

SCW
MANIA[®]
Fitness Pro Conventions



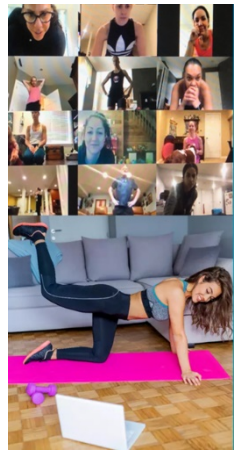
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- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- 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
CERTIFICATIONS
35+ NATIONALLY RECOGNIZED.
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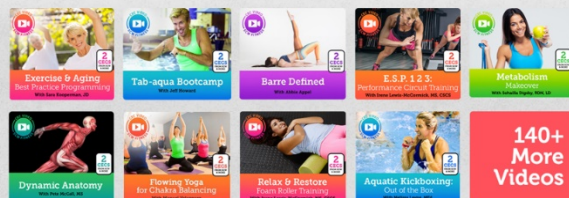
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▶ **Sizzling Seniors, Active Ager Re-Activation** looks at how professionals can build community and a safe environment which helps this demographic to live more encouraged, stronger, fuller lives.

▶ **We focus on the background of the Active Ager, the dangers they face, the dilemma and lastly, the workout. Bring your chair, your baby dumbbells and all the excitement you can muster for this session of information and a fun, unconventional workout!**



Take Home AAA

AAA is Active Ager Activation which takes a fresh look at a demographic that is often overlooked or given offers/services that show no thought to their preference or efficacy for their abilities. This program focuses on kindness and congratulations rather than criticism and correction. Celebration rather than expectation. FUN!

AAA looks at how the Fitness and Wellness Industry can add value to the Agers' lifestyle and provide meaningful engagement