

10 MANIA® Fitness Pro Conventions

DC MANIA® February
CALIFORNIA MANIA® March
FLORIDA MANIA® May
ATLANTA MANIA® July
DALLAS MANIA® August
MIDWEST MANIA® October
BOSTON MANIA® December
LIVE STREAM MANIA® April/June/Sept

SCW MANIA
ABOUT THE CONVENTIONS

1

LIVE STREAM CERTIFICATIONS

35+ NATIONALLY
RECOGNIZED CERTIFICATIONS
FROM THE COMFORT &
CONVENIENCE OF HOME.

www.scwfit.com/Online

- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HITT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II

SCW AFAA ACE AEA NASM ACSM AEA NFPT

2

20% OFF!

\$6.58/Month or \$79/year
(Norm. \$8.25 month or \$99/year)

USE CODE: MANIA20

SCW OnDemand

Always On.

SCW OnDemand is an extensive premium video subscription service that puts instant access to over 500 unique workouts right at your fingertips, 24/7. Available on your computer or mobile device, this exciting collection grows every MANIA as our sessions are filmed live with the top Fitness Industry Presenters.

www.scwfit.com/Online

500+
Educational Videos

150+
Leading Presenters

20+
Fitness & Health Topics Available

3

ONLINE CEC VIDEOS

Earn CECs in the comfort and convenience of your home!

Online CEC Videos

Earn CECs at Home.

SCW CEC Online Video Courses allows you to gain continuing education credits (CECs) while broadening your fitness skills. Accepted by SCW, ACE, AFAA, NASM, ACSM, AEA, NFPT and other organizations, these courses include 24/7 streaming videos (filmed live at conventions), power point presentations, exams and downloadable certificates of completion.

www.scwfit.com/CECs

140+ More Videos

scwfit.com/CECs

4

Virtual Training Certification

Enjoy this one-of-a-kind educational series on how to successfully run a virtual Group Ex class, Personal Training session and progressive program. Everything from start-up to sign off will be addressed to take your training to the next level.

www.scwfit.com/virtualtraining

- Lights
- Camera
- Action

5

www.TrainWithTheTrainers.com

TRAIN WITH THE TRAINERS

We're bringing the world's finest trainers directly to you by offering real-time classes at only \$10 each through zoom. Get top notch training and the best fitness education the industry has to offer without even leaving your home.

www.TrainWithTheTrainers.com

jeff howard
SCW STAR PRESENTER

6

Barre H20

Make a splash in the water with Barre H20! By combining the formats of aqua exercise with traditional barre movements, you will learn creative barre choreography while experiencing the amazing benefits of the water. Barre H20 always guarantees a great time.

What do We include?

- ✓ Cardiovascular Sections
- ✓ Muscle Strength and Endurance Sections
- ✓ Strengthening and Lengthening
- ✓ Focus on Strengthening Core, Hips, Back
- ✓ Active Flexibility
- ✓ Lingo of Both Traditional Aqua as well as Barre
- ✓ Combined movements of traditional Aqua and Barre
- ✓ Multi-generational music, variety and social connectivity

Benefits of Barre H20

- ✓ Increase Flexibility - Active Flexibility
- ✓ Strengthen Core, Hips & Back
- ✓ Safe on Knees
- ✓ Safe on Joints
- ✓ Improve Muscular Strength & Endurance = increase bone strength
- ✓ Improve Cardiovascular system
- ✓ FUN!!!

Active Flexibility

Increases flexibility through movement. Decreases risk of injury, relieves back pain, boosts athletic performance, improves range of motion, improves body awareness, maintain healthy joints.

Cueing

- ✓ Cue before you move
- ✓ Make Eye Contact, Facial Expressions
- ✓ Posture / Framework
- ✓ Body Language
- ✓ Face Your Class
- ✓ Learn to Mirror
- ✓ Count Down "4,3,2,1"
- ✓ Connect: say names, smile, have FUN
- ✓ Cue Outside & Inside vs. right & left,
- ✓ front of room, back of room, facing barre,
- ✓ move away from barre, toward barre,
- ✓ proper spinal alignment/hip position, proper Knee position

Helpful Teaching Tips

- ✓ Move around the Pool
- ✓ Offer Options (show different levels for exercises)
- ✓ Variety in and with every class
- ✓ Choose a Variety of Music
- ✓ Switch up the "Front"
- ✓ Change Directions
- ✓ Include your Natural Leaders
- ✓ Use lingo that relates to your class
- ✓ Entertain, Educate, Empower, Excite!

Music

- ✓ Empower Your Class
- ✓ Enhance your Choreography
- ✓ Inspire Ideas
- ✓ Variety in Musical Genres

- ✓ Various Tempo
- ✓ Create Custom Playlists
- ✓ Use Pre-set Downloads (steadymixes.com)
- ✓ Create the flow of your class
- ✓ Multi-generational

CHOREOGRAPHY NOTES and PLAYLIST will be handed out in Class
xoxo