





DEEP CORE AND PELVIC FLOOR

Layne

SCW ACTIVE AGIN CERTIFICATION



B

ACTIVE AGING PLAYGROUND

Toole





REC









7:30am-8:45am



## HIIT / CORE / STRENGTH FUNCTION / ACTIVE AGING

C GX / DANCE / **SMALL GROUP TRAINING** 



COVERY / MIND BODY	CYCL

ı	R1	7:30am- 8:45am	KILLER CORE Appel ■4	TAILORED TRAINING FOR ACTIVE AGERS Toole	BARREFUSION™ EXPERIENCE Vandenberg ■4	YOGA-PILATES RESTORE Bannister-Munn ■4	BEATBOSS™ Tapbacks, push-ups yay or nay Austin & Leadley
F	R2	9:00am- 10:15am	CORE BY 4 Wartenberg ■4	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	THE WARRIOR® WORKOUT Roberts ■4	TIGER TAIL® GOODBYE BACK PAIN Zuleger	SCHWINN®: SAVVY CYCLING Schneider
				EXPO SHOPPING	G 10:00am-11:00am		
ī	R3	11:00am- 12:15pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes	"DON'T JUST SIT THERE!" Chair Yoga Ratliff	PROP POWER:  Amp up your barre workouts  George	SYMMETRY: ADVANCED POSTURAL Corrective exercise Mummy	SCHWINN®: BIKER BARRE Appel
				EXPO SHOPPIN	G 12:00pm-2:45pm		
F	R4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	INTEGRATED STRENGTH  George SESSION 1	TIME WITH TISSUE Gilbert Session 1	ATHLETIC FLOW Schell Session 2 ■4	BRING THE TOYS! Bannister- Munn SESSION 2 ■4	SCHWINN®: BEAST MODE Schneider Session 1
F	R5	2:45pm- 4:00pm	MOBILITY TRAINING - Online or in-Person Webb	CREATIVE PROGRAMMING 55+ Wartenberg ■◀	ULTIMATE LEG DAY Toole ■◀	FUNCTIONAL PILATES Velazquez	WARRIOR® RIDE Roberts
				EXPO SHOPPIN	IG 3:45pm-4:30pm		
F	R6	4:30pm- 5:45pm	WARRIOR STRENGTH™: SIMPLE & SERIOUSLY "STICKY" de Werd & Ballance ■4	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	KICKBOX N CHAOS Turner ■4	<b>By any stretch</b> Appel <b>■</b> 4	SCHWINN®: HEAR US ROAR Thews
F	R7	6:00pm- 7:00pm	WORKOUT WITH B-BOARD® Vandendriessche	FITNESS IDOL Toole, Gilbert, Esquerre & Bannister-Munn ■◀	DANCE OFF! LaBlast®, ZUMBA®, Alignment Essentials, Wartenberg & Velazquez ■◀	<b>=</b> 4	

	EXPO SHOPPING 8:30am-9:15am					
SA2	9:15am- 10:30am	GRAE GOLD	KEYNOTE ADDRESS:	: WHERE HEALTHY MEETS HAI	PPY • Sohailla Digsby, RDN, LI	) ROOM B
			EXPO SHOPPING	G 10:30am-11:00am		
SA3  11:00am- 12:15pm  FULL BODY 3D HIIT-CIRCUIT Hughes  SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb				LABLAST® FITNESS: BALLROOM BLITZ van Amstel & Solis	FLOW SLOW YOGA Thews	SCHWINN®: CYCLE A LA MODE Schneider
EXPO SHOPPING 12:00pm-2:45pm						
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	WARRIOR RHYTHM™   Brave, Bold & Beautiful de Werd Session 2 ■4	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert SESSION 2	ZUMBA® Melendez Session 1	TAI-CHI FUSED YOGA Velazquez Session 2 ■4	SCHWINN®: R.I.S.E. & #RIDERIGHT Thews Session 1
SA5	2:45pm- 4:00pm	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy & Bannister-Munn	MASTER KNEE-PAIN REDUCTION STRATEGIES  Webb	SOULKICKBOXING™ Park & Coleman	TIGER TAIL® RECOVERY FOR LONGEVITY Zuleger ■4	SCHWINN®: Cycle Mixology Appel
	EXPO SHOPPING 3:45pm-4:30pm					
SA6	4:30pm- 5:45pm	BBB WORKOUT – BALL, BAND, BAR Bannister- Munn	BALANCE & COORDINATION FOR ACTIVE AGERS Velazquez	STRENGTHEN & SUPPORT Schell	WARRIOR® Tai Chi Yoga and Qi Gong Fusion Roberts ■4	SCHWINN®: ROCK & ROLL RIDE Thews

2	SU1	7:30am- 8:45am	POWER IN THE TRANSVERSE PLANE Mike	FUSION REVOLUTION Schell	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED van Amstel & Solis	THE BATTLE FOR MOBILITY  McCormick
GUST 2	SU2	9:00am- 10:15am	WARRIOR COMBAT™   KEEP FIGHTING de Werd ■◀	LABLAST® CHAIR FITNESS: PULL UP A SEAT van Amstel & Solis	FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Mike	FUNCTIONAL SOFT TISSUE: Mobility & Stability Hughes
AU				EXPO SHOPPING 10:00am-1:00pn	n	
UNDAY,	SU3	10:45am- 12:00pm	BARRE HARD CORE George ■◀	ADAPTIVE TAICHI: MOVING DESPITE LIMITATIONS Glassmeyer	10 BEST Bodyweight & Band Exercises McCormick ■4	SOULFUSION™ EXPERIENCE Park





WELCOME II THE TERRORDOME

Turner





BEATBOSS™ BIKE SCULPTING DONE RIGHT Austin & Leadley

SCHWINN®: RHYTHM ROADTRIP

Appel





RIDE THE WAVE

Kulp, Carroll & Vandenberg LIQUID GYM Acoua Toner Stretch & Tone

BEAUTIFUL BUOYANT BOOTY

**CORF FUSION H20** 





**ÍNLINE CERTS** 

## Pre-Recorded SESSIONS

PRE-RECORDED

PERSONAL Training

PRE-RECORDED

RESTORE / PILATES /

TAI-CHI

Howard

TAI CHI + WEIGHTS = IRON

FUSION

Ross

CORE TRAINING METHODS | CORE FORWARD PILATES

ROCK BOTTOMS! Banded Booty Strength McDonald



PRE-RECORDED

BIGGEST SECRETS IN PERSONAL Training Sales Success Baraglia

CLUB, STUDIO & CLIENT RETENTION

Kooperman

PRE-RECORDED

AQUA Exercise

10 BEST EXERCISES FOR 1:1

AQUATIC TRAINING McCormick

POWER TO THE POOL

Dziubinski

AQUA (STARTS IN LECTURE)	NUTRITION / EX. SCIENCE	BUSINESS SUMMIT OF	
H2O RAPID RESISTANCE Kulp	INFLAMMATION: THE EXERCISE- Nutrition Nexus Fearheiley	OPERATING A profitable boutique studio Gilbert	
LABLAST® SPLASH: Buoyant Ballroom Blitz van Amstel & Solis	SIX ROOT CAUSES  OF DECREASED LONGEVITY  Layne	START & GROW YOUR BUSINESS Kooperman, Clark, Webb, Day, & Ball ■4	7 G
E	XPO SHOPPING 10:00am-11:00a	m	
AQUA BOOT CAMP BOQ-STYLE Ford	A WEALTH OF GUT HEALTH UNLOCKED Fearheiley	FIND YOUR NEXT 50 LEADS Clark ■4	SMA
	EXPO SHOPPING 12:00pm-2:45pi	m	
AQUA DRUMS VIBES Wartenberg SESSION 2	BUILDING MUSCLE WHILE LOSING FAT Layne Session 1	PACK YOUR PT SESSIONS: SUCCESSFUL SALES Kooperman, Toole, Webb & Hughes SESSION 2	
AQUA SIT TO STAND SKILLS Layne	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman	BUSINESS MASTERY: MAXIMIZING Time and revenue Ricketts	
	EXPO SHOPPING 3:45pm-4:30pm	n	
BUOY, OH BUOY, OH BUOY! Velazquez, Kulp, Wartenberg & Vandenberg	NUTRITION PANEL Layne, Digsby, Toole & Fearheiley	GET "CERTIFIED" TO RUN YOUR Fitness Business! Day	LC

KEYNOTE & COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME - Brandi Clark • Room G

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! STRENG TRAINING FOR MATURE ADULT PANEL Kooperman, Roberts, Ritchie & Gilb
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 7ahnn	BARRACUDA BOOTY Kulp	THE PERFECT VIRTUAL SOLUTION Madden

SILVER TSUNAMI Velazquez, Kulp, Carroll & Vandenberg	HOW YOU MOVE MATTERS Laskowski	SELLING WITHOUT SELLING: IT'S  About the relationship!  Esquerre			
EXPO SHOPPING 8:30am-9:15am					
KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD ROOM B					
E.	XPO SHOPPING 10:30am-11:00a	m			
AQUATIC EQUIPMENT INNOVATIONS Ford	PHYSICS OF PAIN & PERFORMANCE Mummy	STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL Toole, Appel, McCormick Roberts & Laskowski			
E	XPO SHOPPING 12:00pm-2:45pi	m			
4 FUNCTIONAL AQUA CIRCUITS Layne Session 1	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger Session 1	FIND & ENROLL CLIENTS USING Social Media Clark Session 2			
LIQUID GYM ACQUA PUNCH & PUMP Velazquez	CHAIN REACTION BIOMECHANICS Hughes	NAVIGATING LEGAL Pitfalls in Fitness Ball & Clark ■			
EXPO SHOPPING 3:45pm-4:30pm					
AQUA ZUMBA® Melendez	TRENDING DIETS & WEIGHT LOSS MEDS Digsby	MAXIMIZE YOUR BRAND'S EARNING POTENTIAL Esquerre & Irene McCormick •••			

THE GUT - SLEEP NETWORK EFFECT

KITCHEN MAKEOVER FOR FOOD LOVERS

Digsby

EXPO SHOPPING 10:00am-1:00pn PREVENTING COMMON FITNESS INJURIES

NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION

Digsby

		GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE (filmed at previous SCW Conventions) 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			
	П							
1		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			
	П							
		CREATIVE COMPOUNDS Gavigan	FOREVER PILATES Appel	EASY-GRIP AQUA Dumbbell Workout Kuip	PURPOSEFUL Programming Madden			
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FITNESS MARKETING Masterclass: Insider Tips Tate	TOP-TIER CORE CONDITIONING Robinson	THE ART OF FLOW: YOGA BASICS Conti	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Velazquez	NEW CLIENT RETENTION  McBee	
PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL Esquerre	G.R.I.T STRENGTI TRAINING FOR THE AC Gilbert		<b>LIQUID LEVELS</b> Pinkowski	ENTREPRENEURSHIP & OPENING Sheppard	
m					
CREATE CONTENT TO BOOST SALES Toole	CORE OFF The Floor Zahab	YIN TO MY YANG Malaghan	TAB-AQUA QUICKIES Howard	BUILDING YOUR BUSINESS Stevenson	
MONETIZE YOUR BOTTOM LINE McCormick	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





OPTIMAL OVERHEAD PRESSING











HUMAN REFORMER PILATES

George