



SCW / AB Show Expo Hours	
Thursday, November 6	12:00pm - 5:00pm
Friday, November 7	10:00am - 2:00pm

Pre-Convention Certifications Wednesday November 5

- **SCW Pilates Matwork Certification**
Abbie Appel
8:00am - 4:00pm
- **SCW Group Exercise Certification**
Manuel Velazquez
8:00am - 4:00pm
- **SCW Personal Training Certification**
Gail Bannister-Munn
8:00am - 4:00pm
- **SCW Active Aging EXPRESS Certification**
Ann Gilbert
5:00pm - 9:00pm
- **SCW Chair Yoga EXPRESS Certification**
Manuel Velazquez
5:00pm - 9:00pm
- **SCW Stretching & Flexibility**
Gail Bannister-Munn
5:00pm - 9:00pm

Thurs November 6

Fri November 7

Sat November 8

In-Person Room A

Function & Active Aging

In-Person Room B

Group Exercise & Recovery

In-Person Room C

Power & Personal Training

Pre-Recorded Personal Training & Strength

Pre-Recorded Restore, Pilates & Tai Chi

Pre-Recorded Active Aging & Functional Training

Day	Time	Room A	Room B	Room C	Personal Training & Strength	Restore, Pilates & Tai Chi	Active Aging & Functional Training				
Thurs Nov 6	TH1 7:00am-8:15am	Creative Programming 55+ Wartenberg	Gentle Yoga for Mobility Velazquez	Killer Core Appel	Can't make it in-person? Get 100+ recordings, 50 from San Diego Mania [®] + 50 more Pre-Recorded from recent Mania [®] events (listed below). You can also add them to your in-person registration.	Add an EMOM Merrill	Yoga-Pilates Bannister-Munn	Active Aging Playground Toole			
	TH2 8:30am-9:45am	NEW! Hip Mobility for Peak Performance Bannister-Munn	NEW! Fusing Fitness & Trends Vokoun	NEW! 5 Common Exercise Errors and Solutions Preston					Total Body Shaping McBee	Myofascial Recovery Garcia	Aging Shoulder Aslakson
	TH3 10:00am-11:15am	How to Handle Hypertrophy Robinson	Human Reformer Pilates Madden	NEW! Arms, Butts & Core on the Floor! Bannister-Munn					Athletic Woman Hughes	Meditation for Recovery Rockit	Balance for Aging Rothschild
	TH4 11:30am-12:45pm	NEW! Pilates Functional Progressions Velazquez	NEW! SOULMashup Park	NEW! PureBack: Strengthen, Restore, Thrive Horne					Core Amore Madden	Pilates, Power & Poise Lemons	Ageless Pilates Bender
	TH5 2:45pm-4:00pm	NEW! Training for Life: Bite-Sized Exercise Conti	Forever Pilates Appel	NEW! Core for Life Madden					Integrated Strength George	Reset & Recharge Spren-Glick	Hip Mobility Bannister-Munn
	TH6 4:15pm-5:30pm	Balance Brain and Spine Wartenberg	Arm Candy Appel	NEW! Band Strong: Train Anywhere Power Bannister-Munn					Kickbox N Chaos Turner	Pair Up with Pilates Toole	Senior Circuit Haggard
Fri Nov 7	FR1 7:00am-8:15am	NEW! Building Strong Foundations Gilbert	NEW! Brazily [®] Dance Fitness Revolution Santos	4 Quarters of Fitness Robinson	Strength & Wisdom Freeman	Chakras & Energy Kaufman	Optimal Mobility Gilbert				
	FR2 8:30am-9:45am	NEW! Athletic Aging by Ever Flexed Madden	SOULstrength™: A Little OFF BEAT Park	NEW! Core Without Crunches Conti	Total Body Strength Richards	Active Recovery Zuleger	Balance/Coordination Velazquez				
	FR3 10:00am-11:15am	NEW! X-Train for Active Adults Wartenberg	NEW! Prana Energy Greenbaum	NEW! Prime Performance for 50+ Robinson	Ultimate Leg Day Toole	Pilates Fusion Metcalf	Bone Health Bootcamp Conti				
	FR4 1:15pm-2:30pm	NEW! Boost Brain & Body Balance Gilbert	Fusion Revolution Schell	NEW! Joint Friendly: HIIT Robinson	Fluid Core Fusion Velazquez	Tai Chi for GX/PTs Glassmeyer	Aging Female Strength K. Roberts				
	FR5 2:45pm-4:00pm	Chair Yoga for Mobility & Strength Kooperman	NEW! SOULfusion™ Flows Park	Posture & Alignment with Personal Training Mummy	RBB BURN Strachan	Breath Empowerment Craddock	Latin Joyful Mix Sepulveda				
	FR6 4:15pm-5:30pm	NEW! Palango! Strength Ojeda	NEW! CoreSpring [®] Pilates: Abs & Glutes Huss	NEW! Stronger Women Mike	POWER: Not One Size Turner	Moving Meditation J. Roberts	Smart Warm-Up D'Agati				
Sat Nov 8	SA1 7:00am-8:15am	S.E.A.T. Supported Exercise for Ageless Training	Athletic Flow Schell	NEW! Trainer's Toolbox: Timesaving Solutions Roberts				Foundational Strength Johnson	Tai Chi Yoga Fusion Velazquez	Renew & Restore 50+ Ross	
	SA2 8:30am-9:45am	NEW! Flex & Power: Hip Mobility Mastery Kulp	NEW! Palango! Cardio Ojeda	Do This, Not That! Robinson				Effort Mastery McBee	Pilates 4 Life Kahn	Brain Balance Training Splichal	
	SA3 10:00am-11:15am	Optimal Mobility: Enhancing Functionality Gilbert	NEW! Healing Trauma Through Movement Greenbaum	NEW! Master Rotational Power Training Mike				The Core 6 Bannister-Munn	Warrior Fusion J. Roberts	Marketing to Active Agers Panel	
	SA4 12:15pm-1:30pm	Strength Training for Longevity & Vitality Robinson	NEW! Brazily [®] Dance: Bold, Fun Fitness Santos	NEW! CoreSpring [®] Pilates for Strength & Stability				Hit The Wall Rockit	Recovery for Longevity Appel	Functional Balance Rothschild	
	SA5 1:45pm-3:00pm	Strengthen & Support Schell	NEW! Next-Level Mobility Warm-Up Strategies Mike	NEW! Progressive FITT: Functional Tube Training Roberts							



* All Mania[®] in-person sessions are recorded live and available to add to your registration or buy separately.