

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!!

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
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FR 1 7:30am - 9:00am	Core Connection Hall P11	BOSU® HIIT Extreme Roberts K P11	BODYFLOW® Lowell P11	JungShin® Fitness Kahn P11	360 Training: Hit It Hard! Appel P11	Strength 101: Start Here First! Biscontini P11
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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	The Masala Bhangra® Workout Jain P13	Group RX: RIP Dale W, Dale B, Livingston P13	Sheanetics® Vaughn P13	Feet and Function with the ChiBolster® Bender P13	Aquatic Exercise Excellence Kooperman P13
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		State Of The Industry Address- Panel Discussion Kooperman & Team P18
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FRIDAY, FEB. 3

SA 1 7:30am - 9:00am	Power Hour: The S.W.A.T. Team Workout Grosshauser P18	DanceTonic™ Nixon P18	Flirty Girl Teaser Gidusko & Hall P18	Sheanetics® Vaughn P18	360 Training: Turn it Up, Turn it Down Appel P18	3D Matrix Performance Series: Core Conversion Training Parracino P18
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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 & Hall P18		Core Commotion Grosshauser P19	Assessment and Problem Solving for the Foot and Ankle Parracino P19
SA 3 Session1 - 11:45am-1:15pm Session2 - 12:30pm-2:00pm	Zumbatomic® Masceri P19	BOSU® Strong + Stretched Arney P20	The Masala Bhangra® Workout HipHop Style Rivas P19	Tri-Planar Pilates Bender P20	SGT Ken's Boot Camp: Operation Excessive Force™ Weichert P20	Group Fitness Management Kooperman & Kelly P20
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	High Voltage Cardio Grosshauser P21	3D Matrix Performance Series: Balance Escalation Training Parracino P21
SA 5 4:00pm - 5:30pm	Foolproof Step Appel P21	Mamma Wants Her Body Back Hall 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		
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SATURDAY, FEB. 4

SU 1 7:00am - 8:30am	Booty Camp Hall P22	BOSU® Pilates 3D Krauss P22	BODYCOMBAT® McBee & Santiago P23		SGT Ken's Obstacle Course: Operation Deep Impact™ Weichert P23	Squatology Parracino P23
SU 2 8:45am-10:15am	Horizontal Boot Camp Koulourides P23	Balanced Body Gasper 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 Parracino 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 Parracino P25

SUNDAY FEB. 5

PHILADELPHIA MANIA SCHEDULE-AT-A-GLANCE

ZUMBA® Basic Skill Level 1 Instructor Training Kelly & Masceri 9:00am-6:00pm P9	Kranksing® Instructor Training Workshop Juarez 9:00am-5:00pm P10	Schwinn® Cycling Instructor Training Course 9:00am-7:00pm Arney & Scott P10	Flirty Girl Fitness™ The Flirtification 10:00am-4:00pm Giusko P10	REALRYDER® Indoor Cycling Certified Instructor Training 8:00am-5:00pm Brooks & Reid P10	Flirty Girl Fitness™ The Flirtification 10:00am-4:00pm Giusko 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 & Lee 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 Comana 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 Kranksing® 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: Kranksing & 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	Aqua Hip and Funk Velazquez P15	The Pool as a Tool Stenis P15	WATERinMOTION® WAVE 8 WIM Team P14	The Perfect Calorie Burn Blahnik & Crosby P14	Kranksing® and the Personal Trainer Juarez & Bartlett P14
High Octane Fueling Comana P15	Kettle Weight Programming Armstead P15	Schwinn® Cycling: Ride One, Get One FREE Scott P15	Aqua Hip and Funk Velazquez P15	The Pool as a Tool Stenis P15	TNT-Trampoline -N- Tubing Appel P15	POWER Kranksing™ Bartlett & Lee P15	RealRyder® Indoor Cycling: Multi-Planar Ryding... Training for Sport & Life! Bender 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™ Juarez P18	
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Cream Rises Biscontini P18	Salsa Hip Hop Cuba Swift Style Swift P18	Schwinn® Cycling: Ride One, Get One FREE Dixon 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: Kranksing & 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 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 & Lee 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	Kickin' it in the Pool Keet P22	Aqua Zen by Candle Light Warasila P22	WATERinMOTION®: WAVE 9 WIM Team P21	Indo-Row®: The Perfect Calorie Burn Blahnik & Crosby P21	POWER Kranksing™ Juarez & Lee P21
Cleanse for Life Schleicher P22	willPower & 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 Kranksing® 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 Kranksing® 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 Dixon P23	Ay Caramba Aqua Velazquez P23	MultiDimensional Monster Aqua Choreography Layne P23	JumpSport®: BOUNCIN'! Butty Dance McCullen P24	Kranksing® and the Personal Trainer Juarez, Bartlett & Lee 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 & Lee P24	
Women, Weights and Results! Josephson P25	Body Leverage Training, No Equipment, No Problem Bracko P25	Water Warrior Warasila P25	Rhythm Rapids Keet P25	Rhythm Rapids Keet P25		POWER Kranksing™ Bartlett & Lee P25	