

dallas
mania[®]
fitness pro convention

August 22-24, 2025
Westin Galleria Dallas Hotel
Dallas, TX

A Convention Fit For All. ➔



2025

SCW



scwfit.com/dallas



Welcome to Dallas Mania!

Get ready for an unforgettable experience at SCW Dallas Mania® Fit Pro Convention in Dallas TX! Join fellow fitness pros to learn, connect, and grow through cutting-edge training and workshops.



Expert Led Sessions & Certifications



200 sessions (140 Live + 60 Pre-Recorded) and 15 certifications in fitness, wellness, and business, led by top experts and industry icons, to advance your career.



16 CECs/CEUs



Certifying organizations include:

- ACE → SCW → AFAA
- ACSM → AEA → NASM



Endless Opportunities



Join passionate, driven fitness pros who share your commitment and energy, creating endless opportunities to connect and collaborate.



A World of Fitness Knowledge All In One Place!

Dallas Mania® offers a one-of-a-kind experience with 200 sessions led by fitness icons from around the world—all in one place!



Topics For Every Pro

- **Functional Fitness**
Training to enhance strength, mobility, and everyday movement.
- **Group Exercise**
Fresh formats, choreography, and instructional skills.
- **Nutrition and Wellness**
Holistic approaches to diet, mental wellness, and recovery.
- **Personal Training**
Latest techniques, science and client engagement strategies.
- **Mind-Body**
Classes on yoga, Pilates, meditation, and mental resilience.
- **Recovery**
Techniques for healing, injury prevention, and optimal performance.
- **Active Aging**
Programs designed to support overall physical and mental wellness for older adults.
- **Cycling**
Energizing cycle workouts that tones the body and boosts endurance.
- **Aquatic Exercise**
Learn low-impact, full-body workout that improve strength and flexibility.
- **Business of Fitness**
Marketing, sales, management, and retention strategies for studio owners and trainers.



You'll Fit Right In.

Stay onsite at the Westin Galleria Dallas Hotel and take full advantage of the event from the early morning hours until the late evening.

dallas mania®

fitness pro convention

Mania® Convention Sessions & Workshops

August 22-24, 2025
(Fri, Sat, & Sun)

Certifications

August 21 (Thur) & August 24 (Sun) 2025

**Save \$60 when you register by
June 30th 2025 with code:
EARLYBIRD**

Register at:

www.scwfit.com/dallas



Westin Galleria Dallas Hotel

13340 Dallas, Parkway Dallas, TX. 75240

- FREE Parking
- FREE WiFi in room for Marriott Bonvoy Members
- FREE Coffee/Tea Maker
- Mini-Fridge
- Complimentary Bottled Water
- Complimentary roll away beds - based on inventory
- Name-brand shopping at The Galleria Dallas
- Second Floor Kitchen & The Oceanaire Seafood Room
- Fitness Studio open 24 hours
- Outdoor rooftop pool
- Pet friendly
- In-room spa service available

**SCW Guaranteed Lowest Rate:
Only \$179 per night (Reg. \$229
Rate until August 5, 2025)**

Book your discounted room [click here!](#)



Certifications

Thursday, Aug 21

Career-elevating certifications
led by proven industry experts.



SCW Active Aging Certification

Keli Roberts

Thursday, August 21, 9:00am-5:00pm



\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)
Unlock the secrets to aging well with the SCW Active Aging Certification, crafted for fitness professionals committed to enhancing seniors' lives. This dynamic course combines cutting-edge research with practical techniques, focusing on cardiovascular health, strength, flexibility, balance, and mental well-being. Dive into the musculoskeletal changes, physiology, and kinesiology of aging, and discover how exercise can positively impact these areas. Learn functional training strategies for older clients with varying abilities and design safe, effective exercise programs that empower seniors to thrive. Ideal for group fitness instructors, trainers, and program managers, this one-day certification includes hands-on training, a comprehensive manual, and an online exam. Earn valuable CECs: SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).



SCW Personal Training Certification

Gail Bannister-Munn

Thursday, August 21, 9:00am-6:00pm



\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)
Elevate your career with this nationally recognized, science-based certification, designed for aspiring and current fitness professionals. This hands-on program integrates academic excellence with practical application, covering exercise physiology, kinesiology, training principles, program design, health-risk assessment, and physical evaluations. Delve into evidence-based practices and advanced programming alternatives, ensuring a comprehensive understanding of the human body and its potential. The course also includes essential business and marketing strategies to help you succeed in the competitive fitness industry. Through a blend of lecture and hands-on experiences, you'll gain the expertise to empower clients to achieve peak health and performance. Certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.0).



SCW Group Exercise Certification

Jani Roberts

Thursday, August 21, 8:00am-4:00pm



\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)
This Nationally Recognized Certification empowers you with the confidence to master impactful teaching skills and successfully lead a group fitness class. Learn essential skills such as proper class sequencing, warm-up progressions, musical phrasing, effective cueing techniques, and choreography development. Gain a thorough understanding of group cardiovascular fitness, muscular endurance, and flexibility training techniques, enabling you to implement them in various class settings. Our cutting-edge Group Exercise Certification provides a balance of theoretical and practical training, ensuring that you are prepared for the newest variety of fitness programming. This includes Hi/Lo impact cardiovascular training, muscle conditioning and sculpting, HIIT programming, and much more. The certification includes hands-on practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW Pilates Matwork Certification

Amber Toole

Thursday, August 21, 8:00am-4:00pm



\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)
This nationally recognized certification offers an in-depth exploration of classical Pilates movements and their modifications, enhancing creativity and expertise. The program emphasizes core stabilization, optimal alignment, and Pilates matwork, blending theory with practical training. Participants master over 40 essential exercises, including variations for spinal dysfunctions and postural imbalances. The course provides choreography variations that are easy to learn and apply, equipping instructors with creative programming options for all ages and abilities. Included are practical training, a comprehensive manual, and an online exam, ensuring participants gain the skills needed to teach effective and innovative Pilates Mat Classes. Whether new to Pilates or deepening expertise, this certification will elevate your teaching credentials. Accredited for CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW Aquatic Exercise Certification

Melissa Layne, MEd

Thursday, August 21, 8:00am-4:00pm

\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)

Dive into the world of water fitness with a nationally recognized certification that provides the essential for anyone looking to teach water exercise. This program covers the benefits of aquatic exercise, anatomy, and kinesiology as applied to water, along with water depth adaptations, movement planes, musicality, and adjustments for special populations. Leadership skills and effective cueing techniques are emphasized through on-site instruction and one-on-one assessments. The certification includes both theoretical and practical training, a comprehensive manual, and an online exam, ensuring you're prepared to lead successful aquatic exercise classes. Accredited for CECs: AEA (7.0), ACE (0.7), ACSM (8.0), AFAA (8.0), NASM (0.8), SCW (8.0).



SCW Anti-Obesity Medication (AOM) Fitness Programming Certification

Ann Gilbert

Thursday, August 21, 9:00am-5:00pm

\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)

This groundbreaking course is designed to equip fitness professionals with the knowledge and skills to approach and train individuals on anti-obesity medications (like GLP-1, Ozempic, and Wegovy) into personal training, small group and large group fitness and wellness strategies. The certification offers a comprehensive understanding of how these medications work, their effects on metabolic health, and how to optimize fitness programs for clients using them. While this course covers a range of essential topics, including the mechanisms of anti-obesity medication and the latest research and clinical trial findings, strategies for tailoring fitness programs for clients on these medications is the focus. An integration of nutrition and a strong focus on behavioral coaching is emphasized. Ethical considerations related to this evolving field are also explored in depth. Accredited for CECs: SCW (8.0), ACE (0.8), AFAA (8.0), NASM (0.8), AEA (4.5), ACSM (8.0).



SCW Chair Yoga Certification

Gusti Ratliff, MEd, E-RYT 500, C-IAYT

Thursday, August 21, 9:00am-5:00pm

\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)

Embark on a transformative journey that empowers yoga instructors to lead creative and effective chair yoga classes for all abilities. This comprehensive training focuses on essential techniques like pose adaptations, movement selection, and coaching methods tailored for special populations. Learn to use chairs for sitting, standing, and supported moves, serving a much-needed demographic. The program also covers verbal and visual cueing, memory-improvement strategies, and active aging principles. Graduates will be equipped to bring the healing power of yoga to diverse communities, creating inclusive, supportive environments. Includes practical training, a comprehensive manual, and an online exam. Earn accredited CECs from ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), AFAA (6.0), Yoga Alliance (8.0), and SCW (7.0).



ToughAgers® Instructor Active Older Adult Fitness

Deborah Rothschild, MS

Thursday, August 21, 9:00am-4:00pm

\$129

Exercise is for everyone, and older adults are no exception. The body responds to how it is trained, so let's equip older adults to ensure their bodies function optimally. Like other age groups, older adults need cardio, balance, resistance, core, and flexibility training. However, since many may not exercise independently, it's essential to provide a fun, supportive, and social environment to encourage participation. This course will equip you with the tools to confidently lead safe, effective fitness sessions for active older adults—whether in a group fitness class, small group training, or one-on-one private training. SCW (6.0), ACSM (6.0), AFAA (6.0), ISSA (6.0), NASM (0.6).





LaBlast® Fitness Instructor Certification

Dusty Solis

Thursday, August 21, 8:00am-5:00pm

\$99 early bird registration price through August 14th. \$125 registration price after August 14th.

Becoming a LaBlast® instructor will set you apart from the crowd by joining the only dance fitness program that perfectly blends ballroom dance and fitness physically, mentally, and emotionally. Our one-day certification dives into the 10 dances of LaBlast®, teaches the unique LaBlast® movement philosophy and provides the tools needed to lead your own LaBlast® classes in no time. SCW (8.0), ACE (0.8), AFAA (8.0), NASM (8.0).



Sunday, August 24, 2025

S.E.A.T. FITNESS

(Supported Exercise for Ageless Training) Certification

Ann Gilbert

Sunday, August 24, 8:00am-4:00pm

\$159 MANIA® attendees / \$199 non-attendees (Reg.

\$259)

This comprehensive program is perfect for Active Aging and Specialty Format Instructors looking to elevate their chair exercise classes. Focusing on the aging process, the course delves into physiology, kinesiology, and the unique needs of students requiring extra support. Learn to use a chair as a base for sitting, standing, and supported movements, enhancing group teaching skills. The program covers effective verbal and visual cueing, memory-improvement strategies, and active aging principles. A full-day practical training session includes choreography routines to improve class sequencing, musical phrasing, and teaching skills, supported by the latest online video resources. Both novice and experienced instructors will benefit through enhanced class structure design, routine creation, and leadership development. The course includes a manual, downloadable PowerPoint, a full-hour workout video, music, flashcards, an automated online exam, and a certificate. Accredited for CECs: ACSM (7.0), ACE (7.0), AEA (7.0), AFAA (7.0), NASM (0.7), and SCW (7.0).



ZUMBA® Basic 1 Training

Guillermo Melendez

Thursday, August 21, 7:30am-4:00pm

\$399 Registration Fee (Use PROMO CODE: TSZUMBA70 to receive a 70% discount)

This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to the four basic Zumba® rhythms (Merengue, Salsa, Cumbia, and Reggaeton), and then you will learn how to put these steps together into a song! The pre-con fee includes The Zumba® Electronic Instructor's Manual, Online Videos to Review Basic Steps and Zumba® Certificate of Completion. SCW (8.0), ACE (0.7), ACSM (8.0), AFAA (5.5).



SCW Menopause Wellness

EXPRESS Certification

Melissa Layne, MEd

Thursday, August 21, 4:30pm - 8:30pm

\$159 MANIA® attendees / \$199 non-attendees

(Reg. \$259) Unlock vibrant health during menopause with this transformative course that empowers you to guide clients confidently through this life stage. Leverage the latest research to inspire students using evidence-based exercises, nutrition strategies, and holistic practices tailored to their unique needs. Master creative, research-backed approaches to fitness and wellness, enhancing your influence in personal training and group exercise. Develop essential skills to manage symptoms, boost energy, and improve overall well-being, all while refining your business practices. This program includes a comprehensive manual and an online exam, ensuring you are fully equipped to support clients. Accredited for CECs: SCW (7.0), ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), and AFAA (6.0).



SCW Stretching & Flexibility Certification

Gail Bannister-Munn

Sunday, August 24, 8:00am-4:00pm

\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)

In this eight hour comprehensive course, review the science of stretching, flexibility and mobility. Acquire the knowledge to assess static and dynamic postures to identify movement quality issues and promote functional activities. Learn multiple flexibility, techniques, and stretching alternatives, including PNF (proprioceptive neuromuscular facilitation), active and dynamic stretching, passive and static options, assisted stretching techniques and more. Gain skill in myofascial release to enhance activation, recovery and regeneration for individuals of all ages and activity levels. Assist athletes to older adults, and distinguish yourself as a stretching expert. Perfect for one on one training, small group, training, and group fitness. This practical, hands-on certification includes a variety of detailed program designs with an easy to execute system. The certification includes practical training, a comprehensive manual, and an online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).



**WATERinMOTION® Aqua Exercise****Certification****Cheri Kulp****Sunday, August 24, 9:00am-4:00pm****\$159 MANIA® attendees / \$199 non-attendees***(Reg. \$259)*

Enhance your aqua fitness classes with this comprehensive certification program. Begin with a 6-part online course, complete with a manual and videos, covering the scientific principles of water exercise, the WATERinMOTION® RIPPLE teaching method, cueing techniques, deck teaching skills, active aging principles, and water-specific strength training. The program culminates in an 8-hour, full-day practical training, where you'll master choreography routines to improve class sequencing, musical phrasing, teaching skills, and full-body toning. Ideal for both aqua and land instructors, this certification ensures enhanced class structure, routine creation, and leadership development. Upon completion, participants earn certification in all three WATERinMOTION® programs: Original, Platinum, and Strength. Instructors on Wautoship can attend the live course for free. This certification is approved for CECs through AEA (8.0), SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), and ACSM (7.0).

**AlignSmart® Postural Measurement Certification****Patrick Mummy****Sunday, August 24, 8:00am-4:00pm****\$159 MANIA® attendees / \$199 non-attendees (regularly \$259)**

This is an introductory course to AlignSmart's patented postural measurement system called AlignSmart®. Learn how to use the Postural Alignment Kit (PAK) to quantify 20 skeletal landmarks to explain compensation patterns that cause dysfunction and pain. In this course, you will learn:

- How to measure postural misalignments using the PAK
- How to quantify these measurements to explain compensation and pain
- The difference between Corrective Exercise and Postural Corrective Exercise
- How to use the AlignSmart software to create corrective routines for your clients

SCW (8.0), ACE (1.8), AFAA (6.0), NASM (0.6), NCBTMB (4.0).

**PALANGO! Fitness Teacher Training****Felix Ojeda, MS****Sunday, August 24, 8:00am-4:00pm****\$123 (Regularly \$199)**

Master the Palango Method: a fun, intense blend of dance, MMA, kickboxing, capoeira, and boxing for high-energy fitness. Boost strength, endurance, and mental health while sweating and smiling! Join in-person training with Felix, Palango! Fitness founder, to learn flows, transitions, musicality, and conditioning through routines. Includes full access to online training videos and the Palango! Fitness Manual. Elevate your fitness journey with this dynamic, engaging workout! Palango!

ABOUT SCW FITNESS EDUCATION:**42 Years of Excellence**

SCW is a globally recognized leader in fitness education, offering hands-on certifications, continuing education, and conventions for fitness professionals across 40+ disciplines. For 42 years, SCW has been the trusted choice for Group Exercise Instructors, Personal Trainers, Aquatic Pros, Yoga Teachers, and more.

As the largest conference leader worldwide, SCW hosts 7 MANIA® conventions annually in top cities and 5 online summits, serving over 4,000 fitness professionals and reaching 300,000 virtually. SCW also offers trusted certifications, including across Personal Training, Group Exercise, Active Aging, Business, Aqua and more. SCW's WATERinMOTION® and S.E.A.T. programs empower independent health clubs, boutiques, and senior living communities worldwide. Don't miss our FREE Webinars and Podcasts that keep fitness businesses thriving.

ABOUT SCW CERTIFICATIONS: LIVE, ONLINE & LIVE-STREAM

SCW Certifications are Reliable, Respected, and Recognized worldwide. With 40+ high-quality certifications, SCW offers a comprehensive range from foundational programs like Group Exercise, Personal Training, and Aqua, to specialized courses in Active Aging, Pilates, and Meditation.

Each Online Certification includes a FREE LIVE COURSE, ensuring an interactive learning experience. Our courses are available in Live, Live Stream, and Online formats with in-depth manuals, comprehensive videos, automated testing, and downloadable certificates suitable for framing.

SCW certifications are accredited by top organizations including ACE, AFAA, NASM, ACSM, AEA, and more, giving you access to continuing education credits (CECs/CEUs) that support your career growth and keep you at the forefront of the fitness industry.



The Main Event.

Discover more than 100 sessions at Dallas Mania®, happening August 22-24 and take your fitness career to the next level. All included in your Mania® registration!

Friday, August 22

FR1 Sessions | 7:30 am - 8:45am

FR1A:

No Floor Core and Balance NEW

Melissa Layne, MEd

Elevate the active aging journey in a standing core and balance workshop! Discover tailored exercises that strengthen the core and improve balance, enhancing stability in everyday activities. Join us for a fun and engaging session that promotes confidence, mobility, and well-being, all from a standing position.

FR1B:

Group Strength Blueprint NEW

Lauren George, MS

Elevate your classes with the Pumped Up Strength method! Learn to layer rhythmic progressions and dynamic moves that target muscle and fascia. Gain cueing techniques, adaptable strategies, and science-backed programming to build strength, boost metabolism, and keep participants coming back for more!

FIT PRO
PROGRAMMING

FR1C:

Quiet Chaos, Find Your Rhythm NEW

Aimee Nicotera, MS

Unlock the power of your pedal stroke and nervous system to boost cycling performance. Master cadence, biomechanics, and neuromuscular efficiency through practical drills and strategies. Guide students to their flow state for enhanced workouts, improved leg speed, and better performance outcomes.

CORE
HEALTH & FITNESS

FR1D:

Do This, Not That! NEW

Keli Roberts

Selecting the right exercises for your client is an art. This workshop explores the biomechanics and kinesiology of popular exercises, offering more effective alternatives. Through hands-on application in an interactive setting, learn how to choose the best exercises to match your client's needs for optimal results.

dallas mania®

fitness pro convention

■ = being recorded



Register Here

Fri Aug 22

Sat Aug 23

Sun Aug 24

Certs
Thurs Aug 21

→ SCW Active Aging
Roberts • 9am-5pm

→ SCW Pilates Matwork
Toole • 8am-4pm

→ SCW Personal Training
Bannister-Munn • 9am-6pm

→ ZUMBA® Basic 1
Melendez • 7:30am-4pm

FR1	7:30am-8:45am
FR2	9:00am-10:15am
FR3	11:00am-12:15pm
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm
FR5	2:45pm-4:00pm
FR6	4:30pm-5:45pm
FR7	6:00pm-7:00pm
SA1	7:30am-8:45am
SA2	9:15am-10:30am
SA3	11:00am-12:15pm
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm
SA5	2:45pm-4:00pm
SA6	4:30pm-5:45pm
SU1	7:30am-8:45am
SU2	9:00am-10:15am
SU3	10:45am-12:00pm
SU4	12:15pm-1:30pm

ROOM A Longevity & Function DALLAS BALLROOM II	Room B Power & Performance DALLAS BALLROOM I	Room C Cycle / HIIT & Strength FORT WORTH 1	Room D Group Programming FORT WORTH 2	Room E Recovery & Pilates DALLAS BALLROOM III
No Floor Core and Balance Layne ■	Group Strength Blueprint George ■	Quiet Chaos, Find Your Rhythm Nicotera	Do This, Not That! K. Roberts ■	Deconstructing Asanas Ratliff ■
Boost Better Balance Rothschild ■	Palango! Strength Ojeda ■	Cycle Strong, Transfer Life K. Roberts	Pump Your Peach! Toole ■	Warrior® Tai Chi Yoga and Qi Gong Fusion J. Roberts ■
EXPO SHOPPING 10:00am-11:00am				
Master Knee-Pain Reduction Strategies Webb ■	Stability Ball Breakthrough Bannister-Munn ■	Train Smart & HIIT SMART Goals Williams	SOULfusion™ FLOWS Park ■	Hip Pain Blueprint Fox ■
EXPO SHOPPING 12:00pm-2:45pm				
Balance Brain & Spine Wartenberg Session 1 ■	Power Source: A Core Practice Ratliff Session 2 ■	Fit for Life: Active Agers Piercy Session 2	ZUMBA® Melendez Session 1	Symmetry AlignSmart® - Scientific Stretching Mummy Session 2 ■
Dare to Chair Gilbert ■	Arms, Butts & Core on the Floor! Bannister-Munn ■	Connect With Music, Messaging, Motivation Nicotera	Full Body Workout with BillyStix™ Shuttic ■	Shoulder Pain: Optimize Through Exercise Webb ■
EXPO SHOPPING 3:45pm - 4:30pm				
Athletic Aging by Ever Flexed George ■	RBB Burn Strachan ■	Unlocking the Power of HIIT Williams	Bodyfit: Tips on Modifications Ross ■	Teaching Restorative Yoga Without Props Ratliff ■
Dance Off! LaBlast®, Palango! Fitness, Haggard & Wartenberg	SCW Fitness Star Search Kooperman, Gilbert, Bannister-Munn & Kulp ■			Qi Gong: Breathe, Balance, Energize Haan ■
Dementia Client Strategies for Trainers Rothschild ■	SOULkickboxing™ Coleman ■	Trends In Cycling Nicotera	Step & Sculpt: Bringing Back the Basics Conti ■	Restorative Stretch Bannister-Munn ■
EXPO SHOPPING 8:30am-9:15am				
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A ■				
EXPO SHOPPING 10:30am-11:00am				
S.E.A.T. Supported Exercise for Ageless Training Gilbert ■	Trainer's Toolbox: Timesaving Solutions K. Roberts ■	Push, Pull, Squat, Hinge Piercy	BARREfusion™ Experience Coleman ■	Human Reformer Pilates George ■
EXPO SHOPPING 12:00pm-2:45pm				
Pelvic Floor from the Outside In Layne Session 1 ■	Progressive FITT: Functional Tube Training K. Roberts Session 2 ■	HIIT Ratios & Exercise Progression Williams Session 2	LaBlast® Fitness: Ballroom Blitz van Amstel Session 2 ■	Posture & Alignment with Personal Training Mummy Session 1 ■
Mobility Training - Online or In-Person Webb ■	Band Strong: Train Anywhere Power Bannister-Munn ■	Create Rides With AI Nicotera	Palango! Cardio Ojeda ■	Shoulder Savior - Conquer Shoulder Pain Fox ■
EXPO SHOPPING 3:45pm - 4:30pm				
Functional Fitness for Active Seniors Shuttic ■	Chair Yoga for Mobility & Strength Kooperman ■	Hypertrophy Unlocked Piercy	Warrior® Workout J. Roberts ■	Authentic Mat Pilates Uncovered Toole ■
AASK Amber: Anti-Aging Survival Kit Toole ■	SOULstrength™: A Little OFF BEAT Park ■	Sunday Certifications S.E.A.T. Supported Exercise For Ageless Training - Gilbert 8:00am-4:00pm SCW Stretching & Flexibility - Bannister-Munn 8:00am-4:00pm Symmetry Postural Measurement - Mummy 8:00am-4:00pm PALANGO! Fitness Teacher Training - Ojeda 8:00am-3:00pm WATERinMOTION® Aqua Exercise - Kulp 9:00am-4:00pm		Moving Meditations J. Roberts ■
Age Defying Mobility Training: Enhancing Longevity Webb ■	Broken to Beast Fitness Programming Poirier ■	LaBlast® Fitness for all Ages Solis ■	Trauma-Informed Care on the Mat and Beyond Haan ■	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
Comprehensive Active Aging Strategies Rothschild ■	Flex Like a Boss Haggard ■	Kardio Kenpo Shuttic ■	Inspire to Transform Lobacz ■	
LaBlast® Chair Fitness: Pull Up a Seat Solis ■	Fifty, Fit & Fierce Toole ■	RBB Shred Strachan ■	Meditation is My Medication Haan ■	

- **SCW Group Exercise**
J. Robertss • 8am-4pm
- **SCW Aquatic Exercise**
Layne • 8am-4pm
- **SCW Aquatic Exercise**
Layne 8:00am-4:00pm **SCW**
- **SCW Chair Yoga**
Ratliff • 9:00am-5:00pm
- **ToughAgers® Instructor**
Rothschild • 9am-4pm
- **LaBlast® Fitness Instructor**
Solis • 8am-5pm
- **Anti-Obesity Medication (AOM) Fitness Programming**
Gilbert • 9:00am-5:00pm
- **SCW Menopause Wellness EXPRESS**
Layne • 4:30pm-8:30pm

Room F Waterworks (Starts in lecture) BROWNSVILLE	Room G Nutrition & Wellness LAREDO	Room H Leadership EL PASO
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Wave Works Kulp & Wartenberg	Mastering Macros Toole	Build a High-Performance Team Gilbert
Liquid Gym Star Workout Wartenberg	Debunking Exercise Science Myths Layne	Women's Leadership Kooperman, Bannister- Munn, Conti, Gilbert & Ontiveros
EXPO SHOPPING 10:00am-11:00am		
Aquatic Strength Training PluimMentz	Boost Your Pre-Workout & Recovery Kooperman, Ontiveros, Layne & Toole	Supporting Clients on Anti-Obesity Medications Gilbert
EXPO SHOPPING 12:00pm-2:45pm		
LaBlast® Splash: Buoyant Ballroom Blitz van Amstel Session 1	Body Composition Scales for Teachers & Trainers Han Session 1	Marketing to Active Agers Panel Kooperman, Toole, Pajunen, Ross & Gilbert Session 2
Aqua ZUMBA® Melendez	Cancer Exercise & Wellness Conti	Harness the Financial Potential of your Gym Kleckner
EXPO SHOPPING 3:45pm-4:30pm		
Liquid Gym Acqua Punch & Pump Wartenberg	Women: Training Through the Stages Layne	How to Avoid Being My Patient Laskowski
BUSINESS KEYNOTE: The Fitness Evolution Patrick Mummy Room H		

Pre-Recorded Sessions Personal Training/ Strength	Pre-Recorded Sessions Restore/ Pilates /Tai-Chi	Pre-Recorded Sessions Active Aging / Functional Training	Pre-Recorded Sessions Nutrition/ Exercise Science
Add an EMOM Merrill	Yoga-Pilates Restore Bannister-Munn	Active Aging Playground Toole	A Wealth of Gut Health Unlocked Fearheiley
Arm Candy Appel	Myofascial Recovery Garcia	Aging Shoulder: Exercise to Function! Aslakson	Art of Food as Fuel Lemons
Athletic Woman: Function & Strength Hughes	Warrior Tai Chi Yoga and Qi Gong Fusion J. Roberts	Athletic Aging Madden	Feed Your Body & Soul: Mindful Eating Pyle
Core Amore Madden	Recovery Through Meditation Rockit	Creative Programming 55+ Wartenberg	Functional Nutrition & Hormones: Healthy Aging Zuleger
Integrated Strength George	Pilates, Power & Poise Lemons	Hip Mobility for Active Aging Bannister-Munn	Fundamentals of Squat Progressions and Variations Mike
Hit The Wall Rockit	Reset and Recharge Spreen-Glick	Strength Training For Longevity & Vitality II Kooperman	Nutrition Panel Layne, Digsby, Toole, Fearheiley
Kickbox N Chaos Turner	Recovery For Longevity Appel	Senior Circuit Haggard	Self-Care For Your Immune System Seti

Aqua Drums Vibes Wartenberg	Know Your Worth K. Ross	Build a Gym Community Trione
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A		
EXPO SHOPPING 10:30am-11:00am		
Ageless Aqua Kulp & Haggard	Physics of Pain & Performance Mummy	Body Composition 101: Tools & Insights Han
EXPO SHOPPING 12:00pm-2:45pm		
Liquid Gym Acqua Toner Stretch & Tone - Kulp Session 1	Inflammation: The Exercise-Nutrition Nexus Fearheiley Session 2	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb, Fox & Conti Session 2
Turbulence Training PluimMentz	Reverse Your Clock on Aging Pajunen	Strength Training for Active Agers Kooperman, Gilbert, K. Roberts & Laskowski Session 2
EXPO SHOPPING 3:45pm-4:30pm		
Tides of Power Kulp & Haggard	Understanding Exercise and Obesity Medications Rogers	The Retention Blueprint Poirier

Strength Courage and Wisdom Freeman	Human Reformer Pilates George	Optimal Mobility: Enhancing Functionality Gilbert	Aging Brains & Bones Layne
Add 160 Recordings Today for Only \$60 More (100 Live / 60 Pre-Recorded) scwfit.com/dallas			
Total Body Strength Richards	The Chakras: Align Your Energy Kaufman	Balance & Coordination for Active Agers Velazquez	Weight-loss Meds & Fad Diet Update Digsby
Ultimate Leg Day Toole	Active Recovery Zuleger	Bone Health Bootcamp Conti	Movement Through Menopause Groves
Step, Stamina & Strength Chilazi	Balls, Blocks, Bands: Pilates Fusion Metcalf	Everyday Strength: Coaching the Active Aging Female K. Roberts	Plyometric Exercise for Older Adults Aslakson
Bringing Back Foundational Strength Training Johnson	TaiChi Flow: Recovery for GXs & PTs Glassmeyer	Active Aging Latin Joyful Mix Sepulveda	Exercise Analysis Mack

Aqua Power: One Dumbbell Circuit Kulp	Rethinking Obesity Treatment: Elevate Your Business Rogers	The Art of Coaching Trione
All-Inclusive Aquatics PluimMentz	Nutrition: Hot Topic Research Layne	A Wealth of Gut Health Unlocked Fearheiley
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm		
AQUAHOLIC Layne	Preventing Common Fitness Injuries Laskowski	Create Content to Boost Sales Toole
Soca Splash Haggard	Diet vs. Exercise: Food Choices Always Win Fearheiley	Become a Fitness Personality Poirier

Effort Mastery: Coaching Peak Performance and Motivation McBee	Pilates: Mat to the Max Appel	Smart Warm-Ups for Active Aging D'Agati	Sugar, Snacks & Heart Attacks Digsby
Fluid Core Fusion Velazquez	Moving Meditation J. Roberts	Renew & Restore: Flexibility for 50+ Ross	Chain Reaction Biomechanics Hughes
Meet The Hybrid Fitness Professional Esquerre	Tai-Chi Fused Yoga Velazquez	Brain Balance Training Spichal	Building Muscle While Losing Fat Layne
Training the Neurodivergent Client Conti	Pilates 4 Life Kahn	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan	Magnesium: The Mighty Mineral Unveiled Toole

**FR1E:****Deconstructing Asanas** NEW **Gusti Ratliff, MEd, E-RYT 500, C-IAYT**

Early yoga progress—like increased flexibility, strength, and balance—comes from improved proprioception and neuromuscular facilitation, especially for seniors and beginners. Learn to use muscular release, precise cueing, and progressive strategies to create balanced, accessible classes that support safe skill development and long-term growth.

FR1F:**Wave Works** NEW**Cheri Kulp & Billie Wartenberg**

Make waves with fresh choreography, expert cueing, and innovative water moves in this high-energy session. Get six detailed routines, creative combos, and exciting music ideas to energize your classes and elevate your teaching. Leave inspired, confident, and ready to captivate your participants!

**FR1G:****Mastering Macros** NEW **Amber Toole**

Unlock the science of macronutrients and learn how to guide clients toward better nutrition. Explore how to assess client needs and implement macro-based nutrition for effective weight loss. Attendees will leave with practical strategies to confidently coach clients, stay within scope, and achieve sustainable, balanced results. (Lecture)

FR1H:**Build a High-Performance Team** NEW **Ann Gilbert**

Explore a proven system to recruit, educate, and lead a top-tier wellness team. Learn how management has evolved over 35 years from a seasoned fitness pro who thrives in both leggings and leadership. Gain the tools to build a successful, high-performance team. (Lecture)

FR2 Sessions | 9am - 10:15am**FR2A:****Boost Better Balance** NEW **Deborah Rothschild, MS**

Explore how balance training supports healthy aging. Discover strategies to reduce fall risk, boost neuromuscular health, and improve stability. Gain practical tools to help older adults maintain independence and a high quality of life through effective, functional movement practices.

**FR2B:****Palango! Strength** NEW **Felix Ojeda, MS, MBA**

Palango! Strength blends functional moves, dumbbells, calisthenics, and dance to build real-world strength. Mimicking daily activities, it boosts endurance, stability, and power. Set to energizing Latin beats, this fun, effective workout helps you move better and get stronger in everyday life.

**FR2C:****Cycle Strong, Transfer Life** NEW **Keli Roberts**

This ride trains for life, not just the bike. Use research-based HIIT to boost endurance, FTP, and V02 Max while building real-world fitness and strength. Create classes that transfer to daily movement and lasting results—with intervals that inspire and challenge.

FR2D:**Pump Your Peach!** NEW **Amber Toole**

Ready to transform those “pancakes” into juicy “peaches”? This fun session focuses on glute training for maximum growth! Discover the science behind glute gains, practice effective exercises to sculpt the backside, and learn how to keep your clients motivated with visible results they'll love.



**FR2E:****Warrior® Tai Chi Yoga and Qi Gong Fusion** **Jani Roberts**

Warrior® Qigong and Tai Chi Yoga blends Medical Qigong, foundational yoga, and tai chi to enhance Qi flow, balance energy, and support healing. This meditative fusion nurtures body, breath, and spirit—building resilience, vitality, and mindful awareness through intentional movement, breathwork, and ancient healing traditions.

FR2F:**Liquid Gym: Star Workout** **NEW** **Billie Wartenberg**

Power up your pool time! This dynamic aqua session blends boxing and strength moves using Liquid Stars to maximize drag, resistance, and results. Finish strong with deep stretches to boost flexibility and range of motion. Get ready to make waves and feel the burn!

FR2G:**Debunking Exercise Science Myths** **NEW** **Melissa Layne, MEd**

Discover the truth behind commonly misunderstood topics in fitness. We'll debunk myths about lactate, metabolism, protein synthesis, heart rate variability, the thermic effect of food, and more. Explore the research and gain clarity on these key concepts. Don't miss this informative session! (Lecture)

FR2H:**Women's Leadership: Climbing, Creating & Conquering in Fitness Panel** **NEW** **Sara Kooperman, JD, Gail Bannister-Munn, Christine Conti, MEd, Ann Gilbert, & Danielle Ontiveros**

Unlock real-world strategies for women to thrive in the fitness industry. Learn how to get promoted, lead with confidence, and launch your own business. This empowering session offers practical tools to build respect, boost self-assurance, and fast-track your career—whether you're climbing the ladder or creating your own path. (Lecture)

FR3 Sessions | 11am - 12:15am**FR3A:****Master Knee-Pain Reduction Strategies** **Ruston Webb, MS**

Learn to reduce knee pain and prevent injuries with targeted exercises. Discover how to boost client performance, retention, and satisfaction—while growing your business. This session gives fitness pros practical tools to deliver results and stand out in the industry. Elevate your training and transform your approach today!

**FR3B:****Stability Ball Breakthrough** **NEW** **Gail Bannister-Munn**

The Stability Ball Workout blends balance, flexibility, and core strength for total-body results. Train major and stabilizing muscles with effective, versatile, and fun exercises. Discover fresh drills that improve function and form—keeping you and your clients strong, engaged, and ahead in today's fitness landscape.

FR3C:**Train Smart & HIIT SMART Goals** **NEW** **Kia Williams, MBA, MS**

Boost fitness performance by applying SMART goals to HIIT. This session covers structuring effective intervals, ideal rest and recovery, and science-backed strategies. Learn the physiological demands of HIIT and how to enhance results through targeted cueing and smart recovery planning. Maximize outcomes with intentional, goal-driven training.

CORE
HEALTH & FITNESS**FR3D:****SOULfusion™ Flows** **NEW** **Michele Park**

Get ready to move with purpose! This music-driven session blends functional training with two creative YOGAish flows and a cardio burst. It's fun, sweaty, and smart—perfect for instructors ready to bring fresh choreography and serious vibe to their lineup.

the
Soul
fitness
STUDIO

**FR3E:****Hip Pain Blueprint** **NEW** **Brendan Fox**

Tired of missing key postural imbalances? Elevate your training by mastering hip assessments in all three planes. In this session, uncover the secrets to correcting postural issues, gain deeper insights into your clients' needs, and learn powerful techniques to help them achieve full function and peak results.

**FR3F:****Aquatic Strength Training -** **NEW****Irene PluimMentz, PT**

Debunk the myth—yes, muscle can be built in the water! Learn how to improve strength and function through aquatic training. Explore key factors for your audience, equipment options, and how to use them safely for effective, results-driven programming.

FR3G:**Boost Your Pre-Workout & Recovery** **NEW**
Sara Kooperman, JD, Danielle Ontiveros,
Melissa Layne, MEd & Amber Toole


Unlock your body's full potential with personalized pre- and post-workout strategies. In this fireside chat, discover how tweaks in nutrition, supplementation, and hydration can optimize energy, performance, and recovery. Learn what works best for your body type, including tips for HIIT, fasted cardio, and more. (Lecture)

FR3H:**Supporting Clients on Anti-Obesity Medications -** **NEW** **Ann Gilbert**

This session explores effective programming for clients using Anti-Obesity Medications (AOM). Learn to tailor movement plans to support weight loss and address potential side effects. Participants will discover how to design sustainable routines that complement AOM treatments, enhancing overall client success and well-being. (Lecture)

FR4 (Session 1) | 12:30pm - 1:45pm

If you choose this session, then 1:45pm-2:45pm will be your EXPO and lunch break.

FR4A:**Balance Brain & Spine** **NEW** **Billie Wartenberg**

Boost balance, brain function, and spine strength with gentle movements, posture work, cognitive challenges, and stability exercises. This fun, functional class enhances coordination, mobility, and confidence—perfect for fall prevention and mental sharpness. Bring curiosity and a smile for a session that supports body and mind!

FR4D:**ZUMBA®****Guillermo Melendez**

Zumba® is for every body! This calorie-burning dance fitness party blends low- and high-intensity moves in an interval-style workout. Enjoy a total body session combining cardio, muscle conditioning, balance, and flexibility—boosting energy and leaving you feeling awesome every time you dance!

**FR4F:****LaBlast® Fitness: Ballroom Blitz** **Louis van Amstel**

LaBlast® is a dance fitness program created by "Dancing with the Stars" pro, Louis van Amstel. Experience a diverse mix of famous ballroom dances set to your favorite music. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more!

**FR4G:****Body Composition Scales For Teachers & Trainers** **NEW** **Joseph Han, CSM, PMP**

Discover the true value of body composition scales that go beyond weight to measure heart rate, body fat, and more. Explore various scale types and learn how to apply this data to optimize results for personal training clients and group fitness members. Unlock a full-spectrum view of fitness progress.

**FR4 (Session 2) | 1:15pm - 2:30pm**

If you choose this session, then 12:15pm-1:15pm will be your EXPO and lunch break

FR4B:**Power Source: A Core Practice -** **NEW** **Gusti Ratliff, MEd, E-RYT 500, C-IAYT**

We're infusing this yoga practice with energy, stability, and balance by combining yoga with high-intensity training. We'll explore core anatomy and strengthen the core from the inside out. We'll cover the basics, build heat, and have fun! This yoga-hybrid class will bring profound benefits to your practice.

FR4C:**Fit for Life: Active Agers** **NEW** **Michael Piercy, MS**

Discover how aging impacts performance and why strength training matters at every stage of life. Learn smart, science-backed strategies to boost strength, support independence, and promote vitality—for active agers and the pros who train them.





FR4E: **Symmetry AlignSmart®: Scientific Stretchin**



Patrick Mummy

Discover Symmetry's patent-pending AlignSmart® system, designed to measure and correct postural imbalances through customized routines. This session teaches you how to implement targeted stretching techniques that optimize posture before workouts. Ensure precision in your training by assessing first—because if you aren't assessing, you're guessing!

FR4H: **Marketing to Active Agers Panel - NEW**

Sara Kooperman, JD, Amber Toole, Dr. Grazyna Pajunen, MS, PHD, Kylie Ross, MSM, MBA, & Ann Gilbert

Discover effective strategies to engage the growing 50+ market. Learn how to craft compelling messaging, leverage social media, utilize referral programs, and create community-driven experiences. This panel explores proven techniques, successful samples, and actionable strategies to attract, retain, and inspire active aging adults while positioning your business for long-term success. (Lecture)

FR5 Sessions | 2:45pm -4pm

FR5A: **Dare to Chair** NEW

Ann Gilbert

"Dare to Chair" introduces an innovative seated workout that blends low-impact cardiovascular exercises with functional movements. Perfect for those with mobility challenges or seeking a gentler approach, this program focuses on Purpose, Performance, and Population (PPP), offering a tailored solution for the



aging population and anyone needing a more accessible fitness option.

FR5B: **Arms, Butts & Core On the Floor** NEW

Gail Bannister-Munn

Discover the power of ground-based strength training! Learn to lead full-body classes using floor-based exercises that maximize muscle engagement and intensity. This dynamic session covers key techniques and progressions to elevate your programming, expand your skills, and add fresh energy to your strength training approach.

FR5C: **Connect With Music, Messaging, Motivation** NEW

Aimee Nicotera, MS

Unlock the power of music in indoor cycling! Learn how to select tracks that enhance motivation, performance, and engagement. Master the art of blending music with vocal techniques to create immersive, themed rides that inspire and elevate your coaching, leaving participants craving more.



FR5D: **Full Body Workout with BillyStix™** NEW

Bill Shuttic, MBA, CPT

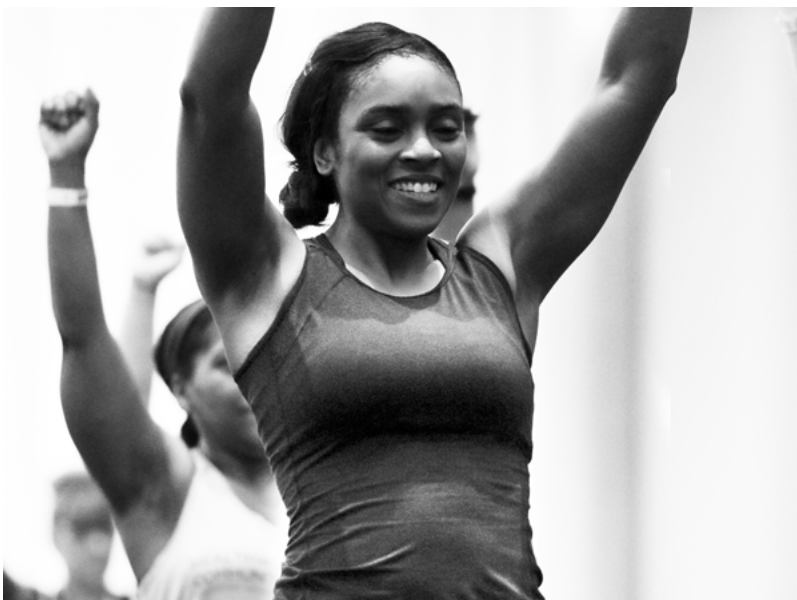
Get ready for a dynamic full-body workout with BillyStix™—weighted sticks designed to challenge strength, coordination, and cardio. Energize your group fitness offerings with creative moves that build core stability, balance, and endurance. This session will leave you inspired and ready to elevate your training!



FR5E: **Shoulder Pain: Optimize Through Exercise**

Ruston Webb, MS

Step up your fitness game by mastering exercises that alleviate shoulder pain and prevent injuries. This course empowers fitness professionals to enhance client satisfaction and results, increasing retention and profit. Learn to optimize performance through pain-reducing strategies, and watch your business thrive. Don't miss this opportunity to elevate your expertise!



**FR5F:**
Aqua ZUMBA®**Guillermo Melendez**

Make a splash and experience the refreshing, invigorating Zumba® pool party featuring multiple Latin and International dance rhythms! This unique workout in the water complements all the muscles and allows students of all fitness levels, as well as those with disabilities or physical limitations, to join the Zumba experience!

**FR5G:**
Cancer Wellness Strategies **NEW** **Christine Conti, MEd**

Gain confidence in supporting clients affected by cancer. Chronic disease specialist Christine Conti shares safe, science-backed exercise and wellness methods to enhance recovery, strength, and quality of life. Ideal for fitness pros, caregivers, and survivors seeking practical, positive strategies to make a lasting impact.

**FR5H:**
Harness the Financial Potential of your Gym **NEW****Dan Kleckner**

Join Dan to discover the steps you need to take to build a financially successful and sustainable training gym that will allow you to control your time and provide financial freedom. You will walk away with a playbook on how to build your business from the bottom up. (Lecture)

FR6 Sessions | 4:30pm - 5:45pm**FR6A:****Athletic Aging by Ever Flexed** **NEW** **Lauren George, MS**

Athletic Aging by Ever FLEXED empowers adults 45+ with strength, HIIT/VIIT, mobility, and flexibility training. Learn to design fun, functional classes that support longevity, build confidence, and foster connection. Walk away with fresh programming ideas and coaching strategies to help participants stay strong, move well, and feel amazing!

FR6B:**RBB BURN** **NEW** **Rebekah Strachan**

Experience the power of rhythm-based training with RBB BURN! This to-the-beat cardio workout blends functional movements, strength, and cardio for a total-body burn. Move through all planes of motion to energizing music, transforming exercise into an exhilarating fitness party!

FR6C:**Unlocking the Power of HIIT** **NEW** **Kia Williams, MBA, MS**

Unlock your fitness potential with CORE Health & Fitness' structured HIIT training. Explore anaerobic conditioning methods from power sports like boxing, football, and volleyball to boost performance. Learn to apply HIIT for explosive power, endurance, and strength while elevating your coaching skills for better training outcomes.

FR6D:**Bodyfit: Tips on Modifications** **NEW** **Kylie Ross, MSM, MBA**

Get your blood flowing and release endorphins with this total body workout! Use high- and low-intensity movements to relieve tension and build lean muscle for active aging and post-op recovery. Chair and floor variations target core, legs, back, and arms to boost strength and protect joints.

FR6E:**Teaching Restorative Yoga Without Props** **NEW** **Gusti Ratliff, MEd, E-RYT 500, C-IAYT**

Restorative yoga promotes relaxation and stress reduction through release—muscular, mental, and energetic. Focused on peace, it allows compassion, connection, and courage to emerge. With external support providing steadiness (sthira), true ease (sukha) comes from mental and physical softness, fostering deep relaxation and release.

**FR6F:****Liquid Gym Acqua Punch & Pump****Billie Wartenberg**

Give your water workout a punch! Burn fat, strengthen your core, and tone arms and legs with jabs, punches, and kicks using Liquid Gym Gloves. Add Acqua Tone Loops for extra leg work. Energize your body while protecting your joints in this fun, low-impact class!

**FR6G:****Women: Training Through The Stages** **NEW** **Melissa Layne, MEd**

Learn how hormonal shifts impact strength, endurance, and recovery in women. Explore evidence-based training, recovery, and supplementation strategies for every life stage. Empower your clients with science-backed methods to boost performance, support longevity, and train smarter through all phases of womanhood. (Lecture)

FR6H:**How to Avoid Being My Patient** **NEW** **Dr. Edward Laskowski, MD**

Dr. Edward Laskowski, former Co-director of Mayo Clinic Sports Medicine, shares evidence-based strategies to boost health and longevity. Learn practical tools to improve nutrition, lifestyle, cognition, and fitness—plus key screenings and training tips to keep you and your clients thriving and out of the doctor's office. (Lecture)

FR7 Sessions | 6pm - 7pm**FR7B:****MANIA® DANCE OFF!!**

Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with LaBlast®, Palango! Fitness, Tani Haggard & Billie Wartenberg, and learn tons of new moves to drive your dance programs to the next level. You even can win a free certification from one of these amazing programs. It's going to be a party of epic proportions!

FR7D:**SCW Fitness Star Search****Judges: Sara Kooperman, JD, Ann Gilbert, Gail Bannister-Munn, & Cheri Kulp**

Compete to WIN a presenting spot at the 2026 MANIA® Conference on your chosen topic! Showcase a 3-minute highlight from your favorite class, demonstrating your energy, creativity, and ability to inspire. Our expert judges evaluate your routine and leadership skills. Share your expertise, gain recognition, and shape the future of fitness. Step into the spotlight and claim your place at MANIA®!

FR7E:**Qi Gong: Breathe, Balance, Energize** **NEW** **Elian Haan**

Recharge with Qi Gong! Flow through gentle movements and breathwork to boost energy, reduce stress, and restore balance. Improve vitality, clarity, and strength in this mindful movement practice. Perfect for all levels, this session leaves you refreshed, centered, and empowered from the inside out.

FR7H:**BUSINESS KEYNOTE:****The Fitness Evolution** **NEW** **Patrick Mummy**

The Fitness Industry is booming, growing 31% faster than any other profession in the U.S., yet it's still among the lowest paid. It's time for a change! Join us to uncover the bold steps that will redefine the future of fitness careers, boosting earning potential while empowering fitness pros to lead the wellness revolution!

**Saturday, August 23****SA1 Sessions | 7:30am -8:45am****SA1A:****Dementia Client Strategies for Trainers** **NEW** **Deborah Rothschild, MS**

Learn research-based strategies to train clients with dementia. Discover how to collaborate with caregivers and communicate effectively with this population. Gain practical tips to design safe, beneficial sessions that support cognitive and physical health.

**SA1B:****SOULKICKBOXING™** **Lindsey Coleman, MA**

SOULkickboxing™ fuses kickboxing, dance, cardio, balance, and conditioning in our signature FIGHTER FLOW. Set to fun, motivating music, this workout helps you find your FOCUS, your FIGHT, and your FLOW—no equipment needed. Unleash your inner badass and experience the ultimate mind-body sweat session!

**Presenter Information**

For detailed info about each presenter, including their areas of expertise, visit:
scwfit.com/Dallas/presenters

**SA1C:****Trends in Cycling** **Aimee Nicotera, MS**

Discover cardio cycling's resurgence and its benefits on metabolism, VO2 Max, and health. Learn to use Functional Threshold Power (FTP), gamification, and small group training to boost motivation and revenue. Explore heart rate variability (HRV) and recovery strategies to optimize cardiovascular performance and client results.

**SA1D:****Step & Sculpt Revival** **Christine Conti, MEd**

Step returns with a twist! Combine classic step aerobics and sculpting moves for a total-body burn. Perfect for all levels, this upbeat session offers fun combos and fresh ideas to energize your classes. Blend old-school vibes with modern flair for a dynamic, energizing workout experience.

**SA1E:****Restorative Stretch** **Gail Bannister-Munn**

Unwind with a gentle blend of yoga, Pilates core work, and Active Isolated stretching. Calm your nervous system, increase mobility, and promote deep relaxation. Learn to honor your body's limits without pressure. Leave feeling recharged, centered, and connected—restored in both body and mind.

SA1F:**Aqua Drums Vibes****Billie Wartenberg**

Dive into the rhythm of water drumming! Experience the exhilaration of SAF Aqua Drums Vibes® as you blend unique rhythms and movements for a challenging and fun aquatic workout. Discover a fresh and dynamic way to achieve fitness goals while enjoying the water.

SA1G:**Know Your Worth** **Kylie Ross, MSM, MBA**

Ready to level up your career in the fitness and health industry? Discover key strategies and insider tips for managing finances, maximizing tax benefits, and protecting your earnings. From W-2s to 1099-NECs, partnerships, and essential bookkeeping, learn how to confidently take charge of your financial future!

**SA1H:****Build a Gym Community** **Jake Trione**

Fitness is more than workouts—it's relationships. Discover how to be your community's go-to expert by building trust, creating loyal connections, and transforming relationships into profit. Learn proven strategies to grow your business through authentic interactions and lasting client loyalty.

SA2 Keynote | 9:15am -10:30am**SA2A:****The Purpose-Driven****Fitness Formula** **Ruston Webb, MS, FMS II, TPI-CGFI III**

Unlock your clients' true potential by uncovering the 3 hidden "filters" that cause self-sabotage and keeps them from recognizing their true purpose. This breakthrough formula dives deep into the mental and emotional barriers that hold clients back. Discover how purpose unlocks lifelong success, boosts adherence, and drives lasting results. Ready to elevate your fitness business and transform lives? Join this EPIC session!

**SA3 Sessions | 11am -12:15am****SA3A:****S.E.A.T. Supported Exercise for Ageless Training** **Ann Gilbert**

Take aging sitting down! Learn to design seat-based fitness programs that boost accessibility without sacrificing intensity or fun. Ideal for deconditioned clients or those recovering from injury, chair workouts can energize any class and expand your reach—guaranteed to earn a "seated" ovation!

**SA3B:****Trainer's Toolbox: Timesaving Solutions** **Keli Roberts**

Creating Small Group Training programs can be time-consuming. This hands-on workshop introduces a simple, results-driven system to streamline program design. Explore creative strategies to expand your toolbox and leave with endless ideas to enhance your training sessions.

**SA3C:****Push, Pull, Squat, Hinge** NEW**Michael Piercy, MS**

Master the foundational movement pattern - push, pull, squat, and hinge—to build real-world strength and mobility. Learn efficient training strategies that support lifelong fitness, especially for busy parents balancing performance, endurance, and everyday demands.

CORE -
HEALTH & FITNESS**SA3D:****BARREfusion™ Experience****Lindsey Coleman, MS**

A BARRE class for EVERYbody. Not a ballerina? NO WORRIES! BARREfusion™ is designed for the ballerina, the barre enthusiast, or someone with NO barre experience! We combine ballet-inspired movement with athletic moves, cardio bursts, and our signature fuses to accommodate EVERYbody.

**SA3E:****Human Reformer Pilates** NEW**Lauren George, MS**

Experience Pilates reformer benefits—no machine required! Using resistance bands, this mat-based session replicates classic reformer moves to build strength, improve posture, and boost coordination. The Human Reformer method delivers full-body results and fresh strategies to elevate your classes. Suitable for all fitness levels.

FIT PRO
PROGRAMMING**SA3F:****Ageless Aqua** NEW**Cheri Kulp & Tani Haggard**

Dive into six 64-count choreography blocks that flow seamlessly for active agers. These routines integrate balance, mobility, and dexterity, while neuroplasticity games make waves in cognitive health. Take home comprehensive handouts to create a current of engaging, functional, and refreshing aqua programming for your classes.

**SA3G:****Physics of Pain & Performance****Patrick Mummy**

Utilize physics as it pertains to musculoskeletal compensations and pain planes of motion to get your clients proactive and compliant with corrective exercises. Employ postural analysis pre- and post-workout to reinforce healthy daily habits, and ultimately increase athletic performance. (Lecture)

**SA3H:****Body Composition 101:****Tools & Insights** NEW**Joseph Han, CSM, PMP**

Explore the evolving science of body composition and learn what metrics truly matter in fitness and wellness. Compare today's leading technologies and measurement systems. Evaluate devices, data and insights for PTs and GXIs. Understand key performance outcomes based on science, use-case and outcome potential that drive real-world results. (Lecture)

TANITA**SA4 (Session 1) | 12:30pm - 1:45pm**

If you choose this session, then 1:45pm-2:45pm will be your EXPO and lunch break.

SA4A:**Pelvic Floor from the Outside In** NEW**Melissa Layne, MEd**

The hip muscles significantly impact pelvic floor health. As research expands, this session explores which exercises, for both males and females, are effective—or detrimental—for improving hypotonic and hypertonic pelvic floors. Learn the latest strategies for optimal pelvic floor function.



**SA4D:****LaBlast® Fitness: Ballroom Blitz** ■■**Louis van Amstel**

LaBlast® is a dance fitness program created by "Dancing with the Stars" pro, Louis van Amstel. Experience a diverse mix of famous ballroom dances set to your favorite music. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more!

SA4E:**Posture & Alignment with Personal Training** ■■**Patrick Mummy**

Proper posture and alignment are key to results and injury prevention, but correcting clients mid-workout can be tricky. Join expert Patrick Mummy to learn top coaching and cueing strategies for improving posture and alignment in personal training and small group settings—helping clients move safely and effectively.

SA4H:**Stretching Strategies: Flexibility, Recovery, Performance Panel** ■■ **NEW****Sara Kooperman, JD, Gail Bannister-Munn, Ruston Webb, MS, Brendan Fox & Christine Conti, MEd**

Enhance your knowledge on effective stretching techniques with our expert-led Stretching Panel. Discover methods to improve flexibility, prevent injuries, and optimize recovery. This session will cover dynamic, static, and PNF stretching, offering insights for all fitness levels to incorporate safe, impactful stretches into any routine.

**SA4 (Session 2) | 1:15pm - 2:30pm**

If you choose this session, then 12:15pm-1:15pm will be your EXPO and lunch break.

SA4B:**Progressive FITT: Functional Tube Training** ■■ **NEW****Keli Roberts**

Resistance tubing offers endless possibilities for improving muscle endurance, posture, balance, and body control. This interactive session goes beyond the basics, teaching critical alignment, movement patterns, and cueing techniques for progressive functional training using tubing, enhancing client performance and results.

SA4C:**HIIT Ratios & Exercise Progression** ■■ **NEW****Kia Williams, MBA, MS**

Maximize fitness gains with smart HIIT techniques. Learn ideal work-to-recovery ratios to boost performance and adapt intervals for all fitness levels. Explore week-by-week HIIT progressions to improve endurance, strength, and overall conditioning. Optimize results with personalized recovery strategies that enhance training effectiveness.

SA4F:**Liquid Gym Acqua Toner Stretch & Tone****Cheri Kulp**

Elevate your aqua workouts with Liquid Gym Acqua Toner Bands and Bar! Combine strength training with water's resistance to boost flexibility, muscle tone, range of motion, proprioception, and circulation. Finish with a refreshing stretch using Liquid Stars for a full-body aquatic transformation.

SA4G:**Inflammation: The Exercise-Nutrition Nexus****Amanda Fearheiley, RDN, LD, CPT**

Discover the buzz around reducing inflammation and its profound impact on health. Inflammation is linked to various health issues, but you can learn how to combat it with nutrition and exercise strategies. Uncover how these interventions can not only reduce inflammation but also enhance your athletic performance. (Lecture)



SA5 Sessions | 2:45pm - 4pm

SA5A:

Mobility Training - Online or In-Person **Ruston Webb, MS**

Unlock the power of mobility training! Learn to integrate effective mobility sequences into group sessions to boost client results, retention, and revenue. Experience firsthand how these movements elevate performance and tap into a growing fitness trend. Join Ruston and stay ahead in today's competitive market.

SA5B:

Band Strong: Train Anywhere Power **Gail Bannister-Munn**

No machines, no problem. Build full-body strength, power, and mobility using loop bands, power bands, and suspension trainers. This high-energy session blends resistance, control, and explosive movement for a sweat-drenched, functional workout you can do anywhere. Stretch, strengthen, and challenge every muscle—anytime, any place.

SA5C:

Create Rides With AI **Aimee Nicotera, MS**

Learn how to use AI to create personalized indoor cycling ride formats tailored to your students' unique needs. This session explores how AI can help develop results-driven programming, seamlessly incorporate music, and save time while enhancing the overall cycling experience. Join us for this interactive, future-focused workshop!



SA5D:

PALANGO! Cardio **Felix Ojeda, MS, MBA**

A simple, fun, and intense Latin dance-inspired workout that blends rhythmic moves with kickboxing and bodyweight exercises. This high-energy session torches calories, boosts endurance, and strengthens the entire body while keeping you engaged with infectious beats. Perfect for all levels, it's an exciting way to sweat, sculpt, and have fun!



SA5E:

Shoulder Savior **Brendan Fox**

Shoulder pain doesn't discriminate—learn how to fix it fast. In this interactive session, practice simple, effective assessments and techniques to improve shoulder posture and function. Gain practical tools for all ages and fitness levels using minimal equipment—leave ready to restore strong, pain-free movement with confidence.



SA5F:

Turbulence Training **Irene PluimMentz, PT**

Enhance your water fitness, boot camp, warm water rehab, and personal training sessions with added turbulence. Learn the difference between drag and turbulence and how to apply them effectively and safely to achieve the best outcomes for your clients. Ideal for trainers seeking better results in aquatic workouts.



SA5G:

Reverse Your Clock on Aging **Dr. Grazyna Pajunen, MS, PHD**

Discover proven strategies to turn back the clock and reclaim youthful vitality. Learn how nutrition, mindset, and lifestyle choices can optimize your health, energy, and appearance. Gain practical tips to reduce biological age, enhance skin radiance, and feel your best — no matter your starting point. (Lecture)



SA5H:

Strength Training for Active Agers Panel **Sara Kooperman, JD, Ann Gilbert, Keli Roberts, & Dr. Ed Laskowski, MD**

Explore effective strengthening techniques designed for the 50+ population. Learn how to improve mobility, balance, and muscle endurance with science-backed methods. This panel covers resistance training, functional movement, and progressive overload strategies, providing successful samples and actionable approaches to help active agers build strength safely and effectively. (Lecture)

SA6 Sessions | 4:30pm - 5:45pm

SA6A:

Functional Fitness for Active Agers **Bill Shuttic, MBA, CPT**

Stay strong, mobile, and independent with a bodyweight workout designed for active agers! Focus on practical strength, stability, and mobility exercises that support daily activities and longevity. With functional movements that improve balance, coordination, and confidence, you'll feel empowered to live fully—no matter your age or fitness level.



**SA6B:****Chair Yoga for Mobility & Strength** NEW **Sara Kooperman, JD**

This workshop for yoga teachers and mobility practitioners uses seated and standing chair postures to build strength, flexibility, and functional movement. Focusing on daily activities like rising and sitting, it enhances balance and well-being—perfect for aging populations seeking greater independence, longevity, and vitality.

SA6C:**Hypertrophy Unlocked** NEW **Michael Piercy, MS**

Unlock the science of muscle growth and the role of mechanical stress. Discover proven programming strategies that stimulate hypertrophy and deliver results. Perfect for newer and seasoned pros ready to design smarter, stronger training sessions.

CORE
HEALTH & FITNESS**SA6D:****Warrior® Workout** **Jani Roberts**

The Warrior® Workout fuses martial arts and functional fitness to build strength, resilience, and self-awareness. This mind-body practice empowers all levels through intentional movement, helping participants connect with their physical, mental, and emotional state for a more centered and balanced way of being.

**SA6E:****Authentic Mat Pilates Uncovered** NEW **Amber Toole**

Authentic Mat Pilates Uncovered takes you back to the roots of Pilates, where true transformation begins! Dive into Joseph Pilates' original teachings, master essential exercises, and refine your programming. Uncover how modern trends miss the mark—and why staying authentic delivers powerful results for clients of all levels!

SA6F:**Tides of Power** NEW **Cheri Kulp & Tanisha (Tani) Haggard**

Revitalize your water workouts with innovative uses of aqua dumbbells! Harness drag, resistance, and buoyancy to build strength, muscular endurance, power, and tone. Explore creative techniques with single or paired dumbbells, including flotation options, to recharge your routine and unlock new strength and energy in the pool.

**SA6G:****Understanding Exercise and Obesity Medications**NEW **Dr. Renee Rogers, PHD, FACSM**

Explore how modern obesity medications are reshaping treatment. This session covers current and emerging drugs, their use in aging populations, and key programming adaptations for fitness professionals working with clients on these medications. (Lecture)

SA6H:**The Retention Blueprint** NEW **Christopher Poirier**

Unlock the secrets to growing and sustaining a successful personal training business! Learn proven strategies for client retention, residual growth, and tapping into overlooked aspects of personal training. Transform your passion into a thriving business while building lasting relationships and long-term success. (Lecture)

Sunday, Aug 24**SU1 Sessions | 7:30am -8:45am****SU1A:****AASK Amber: Anti-Aging Survival Kit** NEW **Amber Toole**

Designed for fitness professionals working with active agers, this session provides essential strategies in nutrition, self-care, and fitness to help clients age with vitality. Discover evidence-based practices to boost well-being, enhance physical performance, and foster a positive mindset, empowering your clients to thrive at any age.

SU1B:**SOULstrength™: A Little OFF BEAT** NEW **Michele Park**

Not your average strength class! Flow through fun, beat-driven combos, then switch it up with offbeat moves to lift heavier and focus on form. It's smart, sweaty, and set to a killer playlist—perfect for those who love to move with purpose (and a little attitude).

**SU1D:****Barreless Barre** NEW**Lauren Georger, MS**

Barreless Barre takes your barre classes beyond the barre! Learn to design dynamic, full-body workouts anywhere—studio, outdoors, or online. This workshop explores balance, strength, and coordination using functional movement patterns. Gain a library of barre-inspired combos and progressions that are accessible, effective, and fun for all fitness levels.





SU1E: Moving Meditations **NEW**

Jani Roberts

Moving Meditations™ are short, intentional movement patterns paired with emotion-specific music to shift and elevate your energy. These mindful practices support emotional well-being, helping you reset with ease and experience more joy, clarity, and balance in your daily life.



SU1F: Aqua Power: One Dumbbell Circuit **NEW**

Cheri Kulp

Get ready for a dynamic water workout! Using one dumbbell, power through upper and lower body circuits with minimal rest. Unlock hips and shoulders while relieving hand and wrist tension. This total-body, low-impact session is adaptable for all fitness levels and delivers results with every splash.

SU1G: Rethinking Obesity Treatment: Elevate your Business **NEW**

Dr. Renee Rogers, PHD, FACSM

obesity is a complex metabolic disease that can't be solved with a one-size-fits-all approach. The fitness industry often chases trends over support. This session explores behavior strategies to better understand client needs and build a more inclusive, effective, and sustainable business model. (Lecture)

SU1H: The Art of Coaching **NEW**

Jake Trione

Coaching goes beyond cues—it's about connection. Discover how to prepare, lead, and wrap up sessions that inspire real change. Learn techniques to elevate client interactions, build lasting relationships, and become the coach clients can't stop talking about. Drive transformation through purposeful, impactful coaching. (Lecture)

SU2 Sessions | 9am - 10:15am

SU2A: Age Defying Mobility Training: Enhancing Longevity **NEW**

Ruston Webb, MS

Unlock longevity secrets with Age Defying Mobility. This session shows how targeted mobility training improves independence, slows aging, and enhances balance. Learn simple movement sequences that boost client results and retention. Transform aging and stay competitive in the evolving fitness industry with effective mobility training.



SU2B: Broken to Beast Fitness Programming **NEW**

Christopher Poirier

Transform injuries into strength with "Broken to Beast"! This course teaches corrective exercise techniques to address mobility, posture, and movement dysfunctions. Empower clients to recover, build resilience, and turn setbacks into comebacks, helping them achieve their full potential—pain-free and stronger than ever.

SU2D: LaBlast® Fitness for all Ages **NEW**

Dusty Solis

LaBlast® Fitness for All Ages offers inclusive ballroom fitness programs that make staying active fun for everyone, regardless of age or fitness level. Enjoy the joy of dancing with cardio and strength training, set to various music genres, with no partner needed. Perfect for all, from young to old!



SU2E: Trauma-Informed Care on the Mat and Beyond - **NEW**

Elia Haan

Trauma's impact on healthcare and mental wellness is increasingly recognized. Trauma-informed care fosters healing, empowerment, and resilience on and off the mat. This session introduces the six principles of Trauma Informed Yoga (TIY) and explores its powerful, transformative potential for wellness and recovery.

**SU2F:****All-Inclusive Aquatics** NEW **Irene PluimMentz, PT**

Learn to adapt your aquatic programming for all participants, covering conditions such as stroke, obesity, fibromyalgia, Parkinson's, amputations, and arthritis. Discover ways to ensure safe participation and take time to discuss your specific clients, finding inclusive solutions tailored to their needs.

**SU2G:****Nutrition: Hot Topic Research** NEW **Melissa Layne, MEd**

Research follows trends so what is the current research showing on collagen supplements, creatine for postmenopausal women, caffeine as a preworkout, and many other hot topics? We will also hit on the science as to why or why not these nutritional practices make physiological sense in the human body. (Lecture)

SU2H:**A Wealth of Gut Health Unlocked** **Amanda Fearheiley, RDN, LD, CPT**

Unlock peak performance and rapid recovery by optimizing gut health! Break free from poor gut cycles with proper fueling and refueling. Learn expert tips to incorporate powerhouse foods that boost vitality and longevity. This lecture guides you to a healthier, more energetic, and resilient you. (Lecture)

SU3 Sessions | 10:45am - 12pm**SU3A:****Comprehensive Active Aging Strategies** NEW **Deborah Rothschild, MS**

Discover science-backed techniques to boost cardiovascular fitness, strength, and balance in older adults. Learn practical exercises, programming tips, and choreography to enhance coordination, endurance, and mobility. Help clients age confidently and independently with workouts that build stability, resilience, and functional movement for everyday life.

**SU3B:****Flex Like a Boss** NEW **Tanisha (Tani) Haggard**

This total body strength class features 8 work blocks progressing from easy to hard, ending with a "Boss Up" challenge testing your strength. Improve muscular power and endurance using light and heavy weights, kettlebells, and resistance bands for a full-body workout that builds lasting strength.

SU3D:**Kardio Kenpo** NEW **Bill Shuttic, MBA, CPT**

Step into the dojo for a high-energy kickboxing session! Perfect your punches, kicks, and cardio while building strength and coordination. No dance moves here—just straightforward, powerful techniques to unleash your inner fighter and level up your workout. Are you ready to rumble?

**SU3E:****Inspire to Transform** NEW **Crystal Lobacz**

This interactive, research-backed workshop features cue labs, decision-tree design, and a 30-day action plan—equipping fitness pros with practical tools to boost motivation, engagement, and retention in classes, personal sessions, and client relationships.

SU3F:**AQUAHOLIC** NEW**Melissa Layne, MEd**

Love moving and grooving in the pool? This workshop delivers fresh choreography using only body weight for resistance and turbulence. Enjoy easy-to-follow breakdowns that suit all ages and fitness levels, while harnessing the power of musical phrasing.

SU3G:**Preventing Common Fitness Injuries** NEW **Dr. Edward Laskowski, MD**

This session will discuss common fitness and sports injuries seen in a sports medicine practice. Evidence based strategies for recognizing and preventing these injuries in your training population will also be discussed. (Lecture)

SU3H:**Create Content to Boost Sales** NEW **Amber Toole**

Dive into content marketing strategies and create a month's worth of content during the session. Learn content creation, SEO, social media, and email marketing tactics. Walk away with actionable content ready to drive sales. This session empowers you to thrive and skyrocket your fitness business! (Lecture)

SU4 Sessions | 12:15pm - 1:30pm**SU4A:****LaBlast® Chair Fitness: Pull up a Seat** **Dusty Solis**

100% Dance, 100% Fitness, and 100% Seated! Enjoy a low-impact mix of ballroom dances like Jive, Foxtrot,





Salsa, and more—all from your chair. No partner needed! Plus, get the ultimate core workout while grooving to your favorite music in this fun, joint-friendly session.

SU4B:

Fifty, Fit & Fierce NEW

Amber Toole

Are you ready to support women through perimenopause and beyond? This session covers effective training strategies, habit transformation, and holistic tools to help clients thrive—not just survive—during menopause. Empower women to build strength, vitality, and confidence in this transformative stage of life.

SU4D:

RBB Shred NEW

Rebekah Strachan

Think metabolic conditioning, but to the beat! RBB Shred fuses heavy lifting with high-intensity cardio intervals for the ultimate strength and fat-burning workout. Designed for coaches who want to lead dynamic, music-driven sessions, this innovative approach keeps heart rates high and participants coming back for more!



SU4E:

Meditation is My Medication NEW

Elian Haan

Explore the healing power of meditation as a tool to manage stress, anxiety, and boost mental well-being. Learn practical techniques including breathing exercises and mindfulness practices to foster inner calm, emotional balance, and relaxation. Discover how to integrate meditation into daily life for lasting wellness benefits.

SU4F:

Soca Splash NEW

Tanisha (Tani) Haggard

This high-energy Aqua Dance class mixes HIIT and strength with a sexy twist. Wind up that body with the sweet sounds of Soca while we build strength, power-up the legs and build a beautiful booty. Welcome to the Islands! Get ready to dance aqua style!

SU4G:

Diet Vs. Exercise: Food Choices Always Win

Amanda Fearheiley, RDN, LDN, CPT

Discover why nutrition often outweighs exercise for weight loss. Learn the science behind failed diets and explore training-based nutritional needs. Leave with practical strategies to guide clients toward lasting results—all while staying within your professional scope of practice. (Lecture)

SU4H:

Become a Fitness Personality NEW

Christopher Poirier

Unlock your potential as a fitness personality! Learn to build your brand, engage audiences, and create authentic content that resonates. Gain practical tools to stand out, grow your following, and become a trusted voice in fitness—whether you're just starting out or looking to elevate your presence. (Lecture)

Pre-Recorded Sessions

Pre-Recorded - Personal Training/Strength

Add an EMOM

Kari Merrill

Get ready to spice up your workouts with EMOMs—every minute on the minute exercises that add a thrilling twist to your routine! Discover creative ways to keep your classes fresh and engaging, and leave with a ton of new ideas for your next strength session. Don't miss out!



Presenter Information

For detailed info about each presenter, including their areas of expertise, visit:

scwfit.com/Dallas/presenters





Arm Candy

Abbie Appel

Whether you go heavy or light, overloading the muscles of your upper body is key to experiencing improved strength, movement quality, and the aesthetics your classes and clients desire. Review techniques to challenge your upper body in all directions and all positions. Understand how training your upper body can help you reach total body goals faster.

Athletic Woman: Function & Strength

Michael Hughes

You need strength, stamina, flexibility and power for the tasks of everyday life. Functional fitness improves your ability to run a marathon and walk your dog, to lift a barbell and lift your laundry. For whatever life brings you, train like the well-rounded female athlete that you are!

Core Amore

Tricia Madden

Discover the power of your core! Instead of solely concentrating on effective core exercises in your classes and sessions, why not empower your clients to truly appreciate their core? Gain valuable insights on cultivating core strength that extends beyond fitness and unlock a plethora of innovative ideas for designing engaging core-focused programs.

Integrated Strength

Lauren George, MS

Group fitness students love a total-body workout, but fitting it into a 50-minute class can be challenging. This session will show you how it's done. Learn how to engage the core, lower body, and upper body simultaneously, all while moving dynamically to the beat. Walk away with the tools to create classes that deliver the most effective workout of your students' week.

Fluid Core Fusion

Manuel Velazquez

Fluid Core Fusion is the ultimate workout, combining cardio and strengthening segments. Learn specific movements that target the core muscles and dynamic cardio sequences to design your own non-stop cardio-core-strength programming. This session focuses on combining specific core muscle toning moves with functional and dynamic cardio segments to create a complete cardio-core-strength experience.

Hit The Wall

Yury Rockit

Discover the power of your body and a simple wall in this dynamic fitness session! Unleash creativity with diverse movements blending strength, cardio, and

mobility exercises. Transform your workout as we utilize the wall for a unique and effective session. Elevate your fitness experience – because everyone needs a wall in their workout!

Kickbox N Chaos

Tara Turner

This workout combines everything (including the kitchen sink) to create complete chaos in your kickbox class. Using drills, weights, and quick power moves, this is sure to get your heart pumping and your mind and body working! Up your game and take your kickboxing program to the next level.

Strength Courage and Wisdom

Amia Freeman

Strength, courage and wisdom are the key components to creating an embodied fitness experience. Using the foundations of fitness fundamentals, combined with mindfulness, moving meditation and a whole-person approach to engaging in their workout; we'll learn the gift of offering our participants a grace-filled way of moving in love.

Total Body Strength

Diva Richards

Total Body Strength mixes resistance training with body weight exercises to absolutely challenge every muscle in your body - upper, lower, and core. Sculpt your way to a stronger, leaner physique. Unique combinations of exercises make this one killer workout.

Ultimate Leg Day

Amber Toole

Leg day enthusiasts, this one's for you! Supercharge your lower-body training with effective programming for sculpting strong legs and glutes. Learn injury prevention, nutrition tips, and workout variations. Elevate your lower-body game and help your clients get amazing results!

Step, Stamina & Strength

Siri Chilazi, MBA, MA

Everything you love about Step Aerobics plus seamlessly integrated full-body training to build strength and stamina! This session alternates between classic aerobic step combinations and strength training intervals for a dynamite workout that leaves you sweaty and smiling. Learn to create and deliver this all-levels workout to pack your classes!

Bringing Back Foundational Strength Training

Greg Johnson, MS

In a world with endless information, many people often skip foundational strength. This session will examine movements for maximum strength, endurance, and hypertrophy. Explore their role in both performance and



weight loss as well as clarity as to when and where to focus on the basics.

Effort Mastery: Coaching Peak Performance and Motivation

Sheldon McBee, MS

Effort, achieving peak performance, leveraging recovery, and maintaining motivation. These skills can be applied to HIIT, High Volume Training, Performance Training, and more. Elevate your coaching skills to empower clients for outstanding results.

Fluid Core Fusion

Manuel Velazquez

Fluid Core Fusion is the ultimate workout, combining cardio and strengthening segments. Learn specific movements that target the core muscles and dynamic cardio sequences to design your own non-stop cardio-core-strength programming. This session focuses on combining specific core muscle toning moves with functional and dynamic cardio segments to create a complete cardio-core-strength experience.

Meet The Hybrid Fitness Professional

Bob Esquerre, MA, NSCA-CPT

How many weekly PT Sessions can we deliver before nearing burn-out? How much can we keep increasing our prices before we hit that "price-ceiling"? Join Bob as he reviews the new skills that Personal Trainers will need to grow our businesses beyond 1-on-1 Training Sessions. (Lecture)

Training the Neurodivergent Client

Christine Conti, MEd

This session provides fresh insight on how to best serve the neurodivergent client. Identify the difference between a neurodivergent and neurotypical client and learn safe and effective training, coaching, and communication skills to help them reach their goals. Learn how to better serve this underserved and growing demographic.

Pre-Recorded - Restore/Pilates/Tai-Chi

Yoga-Pilates Restore

Gail Bannister-Munn

Yoga-Pilates Restore consists of a fusion of yoga, Pilates based core work, Active Isolated (A-I) stretching, & flexibility training. Develop an understanding of strengths and limitations to either move beyond or stay within your boundaries, all while bringing energy in, and feeling successful in a non-competitive environment.

Myofascial Recovery

Herson Garcia

Experience the latest and greatest in myofascial release with foam rollers and massage sticks. Explore recovery for you and your clients using simple, inexpensive and portable equipment. Leave with new ideas and techniques to implement with your clients and classes.

Warrior® Tai Chi Yoga and Qi Gong Fusion

Jani Roberts

Warrior® Tai Chi Yoga and Qi Gong Fusion uniquely combines Tai Chi, Yoga and Qi Gong with powerful music designed to quiet the mind. Benefits of a regular practice range from increased flexibility, strength, balance and stress relief to rejuvenation, repair of structural and internal body systems and improved concentration.

Pilates, Power & Poise

Rosie Lemons, MS, ERYT- 200

Combining physical and mental strength through exercise is a work of art. It's a true mind body connection. Enhance core strength and control in tandem with moving mantras in standing flows and practice on the mat. Learn to create an experience your clients rave about!

Reset & Recharge

Kimberly Spreen-Glick

A long, full day of focus, movement, and learning with like-minded professionals is exhilarating; but exhausting. Reboot after your full day of MANIA® and rejuvenated once again. Show up for this peaceful presence practice and give yourself the gift of self-care as we enjoy a collective exhale together to reset and recharge!

Recovery for Longevity

Abbie Appel

Unlock effective myofascial active recovery techniques in this hands-on workshop. Learn how to use foam rollers and tennis balls for guided muscle care and stretching that benefits all ages. Improve flexibility, mobility, and range of motion while relieving muscle knots, aches, and pains to enhance overall well-being and support long-term movement health.

Human Reformer Pilates

Lauren George, MS

Experience the powerful benefits of Pilates reformer workouts without the need for a reformer! Using one or two resistance bands, this class adapts classic reformer moves directly onto the mat. Suitable for all fitness levels, the session focuses on building functional strength, enhancing posture, and improving



coordination. The Human Reformer method allows you to perform full Pilates reformer movements while discovering new methods and strategies for your classes.

The Chakras: Align Your Energy

Jenny Kaufman

Discover a modern adaptation of ancient chakra concepts for today's wellness. This session provides a practical, no-nonsense guide to using the chakra system as an energetic map for enhancing overall wellness in every aspect of life.

Active Recovery

Dr. Julie Zuleger, PhD

Discover great myofascial active recovery techniques in this Happy Muscles! 365 workshop. Learn guided muscle care and stretching techniques for all ages using best-in-class Tiger Tail massage sticks and balls. Improve flexibility, mobility, and ROM, as well as reduce muscle knots, aches, and pains while using these affordable, portable and FUN stretch-recovery tools.

Balls, Blocks, Bands Pilates Fusion

Andrea Metcalf

Learn how to seamlessly integrate Pilates exercises for enhanced client results using the pilates ball, yoga block and resistance bands. Science and choreography included. Discover innovative ways to incorporate Pilates principles into existing training routines, amplifying strength, flexibility, and balance. Elevate your teaching skills and unlock new dimensions of fitness for your clients.

TaiChi Flow: Recovery for GXs & PTs

Jacob Glassmeyer

This workshop is designed for group exercise instructors & personal trainers who want to incorporate TaiChi into their programming as a powerful recovery tool. Through the principles of TaiChi, participants will learn to facilitate recovery, enhance body awareness, and promote mental clarity. The workshop focuses on the practical application of TaiChi movements, emphasizing relaxation, breath control, and gentle flow, making it an ideal addition to any fitness regimen.

Forever Pilates

Abbie Appel

Pilates is for everyone! Develop your Pilates program to help your active agers feel great and continue moving functionally to live their best life. Experience a Pilates mat program with 15 movement modifications

and progressions that increase mobility, balance and muscular endurance. Learn how proper postural movements will improve function and overall confidence to help your clients continue doing the things they love!

Moving Meditations

Jani Roberts

Moving Meditations™ are short patterns of movement, connected to an emotion and driven by music. They are designed for daily use to realign or amplify energy. You will clearly identify the emotion you are experiencing and shift to a better feeling place, finding more joy.

Tai-Chi Fused Yoga

Manuel Velazquez

Focus on flexibility and balance both internally and externally to improve overall wellness in this Tai Chi Yoga fusion program. Yoga develops the foundation of internal support for stability and strength, while Tai Chi connects the fundamental and dynamic applications of functional mobility and dynamic stability using movements that connect into forms and sequences. The result is a greater sense of balance, self-body awareness, range of motion and muscular strength.

Pilates 4 Life

June Kahn

Pilates is a significant contributor for enhancing core strength, movement quality for life function & managing back pain. It improves posture, alignment & spinal mobility. Gain an understanding of its purpose with modifications and challenges for all. Experience why Pilates has endured as an effective form of training for decades.

Pre-Recorded - Active Aging/Functional

Active Aging Playground

Amber Toole

Explore dynamic game-based training methods designed specifically for active agers. Discover how to infuse playfulness into fitness routines, promoting social engagement, mobility, and health. Learn the art of adapting traditional games and creating new ones to make exercise enjoyable and effective for older adults.

Aging Shoulder: Exercise to Function!

Dr. Aaron Aslakson, PhD

Proper function of the glenohumeral joint is crucial to the activities of daily living in middle age and older adults. This presentation will focus on simple exercises that can



provide valuable results to help maintain function of the shoulder and translate this function to their activities of daily living.

Athletic Aging

Tricia Madden

Unveiling the "Perfect 60-Minute Challenge" – a groundbreaking exercise regimen meticulously crafted for the specific needs of physically active adults over the age of 45. This dynamic workout is designed to strengthen bodies at any age, offering a straightforward format, this challenge makes consistent workouts easily achievable, empowering your members.

Creative Programming 55+

Billie Wartenberg

Americans age 55+ are feeling more alive and active than ever! In fact, this age group makes up the largest segment of our population going to fitness facilities. Don't just give them boring fitness programming – get creative and make your fitness classes fun, energizing and engaging! It will not only meet their needs for an active lifestyle, but it will keep them coming back for more.

Hip Mobility for Active Aging

Gail Bannister-Munn

Prolonged sitting and inactivity can reduce lower body function and contribute to discomfort or pain. This session focuses on strategies to improve hip mobility, flexibility, and strength, helping you stay mobile, independent, and pain-free. Learn techniques to prevent lower back pain, knee discomfort, and injuries while enhancing functional movement for daily life activities. Keep your hips healthy and your body moving with confidence and ease!

Strength Training for Longevity & Vitality II

Sara Kooperman, JD

Whether a personal quest or a way to engage the fastest-growing segment of the population, this incredibly creative bodyweight, light hand weight and foam rolling workout presents effective and manageable training techniques for the 50+ population. Led by an icon in the fitness industry, Sara takes you through this Group Strength Class using unique multi-joint, rhythmic exercises for a total body strength workout. Endurance, flexibility, and balance are the lenses we use when analyzing our programming. It's not about how long or hard you train; it's about exercising smart for longevity and vitality.

Senior Circuit

Tanisha (Tani) Haggard

This balance of cardio and strength fitness is chocked full of fun and folly. Experience this successful senior program direct from Trilogy Adult Living Community which includes a variety of 9 circuit stations where participants target different muscle groups, customized for seniors with moderate and intense bursts of exercise.

Optimal Mobility: Enhancing Functionality

Ann Gilbert

This presentation illuminates the significance of exercise, cognitive stimulation, and social engagement in maintaining independence and vitality. Practical tips and lifestyle adjustments are shared, fostering a holistic approach to aging gracefully with optimal functionality.

Balance & Coordination for Active Agers

Manuel Velazquez

The active aging population grapples with an array of dysfunctions, affecting their capacity to remain steady. Improve balance and coordination and walk out of this session with at least ten movement patterns and a few extra games that are going to positively impact your clients gate stability, "action-reaction" engagement, physical balance, and mental coordination.

Bone Health Boot Camp

Christine Conti, MEd

Are you looking to take proactive steps to prioritize client bone health and well-being? This session is designed to educate and empower fitness professionals to better design and implement programs that serve the needs of aging clients. Learn safe and effective skills to achieve optimal bone strength and vitality!

Everyday Strength: Coaching the Active Aging Female

Keli Roberts

There are many considerations in program design when coaching the ageless female client. This workshop provides essential safety guidelines, regressions, and progressions for critical body alignment. In an interactive hands-on environment, learn endless programming options, ideal for coaching women of a certain age!

Active Aging Latin Joyful Mix

Zoraida Sepulveda

Fire-up your Active Agers with energizing, dynamic Latin-based patterns in a powerfully cultural movement experience. This program incorporates both seated and



standing components, cardiovascular Latin movements, neuroplasticity, core-conditioning, and a total mind-body approach. Perfect for most active aging fitness levels, we enjoy easy-to-follow progressions and transitions.

Smart Warm-Ups for Active Aging

Eric D'Agati

Prepare your body for movement with safe, effective warm-up techniques designed for active aging. Enhance mobility, reduce injury risk, and boost confidence with simple strategies that improve flexibility and strength. Walk away with practical methods to make every workout smoother, safer, and more enjoyable. Stay active, stay strong!

Renew & Restore: Flexibility for 50+

Kylie Ross, MSM, MBA

Move with ease and feel your best! This gentle flexibility session blends modified stretches and functional movements to improve mobility, reduce stiffness, and enhance posture. Designed for adults 50+, it helps you stay active, balanced, and pain-free. Rejuvenate your body and restore flexibility for a healthier, more vibrant life!

Brain Balance Training

Emily Splichal, DPM, MS

The seemingly simple task of balancing on one leg or walking across the room is actually a complex, integrated, sensory experience with stimulation coming from the eyes, ears, joints, and foot. Join Dr. Emily to experience sensory-stacked exercises that will improve body perception, balance, and movement in all clients.

Marketing to Active Agers Panel

Sara Kooperman, JD, Ann Gilbert, Amber Toole & Cosmo Wollan, MA

Discover effective strategies to engage the growing 50+ market. Learn how to craft compelling messaging, leverage social media, utilize referral programs, and create community-driven experiences. This panel explores proven techniques, successful samples, and actionable strategies to attract, retain, and inspire active aging adults while positioning your business for long-term success. (Lecture)

Pre-Recorded NUTRITION/EXERCISE SCIENCE

A Wealth of Gut Health Unlocked

Amanda Fearheiley, RDN, LD, CPT

Unlock the secret to peak performance and rapid recovery by optimizing your gut health! Say goodbye to the cycle of poor gut health as you discover the

crucial role of proper fueling and refueling. Get ready to supercharge your vitality and longevity with expert tips on incorporating powerhouse foods into your diet. This lecture is your gateway to a healthier, more energetic you! (Lecture)

Art of Food as Fuel

Rosie Lemons, MS, ERYT- 200

Your clients may have committed to the physical process, but have they committed in the kitchen? In this dynamic session, learn how to shift their mindset and inspire behavior changes when it comes to fueling the body. Learn what is within your scope of practice as a CPT and how to implement memorable and interactive workshops geared around grocery shopping, social influences, sugar, nutrition labels, food prep and more! Give them the power outside the gym! (Lecture)

Feed Your Body & Soul: Mindful Eating

Jeannette Pyle

There is a positive relationship between mindful eating and healthy eating. Mindfulness is associated with less impulsive eating, reduced calorie consumption, and healthier snack choices. Learn the basics of mindful eating and how it can help you eat to live. (Lecture)

Functional Nutrition & Hormones: Healthy Aging

Dr. Julie Zuleger, PhD

This workshop explores how nutrition, supplements, and hormones impact the aging process. Explore what to take, how the body adapts to aging and what we can do nutritionally to age with energy and grace. Learn evidence-based approaches, strategies, and applications to combat metabolic adaptations to promote healthy aging. (Lecture)

Fundamentals of Squat Progressions and Variations

Dr. Jonathan Mike, PhD

This combination of scientific lecture and hands-on movements will address and identify the biomechanics and technical intricacies of the box squat. Practical information on progressions and variations combines with practical cues to help trainers and coaches better understand the squat & its execution.

Nutrition Panel

Melissa Layne, MEd, Sohailla Digsby, RDN, LD, Amber Toole & Amanda Fearheiley, RDN, LD, CPT

Come together to explore controversial research. Join the discussion, ask questions, and discover cutting edge options in food and nutrition. Hear from these



nutrition experts on how and why they choose to eat the way they do. Leave “feeling full” of ways to make smarter choices when it comes to fueling your body. (Lecture)

Self-Care For Your Immune System

Dr. Candice Seti, Psy.D.

It's always important to take care of yourself, but right now, taking care of your immune system is more important than ever! The good news is that there are lots of healthy and natural ways to take care of yourself, feel good AND strengthen your immune system in the process! (Lecture)

Aging Brains & Bones

Melissa Layne, MEd

Discover the age-related changes that occur in the brain and bones, explore the causes behind these changes, and learn what we can do to slow the process. Experience a workout that includes activities targeting neuroplasticity and osteoporosis prevention. We'll wrap up the session with two large group games to keep everyone laughing.

Weight-Loss Meds & Fad Diet Update

Sohailla Digsby, RDN, LD

“Ozempic, Xenical, Victoza! Oh my!” Are you on the pulse of the latest developments in the ever-evolving weight management space? Uncover the effectiveness, safety, and potential pitfalls of weight loss medications and receive fresh insights on fad diets from our seasoned dietitian. “Fasting, Keto, and Noom! Oh my!” (Lecture)

Movement Through Menopause

Joanne Groves

Amidst generic peri-menopause strategies, this session offers tools for a tailored fitness approach. By understanding your client's feelings and using scientific research, meet the unique goals of each individual. Create experiences clients rave about and solidify your reputation as an expert in this field.

Plyometric Exercise for Older Adults

Aaron Aslakson, PhD

Plyometric and power exercises are not just for athletes, but for all clientele. Learn how to modify traditional plyometric and power exercises for safety and effectiveness in all clientele. The presentation will include variations for all ability levels and provide guidance on implementation and application.

Exercise Analysis

Greg Mack, CPT, CMES

Explore how the body balances, responds to change, and manages stress. Both beginner and veteran personal trainers leave with a clear understanding of essential concepts including stability, physical adaptations and stress over time. Apply this knowledge to create effective exercise plans for athletic youth and older adults alike. (Lecture)

Sugar, Snacks & Heart Attacks

Sohailla Digsby, RDN, LD

Is sugar evil? Addictive? Worth it? Which is worse: sugar or fat? And what about snacks? Should it be fruit, or bars, or shakes? So many questions, and so little time before most people encounter their first (and sometimes fatal and final) heart attack. Get answers! (Lecture)

Chain Reaction Biomechanics

Michael Hughes

Movement therapeutics is not a skill reserved for Physical Therapists. We'll break down the functional anatomy and biomechanics of the body, give you strategies for identifying and reverse engineering the root causes of your clients' pains. (Lecture)

Building Muscle While Losing Fat

Melissa Layne, MEd

Join this transformative workshop and unlock the secrets of building muscle while torching unwanted fat. Explore science-backed strategies, personalized workouts, and nutrition tips to achieve a balanced, strong, and lean physique. Elevate your fitness journey and build your dream body. (Lecture)

Magnesium: The Mighty Mineral Unveiled

Amber Toole

Explore the vital role of magnesium in human health, emphasizing its significance in muscle function, energy metabolism, and overall well-being. Discover how to optimize magnesium intake through dietary choices and supplements for enhanced performance, recovery, and long-term health. (Lecture)

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