	E.M.H. Training Gavigan ■		
FR7	6:00pm-7:00pm	<b>SCW FITNESS IDOL</b> KOOPERMAN, VELAZQUEZ, SPREEN-GLICK & DE WERD		SMR: Functional Fascia Techniques Gavigan ■			
SATURDAY, APRIL 1	SA1	7:30am-8:45am	S.E.A.T. - Supported Exercise for Ageless Training Gilbert ■	Bringing Back Foundation - Strength Training Johnson ■	SOULfusion™ EXPERIENCE Park ■	Core Training Meets Fun Rodriguez ■	
	EXPO SHOPPING 8:30am-9:15am						
	SA2	9:15am-10:30am	 <b>Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am</b>				
	EXPO SHOPPING 10:30am-11:00am						
	SA3	11:00am-12:15pm	Strength Through the Ages Appel ■	Planks in all Three Planes Chilazi ■	The Art of Breathwork Krauss ■	LaBlast® Fitness: Emotional Wealth Figueroa ■	
	EXPO SHOPPING 12:00pm-2:45pm						
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Active Agers From the Ground Up! Velazquez Session 2 ■	WARRIOR Rhythm: Stand Out de Werd Session 1 ■	Posture & Alignment "With Personal Training" Mummy Session 2 ■	Coconut Beach Camp by Fit Bodies, Inc. Chilazi Session 1 ■	
SA5	2:45pm-4:00pm	The Aging Brain Layne ■	New Trainer, New Client Gavigan ■	True Power Yoga Spreen-Glick ■	Contender Richards ■		
EXPO SHOPPING 3:45pm-4:30pm							
SA6	4:30pm-5:45pm	Transformational Training After 40 McCormick ■	Optimal Overhead Pressing Mike ■	Happy Hips & Healthy Backs Fulton ■	One & Done Zahnn ■		
SUNDAY, APRIL 2	SU1	7:30am-8:45am	LaBlast® Chair Fitness Figueroa ■	How to Master the Deadlift Mike ■	StrongHER & F.I.T. Ballard ■	Just Beat It! Wartenberg ■	
	SU2	9:00am-10:15am	Influence of Fascia: Active Adult McCormick ■	Fundamentals of Squat Progressions and Variations Mike ■	BARREFusion™ Experience Park ■	Power Dance Batyan ■	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
	SU3	10:45am-12:00pm	WARRIOR Strength™: Put FUN in Functional de Werd ■	Exercise Testing for Athletes and Non-Athletes Fleck ■	Lower Body Self Care Bettendorf ■	F.I.T. Vibe Ballard ■	
SU4	12:15pm-1:30pm	Neural Approach to Mobility Training Bettendorf ■	Anaerobix Fleck ■	5 Seconds To Improved Flexibility Fulton ■	Elite HIIT for Barre McCormick ■		

**CERTIFICATIONS SUNDAY, APRIL 2**

<b>SCW</b> YOGA I CERTIFICATION VELAZQUEZ • 7:30AM-3:30PM	<b>SCW</b> BOXING CERTIFICATION RICHARDS • 7:30AM-2:30PM	<b>SEAT</b> S.E.A.T. CERTIFICATION GILBERT • 7:30AM - 3:30PM	<b>SCW</b> STRETCHING & FLEXIBILITY CERTIFICATION APPEL • 7:30AM - 3:30PM
---	--	--	---

# California MANIA® Event & Certification Schedule



**SCW Health & Fitness Business Summit**

Give your fitness business the attention it deserves.

[scwfit.com/business](http://scwfit.com/business)

<b>E</b> CYCLE	<b>F</b> AQUA (STARTS IN LECTURE)	<b>G</b> NUTRITION / EXERCISE SCIENCE	<b>H</b> BUSINESS
-------------------	--------------------------------------	--	----------------------

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

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