

DALLAS

MANIA[®]

FITNESS PRO CONVENTION

HEALTH & FITNESS

BUSINESS SUMMIT

EXPO HOURS	
Friday, Aug. 25:	10:00am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
Saturday, Aug. 26:	8:30am – 9:15am 10:30am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
Sunday, Aug. 27:	10:00am – 1:00pm (Closeout Shopping)

EXPO & SPONSORS

AP Performance Therapy.....	1	S.E.AT.....	6
Atmosphere.tv.....	16	SOULfusion.....	5
BeatBoss.....	23	StandOut Fit Pro.....	20
ePulse.....	4	Symmetry.....	17, 18
Fit Bodies.....	22	Tiger Tail®.....	15
LaBlast®.....	19	Tough Mudder.....	24
Purify.....	7	Two Diamond Fit.....	3
Raqisa.....	2	Warrior.....	21
Schwinn®.....	8, 25, 26, 27	WATERinMOTION®.....	28
SCW.....	9, 10, 11, 12, 13, 14		

CO-SPONSOR



ASSOCIATE PLUS



ASSOCIATE SPONSORS



SUPPORTERS



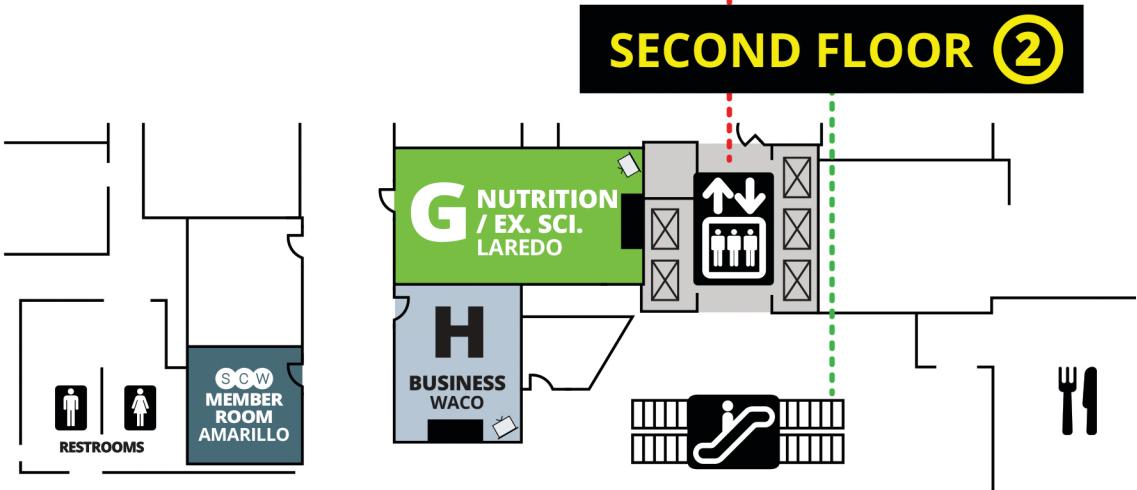
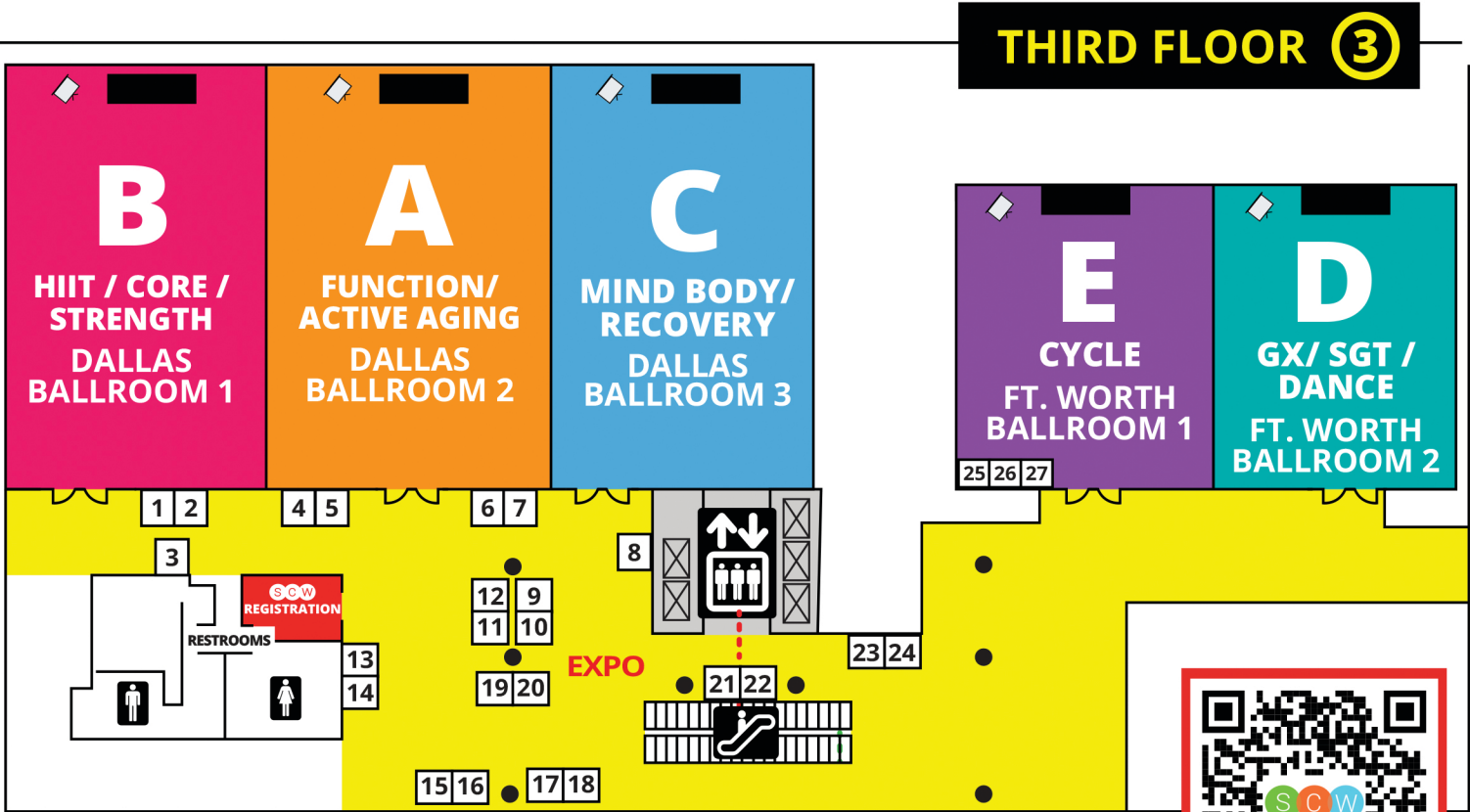
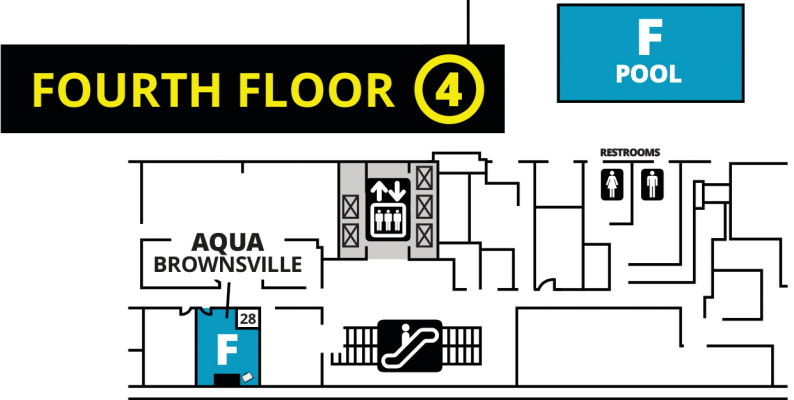
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CERTIFICATIONS THURSDAY AUGUST 24	 PERSONAL TRAINING CERTIFICATION CHRISTOPHER • 9:00AM - 6:00PM	 PILATES MATWORK CERTIFICATION LENART • 8:00AM - 5:00PM	 GROUP EXERCISE CERTIFICATION VELAZQUEZ • 8:00AM - 5:00PM	 SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION APPEL & ROBERTS • 7:00AM - 5:00PM
	 ACTIVE AGING CERTIFICATION GILBERT • 9:00AM - 5:00PM	 AQUATIC EXERCISE CERTIFICATION DZIUBINSKI • 8:00AM - 4:00PM	 PRACTICAL GUIDE TO NUTRITION, HORMONES & METABOLISM CERTIFICATION LAYNE • 9:00AM - 3:30PM	 ACTIVE AGING NUTRITION CERTIFICATION TOOLE • 5:30PM - 9:30PM




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

A
FUNCTION /
ACTIVE AGING

B
HIIT / STRENGTH / CORE

C
MIND BODY / RECOVERY

D
BARRE / GX / DANCE

FRIDAY, AUGUST 25	FR1	7:30am-8:45am	Sitting Pretty: Strength & Support Gilbert	Top Tier Core Conditioning Robinson	Yoga-Pilates Restore Bannister-Munn	Barre Strong Lenart
	FR2	9:00am-10:15am	Perfect Programming for Active Agers Toole	SOULstrength™: Cardio Kickboxing Intervals Park	Elevated: Next Level Active Recovery Robinson	Raqisa® Belly Dance Skills & Drills Doherty
	EXPO SHOPPING 10:00am-11:00am					
	FR3	11:00am-12:15pm	Functional Training for Active Agers Gilbert	Killer Core Appel	WARRIOR Rhythm: Stand Out de Werd	Discover a Teaching Vacation Whitaker
	EXPO SHOPPING 12:00pm-2:45pm					
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Strength Through The Ages Appel SESSION 2	LIT 101 (Low Impact Training) Robinson SESSION 1	Bring the Toys! Bannister-Munn SESSION 1	LaBlast® Fitness: Dance, Diversity, Inclusion. van Amstel & Solis SESSION 1
	FR5	2:45pm-4:00pm	Everyday Strength for Active Aging Roberts	Balance Your HIIT Lenart	Shoulders: Protection & Performance Christopher	WARRIOR Rhythm™: Flow State Conser
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	Aging With Strength & Grace Dziubinski	Kettlebell Krush Turner	Symmetry: Advanced Postural Corrective Exercise Mummy	How to Handle Hypertrophy Robinson	
FR7	6:00pm-7:00pm	 Kooperman, Toole, Spreen-Glick & Robinson		Yin to My Yang Malaghan	 LaBlast® Fit Bodies RAQISA® Velazquez	
SATURDAY, AUGUST 26	SA1	7:30am-8:45am	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Band Camp Bannister-Munn	By Any Stretch Appel	Raq The Barre® Belly Dance Fitness Doherty
	EXPO SHOPPING 8:30am-9:15am					
	SA2	9:15am-10:30am	 SYMMETRY	KEYNOTE ADDRESS The Role of Fitness Professional in the Healthcare System Patrick Mummy • 9:15am - 10:30am		
	EXPO SHOPPING 10:30am-11:00am					
	SA3	11:00am-12:15pm	Cardio Kickboxing for the Active Ager Malaghan	WARRIOR Combat™: Keep Fighting Richards	Happy Muscles!® 365 Tiger Tail® Recovery Zuleger	LaBlast® Fitness: Emotional Wealth van Amstel & Solis
	EXPO SHOPPING 12:00pm-2:45pm					
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Functional Fitness 50+ Toole SESSION 1	SOULfusion™ EXPERIENCE Park SESSION 2	Hips Don't Lie Bannister-Munn SESSION 2	Strike! Kickboxing Spreen-Glick SESSION 1
SA5	2:45pm-4:00pm	Strength Training for Longevity & Vitality Kooperman	Total Body Strength Richards	Posture & Alignment With Personal Training Mummy	Coconut Beach Camp by Fit Bodies, Inc. Stanley	
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	Active Agers From the Ground Up! Velazquez	Core Connection Turner	Fire & Ice Yoga Spreen-Glick	Coaching the Station Based Circuit Workout McBee	
SUNDAY, AUGUST 27	SU1	7:30am-8:45am	LaBlast® Chair Fitness van Amstel & Solis	WARRIOR Strength™: Put FUN in Functional de Werd	Beauty & the Beast: Yoga Power Bar Wartenberg	Master the Deadlift Mike
	SU2	9:00am-10:15am	The Aging Brain Layne	Core Crusher Richards	BARREfusion™ Experience Park	Total Body Shaping McBee
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
	SU3	10:45am-12:00pm	Creative Programming 55+ Wartenberg	Dynamic Core Training McBee	No (Downward facing) Dogs Allowed Fulton	Kickbox N Chaos Turner
SU4	12:15pm-1:30pm	Chair-agility Layne	Fundamentals of Squat Progressions and Variations Mike	Yoga Grooves Brasher	Stand Up for Foam Rolling Fulton	



dallas mania® schedule

E
CYCLE

F
AQUA
(STARTS IN LECTURE)

G
NUTRITION /
EXERCISE SCIENCE

H
BUSINESS

Schwinn®: R.I.S.E. & #RideRight Roberts	Aqua Ease: Flexibility for Active Agers Velazquez	Protein Power for Weight Control Digsby	Personal Trainings Missing Playbook Christopher	FR1
Schwinn®: Let the BeatDrop Appel	LaBlast® Splash: Emotional Wealth van Amstel & Solis	Chasing the Dragon: Food Addiction Layne	Trends In Fitness Programming Kooperman	FR2
EXPO SHOPPING 10:00am-11:00am				
Schwinn®: Dynamic Duos - Cycling Fusion Hogg	Water Works Velazquez	Exercise is Medicine Laskowski	Brand Building Foundations Spreen-Glick	FR3
EXPO SHOPPING 12:00pm-2:45pm				
Schwinn®: Polishing Diamonds - Level Up Hogg SESSION 2	H2O Strength Velazquez SESSION 2	Feasting & Fasting? Layne SESSION 1	Effective GX & PT Sales Strategies Panel Kooperman, Clark, Toole & Christopher SESSION 2	FR4
Schwinn®: Prime Design 2.0 Hogg	When Breath Meets Water: Aqua Yoga Malaghan	Nutrition and Hormones: Healthy Aging Zuleger	The Beauty of Building a Brand Park	FR5
EXPO SHOPPING 3:45pm-4:30pm				
BeatBoss™ Tapbacks, Push-ups Yay Or Nay Austin & Leadley	Aqua Ab Arsenal Gilbert	Perfect Practice Makes Perfect Laskowski	Grow Your Business by Adding Value Esquerre	FR6
	register for recordings and enjoy 100+ sessions scwfit.com/dallas			FR7
Schwinn®: Leader of the Pack Hogg	Increase Aqua Intensity with Intervals Alexander	Functional Foods for a Fantastic You Fearheiley	Monetizing Your Passion & Skills Esquerre	SA1
EXPO SHOPPING 8:30am-9:15am				
	KEYNOTE ADDRESS The Role of Fitness Professional in the Healthcare System Patrick Mummy • 9:15am - 10:30am			SA2
EXPO SHOPPING 10:30am-11:00am				
Schwinn®: Cycle Mixology - Killer Playlists Appel	Silver Tsunami Velazquez	Getting Clients Lean Healthfully Digsby	Find & Enroll Clients Using Social Media Clark	SA3
EXPO SHOPPING 12:00pm-2:45pm				
Schwinn®: Breathy NotBreathless Appel SESSION 1	Aquatic Personal Training Malaghan SESSION 2	Physics of Pain & Performance Mummy SESSION 1	10 Tools to Grow Your Business Fulton SESSION 2	SA4
Schwinn®: Tri-Cycle Triple Threat Roberts	Aqua Rhythms Dziubinski	Five Fat-Burning Hormones Layne	Create Value - Retain Clients Toole	SA5
EXPO SHOPPING 3:45pm-4:30pm				
Schwinn®: Pedal N Pulse Appel	Aqua Brain Power Gilbert	Diet vs. Exercise: Food Choices Always Win Fearheiley	Keep Members Engaged Year Round de Werd	SA6
BeatBoss™ Bike Power + Party Austin & Leadley	Aqua Strides & Strength Dziubinski	Fad Diets & Failed Expectations Toole	Personal and Small Group Training Sales McBee	SU1
BeatBoss™ Bike Sculpting Done Right Austin & Leadley	Aqua Running & Conditioning Wartenberg	Abs Are Made In The Kitchen Digsby	Stretching for Strength - Flexible Foundations Panel Toole, de Werd, Fulton, Mike, PhD	SU2
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
	Aqua Strength Training Alexander	Healthy Weight: Defined by a Dietitian Digsby	Rockstar Instructors Richards	SU3
	Free to Move in the Pool Dziubinski	Childhood & Adolescent Obesity: Healthy Guidance Fearheiley	Successful Active Aging Programming Wartenberg	SU4

FRIDAY, AUGUST 25

SATURDAY, AUGUST 26

SUNDAY, AUGUST 27

CERTIFICATIONS SUNDAY AUGUST 27	 LIFE COACHING CERTIFICATION SPREEN-GLICK • 9:00AM-3:00PM	 YOGA I CERTIFICATION VELAZQUEZ • 7:30AM - 3:30PM	 AQUATIC PERSONAL TRAINING CERTIFICATION MALAGHAN • 7:30AM - 3:30PM	 S.E.A.T. - SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION GILBERT • 7:30AM - 3:30PM	 STRETCHING & FLEXIBILITY TRAINING CERTIFICATION APPEL • 7:30AM - 3:30PM	 SYMMETRY POSTURAL MEASUREMENT CERTIFICATION MUMMY • 7:30AM - 3:30PM
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**SCW Health & Fitness
Business Summit**
Give your fitness business
the attention it deserves.

scwfit.com/business

FRIDAY, AUGUST 25

SATURDAY, AUGUST 26

SUNDAY, AUGUST 27