



## 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**

TH1	7:00am - 8:15am
TH2	8:30am - 9:45am
TH3	10:00am - 11:15am
TH4	11:30am - 12:45pm
TH5	2:45pm - 4:00pm
TH6	4:15pm - 5:30pm

Creative Programming 55+ Wartenberg
<b>NEW!</b> Hip Mobility for Peak Performance Bannister-Munn
How to Handle Hypertrophy Robinson
<b>NEW!</b> Pilates Functional Progressions Velazquez
<b>NEW!</b> Training for Life: Bite-Sized Exercise Conti
Balance Brain and Spine Wartenberg

Gentle Yoga for Mobility Velazquez
<b>NEW!</b> Fusing Fitness & Trends Vokoun
Human Reformer Pilates Madden
<b>NEW!</b> SOULMashup Park
Forever Pilates Appel
Arm Candy Appel

Killer Core Appel
<b>NEW!</b> 5 Common Exercise Errors and Solutions Preston
<b>NEW!</b> Arms, Butts & Core on the Floor! Bannister-Munn
<b>NEW!</b> PureBack: Strengthen, Restore, Thrive Horne
<b>NEW!</b> Core for Life Madden
<b>NEW!</b> Band Strong: Train Anywhere Power Bannister-Munn

Can't make it in-person? Get 100+ recordings, 50 from San Diego Mania<sup>®</sup> + 50 more Pre-Recorded from recent Mania<sup>®</sup> events (listed below). You can also add them to your in-person registration.

Add an EMOM Merrill
Total Body Shaping McBee
Athletic Woman Hughes
Core Amore Madden
Integrated Strength George

Yoga-Pilates Bannister-Munn
Myofascial Recovery Garcia
Meditation for Recovery Rockit
Pilates, Power & Poise Lemons
Reset & Recharge Spreen-Glick

Active Aging Playground Toole
Aging Shoulder Aslakson
Balance for Aging Rothschild
Ageless Pilates Bender
Hip Mobility Bannister-Munn

FR1	7:00am - 8:15am
FR2	8:30am - 9:45am
FR3	10:00am - 11:15am
FR4	1:15pm - 2:30pm
FR5	2:45pm - 4:00pm
FR6	4:15pm - 5:30pm

<b>NEW!</b> Building Strong Foundations Gilbert
<b>NEW!</b> Athletic Aging by Ever Flexed Madden
<b>NEW!</b> X-Train for Active Adults Wartenberg
<b>NEW!</b> Boost Brain & Body Balance Gilbert
Chair Yoga for Mobility & Strength Kooperman
<b>NEW!</b> Palango! Strength Ojeda

<b>NEW!</b> Brazily <sup>®</sup> Dance Fitness Revolution Santos
SOULstrength™: A Little OFF BEAT Park
<b>NEW!</b> Prana Energy Greenbaum
Fusion Revolution Schell
<b>NEW!</b> SOULfusion™ Flows Park
<b>NEW!</b> CoreSpring <sup>®</sup> Pilates: Abs & Glutes Huss

4 Quarters of Fitness Robinson
<b>NEW!</b> Core Without Crunches Conti
<b>NEW!</b> Prime Performance for 50+ Robinson
<b>NEW!</b> Joint Friendly: HIIT Robinson
Posture & Alignment with Personal Training Mummy
<b>NEW!</b> Stronger Women Mike

Kickbox N Chaos Turner
Strength & Wisdom Freeman
Total Body Strength Richards
Ultimate Leg Day Toole
Fluid Core Fusion Velazquez
RBB BURN Strachan

Pair Up with Pilates Toole
Chakras & Energy Kaufman
Active Recovery Zuleger
Pilates Fusion Metcalf
Tai Chi for GX/PTs Glassmeyer
Breath Empowerment Craddock

Senior Circuit Haggard
Optimal Mobility Gilbert
Balance/Coordination Velazquez
Bone Health Bootcamp Conti
Aging Female Strength K. Roberts
Latin Joyful Mix Sepulveda

SA1	7:00am - 8:15am
SA2	8:30am - 9:45am
SA3	10:00am - 11:15am
SA4	12:15pm - 1:30pm
SA5	1:45pm - 3:00pm

S.E.A.T. Supported Exercise for Ageless Training
<b>NEW!</b> Flex & Power: Hip Mobility Mastery Kulp
Optimal Mobility: Enhancing Functionality Gilbert
Strength Training for Longevity & Vitality Robinson
Strengthen & Support Schell

Athletic Flow Schell
<b>NEW!</b> Palango! Cardio Ojeda
<b>NEW!</b> Healing Trauma Through Movement Greenbaum
<b>NEW!</b> Brazily <sup>®</sup> Dance: Bold, Fun Fitness Santos
<b>NEW!</b> Next-Level Mobility Warm-Up Strategies Mike

<b>NEW!</b> Trainer's Toolbox: Timesaving Solutions Roberts
Do This, Not That! Robinson
<b>NEW!</b> Master Rotational Power Training Mike
<b>NEW!</b> CoreSpring <sup>®</sup> Pilates for Strength & Stability
<b>NEW!</b> Progressive FITT: Functional Tube Training Roberts

POWER: Not One Size Turner
Foundational Strength Johnson
Effort Mastery McBee
The Core 6 Bannister-Munn
Hit The Wall Rockit

Moving Meditation J. Roberts
Tai Chi Yoga Fusion Velazquez
Pilates 4 Life Kahn
Warrior Fusion J. Roberts
Recovery for Longevity Appel

Smart Warm-Up D'Agati
Renew & Restore 50+ Ross
Brain Balance Training Splichal
Marketing to Active Agers Panel
Functional Balance Rothschild



\* All Mania<sup>®</sup> in-person sessions are recorded live and available to add to your registration or buy separately.