

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
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

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	Session 2	ZUMBA® Fitness Party Masceri P20	High Voltage Cardio Grosshauser 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	Kranks® 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 Kranks® 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: Kranks® & 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	Kranks® 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 Kranks™ Bartlett & Lee P15	RealRyder® Indoor Cycling: Multi-Planar Riding... 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: Kranks® & 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 & 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		WATERinMOTION®: WAVE 9 WIM Team P21	Indo-Row®: The Perfect Calorie Burn Blahnik & Crosby P21	POWER Kranks™ Juarez & Lee P21	RealRyder® Indoor Cycling: Re-cycle...Class Planning In Minutes! Gasper 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 Kranks® Bartlett P22	RealRyder® Indoor Cycling: Multi-Planar Riding... 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 Kranks® 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' Booty Dance McCormick P24	Kranks® 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		POWER Kranks™ Bartlett & Lee P25	