

florida mania®

fitness pro convention

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

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

Room A Power & Performance	Room B Longevity & Function	Room C Group Programming	Room D Recovery & Pilates	Room E Cycle
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Scan To Register

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

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 & Esquerre Room D ■	

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

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 ■	

SU1 7:30am-8:45am

SU2 9:00am-10:15am

SU3 10:45am-12:00pm

SU4 12:15pm-1:30pm

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 ■	

Fri
May 2

Sat
May 3

Sun
May 4

- **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 F HIIT & Strength	Room G Waterworks (Starts in lecture)	Room H Wellness	Room I Business Summit
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 Esquerre & Gilbert ■	Your Financial Health K. Ross ■
EXPO SHOPPING 10:00am-11:00am			
Train Smart & HIIT SMART Goals Daye ■	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
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 Spree- 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 ■

Train the Female Athlete P. Ross & Corso ■	All-Inclusive Aquatics PlumMentz ■	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 ■	Power of "8": Business Growth Strategies Esquerre ■
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, Esquerre, & Rothschild Session 1 ■
Killer Core Appel ■	Aqua Boot Camp BOQ-style Ford ■	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 ■

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 ■

Certification S.E.A.T. Supported Exercise For Ageless Training Gilbert & Vandenberg 8:00am-4:00pm	Aquatic Equipment Innovations Ford ■	Women: Training Through the Stages Layne ■	Fitness Manager: Are You Ready? Esquerre ■
	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 PlumMentz ■	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

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 Metcalf ■	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 Spree-Glick ■
Long, Strong, Sculpted: Dynamic Flexibility Chilazi ■	Yoga-Bata VIIT Lemons ■	Aqua Core Senior Style Kulp ■	Club, Studio & Client Retention Kooperman ■