

california mania®

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

Fri
March 21

FR1

7:30am
8:45am

Mobility & Stability Core Flow Sequences
Melani

Balance Training for Healthy Aging
Ratliff

FR2

9:00am
10:15am

ABC: Arms, Butts & Core On the Floor!
Bannister-Munn

Shoulder Pain: Optimize Through Exercise
Webb

FR3

11:00am
12:15pm

Athletic Woman: Function & Strength
Hughes

The Ultimate Longevity Workout
Melani

FR4

Session 1:
12:30-1:45pm
Session 2:
1:15-2:30pm

Blood Flow Restriction: Upper Body Blast - Selman & Indiviglia - Session 2

Ageing Brains & Bones
Layne
Session 2

FR5

2:45pm
4:00pm

Integrated Strength
Madden

Master Knee-Pain Reduction Strategies
Webb

FR6

4:30pm
5:45pm

SOULstrength™ EXPERIENCE
Park

Dementia Client Strategies for Trainers
Rothschild

FR7

6:00pm
7:00pm

Dance Off! LaBlast®, Fit Pro Programming, Burdick, & Velazquez

This Can Be Your Class!
Contact:
partner@scwfit.com

Sat
March 22

SA1

7:30am
8:45am

Beyond Squat: Unconventional Lower Body Training - Rockit

Bodyfit: Tips on Modifications
K. Ross

SA2

9:15am
10:30pm

SA2A: Keynote Address:
The Fitness Evolution Patrick Mummy

SA3

11:00am
12:15pm

Full Body 3D HIIT-Circuit
Hughes

ToughAgers Active Older Adult Fitness
Rothschild

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

SA5

2:45pm
4:00pm

Blood Flow Restriction: Empowering Women's Health - Selman & Indiviglia

Mobility Training - Online or In-Person
Webb

SA6

4:30pm
5:45pm

Pelvic Floor from the Outside In
Layne

Barefoot Therapy for Fall Prevention Strategy
Melani

Sun
March 23

SU1

7:30am
8:45am

Master Training the Feet
Fox

Age Defying Mobility Training: Enhancing Longevity - Webb

SU2

9:00am
10:15pm

Step Up Your Groove
Layne

LaBlast® Chair Fitness: Pull Up a Seat
Alvarez

SU3

10:45am
12:00pm

Maximize Lower Body Strength
Selman & Indiviglia

EverFlexed Strength
Madden & Melani

SU4

12:15pm
1:30pm

Hit The Wall
Rockit

Agility, Balance, Coordination for Active Aging - Melani

Certifications: Mar. 20 & Mar. 23

Convention: Mar. 20 - Mar. 23

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

Room C

Group Programming

Room D

Recovery & Pilates

Room E

Water Works

Room F

Wellness

Room G

Business Summit

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
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
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
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
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
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
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

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
--------------------------	------------------------------	---------------------------------	--	--	------------------	-----

SA2A: Keynote Address: The Fitness Evolution Patrick Mummy

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
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
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
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

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
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
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
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