

CERTIFICATIONS THURSDAY, AUGUST 22	SCW PERSONAL TRAINING CERTIFICATION Bannister-Munn 9:00am-6:00pm	SCW ACTIVE AGING CERTIFICATION Gilbert 9:00am-5:00pm	SCW GROUP EXERCISE CERTIFICATION Velazquez 8:00am-5:00pm	SCW CHAIR YOGA CERTIFICATION Ratliff 9:00am-5:00pm	SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION Layne • 9am-3:30pm	SCW LIFE COACHING CERTIFICATION Toole 9:00am-3:00pm	SCW AQUATIC EXERCISE CERTIFICATION Wartenberg 8:00am-4:00pm
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get discounted ONLINE CERTS View them at scwfit.com/certs \$100 OFF Code: MANIA100	SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION Appel • 7:00am-5:00pm	AQUA EXERCISE CERTIFICATION Kulp 9:00am-5:00pm	THE MENTAL WELLBEING CERTIFICATION FOR FITNESS PROFESSIONALS C. Brick and L. Brick Online Exclusive
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Pre-Recorded SESSIONS

DALLAS MANIA® FIT PRO CONVENTION

FRIDAY, AUGUST 23

A	B	C	D	E
HIIT / CORE / STRENGTH	FUNCTION / ACTIVE AGING	GX / DANCE / SMALL GROUP TRAINING	RECOVERY / MIND BODY	CYCLE
FR1 7:30am-8:45am	FR2 9:00am-10:15am	FR3 11:00am-12:15pm	FR4 SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FR5 2:45pm-4:00pm
FR6 4:30pm-5:45pm	FR7 6:00pm-7:00pm	EXPO SHOPPING 3:45pm-4:30pm		

SATURDAY, AUGUST 24

SA1 7:30am-8:45am	SA2 9:15am-10:30am	SA3 11:00am-12:15pm	SA4 SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	SA5 2:45pm-4:00pm	SA6 4:30pm-5:45pm
EXPO SHOPPING 3:45pm-4:30pm					

SUNDAY, AUGUST 25

SU1 7:30am-8:45am	SU2 9:00am-10:15am	SU3 10:45am-12:00pm	SU4 12:15pm-1:30pm
EXPO SHOPPING 10:00am-1:00pm			

CERTIFICATIONS SUNDAY, AUGUST 25	WARRIOR® TAI CHI YOGA INSTRUCTOR CERTIFICATION Roberts • 7:30am-3:30pm	SCW PILATES MATWORK CERTIFICATION Velazquez 7:30am-3:30pm	SCW STRETCHING & FLEXIBILITY TRAINING CERTIFICATION Appel • 7:30am-3:30pm	SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION Gilbert • 7:30am-3:30pm	SYMMETRY POSTURAL MEASUREMENT CERTIFICATION Mummy • 7:30am-3:30pm	ZUMBA® ZUMBA® BASIC 1 TRAINING Melendez 7:15am-3:30pm	SCW YOGA 1 CERTIFICATION Thews 7:30am-3:30pm
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FRIDAY, AUGUST 23 (Continued)

F	G	H
AQUA (STARTS IN LECTURE)	NUTRITION / EX. SCIENCE	BUSINESS
FR1 7:30am-8:45am	FR2 9:00am-10:15am	FR3 11:00am-12:15pm
FR4 SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FR5 2:45pm-4:00pm	FR6 4:30pm-5:45pm
FR7 6:00pm-7:00pm	EXPO SHOPPING 3:45pm-4:30pm	

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EXPO SHOPPING 10:00am-1:00pm			

PRE-RECORDED PERSONAL TRAINING

PRE-RECORDED PERSONAL TRAINING	PRE-RECORDED RESTORE / PILATES / TAI-CHI	PRE-RECORDED AQUA EXERCISE	PRE-RECORDED BUSINESS SUMMIT
STABILITY BALL BREAKTHROUGH Bannister-Munn	HAPPY HIPS & HEALTHY BACKS Fulton	AQUA YOGA FLOW Warasila	INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY Kooperman
7 GAME-CHANGING GLUTE TRAINING TIPS Tumminello	HIGH ROLLER - FOAM ROLLER PILATES Appel	AQUA HIIT THE BEAT Fowler	FIRESIDE CHAT WITH MARK HARRINGTON JR. Kooperman & Harrington
SMART STRENGTH FOR THE AGELESS FEMALE Roberts	CORE YOGA STRONG Howard	AB- ARSENAL Gilbert	SUCCESSFULLY BUILD YOUR MEMBER BASE Williams
TOTAL BODY RESET Turner	LOWER BODY SELF CARE Bettendorf	MIX-MATCH AQUA MOVES TO THE MAX Howard	RETIRED, NOT EXPIRED! STRENGTH TRAINING FOR MATURE ADULTS PANEL Kooperman, Roberts, Ritchie & Gilbert
REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF Mullins	QIGONG & SELF HEALING Craddock	AQUA BRAIN POWER Gilbert	RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS Hoff
LOWER BODY BURNOUT Howard	FOGA - FOAM ROLLING AND YOGA Zahn	BARRACUDA BOOTY Kulp	THE PERFECT VIRTUAL SOLUTION Madden
CORE TRAINING METHODS Mullins	CORE FORWARD PILATES Howard	10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING McCormick	BIGGEST SECRETS IN PERSONAL TRAINING SALES SUCCESS Baraglia

ROCK BOTTOMS! BANDED BODY STRENGTH McDonald	TAI CHI + WEIGHTS = IRON FUSION Ross	POWER TO THE POOL Dziubinski	CLUB, STUDIO & CLIENT RETENTION Kooperman
GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE <i>(filmed at previous SCW Conventions)</i> when you Add Dallas MANIA® 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!			
CONTENDER Richards	YOGA SOUL Kooperman	CHEEKS FOR WEEKS - H2O Gilbert	PROFITABLE TRAINING WITH CLIENTS 55+ Ritchie
SL@T - STRENGTHEN, LENGTHEN & TONE Howard	PILATES 4 LIFE Kahn	AQUA YOGA FOR ARTHRITIS Fairbrother	CONVERTING SOCIAL MEDIA CONTENT INTO CUSTOMERS Christopher
PLANKS IN ALL THREE PLANES Chilazi	SHOULDERS: PROTECTION & PERFORMANCE Christopher	TABATA AQUA RUNNING & CONDITIONING Haggard	BUILDING SUCCESSFUL HYBRID BUSINESSES Vokoun
CREATIVE COMPOUNDS Gavigan	FOREVER PILATES Appel	EASY-GRIP AQUA DUMBBELL WORKOUT Kulp	PURPOSE PROGRAMMING Madden

TOP-TIER CORE CONDITIONING Robinson	THE ART OF FLOW: YOGA BASICS Conti	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Velazquez	NEW CLIENT RETENTION McBee
G.R.I.T. - STRENGTH TRAINING FOR THE AGER Gilbert	SMR: FUNCTIONAL FASCIA TECHNIQUES Gavigan	LIQUID LEVELS Pinkowski	ENTREPRENEURSHIP & OPENING Sheppard
CORE OFF THE FLOOR Zahab	YIN TO MY YANG Malaghan	TAB-AQUA QUICKIES Howard	BUILDING YOUR BUSINESS Stevenson

Access to pre-recorded sessions can be found at scwfit.com/dallas

RECORDED SESSIONS are filmed live at this MANIA® Convention and are only available online after the event at \$60 for 60 days with unlimited access.