



CERTIFICATIONS THURSDAY, APRIL 13		<div>SCW</div> <div>ACTIVE AGING CERTIFICATION GILBERT • 9:00AM - 5:00PM</div>	<div>SCW</div> <div>PILATES MATWORK CERTIFICATION APPEL • 8:00AM-5:00PM</div>	<div>SCW</div> <div>PERSONAL TRAINING CERTIFICATION MCCORMICK • 9:00AM - 6:00PM</div>	<div>SCW</div> <div>LIFE COACHING CERTIFICATION TOOLE • 9:00AM - 3:30PM</div>	
		<div>SCW</div> <div>GROUP EXERCISE CERTIFICATION VELAZQUEZ • 8:00AM-5:00PM</div>	<div>SCHWINN</div> <div>SCHWINN CYCLING CERTIFICATION SHERMAN • 7:00AM - 5:00PM</div>	<div>SCW</div> <div>SYMMETRY TECHNICIAN- ADVANCED POSTURAL CORRECTIVE EXERCISE MUMMY • 8:00AM - 5:00PM</div>	<div>SCW</div> <div>PRACTICAL GUIDE TO NUTRITION, HORMONES & METABOLISM LAYNE • 9:00AM-3:30PM</div>	
■ Indicates session is both Live (In-Person) & Recorded (Online)		<div>A</div> <div>FUNCTION / ACTIVE AGING</div>	<div>B</div> <div>HIIT / STRENGTH / CORE</div>	<div>C</div> <div>MIND / BODY / RECOVERY</div>	<div>D</div> <div>BARRE / GX / DANCE</div>	
FRIDAY APRIL 14	FR1	7:30am-8:45am	Sitting Pretty: Strength & Support Gilbert	Level Up Your Strength Classes! Bannister-Munn	Yoga-Bata VIIT Malaghan	Elite HIIT for Barre McCormick
	FR2	9:00am-10:15am	ToughAgers® Active Older Adult Fitness Rothschild	Dynamic Core Training McBee	Tai-Chi Fused Yoga Velazquez	Movement Training: Keeping It R.A.W.®! Robbins
	EXPO SHOPPING 10:00am-11:00am					
	FR3	11:00am-12:15pm	Manual Dexterity Training Gilbert	Killer Core Appel	Hands on Stretching Bannister-Munn	LaBlast® Fitness: Dance, Diversity, Inclusion. Figueroa
	EXPO SHOPPING 12:00pm-2:45pm					
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Functional Fitness 50+ Toole Session 1	Functional Core Training Garcia Session 2	Symmetry: Advanced Postural Corrective Exercise Mummy Session 1	Coaching the Station Based Circuit Workout McBee Session 2
	FR5	2:45pm-4:00pm	Balance & Coordination for Active Agers Velazquez	Body Weight Exercises you are Underutilizing Williams	Yoga-Pilates Restore Bannister-Munn	Brazily Dance Experience Santos & Santos
	EXPO SHOPPING 3:45pm-4:30pm					
	FR6	4:30pm-5:45pm	Aging With Strength & Grace Dziubinski	Fluid Core Fusion Velazquez	Corrective Exercise Strategies for the Ankle Williams	Barefoot Kickbox Medina
	FR7	6:00pm-7:00pm	SCW FITNESS IDOL KOOPERMAN, GILBERT, BANNISTER-MUNN & MCBEE		Myofascial Recovery Garcia	Dance Off! LaBlast, Brazily, Velazquez, Ghadban, Haggard & Wartenberg
SATURDAY, APRIL 15	SA1	7:30am-8:45am	S.E.A.T. - Supported Exercise for Ageless Training Gilbert	Leg Circuit Blast for Power Williams	By Any Stretch Appel	Total Body Shaping McBee
	EXPO SHOPPING 8:30am-9:15am					
	SA2	9:15am-10:30am	Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am			
	EXPO SHOPPING 10:30am-11:00am					
	SA3	11:00am-12:15pm	ABSolute Core You've NEVER Tried Christopher	Stability Ball Breakthrough Bannister-Munn	High Roller Appel	LaBlast® Fitness: Emotional Wealth Figueroa
	EXPO SHOPPING 12:00pm-2:45pm					
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Strength Training for Longevity & Vitality Kooperman Session 1	Create a Signature HIIT Class Medina Session 2	Gentle Yoga for Mobility Velazquez Session 1	Discover a Teaching Vacation Ghadban Session 2
	SA5	2:45pm-4:00pm	Balance & Stability for Active Agers Gilbert	Resistance Band Total Body Workout Bannister-Munn	Posture & Alignment With Personal Training Mummy	Make Your BrainSweat® Robbins
	EXPO SHOPPING 3:45pm-4:30pm					
	SA6	4:30pm-5:45pm	Functional Training with Foam Rollers Garcia	Sexy, Smart Strength for Women McCormick	Happy Hips & Healthy Backs Fulton	Kickbox vs. Resistance Medina
SUNDAY, APRIL 16	SU1	7:30am-8:45am	LaBlast® Chair Fitness Figueroa	How to Handle Hypertrophy Robinson	Active Recovery for Optimal Performance Fulton	Just Beat It! Wartenberg
	SU2	9:00am-10:15am	Perfect Programming for Active Agers Toole	Beauty & the Beast: Yoga Power Bar Wartenberg	Adaptive TaiChi: Moving Despite Limitations Glassmeyer	Kickboxing Groove Haggard
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
	SU3	10:45am-12:00pm	Pre-Hab for Older Adults Wartenberg	Top Tier Core Conditioning Robinson	Shoulders: Protection & Performance Christopher	Quick & Dirty 30 - 2023 McCormick
	SU4	12:15pm-1:30pm	Mobility, Fascia & the Active Ager McCormick	LIT 101 (Low Impact Training) Robinson	5 Seconds To Improved Flexibility Fulton	Dance Party Fitness Haggard
CERTIFICATIONS SUNDAY, APRIL 16		<div>SCW</div> <div>YOGA I CERTIFICATION VELAZQUEZ • 7:30AM-3:30PM</div>	<div>SCW</div> <div>AQUATIC EXERCISE CERTIFICATION DZIUBINSKI • 7:30AM - 3:30PM</div>	<div>SEAT</div> <div>S.E.A.T. CERTIFICATION GILBERT • 7:30AM - 3:30PM</div>	<div>SCW</div> <div>STRETCHING & FLEXIBILITY CERTIFICATION APPEL • 7:30AM - 3:30PM</div>	

Florida MANIA® Schedule

 WATERMOTION® AQUA EXERCISE CERTIFICATION KULP • 9:00AM - 5:00PM	 ACTIVE AGING NUTRITION CERTIFICATION TOOLE • 5:30PM - 9:30PM	 AQUATIC PERSONAL TRAINING CERTIFICATION MALAGHAN • 9:00AM - 5:00PM	 SCW Health & Fitness Business Summit Give your fitness business the attention it deserves. scwfit.com/business	
E CYCLE	F AQUA (STARTS IN LECTURE)	G NUTRITION / EXERCISE SCIENCE	H BUSINESS	
Schwinn®: R.I.S.E. & #RideRight Appel	Aqua Strides & Strength Dziubinski	Diet vs. Exercise: Food Choices Always Win Fearheiley	Personal and Small Group Training Sales McBee	FR1
Schwinn®: Dynamic Duos - Cycling Fusion Hogg	Changing Tides - H2O Tabata Style Kulp	Feasting & Fasting Layne	Entrepreneurship & Opening Sheppard	FR2
EXPO SHOPPING 10:00am-11:00am				
Schwinn®: Polishing Diamonds - Level Up Sherman	Water Works Velazquez & Kulp	Information & Energy - Keys to Health Teclaw	Content Creation in Paradise Ghadban	FR3
EXPO SHOPPING 12:00pm-2:45pm				
Schwinn®: Leader of the Pack Hogg Session 1	Easy-Grip Aqua Dumbbell Workout Kulp Session 2	Five Fat-Burning Hormones Layne Session 1	Club, Studio & Client Retention Kooperman Session 2	FR4
Schwinn®: Let the Beat Drop Appel	LaBlast® Splash: Emotional Wealth Figueroa	Healthy Eating for Active Agers Malaghan	Operations: 5 Components of Business Sheppard	FR5
EXPO SHOPPING 3:45pm-4:30pm				
	Strong & Stable Aqua Layne	Functional Foods for a Fantastic You Fearheiley	Effective GX & PT Sales Strategies Panel Kooperman, Clark, McBee, Toole & Christopher	FR6
	REGISTER FOR MANIA RECORDINGS AND ENJOY 100+ SESSIONS SCWFIT.COM/FLORIDA			FR7
Schwinn®: Prime Design 2.0 Hogg	Splish Splash Calorie Smash Malaghan	Chasing the Dragon Layne	Monetizing Your Passion & Skills Esquerre	SA1
EXPO SHOPPING 8:30am-9:15am				
 Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am				SA2
EXPO SHOPPING 10:30am-11:00am				
Schwinn®: Cycle Mixology - Killer Playlists Sherman	Strength Beneath the Surface PluimMentz	Physics of Pain & Performance Mummy	Stand Out On Social Media Clark	SA3
EXPO SHOPPING 12:00pm-2:45pm				
Schwinn®: Breathy Not Breathless Appel Session 2	Free to Move in the Pool Dziubinski Session 1	What is Primal Fitness? Rupsis Session 2	Personal Trainings Missing Playbook Christopher Session 1	SA4
Schwinn®: Tri-Cycle Triple Threat Hogg	Turbulence Training PluimMentz	Future Wellness: Biogenetics Teclaw	Fitness Logic: Common Sense Training Christopher	SA5
EXPO SHOPPING 3:45pm-4:30pm				
Schwinn®: Pedal N Pulse Appel	Silver Tsunami Velazquez & Kulp	Childhood & Adolescent Obesity: Healthy Guidance Fearheiley	Create Value - Retain Clients Toole	SA6
 Get Certified For only \$199!	Aqua Disco Haggard	Optimal Recovery Layne	Age-Proof Marketing Atkinson	SU1
	Swim Up Barre Malaghan	Fix 7 Menopause Systems with Exercise Atkinson	Stretching for Strength - Flexible Foundations Panel: Kooperman, Fulton, McCormick, Mummy & Christopher	SU2
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
	H2O Strength Kulp	Brain Science Layne	Wellness Programming to Attract the Non-Exerciser Bellenger	SU3
	Aqua Running & Conditioning Wartenberg	Fad Diets & Failed Expectations Toole	Grow Your Business by Adding Value Esquerre	SU4
FRIDAY, APRIL 14				
SATURDAY, APRIL 15				
SUNDAY, APRIL 16				

Register at: www.scwfit.com/Florida