

PHILADELPHIA
FEBRUARY 3-5, 2012



LETTER FROM

Sara



Dear Fitness Industry Professional,

Welcome to Philadelphia MANIA! The snow is melting, resolutions are set, and as the first show of the year, we are thrilled to show off what's new and exciting in 2012.

If you're a fitness first-timer or a seasoned pro, Philadelphia MANIA will give you exciting educational updates in Personal

Training, Group Exercise, Nutrition selections, Management strategies, Cycling programs, Aqua programming, and much, much more. Yep, we are your "one-stop shop" for fitness education! And with over 200 workshops taught by more than 70 seasoned industry vets, we're sure Philadelphia MANIA will inspire your programming, and motivate your clientele!

At Philadelphia MANIA, we welcome back loyal faculty members like Fabio Comana, MA, MS, CSCS, Julz Arney, and Gay Gasper, while welcoming fresh new faces in fitness like Mike Bracko, EDD, CSCS, FACSM, Dawn Stenis, Cuba Swift and Shea Vaughn (yes, she is Vince Vaughn's mom!)

We welcome some of our newest sponsors, like Powder Blue and The Gray Institute, and extend our sincere gratitude to long-time partners in education like SPRI®, Schwinn® Cycling, RealRyder®, and Kranking®, whose continued support aid SCW Fitness Education in bringing MANIA to your region each year.

Our diverse curriculum will be a driving force guaranteeing that you get the most out of your MANIA experience. Please be sure to visit the EXPO and get all the equipment, DVDs, books, and apparel that you need to ensure that you have the right tools for the job in 2012!

Warmly,
Sara Kooperman, JD
CEO, SCW Fitness Education

EARN AN SCW CERTIFICATION



SCW Fitness Education is a nationally recognized education body that provides hands on courses with respected fitness industry veterans. Your trainers typically have two decades of fitness experience and wrote the book from which our students study. Employing theory, practice, and application our students credential with one of the country's finest fitness systems. Every two years, our graduates submit 15 hours of continuing education credits to maintain their certification. Since 1987, SCW Fitness Education and the MANIA Fitness Instructor Educational Conventions have been where the fitness professionals go to learn.

For more information, visit www.scwfitness.com or call 877.SCW.FITT

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FYI

PHILADELPHIA MANIA

FEB. 3, 2012 – FEB. 5, 2012

Sheraton Philadelphia Downtown
201 N. 17th Street
(17th and Race Streets)
Philadelphia PA 19103
(800) 325-3535 reservations only /
(215) 448-2000

Room Rates:

\$162 Single-quad (pay as little as \$40.50 per night when you share a room with 3 others! Conveniently located on-site.)

Cut off Date: January 2, 2012

PARKING

\$22 a day for SCW guests on-premises.

ALTERNATIVE PARKING

Parkway Corporation Parking Garage
150 N Broad Street, Philadelphia PA
215.575.4000 • Parkwaycorp.com
2 Blocks East of the Hotel down Race Street. Early Bird Special if you arrive between 5am - 9am and depart before 7pm Monday - Friday
Weekend Parking is \$15.00

ROOMMATE CONNECTION

Share a room and save! Connect with other participants who are

looking for roommates. Please call (877) SCW-FITT or email us at registration@scwfitness.com to add your name to the roommate list. We'll supply the names and numbers and you do the rest! Check back periodically for updates.

AIRPORT SHUTTLE

Travel distance is 8.0 miles. Transportation is available from Lady Liberty Shuttle between the hours of 6:00am-12:00am. For reservations, call (215) 724-8888, or dial 27 on the courtesy phone at the ground transportation desk located in baggage claim. The fee is approximately \$10 each way. Return reservations can be made through the hotel or by calling direct. A taxi from the airport is approximately \$20 each way.

TRAIN

The Septa platform is located across the street from baggage claim. Take the train inbound and get off at the Suburban Station. Walk 3 blocks north on either 16th or 17th Street to Race Street. The Sheraton Philadelphia is located on Race Street and 17th Street. Fee is \$6.00 one way; the train operates 24 hours to and from the airport.

BE A STAFF ASSISTANT... SAVE MONEY WHILE EARNING YOUR CECS!

SCW needs energetic, outgoing, flexible fitness professionals to help run this event. Become a Staff Assistant for only \$59 and go behind the scenes at the country's premier fitness education conference. As a Staff Assistant, you'll receive a FREE event t-shirt, an invitation to the SCW Staff dinner-party, 50% off SCW certifications, a FREE one-year membership to SCW, while earning up to 21 CECS and more!

Call (877) SCW-FITT and request the Staff Assistant Information Packet or submit an application online at www.scwfitness.com/staff. E-mail staff@scwfitness.com, or call Denise Johnston at (678) 901-9642.

SPONSOR | EXHIBITOR

Would you like to be a sponsor or exhibitor at the country's best fitness convention? For sponsorship information, contact sponsor@scwfitness.com or call 877-SCW-FITT.

PREMIER SPONSOR



CO-SPONSORS



SCHWINN FITNESS



ASSOCIATE SPONSORS



EDUCATIONAL ORG.'S



Proud Member of



FYI

REGISTRATION HOURS

Wednesday, Feb. 1:	6:30am - 5:30pm
Thursday, Feb. 2:	6:30am - 7:00pm
Friday, Feb. 3:	6:00am - 7:00pm
Saturday, Feb. 4:	6:30am - 7:00pm
Sunday, Feb. 5:	6:30am - 3:00pm

WEEKEND WARRIOR SPECIAL!

Take charge with our latest offer perfect for the weekend warrior! Attend Saturday and Sunday and pay only \$179! Including one free Saturday evening Masterclass, this offer maximizes your MANIA dollar!

SAVE BIG WITH THE NEW AND IMPROVED GROUP RATE!

Groups of two or more can attend MANIA for only \$199 each under SCW Fitness Education's Refer-a-Friend Discount by Monday, January 2, 2012! Groups of 10 or more can achieve an even greater discount, paying only \$189 per person for ALL THREE DAYS of MANIA! All group registrations must be submitted together with one contact name and one contact phone number. Remember, for your group to be processed, all members of your group must fill out a registration form with their home address, phone number, email address and completed class selections. Register online at www.scwfitness.com/philadelphia or send your completed registration forms in one packet to:

SCW Fitness Education
ATTN: SCW Group Rate
3675 Commercial Avenue
Northbrook, IL 60062

If you have any questions, give us a call at (877) SCW-FITT. We look forward to seeing your group at Philadelphia MANIA!

ONE EXCELLENT EXPO!

You're going to love the great deals on fitness equipment, exercise DVDs, clothing, music, nutrition, fitness resource books, and Home Study Certifications. The EXPO is FREE and open to the public. If you are interested in purchasing exhibit space, call (877) SCW-FITT or email exhibit@scwfitness.com.

CHARITY AUCTION FRUIT & CHEESE RECEPTION

Join SCW Fitness Education for our fruit and cheese reception and our Charity Auction event for fabulous fitness equipment and resources donated by our sponsors. The Charity Auction will take place Friday evening from 5:30pm-6:30pm in the EXPO area.

EARN CONTINUING EDUCATION CREDITS

MANIA Conventions supply you with up to 21 Continuing Education Credits during the three-day convention and pre-convention certifications. SCW, AFAA, ACE, ACSM, AEA, NASM, and others accept MANIA CECs. SCW is committed to offering the maximum number of Continuing Education Credits possible and therefore utilizes only certified presenters or presenters with fitness-related graduate and undergraduate degrees. Please check with your certifying body to determine the exact number of CECs required for credential maintenance. All courses are subject to CEC approval by the corresponding education body. If you have any further questions or concerns, please contact certs@scwfitness.com.

WHO IS SCW FITNESS EDUCATION?

SCW is a nationally recognized education body that provides hands-on certifications and continuing education courses and conventions to fitness professionals in multiple disciplines nationwide. Since 1987, Personal Trainers, Group Exercise Instructors, Small Group Training Leaders, Aquatic Exercise Professionals, Cycling Teachers, Mind-Body Experts, Sport Specific Training Teachers, and many more get certified through SCW Fitness Education and go on to attend one of our seven MANIA Fitness Professional Training Events in Philadelphia, California (San Francisco),

Florida (Orlando), Atlanta, Dallas, Midwest (Chicago), and Boston. Partnering with organizations like Club Industry and THRSA, a regional branch of IHRSA, SCW also attracts Managers, Directors and Owners of clubs, and facilities nationwide to our business and management tracks.

OUTLINES ONLINE BRAND NEW FEATURE!

All instructor/session outlines will be housed on the web for your convenience. Simply go to www.scwfitness.com/outlines and select the desired MANIA event. The outlines will remain online after the close of MANIA, making it easier for you to retain this important information. You can either print or save what you need from this site.

EXPO HOURS

THURSDAY, FEB. 2: 5:00PM-7:00PM

FRIDAY, FEB. 3: 8:45AM -10:15AM, 11:15AM-4:15PM, 5:30PM-6:30PM

SATURDAY, FEB. 4: 8:45AM -10:15AM, 11:15AM-4:15PM, 5:30PM-6:30PM

SUNDAY, FEB. 5: 8:15AM-1:15PM

CERTIFICATIONS

SCW PRECONVENTION CERTIFICATIONS MANIA ATTENDEES PAY ONLY \$99!*

- **UPDATED:** SCW Aquatic Exercise Fundamentals Certification
- Group Fitness Director/Studio Owner Certification
- SCW Group Exercise Fundamentals Certification
- **UPDATED:** SCW Indoor/Outdoor Fitness Boot Camp Certification
- **NEW:** Lifestyle and Behavioral Coaching Certification
- **UPDATED:** SCW Pilates Matwork Fundamentals Certification
- SCW Personal Training Fundamentals Certification
- **UPDATED:** SCW Small Group Training with Kettle Weights
- **NEW:** SCW Small Group Personal Training Program Design and Application
- **UPDATED:** SCW Sports Nutrition & Body Composition Certification

MORE CERTIFICATIONS & WORKSHOPS

- SCW T'ai Chi & Qi Gong for Health & Wellness Professionals
- SCW Yoga Fundamentals I
- SCW Yoga Fundamentals II
- **NEW:** Bender Barre Method
- **NEW:** Dynamax™: Medicine Ball Group Instructor Training
- Flirty Girl Fitness™: The Flirtification Instructor Training
- **UPDATED:** Johnny G Kranking® Instructor Training
- RealRyder® Indoor Cycling Instructor Training
- Schwinn® Cycling Instructor Training
- **NEW:** Tabata BootCamp Instructor Training
- ZUMBA® Basic Skills Level 1 Certification
- ZUMBA® Toning Certification

**See pages 8-9 for complete descriptions and pricing. Registration information is on pages 28-31.*

JOIN US!

SCW MEMBERSHIP PAYS FOR ITSELF AND MORE!





FIRST CHOICE CLASS SELECTION AT MANIA GUARANTEED!



DISCOUNTED MANIA PRICE OF ONLY \$179.

FREE MANIA MASTERCLASS.

- **20% OFF** SCW FITNESS EDUCATION OFF-SITE AND HOME STUDY PROGRAMS AND PRODUCTS INCLUDING: DVDs, MUSIC AND APPAREL.
- **ACCESS TO OUR MEMBERS ONLY ROOM** AT MANIAS FOR COMPLIMENTARY REFRESHMENTS ALL WEEKEND!
- **FREE SCW BACKPACK** STUFFED WITH COUPONS AND FREEBIES.

1 YEAR
MEMBERSHIP
\$79

2 YEAR
MEMBERSHIP
\$129

BEST VALUE!



* Subject to equipment availability. Attendee must register before initial deadline.

TO SIGN UP VISIT: www.scwfitness.com/membership or call 877.SCW.FITT

SPONSOR SPECIALS

SPRI

SPRI Products, Inc. is the leading manufacturer and distributor of rubberized resistance exercise products for the health and fitness industry. SPRI designs and produces innovative rubber resistance exercise products and has led the way in popularizing rubberized resistance workouts. As the pioneer of this simple, but effective method of strength training, toning and building lean muscle tissue, SPRI has remained on the cutting edge of today's exercise trends. SPRI continues to expand into related markets as new applications are discovered and professional and consumer interest builds. As the fitness industry continues to evolve and move toward convenience and affordability, our line of products has grown to include educational materials, instructional manuals and videos, fitness equipment and accessories. Visit www.spri.com for more info.



Break away from mainstream programming. Take the versatility of the BOSU® Balance Trainer and BOSU® Ballast® Ball to a whole new level, and prepare for a total body meltdown with BOSU® Xplode, BOSU® Studio Pilates and the BOSU® Stax Elevation System. Save big on equipment and programming purchased at the conference. E-mail sales@bosu.com or call (800) 497-8281 for details.



For Maximum Motivation Guaranteed, Dynamix® Music is your one-stop Fitness Music place to shop. Dynamix® Music offers premixed selections to please all customers no matter your age. In addition, Dynamix® Music also offer the option through www.U-mixit.com where you can choose the songs, BPM and the amount of song titles you would like on a customized album download. Dynamix® Music also offers pre-paid cards that enable you to have access to one, three or five albums so you can download these albums at one time or separately. Please visit www.dynamixmusic.com to see all the opportunities available for having the most music selections so that you can feel confident in front of your students at all times. Call 800-843-6499 Monday - Friday 9AM-5PM EST or visit the Dynamix Music booth at to take advantage of special show savings.



SCHWINN FITNESS

Join the tens of thousands of successful indoor cycling instructors worldwide who have completed the industry's most comprehensive training program – The Schwinn® Indoor Cycling Instructor Training Course! Register now to join us for the pre-convention training at this SCW event and take the education back to your club! MANIA trainees receive a 20% discount off the regular club training price. For this offer and show discounts on the Schwinn® Indoor Cycling Bikes, visit us in the Cycling room or at our expo booth. For more information, call (360) 823-1906 or visit www.schwinneducation.com.



Since 1987, Power Music has been the world's #1 source of music for fitness professionals. In addition to the largest selection of premixed music in the industry, we continue to innovate with our latest service, ClickMix.com. For the first time ever, fitness professionals can create their very own Custom Mix! Pick your Tracks, BPM and burn straight to CD. Now you can always get the perfect Mix for every class. For more info, call 800-777-BEAT (2328) or visit www.PowerMusic.com.



With 80 plus years of combined industry experience, the RealRyder® International team engineered a superior performance studio bike to meet the needs of the elite cyclist for training and performance, to inspire the indoor cyclist, and literally recast the indoor cycling workout from what was essentially a cardio building exercise to an overall fitness program. For more information, visit www.realryder.com or call 800-976-6280.



Isagenix is the world leader in nutritional cleansing and rebalancing. It rids your body of toxins while nourishing your system with organic essentials. Join the thousands that have been impacted by this powerful tool, learn how to safely restore your system, and replenish and revitalize your mind and body. Email DebO@321GetFitt.com or call (321) 749-8719 for details.



Dynamax, Inc., is a Texas corporation founded in 1985 by coaches Bruce Evans and Jim Cawley.

This handcrafted medicine ball is manufactured at the company headquarters in Buda, TX, between Austin and San Antonio, and distributed worldwide. The Dynamax medicine ball has become the overwhelming choice of trainers and professional sports strength and conditioning coaches around the world. The casing design and construction ensures that Dynamax® balls remain dimensionally stable and balanced. Our trade secret and craftsmanship guarantee that each ball, regardless of weight, has a friendly feel and will absorb high velocity impact, making for a fun and vigorous workout.



Are you looking for new ways to train and push your clients and Group X participants to the next level? The Johnny G KRANKcycle® by Matrix is the perfect tool for you. The latest innovation from the creator of

Spinning® focuses on the entire upper body. With over 90% of fitness equipment focusing on the lower body, it's a refreshing new way to increase upper body strength and muscular endurance. Whether you're a personal trainer looking to help clients improve their sports performance, lose weight, or rehab from an injury, or a Group X instructor looking for an innovative way to spice up your indoor cycling, step or boot camp classes, the KRANKcycle is the perfect complement to your regimen. Sign up for one of our Kranking classes to learn more or go to www.krankcycle.com.



WATERinMOTION® is the new wave in aquatic fitness. This vertical exercise system is pre-choreographed, and designed to

effectively, efficiently and profitably utilize the most expensive piece of equipment in your health club: your pool! Incredible music, invigorating movement, and magnificent marketing are the pillars of this amazing program. Land instructors smoothly and easily transition into the pool. Aquatic programs show increases in staff retention and membership usage. For licensing information go to www.WATERinMOTION.com, contact water@scwfitness.com or call 877-SCW-FITT.



Yes! Fitness Music is the fastest growing fitness music company in the world. We are experts when it comes to producing *PRE-MIXED CDs* and downloads, AND pioneers in offering *CUSTOM-MIXED DOWNLOADS* specifically engineered for Group X instructors. We are here to champion the spirit and passion of Group X instructors around the world by connecting you with the best music so you can teach your best classes. *Buy 4 CDs get 1 Free at any SCW event* and earn *Bonus Beats*™ on every purchase redeemable for FREE MUSIC. For a free catalog email instructorcare@yesfitnessmusic.com, call us at 800-321-YESYES or visit us online at www.yesfitnessmusic.com.



PRE-CONVENTION CERTIFICATIONS

WEDNESDAY, FEBRUARY 1 Pre-Convention Certifications

SCW PERSONAL TRAINING FUNDAMENTALS CERTIFICATION



With Keli Roberts

Wednesday February 1, 8:00am-5:00pm

Additional \$99 MANIA Attendees / \$149

Non-Attendees (late fee after 1/02/12)

This extensive lecture and workshop combines academic foundations, training principles and hands on training. This comprehensive training course is designed to provide students with many of the skill sets and critical knowledge required to start helping individuals achieve their health-fitness and performance goals. The essentials of Exercise Physiology and Kinesiology (movement), health-risk assessment, key assessments, programming for cardio, strength and flexibility, an introduction to facilitating behavior change and some basic business and marketing skills are all addressed in this day long course. SCW administers an on-site theoretical and practical exam to earn the course certificate.

Additional \$35 testing fee.

Required: SCW Personal Training Manual (\$24.95 + s&h). Recommended: Strength Training Anatomy by Frederic Delavier, (\$24.95 + s&h). SCW (8.0), AFAA (6.75), ACE (0.8), AEA (4.0), NASM (0.9) ACSM (8.0). CPR card required.

SCW PILATES MATWORK FUNDAMENTALS CERTIFICATION



With Leslee Bender

Wednesday February 1, 7:00am-5:00pm

Additional \$99 MANIA Attendees /

\$149 Non-Attendees

(late fee after 1/02/12)

A 10-hour intensive workshop introduces a progressive series of exercises and modifications based on the methods of Joseph Pilates. The principles of core stabilization, Pilates matwork, and physical therapy techniques are the course basis. Proper execution of form and technique are explored as they apply to training the fitness enthusiast. Matwork Fundamentals enables you to design workouts for everyone—young, old, athletic, sedentary, and even those rehabilitating from injury. Onsite theoretical exam administered. Additional \$35 testing fee. Training Manual additional \$24.95 (+s&h). SCW (8.0), AFAA (7.0), ACE (0.8), AEA (4.0), ACSM (8.0), NASM (0.8), other CECs pending. CPR card required.

SCW T'AI CHI & QI GONG FOR HEALTH & WELLNESS PROFESSIONALS



With Lawrence Biscontini, MA

Wednesday February 1, 8:30am-5:00pm

Additional \$99 MANIA Attendees / \$149

Non-Attendees (late fee after 1/02/12)

Some claim that Qi Gong and T'ai Chi are the oldest group exercise forms on the planet. Lawrence shares both random exercises from Qi Gong that can be done in any order, at any time of day, without equipment, and the age old Yang Short Form of T'ai Chi. Feel more invigorated, more energized, and more balanced from this natural choreographic flow of wellness. Suitable for group wellness instructors and Personal Trainers. Please dress comfortably in loose fitting clothing, such as pajamas. Shoes are optional. On-site theoretical exam administered. Additional \$35 testing fee. Training Manual additional \$24.95 (+s&h). SCW (8.0), AFAA (6.75), ACE (0.8), AEA (4.0), NASM (0.8), ACSM (8.0). CPR card required.

THURSDAY, FEBRUARY 2 Pre-Convention Certifications

YOGA FUNDAMENTALS I



With Lawrence Biscontini, MA

Thursday February 2, 7:30am-5:00pm

Additional \$99 MANIA Attendees / \$149

Non-Attendees (late fee after 1/02/12)

This certificate is one of the fitness industry's most comprehensive theoretical and practical approaches to yoga, teaching a hands-on approach to different Hatha yoga postures suitable for varying clientele. Research, postures, program design and cueing techniques will be addressed so that participants will leave qualified to lead a successful yoga class or passionate yoga-inspired cool down. On-site theoretical exam administered. Additional \$35 testing fee. Training Manual additional \$24.95 (+s&h). SCW (8.0), AFAA (7.0), ACE (0.8), AEA (4.0), NASM (0.6), ACSM (8.0). CPR card required.

SCW GROUP EXERCISE FUNDAMENTALS CERTIFICATION



With Gay Gasper

Thursday, February 2, 7:00am-5:00pm

Additional \$99 MANIA Attendees / \$149

Non-Attendees (late fee after 1/02/12)

This cert emphasizes class sequencing, warm-up progressions, musical phrasing, proper cueing techniques, choreography development and all the practical skills required to teach your best class, every class. Leave confident in your ability to lead and demonstrate proper teaching skills. Understand cardiovascular training, muscular endurance and flexibility training techniques with one of our industry's finest. On-site theoretical and practical exam administered. Additional \$35 testing fee. Training Manual additional \$24.95 (+s&h). SCW (8.0), AFAA (5.0), ACE (0.7), AEA (4.0), NASM (0.7), ACSM (8.0). CPR card required.

SCW AQUATIC EXERCISE FUNDAMENTALS CERTIFICATION



With Irene McCormick, MS, CSCS

Thursday February 2, 7:00am-6:30pm

Additional \$99 MANIA Attendees / \$149

Non-Attendees (late fee after 1/02/12)

Drawing on over 50 years of combined experience in the aquatic fitness industry, this certification serves as an important first step into the field of teaching aquatic exercise. We will cover practical skill mastery in the benefits of aquatic exercise, the aquatic environment and principles of water, general anatomy and kinesiology, water depth options and appropriate movement plans, cueing skills, music use, working with special populations, the need for professionalism and leadership skills, and legal considerations. On-site theoretical and practical exam administered. Additional \$35 testing fee. Training Manual additional \$24.95 (+s&h). SCW (8.0), AFAA (8.0), ACE (0.7), AEA (8.0), NASM (0.7), ACSM (8.0). CPR card required.

SCW SPORTS NUTRITION & BODY COMPOSITION CERTIFICATION



With Fabio Comana, MA, MS, CSCS
Thursday February 2, 8:00am-5:00pm

Additional \$99 MANIA Attendees / \$149 Non-Attendees (late fee after 1/02/12)

This cutting-edge certification covers the scientific foundation of a healthy diet and how it relates to all fitness regimes. Learn the latest on supplementation, dietary planning strategies, the science of "fat burning" options, body fat testing techniques, and nutrient timing factors. Perfect for personal trainers, group exercise instructors, athletes of all levels, and all associated health practitioners. On-site theoretical exam administered. *Additional \$35 Testing Fee. Training Manual additional \$24.95 (+s&h).* SCW (8.0), AFAA(8.0), ACE (0.8), AEA (8.0), NASM (0.8), ACSM (8.0). CPR card required.

GROUP FITNESS DIRECTOR/STUDIO OWNER CERTIFICATION



With Lori Lowell

Thursday February 2, 9:00am-4:00pm

Additional \$99 MANIA Attendees / \$149 Non-Attendees (late fee after 1/02/12)

Finally, it's arrived: Earn your certification of completion and heighten your skills and awareness in Group Fitness operations. This full day course will give you information covering business management, administration and operations for Group Fitness Departments. Issues of HR, interviews, reports, success, company communication, appraisals, evaluations, merit increase guidelines, job descriptions, offer letters, and more are discussed and management tools provided! Walk away with all you need to operate and direct a Group Fitness department. Start up documents for new fitness centers also included! *CECs Pending. Training Manual additional \$24.95 (+s&h). Supplemental Materials may be purchased on site for \$59.95.* SCW (6.0), AFAA (6.0), ACE (0.6), AEA (6.0), NASM (0.6), ACSM (6.0). CPR card required.

SCW INDOOR/OUTDOOR FITNESS BOOT CAMP CERTIFICATION



With Sgt. Ken Weichert

Thursday February 2, 9:00am-5:00pm

Additional \$99 MANIA Attendees / \$149 Non-attendees (late fee after 1/02/12)

Developed by Army Master Fitness and Master Resilience Trainer and Operation Iraqi Freedom veteran Weichert (a.k.a. "SGT Ken") and certified personal trainer Stephanie Weichert, this course utilizes highly effective physical training techniques practiced by elite military forces. Participants will be immersed in proper form and safety, planning and executing functional fitness programs for outdoor and indoor environments, cadence calls, circuit fitness training, military-style obstacle courses and fitness tests, fitness games, partner-assisted exercises, individual tracking techniques and diet and nutrition. One previous participant mentioned, "I came looking for a good instructor program and wound up getting a crushing shot of Boot Camp adrenaline! *Additional \$35 testing fee. Training Manual additional \$24.95 (+s&h).* SCW (8.0), AFAA (6.75), ACE (0.8), AEA (4.0), NASM (0.8), ACSM (8.0). CPR card required.

YOGA FUNDAMENTALS II

With Lawrence Biscotini

Thursday February 2, 5:30pm-9:30pm

Additional \$59 MANIA Attendees / \$89 Non-Attendees (late fee after 1/02/12)

Take a deeper look into the fundamentals of Yoga instruction from an authentic, yet fitness-appropriate, perspective of methods. This condensed course serves as the next level of the Hatha Yoga postures discussed in Yoga Fundamentals I, addressing the eight limbs of yoga, detailed pranayama study, partner yoga, inversions, chanting, and chakras. SCW Yoga Fundamentals I is recommended, but not required. *Additional \$35 testing fee for take-home exam. SCW Yoga Fundamentals II Training Manual (\$24.95 + s&h).* SCW (4.0), AFAA (2.75), ACE (0.4), AEA (2.0), NASM (0.4), ACSM (4.0). CPR card required.

SCW SMALL GROUP TRAINING WITH KETTLE WEIGHTS



With Sean Armstead, CSCS

Thursday February 2, 5:30pm-9:30pm

Additional \$59 MANIA Attendees/\$89 Non-attendees (late fee after 1/02/12)

Kettle weights are a popular strength training option. Unfortunately, little has been done to educate trainers about the appropriate population, movement pattern, methodology, and biomechanics of this highly effective modality. Join club owner/personal trainer Sean for an in depth study of planes of motion and exercise prescription with kettle weights. Learn a variety of traditional and modified lifts and gain a thorough understanding of the purpose of each. *Additional \$35 Testing Fee. Price includes instructional manual (Additional \$7.50 s&h required).* SCW (4.0), AFAA (2.75), ACE (0.4), AEA (2.0), NASM (0.4), ACSM (4.0). CPR card required.

SMALL GROUP PERSONAL TRAINING PROGRAM DESIGN AND APPLICATION

With Keli Roberts

Thursday February 2, 5:30pm-9:30pm

(late fee after 1/02/12)

Understanding the art and practice of program design is critical to all Small Group and Personal Trainers. From weight loss to enhance strength and conditioning you will learn how to design programs, utilizing portable exercise equipment. Knowing how to set up goal driven functional, level appropriate workouts is critical to your business and to the success of your clients. In this training you will learn how to effectively utilize rubber resistance, The Step, a weighted bar, Gliding Discs and medicine balls. Learn critical body alignment, movement progressions in order to enhance motor learning and skill development for five functional program designs. *Additional \$35 Testing Fee. Free Training Manual.* SCW (4.0), AFAA (2.75), ACE (0.4), AEA (2.0), NASM (0.4), ACSM (4.0). CPR card required.

LIFESTYLE AND BEHAVIORAL COACHING

With Fabio Comana, MA, MS, CSCS
Thursday February 2, 5:30pm-9:30pm

(late fee after 1/02/12)

What differentiates great fitness professionals from others? Is it their unique ability to program beyond exercise science and include the psychological and emotional parameters of change, or is it their ability to connect with individuals with rapport and effective communication to deliver powerful, positive, memorable experiences? It is all of these that bridge the gap between exercise programming and successful change. Join this workshop and learn how engage individuals by effectively building rapport, ignite their passion for change and empower them to success and self-sufficiency. Learn the art forms to rapport-building, motivational interviewing, overcoming ambivalence and resistance, personality indexing, neuro-linguistic programming and behavioral change. Cream always rises – become innovator and combine your science of programming with the art of behavioral change, coaching and communication. *Free Training Manual.* SCW (4.0), AFAA (2.75), ACE (0.4), AEA (2.0), NASM (0.4), ACSM (4.0). CPR card required.

TABATA BOOT CAMP

With Mindy Mylrea

Thursday, February 2, 9:00am-5:00pm

Additional \$199 MANIA Attendees/\$229 Non-Attendees (late fee after 1/02/12)

Mindy's Tabata Bootcamp is a sustainable fitness and eating program that truly changes people's lives by turning traditional fitness protocol on it's head. As a Tabata Bootcamp trainer your mantra will be "more is not better – better is better". Using current HIIT and Tabata research, metabolic profiling, perfect exercise programming, body assessment, and motivational coaching skills you will learn how you can lead this ahead of it's time body transformation program and generate an amazing income stream owning your own 8-week total body turnaround bootcamp business. Empower your clients with the Take 3 eating method that will change the way they eat forever. Tabata Bootcamp will allow you to create a business for yourself and permanent change in your clients. *Includes 8 workout programming DVDs, 3 eating strategy DVDs, instructor manual, resistance tubing, web membership and ongoing support (at no additional fee – you will receive everything you need) and a complete turn key program to grow your own Tabata Bootcamp business.* SCW (8.0) Other CEC's pending

Pre-Convention Certifications Continued

BENDER BARRE METHOD

With Leslee Bender

Thursday, February 2, 5:30pm-9:30pm

Additional \$89 MANIA Attendees / \$129 Non-Attendees (late fee after 1/02/12)

Come join the hottest trend the industry - Bender Barre None - the only "safe" method of Barre training for fitness professionals that will not overuse the hip flexors and create back pain like the others. Come and experience what it feels like to really lengthen your muscles functionally and get "gorgeous" through specific exercises developed through applied functional movement sequencing for better posture and overall health. If you are looking for the session of the future, this is the one! This session is for the fitness professionals looking to bridge the gap between fitness and pre-hab. Too many students are becoming injured from poor training choices by themselves or trainers. You will leave with some necessary tools to make choices based on your clients' posture and possible limitations. Leave understanding the "why" of an exercise rather than just the how, and learn the matrix of how fascia plays a big role in dysfunction and why. SCW (4.0) Other CEC's pending. No CPR certification required.

REALRYDER® INDOOR CYCLING INSTRUCTOR TRAINING



With Douglas Brooks, MS and Adam Reid

Thursday February 2, 8:00am-5:00pm

Additional \$195 MANIA Attendees / \$225 Non-Attendees (late fee after 1/02/12)

The introduction of the RealRyder® Indoor Cycle has changed indoor bike technology forever. This ride encourages, teaches and rewards good form and proper pedal stroke, while riders experience the actions and benefits of turning, leaning and balancing. The Certified Instructor Training Program builds on indoor cycling by teaching you to develop safe workouts that emphasize core stability with new dynamic movements to grow your indoor cycling program. Leading fitness presenter Adam Reid, will teach you the "Ryde-Ready" prep system, provide insights on relevant research and coach you through two rides. Space is limited. (Course includes the RealRyder® Indoor Cycling Training Program Manual (\$49.95 retail value), Session notes, Master-class playlists and ride profiles, and a certificate of completion). SCW (8.0), AFAA (6.75), ACE (0.8). No CPR certification required.

ZUMBA® BASIC SKILLS LEVEL 1 INSTRUCTOR TRAINING



with Julie Kelly & Stephanie Masceri

Thursday February 2, 9:00am-6:00pm

Additional \$210 MANIA Attendees / \$210 Non-Attendees (late fee after 1/02/12)

Anyone interested in becoming a Zumba Instructor must attend a Zumba Instructor Training Workshop, and then must keep their instructor status current through the variety of courses offered by the Zumba Academy. The first step in becoming a Zumba Instructor is to attend Zumba Basic Skills Level 1. This course teaches you the foundation and formula to teach a Zumba class. You will learn the steps to four basic rhythms (merengue, salsa, cumbia, reggaeton). You'll learn how to put these steps together into a song, and how to create your first Zumba class. We'll provide you with all the tools and resources you will need to teach a Zumba class. Pre-con fee includes: Cardio Party and Live Class

DVD, 20 Minute Express Workout DVD, 4 Basic Rhythms Review DVD, Cardio Party Music CD, The Zumba Instructor's Manual, Zumba Certificate of Completion, SCW (8.0) AFAA (5.5), ACE (0.7) Prerequisite: None. For details and registration, visit www.zumba.com

JOHNNY G KRANKING® INSTRUCTOR TRAINING FUNDAMENTALS



With Yvonne Juarez

Thursday February 2, 9:00am-5:00pm

Additional \$175 MANIA Attendees / \$225 Non-Attendees (late fee after 1/02/12)

Join Yvonne Juarez, Education Specialist for the Johnny G College of Knowledge for Kranking® Fundamentals. Johnny G creator of Spinning® now brings you the Kranking® Training System. Kranking® is a revolutionary training system that works the arms, shoulders, shoulder girdle, and torso muscles as the primary movers for both cardiovascular and strength conditioning. Kranking® Fundamentals is the required course for becoming a Johnny G Kranking® Instructor (JGKI). ACE, AFAA, NASM and CAN Fit accredited, this 8 hour covers basic setup and operation of the Johnny G KRANKcycle® by Matrix, the biomechanics and physiology of Kranking®, Personal Training applications, The Johnny G Energy Training System, Teaching methods and class design for the Group Fitness and Indoor Cycling Instructor, and strategies for implementing Kranking® into any club model. Accreditation is complete upon successful completion of the on-line Kranking® Fundamentals Mastery Exam. SCW (8.0), AFAA (7.5), ACE (0.8), ACSM (0.8). No CPR certification required.

SCHWINN® CYCLING INSTRUCTOR TRAINING



With Julz Arney & Jeffrey Scott

Thursday February 2, 9:00am-7:00pm

Additional \$199 MANIA Attendees / \$229 Non-Attendees (late fee after 1/02/12)

This power-packed day offers you the industry's finest and most comprehensive one-day indoor cycling instructor training. You'll get all the tools you need to become a successful and sought-after instructor including bike fit, cycling science, class design and the Schwinn® Cycling Coach's Pyramid, a system that makes teaching indoor cycling simple for you and more exciting for your students. In this course you'll learn to teach knockout classes on any bike, but you'll get to ride the new Schwinn® Authentic Cycling Performance Bike and experience the bike's MPower™ Console which measures wattage, mph, heart rate, calories and more! Included in this course: Two complete workouts, a comprehensive training manual, the NEW Schwinn® Cycling workout DVD featuring Jay Blahnik and the Schwinn master trainer team, 13 pre-planned class designs and authentic cycling video clips, coffee and snacks to get you through the day. SCW (9.0), AFAA (7.25), ACE (0.8). No CPR Certification Required.

FLIRTY GIRL FITNESS™: THE FLIRTIFICATION



With Heather Gidusko

Thursday February 2, 10:00am-4:00pm

Additional \$179 MANIA Attendees / \$199 Non-Attendees (late fee after 1/02/12)

Be a part of the hottest dance-based fitness program sweeping North America—the Flirty Girl Fitness™ Booty Beat! Capture the moves, music and magic of this amazing dance style. Created by women, for women, Flirty Girl Fitness™ classes are about providing women of all shapes, sizes and ages with a variety of effective

dance-based fitness classes. Combine easy-to-learn dance moves with the perfect combination of high-intensity cardio and strength training. Our outrageously entertaining dances and unique cueing methodology will have your clients feeling like they're a part of a music video rather than in a cardio-crazy, core-chiseling, body-toning, arm-sculpting workout class. No dance experience necessary! Attendees receive Training Manual, certificate, Foundational Moves DVD, Booty Beat I DVD, Booty I Fun, Flirty & Fired Up! DVD, Booty Beat I Music CD. SCW (6.0), AFAA (6.0), ACE (0.6), AEA (2.0), NASM (0.4), ACSM (4.0). No CPR certification required.

DYNAMAX™ MEDICINE BALL GROUP INSTRUCTOR CERTIFICATION LEVEL 1



With Laura Cisneros

Thursday February 2, 10:00am-4:00pm

Additional \$219 MANIA Attendees / \$229 Non-Attendees (late fee after 1/02/12)

The level I curriculum has been developed to prepare students to work in a group fitness setting and provides the fundamental principles and knowledge points necessary to successfully administer a Dynamax™ Medicine Ball group fitness class. Students explore how Dynamax™ medicine ball training can be used to train all 10 physical skills including: cardio-respiratory endurance, stamina, strength, flexibility, speed, power, balance, accuracy, acceleration, and coordination. Level I certification provides information on how to design classes and implement into your existing business model, 20 example workouts, more than 30 exercises, ground and stationary multi-joint motions, posture, and much more. Students discover the unbelievable difference in movement-based Dynamax™ medicine ball training as compared to more traditional stand and pitch exercises! SCW (6.0). No CPR certification required.

SUNDAY, FEBRUARY 5 POST-CONVENTION CERTIFICATION

ZUMBA® TONING CERTIFICATION



With Julie Kelly and Stephanie Masceri

Sunday February 5, 9:00am-5:00pm

Additional \$275 MANIA Attendees / \$275 Non-Attendees (late fee after 1/02/12)

This specialty course is designed for current Zumba® Instructors who wish to learn how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones. License: Zumba Toning license as long as you are a ZIN™ Member in good standing. Prerequisite: Must be a member of the Zumba® Instructor Network (ZIN™). Fitness certification recommended. SCW (7.0), ACE (0.7), AFAA (6.5), ACSM (5.5) other CECs pending. \$220 COST INCLUDES: Toning Review Choreography DVD, Toning Review Music CD, Toning Instructor Manual, One pair of Toning Sticks, Certificate of Completion, One full year of Zumba Toning continuing education, CD/DVD sets for FREE (four volumes sent quarterly as long as you are a ZIN Member in good standing) For details and registration, visit www.zumba.com

COURSE DESCRIPTIONS

FRIDAY, FEBRUARY 3

FR1
7:30am - 9:00am

CORE CONNECTION

With Mindy Mylrea

The core is the powerhouse of the body and we should attack the core from every angle and in every way. This workshop is jam packed with critical cutting edge core research as well as three amazing abs and back routines using every twist and turn in the book. Mindy will show you how one rep done right is better than 10 done wrong. You will learn the best core exercises on the planet.

FR1A Friday, 7:30am-9:00am


BOSU® HIIT EXTREME

With Keli Roberts

Intense, focused, efficient, challenging, rewarding, and jam packed with action from start to finish. Learn the science of high intensity interval training and its application to both fitness and sport. Take home a variety of short, plug-n-play high intensity interval sequences that are realistic for both high level athletes and mere mortals, and are guaranteed to raise your heart rate, fitness level, calorie expenditure and the FUN factor!

FR1B Friday, 7:30am-9:00am


DYNAMAX™ THE WHEEL

With Laura Cisneros

This is not your mama's med ball training! Partner-based, fast-paced, potent, and addictive, the Wheel by Dynamax™ is a dynamic framework that will help you create infinite variety, progressions and programs in your classes and potential in your clients. In this 90 minute class you'll learn the key concepts, exercises, formulas and sequences to develop the perfect Wheel for any class – whether as a warm up, as part of a strength circuit or a full-on core focused class. The Wheel is highly adaptable and scalable, with easy to implement 15 minute to 50 minute programs.

FR1C Friday, 7:30am-9:00am


JUNGSHIN® FITNESS

With Annika Kahn, MA

JUNGSHIN is a high intensity class incorporating a full body workout which uses a unique piece of equipment derived from martial arts: a wooden practice sword. The sword brings an element of combat training, mental focus, and the ability to be radically present as the practitioners slice through the air while kicking, jumping, stretching and targeting their core. It works the body from the INSIDE-OUT and truly is the, NO CHEAT WORKOUT®

FR1D Friday, 7:30am-9:00am

360 TRAINING: HIT IT HARD! **SPRI**

With Abbie Appel

This workshop will push the athletic limit with a focus on two training phases, Athletic Performance and Explosive Power. It will provide your 1-on-1 clients with the experience of conditioning like an athlete with high intensity routines designed specifically for personal training. Agility, acceleration and deceleration become the training methods of choice where increasing power output can make all the difference.

FR1E Friday, 7:30am-9:00am

STRENGTH 101: START HERE FIRST

With Lawrence Biscontini, MA

If you are a group exercise leader teaching any form of strength conditioning to your clients, start the convention off with this session that summarizes all of the internationally accepted standards and guidelines put forth by the gold standard organizations like SCW, ACSM, ACE, and AFAA. Whether you teach strength circuit, abs & back core classes, weight-lifting pump classes, or even bootcamp, you need to know what all organizations agree are the current methods & protocols you should be following and, sometimes more importantly, what you also should avoid doing. Address practical examples with bodyweight and handweights and discuss methods for delivering cardiovascular conditioning to clients, with a flexibility component. (LECTURE)

FR1F Friday, 7:30am-9:00am

CLEANSE FOR LIFE

With Christa Schleicher

Claim control over your life through nutrition. Have you asked yourself: Why am I so tired? Why do I crave sweets? Why can't I lose weight? Why do I feel so depressed? Why is my child's life expectancy less than mine? Learn about the impacts of 21st century living on our health. Change the way you see the food you eat, the water you drink and the air you breathe by introducing you to a system that safely and naturally removes harmful impurities from the body while restoring optimal nutrition. (LECTURE)

FR1G Friday, 7:30am-9:00am


KETTLE WEIGHT BOOTCAMP FITNESS

With Sean Armstead, CSCS

As a former Captain in United States Marine Corps Infantry, Sean knows a thing or two about boot camp. An accomplished kettle weight competitive lifter, instructor and strength coach - he combines intelligent kettle weight training concepts with dynamic, integrated body weight movements to.....

FR1H Friday, 7:30am-9:00am

SCHWINN® CYCLING: HIIT IT!

With Jay Blahnik

High Intensity Interval Training is all the rage, and it continues to grow in popularity across all workout platforms. But is this type of training really more effective than other types? And what are the best ways to execute this approach in your cycling classes? Learn the science and, more importantly, the psychology of high intensity interval training, and experience new ways to deliver, measure, recover and repeat high-intensity intervals to your riders that produce results and keep them coming back for more!

FR1I Friday, 7:30am-9:00am


AQUA DANCE PARTY

With Dawn Stenis

Treat your aqua students to a jammin' dance party, all while persuading them to work hard. Take them back in time and invigorate them with the dances they grew up loving on land, but using the properties of water to make it a killer workout! They'll be having so much fun they won't even notice how hard they're working!

FR1J Friday, 7:30am-9:00am

WATER CARDIO AND CORE

With Connie Warasila

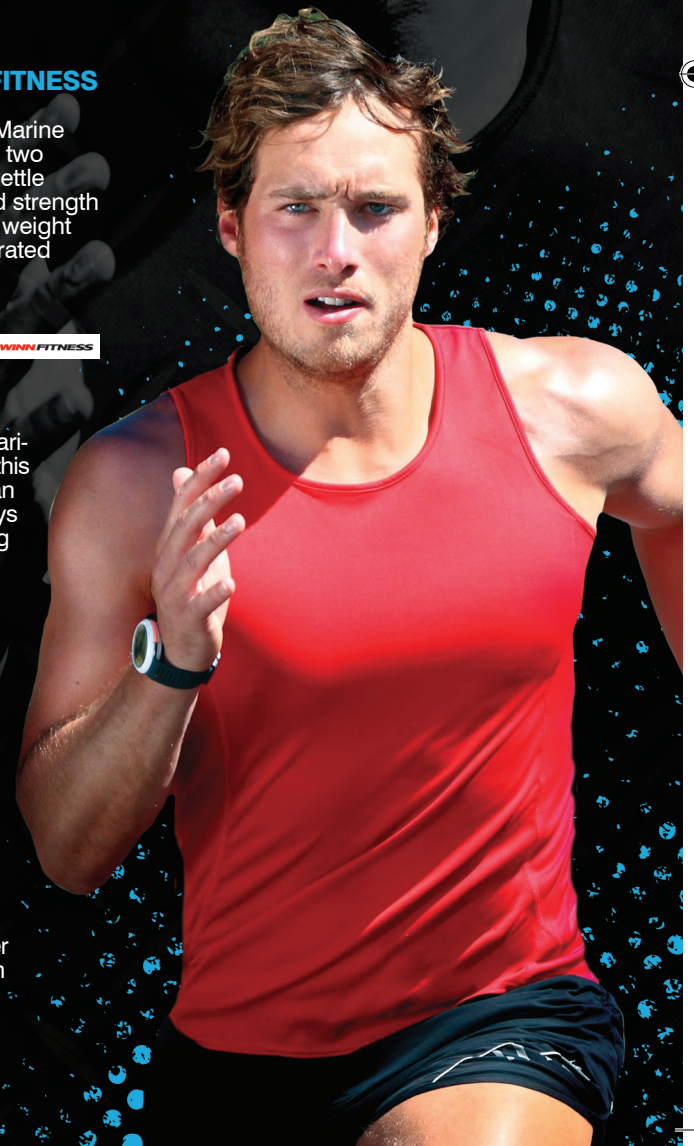
It's time to rev up your heart rate and tighten up your center. Combine fast-paced cardio moves with snippets of core-focused exercises to create a class that helps clients identify what challenging, aerobic exercise feels like. Plus, they'll enhance their kinesthetic understanding of their core and discover how to fire it up. It's a two-fer! Finish with a plan you can implement at your next class.

FR1K Friday, 7:30am-9:00am

MYOFASCIAL COMPRESSION TECHNIQUES

With Dimitri Garcia

Gain a clear understanding of the association of the Ultimate 6 areas of the body and their effect on biomechanics enables you to manage aches and pains and promote recovery through increased blood flow and range of motion. We will explain the human biomechanical chain and demonstrate how our patented TP Therapy® tools can be implemented into your daily routine to increase biomechanical efficiency and ultimately performance through self-myofascial release therapy.

FR1L Friday, 7:30am-9:00am


KRANK FUSION™**With Pam Bartlett**

What do you get when you combine the Johnny G KRANKcycle® by Matrix with an indoor cycle? Johnny G the creator of spinning now brings you KRANK Fusion™, the ultimate full body experience. When you bring the Johnny G KRANKcycle by Matrix into the indoor cycling room and combine an equal number of bikes to an equal number of KRANKcycles, you get a comprehensive full-body workout. It's well balanced, increases strength, improves cardio vascular fitness and incinerates calories. KRANK Fusion will enhance your current programming, as well as bring a whole new audience into your studio.

FR1M Friday, 7:30am-9:00am**REALRYDER® INDOOR CYCLING: THIS IS HOW WE RYDE!**

With Douglas Brooks, MS and Adam Reid
After twenty years of consistent stationary cycle design, the introduction of the RealRyder® Cycle has changed indoor bike technology forever. This ryde encourages, teaches, and rewards good form and proper pedal stroke, while ryders experience the actions and benefits of turning, leaning, and balancing. The introductory instructor training workshop – This is How We Ryde! – builds on the history of indoor cycling, giving participants a glimpse into the RealRyder Indoor Cycling methodology and teaching system. Come experience the future of indoor cycling, today! No one has our ryde!

FR1N Friday, 7:30am-9:00am**FR2****10:00am - 11:30am****CARDIO 101: START HERE FIRST!****With Lawrence Biscontini, MA**

If you are a group exercise leader teaching any form of cardio conditioning, start the convention off with this session that summarizes all of the internationally accepted standards and guidelines put forth by the gold standard organizations like SCW, ACSM, ACE, and AFAA. Whether you teach hi-lo, Zumba®, step, or even interval and circuit conditioning like boot camp with cardio components, you need to know what all organizations agree are the current methods & protocols you should be following and, sometimes more importantly, what you also should avoid doing. Address practical examples with music, cueing, creating effective warm-ups, and methods for delivering cardio conditioning to clients, with a flexibility component.

FR2A Friday, 10:00am-11:30am**ZUMBA TONING®****With Julie Kelly**

What's intense, easy to follow and is a fantastic workout? Zumba Toning – The Workout. Learn how to sculpt and tone your body by incorporating the hottest and most challenging choreography using the Zumba Toning Sticks. The Zumba Toning Workout will get your heart and muscles pumping while you are dancing to the new Zumba routines. This class is your opportunity to expand your fitness knowledge in a fun and brand new way!

FR2B Friday, 10:00am-11:30am**PILOXING®****With Viveca Jensen**

Transform yourself into a tough and agile boxer, gracious ballerina and hip street dancer - all in one workout! PILOXING® is the first



program that blends the muscle sculpting of Pilates, the strengthening and cardio of boxing, and the fun and sensuality of dance into a high energy cardio workout. Using the most current science, PILOXING incorporates formats such as interval and barefoot training to burn maximum calories and increase stamina. This new has been featured on TV shows such as The Doctors, Access Hollywood, and ET! and in magazines including Shape, Fitness Magazine, Redbook, O Magazine, Elle, Vogue, OK!, People and US Weekly.

FR2C Friday, 10:00am-11:30am**SOLE TRAINING®****With Stacey Lei Krauss**

For 30+ years, fitness shoe technology have stabilized our feet and ankles. The result? Weak feet! Often considered “private parts” of our body, our clients often foster emotional and psychological issues with their feet – commonly disconnecting with their own body parts. Learn solutions to relieve common foot pain by exercising, stimulating... and re-connecting. This workshop offers thought-provoking information for your clients; from athletes to older adults. Sole Training® not a sweaty workout, but a proactive approach to awakening your kinetic chain from the ground up, by a leader in the foot-fitness category.

FR2D Friday, 10:00am-11:30am**RED LINE CIRCUIT INDOOR ROW****With Jay Blahnik, Josh Crosby and Keli Roberts**

It's time to get amped up, get competitive and get ready to rumble. This workshop is designed to give you new ideas for bootcamp and circuit classes that are designed to amplify camaraderie, team spirit and competition, and get results while maximizing the fun factor. You will not even know you are working out, but you will push your limits as you work in partners and tribes to help take your team to the championship! Perfect for all levels of fitness, these ideas will put a new surge of energy into your bootcamp and circuit training classes!

FR2E Friday, 10:00am-11:30am**LEADING TO WIN****LES MILLS****With JJ Gunning**

Are you ready to grow your facility performance, membership and profit by learning how to set inspiring goals and targets? Unleash your team's performance to achieve your targets by using the latest findings in motivation.

Leave this session knowing how to set your facility and Group Fitness department goals; how to set

individual class targets; how to track performance of the 5 Group Fitness performance indicators that really matter; how to identify opportunities for growth. How to implement a motivational system for your team based on individual, intrinsic factors not external ones. How to inspire your team using the latest findings in motivation and why the “carrot and stick” strategy doesn't apply anymore. (LECTURE)

FR2F Friday, 10:00am-11:30am**COMPREHENSIVE CARBOHYDRATES****With Melissa Layne, MED**

There is truth in advertising: everything you ever wanted to know about carbohydrates. Why they are the prime energy source, which systems can't operate without them, their chemical structure, how we use them, our body's Plan B if we don't have any, why America loves a low carb diet and more. We will also put the end to some myths, misconceptions and misinformation. (LECTURE)

FR2G Friday, 10:00am-11:30am**SEMI-PRIVATE PERSONAL TRAINING****With Sean Armstead, CSCS**

This workshop will assist the personal trainer in developing and/or enhancing their ability to execute an effective movement screen, along with understanding client goals by generating a program that will address both the needs and wants of “apparently healthy” clients from a variety of backgrounds. During today's economically stressful times, prospective clients will be excited to experience a training approach that can be more affordable, fun and transformative. Semi-private training is not to be confused with Group Training, as you will be taught to provide movement based training where 2-4 clients will be working off of separate, individualized programs.

FR2H Friday, 10:00am-11:30am**SCHWINN® CYCLING: YOU HAD ME AT HELLO****With Jeffrey Scott**

Don't miss this opportunity to identify, practice and implement some of the most important communication skills you need to be a world-class cycling instructor, (and learn the common pitfalls you'll definitely want to avoid!) Experience a self-assessment to help you pinpoint places for improvement and leave with a before, during and after class communication checklist sure to help every group cycling instructor better connect with and inspire a room full of riders. This workshop includes a complete ride experience with detailed notes.

FR2I Friday, 10:00am-11:30am

LINK OR SINK: THE NEXT STEP**With Connie Warasila**

Creating innovative movement plans for water fitness classes can be as easy as A, B, C. Take a bit of structure, add a splash of spice, and connect the pieces like a puzzle for an exercise experience that seems more play than work. Walk away with YOUR new class to teach at home.
FR2J Friday, 10:00am-11:30am

AQUATIC FOUNDATIONS**With Jeff McMullen**

New to the aquatic fitness arena? Maybe it's time to explore the possibilities of expanding your fitness knowledge in the pool environment. Apply your land based knowledge to a new aquatic environment and expand your teaching and income possibilities. Examine the similarities and explore the differences that exist between land and water – learn the theory and examine the principles behind submerged resistance, drag, eddy, viscosity and buoyancy; appropriate music use and movement vocabulary, the advantages of teaching on deck and the benefits of aquatic exercise for varied fitness levels. Walk away with a class design you'll be able to teach Monday morning, ready to go!
FR2K Friday, 10:00am-11:30am

REHABILITATIVE PILATES WITH THE CHIBOLSTER®**With Leslee Bender**

Why are so many students getting injured in large Pilates classes? Well it was never meant to be an aerobic class, but originally designed for rehabilitation one on one. So come discover why the ChiBolster® can be one of the best tools to give you the crucial exercises to assist your clients to wellness and better health and above all pain free movement. Experience a safer approach to Pilates and learn techniques to critically think as a trainer to suit a client's individual needs.
FR2L Friday, 10:00am-11:30am

INTRODUCTION TO KRANKING®**With Pam Bartlett**

Discover how fitness innovator Johnny G, founder of Kranking® and creator of Spinning®, revolutionizes the way you think about exercise! Kranking provides a fun and effective cardiovascular and strength-training workout while increasing balance and symmetry in the upper body. Find out how to integrate the Johnny G KRANKcycle® by Matrix into your facility: From 1 on 1, or in a circuit to 4 on the floor in small group training with a Personal Trainer, combined with the indoor cycle for the ultimate, calorie-incinerating full-body workout, or Kranking classes using the Johnny G Energy Training System, see how the KRANKcycle has become the most exciting and effective piece of upper-body cardiovascular and strength training equipment in the industry!
FR2M Friday, 10:00am-11:30am

REALRYDER® INDOOR CYCLING: BURN YOUR LAST MATCH!**With Douglas Brooks, MS and Adam Reid**

Anaerobic interval training helps your riders blast through fitness plateaus, build power and speed—and torch calories. Learn appropriate measurement, recovery time and cues to keep your interval training programs scientifically-smart, fun and your riders injury-free. Leverage the dynamic “turning” and “banking” movements, exclusive to the RealRyder® Indoor Cycle, to spark new excitement, confidence and team camaraderie as you lay it all on the line! Leave this workshop with (3) interval training workouts that will “wow” your riders back home! (Heart rate monitor a must!)
FR2N Friday, 10:00am-11:30am

FR3**11:45am - 1:15pm****LUNCHTIME SESSION 1**

If you choose this session, then 1:15pm-2:15pm will be your EXPO and lunch break.

ZUMBA® FITNESS PARTY**With Stephanie Masceri**

Exciting Latin & International dance moves, new choreography techniques, and a non-stop, get-down-and-dance, calorie burning, high-energy workout! The Zumba Cardio Party is the hit workout at ALL the top fitness conventions worldwide! This high-intensity workout will challenge your muscles and mind like never before. So let's get the Party started!
FR3A Friday, 11:45am-1:15pm

**FEET AND FUNCTION WITH THE CHIBOLSTER®****With Leslee Bender**

Why do you have lower or upper back pain, headaches or even lack of motivation to move? When your fascia becomes dehydrated and you have been training incorrectly, you start to feel the negative effects it has on the rest of your body. This session uses the ChiBolster® to show you the simple technique of reflexology and correct movement patterns to give a healthier you!
FR3E Friday, 11:45am-1:15pm

SPRI**KETTLE WIGHT BASIC TRAINING****With Sean Armstead, CSCS**

Foundational kettle weight lifting, combined with a large number of kettle weight movements into goal oriented circuits to engage, stimulate and develop clients in private and semi-private personal training settings.
FR3H Friday, 11:45am-1:15pm

SCHWINN® CYCLING: RIDE ONE, GET ONE FREE**With Keli Roberts**

Come experience the ride that's making your Schwinn® Master Trainer's classes go wild! Then, get everything you need to take it home and teach it as your own. You can expect world-class coaching, motivation, and incredible energy and your master trainer will break down all the components of the ride, including music, cueing, imagery, and coaching techniques to make it turnkey for you. This workshop is well-worth the price of admission!
FR3I Friday, 11:45am-1:15pm

**CREATIVE LANGUAGE AND CUEING: KRANKING & INDOOR CYCLING™****With Yvonne Juarez**

What do you get when you combine the Johnny G KRANKcycle® by Matrix with an indoor cycle? A total-body training experience that conditions, strengthens and tones both the upper and the lower body in one dynamic training session. See how Johnny G, the creator of spinning, once again changes the way you interact with your class participants. In this session you'll learn how to adapt your cueing and coaching skills for creating a powerful and effective training session using language that inspires and motivates participants to achieve their performance goals while using training techniques, drills and heart rate games utilizing both the upper body and lower body in one indoor cycling class!
FR3M Friday, 11:45am-1:15pm

**12:30pm - 2:00pm****LUNCHTIME SESSION 2**

If you choose this session, then 11:30am-12:30pm will be your EXPO and lunch break.

THE MASALA BHANGRA WORKOUT®**With Sarina Jain**

Dance your way to fitness! The Masala Bhangra Workout® is derived from the Indian words for Masala, which means spicy in Hindi, and Bhangra, which is a traditional folk dance from the northern state of Punjab, India. It's an exercise dance routine that modernizes high-energy Bhangra dance steps and blends it with the exhilaration of Bollywood. The Masala Bhangra Workout® proudly holds claim to be the first ever introduction of Indian dance to the global fitness scene to be certified by the American fitness boards. This unique dance mixes cardiovascular endurance with fun, and is suitable for participants of all ages and fitness levels. You've seen fitness personality and creator, Sarina Jain on Fit TV, now come experience for yourself why everyone's talking about the Masala Bhangra Workout®! Balle Balle!
FR3B Friday, 12:30pm-2:00pm

**GROUP RX: RIP****With Brad Dale, PT, MDT,****Wendy Dale, MS & Kristen Livingston, MA ED**

Want to get ripped? Group Rx RIP is a pre-choreographed barbell program designed to improve strength, endurance, and definition. Inject excitement into your classes with motivating music and effective weight room exercises. Group Rx gives you all the tools; we've done all the work, now put your personal stamp on it and get ripped!
FR3C Friday, 12:30pm-2:00pm

**SHEANETICS™****with Shea Vaughn**

SheaNetics® is the newest mind-body program—a Revolutionary Lifestyle and Exercise Practice blending yoga, pilates, tai chi, martial arts, GYRO-KINESIS, dance, and more emphasizing Tri-Core Power Training developing all three core regions. The heart of this practice is the Five Living Principles of Well-Being. Get in shape, feel great, and naturally embrace ongoing life-healthy choices.
FR3D Friday, 12:30pm-2:00pm

AQUATIC EXERCISE EXCELLENCE**With Sara Kooperman, JD**

Your pool is your most expensive piece of equipment. Learn how to maximize your return on this investment. Learn how to take a program that is “all wet” and have it gleam with excellence. Take your dying aquatics program and resuscitate it with alternative aquatic programming, instructor training techniques, leadership and motivational tools to create a profitable vertical aquatic exercise program. Leave with some great strategic marketing tools and several programming protocols to turn your pool into a profit center, and those aqua-phobes into aqua-FANS! (LECTURE)
FR3F Friday, 12:30pm-2:00pm

FLAB TO FAB: A WOMAN'S GUIDE TO NUTRITIONAL FAT LOSS**With Mike Bracko, EDD, CSCS, FACSM**

Apply your land based knowledge to a new aquatic environment and expand your teaching and income possibilities. Examine the similarities and explore the differences that exist between land and water – learn the theory and examine the principles behind submerged resistance, drag, eddy, viscosity and buoyancy; appropriate music use and movement vocabulary, the advantages of teaching on deck and the benefits of aquatic exercise for working with special populations. Walk away with a class design you'll be able to teach Monday morning, ready to go!
FR3G Friday, 12:30pm-2:00pm

AQUA MIXOLOGY**With Dawn Stenis**

You know that interval training is a highly effective training technique, but it takes a bit of discipline on the instructor's part. If there are a lot of distractions on your pool deck, and you don't want to keep a close eye on a clock or a stopwatch, try mixing it up with intermittent training. You can make your job easier, and still deliver an intense workout by inserting intermittent power bursts and bouts of active recovery throughout the class. You will increase your participants' fitness levels as well as the fun factor with this perfect cocktail, producing a workout that's shaken—not stirred.

FR3J Friday, 12:30pm-2:00pm**iAY CARAMBA! AQUA****With Manuel Velazquez**

iAy Caramba! Aqua is the aqua version of the land session you know and love! Ay Caramba is a Latin expression of utter enthusiasm. This course is an explosive exploration of authentic Latin movement from around the world. Learn the simplest, 5-part S.M.A.R.T. method for implementing Latin styles like tango, samba, merengue or cumbia into your routines, while experiencing the hottest Latin music made just for iAy Caramba Aqua!

FR3K Friday, 12:30pm-2:00pm**THE PERFECT CALORIE BURN****INDOROW****With Jay Blahnik and Josh Crosby**

Dubbed "the perfect calorie burn," Indo-Row® is a one-of-a-kind rowing workout that truly changes the way you think about group exercise. Working in teams, partners and as one crew, get world-class coaching and a transforming, total-body workout that leaves you begging for more. Easy to learn, Indo-Row® is perfect for group exercise instructors and personal trainers. No experience is necessary.

FR3L Friday, 12:30pm-2:00pm**REALRYDER® INDOOR CYCLING: THIS IS HOW WE RYDE!**

With Douglas Brooks, MS and Adam Reid
Repeat session. Complete description on page 12.

FR3N Friday, 12:30pm-2:00pm**FR4****2:15pm - 3:45pm****ZUMBA TONING®****With Julie Kelly**

Repeat session. Complete description on page 12.

FR4A Friday, 2:15pm-3:45pm**BOSU® CRUSH IT****With Douglas Brooks, MS**

BOSU® Crush It is for you, your clients and your athletes, and it will test your strength, weaknesses and your limits! Compete against yourself and rate your athletic skill in the areas of balance, agility, core, cardio and strength. After each measurable challenge, learn drills to improve your athletic ability in that area of fitness. Learn how the challenges and drills can be integrated into goal specific workouts for all fitness levels. Are you ready to take your fitness to the next level?

FR4B Friday, 2:15pm-3:45pm**CARDIO DANCE: DEFY GRAVITY!****vibrona live@vibrona****With Stacey Lei Krauss**

Cardio Dance: this exciting method is the "heart of aerobics" because our clients can have fun while they sweat. As instructors, however, it's our job to teach clients to move efficiently and safely. Ankle mobility and intrinsic foot strength play important roles in balance, shock absorption, and overall movement confidence. In this workshop, you'll learn a groovili-cious dance routine, while also practicing methods to build healthy ankles, strong feet and graceful landings. When you apply these foot-fitness methods to your own dance routines you'll smile proudly as you watch your clients defy gravity!

FR4C Friday, 2:15pm-3:45pm**PUTTING "INTENSITY" BACK INTO T'AI CHI****With Lawrence Biscontini, MA**

Often conceptualized as "for the elderly exerciser," the martial arts of Chi Gong and T'ai Chi in their true forms can be taught as powerful—and intense—mind-body cross-training disciplines for fit participants looking for new types of classes on mainstream group fitness schedules. Giving athletes supreme body control (with continuous lower-body strength exercises), cardio junkies the ability to dance mindfully while barefoot (with nonstop upper-body and lower-body integration), and type "A" individuals the ability to slow down and focus (with challenging moving meditation), T'ai Chi offers intensity usually unexplored in the Western world.

FR4D Friday, 2:15pm-3:45pm**SMART-CORE™ MOVEMENT****TRIGGERPOINT****With Jamie Howell**

SMART-CORE™ Movement is an innovative workout combining self-myofascial release techniques and core training. Using the Grid, the revolutionary foam roller by Trigger Point Performance Therapy, the user is able to benefit by enhancing function and performance through core stability and strengthening SMART-CORE Movement exercises are performed at a slow, controlled tempo incorporating isometric contractions. This program delivers strength, flexibility and self-myofascial release simultaneously in a user friendly format. Exercise progressions are incorporated into the program for Level 1-3.

FR4E Friday, 2:15pm-3:45pm**ASSESSMENT AND PROBLEM SOLVING FOR THE HIP****GrayInstitute****With Lenny Parracino, CMT, FAFS**

This hands-on workshop will address the functional anatomy of the hip and explore useful assessment techniques the health professional can successfully use to determine the action of the hip and its chain reaction throughout the whole body. The attendee will gain an understanding of the expected biomechanical reactions of movement and some of the common compensations through these assessment tools. (LECTURE)

FR4F Friday, 2:15pm-3:45pm**CARDIO REINVENTED****With Fabio Comana, MA, MS, CSCS**

Frustrated with ineffective programs that fail to deliver? Do your programs fail to hit weight loss goals or push athletes through plateaus? Blame it on older standardized programming guidelines. Why use MHR-based programs for cardio when MHR offers no correlation to performance? If metabolism is as unique as your fingerprint – so should your programs. Learn the latest research and metabolic significance behind VT1 and VT2 and understand how to program around these markers for true results for weight loss and performance. Rethink the way you train for cardio...retrain the way you think about cardio programming. (LECTURE)

FR4G Friday, 2:15pm-3:45pm**ARMED AND DANGEROUS****With Abbie Appel**

Discover new ways to strengthen and chisel the upper body one-on-one or in a group. Challenge your body with tubing, as well as your own body weight, hit all the major hot spots for muscle conditioning in this workout and focus on creating balance for optimal posture. By experiencing innovative combos for group weight training, you'll be inspired to customize these moves for your members back home.

FR4H Friday, 2:15pm-3:45pm**SCHWINN® CYCLING: ENERGIZE AND SOCIALIZE****SCHWINN FITNESS****With Julz Arney**

One of the best ways to add energy to your cycling class is to tap into your student's team spirit and camaraderie and build a powerful community of riders within each and every class. Learn how to infuse this type of vibe using simple techniques before, during and after each workout, and experience a ride that will bring your tribe together and your team spirit to new heights!

FR4I Friday, 2:15pm-3:45pm**WATERinMOTION® WAVE 8****waterinmotion**

With Sara Kooperman, JD, Connie Warasila, Jen Keet, Jeff McMullen, Melissa Layne, MS, ED & Manuel Velazquez

WATERinMOTION®: WAVE 8 is the next addition to this aquatic exercise series. Learn how to accommodate special populations using progressions and regressions to tailor-fit this hot new program to every participant. See how intensity intervals can challenge experienced practitioners, those recovering from injury, the young, the old, and everyone in between, while working within their respective limits. Along with easier to learn, carefully refined choreography and a new, eclectic mix of music to satisfy every age group, catch the wave!

FR4K Friday, 2:15pm-3:45pm**THE PERFECT CALORIE BURN****INDOROW****With Jay Blahnik and Josh Crosby**

Repeat session. Complete description on page 14

FR4L Friday, 2:15pm-3:45pm**KRANKING® AND THE PERSONAL TRAINER****KRANKcycle****With Yvonne Juarez and Pam Bartlett**

Come experience why the Johnny G KRANKcycle® by Matrix® is becoming the most versatile piece of upper body cardio and strength training equipment in the industry! Personal Trainers can incorporate Kranking® into their client programming, helping them to restore upper body balance and symmetry, increase strength and endurance, and effectively manage weight. This session introduces Fitness Professionals to three practical methods of integrating Kranking® into their program design, using Personal Training protocols, small group training and circuit training. During the workout we'll feature KRANK Circuit™ - a brand new spin on circuit training!

FR4M Friday, 2:15pm-3:45pm**FR5****4:00pm - 5:30pm****STEP TONIC™****With Amy Nixon**

StepTonic™ is a completely new way to step! This fresh, empowering, intriguing workout mixes dance, strength, power, and bold, electrifying music, making you move like never before! StepTonic™ keeps beginner and advanced participants equally engaged in the same "choreography" workout—a much-needed solution for an industry-wide problem. Experience an entire 60-minute workout, start to finish, to appreciate the excitement and addiction it can bring to your classes.

FR5A Friday, 4:00pm-5:30pm**yes!**

BOSU® MULTIPLICITY

With Jay Blahnik & Mindy Mylrea



Get ready to multiply your options, multiply the challenge and multiply the fun! This workshop is designed to teach you dozens of brand-new, interactive athletic drills, skills and challenges using multiple BOSU® Balance Trainers that can be used in personal training, boot camp, circuit training, interval training, sport conditioning and kid's fitness workouts. You will work solo, in partners and in teams, and walk away with an entirely new library of BOSU exercises that can be used straight away.

FR5B Friday, 4:00pm-5:30pm**FIT CAMP FUSION**

With Gay Gasper

This workshop is geared to the instructor who wants to teach hard core athletic choreography without the boots! In this clinic you will learn a variety of cardiovascular exercise patterns interval-ed with creative strength and integrated power segments. This interactive workshop will include various ideas for a stationary fitness circuit designed for maximum results.

FR5D Friday, 4:00pm-5:30pm**ZEN MEETS ZENERGY**

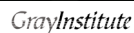
With Irene McCormick, MS, CSCS

Experience a blend of "Zen" (activities that engage the core and challenge the mind), with a powerful blast of explosive "Zenergy," (high-intensity cardio intervals) that is totally effective and intense! Following the ACSM ratios for interval training, this workout is a 2:1 format that is both explosive and effective for individuals who wish to learn how to incorporate intervals of core-based movements into their traditional fitness classes. We use YES Fitness Music for this amazing workout that is reproducible and "Monday morning ready" for you start teaching immediately!

FR5D Friday, 4:00pm-5:30pm**COUCH TO 5K: THE MINIMAL WAY**

With Stacey Lei Krauss

Do you remember the story of the tortoise and the hare? Sometimes it's not about the speed or intensity... but just staying committed to your race. Minimal Running is not only safe, but it's a smart opportunity to turn the running-phobic into enthusiasts. In this workshop we'll give you a new approach with skills and drills to energize the new exerciser. Armed with over a decade of foot-fitness experience, let us dispel "barefoot myths" and help you set your client on track to attain a realistic 5K goal that may change their life forever.

FR5E Friday, 4:00pm-5:30pm**ASSESSMENT AND PROBLEM SOLVING FOR THE CORE**

With Lenny Parracino, CMT, FAFS

The thoracic spine is a functional THREE dimensional cage capable of reacting, compensating and causing significant reactions in all parts of the body-in fact it is the CORE to core training. It is essential to understand how to assess and address its function. This course will cover a live demonstration of function, assessment and exercise recommendations specific to the thoracic spine. (LECTURE)

FR5F Friday, 4:00pm-5:30pm**HIGH OCTANE FUELING**

With Fabio Comana, MA, MS, CSCS

Seeking key nutrition and hydration secrets to give your performance a boost? Confused by the wealth of misinformation on sports nutrition? Why not learn effective evidence-based strategies you can implement before, during and following exercise to give your workout an added edge and accelerate recovery. This session will cover the latest research in sports nutrition and hydration and provide applications on how to fuel your body like a champion. (LECTURE)

FR5G Friday, 4:00pm-5:30pm**KETTLE WEIGHT PROGRAMMING**

With Sean Armstead, CSCS

This workshop discusses strategies, key considerations and methods that will empower participants to effectively implement kettle weight training in a private or semi-private session.

FR5H Friday, 4:00pm-5:30pm**SCHWINN® CYCLING: RIDE ONE, GET ONE FREE**

With Amy Dixon

Repeat session. Complete description on page 13.

FR5I Friday, 4:00pm-5:30pm**AQUA HIP & FUNK**

With Manuel Velazquez

Take your hips and funk them in the pool! Approach your aqua class from another point of view with this cardio-based hip-hop and funk oriented workout. There are enough ideas to help you to refresh your own style with movements to put your class on the cutting edge.

FR5J Friday, 4:00pm-5:30pm**THE POOL AS A TOOL**

With Melissa Layne, MS, MED

Sure, noodles, buoys and gloves all have a place in our water workout but what about using the pool as a tool? Utilizing all the principles of water, we will create ten new choreography concepts focusing on inertia, turbulence, buoyancy, drag and action/reaction. You will leave with an arsenal of information without having an arsenal of equipment.

FR5K Friday, 4:00pm-5:30pm**TNT-TRAMPOLINE-N-TUBING**

With Abbie Appel

This dynamite cardio/strength circuit combines the low-impact cardio benefits of the JumpSport® Fitness Trampoline™ with muscle-building strength benefits of resistance tubing. By anchoring tubing to the Fitness Trampoline, this compact workout which utilizes little space and time, reveals "bound"-less ideas to provide the most effective group program. Your clients will keep asking for more as their bodies respond to a form of exercise that's just plain FUN!

FR5L Friday, 4:00pm-5:30pm**POWER KRANKING™**

With Pam Bartlett

Give your arms a turn with an incredible upper body strength and cardiovascular workout! The Johnny G KRANKcycle by Matrix allows you to tap into the athletic potential of your upper body in ways never before imagined. POWER KRanking® uses the KRANKcycles independent crank arms to recruit the muscles of the arms, shoulders, back, chest, and core in a high intensity workout guaranteed to break any misconceptions about the value of using the upper body as a form

of cardio and strength training! Experience why the American Council on Exercise, (ACE) considers KRanking to be a calorie burning exercise on par with most lower body training modalities.

FR5M Friday, 4:00pm-5:30pm**REALRYDER® INDOOR CYCLING: MULTI-PLANAR RYDING... TRAINING FOR SPORT & LIFE!**

With Douglas Brooks, MS & Adam Reid

Propel functional training to the next level by leveraging the dynamic movement exclusive to the RealRyder® Indoor Cycle. The only indoor bike that offers safe, tri-planar training, the RealRyder® Bike is paving a new path as a motion resistance tool that helps your riders discover a deeper core connection and greater movement efficiency through applied functional resistance. Learn the importance of training in three planes, how it translates to life, as well as various rotation and balance-based sports. Understand why 3-dimensional cycling could be the best Rx for fun, injury prevention and compromised knees and backs. Join us for the ryde of your life!

FR5N Friday, 4:00pm-5:30pm**FR6****6:30pm - 7:30pm****FRIDAY EVENING MASTERCLASSES****STEP 'TIL YOU DROP**

With Gay Gasper

This workshop is designed for the instructor who needs a little lift to refresh and rebuild their step classes. Experience finely tuned choreography that will bring your workouts to another level through rhythm, lever and elevation changes. Learn breakdown techniques to help build an unbelievable workout. Presented with your amazing personal flair you will excite and ignite your step followers with fresh ideas. MASTERCLASS: \$10 MANIA ATTENDEES/\$20 Non-Attendees. NO CECs.

FR6A Friday, 6:30pm-7:30pm

W-TH FEB. 1-2

WEDNESDAY, FEBRUARY 1 PRE-CONVENTION EVENTS	SCW Personal Training Fundamentals Certification 8:00am-5:00pm Roberts K P8	SCW Pilates Matwork Fundamentals 7:00am-5:00pm Bender P8	SCW T'ai Chi & Qi Gong for Health & Wellness Professionals 8:30am-5:00pm Biscontini P8			
THURSDAY, FEBRUARY 2 PRE-CONVENTION EVENTS	Yoga Fundamentals I Certification 7:30am-5:00pm Biscontini P8	SCW Group Exercise Fundamentals 7:00am-5:00pm Gasper P8	SCW Aquatic Exercise Fundamentals Certification 7:00am-6:30pm McCormick P8	SCW Sports Nutrition & Body Composition Certification 8:00am-5:00pm Comano P8	Group Fitness Director/Studio Owner 9:00am-4:00pm Lowell P8	SCW Indoor/Outdoor Fitness Boot Camp Certification 9:00am-5:00pm Weichert P8
THURSDAY, FEBRUARY 2 PRE-CONVENTION EVENTS	Lifestyle and Behavioral Coaching Comana 5:30pm-9:30pm P9	Yoga Fundamentals II Certification 5:30pm-9:30pm Biscontini P9	SCW Small Group Training with Kettleweights 5:30pm-9:30pm Armstead P9	Small Group Personal Training Program Design and Application Roberts K 5:30pm-9:30pm P10	Bender Barre Method 5:30pm-9:30pm Bender P10	

ENJOY THE EXPO!!

FRIDAY, FEB. 3

	A GROUP EX	B GROUP EX	C GROUP EX	D MIND/BODY & GROUP EX	E PERSONAL TRAINING & GROUP EX	F PERSONAL TRAINING, BIOMECHANICS & BUSINESS LECTURE
FR 1 7:30am - 9:00am	Core Connection Mylrea P11	BOSU® HIIT Extreme Roberts K P11	Dynamax™ The Wheel Cisneros P11	JungShin® Fitness Kahn P11	360 Training: Hit It Hard! Appel P11	Strength 101: Start Here First! Biscontini P11
EXPO OPEN : 8:45am-10:15am, 11:15am-4:15pm, 5:30pm-6:30pm						
FR 2 10:00am - 11:30am	Cardio 101: Start Here First! Biscontini P12	Zumba® Toning Kelly P12	Piloxing® Jensen P12	Sole Training Krauss P12	Red Line Circuit Blahnik, Crosby & Roberts K P12	Leading to Win Gunning P12
FR 3 Session1 - 11:45am-1:15pm Session2 - 12:30pm-2:00pm	Zumba® Fitness Party Masceri P13 Session 1	The Masala Bhangra® Workout Jain P13 Session 2	Group RX: RIP Dale W, Dale B, Livingston P13 Session 2	Sheanetics® Vaughn P13 Session 2	Feet and Function with the ChiBolster® Bender P13 Session 1	Aquatic Exercise Excellence Kooperman P13 Session 2
FR 4 2:15pm - 3:45pm	Zumba® Toning Kelly P14	BOSU® Crush It Brooks P14	Cardio Dance: Defy Gravity! Krauss P14	Putting Intensity Back Into T'ai Chi Biscontini P14	SMRT-CORE™ Movement Howell P14	Assessment and Problem Solving for the Hip Parracino P14
FR 5 4:00pm - 5:30pm	StepTonic® Nixon P14	BOSU® Multiplicity Blahnik & Mylrea P15	Fit Camp Fusion Gasper P15	Zen Meets Zenergy McCormick P15	Couch to 5K: The Minimal Way Krauss P15	Assessment and Problem Solving for the Core Parracino P15
EXPO OPEN : 5:30pm-6:30pm CHARITY AUCTION / FRUIT & CHEESE RECEPTION (Bidding to Benefit!)						
FR 6 MASTERCLASS 6:30pm - 7:30pm	Step 'Til You Drop Gasper P15			Dance with GLEE! Arney P18		

SATURDAY, FEB. 4

SA 1 7:30am - 9:00am	Music Makes the People Come Together Freytag P18	DanceTonic™ Nixon P18	Flirty Girl Teaser Gidusko & Mylrea P18	Sheanetics® Vaughn P18	360 Training: Turn it Up, Turn it Down Appel P18	3D Matrix Performance Series: Core Conversion Training Gray P18
EXPO OPEN : 8:45am-10:15am, 11:15am-4:15pm, 5:30pm-6:30pm						
SA 2 10:00am-11:30am	Zumba® Toning Kelly P18	Piloxing® Jensen P18	Flirty Girl Teaser Gidusko P18	Full Circle Yoga Dixon P18	Dynamax™ Med Ball Boot Camp Cisneros P19	Assessment and Problem Solving for the Foot and Ankle Parracino P19
SA 3 Session1 - 11:45am-1:15pm Session2 - 12:30pm-2:00pm	Zumba Gold® Kelly & Masceri P19 Session 1	BOSU® Strong + Stretched Arney P20 Session 2	The Masala Bhangra® Workout HipHop Style Rivas P19 Session 1	Tri-Planar Pilates Bender P20 Session 2	SGT Ken's Boot Camp: Operation Excessive Force™ Weichert P20 Session 1	Group Fitness Management Kooperman & Kelly P20 Session 1 & 2
SA 4 2:15pm - 3:45pm	Horizontal Conditioning - Strength and Length Koulourides P20	Bender Ball® Healthy Back Bender P20	BODYPUMP® McBee & Santiago P20	ZUMBA® Fitness Party Masceri P20	Dynamax™ Med Ball MMA and Cardio Kick Cisneros P21	3D Matrix Performance Series: Balance Escalation Training Gray P21
SA 5 4:00pm - 5:30pm	Foolproof Step Appel P21	Mamma Wants Her Body Back Mylrea P21	SH'BAM® Mcbee P21	Yoga Rhythm Dance Kooperman P21	SMRT-CORE™ Movement Howell P21	Artistic & Scientific: The New Era of Exercise Rx Bracko P22
EXPO OPEN : 5:30pm-6:30pm						
SA 6 6:30pm-7:30pm MASTERCLASS	Step Factor Express Gasper P22		CXWORX® McBee & Santiago P22	Horizontal Conditioning...Take Home the Challenge Koulourides P22		

SUNDAY FEB. 5

SU 1 7:00am - 8:30am	Booty Camp Mylrea P22	BOSU® Pilates 3D Krauss P22	BODYCOMBAT® McBee & Santiago P23	 <p>Photo property of Zumba®</p>	SGT Ken's KettleBALL Workshop: Operation Breaking Barriers™ Weichert P23	Squatology McCloskey P23
SU 2 8:45am-10:15am	Horizontal Boot Camp Koulourides P23	Balanced Body Gasper P23	Dynamax™ The Wheel Cisneros P23		Bender Barre-None Bender P23	Engage...Ignite... Empower © Comana P23
EXPO BREAK : CLOSE OUT SALES 8:15am-1:15pm						
SU 3 11:15am -12:45pm	SculpTonic™ Nixon P24	BOSU® Plyo Progressions Dixon P24	Tabata BootCamp Mylrea P24	360 Training: From Function to Performance Appel P24	3D Flexibility: Mobility of the Body Gray P24	
SU 4 1:00pm - 2:30pm	Step Swap Nixon P24	JungShin® Fitness for the Core and the Gentle Warrior Kahn P24	Equipmentless Boot Camp Appel P24	Myofascial Compression Techniques: Trigger Point Performance Therapy Garcia P25	Learning to Function... On the Ground McCloskey P25	

PHILADELPHIA MANIA SCHEDULE-AT-A-GLANCE

Dynamax™ Medicine Ball Group Instructor Certification 10:00am-4:00pm Cisneros P9	Tabata BootCamp 9:00am-5:00pm Myirea P9	ZUMBA® Basic Skill Level 1 Instructor Training Kelly & Masceri 9:00am-6:00pm P9	Kranksing® Instructor Training Workshop Juarez 9:00am-5:00pm P9	Schwinn® Cycling Instructor Training Course 9:00am-7:00pm Arney & Scott P10	Flirty Girl Fitness™ The Flirtification 10:00am-4:00pm Gidusko P10	REALRYDER® Indoor Cycling Certified Instructor Training 8:00am-5:00pm Brooks & Reid P10	
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ENJOY THE EXPO

G NUTRITION LECTURE	H SMALL GROUP TRAINING	I CYCLING	J AQUA (ACTIVITY)	K AQUA (LECTURE)	L SMALL GROUP	M CYCLING	N CYCLING
Cleanse for Life Schleicher P11	Kettle Weight Bootcamp Fitness Armstead P11	Schwinn® Cycling: HIIT IT! Blahnik P11	Aqua Dance Party Stenis P11	Water Cardio and Core Warasila P11	Myofascial Compression Techniques: Trigger Point Performance Therapy Garcia P11	KRANK Fusion™ Bartlett P12	RealRyder® Indoor Cycling: This is How We Ryde! Brooks & Reid P12

EXPO OPEN : 8:45am-10:15am, 11:15am-4:15pm, 5:30pm-6:30pm

Comprehensive Carbohydrates Layne P12	Semi-Private Personal Training Armstead P12	Schwinn® Cycling: You Had Me At Hello Scott P12	Link or Sink Warasila P13	Aquatic Foundations McMullen P13	Rehabilitative Pilates with the ChiBolster® Bender P13	Introduction to Kranking® Bartlett P13	RealRyder® Indoor Cycling: Burn Your Last Match! Brooks & Reid P13
Flab to Fab: A Woman's Guide to Nutritional Fat Loss Bracko P13 Session 2	Kettle Weight Basic Training Armstead P13 Session 1	Schwinn® Cycling: Ride One, Get One FREE Roberts K P13 Session 1	Aqua Mixology Stenis P14 Session 2	Ay Caramba Aqua Velazquez P14 Session 2	Indo-Row®: The Perfect Calorie Burn Blahnik & Crosby P14 Session 2	Creative Language and Cueing: Kranking & Indoor Cycling Juarez P13 Session 1	RealRyder® Indoor Cycling: This is How We Ryde! Brooks & Reid P14 Session 2
Cardio Reinvented Comana P14	Armed and Dangerous Appel P14	Schwinn® Cycling: Energize and Socialize Arney P14		WATERinMOTION® WAVE 8 WIM Team P14	The Perfect Calorie Burn Blahnik & Crosby P14	Kranking® and the Personal Trainer Juarez & Bartlett P14	
High Octane Fueling Comana P15	Kettle Weight Programming Armstead P15	Schwinn® Cycling: Ride One, Get One FREE Dixon P15	Aqua Hip and Funk Velazquez P15	The Pool as a Tool Layne P15	TNT-Trampoline -N- Tubing Appel P15	POWER Kranking™ Bartlett P15	RealRyder® Indoor Cycling: Multi-Planar Ryding... Training for Sport & Life! Brooks & Reid P15

EXPO OPEN : 5:30pm-6:30pm CHARITY AUCTION / FRUIT & CHEESE RECEPTION (Bidding to Benefit!)

		Group RX: Revolution Dale W, Dale B, Livingston P18				Training the Heart with Color in the Johnny G Energy Training System™ Lee P18	
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Cream Rises Biscontini P18	Salsa Hip Hop Cuba Swift Style Swift P18	Schwinn® Cycling: Ride One, Get One FREE Scott P18	HIIT Training: SWEAT 2 WET McMullen P18	Water, Water Everywhere McCormick P19	The Perfect Calorie Burn Blahnik & Crosby P18	Training the Heart with Color in the Johnny G Energy Training System™ Lee P18	RealRyder® Indoor Cycling: This is How We Ryde! Brooks & Reid P18
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EXPO OPEN : 8:45am-10:15am, 11:15am-4:15pm, 5:30pm-6:30pm

Sports Supplements: Promises, Pitfalls & the Good Stuff Josephson P19	Ultimate Back Exercises for Injury Prevention and Performance Bracko P19	Schwinn® Cycling: The Trend Report 2012 Dixon P19	Move, Shake, Splash! Stenis P19	Keeping it Fresh Keet P19	JumpSport® Fitness Trampoline™: The Bounce is Back Appel, McCormick & McMullen P19	Creative Language and Cueing: Krank- ing & Indoor Cycling Juarez & Bartlett P19	RealRyder® Indoor Cycling: This is How We Ryde! Brooks & Reid P19
Blueprint for Success Comana P20 Session 2	SMRT -CORE™ MAX Howell P20 Sessions 1	Schwinn® Cycling: So You Think You Can Race Season 2 Roberts K P20 Session 2	Aqua Core Training Velazquez P20 Session 2	Hydro Flex-n-Flow McMullen P20 Session 2	Hip Hop HUSTLE™: On the Outside Looking In Green P20 Session 1	KRANK Fusion™ Bartlett P20 Session 2	RealRyder® Indoor Cycling: Burn Your Last Match! Brooks & Reid P20 Session 1
Do It In the Raw... Eating, That Is! Josephson P21	Chi-Lates Biscontini P21	Schwinn® Cycling: Remixed & Redelivered Krauss P21		WATERinMOTION®: WAVE 9 WIM Team P21	Indo-Row®: The Perfect Calorie Burn Blahnik & Crosby P21	POWER Kranking™ Juarez P21	RealRyder® Indoor Cycling: Re-cycle...Class Planning In Minutes! Brooks & Reid P21
Cleanse for Life Schleicher P22	WillPower and Grace®: Move With Integrity Krauss P22	Schwinn® Cycling: 7 Shortcuts to More Powerful Playlists Arney P22	Kickin' it in the Pool Keet P22	Aqua Zen by Candle Light Warasila P22	JumpSport® Jump into Active Aging McCormick P22	Introduction to Kranking® Bartlett P22	RealRyder® Indoor Cycling: Multi-Planar Ryding... Brooks & Reid P22

EXPO OPEN : 5:30pm-6:30pm

		Schwinn® Cycling: Power Hour! Cook P22			Group RX: RIP Dale W, Dale B, Livingston P22		
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All About Alcohol Layne P23	Breathless Body Dixon P23	Schwinn® Cycling: The Wakeup Workout Thews P23	Gentle Aqua McCormick P23	Fluid Fusion Velazquez P23	Where's The Party? Seward P23	Introduction to Kranking® Juarez P23	RealRyder® Indoor Cycling: This is How We Ryde! Brooks & Reid P23
Sugar Sabotage! What to Use? Josephson P23	Enhanced Performance: Train the Chain Krauss P23	Schwinn® Cycling: Short and Sweet Myirea Cook P23	Ay Caramba Aqua Velazquez P23	MultiDimensional Monster Aqua Choreography Layne P23	JumpSport®: BOUNCIN' Booty Dance McMullen P24	Kranking® and the Personal Trainer Juarez & Bartlett P24	RealRyder® Indoor Cycling: Re-cycle...Class Planning In Minutes! Brooks & Reid P24

EXPO BREAK : CLOSE OUT SALES 8:15am-1:15pm

Meat or Wheat? Animal Vs. Plant Food for Optimal Nutrition Josephson P24	SGT Ken's KettleBALL Workshop: Operation Breaking Barriers™ Weichert P24	Schwinn® Cycling: Ride One, Get One FREE Cook P24	How To Teach the "Why?" Layne P24	Aqua Core Training Velazquez P24	Piloxing® Jensen P24	KRANK Fusion™ Bartlett P24	
Women, Weights and Results! Josephson P25	Body Leverage Training, No Equipment, No Problem Bracko P25		Water Warrior Warasila P25	Rhythm Rapids Keet P25	Salsa Hip Hop II Cuba Swift Style Swift P25	POWER Kranking™ Juarez P25	

DANCE WITH GLEE!**With Julz Arney**

Calling all GLEEks! Come learn the GLEE numbers that made you jump off the couch and wish you were in the club. Dance your teen angst away, then let Julz show you how to simplify any music video or TV performance into something your classes can use to melt calories and win at Regionals!

MASTERCLASS: \$10 MANIA ATTENDEES/\$20 Non-Attendees. NO CECs.

FR6D Friday, 6:30pm-7:30pm**GROUP RX: REVOLUTION****With Brad Dale, PT, MDT, Wendy Dale, MS, & Kristen Livingston, MA ED**

Want to revolutionize your cycling classes? Revolution brings the outdoor ride inside. Kill calories as you train through sprints and climbs. Revolution matches proven cycling techniques with awesome music that caters to all fitness levels. Group Rx gives you all the tools. We've done all the work, now put your personal stamp on it and join the Revolution! No CECs. MASTERCLASS: \$10 MANIA ATTENDEES/\$20 Non-Attendees. NO CECs.

FR6I Friday, 6:30pm-7:30pm**TRAINING THE HEART WITH COLOR: THE JOHNNY G ENERGY TRAINING SYSTEM™****With Audrey Lee**

Nearly 20 years ago, Johnny G was amongst the first to introduce Heart Rate training to the general fitness population through the use of Heart Rate Monitors. The Johnny G Energy Training System presents a more complete approach to the practice of enhancing training through heart observation through the use of color. We'll show you how to enhance your training by using color as a means to communicate about, and monitor intensity. Using the MYZONE® color-coded monitoring system, we will show you how to make your workouts more fun, more effective, and more measurable!

FR6M Friday, 6:30pm-7:30pm**SA1****7:30am - 9:00am****SATURDAY, FEBRUARY 4****MUSIC MAKES THE PEOPLE COME TOGETHER****With Chris Freytag**

Madonna said it best. Music inspires, motivates and empowers, and is one of the most compelling variables in your studio. How do you feel when the song you picked creates a surge of energy in the room? Music is the fun factor that keeps your class packed. With technology changing like a hem line, there are so many ways to purchase your music and put your signature on your class. We all know CDs will soon be a thing of the past. Let's explore the latest trends in music, all the places and ways to purchase music and what the future holds.

SA1A Saturday, 7:30am-9:00am**DANCETONIC™****With Amy Nixon**

Calling all dance junkies and wannabes! DanceTonic™ is dance for one and all! We changed the rules on how to teach dance and came up with a new method that helps everyone "get it." DanceTonic™ moves are unique and challenge all fitness levels. We incorporate killer power moves to create the perfect calorie-burning workout. Plus, you'll walk away with new ideas on how to share all your favorite moves with larger, more diverse groups of people.

SA1B Saturday, 7:30am-9:00am**FLIRTY GIRL™ TEASER****With Heather Gidusko and Mindy Myrlea**

You watch MTV and VH1. You love the moves, the music and the magic of this amazing dance

style. You've thought about teaching cardio dance but didn't know where to begin. Well, look no further: The Flirty Girl Fitness Dance program is everything you want and more. Our popular, easy to learn dance moves provide the perfect combination of cardio and strength training. You will feel like you're part of a music video rather than in a cardio-crazy, core-chiseling, booty-toning, arm-sculpting workout class.

SA1C Saturday, 7:30am-9:00am**SHEANETICS®****With Shea Vaughn**

Repeat session. Complete description on page 13.

SA1D Saturday, 7:30am-9:00am**360 TRAINING: TURN IT UP; TURN IT DOWN: HOW TO PROGRESS AND REGRESS TRAINING INTENSITY****With Abbie Appel**

Learn to meet the specific needs of small group training participants with just enough intensity and variation. With the help of the Step360, uncover progression options to increase total energy expenditure and regression options to simplify, allowing less to be more. This will help teach trainers and instructors the movements needed to reach all populations, along with an easy to learn way to assess and choose the appropriate exercise options for all clients.

SA1E Saturday, 7:30am-9:00am**3D MATRIX PERFORMANCE SERIES: CORE CONVERSION TRAINING***GrayInstitute***With Doug Gray**

This session will discuss what constitutes the core and how to best train it for better function. The Principle-Strategy-Technique Process of Applied Functional Science™ will be introduced and participants will learn more on how this influences the core by going through the Core Conversion workout. Various positions and actions to functionally feed the core in all three planes of motion will be leveraged, thus creating a workshop that you will not want to miss! (LECTURE)

SA1F Saturday, 7:30am-9:00am**CREAM RISES****With Lawrence Biscontini, MA**

Explore with Lawrence the difference between being good and great as a fitness teacher, personal trainer, and presenter. Join this Award Recipient for thoughts on sharpening your instructional skills, becoming a presenter, or attracting media attention. (LECTURE)

SA1G Saturday, 7:30am-9:00am**SALSA HIP HOP CUBA SWIFT STYLE****With Cuba Swift**

Salsa Hip Hop 1 is a fun filled dance workout designed for all levels. This unique concept combines Latin Afro Cuban and Urban rhythms along with Cuba Swift's creative teaching methods that will teach you how to dance salsa hip hop, all while burning calories and breaking a sweat. Cuba's high energy personality will ignite the passion and fire in you to break loose on the dance floor.

SA1H Saturday, 7:30am-9:00am**SCHWINN® CYCLING: RIDE ONE, GET ONE FREE****With Jeffrey Scott**

Here's a ride well worth the price of admission! Expect an indoor cycling workout filled with world-class coaching, motivation, incredible energy and style. Then wipe the sweat from your eyes as your Schwinn® Master Trainer hands you not only one detailed handout with all the components of this ride broken down including music, cueing, imagery, and cues, but a second complete ride ready to go, for FREE. It's the ultimate cycling 2-for-1.

SA1I Saturday, 7:30am-9:00am**HIIT TRAINING: SWEAT 2 WET****With Jeff McMullen**

Let's head to the pool and give high intensity interval training a new twist! Bootcamp style calanetics, sport specific drills, and even familiar sequences take on new meaning TABATA style! Discover how to create unique and challenging water workouts by combining the intensity of interval training with the power of deep or shallow water. Learn the principles of TABATA style training as they apply to class format and workout design. Varying intensity, speed, water depth, and ROM styles will enhance flexibility, muscular and aerobic endurance. Refresh your existing program by offering interval based activities in a suitable for all ages and abilities.

SA1J Saturday, 7:30am-9:00am**WATER, WATER EVERYWHERE...****With Irene McCormick, MS, CSCS**

Making the transition from being a primarily "land-based" fitness instructor to a water fitness instructor is more than simply taking land-based choreography and "throwing it" into the pool. Considerations for buoyancy, 3-dimensional resistance, hydrostatic pressure and other class maintenance concerns are of up-most importance if you are to be successful. Should you teach in the water or from the deck, and if so, how to do that? What about music? So make a SPLASH in your water fitness teaching debut by learning what land-based instructors need to now in order to teach effective aqua fitness classes!

SA1K Saturday, 7:30am-9:00am**THE PERFECT CALORIE BURN****With Jay Blahnik and Josh Crosby**

Repeat session. Complete description on page 14.

SA1L Saturday, 7:30am-9:00am**TRAINING THE HEART WITH COLOR: THE JOHNNY G ENERGY TRAINING SYSTEM™****With Audrey Lee**

Repeat session. Complete description on page 18.

SA1M Saturday, 7:30am-9:00am**REALRYDER® INDOOR CYCLING: THIS IS HOW WE RYDE!****With Douglas Brooks, MS and Adam Reid**

Repeat session. Complete description on page 12.

SA1N Saturday, 7:30am-9:00am**SA2****10:00am - 11:30am****ZUMBA TONING®****With Julie Kelly**

Repeat session. Complete description on page 12.

SA2A Saturday, 10:00am-11:30am**PILOXING®****With Viveca Jensen**

Repeat session. Complete description on page 12.

SA2B Saturday, 10:00am-11:30am**FLIRTY GIRL™ TEASER****With Heather Gidusko**

Repeat session. Complete description on page 15.

SA2C Saturday, 10:00am-11:30am**FULL CIRCLE YOGA****With Amy Dixon**

Embody and unleash the physical and ageless powers of the Four Directions: North, South, East and West. Power Vinyasa Yoga infused with seamless bouts of athletic cardio drills, body sculpting, balance and alignment training, and dynamic core conditioning. The fluid directional movement patterns will work your body and mind collectively in a beautiful circular full range of motion and emotion. Come FULL CIRCLE and create your very best body.

SA2D Saturday, 10:00am-11:30am

DYNAMAX™ MED BALL BOOT CAMP



With Laura Cisneros
Experience the power of movement-based Dynamax™ training in a hard-hitting boot camp format. You'll learn the cornerstone movements and key combinations that are creating buzz, and discover a perfect fit for your boot camp. Timed intervals of strength to ball work drive calorie demand and blast your core. Scalable from beginner to advanced, this class format is an absolute winner.
SA2E Saturday, 10:00am-11:30am

ASSESSMENT AND PROBLEM SOLVING FOR THE FOOT AND ANKLE



With Lenny Parracino, CMT, FAFS
The foot demonstrates tremendous stability while it is mobile and provides for tremendous mobility while it is stable; to simplify this complexity we will share a principle, strategy, technique process thus empowering you to assess and address foot/ankle function. This interactive seminar will help you better understand the foot/ankle and its relationship to the whole client. (LECTURE)
SA2F Saturday, 10:00am-11:30am

SPORTS SUPPLEMENTS! PROMISES, PITFALLS & THE GOOD STUFF!

With Scott Josephson, MS, RD
Today's multi billion-dollar industry is full of pills, potions, powders and promises! Can they help? Address the pros, cons, risks, benefits and dosages of some popular supplements and ergogenic aids. Supplements can make a HUGE difference in performance. Understand marketing of supplements, and the science supporting their efficacy and safety. (LECTURE)
SA2G Saturday, 10:00am-11:30am

ULTIMATE BACK EXERCISES FOR INJURY PREVENTION AND PERFORMANCE

With Mike Bracko, EDD, CSCS, FASCM
Full of exciting information, this concentrated session will bring to light current research on back injuries. We'll discuss the causes of back injury and how to strengthen the back and improve performance. Participants will take away 30 exercises for the back and core, with modifications for clients with physical limitations.
SA2H Saturday, 10:00am-11:30am

SCHWINN® CYCLING: THE TREND REPORT 2012



With Amy Dixon
Times, they are a changin' and it pays to keep up. What are today's hot cycling trends, and what do they mean for instructors who coach indoor rides? This workshop, refreshed for a new year, digs into five of the top things that matter most right now in the world of cycling: pedal speed, pedaling technique, bike geometry, training with wattage vs. heart rate, and the use of accessories to improve performance. Come uncover the controversies, get the updates and head back to your classes informed and inspired.
SA2I Saturday, 10:00am-11:30am

MOVE, SHAKE, SPLASH! With Dawn Stenis

Your students love to move and shake with great choreography, but they love POWER too. Make a splash and give them the best of both worlds! Learn how to strategically place bouts of power into your water fitness classes, and then incorporate them seamlessly into your choreography. Your class will feel both familiar and fresh, allowing your students to be successful and challenged at the same time.
SA2J Saturday, 10:00am-11:30am

KEEPING IT FRESH

With Jen Keet
Ever stand up to teach and think, "If I see another Jumping Jack, I'll throw up!"? This fun, interactive session will challenge you to look at teaching in a different way with new purpose and direction. This will up-skill your teaching and presentation skills whether you teach in the water, on the deck, or both. Discover how to make any move or movement pattern feel brand new. This is a great place to come if you have ever felt in a rut.
SA2K Saturday, 10:00am-11:30am

JUMPSPORT® FITNESS TRAMPOLINE™: THE BOUNCE S BACK



With Abbie Appel, Irene McCormick, MS, CSCS & Jeff McMullen
Bounce into this exciting new exercise modality with lower impact and powerful potential! Whether you're a group fitness instructor, small group, or personal trainer, this cutting-edge program is an event you can't miss! Experience three unique approaches with three dynamic master trainers; Irene, Abbie and Jeff in a sampler class that highlights the multitude of fitness trampoline exercise options including muscle-sculpting techniques and cardiovascular challenges that burn calories!
SA2L Saturday, 10:00am-11:30am

CREATIVE LANGUAGE AND CUEING: KRANKING & INDOOR CYCLING™



With Yvonne Juarez and Pam Bartlett
Repeat session. Complete description on page 13.
SA2M Saturday, 10:00am-11:30am

REALRYDER® INDOOR CYCLING: THIS IS HOW WE RYDE!



With Douglas Brooks, MS and Adam Reid
Repeat session. Complete description on page 12.
SA2N Saturday, 10:00am-11:30am

SA3 11:45am - 1:15pm

LUNCHTIME SESSION 1

If you choose this session, then 1:15pm-2:15pm will be your EXPO and lunch break.

ZUMBA GOLD®



With Stephanie Masceri & Julie Kelly
Did you know that the number of Americans over the age of 65 is expected to double to over 70 million by 2040? This population grew up dancing, this population helped create the fitness industry as we know it today, this population still has energy passion and the need for fun! Zumba Gold is specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba program and bring them to the active older adult, the beginner and special populations. This workout is created to emphasize the basics skills of Zumba movements modified for the senior population.
SA3A Saturday, 11:45am-1:15pm

THE MASALA BHANGRA WORKOUT® HIP-HOP STYLE



With Gail Rivas
Masala means "spicy" in Hindi, Bhangra is a folk dance from the northern part of Punjab, India. Music, celebration, and the beat of the dhol drum are the life of Bhangra; glitz and glamour are the heart of Bollywood. Feel that funky Masala rhythm as you flow through challenging and traditionally inspired moves from India. Come experience why artists such as Jay-Z, Missy Elliot, Britney Spears, and Lady Gaga are so drawn to this style of music and dance. The Masala Bhangra Workout® is a great calorie/fat burning, muscle building exercise workout. Whether you're looking to spice up your usual workout routine, or just wanting something different to get your groove on, the Masala Bhangra Workout® Hip-Hop Style is guaranteed to challenge your endurance, work your muscles, and leave you feeling exhilarated! Balle Balle!
SA3C Saturday, 11:45am-1:15pm



SGT. KEN'S BOOT CAMP: OPERATION EXCESSIVE FORCE™

With Sgt. Ken Weichert

This session utilizes highly effective physical fitness training techniques practiced by the U.S. military. Complete with aerobic conditioning drills, calisthenics, SPRI® tubing and Step360™ exercises, you'll burn over 1,000 calories in 75 minutes! SGT Ken will lead you through a series of heart-pounding military exercises, cadence calls, and fierce kick-boxing drills, all to upbeat music. Over 250,000 Soldiers have used SGT Ken's program to prepare for combat! Participants will experience the complete workout, followed by a lecture on program preparation and implementation, and receive a handout on instructor guidelines.

SA3E Saturday, 11:45am-1:15pm

SMRT-CORE™ MAX

With Jamie Howell

Release Your Strength from the ground up. SMRT-CORE Max is a total body workout using the GRID, the revolutionary foam roller by Trigger Point Performance Therapy, to create a proprioceptive enriched environment and provide self-myofascial release while performing the exercises. All exercises in the warm-up and strength and cardio phase, are taught using a multi-level teaching approach, which provides options for levels 1-3. Exercise tempos vary throughout this class.

SA3H Saturday, 11:45am-1:15pm



HIP HOP HUSTLE™: ON THE OUTSIDE LOOKING IN

With Angie Green

Dance formats are HOT! But, it's easy to leave members on the outside looking in with these classes. Experience Hip Hop Hustle where you'll learn the 'secret sauce' to making dance work for ANYONE. Find creative ways to sneak dance into any class you teach and learn to add the "SO WHAT" factor to help people break out of their comfort zone!

SA3L Saturday, 11:45am-1:15pm



REALRYDER® INDOOR CYCLING: BURN YOUR LAST MATCH!

With Douglas Brooks, MS and Adam Reid

Repeat session. Complete description on page 13.

SA3N Saturday, 11:45am-1:15pm



SA3

11:45am - 2:00pm

LUNCHTIME SESSION 1 & 2

If you choose this session, you will have no EXPO and lunch break.

GROUP FITNESS MANAGEMENT

With Sara Kooperman, JD & Erin Kelly

For your members, it's all about building fitness. For you, it's all about building business. We're experts at both. GFM is a brilliant business tool with proven results around the world. We'll give you the blueprint for achieving higher profitability through group fitness, from studio layout to management to staffing. We'll show you to how to cultivate member loyalty, get those all-important referrals through point of sale strategy, perform an effectiveness audit on your programming-know what works and why, hire, develop and keep top instructors--potentially your best sales people, maximize numbers to minimize per-head service costs, and far more! This seminar is for anyone wanting to make a mark in the fitness industry. Free for Owners And Managers. Lunch included. (LECTURE)

SA3F Saturday, 11:45am-2:00pm

LES MILLS

SPRI

SA3

12:30am - 2:00pm

LUNCHTIME SESSION 2

If you choose this session, then 11:30am-12:30pm will be your EXPO and lunch break.

BOSU® STRONG + STRETCHED

With Julz Arney

The BOSU® Balance Trainer is one of the fitness industry's best strengthening and stretching accessories, and this workshop covers both! First, you will learn brand-new athletic, total body exercises and sequences that are designed to functionally strengthen the body from head to toe, and can be used in any type of strength, sculpt or conditioning workouts. Then, you will learn a variety of yoga-inspired stretch sequences that utilize the Balance Trainer to make easy stretches more challenging, and tough stretches easier to do! These stretch sequences can be broken up to be used for short and sweet cool-down routines, or connected together for full-length stretch workouts. Don't miss this chance to get the best of both worlds!

SA3B Saturday, 12:30pm-2:00pm



TRI-PLANAR PILATES

With Leslee Bender

Why are there so many students complaining of back and neck pain or even injuries in traditional mat classes? The answer is simple: too much supine flexion and overutilization of the hip flexors. The body was not meant to train on the floor- it was meant to stand and move. As an infant, your desire was to walk and crawl and eventually stand!! This course allows you to explore how you can train the body vertically in all three planes where gravity has an influence on lengthening the muscles rather than shortening them as it is done on the floor. Your students will walk away feeling more flexible and functional from this method- guaranteed!

SA3D Saturday, 12:30pm-2:00pm

BLUEPRINT FOR SUCCESS

With Fabio Comana, MA, MS, CSCS

Confused with ever-changing programming guidelines, evolving scope of practice and even how to communicate with clients or when to incorporate the psychological and emotional programming components? Relax and breathe as this session will help make sense of it all. You'll learn how to deliver a customizable, plug-and-play comprehensive model for fitness-health-performance whether you're a new or seasoned fitness professional. (LECTURE)

SA3G Saturday, 12:30pm-2:00pm

SCHWINN® CYCLING: SO YOU THINK YOU CAN RACE, SEASON 2!

With Keli Roberts

Whether it's track, road, mountain, cyclocross, or time trial, if you're on two wheels, and you're riding to win, it's a race and that means it's ON! Capture the thrill of bike racing in your indoor classes and bring an authenticity to your rides that will inspire your students to train hard and fight for the finish. This workshop includes a primer on bike racing and a how-to for implementing indoor training plans specific to each sport. In "Season 2" you'll participate in an all-new "Omnium Race", a sample of five different race events, and explore facets of competition beyond the physical that make for an unstoppable athlete!

SA3I Saturday, 12:30pm-2:00pm



AQUA CORE TRAINING

With Manuel Velazquez

Resistance training using core stabilization never was more refreshing. The water is the perfect medium to explore and improve dynamic balance, strength, agility and coordination. We'll take advantage of water properties in this workout using buoyancy and drag without equipment. Learn how to use training intensity, alignment, muscle involvement and muscle integration in this efficient total body workout.

SA3J Saturday, 12:30pm-2:00pm

HYDRO FLEX-N-FLOW

With Jeff McMullen

Ready to make the transition from turf to surf, and use the unique qualities of the aquatic environment to your advantage? Take the guesswork out of exercise selection and class flow for your aquatic fusion based mind/body classes utilizing a "free flow" approach to class design. Learn how to synergistically design choreographed exercise sequences from varying mind/body formats to flow and heighten your participant's states of awareness - all the while improving your participant's muscular endurance, strength, CORE stabilization and flexibility.

SA3K Saturday, 12:30pm-2:00pm

KRANK FUSION™

With Pam Bartlett

Repeat session. Complete description on page 12.

SA3M Saturday, 12:30pm-2:00pm



SA4

2:15pm-3:45pm

HORIZONTAL CONDITIONING STRENGTH & LENGTH

With Sandra Koulourides, MS, RD

Horizontal Conditionings' strength and intensity fused with the much needed flexibility and lengthening of yoga for a perfectly balanced workout. Do not be misled...this is not an easy class. It is just a new way of teaching a very difficult class. Horizontal Strength & Length is a fast pace class that is sure to challenge even the most advanced students and client.

SA4A Saturday, 2:15pm-3:45pm

BENDER BALL® HEALTHY BACK

With Leslee Bender

We live in a society of flexion from sitting at computers to driving our cars on a long term basis. Our lower back muscles become weak and tight, ultimately leading to back pain. Learn specific exercises to address postural issues. You will learn the difference in postural deviations and how to apply appropriate training techniques to improve your clients' posture leading to less back pain.

SA4B Saturday, 2:15pm-3:45pm



BODYPUMP®

With Sheldon McBee, MS & Angel Santiago

BODYPUMP® is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

SA4C Saturday, 2:15pm-3:45pm



ZUMBA® FITNESS PARTY

With Stephanie Masceri

Repeat session. Complete description on page 13.

SA4D Saturday, 2:15pm-3:45pm



DYNAMAX™ MED BALL MMA & CARDIO KICK**With Laura Cisneros**

Looking for a dynamic way to incorporate medicine ball training in your cardio kickboxing or MMA class? The Dynamax™ medicine ball gives you the ability to turn your training equipment into a mobile striking bag, no gloves required! Professionals working in both the traditional gym and in-home environments will be able to provide a workout experience different than anything their clients have seen before. Topics such as games, workout medleys, rapid reaction, and total body conditioning are covered. Clients of all fitness levels will love you for these workouts!

SA4E Saturday, 2:15pm-3:45pm**3D MATRIX PERFORMANCE SERIES: BALANCE ESCALATION TRAINING****With Doug Gray**

This session will showcase how to load the entire hip three-dimensionally with authentic motion in allowing balance to enhance the function of any patient/client. The Principle-Strategy-Technique Process of Applied Functional Science™ will be introduced and participants will learn more on how this influences balance training by going through the Balance Escalation workout, creating a workshop that will dramatically impact how you train the body!

SA4F Saturday, 2:15pm-3:45pm**DO IT IN THE RAW...EATING THAT IS!****With Scott Josephson, MS, RD**

Sometimes the more you try to find the right foods, the more confused you get! Should I food combine? What about raw? Cooked or uncooked? Eat organic or vegan? What about alkaline foods and the pH scale? What's the deal with sugar? Should I juice? Stop the mystery and get the facts! Obtain solid information about enzymes, living foods, anti-oxidants, disease prevention and what really strengthens your immune system. Learn how to increase energy, strength, endurance, emotional balance and mental clarity. It's time to eat right.....naked of course!

SA4G Saturday, 2:15pm-3:45pm**CHI-LATES****With Lawrence Biscontini, MA**

Unlock the chi potential of your body between floor-based Pilates moves fused with standing T'ai Chi movements for an undulating experience in functional training. Gain muscular strength, flexibility, balance, and gait improvement with the fusion of ancient Eastern and new Western exercises: Our music - especially created for the class - changes from Western to Chinese in five minute segments.

SA4H Saturday, 2:15pm-3:45pm**SCHWINN® CYCLING: REMIXED AND REDELIVERED!****With Stacey Lei Krauss**

Refresh and invigorate your next indoor cycling class without having to completely change the way you teach! Learn how to remix and redeliver the great cues, drills and interactive moments you're already teaching to make your rides feel brand new. We'll take a dozen classic indoor cycling elements seen in class after class and spin

them off in ways that will make you say, "I never thought of that!" You'll leave with a pocketful of inspiration and new tools for recreating fantastic workout moments for your students in a snap.

SA4I Saturday, 2:15pm-3:45pm**WATERinMOTION®: WAVE 9****With Connie Warasila, Sara Kooperman, JD, Jen Keet, Melissa Layne, MS, MED, Jeff McMullen & Manuel Velazquez**

WATERinMOTION®: WAVE 9 is the next addition to this aquatic exercise series. Learn how use noodles in the water to spice up your WIM routine and add an element of athleticism to the mix. This session ends with an aqua flexibility track, and includes a ton of rhythm influences in the newly refined music which complements the updated choreography, sure to help you catch the wave!

SA4K Saturday, 2:15pm-3:45pm**THE PERFECT CALORIE BURN****With Jay Blahnik and Josh Crosby**

Repeat session. Complete description on page 14.

SA4L Saturday, 2:15pm-3:45pm**POWER KRANKING™****With Yvonne Juarez**

Repeat session. Complete description on page 15.

SA4M Saturday, 2:15pm-3:45pm**REALRYDER® INDOOR CYCLING: RE-CYCLE...CLASS PLANNING IN MINUTES!****With Douglas Brooks, MS and Adam Reid**

Planning your classes should be quick, easy and fun. Learn how to create and re-cycle classes so you have a rich library of creative workouts to choose from each week. RealRyder's unique RydeProfile Class Planning Template shows you how to bring real road profiles inside the classroom while maximizing teaching options. Learn to shine as a strong teacher, and instruct a class that's uniquely YOU without hiding behind music and other "props!" Inject new energy and creativity into your class planning and produce a riding experience your participants won't soon forget. (Heart rate monitor highly recommended.)

SA4N Saturday, 2:15pm-3:45pm**MAMMA WANTS HER BODY BACK****With Mindy Mylrea**

There are 7 major changes from pregnancy that can stay with us for years. Conventional exercise only addresses two. You need to focus on all 7 to get your Body Back. Learn the secrets to assist moms get there body back.

SA5B Saturday, 4:00pm-5:30pm**SH'BAM®****With Sheldon McBe, MS**

Sh'Bam is the new Les Mills® simple dance program that features the latest chart topping music and the hottest dance moves. It's a hip, fun, and sociable way to exercise - even for the dance challenged!

SA5C Saturday, 4:00pm-5:30pm**YOGA RHYTHM DANCE****With Sara Kooperman, JD**

Connect yoga poses using the musical rhythms in 32 count combination. Relax and re-balance yourself and your students applying graceful movement patterns to clear stress, release tension, and reinvigorate your body and mind. Build patterns to improve posture, build strength and improve flexibility while keeping even the most distracted student engaged. This unique program marries traditional poses with beautiful musical interpretations.

SA5D Saturday, 4:00pm-5:30pm**SMRT-CORE™ MOVEMENT****With Jamie Howell**

SMRT-CORE™ Movement is an innovative workout combining self-myofascial release techniques and core training. Using the Grid, the revolutionary foam roller by Trigger Point Performance Therapy, the user is able to benefit by enhancing function and performance through core stability and strengthening SMRT-CORE Movement exercises are performed at a slow, controlled tempo incorporating isometric contractions. This program delivers strength, flexibility and self-myofascial release simultaneously in a user-friendly format. Exercise progressions are incorporated into the program for Level 1-3.

SA5E Saturday, 4:00pm-5:30pm**SA5****4:00pm - 5:30pm****FOOLPROOF STEP****With Abbie Appel**

Experience this user-friendly and fun choreographed step class that's filled with plenty of creative ideas. Learn the simple steps and skills necessary to teaching choreography that appeals to all of your members. Review proven layering techniques to create built-in modifications and logical progressions. Walk away with 3 easy-to-teach and easy-to-learn combinations, surprise yourself by teaching them on Monday morning and making it look easy!

SA5A Saturday, 4:00pm-5:30pm

ARTISTIC & SCIENTIFIC: THE NEW ERA OF EXERCISE RX**With Mike Bracko, EDD, CSCS, FACSM**

This presentation is a "must see" for fitness pros wanting to recharge their batteries for exercise prescription. In this inspiring presentation you will walk away with a latest research on alternative exercise prescriptions and you will be challenged to "think outside the box" relating to social concepts and personal motivators for exercise adherence. Motivation for fitness will be discussed relating to different levels of fitness, "fitness desire," and fitness personalities. Training clients can be challenging (for client and trainer), and we need provide clients, and us, with motivated, and "fresh" work-outs using objective and subjective methods of exercise prescription. (LECTURE)

SA5F Saturday, 4:00pm-5:30pm**CLEANSE FOR LIFE****With Christa Schleicher**

Repeat session. Complete description on page 11.

SA5G Saturday, 4:00pm-5:30pm**WILLPOWER AND GRACE®: MOVE WITH INTEGRITY****With Stacey Lei Krauss**

WillPower & Grace® is the high-energy, cardiovascular workout that your body has been craving! The precise movements offered in the WillPower format will build body awareness and muscular endurance for an efficient calorie burn. WillPower & Grace® is a motivating experience; a full-body functional workout meets sports psychology. This unique barefoot workout appeals to "morning moms" and sports athletes alike, because it tones all the "right" places. A WillPower session will leave you feeling inspired, confident and complete!

SA5H Saturday, 4:00pm-5:30pm**SCHWINN® CYCLING: 7 SHORTCUTS TO MORE POWERFUL PLAYLISTS****With Julz Arney**

Don't spend another unproductive minute planning music for your rides. In this workshop we'll take a deep dive into mapping music effectively, using different genres, creating music-themed stages, managing insights from students, even how to surprise and delight with musical contrast. Then, let the Seven Shortcuts to More Powerful Playlists equip you with a simple strategy for assembling hype soundtracks that fire up your riders, leaving you with more time to do what you love...teach! Workshop Bonus: Access to hundreds of songs that are working magic in classes across the country.

SA5I Saturday, 4:00pm-5:30pm**KICKIN' IT IN THE POOL****With Jen Keet**

Add some power and purpose to your aquatic workout as you bring Martial Arts into the pool. This workshop examines how to use disciplines from Tai Chi to Boxing in the water. From theoretical background to practical application, this workshop offers a great way to mix up the experience you deliver to your classes. Punch, Block and Kick new energy into your next class!

SA5J Saturday, 4:00pm-5:30pm**AQUA ZEN BY CANDLELIGHT****With Connie Warasila**

Slip into the pool and experience a relaxing blend of ancient movement forms (yoga and Tai-Chi) and more contemporary mind/body movement (Ai-Chi, Pilates, dance, aqua movement). You will journey to a place of deep physical and mental relaxation while practicing breathing techniques, centering, balance, core control, and free-flow forms. Wash away the day's tension and stress. Float away refreshed, renewed and calm.

SA5K Saturday, 4:00pm-5:30pm**JUMP INTO ACTIVE AGING****With Irene McCormick, MS, CSCS**

Trampoline fitness offers ALL the benefits of exercise, and the JumpSport® Fitness Trampoline™ offers a safe and effective workout for adults who want to maintain their health and fitness well into their later years. The flexible mat allows for invigorating cardio options that increase lean mass, decrease fat, and strengthen bones, without the impact associated with exercises such as walking and running. The exercises presented in this session are safe for those with fragile conditions, and can be progressed or regressed for a variety of fitness levels to enhance muscular strength and endurance, as well as promote balance through use of the sturdy handle. Come and learn about the benefits of using trampolines to encourage active aging!

SA5L Saturday, 4:00pm-5:30pm**INTRODUCTION TO KRANKING®****With Pam Bartlett**

Repeat session. Complete description on page 13.

SA5M Saturday, 4:00pm-5:30pm**REALRYDER® INDOOR CYCLING: MULTI-PLANAR RYDING... TRAINING FOR SPORT & LIFE!****With Douglas Brooks, MS & Adam Reid**

Repeat session. Complete description on page 15.

SA5N Saturday, 4:00pm-5:30pm**SA6****6:30pm-7:30pm****SATURDAY EVENING MASTERCLASSES****STEP FACTOR EXPRESS****With Gay Gasper**

There is no fear – only fun! – when stepping with Gay Gasper. From the first National Step Champion herself, this workout offers an energizing mix of powerful moves and a variety of ever-changing combinations to sharpen your step skills. Experience this dynamic workout step by step along with Gay! MASTERCLASS: \$10 MANIA ATTENDEES/\$20 Non-Attendees. NO CECs.

SA6A Saturday, 6:30pm-7:30pm**CXWORX®****With Sheldon McBee, MS**

CXWORX® is a 30-minute class that targets all the muscles in your torso. It's set to the latest music, and features revolutionary choreography that is backed by scientific research. It's designed to take your current training regime to the next level, and will work well alongside other group fitness or personal training programs in clubs FREE MASTERCLASS: No CECs

SA6C Saturday, 6:30pm-7:30pm**HORIZONTAL CONDITIONING— TAKE HOME THE CHALLENGE****With Sandra Koulourides, MS**

Horizontal Conditioning is a high-intensity group exercise class. A one-of-a-kind workout people grow to love. If you have hard-core clientele who are looking for a challenge, this is your opportunity to add Horizontal Conditioning to your group exercise schedule. Learn how to begin teaching Horizontal Conditioning. Explore how Horizontal moves and classes evolve. Learn how to start with the basics and creatively add intensity as you and your class grow stronger. This master class is NOT a workout; it is an instructional class. Participants must have attended at least one Horizontal Conditioning class prior to taking this class. MASTERCLASS: \$10 MANIA Attendees / \$20 Non-Attendees. No CECs.

SA6D Saturday, 6:30pm-7:30pm**SCHWINN® CYCLING: POWER HOUR!****With Gregg Cook**

Take the ride that's making SchwinnR Cycling Master Trainer Gregg Cook's classes go wild! Taught on the new SchwinnR Authentic Cycling Performance Bike with the MPowerT Console, you'll measure watts, speed, distance, heart rate and calories - features that completely revolutionize your ride. Plus, Gregg will hand you a complete breakdown of the workout. Everything you need to teach this ride as your own no matter what indoor cycling technology you have at your club.

SA6I Saturday, 6:30pm-7:30pm**GROUP RX: RIP****With Brad Dale, PT, MDT,**

Wendy Dale, MS & Kristen Livingston, MA ED

Repeat session. Complete description on page 13. MASTERCLASS: \$10 MANIA Attendees / \$20 Non-Attendees. No CECs.

SA6L Saturday, 6:30pm-7:30pm**SUNDAY, FEBRUARY 5****SU1****7:00am - 8:30am****BOOTY CAMP****With Mindy Mylrea**

You have heard of Boot Camp but have you ever heard of Booty camp for the Bun and legs? Take your below the belt classes to camp with this whole new approach to Buns and legs training – circuit style. You will experience the best lower body station ideas on the planet and then you will hook up with a buddy, team, or just survive solo for a lower body challenge that is booty crazy.

SU1A Sunday, 7:00am-8:30am**BOSU® PILATES 3D****With Stacey Lei Krauss**

The BOSU® Balance Trainer and Ballast Ball are the perfect accessories to bring a wide range of Pilates exercises into the third dimension. In this workshop, you'll experience ways to execute traditional mat and equipment based Pilates exercises, coupled with the Balance Trainer and Ballast Ball. From the most advanced to the least experienced, this workshop will leave you with unlimited ideas as well as dynamic and fresh content to use with a student, client, one-on-one training and in group settings. Come challenge your core and train the whole body!

SU1B Sunday, 7:00am-8:30am

BODYCOMBAT®

With Sheldon McBee, MS
& Angel Santiago

BODYCOMBAT® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

SU1C Sunday, 7:00am-8:30am



SGT KEN'S KETTLEBALL WORKSHOP: OPERATION BREAKING BARRIERS™

SPRI

With Sgt. Ken Weichert

This session utilizes highly effective physical fitness training techniques practiced by the U.S. military. Complete with aerobic conditioning drills and newly featured KettleBALL calisthenics, you'll burn over 700 calories in 60-minutes and work every muscle in your body! The SPRI® KettleBALL is designed like a kettle weight, but with the texture and size of a highly durable medicine ball. Kettle weight training just got safer! SGT Ken will lead you the same muscle-targeting techniques used to prepare Soldiers for combat. Participants will experience the complete workout, followed by a lecture on program preparation and implementation, and receive a handout on instructor guidelines.

SU1E Sunday, 7:00am-8:30am

SQUATOLOGY

With Pat McCloskey, DPT, CSCS

GrayInstitute

Whether we sit, run, lift or throw squatting becomes the foundation of how other movements are built. However, each squat is different in function. Many of the rules we as fitness professionals have been exposed to are based on the sport of squatting not the FUNCTION of squatting. Please join us for a hands-on learning experience that applies the principles of function to assessment, rehabilitation and conditioning of the squat. (LECTURE)

SU1F Sunday, 7:00am-8:30am

ALL ABOUT ALCOHOL

With Melissa Layne, MS, ED

Alcohol is not just an energy source, but it is also a psychoactive drug and a toxin to the body. This in-depth lecture covers toxicity, oxidative stress, breakdown basics and the effects on vitamins. Also covered is the information that everyone is wanting to know: the fattening power of alcohol and the effect on the appetite! All about alcohol presented in an easy to understand format with photos, illustrations and analogies.

SU1G Sunday, 7:00am-8:30am

BREATHLESS BODY: THE ULTIMATE CALORIE BURN

With Amy Dixon

You've heard the hype, now come experience what it is all about in this super effective calorie torching system inspired by the Tabata interval protocol. This workshop will break down the mystique behind Tabata training and dive into the science behind High Intensity Interval Training (HIIT), as well as provide you with tons of progressive drills and exercises to help you bring the heat back to your main studio classes. GO BIG, GO BREATHLESS AND FEEL THE DIFFERENCE!

SU1H Sunday, 7:00am-8:30am

SCHWINN® CYCLING: THE WAKE UP WORKOUT



With Doris Thews

It takes a special kind of instructor to grow and maintain a sold-out indoor cycling class in those early morning time slots. But crack the code

and you'll find yourself coaching of a pack of the most loyal riders in the club. This workshop covers the Top 5 "musts" for winning in the morning and you'll experience a wake-up ride to make you rise and shine. Don't worry about getting up in time to have your coffee first. In this workshop we supply the coffee too!

SU1I Sunday, 7:00am-8:30am

GENTLE AQUA

With Irene McCormick, MS, CSCS

This low impact water workout is an excellent choice for persons who cannot withstand the constant repetition of rebounding in water. Alternatively using yoga and Pilates-based techniques, this workout offers flexibility and nonimpact, shallow water toning.

SU1J Sunday, 7:00am-8:30am

FLUID FUSION

With Manuel Velazquez

Through a non-purist approach, embark on a physical, psychological and spiritual journey, exploring the philosophies and concepts behind Tai chi, Qi Gong, Pilates and Yoga and how they interrelate to one another for all populations. Learn how to synergistically design choreographed exercise to heighten your participants' states of awareness—all the while improving your participants' muscular endurance, strength, coordination and core stabilization.

SU1K Sunday, 7:00am-8:30am

WHERE'S THE PARTY?

With Genelle Seward, MA



Powder Blue formats (Turbo Kick, Hip Hop Hustle & PiYo) are known for their laid back, fun approach to fitness that pack studios worldwide. Learn to make every class you teach the talk of the town with our 7 simple steps. Guaranteed – this is a party you do NOT want to miss!

SU1L Sunday, 7:00am-8:30am

INTRODUCTION TO KRANKING®



With Yvonne Juarez

Repeat session. Complete description on page 13.

SU1M Sunday, 7:00am-8:30am

REALRYDER® INDOOR CYCLING: THIS IS HOW WE RYDE!



With Douglas Brooks, MS and Adam Reid

Repeat session. Complete description on page 12.

SU1N Sunday, 7:00am-8:30am

SU2

8:45am - 10:15am

HORIZONTAL BOOT CAMP

With Sandra Koulourides, MS, RD

More Horizontal madness...just when you thought it couldn't get any worse! Combine some kick-butt cardio moves with some amazingly challenging. Horizontal moves and you've got the most challenging boot-camp in town. Come learn new ways to condition your clients and class using mainly body weight with a few props. Your clients will love the intensity and the results. A boot-camp that is sure to be a hit.

SU2A Sunday, 8:45am-10:15am

BALANCED BODY

With Gay Gasper

In this workshop you will learn how to produce a "balanced body" by implementing various fitness equipment, such as BOSU, stability balls or weighted balls to promote universal body control. Discover various exercise patterns, skills and drills to enhance and heighten your students equilibrium. Practice numerous exercises that will

challenge and increase your clients' cardiovascular system, muscular strength and endurance as well as flexibility.

SU2B Sunday, 8:45am-10:15am

DYNAMAX™ THE WHEEL

With Laura Cisneros

Repeat session. Complete description on page 11.

SU2C Sunday, 8:45am-10:15am

BENDER BARRE NONE

With Leslee Bender

This session is the first to bring the only "safe" Barre training to fitness professionals. Why lose countless students to Barre studios when you can offer a class on your own schedule!! Barre is the next hot movement class. This session will review all the principles of how to teach safely and effectively, reviewing how to hold posture and muscle activation. Come and lengthen and strengthen your body for an entirely new experience.

SU2E Sunday, 8:45am-10:15am

ENGAGE...IGNITE...EMPOWER...

With Fabio Comana, MA, MS, CSCS

What differentiates great trainers from good trainers? It is their ability to engage individuals to build rapport, ignite their passions to help create a vision for change, and then empower these individuals self-sufficiency with memorable experiences. These skill sets transcend far beyond the exercise sciences. It is an art form involving the much-needed skills in rapport-building, motivational interviewing, distinguishing ambivalence from resistance, personality indexing, neuro-linguistic programming, behavioral change / stage of behavior skills; and avoiding personality conflict. Join this session to learn key coaching strategies to use to empower clients. Rise above the mediocrity of the masses – differentiate yourself to become a great professional. (LECTURE)

SU2F Sunday, 8:45am-10:15am

SUGAR SABOTAGE! WHAT TO USE?

With Scott Josephson, MS, RD

It's in everything! Hum? Sugar or artificial sweeteners? What should you use? Let's see! There's Splenda, Equal, Sweet-n-Low, Sugar Alcohols, Stevia, Asulfame K, Lakanto, real sugars and more! Learn the truth and understand the acceptable daily intake, the composition, metabolism and safety including their effects on appetite, weight loss, fat storage and your overall health. Highly effective for everyone! (LECTURE)

SU2G Sunday, 8:45am-10:15am

ENHANCED PERFORMANCE: TRAIN THE CHAIN



With Stacey Lei Krauss

Our foot, by design, should properly dissipate ground reaction forces through our innate loading response and dense network of sensory receptors. However, exercising with traditional shoes does not enhance foot or ankle function; some studies suggest that traditional footwear impairs the foot's perception of reaction forces, resulting in increased stress to the body. This workshop prepares fitness pros to integrate foot-fitness into current programming. You'll experiment with some of your favorite resistance and cardio exercises, and return home with a new methodology, which you can apply "on Monday."

SU2H Sunday, 8:45am-10:15am

**SCHWINN® CYCLING:
SHORT AND SWEET****With Mindy Mylrea**

Want to attract new blood to your cycling program? Ditch the hour-long timeslot and keep it short and sweet. The 30 minute workout is the #1 way to create a new batch of committed riders whether they've never tried the bike or they want to "have it all" during their gym time, but have just an hour in which to do it. This workshop shows you how to successfully put together and coach two energizing, physiologically sound workouts that fit neatly into half an hour, one for those new to cycling and one for those who are fit but need it fast.

SU2I Sunday, 8:45am-10:15am**¡AY CARAMBA! AQUA****With Manuel Velazquez**

Repeat session. Complete description on page 15.

SU2J Sunday, 8:45am-10:15am**MULTIDIMENSIONAL MONSTER
AQUA CHOREOGRAPHY****With Melissa Layne, MS, MED**

It's time to take your aqua choreography to the next level with different dimensions in the pool. With creative uses of flotation, suspension, anchoring, rebounding, lever length and partner work, you will walk away with a dozen new combinations that will turn your "ho-hum" class into a "multidimensional monster".

SU2K Sunday, 8:45am-10:15am**JUMPSPORT®: BOUNCIN'
BOOTY DANCE****With Jeff McMullen**

BOUNCE into a new approach to dance training and be introduced to the benefits of the JumpSport® Fitness Trampoline™. Name your style - hip hop, Latin, jazz? The possibilities are endless! Learn how to synergistically combine the cardiovascular benefits of a dance routine with the reactive surface of trampoline and triple the training effect your students or client's experience, during their workouts, no matter what their fitness level or ability. Refresh your existing dance based program with the integration of a new tool and have your students clamoring at the door to get into your classes. Walk away from this session with enough choreography nuggets you can use Monday morning, ready to go!

SU2L Sunday, 8:45am-10:15am**KRANKING® AND THE
PERSONAL TRAINER****With Yvonne Juarez and Pam Bartlett**

Repeat session. Complete description on page 15.

SU2M Sunday, 8:45am-10:15am**REALRYDER® INDOOR
CYCLING: RE-CYCLE...
CLASS PLANNING
IN MINUTES!****With Douglas Brooks, MS and Adam Reid**

Repeat session. Complete description on page 21.

SU2N Sunday, 8:45am-10:15am**SU3****11:15am - 12:45pm****SCULPTONIC™****With Amy Nixon**

SculpTonic™ is a powerful new way to strength train! Learn how to perform total-body strength and power moves to perfectly matched music to create a workout experience that is fresh, empowering, intriguing, fun, and addictive! SculpTonic™ helps YOU and every participant in your class to feel strong and successful. This class is very different; you have to experience an entire 60-minute workout, start to finish, to

appreciate the excitement and addiction it can bring to your classes. In this workshop, you'll learn how to make any strength workout a Tonic™ workout - balls, dumbbells, body bars - you'll have the power to do it all.

SU3A Sunday, 11:15am-12:45pm**BOSU® PLYO PROGRESSIONS****With Amy Dixon**

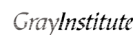
Quick, explosive and reactive movement is essential for developing the athleticism necessary for sport and life. Moving is one thing, but how fast you respond by decreasing "coupling" time off the floor is another! This workshop focuses on lower and upper body plyometric progressions, which can be appropriate for most of your clients or athletes. Don't be intimidated by plyo training! Come and learn the drill mechanics, teaching cues and progressions to successfully implement this type of training into fitness and sport programs.

SU3B Sunday, 11:15am-12:45pm**TABATA BOOTCAMP****With Mindy Mylrea**

When was the last time you saw a complete total body turn around in you or your clients? How many of your students credit you for their fitness and weight loss success? If the answer is not as many as you'd like then you are ready for Tabata Bootcamp. Learn how to implement and execute Mindy's 6 and 30-minute tabata and HIIT interval training workouts and find out how you too can become a Tabata bootcamp trainer.

SU3C Sunday, 11:15am-12:45pm**360 TRAINING: FROM
FUNCTION TO PERFORMANCE****With Abbie Appel**

It's time you experienced 360 Training! Learn a specific training system that features 3 minute routines through 6 phases of training with 0 rest. This new 3-6-0 training system allows every participant to develop strength, balance and movement integrity within large group programs and classes. Training on the Step360's responsive and reactive surface will leave you feeling energized and ready for more..

SU3E Sunday, 11:15am-12:45pm**3D FLEXIBILITY:
MOSTABILITY OF
THE BODY****With Doug Gray**

Motion plus stability lends itself to "Mostability." In this session, you will learn not only how to create three-dimensional motion throughout the entire body, but also how to create three-dimensional stability for optimal environments for injury prevention, rehabilitation, and performance enhancement. The Principle-Strategy-Technique Process of Applied Functional Science™ will be introduced and participants will learn how flexibility will dramatically enhance strength and cardiovascular endurance in this lecture! (LECTURE)

SU3F Sunday, 11:15am-12:45pm**MEAT OR WHEAT? ANIMAL
VS. PLANT FOOD FOR
OPTIMAL NUTRITION****With Scott Josephson, MS, RD**

Why plant based nutrition? Sometimes the most elegant solution is the most simple. Why plant-based nutrition? It's more like why not? Why develop heart disease? Cancer? Diabetes? The epidemic of chronic, degenerative disease that is sweeping the western world can not only be stopped, it can be potentially reversed. The power lies in the hands of the consumer, in the choices we make about what to put on our plates. Understand how this plays a vital role and contributions to optimal health! Vegetarian, vegan or meat eater...this is for you! (LECTURE)

SU3G Sunday, 11:15am-12:45pm**SGT. KEN'S KETTLEBALL
WORKSHOP: OPERATION
BREAKING BARRIERS™****SPRI****With Sgt. Ken Weichert**

Repeat session. Complete description on page 23.

SU3H Sunday, 11:15am-12:45pm**SCHWINN® CYCLING:
RIDE ONE, GET ONE FREE****With Gregg Cook**

Repeat session. Complete description on page 15.

SU3I Sunday, 11:15am-12:45pm**HOW TO TEACH THE "WHY?"****With Melissa Layne, MS, MED**

As our students become more knowledgeable, so must we. And we have to be able to take that knowledge and explain it in laymen terms that our members will be able to understand. Throughout a lecture and a workout, you will experience half a dozen common occurrences that often have our members questioning our motives. We will explore the "why's" and offer an educational primer on our planes of motions, our aerobic and anaerobic training zones, hydrostatic pressure, eccentric and concentric contractions and other aqua related phenomenon.

SU3J Sunday, 11:15am-12:45pm**AQUA CORE TRAINING****With Manuel Velazquez**

Repeat session. Complete description on page 20.

SU3K Sunday, 11:15am-12:45pm**PILOXING®****With Viveca Jensen**

Repeat session. Complete description on page 12.

SU3L Sunday, 11:15am-12:45pm**KRANK FUSION™****With Pam Bartlett**

Repeat session. Complete description on page 12.

SU3M Sunday, 11:15am-12:45pm**SU4****1:00pm - 2:30pm****STEP SWAP****With Amy Nixon**

The revolutionary teaching style simplifies individual move breakdown and combo creation. Our method can help you catalog your ever-growing inventory of moves with clarity and organization -- allowing you to surprise your class with a new little twist of fun... every time you teach.

SU4A Sunday, 1:00pm-2:30pm**JUNGSHIN® FITNESS FOR THE
CORE AND THE GENTLE WARRIOR****With Annika Kahn, MA**

This is a different course in the Jungshin programming, which includes two distinct workouts: The first is a core focused class, which uses a sword to give you a workout from the inside-out; the second is a slower Jungshin program designed for the deconditioned, older, or newer participant. The wooden practice sword is a unique piece of equipment derived from martial arts, and brings an element of combat training, mental focus, and the ability to be radically present as the practitioners slice through the air while kicking, pressing and stretching to target the core.

SU4B Sunday, 1:00pm-2:30pm**EQUIPMENT-LESS BOOTCAMP****With Abbie Appel**

This one of a kind, high-intensity workshop was designed to help you train your clients and classes ANYWHERE. By utilizing bodyweight, learn to control the body, develop speed, endurance, strength, coordination, and power. Blocks of timed strength moves and cardio drills offer inexpensive ideas to challenge your participants while using no equipment.

SU4C Sunday, 1:00pm-2:30pm

MYOFASCIAL COMPRESSION TECHNIQUES

With Dimitri Garcia

Repeat session. Complete description on page 11.
SU4E Sunday, 1:00pm-2:30pm



TRIGGER POINT
MYOFASCIAL THERAPY
therapy.com

LEARNING TO FUNCTION ON THE GROUND

GrayInstitute

With Pat McCloskey, DPT, CSCS

Please join us for a hands-on exploration of On Ground Function where you will experience the principles, strategies, and the application of three dimensional On Ground Functional Matrixes. In addition, how you can integrate on ground movements with other form of function in your current programs, be it rehab, training, conditioning or group – this class is for everyone!

SU4F Sunday, 1:00pm-2:30pm

WOMEN, WEIGHTS AND RESULTS!

With Scott Josephson, MS, RD

Outstanding results can be obtained by understanding the body composition and physiology of females. Additionally, various hormone changes occur in-conjunction with a solid weight-training program. Learn the quantities of protein, fat and carbohydrate intake in-conjunction with various exercise protocols to make a tremendous difference in your physique! Learn and explore the practical link between the physiological and functional needs to create a superb training program for females. (LECTURE)

SU4G Sunday, 1:00pm-2:30pm

BODY LEVERAGE TRAINING, NO EQUIPMENT, NO PROBLEM

With Mike Bracko, EDD, CSCS, FACSM

We love them, and so do our clients: exercises using the resistance of our body and that of a partner. This session will look at the latest research on body leverage training to develop the best program. Body leverage training is "hot" and can increase your revenue and client retention.

SU4H Sunday, 1:00pm-2:30pm

WATER WARRIOR

With Connie Warasila

Become a champion for high intensity water fitness! A new wave of fit and skilled clients is looking for fresh ways to stay fit and healthy. What better place than the water? – it offers the perfect environment for high intensity training without the risk of injury. Learn the tricks of the trade for adding intensity, motivating clients and attracting fit exercisers to the pool.

SU4J Sunday, 1:00pm-2:30pm

RHYTHM RAPIDS

With Jen Keet

People love to work out to a great beat. This session teaches you how to incorporate music from around the world and diverse dance styles into the water. Using world rhythms and the principles of water, we create a fun and exciting workout that will leave you smiling.

SU4K Sunday, 1:00pm-2:30pm

SALSA HIP HOP 2 CUBA SWIFT STYLE

With Cuba Swift

Salsa Hip Hop 2 is fit for the experienced dancer or those that want to take it to the next level. This unique concept also combines Latin Afro Cuban and Urban rhythms along with Cuba Swift's creative teaching method. This dance workout is designed to take you to the next level in Salsa Hip Hop by introducing you to an even greater workout with more cutting edge challenging choreography.

SU4L Sunday, 1:00pm-2:30pm

POWER KRANKING™

With Pam Bartlett

Repeat session. Complete description on page 15.
SU4M Saturday, 1:00pm-2:30pm



KRANKcycle



HOME STUDY CERTIFICATIONS



HOME STUDIES INCLUDE:

► FREE LIVE COURSE

We're so committed to the value of live hands-on training, instructors who complete a SCW Home Study can attend the identical live course for FREE within the first year of their certification.

► UP TO 18 CECS

► 2-3 DVDS

► 4 MONTHS TO COMPLETE

► ALL MANUALS & TEXTS

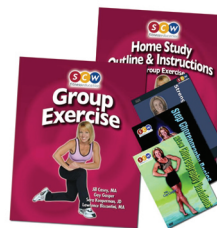
FOR A LIMITED TIME GET FREE SHIPPING

USE PROMO CODE: HSFREESHIP



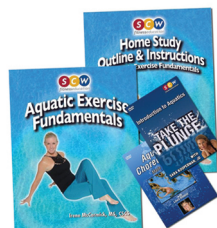
Personal Training Home Study

developed by Douglas Brooks, MS and Tom Seabourne, PhD is designed to provide students the skills needed to become a personal trainer. Includes: Personal Training Manual and Outline; Abs and Back Training DVD, Lower Body Training DVD, and Upper Body Training DVD; and Effective Strength Training Book. \$159.95*



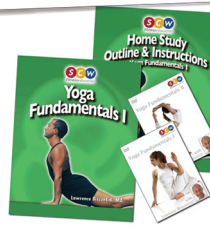
Group Exercise Home Study

developed by Lawrence Biscontini MA, Sara Kooperman, JD, Jill Casey, MA, and Gay Gasper teaches students about class sequencing techniques and proper cueing leaving them feeling confident in their ability to teach group exercise. Includes: Group Exercise Manual and Outline; and Hi/Low Choreography Variations DVD, Step Choreography Basic DVD, and Strength Training Basics DVD. \$159.95*



Aqua Fundamentals Home Study

developed by Irene McCormick, MS and Connie Warasila encompasses skills vital to becoming a successful aquatic exercise leader. Includes: Aqua Fundamental Manual and Outline; Introduction to Aquatics Take the Plunge DVD, and Aqua Choreography Made Simple DVD. \$159.95*



Yoga 1 Fundamentals Home Study

developed by Lawrence Biscontini, MA offers an approach to different Hatha Yoga postures suitable for group exercise instructors, personal trainers and fitness enthusiasts. Includes: Yoga 1 Manual and Outline; and Yoga I Fundamentals DVD and Yoga II Fundamentals DVD. \$159.95*



Moms in Motion Home Study

developed by Sara Kooperman, JD provides a safe and healthy approach to fitness for pregnant and post partum women. Includes: SCW Moms in Motion Manual, Supplemental Manual, and Outline; Moms in Motion Cardio DVD, Toning DVD, and Pregnant Plunge DVD. \$159.95*

ALL THESE AND MORE AT
www.shopscwfitness.com

*The home study includes an additional charge of \$35.00 for exam. Free Shipping and Handling. The home study must be completed within 4 months after delivery.





JEN KEET

Jen is certified by Les Mills, ACE, AFAA, AEA, AFPA, and SCW and has been embracing teaching Group Exercise for 17 years. Jen is a National Trainer and Presenter for WATERinMOTION®, Les Mills BODYFLOW®, and Les Mills BODYVIVE®. Jennifer holds a Master's Degree in Clinical Psychology and brings a lot of humor and insight into her classes.



SARA KOOPERMAN, JD

Sara is a favorite Club Industry, Athletic Business Conference and IHRSA presenter, as well as the Illinois State Business Woman of the Year. As CEO of SCW Fitness Education and Les Mills® Midwest, Sara is also, a licensed attorney a Fitness Editor for Oxygen Magazine, a former adjunct faculty member for the Kenneth Cooper Institute for Aerobic Research, the American College of Sports Medicine and the National Association of Sports Medicine.



SANDRA KOULOURIDES, MS, RD

Sandra has degrees in both nutrition and fitness. She worked for ten years as a clinical nutritionist and has taught group exercise classes for over 25 years. She owns Fuel and Fitness, a nutrition and fitness counseling business based in Birmingham, Alabama. She is the creator of Horizontal Conditioning classes and the Horizontal Conditioning DVD series.



STACEY LEI KRAUSS

Specializing in foot-fitness of over a decade, Stacey Lei Krauss is the Lead Fitness Advisor for Vibram FiveFingers®, and is most recognized for her award-winning barefoot fusion programming; The willPower Method®. Stacey is a Reiki practitioner, a Master Trainer for Schwinn® Cycling, BOSU®, Indo-Row, Peak Pilates, and a proud member of the GSeries Fit Trainer Team.



MELISSA LAYNE, MS, MED

With over 25 years in the fitness business, Melissa is a college professor in the Atlanta area, a personal trainer, and a group fitness instructor. She holds several degrees including a MS in Exercise Physiology and a MS in Physical Education. Melissa is on the WATERinMOTION® presenter team, a proud member of the SCW Cert Education faculty, and travels worldwide training fitness professions.



AUDREY LEE

Audrey Lee (Ph.D.) is a Kranking Education Representative. She is also a sport/fitness trainer, nutrition coach, and presents wellness seminars at The Grand Summit Spa and Health Club in Park City, Utah. She is a sport nutrition coach for Greenville Cycling Center in Greenville, South Carolina. High intensity interval training, yoga, and Kranking are her favorite classes to teach.



KRISTEN LIVINGSTON

Kristen has been professionally certified to teach group fitness and personal train since 1990. She also teaches kinesiology and exercise psychology at Vatterott College and owns a whole food nutrition business. Her experience teaching group fitness has allowed her to film numerous exercise videos in recent years, including Group Rx RIP and Revolution.



LORI LOWELL

Lori is a national presenter for BODYFLOW® and has been servicing the fitness industry for 23 years. She is the former National Group Fitness Director for Gold's Gym International where she oversaw 65 Corporate owned Gold's Gyms. Lori presently owns 5 fitness facilities in Northern Virginia and Wisconsin, and is soon to open 2 more Les Mills® facilities.



STEPHANIE MASCELI, MED

Stephanie is a national and international education specialist and presenter for Zumba® fitness. She has choreographed for and been featured in the Zumba® Instructor Network DVDs. Stephanie holds a bachelor's degree in marketing and a master's degree in elementary education and is a group exercise instructor certified by ACE and AFAA.



SHELDON MCBEE, MS

Sheldon has a Master's Degree in Human Nutrition and a Bachelors of Science in Biology. He is the National Program Coach for CXWORX® and has been featured in BODYPUMP® releases worldwide. He is a certified personal trainer with the ACSM and is a Les Mills® National Trainer for BODYCOMBAT® and BODYPUMP®, as well as a BODYJAM® instructor.



PAT MCCLOSKEY, DPT, CSCS

Pat McCloskey, a Fellow of Applied Functional Science with the Gray Institute, was granted his MS in Exercise Physiology from West Virginia University in 1988. For more than 20 years Pat trained hundreds of Personal Trainers and Professional Athletes alike. He is currently a professional trainer and Director of Education for One to One Fitness in Washington DC.



IRENE MCCORMICK, MS, CSCS

Irene holds a M.S. degree in Exercise & Sport Science and was recently awarded "Outstanding Female Faculty" at Upper Iowa University. With a recently published book "A Woman's Guide to Muscle and Strength," Irene is a subject matter expert for ACE, a TRX® master-level course instructor and a JumpSport Fitness Trampoline master trainer. Irene is a SCW Fitness faculty member and presents education throughout the U.S. She has been featured in many DVD's, and her articles have appeared in several magazines including Diet, Oxygen, Shape, Diabetic Living, IDEA Health & Fitness Journal and ptonthent.



JEFF MCMULLEN

With over 20 years experience in the fitness industry, is a nationally certified personal trainer and group exercise instructor affiliated with Bay Club, CRUNCH, EQUINOX, and Fitness Anywhere's TTC Studio. Jeff resides in San Francisco, California, and has been featured or starred in 10 fitness DVDs. He's a master trainer for WATERinMOTION®, Fusion-Fitness Training™, Gliding™ and TRX® GSTC. He is a former Lululemon Ambassador and holds certifications through ACE, AEA, ACSM, AFAA, and NASM.



MINDY MYLREA

Mindy is the creator of Gliding™ discs and multiple award recipient including: 2008 OBOW ECA Instructor of the Year 2004 CanFitPro International Instructor of the Year 1999 IDEA Fitness Instructor of the Year Fitness and Presenter/ World Aerobic Champion.



AMY NIXON

Amy is a AFAA-certified fitness instructor. She is a Fitness Expert for ICON Health and Fitness and has appeared on QVC, ShopNBC, and in numerous fitness videos and choreography downloads. She is one of the main step choreographers for the "Crazy for Choreography" DVD. She is the creator of Yes! Fitness Music Finale Fever. Amy has presented step choreography and TONIC workshops for SCW Mania, IDEA and DCAC.



DEBRA ORRINGER

Debra Orringer is a Clinical Exercise Physiologist and a Wellness Coach for Isagenix. She successfully owns Color Me Healthy Fitness and is a Master Trainer for Gliding™, BOSU®, Drums Alive and more. She has managed the wellness programs for NASA's Kennedy Space Center and is a national presenter. Debra also competes on a national swim team.



JESSICA PINKOWSKI

AFAA Certified has been working in the fitness industry for over 13 years with experience in teaching creative movement dance, group exercise, personal training, youth fitness and senior fitness. She is currently teaching for On Top of the World Inc. and The Ranch Fitness and Spa in Ocala, FL.



CHRISTA SCHLEICHER

Christa Schleicher is a 20 year industry veteran who holds a degree in Exercise Physiology/Physical Education Studies. A certified trainer with NASM, ACE and Schwinn®, she conducts individual and small group training sessions with her clients specializing in sports performance training and weight loss. As an Executive Wellness Coach for Isagenix International, Christa has helped her clients and athletes reach peak performance levels by refueling their bodies with balanced simple nutrition and cleansing practices.



JEFFERY SCOTT

Jeffery is an International Fitness Presenter with over 20 years of experience in the Health and Fitness industry. He is a Reebok Master Trainer, a member of the CORE TRANSFORMER PRO Team and the Area Group Fitness Manager for Equinox Fitness Club's Chicago Region.



GENELLE SEWARD, MA

Genelle has been an Area Promotions Director and Presenter for Powder Blue Productions, creators of Turbo Kick®, Hip Hop Hustle™ and PiYo™ Strength, for close to a decade. As an ACE certified personal trainer, group ex instructor, and health and wellness business entrepreneur, she provides fitness inspiration to motivate and educate her students. Genelle has appeared on Good Morning America Health and QVC as an on-air fitness talent.



DAWN STENIS

As the Area Fitness Program Manager at Harvard University and Harvard Law School, Dawn Stenis is responsible for programming for 30,000+ members of the Harvard Community. She oversees and educates more than 70 instructors and personal trainers at the two facilities. Boasting over 15 years in the fitness industry, Dawn earned a Bachelor's Degree in Kinesiology and holds certifications with AFAA, ZUMBA®, BOSU®, Schwinn® and Gliding®.



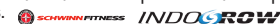
CUBA SWIFT

For over 15 years, Cuba Swift has combined her passions for dance and fitness and has taught classes and workshops world-wide. She has recently launched her own DVD series called Salsa Hip Hop Fitness, Cuba Swift Style. Cuba Swift is also a Latin Hip Hop Artist and is currently working on her Salsa Hip Hop album which will eventually become a Broadway type musical production.



DORIS THEWS

Doris Thews has been a professional in the fitness industry for over 27 years. Starting as a College athlete, Doris now owns her own Fitness business, Team Thews. Doris is a Master trainer for Indo-Row and Schwinn. She has been a lead fitness personality in several Fitness DVD's and has created and developed several Group Exercise programs and formats.



SHEA VAUGHN

Shea Vaughn is a fitness and training expert, wellness coach, national speaker, media personality and inspirational author with a lifetime of mind/body experience. She is also the CEO and founder of SheaNetworks®, "Your Pathway to Well-Being," a revolutionary new East meets West lifestyle and multi-discipline exercise practice.



MANUEL VELAZQUEZ

Manuel is a Mind/Body personal trainer, presenter, and educator for major international fitness continuing education seminars and convention events. Manuel serves on faculty for ACE, AFAA, and AEA, and is also an AFAA Examiner and appears in many SCW internationally best-selling fitness DVDs. Manuel is the newest member to the WATERinMOTION® Presenter Team and the proud creator of iAy Carumba!



CONNIE WARASILA

Connie is certified by ACE, AEA, AFAA, Yoga Fit, Cycle Reebok, and Moms in Motion. She has been awarded the Aquatic Exercise Association's Fitness Professional of the Year, is a published author of articles in various trade publications and developed the Aquatic Exercise Fundamentals Cert for SCW Fitness. She is the choreographer for WATERinMOTION®, and has over 25 years of teaching experience in the USA and abroad.



SGT. KEN WEICHERT

Ken Weichert, aka SGT Ken, is an international speaker, six-time US Army Soldier of the Year, Master Fitness and Master Resilience Trainer and veteran of Operations Iraqi Freedom and Desert Storm. In 1998, Ken founded the longest-running Boot Camp fitness program in America, START Fitness®. Ken has led thousands of Soldiers and civilians to better health through fitness.



REGISTER ONLINE \$239 REFER-A-FRIEND \$199

REGISTER BY FAX \$259
PREVIOUS ATTENDEE \$209
SCW MEMBER \$179

WEEKEND WARRIOR
SPECIAL (NEW!) \$179

It's as easy as ... **A** **B** **C** ... **H**

Register at: www.scwfitness.com/philadelphia

No internet? Register by mail or fax:

SCW Fitness Education

3675 Commercial Avenue • Northbrook, IL 60062

Fax: (847) 562-4080

To register online, visit www.scwfitness.com/philadelphia. It's fast, easy and secure. You must pay by VISA, MasterCard or Discover to register online and fax or mail any additional required documents.

Questions? Please call (877) SCW-FITT or (847) 562-4020

Remember! Only complete registrations will be processed so be sure to include: payment, complete registration and course selection forms, and any other applicable materials (i.e.: copy of CPR card for specialty certs, etc.) See page 30 for payment information.

A ATTENDEE INFORMATION

Required information: name, address, email address & phone numbers. Please print legibly!

FIRST NAME _____ LAST NAME _____

BUSINESS E-MAIL ADDRESS _____

PERSONAL E-MAIL ADDRESS _____

HOME STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

CELL PHONE _____ BUSINESS PHONE _____ HOME PHONE _____

B SCW MEMBERSHIP

- Yes! I would like to become an SCW Member!
- No, I would not like to take advantage of this fantastic offer at this time.
- \$79 One Year Membership
- \$129 Two Year Membership

As an SCW member, your first choice session selection is **GUARANTEED***, and includes one FREE evening Masterclass (on page 31.)

* Subject to equipment availability. Attendee must register before the initial deadline.

BECOME AN SCW MEMBER!
Pay only \$79 for one year or \$129 for two years and enjoy the following:

- Pay as little as \$179 for the full 3-day event!
- FREE MANIA Masterclass!
- First Choice MANIA Class Selections **GUARANTEED***!
- 20% discount on products purchased online and at SCW MANIA booth!
- For more information visit www.scwfitness.com/membership

*(As space and equipment permit. Attendee must register before the initial deadline)

C MANIA CONVENTION RATE

	Before 1/2/12	After 1/2/12
MANIA Rate for SCW Member	<input type="checkbox"/> \$179	<input type="checkbox"/> \$229
Online Registration	<input type="checkbox"/> \$239	<input type="checkbox"/> \$329
Mail / Fax Registration	<input type="checkbox"/> \$259	<input type="checkbox"/> \$329
Previous Attendee	<input type="checkbox"/> \$209	<input type="checkbox"/> \$329
Weekend Warrior Special (Saturday and Sunday ONLY)**	<input type="checkbox"/> \$179	<input type="checkbox"/> \$229
Refer a Friend Promo Rate***	<input type="checkbox"/> \$199	<input type="checkbox"/> \$229
Group Rate (10 ppl)****	<input type="checkbox"/> \$189	<input type="checkbox"/> \$229
Friday ONLY or Saturday ONLY	<input type="checkbox"/> \$189	<input type="checkbox"/> \$249
Sunday ONLY	<input type="checkbox"/> \$169	<input type="checkbox"/> \$199
Staff Assistant*****	\$59	\$59

** Weekend Warrior Special includes Saturday and Sunday ONLY. Free Saturday evening Masterclass also included.

*** Refer a Friend name _____ email address _____ phone # _____

**** Group Rate requires all registrants to be submitted together with 1 contact name and 1 contact phone number.

***** Additional SA application form required. Acceptance pending receipt of all paperwork. See page 3 for more information.

Visit our website www.scwfitness.com/philadelphia to complete the online application or call (877) SCW-FITT.

D PRE-CONVENTION CERTIFICATIONS

WEDNESDAY, FEBRUARY 1, 2012 PRECONVENTION CERTIFICATIONS

(late fee after 1/2/12 add \$40, add \$60 on-site) Please note, the retail price of SCW Certification Manuals may be subject to change at any time.

MANIA Attendees by 1/2/12

MANIA Non-Attendees by 1/2/12

- | | | |
|--|---|---|
| <input type="checkbox"/> SCW Pilates Matwork Fundamentals Certification with L. Bender (7:00am-5:00pm) | <input type="checkbox"/> \$99 | <input type="checkbox"/> \$149 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| Training Manual, Product Code #B26 | <input type="checkbox"/> \$24.95 (+s&h) | <input type="checkbox"/> \$24.95 (+s&h) |
| <input type="checkbox"/> SCW Personal Training Fundamentals Specialty Certification with K. Roberts (8:00am-5:00pm) | <input type="checkbox"/> \$99 | <input type="checkbox"/> \$149 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| Training Manual, Product Code #B27 | <input type="checkbox"/> \$24.95 (+s&h) | <input type="checkbox"/> \$24.95 (+s&h) |
| <input type="checkbox"/> SCW Tai Chi & Qi Gong for Health & Wellness Professionals with L. Biscontini (8:30am-5:00pm) | <input type="checkbox"/> \$99 | <input type="checkbox"/> \$149 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| Training Manual, Product Code #B5 | <input type="checkbox"/> \$24.95 (+s&h) | <input type="checkbox"/> \$24.95 (+s&h) |

THURSDAY, FEBRUARY 2, 2011 PRECONVENTION CERTIFICATIONS

(late fee after 1/2/12 add \$40, add \$60 on-site) Please note, the retail price of SCW Certification Manuals may be subject to change at any time.

- | | | |
|--|---|---|
| <input type="checkbox"/> Yoga Fundamentals I with L. Biscontini (7:30am-5:00pm) | <input type="checkbox"/> \$99 | <input type="checkbox"/> \$149 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| Training Manual, Product Code #B37 | <input type="checkbox"/> \$24.95 (+s&h) | <input type="checkbox"/> \$24.95 (+s&h) |
| <input type="checkbox"/> SCW Group Exercise Fundamentals Certificate with G. Gasper (7:00am-5:00pm) | <input type="checkbox"/> \$99 | <input type="checkbox"/> \$149 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| Training Manual, Product Code #B29 | <input type="checkbox"/> \$24.95 (+s&h) | <input type="checkbox"/> \$24.95 (+s&h) |
| <input type="checkbox"/> SCW Aquatic Exercise Fundamentals Certification with I. McCormick, MS, CSCS (7:00am-6:30pm) | <input type="checkbox"/> \$99 | <input type="checkbox"/> \$149 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| Training Manual, Product Code #B11 | <input type="checkbox"/> \$24.95 (+s&h) | <input type="checkbox"/> \$24.95 (+s&h) |
| <input type="checkbox"/> SCW Sports Nutrition & Body Composition Certification with F. Comana (8:00am-5:00pm) | <input type="checkbox"/> \$99 | <input type="checkbox"/> \$149 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| Training Manual, Product Code #B127 | <input type="checkbox"/> \$24.95 (+s&h) | <input type="checkbox"/> \$24.95 (+s&h) |
| <input type="checkbox"/> Group Fitness Director/Studio Owner Certification with L. Lowell (9:00am-4:00pm) | <input type="checkbox"/> \$99 | <input type="checkbox"/> \$149 |
| Training Manual, Product Code #B51 | <input type="checkbox"/> \$24.95 (+s&h) | <input type="checkbox"/> \$24.95 (+s&h) |
| <input type="checkbox"/> SCW Indoor/Outdoor Fitness Boot Camp Instructor Cert with K. Weichert (9:00am-5:00pm) | <input type="checkbox"/> \$99 | <input type="checkbox"/> \$149 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| Training Manual Product Code #B128 | <input type="checkbox"/> \$24.95 (+s&h) | <input type="checkbox"/> \$24.95 (+s&h) |
| <input type="checkbox"/> Lifestyle and Behavioral Coaching with F. Comana (5:30pm-9:30pm) | <input type="checkbox"/> \$59 | <input type="checkbox"/> \$89 |
| FREE Training Manual, Product Code #B130 | <input type="checkbox"/> \$7.50 (+s&h) | <input type="checkbox"/> \$7.50 (+s&h) |
| <input type="checkbox"/> Yoga Fundamentals II with L. Biscontini (5:30pm-9:30pm) | <input type="checkbox"/> \$59 | <input type="checkbox"/> \$89 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| Training Manual Product Code #B12 | <input type="checkbox"/> \$24.95 (+s&h) | <input type="checkbox"/> \$24.95 (+s&h) |
| <input type="checkbox"/> SCW Small Group Personal Training Program Design and Application with K. Roberts, CSCS (5:30pm-9:30pm) | <input type="checkbox"/> \$59 | <input type="checkbox"/> \$89 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| FREE Training Manual Product Code#B129 (\$24.95 value) | <input type="checkbox"/> \$7.50 for s&h | <input type="checkbox"/> \$7.50 for s&h |
| <input type="checkbox"/> SCW Small Group Training With Kettleweights with S. Armstead (5:30pm-9:30pm) | <input type="checkbox"/> \$59 | <input type="checkbox"/> \$89 |
| Exam Fee | <input type="checkbox"/> \$35 | <input type="checkbox"/> \$35 |
| FREE Training Manual #B120 (\$24.95 value) | <input type="checkbox"/> \$7.50 for s&h | <input type="checkbox"/> \$7.50 for s&h |

Pre-convention certifications continued...

- ZUMBA® Basic Skills Level 1 Instructor Training with J. Kelly & S. Masceri** (9:00am-6:00pm)
For pricing and registration please visit: www.zumba.com
- RealRyder® Indoor Cycling Instructor Training with D. Brooks & A. Reid** (8:00am-5:00pm) \$195 \$225
- Johnny G Kranking® Instructor Training with Y. Juarez** (9:00am-5:00pm) \$175 \$225
- Schwinn® Indoor Cycling Instructor Training with J. Arney and J. Scott** (9:00am-7:00pm) \$199 \$229
- Flirty Girl Fitness™: The Flirtification with H. Gidusko** (10:00am-4:00pm) \$179 \$199
- Dynamax™ Medicine Ball Group Instructor Certification with L. Cisneros** (10:00am-4:00pm) \$219 \$229
- Bender Barre Method with L. Bender** (5:30pm-9:30pm) \$89 \$129
- Tabata Boot camp with M. Mylrea** (9:00am-5:00pm) \$199 \$229

SUNDAY, FEBRUARY 5, 2012 CERTIFICATION

- ZUMBA® Toning Instructor Training with J. Kelly & S. Masceri** (9:00am-5:00pm)
For pricing and registration please visit: www.zumba.com

E MASTERCLASSES

- Friday, February 3 Masterclasses** (indicate your selection on page 31) \$10 \$20
- Saturday, February 4 Masterclasses** (indicate your selection on page 31) \$10 \$20

F FEE TOTAL

SCW Membership \$ _____

MANIA Convention Rate \$ _____

Pre-Convention Certs \$ _____

Masterclasses \$ _____

Exam Fees \$ _____

Manuals* \$ _____

Shipping and Handling*
\$7.50 s&h per item / \$1 ea. additional

TOTAL \$ _____

Important information:

After processing your registration and class selection information, SCW will mail your confirmation letter along with your class schedule. Badges will be sent with a confirmation letter and must be brought to the convention with the included informed consent waiver signed. Your receipt will also be included in the confirmation letter.

Please do not make travel reservations until you receive your confirmation. SCW Fitness Education will not be held accountable for pre-paid or non-refundable transportation deposits. If you have not received confirmation of your registration two weeks prior to the convention, please call (877) SCW-FITT

***Shipping and handling information:**

Within the continental US, shipping and handling charges vary by product weight and destination. Call (877) SCW-FITT or email product@scwfitness.com for shipping rates when faxing/mailling registration, international orders, or for express shipping options. SCW will calculate shipping and handling charges at checkout for all registrations that include product orders. If purchasing cert manuals, the shipping deadline for UPS Ground is January 2, 2012. **If paying by check or money order your registration must be mailed to SCW with check/money order enclosed and made out to: SCW. A check payment made by a third party (employer, club, etc.) MUST have your name and the name of the MANIA convention on it, even if you have pre-registered by phone. If you are pre-registering by phone you must send in all registration forms including: Credit card signatures, signed informed consent, and class selections. Registrations received without payment will not be processed.

G PAYMENT INFORMATION

Payment Method: MasterCard Visa Discover Check or money order**

Credit Card # _____ Expiration Date _____ / _____

Print Cardholder's Name _____

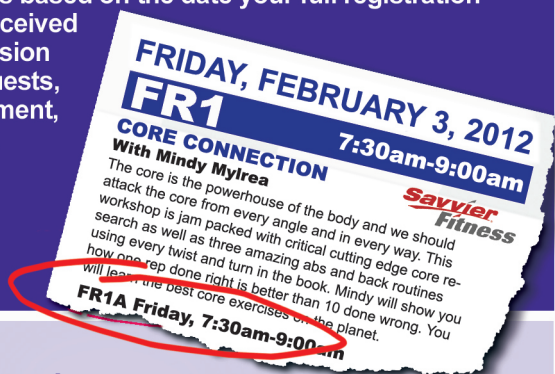
Cardholder's Signature _____
Your signature is required. Your above signature authorizes SCW to charge your credit card.

Check # _____

**If paying by check or money order your registration must be mailed to SCW with check/money order enclosed and made out to: SCW. A check payment made by a third party (employer, club, etc.) MUST have your name and the name of the MANIA convention on it even if you have pre-registered by phone. If you are pre-registering by phone you must send in all registration forms including: Credit card signatures, signed informed consent, and class selections. Registrations received without payment will not be processed.

DIRECTIONS FOR REGISTRATION:

Fill in the session code letter for your first, second and third choices for each time slot. Your session requests will be processed on a space available, first-received, first-entered basis based on the date your full registration is received (session requests, payment, etc.)



Example:
FRIDAY, FEBRUARY 3, 2012

SESSION TIME	1ST CHOICE	2ND CHOICE	3RD CHOICE
9:00am-11:00am	FRI	<i>a</i>	<i>d</i>
			<i>j</i>

Course descriptions and session code letter can be found on pages 10-24.

H INFORMED CONSENT IMPORTANT PLEASE READ AND SIGN

I agree to hold harmless SCW Fitness Education, their company, owners, directors, employees, conference presenters, conference sponsors, staff and MANIA sponsors from any and all liability arising out of this event including, but not limited to: muscle strains, tears, pulls, broken bones, miscarriage, death, and any and all illness, or loss of my personal property.

I understand the risks involved with participating in this strenuous event and may attest that I am in sound physical condition. I also understand that I may be videotaped, audio-recorded and/or photographed during this event, and SCW Fitness Education may use the images for any and all purposes. I further agree to all conditions of registration, including but not limited to, the No Refund Policy.

SCW may give or rent your email, mailing address and/or phone number(s) to other high-quality health and/or fitness related organizations with whom we have a trusted relationship and share common goals.

I attest that I have read and understand and agree to the above.

Signature required _____ Date _____

REFUND POLICY: NO REFUNDS!

Presenters, classes, dates and times are subject to change without formal notice. We have a no refunds policy. Once a registration is submitted, it will be processed and cannot be refunded for any reason; however, a Letter of Credit or Transfer is available. A Letter of Credit is available for a \$75 administrative processing fee. All requests for Letters of Credit must be submitted in writing, and include the reason for cancellation. Requests must be submitted one week prior to the MANIA event via mail, fax or email at registration@scwfitness.com. Letters of Credit are valid up to one year from the cancelled event. If the Letter of Credit is not used in one year, the amount is forfeited. A Transfer of registration to another party is available for a \$75 processing fee. Transfer requests must be submitted via email to registration@scwfitness.com. Transfers can only be made if the new attendee is attending the same convention as the original attendee, and is not already a registered attendee. SCW will not grant Transfers or Letters of Credit after the convention date. SCW Fitness Education is not responsible for acts of God, nature, war, union or labor disputes, or other events out of our control.

FRIDAY, FEBRUARY 3, 2012 REGISTRATION DESK OPEN FROM 6:00AM-7:00PM

SESSION TIME		1ST CHOICE	2ND CHOICE	3RD CHOICE
7:30am - 9:00am	FR1	_____	_____	_____
10:00am-11:30am	FR2	_____	_____	_____
11:45am-1:15pm				
or				
12:30pm-2:00pm	FR3	_____	_____	_____
2:15pm-3:45pm	FR4	_____	_____	_____
4:00pm-5:30pm	FR5	_____	_____	_____
MASTERCLASS				
6:30pm-7:30pm	FR6	_____	_____	_____

Masterclasses require additional fees (\$10 Attendees / \$20 Non-Attendees NO CECs)

SATURDAY, FEBRUARY 4, 2012 REGISTRATION DESK OPEN FROM 6:30AM-7:00PM

SESSION TIME		1ST CHOICE	2ND CHOICE	3RD CHOICE
7:30am-9:00am	SA1	_____	_____	_____
10:00am-11:30am	SA2	_____	_____	_____
11:45am-1:15pm				
or				
12:30pm-2:00pm	SA3	_____	_____	_____
2:15pm-3:45pm	SA4	_____	_____	_____
4:00pm-5:30pm	SA5	_____	_____	_____
MASTERCLASS				
6:30pm-7:30pm	SA6	_____	_____	_____

Masterclasses require additional fees (\$10 Attendees / \$20 Non-Attendees NO CECs)

SUNDAY, FEBRUARY 5, 2012 REGISTRATION DESK OPEN FROM 6:30AM-3:00PM

SESSION TIME		1ST CHOICE	2ND CHOICE	3RD CHOICE
7:00am-8:30am	SU1	_____	_____	_____
8:45am-10:15am	SU2	_____	_____	_____
11:15am-12:45pm	SU3	_____	_____	_____
1:00pm-2:30pm	SU4	_____	_____	_____



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