

📺 Indicates session is being recorded at this Mania® and will be available online, with access to 160 sessions.



Scan To Register

Fri

May 2

Sat

May 3

Sun

May 4

Certs

Thurs May 1

- SCW Personal Training

Bannister-Munn • 9am-6pm
- SCW Group Exercise

Velazquez • 8am-5pm
- SCW Active Aging

Gilbert • 9am-5pm
- SCW Chair Yoga

Ratliff • 9am-5pm

- SCW Aquatic Exercise

Layne • 9am-5pm
- ToughAgers® Instructor

Rothschild • 9am-4pm
- LaBlast® Fitness Instructor

Figueroa • 8am-5pm
- PALANGO! Teacher Training

Ojeda • 9am-4pm
- ZUMBA® Basic 1

Bostic • 7:30am-4pm
- Vital Core Training for Aging

Bender • 9am-1pm
- Functional Aging Specialist

Ritchie • 9am-5pm

Room A Power & Performance	Room B Longevity & Function	Room C Group Programming	Room D Recovery & Pilates	Room E Cycle
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Rotary Ground Force Training Preston & Horne 📺	Dare to Chair Gilbert 📺	Prop Power: Amp Up Your Barre Madden 📺	Deconstructing Asanas Ratliff 📺	Rhythm and Road Toole 📺
Full Body Workout with BillyStix™ Shuttic 📺	Dementia Client Strategies for Trainers Rothschild 📺	SOULkickboxing™ Coleman 📺	Pair Up With Pilates Toole 📺	Quiet Chaos, Find Your Rhythm Nicotera 📺
EXPO SHOPPING 10:00am-11:00am				
Arms, Butts & Core on the Floor! Bannister-Munn 📺	Balance Training for Healthy Aging Ratliff 📺	ZUMBA® Bostic	Symmetry AlignSmart® Scientific Stretching Mummy 📺	Ride Re-invented Madden
EXPO SHOPPING 12:00pm-2:45pm				
Integrated Strength Madden Session 2 📺	Boost Brain & Body Balance Gilbert Session 1 📺	Pump Your Peach! Toole Session 2 📺	Shoulder Pain: Optimize Through Exercise Webb Session 1 📺	Trends In Cycling Nicotera Session 2
Palango! Strength Ojeda 📺	Functional Balance Circuits for Clients Over 50 Ritchie 📺	BARRefusion™ Experience Coleman 📺	Ageless Pilates Bender 📺	Music & Motivation: Perfect Cycling Pair Madden
EXPO SHOPPING 3:45pm-4:30pm				
RBB Burn Strachan 📺	Master Knee-Pain Reduction Strategies Webb 📺	Game Your Core Velazquez 📺	Stretch Savvy: Hands-On Techniques Bannister-Munn 📺	
Dance Off! LaBlast®, Fit Pro Programming, Palango! Fitness, Tampa Bay Bodies, Inc., Wartenberg, & Velazquez Room A 📺			SCW FITNESS STAR SEARCH Gilbert, Sepulveda, & Bannister-Munn Room D 📺	

Room F HIIT & Strength	Room G Waterworks (Starts in lecture)	Room H Wellness	Room I Business Summit
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Unlocking the Power of HIIT Nicotera	LaBlast® Splash: Buoyant Ballroom Van Amstel & Blitz	Debunking Exercise Science Myths Layne 📺	Secrets of Successful Studio Owners Ritchie 📺
Kettlebell Training for Women P. Ross & Corso	Aqua ZUMBA® Bostic	Anti-Obesity Wellness & Fitness Programming Gilbert 📺	Your Financial Health K. Ross 📺
EXPO SHOPPING 10:00am-11:00am			
Train Smart & HIIT SMART Goals Dayer	Wave Works Velazquez & Sepulveda	Nutrition: Hot Topic Research Layne 📺	Marketing to Active Agers Panel Toole, Ritchie, Gilbert, Pajunen & Rothschild 📺
EXPO SHOPPING 12:00pm-2:45pm			
The Hidden Core P. Ross & Corso Session 1	When Breath Meets Water: Aqua Yoga Lemons Session 1	Sleep Habits: Key to Fitness Layne Session 2 📺	Confident Program Sales Strategies Ritchie Session 1 📺
Hypertrophy Unlocked Mayweather	Aqua Drums Vibes Wartenberg	Reverse Your Clock on Aging Pajunen 📺	Strength Training for Active Agers Panel Toole, Gilbert, Laskowski, Lemons & Webb 📺
EXPO SHOPPING 3:45pm-4:30pm			
PureBack: Strengthen, Restore, Thrive Preston & Horne	Water Fiesta: Splash & Flow Sepulveda	Cracking the Code to Weight Loss Toole 📺	Balancing the Burn - Managing Inflammation Lemons 📺
BUSINESS KEYNOTE ADDRESS The Fitness Evolution Patrick Mummy Room I 📺			

Pre-Recorded Sessions Personal Training	Pre-Recorded Sessions Restore/ Pilates/Tai-Chi	Pre-Recorded Sessions Aqua Exercise	Pre-Recorded Sessions Business
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Game Your Core Velazquez 📺	Yoga-Pilates Restore Bannister-Munn 📺	H2O Rapid Resistance Kulp 📺	Monetize Recovery for Facilities & Personal Trainers McBee 📺
HIIT 'Em up Style Dance Jam Turner 📺	No (Downward facing) Dogs Allowed Fulton 📺	Aqua Articulations and Cardio Pyle 📺	Public Relations for Fitness Pros DaCosta 📺
All Time HIITs Appel 📺	Flow Free & Be Speen- Glick 📺	Aqua Yoga Barre Wartenberg 📺	Your Financial Health Ross 📺
Total Body Strength Richards 📺	Elevated: Next Level Active Recovery Robinson 📺	Core Fusion H2O Vandenberg 📺	Growth: Must or Bust Kooperman, Ball, Clark, Ross & Dennis 📺
73 Ways to Hit the Glutes Groves 📺	Qigong and Self-Healing Craddock 📺	When Breath Meets Water: Aqua Yoga Lemons 📺	The Nuts & Bolts of Business Esquerre 📺
Planks with Props Esau 📺	Poppin' Booty Pilates Stys 📺	Pool Personal Training Lagerhausen 📺	Small Business Grassroots Marketing Kahn 📺

Hip Mobility for Peak Performance Bannister-Munn 📺	ToughAgers® Active Older Adult Fitness Rothschild 📺	No Gym Equipment? No Excuses! Garcia 📺	Human Reformer Pilates Appel 📺	Connect With Music, Messaging, Motivation Nicotera
EXPO SHOPPING 8:30am-9:15am				
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room B 📺				
EXPO SHOPPING 10:30am-11:00am				
The Core 6: Strength & Movement Essentials Bannister-Munn 📺	S.E.A.T. Supported Exercise for Ageless Training Gilbert 📺	LaBlast® Fitness: Ballroom Blitz Van Amstel 📺	Conquering Sciatic Pain Garcia 📺	Rhythm Ride: Ride the Beat Jackson
EXPO SHOPPING 12:00pm-2:45pm				
Pelvic Floor from the Outside In Layne Session 1 📺	Athletic Aging Appel Session 2 📺	Palango! Cardio Ojeda Session 1 📺	Pilates Functional Progressions Velazquez Session 2 📺	Warrior® Ride Roberts Session 1
Active Strengthening with Stretch K. Ross 📺	Mobility Training - Online or In-Person Webb 📺	SOULfusion™ EXPERIENCE Coleman 📺	Posture & Alignment with Personal Training Mummy 📺	Create Rides With AI Nicotera
EXPO SHOPPING 3:45pm-4:30pm				
Next-Level Core Training Garcia 📺	The Joy of Line Dancing Kittay 📺	Warrior® Workout Roberts 📺	Forever Pilates Appel 📺	

Core by 4 Wartenberg 📺	Fascial Fitness for an Ageless Body Bender 📺	LaBlast® Fitness for all Ages Figueroa 📺	Mindful Body Fusion Lemons 📺	Certification SCW Pilates Matwork Certification Appel 8:00am-4:00pm
Strength & Grace: Back to Power Lemons 📺	Ankle Mechanics for Peak Performance Garcia 📺	RBB Shred Strachan 📺	Kardio Kenpo Shuttic 📺	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
Step Up Your Groove Layne 📺	AASK Amber: Anti-Aging Survival Kit Toole 📺	Train Like an Athlete Kornegay 📺	Posture Perfect: Body Weight Exercises for Better Posture Preston & Horne 📺	Certification SCW Mobility, Flexibility, and Myofascial Release Bannister-Munn 8:00am-4:00pm
Don't Forget Your Unilateral Exercises Lemons 📺	LaBlast®Chair Fitness: Pull Up a Seat Figueroa 📺	Step into Struterize™ Taub 📺	Warrior® Tai Chi Yoga and Qi Gong Fusion Roberts 📺	

Train the Female Athlete P. Ross & Corso	All-Inclusive Aquatics PluimMentz	Physics of Pain & Performance Mummy 📺	Rebrand and Thrive Gilbert 📺
EXPO SHOPPING 8:30am-9:15am			
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room B 📺			
EXPO SHOPPING 10:30am-11:00am			
HIIT Ratios & Exercise Progression Appel	Tides of Power Kulp, Velazquez & Sepulveda	Body Composition 101 Han 📺	
EXPO SHOPPING 12:00pm-2:45pm			
Reframing Strength Training: Real Results Mayweather Session 1	Liquid Gym Acqua Toner Stretch & Tone Kulp Session 2	How to Avoid Being My Patient Laskowski Session 2 📺	Start & Grow Your Business Toole, & K. Ross, & Rothschild Session 1 📺
Killer Core Appel	H2O Reporting for Duty Haggard	Boost Your Pre-Workout & Recovery Ontiveros, Layne, Toole & Lemons 📺	Build a High Performance Team Gilbert 📺
EXPO SHOPPING 3:45pm-4:30pm			
Push, Pull, Squat, Hinge Mayweather	Ageless Aqua Kulp, Velazquez, Wartenberg & Sepulveda	The Ecosystem of Food Foss 📺	So, You're a Personal Trainer. Now What? Lemons

Certification S.E.A.T. Supported Exercise For Ageless Training Gilbert & Vandenberg 8:00am-4:00pm	Aqua Disco Haggard	Women: Training Through the Stages Layne 📺	
	Liquid Gym Acqua Punch & Pump Wartenberg	Mastering Macros Toole 📺	Pain-Free Neck & Back: Mobility Strategies Webb 📺
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
Certification SCW Yoga 1 Velazquez 8:00am-4:00pm	Aquatic Strength Training PluimMentz	Preventing Common Fitness Injuries Laskowski 📺	Certification Symmetry Postural Measurement Mummy 8am-4:00pm
	Tabata Aqua Running & Conditioning Wartenberg	Storing Issues in our Tissues Foss 📺	Certification WATERinMOTION® Aqua Ex Kulp 8am-4:00pm

Core Amore Madden 📺	Yoga Groove Brasher 📺	H2O Strength Kulp 📺	Build a High Performance Team Gilbert 📺
Add 160 Recordings Today for Only \$60 More (100 Live / 60 Pre-Recorded) scwfit.com/florida			
Sexy, Smart Strength for Women McCormick 📺	Beauty & the Beast: Yoga Power Bar Wartenberg 📺	Tabata Aqua Running & Conditioning Haggard 📺	Building a Financially Successful Gym Kleckner 📺
Leg Circuit Blast for Power Williams 📺	By Any Stretch Appel 📺	Front & Center H2O Gilbert 📺	Fill Your Small Group Training Varol 📺
Balance Your HIIT Lenart 📺	Pilates 4 Life Kahn 📺	Aqua Yoga for Arthritis Fairbrother 📺	Signature Sauce for Six-Figure Success Diggs 📺
Fundamentals of Squat Progressions and Variations Mike 📺	Hands on Stretching Bannister-Munn 📺	Warm Water Strong McCormick 📺	Stop Selling & Create Culture Gilbert 📺

Coaching Core Engagement Chilazi 📺	The Battle for Mobility Webb 📺	Waves Combat: Beats and Power Moves Sepulveda 📺	Negotiation Strategies for Fitness Pros Thews 📺
Body Weight Militia Garland 📺	Flexibility - Stop Doing It Wrong Metcalfe 📺	Cirque du Suspend: Impact-Free Aqua Exercise Gili 📺	Business Blueprint Robinson 📺
Beyond Squat: Unconventional Lower Body Training Rockit 📺	Pilates: Mat to the Max Appel 📺	Aqua Strides & Strength Dziubinski 📺	5 Star Management Speen-Glick 📺
Long, Strong, Sculpted: Dynamic Flexibility Chilazi 📺	Yoga-Bata VIIT Lemons 📺	Aqua Core Senior Style Kulp 📺	Club, Studio & Client Retention Kooperman 📺