

Expo Hours	
Fri, March 21	8:30am - 4:30pm
Sat, March 22	8:30am - 4:30pm
Sun, March 23	8:30am - 12:30pm

Certifications

Thurs, March 20

→ **SCW Personal Training Certification**
Bannister-Munn • 9am-6pm

→ **ToughAgers® Instructor - Active Older Adult Fitness**
Rothschild • 9am-4pm

→ **SCW Group Exercise Certification**
Velazquez • 8am-5pm

→ **SCW T'ai Chi Certification**
DD. Ross • 9am-5pm

→ **SCW Aquatic Exercise Certification**
Layne • 9am-5pm

→ **SCW Chair Yoga Certification**
Ratliff • 9am-5pm

→ **S.E.A.T. Supported Exercise For Ageless Training Certification**
Vandenberg • 9am-5pm

→ **LaBlast® Fitness Instructor Certification**
Alvarez • 8am-5pm

→ **ZUMBA® Basic 1**
Smith • 7:30am-4pm

→ **SCW Life Coaching EXPRESS Certification**
Spreen-Glick • 4:15pm-8:15pm

→ **SCW Meditation EXPRESS Certification**
Rockit • 4:15pm-8:15pm

Sun, March 23

→ **WATERinMOTION® Aqua Exercise Certification**
Cheri Kulp • 8am-4pm

→ **SCW Stretching & Flexibility Training Certification**
Gail Bannister-Munn • 8am-4pm

→ **SCW Yoga I Certification**
Manuel Velazquez • 8am-4pm

→ **Symmetry Postural Measurement Certification**
Patrick Mummy • 8am-4pm

■ Indicates the session is being recorded at this Mania® and will be available online. Recordings access includes 100 sessions.

		Room A Power & Performance	Room B Longevity & Function	Room C Group Programming	Room D Recovery & Pilates	Room E Water Works	Room F Wellness	Room G Business Summit		
Fri March 21	FR1	7:30am 8:45am Mobility & Stability Core Flow Sequences Melani	Balance Training for Healthy Aging Ratliff	SOULfusion™ EXPERIENCE Park	CoreSpring® Pilates: Abs & Glutes d'Anconia	Liquid Gym Acqua Punch & Pump Velazquez	Sleep Habits: Key to Fitness Layne	No Sweat Income Opportunities Spreen-Glick	7:30am 8:45am	FR1
	FR2	9:00am 10:15am ABC: Arms, Butts & Core On the Floor! Bannister-Munn	Shoulder Pain: Optimize Through Exercise Webb	Tubing Xpress Spreen-Glick	Iron and Silk: Power Meets Precision DD. Ross	LaBlast® Splash: Buoyant Ballroom Blitz Alvarez	Chain Reaction Biomechanics Hughes	Climbing the Corporate Ladder in Heels (and gym shoes)- Kooperman	9:00am 10:15am	FR2
	FR3	11:00am 12:15pm Athletic Woman: Function & Strength Hughes	The Ultimate Longevity Workout Melani	ZUMBA® Smith	Bring the Toys! Bannister-Munn	Aquatic Strength Training PlumMentz	Debunking Exercise Science Myths Layne	Know Your Worth K. Ross	11:00am 12:15pm	FR3
	FR4	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm Blood Flow Restriction: Upper Body Blast - Selman & Indiviglia - Session 2	Agging Brains & Bones Layne Session 2	Game Your Core Velazquez Session 1	Flow Like a Pro DD. Ross Session 1	Liquid Gym® Liquid Stars - Vandenberg Session 1	Empower Inclusion: Medical & Fitness Hargrave - Session 2	Pack Your PT Sessions: Successful Sales Kooperman, Hughes, Rothschild & Webb - Session 1	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	FR4
	FR5	2:45pm 4:00pm Integrated Strength Madden	Master Knee-Pain Reduction Strategies Webb	Strength Training for Longevity & Vitality II Kooperman	SYMMETRY-Scientific Stretching Mummy	Wave Works Velazquez & Vandenberg	Muscle, Bone & Fat Crosstalk Layne	The Continued Path Toward Rebranding Oneself - Colman	2:45pm 4:00pm	FR5
	FR6	4:30pm 5:45pm SOULstrength™ EXPERIENCE Park	Dementia Client Strategies for Trainers Rothschild	Dance Pump Burdick	Deconstructing Asanas Ratliff	AQUAHOLIC Layne	How to Avoid Being My Patient Laskowski	Start & Grow Your Business Kooperman, K. Ross, McBride, Stevenson & Hoff	4:30pm 5:45pm	FR6
	FR7	6:00pm 7:00pm Dance Off! LaBlast®, Fit Pro Programming, Burdick, & Velazquez	This Can Be Your Class! Contact: partner@scwfit.com	SCW Fitness Star Search Kooperman, Vandenberg, Park & Bannister-Munn	Stretch-Breathe-Recover Spreen-Glick	This Can Be Your Class! Contact: partner@scwfit.com	FR7G: Business Summit Keynote: The Purpose-Driven Fitness Formula Ruston Webb, MS, FMS II, TPI-CGFI III		6:00pm 7:00pm	FR7
Sat March 22	SA1	7:30am 8:45am Beyond Squat: Unconventional Lower Body Training - Rockit	Bodyfit: Tips on Modifications K. Ross	Band Camp Bannister-Munn	Pilates Perfect Blend Vokoun	Tides of Power Kulp & Velazquez	Women: Training Through the Stages Layne	Lifelong Lessons in Leadership Stevenson	7:30am 8:45am	SA1
	SA2	9:15am 10:30pm SA2A: Keynote Address: The Fitness Evolution Patrick Mummy	SA2A: Keynote Address: The Fitness Evolution Patrick Mummy						9:15am 10:30pm	SA2
	SA3	11:00am 12:15pm Full Body 3D HIIT-Circuit Hughes	ToughAgers Active Older Adult Fitness Rothschild	SOULkickboxing™ Coleman	Power Source: A Core Practice Ratliff	Aqua Power: One Dumbbell Circuit Kulp	Body Composition 101 Han	Stretching Strategies Kooperman, Bannister-Munn, Fox & Laskowski	11:00am 12:15pm	SA3
	SA4	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm Beyond Lower Cross Syndrome Fox - Session 2	S.E.A.T. (Supported Exercise for Ageless Training) Vandenberg - Session 1	LaBlast® Fitness: Ballroom Blitz Alvarez - Session 1	Heart-Centered Flow Spreen-Glick Session 2	All-Inclusive Aquatics PlumMentz Session 2	Physics of Pain & Performance Mummy - Session 1	FIT FOR BUSINESS Kooperman Session 2	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	SA4
	SA5	2:45pm 4:00pm Blood Flow Restriction: Empowering Women's Health - Selman & Indiviglia	Mobility Training - Online or In-Person Webb	Core-Centered Barre Madden	CoreSpring® Pilates Functional Performance d'Anconia	Ageless Aqua Kulp & Velazquez	Boost Your Pre-Workout & Recovery Kooperman & Ontiveros	New World Sales & Management McBride	2:45pm 4:00pm	SA5
	SA6	4:30pm 5:45pm Pelvic Floor from the Outside In Layne	Barefoot Therapy for Fall Prevention Strategy Melani	Posture & Alignment with Personal Training Mummy	Recovery Through Meditation Rockit	Liquid Gym Acqua Toner Stretch & Tone Kulp	How You Move Matters Laskowski	The Power of Productivity Hoff	4:30pm 5:45pm	SA6
Sun March 23	SU1	7:30am 8:45am Master Training the Feet Fox	Age Defying Mobility Training: Enhancing Longevity - Webb	Kickbox Interval Spreen-Glick	Human Reformer Pilates Madden	Aqua Intervals Roulette Vandenberg	Stress & Inflammation: Impacts & Outcomes Layne	Dealing with Difficult People and Situations Stevenson	7:30am 8:45am	SU1
	SU2	9:00am 10:15pm Step Up Your Groove Layne	LaBlast® Chair Fitness: Pull Up a Seat Alvarez	BARREfusion™ Experience Vandenberg	Functional Soft Tissue: Mobility & Stability - Hughes	Water Running Rockit	Preventing Common Fitness Injuries Laskowski	Creating with Canva Hoff	9:00am 10:15pm	SU2
	SU3	10:45am 12:00pm Maximize Lower Body Strength Selman & Indiviglia	EverFlexed Strength Madden & Melani	LaBlast® Fitness for all Ages Alvarez	Movement Meditation Rockit	Strength Beneath the Surface PlumMentz	Wellness is the New Fitness Spreen-Glick	Strategy, Implementation & Financial Management McBride	10:45am 12:00pm	SU3
	SU4	12:15pm 1:30pm Hit The Wall Rockit	Agility, Balance, Coordination for Active Aging - Melani	T'ai Chi for Group Exercise Kilpatrick	Gentle Yoga for Mobility Velazquez	Girl Meets Buoy Vandenberg	Bridging Medicine & Fitness Hughes	Building Your Personal Brand Spreen-Glick	12:15pm 1:30pm	SU4