

# dc mania®

## Certifications

### Thurs, Feb 27

- **SCW Personal Training Certification**  
Bannister-Munn • 9am-6pm
- **SCW Active Aging Certification**  
Gilbert • 9am-5pm
- **SCW Group Exercise Certification**  
Velazquez • 8am-5pm
- **SCW T'ai Chi Certification**  
DD. Ross • 9am-5pm
- **WATERinMOTION® Aqua Exercise Certification**  
Kulp • 9am-5pm
- **SCW Aquatic Exercise Certification**  
Layne • 9am-5pm
- **ToughAgers® Instructor Active Older Adult Fitness**  
Rothschild • 9am-4pm
- **ZUMBA® Basic 1 Training**  
Bostic & Busch • 7:15am-5pm
- **LaBlast® Fitness Instructor Certification**  
Dovel • 8am-5pm
- **GLP-1 Exercise Specialist Certificate: Transforming Client Care**  
Durak • 4:30pm-8:30pm

### Sun, March 2

- **SCW Yoga 1 Certification**  
Velazquez • 7:30am-3:30pm
- **SCW Pilates Matwork Certification**  
Appel • 7:30am-3:30pm
- **Symmetry Postural Measurement Certification**  
Mummy • 7:30am-3:30pm
- **SCW Stretching & Flexibility Training Certification**  
Bannister-Munn • 7:30am-3:30pm
- **S.E.A.T. Supported Exercise for Ageless Training Certification**  
Gilbert • 7:30am-3:30pm

■ 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 February 28

<b>FR1</b>	7:30am 8:45am	Kettlebell Training for Women P. Ross & Corso	Dare to Chair Gilbert
<b>FR2</b>	9:00am 10:15am	Welcome II the Terrordome Turner	Aging Brains & Bones Layne
<b>FR3</b>	11:00am 12:15pm	The Core 6: Strength & Movement Essentials Bannister-Munn	Prime Performance for 50+ Robinson
<b>FR4</b>	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	Kettlebell Krush Turner Session 1	ToughAgers® Active Older Adult Fitness Rothschild - Session 1
<b>FR5</b>	2:45pm 4:00pm	Mobility Training: Online or In-Person Webb	Strength Training for Longevity & Vitality II Kooperman
<b>FR6</b>	4:30pm 5:45pm	Next-Level Core Training Garcia	Boost Brain & Body Balance Gilbert
<b>FR7</b>	6:00pm 7:00pm	Dance Off! LaBlast®, Batyan & Velazquez	This Can Be Your Class! Contact: partner@scwfit.com

## Sat March 1

<b>SA1</b>	7:30am 8:45am	Killer Core Appel	More Than Muscle: Welcome to the Brain Game - Lemons
<b>SA2</b>	9:15am 10:30pm	<b>SA2A: Keynote Address:</b> <b>The Fitness Evolution</b> Patrick Mummy	
<b>SA3</b>	11:00am 12:15pm	Shoulder Pain: Optimize Through Exercise - Webb	S.E.A.T. Supported Exercise for Ageless Training - Gilbert
<b>SA4</b>	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	SOULstrength™ EXPERIENCE Carvalho - Session 1	No Gym Equipment? No Excuses! Garcia - Session 2
<b>SA5</b>	2:45pm 4:00pm	The Hidden Core P. Ross & Corso	Master Knee-Pain Reduction Strategies Webb
<b>SA6</b>	4:30pm 5:45pm	Pelvic Floor from the Outside In Layne	Posture & Alignment with Personal Training Mummy & Bannister-Munn

## Sun March 2

<b>SU1</b>	7:30am 8:45am	Cardio Kickboxing for the Active Ager Lemons	LaBlast® Chair Fitness: Pull Up a Seat Dovel
<b>SU2</b>	9:00am 10:15pm	Intervals Reimagined: Strength - Power - Roll - Conti	Fifty, Fit & Fierce Toole
<b>SU3</b>	10:45am 12:00pm	Train the Female Athlete P. Ross & Corso	Conquering Sciatic Pain Garcia
<b>SU4</b>	12:15pm 1:30pm	Active Strengthening with Stretch K. Ross	AASK Amber: Anti-Aging Survival Kit Toole

# Certifications: Feb. 27 & March 2

## Convention: Feb. 28 - March 2

### Expo Hours

Fri, Feb. 28	10am-11am, 12pm-2:45pm, 3:45pm-4:30pm
Sat, Mar. 1	8:30am - 9:15am, 10:30am - 11:00am 12:00pm - 2:45pm, 3:45pm - 4:30pm
Sun, Mar. 2	10:00am - 1:00pm (Closeout Shopping)

Room C Group Programming	Room D Recovery & Pilates	Room E Water Works	Room F Wellness	Room G Business Summit	
ZUMBA® Busch	Flow Like a Pro DD. Ross	Liquid Gym Acqua Toner Stretch & Tone Kulp	Debunking Exercise Science Myths Layne	Making Sales Suck Less Robinson	7:30am 8:45am <b>FR1</b>
Barre-Raising Workout Batyan	Iron and Silk: Power Meets Precision DD. Ross	Buoy, Oh Buoy, Oh Buoy! Kulp, Velazquez, Sepulveda & Carvalho	The Truth About Processed Foods Digsby	Stretching Strategies: Kooperman, Bannister-Munn, Armantrading & Laskowski	9:00am 10:15am <b>FR2</b>
Flex & Power: Hip Mobility Mastery Kulp	Unlocking Revenue Streams with Stretch Therapy - Armantrading	Aqua Ease: Flexibility for Active Agers Velazquez	Boost Your Pre-Work- out & Recovery Kooperman & Ontiveros	Marketing Mastery Conti	11:00am 12:15pm <b>FR3</b>
Hip Mobility for Peak Performance Bannister-Munn - Session 2	CoreSpring® Pilates: Abs & Glutes d'Anconia - Session 2	Liquid Gym Acqua Punch & Pump Velazquez- Session 2	Muscle, Bone & Fat Crosstalk Layne- Session 2	Start & Grow Your Business Kooperman, Day, Clark, Gilbert, Toole & Dorsey - S1	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm <b>FR4</b>
SOULfusion™ EXPERIENCE Carvalho	SYMMETRY- Scientific Stretching Mummy & Bannister-Munn	Aqua ZUMBA® Bostic	Nutrition for Lasting Change Lee	Find & Enroll Clients Using Social Media Clark	2:45pm 4:00pm <b>FR5</b>
Pump Your Peach! Toole	Gentle Yoga for Mobility Velazquez	LaBlast® Splash: Buoyant Ballroom Blitz Dovel	Nutrition: Hot Topic Research Layne	Your Financial Health K. Ross	4:30pm 5:45pm <b>FR6</b>
SCW Fitness Star Search - Judges: Kooperman, Gilbert, Robinson & Toole	Yin to My Yang Lemons	This Can Be Your Class! Contact: partner@scwfit.com	This Can Be Your Class! Contact: partner@scwfit.com	Keynote & Cocktails Fitness Business Strategies for Impact & Income - Clark	6:00pm 7:00pm <b>FR7</b>
Step it Up! Turner	CoreSpring® Pilates Functional Performance d'Anconia	Aqua Boot Camp BOQ-style Ford	Pro Athlete Recovery Robinson	Rebrand and Thrive Gilbert	7:30am 8:45am <b>SA1</b>
<b>SA2A: Keynote Address:</b> <b>The Fitness Evolution</b> Patrick Mummy					9:15am 10:30pm <b>SA2</b>
Barre Hard Core Chilazi	Stretch Savvy: Hands-On Techniques Bannister-Munn	HIIT the Flow Kulp	Body Composition 101 Han	Run Your Fitness Business! Day	11:00am 12:15pm <b>SA3</b>
Pumped Up Strength Chilazi Session 1	Forever Pilates Appel Session 2	Aqua Drums Vibes Kulp Session 2	Physics of Pain & Performance Mummy - Session 1	Find Your Next 50 Leads Clark - Session 2	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm <b>SA4</b>
LaBlast® Fitness: Ballroom Blitz Kooperman	Yin+Restore Greenbaum	Silver Tsunami Kulp, Velazquez, Sepulveda & Carvalho	Nutrition Panel Layne, Lemons, Toole & Digsby	Bringing Medicine & Fitness Together D. Appel	2:45pm 4:00pm <b>SA5</b>
The Secret to Rockin' Dance Fitness Classes Batyan	High Roller Appel	AB-Solute Aqua Strength! Henry	How to Avoid Being My Patient Laskowski	Pack Your PT Sessions Kooperman, Gilbert, Toole, Rothschild & Webb	4:30pm 5:45pm <b>SA6</b>
Prop Power: Amp Up Your Barre Workouts Chilazi	Prana Energy Greenbaum	Aqua Fiesta: Latin Rhythms for All Sepulveda	Preventing Common Fitness Injuries Laskowski	Boost Memberships: Women 50+ Shaver	7:30am 8:45am <b>SU1</b>
Step Up Your Groove Layne	Human Reformer Pilates Chilazi	Aqua Intervals Roulette Vandenberg	Overworked & Over- weight: Impact of Stress on Obesity - Digsby	Power of "8": Business Growth Strategies - Esquerre	9:00am 10:15pm <b>SU2</b>
LaBlast® Fitness for all Ages Dovel	Breath Empowerment Craddock	AQUAHOLIC Layne	Strength Training for Hormonal Health Shaver	Create Value - Retain Clients Toole	10:45am 12:00pm <b>SU3</b>
Ankle Mechanics for Peak Performance Garcia	Barefoot: More than a Trend Craddock	Aquatic Equipment Innovations Ford	Healthy Eating for Active Agers Lemons	Fitness Manager: Are You Ready? Esquerre	12:15pm 1:30pm <b>SU4</b>