

May 1-4, 2025 Caribe Royale Orlando Orlando, FL

A Convention Fit For All.





Welcome to Florida Mania!

Get ready for an unforgettable experience at SCW Florida Mania[®] Fit Pro Convention in Orlando, FL! 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 17 certifications in fitness, wellness, and business, led by top experts and industry icons, to advance your career.



20 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!

Florida 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 workoust that improve strength and flexibility.

→ Business of Fitness

Marketing, sales, management, and retention strategies for studio owners and trainers.



You'll Fit Right In.

Hosted at the beautifil Caribe Royale Resort in Orlando, Florida Mania® offers a modern venue with premium amenities—ideal for three days (or as many as you choose) of learning.



Mania[®] Convention Sessions & Workshops

May 1-4, 2025 (Thur, Fri, Sat, & Sun)

SCW Business Summit

May 2-4, 2025 (Fri, Sat, & Sun)

Certifications

May 1 (Thur) & May 4 (Sun) 2025

Save \$60 when you register by April 14 with code: EARLYBIRD

Register at:

www.scwfit.com/florida



Caribe Royale Orlando

8101 World Center Drive Orlando, Florida 32821

- FREE Wi-Fi
- FREE Coffee Maker
- FREE Mini-Fridge
- FREE Microwave
- Onsite Restaurants & Poolside Bars
- Onsite Starbucks
- Convenient Grab & Go Market
- FREE Shuttle to Disney World, Disney Springs & Premium Outlets

SCW Guaranteed Lowest Rate:

\$189 (Reg. \$271)

Hotel Discount Deadline: Mon. April 14

Book your discounted room here:

www.scwfit.com/florida/hotel

Certifications

Career-elevating certifications led by proven industry experts.

Certifications Thursday, May 1



SCW Personal Training Certification **Gail Bannister-Munn** Thursday, May 1, 9am-6pm



\$199 Mania® attendees / \$259 non-attendees Elevate your career with this nationally recognized certification designed for fitness professionals. Learn exercise physiology, program design, and health-risk assessments in a hands-on format. CECs: SCW (8.0), ACSM (8.0), AEA (4.0).



SCW Active Aging Certification **Ann Gilbert**



Thursday, May 1, 9am-5pm

\$199 Mania® attendees / \$259 non-attendees Unlock aging well with the SCW Active Aging Certification, helping fitness pros create safe, effective programs for seniors' health, strength, and balance. CECs: SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).



SCW Group Exercise Certification Manuel Velazquez Thursday, May 1, 8am-5pm



\$199 Mania® attendees / \$259 non-attendees Gain the skills to confidently lead group fitness classes with training in cueing, choreography, and class sequencing. CECs: SCW (8.0), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW Chair Yoga Certification Gusti Ratliff, MEd, E-RYT 500, C-IAYT Thursday, May 1, 9am-5pm

\$199 Mania® attendees / \$259 non-attendees Teach creative, accessible yoga classes using chairs for sitting, standing, and supported poses. Learn pose adaptations, active aging principles, and verbal and visual cueing. CECs: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), NASM (0.6), AFAA (6.0), Yoga Alliance (8.0).



SCW Aquatic Exercise Certification Melissa Layne, MEd Thursday, May 1, 9am-5pm



\$199 Mania® attendees / \$259 non-attendees Earn a nationally recognized water fitness certification, mastering aquatic exercise, anatomy, kinesiology, and leadership to teach diverse populations. CECs: AEA (7.0), ACE (0.7), ACSM (8.0), AFAA (8.0), NASM (0.8), SCW (8.0).



ToughAgers® Instructor **Active Older Adult Fitness** Deborah Rothschild, MS, NASM-CPT, ACE-CPT, AFAA-CGFI

Thursday, May 1, 9am-4pm

Only \$129. Equip older adults with cardio, strength, and balance training in a supportive environment. This program emphasizes safe, fun, and effective exercises to meet the needs of active older adults. CECs: SCW (6.0), ACSM (6.0), AFAA (6.0), ISSA (6.0), NASM (0.6).



LaBlast® Fitness Instructor Certification



Apy Figueroa

Thursday, May 1, 8am-5pm

\$99 early bird price thru 4/17 (\$125 after 4/17) Combine ballroom dance with fitness to create unique, engaging classes. Learn 10 ballroom dances, LaBlast® philosophy, and tools to start your own classes. CECs: SCW (8.0), ACE (0.8), AFAA (8.0), NASM (8.0).



Vital Core Training For The **Active Aging Certification Leslee Bender**



Thursday, May 1, 9am-1pm

\$169 for Mania® Attendees & non-attendees This certification teaches core training for active aging, enhancing balance, flexibility, and mobility with safe, effective exercises using a Bender Ball. CECs: SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4).



Functional Aging Specialist 1554 WHITE STATES AND ASSESSED. **Pre-Certification Workshop** Dr. Dan Ritchie, MS, PhD Thursday, May 1, 9am-5pm

\$249 (reg. \$549) Mania® Attendees & non-attendees Master functional fitness assessments and innovative exercise strategies to design safe, effective programs for adults 55+ that enhance mobility, flexibility, and aging functions. CECs: ACE (0.8), ACSM (8.0), (ISSA (8.0), NASM (0.8), NSCA (0.7), SCW (8.0)





PALANGO! **Fitness Teacher Training** Felix Ojeda, MS Thursday, May 1, 9am-4pm



\$123 (reg. \$199)

Master the Palango Method, a high-energy fusion of dance, MMA, kickboxing, and boxing, to boost strength, endurance, and mental health through fun, intense workouts with expert training and full online access.



ZVMBA ZUMBA® Basic 1 Training Jenna Bostic

Thursday, May 1, 7:30am-4pm

\$399 Registration Fee (Use Promo Code:

TSZUMBA65 to receive a 65% discount) Learn the foundation of Zumba® with four core rhythms:

Merengue, Salsa, Cumbia, and Reggaeton. Develop skills to create fun, high-energy classes for all fitness levels. CECs: SCW (8.0), ACE (0.7), ACSM (8.0), AFAA (5.5).

Certifications Sunday, May 4



SCW Pilates Matwork Certification **Abbie Appel** Sunday, May 4, 8am-4pm



\$199 Mania® attendees / \$259 non-attendees This nationally recognized certification deepens Pilates expertise by teaching over 40 core exercises, modifications for spinal dysfunctions, and creative programming for all abilities CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8)



SCW Mobility, Flexibility, and Myofascial Release Certification



Gail Bannister-Munn

Sunday, May 4, 8am-4pm

\$199 Mania® attendees / \$259 non-attendees Master stretching techniques, mobility assessments, and recovery strategies for all ages. Learn active, passive, and assisted stretching methods to enhance performance and reduce injury risk. Includes CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



WATERinMOTION® Aqua Exercise Certification Cheri Kulp

Sunday, May 1, 8:00am-4:00pm

\$199 Mania® attendees / \$259 non-attendees Get certified in WATERinMOTION® with a 6-part online course and 8-hour practical training, free for Wautoship instructors. CECs: AEA (8.0), SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), and ACSM (7.0).



SCW Yoga 1 Certification Manuel Velazquez



Sunday, May 1, 8am-4pm

\$199 Mania® attendees / \$259 non-attendees

Begin your yoga journey with training in poses, cueing, and program design for all fitness levels. This handson course integrates science and practice to build confidence in leading classes. CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).



Symmetry Postural Measurement Certification



Patrick Mummy

Sunday, May 1, 8:00am-4:00pm

\$199 Mania® attendees / \$259 non-attendees Learn to assess postural misalignments and create corrective exercise routines. This program uses Symmetry's patented AlignSmart system for measurable results. CECs: SCW (8.0), ACE (1.8), AFAA (6.0), NASM (0.6), NCBTMB (4.0).



S.E.A.T. S.E.A.T. **Supported Exercise For** Ageless Training Certification



Ann Gilbert & Sara Vandenberg, MA Sunday, May 1 9am-5pm

\$159 Mania® attendees / \$199 non-attendees Learn to lead effective chair-based classes for active aging clients and those needing

extra support. Movement adaptations, active aging principles, and memory improvement strategies. CECs: SCW (7.0), ACSM (7.0), ACE (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).



The Main Event.

Discover more than 100 sessions at Florida Mania[®], happening May 1-4 and take your fitness career to the next level. All included in your Mania[®] registration!

Friday, May 2

FR1 Sessions | 7am - 8:45am

FR1A:

Rotary Ground Force Training NEW ■ John Preston, MS, CSCS & Carl Horne

Boost rotational strength with ground force training! Enhance power, control, and core stability using key exercises, techniques, and equipment for optimal results.

FR1B:

Dare to Chair N≡W ■●

Ann Gilbert

A seated workout blending low-impact cardio with functional movement. Ideal for those with mobility challenges, focusing on Purpose, Performance, and Population for accessible fitness.

FR1C:

Prop Power: Amp Up Your Barre NEW ■ Tricia Murphy Madden

Elevate barre workouts with resistance bands, exercise balls, weights, and gliding discs. Add variety and challenge to keep clients engaged and motivated.



Deconstructing Asanas New ■

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

Improve flexibility, strength, and balance through progressive yoga techniques. Enhance proprioception and muscular release with effective cueing for all levels.

FR1E:

SEAT

Rhythm and Road NEW

Amber Toole

Transform cycle classes with music-driven terrain changes. Sync flats, climbs, sprints, and recoveries to the beat for an immersive, high-energy ride.

FR1F:

Unlocking the Power of HIIT NEW Aimee Nicotera, MS

Optimize anaerobic conditioning with structured HIIT training. Develop explosive power, endurance, and strength using techniques from power sports.



florida fitness pro convention

Indicates session is being recorded at this Mania® and will be available online, with access to 160 sessions.

Certs Thurs May 1

- **SCW Personal Training** Bannister-Munn • 9am-6pm
- **SCW Active Aging** Gilbert • 9am-5pm
- Velazquez 8am-5pm

SCW Group Exercise

→ SCW Chair Yoga Ratliff • 9am-5pm



Longevity & **Function**

Group **Programming**

Recovery & **Pilates**



FR1

FR2

7:30am-8:45am

9:00am-10:15am



FR3

11:00am-12:15pm

FR4

FR5



5:45pm

6:00pm-

Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm 2:45pm-4:00pm 4:30pm-

Rotary Ground Force Training Preston & Horne	Dare to Chair Gilbert ■	Prop Power: Amp Up Your Barre Madden ■	Deconstructing Asanas Ratliff	Rhythm and Road Toole
Full Body Workout with BillyStix™ Shuttic	Dementia Client Strategies for Trainers Rothschild	SOULkickboxing™ Coleman	Pair Up With Pilates Toole	Quiet Chaos, Find Your Rhythm Nicotera
	EXPO	SHOPPING 10:00am-11	:00am	
Arms, Butts & Core on the Floor! Bannister-Munn ■	Balance Training for Healthy Aging Ratliff ■	ZUMBA® Bostic	Symmetry AlignSmart® Scientific Stretching Mummy	Ride Re-invented Madden
	EXPO	SHOPPING 12:00pm-2	:45pm	
Integrated Strength Madden Session 2	Boost Brain & Body Balance Gilbert Session 1	Pump Your Peach! Toole Session 2	Shoulder Pain: Optimize Through Exercise Webb Session 1	Trends In Cycling Nicotera Session 2
Palango! Strength Ojeda	Functional Balance Circuits for Clients Over 50 Ritchie	BARREfusion™ Experience Coleman	Ageless Pilates Bender ■	Music & Motivation: Perfect Cycling Pair Madden
EXPO SHOPPING 3:45pm-4:30pm				
RBB Burn Strachan	Master Knee-Pain Reduction Strategies Webb ■4	Game Your Core Velazquez ■4	Stretch Savvy: Hands-On Techniques Bannister-Munn	
Dance Off! LaBlast®, Fit Pro Programming, Palango! Fitness, Tampa Bay Bodies, Inc., Wartenberg, & Velazquez Room A			SCW FITNESS Gilbert, Sepulveda Roo	, & Bannister-Munn



7:00pm

7:30am-SA1 8:45am

SA2 9:15am-10:30am

SA3

11:00am-12:15pm

Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm

SA5

2:45pm-4:00pm

SA6

4:30pm-5:45pm

Hip Mobility for Peak Performance Bannister-Munn ■	ToughAgers® Active Older Adult Fitness Rothschild ■	No Gym Equipment? No Excuses! Garcia ■	Human Reformer Pilates Appel ■4	Connect With Music, Messaging, Motivation Nicotera	
	EXPC	O SHOPPING 8:30am-9:	15am		
KEYNOTE ADDI	KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room B				
	EXPO SHOPPING 10:30am-11:00am				
The Core 6: Strength & Movement Essentials Bannister-Munn	S.E.A.T. Supported Exercise for Ageless Training Gilbert	LaBlast® Fitness: Ballroom Blitz Van Amstel ■	Conquering Sciatic Pain Garcia	Rhythm Ride: Ride the Beat Jackson	
	EXPO	SHOPPING 12:00pm-2:	:45pm		
Pelvic Floor from the Outside In Layne Session 1	Athletic Aging Appel Session 2	Palango! Cardio Ojeda Session 1 ■	Pilates Functional Progressions Velazquez Session 2	Warrior® Ride Roberts Session 1	
Active Strengthening with Stretch K. Ross	Mobility Training - Online or In-Person Webb ■	SOULfusion™ EXPERIENCE Coleman ■	Posture & Alignment with Personal Training Mummy	Create Rides With Al Nicotera	
	EXPO SHOPPING 3:45pm-4:30pm				
Next-Level Core Training Garcia	The Joy of Line Dancing Kittay	Warrior® Workout Roberts	Forever Pilates Appel		



7:30am-8:45am 9:00am-

10:15am

10:45am-12:00pm

12:15pm-1:30pm

Garcia Kittay Fascial Fitness for an Ageless Body LaBlast® Fitness Mindful Body Core by 4 for all Ages Fusion SCW Pilates Matwork Certification Wartenberg Lemons Bender Figueroa Strength & Grace: Back Ankle Mechanics for Appel 8:00am-4:00pm **RBB Shred** Kardio Kenpo to Power Lemons Peak Performance Garcia Strachan Shuttic EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm Posture Perfect: Body Weight Exercises for Better Posture AASK Amber: Step Up Your Groove Layne Train Like an Athlete Kornegay Anti-Aging Survival Kit
Toole scw

Don't Forget Your Unilateral Exercises

Lemons

LaBlast®Chair Fitness: Pull Up a Seat Figueroa

Step into Strutercize™ Taub

Preston & Horne Warrior® Tai Chi Yoga and Qi Gong Fusion Roberts

Mobility, Flexibility, and Myofascial Release Bannister-Munn 8:00am-4:00pm

- → SCW Aquatic Exercise Layne • 9am-5pm
- → ZUMBA® Basic 1
 Bostic 7:30am-4pm
- → ToughAgers® Instructor Rothschild • 9am-4pm
- → Vital Core Training for Aging Bender • 9am-1pm
- → LaBlast® Fitness Instructor Figueroa 8am-5pm
- → PALANGO! Teacher Training Ojeda • 9am-4pm
- → Functional Aging Specialist Ritchie • 9am-5pm

Room
HIIT &
Strength

Room
Waterworks
(Starts in lecture)

Room Wellness Room
Business
Summit

Pre-Recorded Sessions Personal Training Pre-Recorded Sessions Restore/ Pilates/Tai-Chi Pre-Recorded Sessions Aqua Exercise Pre-Recorded Sessions **Business**

Strength	(Starts in lecture)		Summit	
Unlocking the Power of HIIT Nicotera	LaBlast® Splash: Buoyant Ballroom Van Amstel & Blitz∎∢	Debunking Exercise Science Myths Layne	Secrets of Successful Studio Owners Ritchie	
Kettlebell Training for Women P. Ross & Corso	Aqua ZUMBA® Bostic	Anti-Obesity Wellness & Fitness Programming Gilbert	Your Financial Health K. Ross	
	EXPO SHOPPING	10:00am-11:00am		
Train Smart & HIIT SMART Goals Dayer	Wave Works Velazquez & Sepulveda ■4	Nutrition: Hot Topic Research Layne ■4	Marketing to Active Agers Panel Toole, Ritchie, Gilbert, Pajunen & Rothschild	
	EXPO SHOPPING	12:00pm-2:45pm		
The Hidden Core P. Ross & Corso Session 1	When Breath Meets Water: Aqua Yoga Lemons Session 1	Sleep Habits: Key to Fitness Layne Session 2	Confident Program Sales Strategies Ritchie Session 1	
Hypertrophy Unlocked Nicotera	Aqua Drums Vibes Wartenberg	Reverse Your Clock on Aging Pajunen	Strength Training for Active Agers Panel Toole, Gilbert, Laskowski, Lemons & Webb	
EXPO SHOPPING 3:45pm-4:30pm				
PureBack: Strengthen, Restore, Thrive Preston & Horne	Water Fiesta: Splash & Flow Sepulveda ■	Cracking the Code to Weight Loss Toole	Balancing the Burn - Managing Inflammation Lemons	
BUSINESS KEYNOTE ADDRESS The Fitness Evolution Patrick Mummy Room I				

Yoga-Pilates Restore Bannister-Munn ■4	H2O Rapid Resistance Kulp ∎∢	Monetize Recovery for Facilities & Personal Trainers McBee		
No (Downward facing) Dogs Allowed Fulton ■4	Aqua Articulations and Cardio Pyle ■	Public Relations for Fitness Pros DaCosta		
Flow Free & Be Spreen- Glick	Aqua Yoga Barre Wartenberg ■	Your Financial Health Ross ■		
Elevated: Next Level Active Recovery Robinson	Core Fusion H2O Vandenberg	Growth: Must or Bust Kooperman, Ball, Clark, Ross & Dennis		
Qigong and Self- Healing Craddock ■	When Breath Meets Water: Aqua Yoga Lemons	The Nuts & Bolts of Business Esquerre		
Poppin' Booty Pilates Stys	Pool Personal Training Lagerhausen	Small Business Grassroots Marketing		
	Bannister-Munn No (Downward facing) Dogs Allowed Fulton Flow Free & Be Spreen- Glick Elevated: Next Level Active Recovery Robinson Qigong and Self-Healing Craddock Poppin' Booty	Resistance Kulp No (Downward facing) Dogs Allowed Fulton Flow Free & Be Spreen- Glick Flow Free & Be Spreen- Glick Core Fusion H20 Vandenberg Cigong and Self-Healing Craddock Poppin' Booty Resistance Kulp Aqua Articulations and Cardio Pyle Aqua Yoga Barre Wartenberg When Breath Meets Water: Aqua Yoga Lemons		

Train the Female Athlete P. Ross & Corso	All-Inclusive Aquatics PluimMentz ■ (Physics of Pain & Performance Mummy	Rebrand and Thrive Gilbert		
	EXPO SHOPPING	G 8:30am-9:15am			
KEYN	KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room B				
	EXPO SHOPPING	10:30am-11:00am			
HIIT Ratios & Exercise Progression Appel	Tides of Power Kulp, Velazquez & Sepulveda ■€	Body Composition 101 Han			
	EXPO SHOPPING	12:00pm-2:45pm			
Reframing Strength Training: Real Results Dayer Session 1	Liquid Gym Acqua Toner Stretch & Tone Kulp Session 2	How to Avoid Being My Patient Laskowski Session 2	Start & Grow Your Business Toole, & K. Ross, & Rothschild Session 1		
Killer Core Appel	H2O Reporting for Duty Haggard ■4	Boost Your Pre- Workout & Recovery Ontiveros, Layne, Toole & Lemons	Build a High Performance Team Gilbert		
EXPO SHOPPING 3:45pm-4:30pm					
Push, Pull, Squat, Hinge Dayer	Ageless Aqua Kulp, Velazquez, Wartenberg & Sepulveda ■	The Ecosystem of Food Foss ■	So, You're a Personal Trainer. Now What? Lemons		
Certification		Women: Training			

Core Amore Madden	Yoga Groove Brasher ■•	H2O Strength Kulp	Build a High Performance Team Gilbert ■		
	Add 160 Recordings Today for Only \$60 More (100 Live / 60 Pre-Recorded) scwfit.com/florida				
Sexy, Smart Strength for Women McCormick	Beauty & the Beast: Yoga Power Bar Wartenberg	Tabata Aqua Running & Conditioning Haggard ■•	Building a Financially Successful Gym Kleckner ■		
Leg Circuit Blast for Power Williams	By Any Stretch Appel	Front & Center H2O Gilbert	Fill Your Small Group Training Varol		
Balance Your HIIT Lenart	Pilates 4 Life Kahn	Aqua Yoga for Arthritis Fairbrother	Signature Sauce for Six-Figure Success Diggs		
Fundamentals of Squat Progressions and Variations Mike	Hands on Stretching Bannister-Munn	Warm Water Strong McCormick	Stop Selling & Create Culture Gilbert		

S.E.A.T. Supported Exercise For Ageless Training Gilbert & Vandenberg 8:00am-4:00pm	Aqua Disco Haggard ■4	Women: Training Through the Stages Layne ■4	
	Liquid Gym Acqua Punch & Pump Wartenberg	Mastering Macros Toole	Pain-Free Neck & Back: Mobility Strategies Webb
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
Certification	Aquatic Strength	Preventing Common	Certification
SCW Yoga 1	Training PluimMentz	Fitness Injuries Laskowski	Symmetry Postural Measurement Mummy 8am-4:00pm
Velazquez 8:00am-4:00pm	Tabata Aqua Running & Conditioning Wartenberg	Storing Issues in our Tissues Foss	Certification WATERinMOTION® Aqua Ex Kulp 8am-4:00pm

Coaching Core Engagement Chilazi ■	The Battle for Mobility Webb	Waves Combat: Beats and Power Moves Sepulveda ■	Negotiation Strategies for Fitness Pros Thews ■
Body Weight Militia Garland ∎ ∢	Flexibility - Stop Doing It Wrong Metcalf	Cirque du Suspend: Impact-Free Aqua Exercise Gili	Business Blueprint Robinson
Beyond Squat: Unconventional Lower Body Training Rockit	Pilates: Mat to the Max Appel ■	Aqua Strides & Strength Dziubinski ■4	5 Star Management Spreen-Glick
Long, Strong, Sculpted: Dynamic Flexibility Chilazi ■	Yoga-Bata VIIT Lemons ■	Aqua Core Senior Style Kulp ■	Club, Studio & Client Retention Kooperman



FR1G:

LaBlast® Splash: Buoyant Ballroom Blitz New

Louis van Amstel

Experience ballroom dance in the water! Learn to Jive, Foxtrot, Salsa, and more with this fun, high-energy aqua fitness program—no partner needed!

FR1H:

Debunking Exercise Science Myths NEW ■ Melissa Layne, MEd

Separate fact from fiction in fitness science. Uncover the truth about metabolism, protein synthesis, heart rate variability, and more in this research-backed session.

FR1I:



Secrets of Successful Studio Owners NEW ■ Dr. Dan Ritchie, MS, PhD

Learn no-cost, low-cost strategies to attract the 55+ market. Position your business effectively and gain clients in 30 days or less.

FR2 Sessions | 9am - 10:15am

FR2A

Full Body Workout with BillyStix™ NEW ■ Bill Shuttic, MBA, CPT

Challenge strength, coordination, and cardio with BillyStix[™]—weighted sticks for full-body training. Enhance balance, endurance, and core stability in a dynamic, energizing session.



FR2B:



Dementia Client Strategies for Trainers № ■

Deborah Rothschild, MS

Learn proven techniques to train clients with dementia. Discover best practices for communication, support team collaboration, and research-backed strategies to create effective sessions.

FR2C:

SOULkickboxing™ ■



Lindsey Coleman, MA

A fusion of kickboxing, dance, balance, and conditioning set to motivating music. Find your FOCUS, FIGHT, and FLOW—no equipment needed!

FR2D:

Pair Up With Pilates NEW ■

Amber Toole

Blend Pilates with weight training to enhance strength, mobility, and injury prevention. Learn how core stability, breath control, and alignment create stronger fitness routines.

FR2E:



Quiet Chaos, Find Your Rhythm NEW Aimee Nicotera, MS

Optimize cycling performance by mastering biomechanics, cadence, and neuromuscular efficiency. Gain practical drills to guide students into their flow state for better results.

FR2F:



Kettlebell Training for Women NEW ■

Master Phil Ross, MS & George Corso, CSCS, NSCA-CPT Build strength, endurance, and confidence with kettlebell training designed for women. Learn dynamic, functional movements that maximize results in a supportive environment.

FR2G:

ZVMBA

Aqua ZUMBA®

Jenna Bostic

Make a splash with a Latin and International danceinspired pool party! This low-impact, high-energy workout welcomes all fitness levels and abilities.

FR2H:

Anti-Obesity

Wellness & Fitness Programming NEW ■ Bob Esquerre, MA, NSCA-CPT & Ann Gilbert

Explore the impact of anti-obesity medications on fitness. Learn customer support strategies, operational adjustments, and education tools to enhance weightloss programming.



FR2I:

Your Financial Health ■ Kylie Ross, MSM, MBA

Master essential financial techniques for personal and business success. Learn automation tools, legal compliance, and growth strategies for a financially sound fitness business.

FR3 Sessions | 11am - 12:15am

FR3A:

Arms, Butts & Core On the Floor! NEW ■ Gail Bannister-Munn

Master floor-based strength training to maximize muscle engagement. Learn advanced techniques and progressions for a full-body workout that enhances core stability, endurance, and intensity.

FR3B:

Balance Training for Healthy Aging NEW ■ Gusti Ratliff, MEd, E-RYT 500, C-IAYT

Improve stability, strength, and coordination with balance training. Learn assessments and exercises tailored for seniors, yoga, and chair-based clients to enhance confidence and mobility.

FR3C:

ZUMBA®

Jenna Bostic

Get ready to dance with this high-energy Zumba® session! Enjoy an interval-style workout blending cardio, muscle conditioning, balance, and flexibility for a fun, total-body experience.

FR3D:

Symmetry

AlignSmart® – Scientific Stretching ■ Patrick Mummy

Learn the AlignSmart® system to measure progress in corrective exercise. Develop customized routines to improve mobility, reduce pain, and enhance performance.

FR3E:

Ride Re-Invented NEW

Tricia Murphy Madden

Transform indoor cycling with innovative techniques that blend classic fundamentals with modern studio energy. Keep your rides engaging, effective, and inspiring!



ZUMBA

align**smart**®



FR3F:

Train Smart & HIIT SMART Goals NEW Robin Dayer

Integrate SMART goal setting into HIIT training. Learn structured workouts, recovery techniques, and cueing strategies to optimize performance and maximize results.

FR3G:

Wave Works NEW



CORE

Manuel Velazquez & Zoraida (Zory) Sepulveda, MBA Dive into dynamic water choreography with expert cuing and innovative moves. Energize your aquatic workouts with fresh routines and exciting music selections.

FR3H:

Hot Topic Research NEW ■ Melissa Layne, MEd

Current research on collagen supplements, creatine for postmenopausal women, caffeine as a preworkout, and other hot topics will be covered, along with the science behind why these practices may or may not make physiological sense. (Lecture)

FR3I:

Marketing to Active Agers Panel NEW ■ Amber Toole, Dr. Dan Ritchie, MS, PhD, Ann Gilbert, Dr.

Grazyna Pajunen, MS, PhD, & Deborah Rothschild, MS
Engage the 50+ market with targeted messaging,
social media, referral programs, and community-driven
strategies to attract and retain active aging clients.



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

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

FR4B:

Boost Brain & Body Balance N≡W ■ Ann Gilbert

Enhance coordination, memory, and multitasking with a dual-tasking program combining physical movement and cognitive challenges. Reduce fall risks and improve overall well-being in older adults.

FR4D:

Shoulder Pain:



Optimize Through Exercise ■ Ruston Webb, MS, FMS II, TPI-CGFI III

Learn pain-reducing strategies to alleviate shoulder discomfort, prevent injuries, and enhance client performance. Elevate your expertise, boost retention, and maximize results.

FR4F:



The Hidden Core NEW

Master Phil Ross, MS & George Corso, CSCS, NSCA-CPT Strengthen deep core muscles with techniques that improve posture, stability, and athletic performance. Unlock the power within for full-body strength.

FR4G:

When Breath Meets Water: Aqua Yoga NEW Rosie Lemons, MS, ERYT-200

Blend yoga and water for an accessible, soulnourishing practice. Explore breathwork, asanas, and innovative ways to integrate aqua yoga into your programming.

FR4I:



Confident Program Sales Strategies NEW ■ Dr. Dan Ritchie, MS, PhD

Master sales techniques for long-term fitness programs. Learn to build trust, navigate client expectations, and confidently sell 30- and 50-week programs.

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

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

FR4A:



Integrated Strength NEW Tricia Murphy Madden

Create total-body workouts that engage the core, upper, and lower body simultaneously—all in a 50-minute class. Learn dynamic, beat-driven techniques to maximize effectiveness.

FR4C:

Pump Your Peach! NEW ■

Amber Toole

Sculpt and strengthen glutes with targeted exercises for maximum growth. Learn the science behind glute training and motivational techniques for visible, lasting results.

FR4E:



Trends In Cycling NEW

Aimee Nicotera, MS

Stay ahead in cycling with Functional Threshold Power (FTP), heart rate variability (HRV), and gamification. Optimize metabolism, motivation, and recovery for peak cardiovascular performance.

FR4H

Sleep Habits: Key to Fitness NEW ■ Melissa Layne, MEd

Discover how quality sleep enhances recovery, metabolism, and performance. Learn science-backed strategies to improve sleep patterns for better health and fitness results.

FR5 Sessions

2:45pm -4pm

FR5A:

Palango! Strength NEW ■



Felix Ojeda, MS, MBA

Blend functional movements, calisthenics, and dance with dumbbells to build endurance, stability, and power. Set to energizing Latin beats, this workout makes strength training fun and effective.

FR5B:



Functional Balance Training Circuits NEW Dan Ritchie, MS, PhD

Learn science-backed balance training techniques with four progressive circuits for clients 50+. Gain skills to adapt exercises for safety, effectiveness, and client success.

FR5C:



BARREfusion™ Experience ■€ Lindsey Coleman, MA

A BARRE class for EVERYbody! Mix ballet-inspired movement with athletic exercises, cardio bursts, and strength fusions—perfect for beginners and seasoned barre lovers alike.

FR5D:

Ageless Pilates NEW ■



Leslee Bender

Prioritize functional movement with Pilates techniques focused on extension and rotation. Reduce strain on the spine and create pain-free, dynamic workouts using small equipment..



FR5E:

Music and Motivation New

Tricia Murphy Madden

Master the art of playlist creation for indoor cycling. Learn to harness rhythm, tempo, and coaching cues to enhance motivation and engagement in every ride.

FR5F:

Hypertrophy Unlocked NEW

Aimee Nicotera, MS

Dive into the science of muscle growth. Learn how mechanical stress influences hypertrophy and apply proven programming techniques for maximum results.

FR5G:

Aqua Drums Vibes

Billie Wartenberg

Experience the excitement of SAF Aqua Drums Vibes®—a fun, challenging aquatic workout that combines unique rhythms and movements to help you reach your fitness goals.

FR5H:

Reverse Your Clock on Aging NEW

Dr. Grazyna Pajunen, MS, PHD

Learn strategies to reclaim youthful vitality through nutrition, mindset, and lifestyle. Get practical tips to reduce biological age, boost energy, and enhance your appearance. (Lecture)

FR5I:

Strength Training for Active Agers Panel Amber Toole, Ann Gilbert, Dr. Edward Laskowski, MD, Rosie Lemons, MS, ERYT-200 & Ruston Webb, MS Discover effective strength training techniques for the 50+ population. Learn resistance training, progressive overload, and mobility strategies for safe, impactful results.



FR6 Sessions | 4:30pm - 5:45pm

FR6A:

FIT PRO PROGRAMMING

CORE

AQUATICS

RBB BURN NEW ■4

Rebekah Strachan

Experience rhythm-based training with RBB BURN! This beat-driven cardio workout combines functional movements, strength, and endurance for a total-body burn. Move dynamically to energizing music in a highintensity fitness party!

FR6B:

Master Knee-Pain Reduction Strategies ■

Ruston Webb, MS, FMS II, TPI-CGFI III

Reduce knee pain and prevent injuries with targeted exercises. Learn corrective strategies to improve client performance, enhance retention, and elevate your training approach.

FR6C:

Game Your Core ■

Manuel Velazquez

Gamify core workouts with fun, competitive challenges! Engage clients with interactive exercises that sculpt, tone, and strengthen the body's powerhouse while keeping sessions exciting and effective.

FR6D:

Stretch Savvy: Hands-On Techniques NEW 📧 Gail Bannister-Munn

Learn hands-on stretching techniques for table and floor work. Discover assisted stretches that enhance flexibility, mobility, and recovery—perfect for personal trainers looking to elevate their skill set.

FR6F:

True Turn PureBack: Strengthen, Restore, Thrive NEW John Preston, MS, CSCS & Carl Horne

Strengthen your back, improve posture, and reduce pain with the TrueTurnPro system. Boost core stability and mobility to move efficiently and pain-free at any fitness level.

FR6G:

Water Fiesta: Splash & Flow NEW Zoraida (Zory) Sepulveda, MBA

Turn the pool into a dance floor with Latin beats, Pilates, and yoga-inspired sequences. Enhance mobility, strength, and balance in a high-energy, mindful aquatic workout.







FR6H:

Cracking the Code to Weight Loss NEW ■ **Amber Toole**

Break down weight loss myths and pitfalls. Learn how dieting history affects metabolism and gain coaching strategies for sustainable, long-term success.

FR6I:

Balancing the Burn: Managing Inflammation NEW ■ Rosie Lemons, MS, ERYT-200

Understand the dual role of inflammation in exercise. Learn strategies to support muscle repair, prevent chronic inflammation, and optimize health, performance, and recovery.

FR7 Sessions | 6pm - 7pm

FR7A: Dance Off!

Join the stars of MANIA® for a high-energy dance workout featuring LaBlast®, Palango! Fitness, Tampa Bay Bodies, Billie Wartenberg, and Manuel Velazquez. Learn fresh moves, elevate your dance programs, and compete for a free certification! Get ready for an epic dance party!

FR7D: SCW Fitness Star Search

Judges: Ann Gilbert, Zoraida (Zory) Sepulveda, MBA, Gail Bannister-Munn, & Bob Esquerre, MA, **NSCA-CPT**

Compete for a chance to present at the 2026 MANIA® Conference! Showcase a 3-minute class highlight to impress expert judges. Winners receive mentorship, recognition, and exclusive SCW perks!

FR7I:



Business Keynote The Fitness Evolution **NEW** ■ **Patrick Mummy**

The fitness industry is booming, yet wages remain low. Discover bold strategies to elevate fitness careers, increase earning potential, and lead the wellness revolution!

Saturday, May 3

SA1 Sessions | 7:30am -8:45am

Hip Mobility for Peak Performance NEW ■ **Gail Bannister-Munn**

Improve hip mobility, strength, and flexibility using targeted techniques. Enhance athletic performance, reduce discomfort, and prevent injuries with movement strategies for sport, fitness, and daily life.

SA1B:

())) FITNESS)))

ToughAgers® Active Older Adult Fitness NEW ■ Deborah Rothschild, MS

Train active agers with science-based neuromotor techniques. Combine cardio, strength, balance, and flexibility for a complete program tailored to older adults who want results.

No Gym Equipment? No Excuses! NEW ■● **Herson Garcia**

Deliver dynamic, bodyweight-only workouts that improve strength, mobility, and flexibility. Keep clients engaged and progressing—no equipment necessary, just creativity, motivation, and visible results.

SA1D:

FIT PRO

Human Reformer Pilates NEW ■ Abbie Appel

Experience reformer-style Pilates using resistance bands on the mat. Build strength, coordination, and posture through effective, adaptable exercises suitable for all fitness levels.

Connect With Music, Messaging, Motivation NEW Aimee Nicotera, MS



Harness music's power in cycling! Learn to match tracks with cues, create themed rides, and elevate energy through coaching, rhythm, and motivation mastery.



SA1F:



Train the Female Athlete NEW

Master Phil Ross, MS & George Corso, CSCS, NSCA-CPT Target glutes and lower body in this empowering session. Train female athletes for strength, performance, and confidence using movement science and effective programming techniques.

SA1G:

Aquatic Strength Training NEW Irene Pluim Mentz, PT



Debunk the myth—show participants they can build muscle and improve functionality with aquatic exercise. We'll cover key factors, equipment options, and how to use them safely and effectively for optimal strength training results.

SA1H:



Physics of Pain & Performance ■ Patrick Mummy

Apply physics to posture and pain correction. Use movement analysis and corrective exercise to improve daily habits, reduce compensation, and boost athletic performance. (Lecture)

SA11: Rebrand and Thrive NEW

Ann Gilbert

Learn how rebranding drives business growth. Discover strategies to refresh identity, reach new audiences, and evolve your fitness brand for long-term success. (Lecture)

SA2 Keynote | 9:15am -10:30am

SA2B:



The Purpose-Driven Fitness Formula NEW Ruston Webb, MS, FMS II, TPI-CGFI III

Uncover hidden mental barriers that hinder success. Learn the Purpose Formula to drive client motivation, boost results, and create lasting fitness transformations.

SA3 Sessions | 11am -12:15am

SA3A:

The Core 6: Strength & Movement Essentials NEW

Gail Bannister-Munn

Master six fundamental movement patterns—Squat, Hinge, Lunge, Pull, Push, and Carry. Enhance strength, stability, and mobility to prevent injuries and improve overall performance.

SA3B:



S.E.A.T. Supported Exercise for Ageless Training ■

Ann Gilbert

Incorporate chair-based fitness to expand accessibility for all abilities. Learn how seated workouts can be dynamic, effective, and fun for older adults and deconditioned clients.

SA3C:



LaBlast® Fitness: Ballroom Blitz ■

Louis van Amstel

Experience ballroom dance-inspired fitness with Jive, Foxtrot, Viennese Waltz, Salsa, and more! No partner needed—just rhythm, fun, and an energizing workout.

SA3D:

Conquering Sciatic Pain NEW

Herson Garcia

Reduce sciatic pain with targeted stretches, posture adjustments, and movement strategies. Improve mobility, prevent discomfort, and empower clients with long-term relief techniques.

SA3E

Rhythm Ride: Ride the Beat NEW Nyna Jackson

Cycle to the beat in this high-energy class! Burn calories, boost endurance, and let the music drive your motivation in an exhilarating full-body ride.

SA3F

CORE

HIIT Ratios & Exercise Progression NEW Abbie Appel

Optimize HIIT training with science-backed workto-rest ratios. Tailor intervals to all fitness levels for improved endurance, strength, and recovery strategies.

SA3G:



Tides of Power NEW

Cheri Kulp, Manuel Velazquez & Zoraida (Zory) Sepulveda, MBA

Revolutionize aqua training with dumbbells! Utilize resistance, drag, and buoyancy to build strength, endurance, and power with innovative water-based techniques.



Presenter Information

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



SA3H:

Body Composition 101 NEW ■4

Joseph Han, CSM, PMP

Explore cutting-edge body composition analysis and its impact on health. Learn how to apply data-driven insights to enhance client outcomes and elevate your fitness practice.

SA3I:

Power of "8": Business Growth Strategies NEW ■ Bob Esquerre, MA, NSCA-CPT

Unlock eight powerful strategies for business success. Gain real-world insights, best practices, and actionable tools to drive growth, efficiency, and profitability.

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

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

SA4B:

Pelvic Floor from the Outside In NEW ■ Melissa Lavne. MEd

Explore how hip muscles impact pelvic floor health. Learn effective exercises for both men and women to improve function while avoiding movements that may do more harm than good.

SA4C:

Palango! Cardio NEW ■ Felix Ojeda, MS, MBA

A high-energy Latin dance-inspired workout blending kickboxing and bodyweight exercises. Torch calories, build endurance, and sculpt your body with fun, rhythmic movements.

SA4E:

Warrior® Ride NEW

Jani Roberts

An empowering cycling experience combining music, mindset, and movement. Ride through challenges, build resilience, and transform every session into a journey of strength and confidence.

SA4F

Reframing Strength Training:

Real Results NEW

Robin Dayer

Clarify fitness terms and optimize training with proper rep ranges. Learn how heavier weights enhance strength and muscle growth, replacing outdated light dumbbell routines.

SA4I:

TANIITA

Start & Grow Your Business NEW

Amber Toole, Kylie Ross, MSM, MBA, Bob Esquerre, MA, & Deborah Rothschild, MS

Turn your passion into profit! Learn how to launch or expand your fitness business, attract clients, automate marketing, and create lasting revenue streams.

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

Athletic Aging **NEW** ■ •

Abbie Appel

Discover the "Perfect 60-Minute Challenge" for active adults 45+. This structured workout strengthens the body at any age, making consistent exercise accessible and empowering.

SA4D:

Pilates Functional Progressions NEW ■ Manuel Velazquez

Enhance balance, strength, and flexibility with a functional Pilates approach. Train smarter by focusing on essential movements needed for daily life and long-term mobility.

SA4G:

Liquid Gym

Acqua Toner Stretch & Tone NEW

Cheri Kulp

Maximize resistance training with Liquid Gym Acqua Toner Bands and Bar. Improve flexibility, muscle tone, circulation, and proprioception while harnessing water's natural properties.

SA4H:

How You Move Matters ■

Dr. Edward Laskowski, MD

Learn evidence-based strategies to optimize movement patterns, prevent injuries, and enhance sports and resistance training performance. Move better, train smarter.

SA5 Sessions | 2:45pm - 4pm

SA5A:

CORE

Active Strengthening with Stretch ■ Kylie Ross, MSM, MBA

Blend strength, conditioning, and flexibility with bodyweight exercises, resistance bands, and Pilates balls. Enhance everyday movement, agility, and muscle development in this dynamic session.









SA5B:



Mobility Training: Online or In-Person ■ Ruston Webb, MS

Integrate mobility exercises into group and personal training to improve retention, results, and revenue. Learn movement sequences that unlock the body's full potential.

SA5C:

SOULfusion™ EXPERIENCE ■



Lindsey Coleman, MA

A fusion of yoga, flexibility, mobility, and cardio set to fun, high-energy music. Learn fresh choreography and discover the power of musicdriven movement for EVERYbody!

SA5D:



Posture & Alignment with Personal Training ■ Patrick Mummy

Learn to assess and correct posture for optimal movement. Discover coaching and cueing techniques to enhance performance, prevent injury, and maximize results.

SA5E:

Create Rides With Al NEW Aimee Nicotera, MS



Use AI to personalize indoor cycling classes! Explore how AI optimizes music selection, ride formats, and programming to save time and enhance the rider experience.

SA5F: Killer Core

Abbie Appel

Master core training with a mix of slow, controlled movements and tempo changes. Improve spinal stabilization, body awareness, and challenge even your strongest clients.

SA5G:

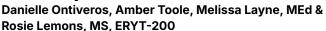
H2O Reporting for Duty N≡W

Tanisha (Tani) Haggard

Enjoy this bootcamp program filled with power and energy to give your aqua program a boost. Stand at attention and watch your creativity soar. Try some fun, new obstacle courses in the pool!

SA5H:

Boost Your Pre-Workout NEW ■ & Recovery



Maximize energy and recovery with expert tips on nutrition, hydration, and supplementation. Learn personalized strategies for HIIT, fasted cardio, and performance optimization.

SA5I:

Build a High-Performance Team NaW ■ Ann Gilbert

Develop a winning team with expert strategies for recruiting, educating, and leading top-tier fitness professionals. Learn proven management techniques for long-term success.

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

SA6A:

Next-Level Core Training NEW ■

Herson Garcia

Elevate core training with cutting-edge exercises using stability balls, bands, and weights. Strengthen your core, glutes, and upper body with full-body movements designed for peak performance.

SA6B:

The Joy of Line Dancing NEW ■ June Kittay



Move, groove, and have fun with easy-to-follow line dance routines set to music from the '40s to today. Boost confidence, stay active, and experience the joy of dance!

SA6C:

Warrior® Workout ■



Jani Roberts

A high-energy, empowerment workout blending martial arts and functional fitness. Train strength, agility, and resilience in six action-packed rounds with active recovery.





SA6D:

Forever Pilates NEW

Abbie Appel

Pilates for active agers! Improve mobility, balance, and endurance with modified movements that enhance posture, confidence, and functional fitness for lifelong activity.

SA6F:

Push, Pull, Squat, Hinge NEW Robin Dayer



Master fundamental movement patterns essential for lifelong strength and mobility. Learn how efficient training enhances endurance and real-world strength for all fitness levels.

SA6G:

Ageless Aqua NEW



Cheri Kulp, Manuel Velazquez,

Billie Wartenberg & Zoraida (Zory) Sepulveda, MBA

Integrate balance, mobility, and cognitive challenges into aqua workouts. Learn six flowing choreography blocks to create engaging and functional water-based programming.

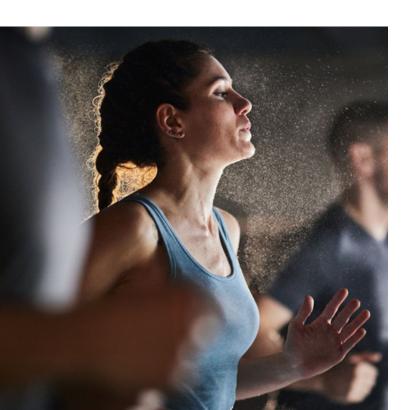
SA6H:



The Ecosystem of Food

Dillan Foss, MS

Explore how food groups, colors, and preparation impact energy, recovery, and overall health. Gain science-backed nutrition strategies for sustainable, optimized eating.



SA6I:

So, You're a Personal Trainer. Now What? NEW ■ Rosie Lemons, MS, ERYT-200

New trainer or starting fresh? Learn how to streamline client history, assessments, and training notes for an organized, efficient, and successful business.

Sunday, May 4

SU1 Sessions | 7:30am -8:45am

SU1A:

Core by 4 ■4

Billie Wartenberg

Train four core muscle groups for pre-hab, gentle, moderate, and vigorous fitness levels. Build strength, stability, and progressions tailored to all fitness abilities.

SU₁B

AGELESS Training

Fascial Fitness for an Ageless Body NEW Leslee Bender

Enhance movement with myofascial release, breathwork, and mindset practices. Improve mobility, reduce stress, and empower clients with ageless strategies for flexibility, stability, and resilience.

SU1C:

LaBlast® Fitness for All Ages ■ Apy Figueroa



Ballroom-inspired fitness for all ages and abilities. Boost cardio and strength while dancing to fun music—no partner needed. Inclusive, uplifting, and full-body fun!

SU1D:

Mindful Body Fusion NEW =4

Rosie Lemons, MS, ERYT-200

Blend barre, yoga, Pilates, and stretch in a highintensity, low-impact format. Strengthen, sculpt, and soothe with this dynamic, total-body, energizing mindbody workout experience.

SU1G:

Aqua Disco NEW

Tanisha (Tani) Haggard

Leave your high-heeled platforms at home and strap on those water slides for a little disco and a splash. Bring in the funk with this low impact, high energy dance class to I stimulate your brain and challenge your muscles. Take a dive at our disco party!



SU1H:

Women: Training Through The Stages NEW ■ Melissa Layne, MEd

Learn how hormonal shifts affect women's fitness. Apply science-based training, recovery, and nutrition strategies to support female clients through all stages of life. (Lecture)

SU1I:

Fitness Manager: Are You Ready? NEW ■ Bob Esquerre, MA, NSCA-CPT

Master leadership skills from industry expert Bob Esquerre. Avoid common pitfalls and thrive in your role as a confident, effective fitness manager. (Lecture)

SU2 Sessions | 9am - 10:15am

SU2A:

Strength & Grace: Back to Power NEW ■ Rosie Lemons, MS, ERYT-200

Strengthen and protect your back. Learn corrective strategies for posture and pain relief while designing effective programs that build resilience and lasting physical freedom.

SU2B:

Ankle Mechanics for Peak Performance NEW ■ Herson Garcia

Understand ankle mechanics' impact on full-body movement. Correct imbalances, prevent injury, and enhance performance with tools to build stability and proper foot function.

SU2C:

RBB Shred NEW ■●



Lift heavy, shred fat, and keep the beat! This musicdriven format fuses high-intensity cardio with strength for an unforgettable total-body conditioning experience.

SU2D:

Kardio Kenpo NEW ■4

Bill Shuttic, MBA, CPT

Strike, punch, and kick your way to fitness! No frills, no dance—just high-energy cardio kickboxing to build strength, coordination, and martial artsinspired confidence.

SU2G:

Liquid Gym Acqua Punch & Pump NEW Billie Wartenberg

Amp up your water workout! Burn fat, tone muscles, and improve flexibility with jabs, punches, and kicks using Liquid Gym Gloves. Add Acqua Tone Loops for extra leg work and less joint stress.

SU2H:

Mastering Macros NEW ■

Amber Toole

Learn to assess and coach clients using macrobased nutrition strategies. Help them reach weight goals with balanced, evidence-based guidance that stays within your scope. (Lecture).

SU2I:

Pain-Free Neck & Back: Mobility Strategies **NEW** ■

Ruston Webb, MS

Relieve pain and improve posture with targeted mobility. Learn age-defying techniques to restore function, reduce tension, and keep clients moving pain-free for life. (Lecture)

SU3 Sessions | 10:45am - 12pm

SU3A:

Step Up Your Groove N≡W ■●

Melissa Layne, MEd

Revamp step class with high-low choreography that starts simple and builds. Energizing, fun, and perfect for pushing seasoned participants with rhythmic challenges.

SU3B:

AASK Amber: Anti-Aging Survival Kit NEW ■ Amber Toole

Support active agers with holistic tools for aging well. Combine fitness, nutrition, and self-care to promote vitality, resilience, and healthy lifestyle habits.

SU3C:

Train Like an Athlete NEW ■

Thaddeus (Coach TK) Kornegay, CPT

Ignite performance with drills, explosive warm-ups, and partner challenges. Build strength, prevent injuries, and adopt elite training principles that energize and inspire.





SU3D:



Posture Perfect:

Body Weight Exercises NEW ■●

John Preston, MS, CSCS & Carl Horne

Master posture-focused bodyweight exercises that improve spinal alignment and function. No equipment required—just effective, accessible tools for better daily movement and mobility.

SU3G:



Aquatic Strength Training NEW

Irene Pluim Mentz, PT

Banish the myth—yes, you can build muscle in water! Learn strength-training techniques and equipment options that boost functionality and deliver aquatic power.

SU3H:

Preventing Common Fitness Injuries ■ Dr. Edward Laskowski, MD

Explore evidence-based injury prevention techniques for fitness professionals. Understand common sports injuries and how to recognize, reduce, and manage risk during training. (Lecture)

SU4 Sessions | 12:15pm - 1:30pm

SU4A:

Don't Forget Your Unilateral Exercises NEW ■ Rosie Lemons, MS, ERYT-200

Train one side at a time to enhance balance, correct imbalances, and improve function. Explore multidirectional movement strategies for stronger, more functional bodies.

SU4B:



LaBlast® Chair Fitness: Pull Up a Seat ■ Apy Figueroa

Get fit while seated! Dance-based chair workouts strengthen the core, elevate heart rates, and spark joy with familiar ballroom rhythms—no partner necessary.

SU4C:

Step into Strutercize™ NEW ■●

Lauren Taub

Choreographed walking meets rhythm and fun! Improve balance, confidence, and cardio fitness with this social, music-driven workout suitable for all levels and ages.

SU4D:



Warrior® Tai Chi Yoga and Qi Gong Fusion Jani Roberts

Blend Tai Chi, yoga, and Qi Gong into a flowing practice. Reduce stress, boost flexibility, and support healing with movement, music, and mindfulness.

SU4G:

Tabata Aqua Running & Conditioning Billie Wartenberg

Take running to the pool! Use Tabata intervals and strength drills for joint-friendly, total-body conditioning that builds cardio endurance and muscular power.

SU4H:

Storing Issues in Our Tissues

Dillan Foss, MS

Learn how tension and trauma affect tissue health. Discover techniques to release stored stress, improve mobility, and support recovery for long-term performance. (Lecture)

Pre-Recorded Sessions

Pre-Recorded - Personal Training

Game Your Core

Manuel Velazquez

Move over traditional sit-ups and crunches—we're gamifying core work! Learn fun, competitive games that keep clients engaged while sculpting and strengthening their core. Clients will stay for the laughs and return for the results.

HIIT 'Em Up Style Dance Jam

Tara Turner

Boot camp or booty shake? Why not both? This highenergy session fuses dance with HIIT using styles like salsa, merengue, reggaeton, soca, and hip-hop to create a fun cardio party.

All Time HIITs

Abbie Appel

Elevate your HIIT programming! Discover the importance of recovery, and walk away with 4 HIIT timing challenges to mix and match for powerful workouts.

Total Body Strength

Diva Richards

Challenge every muscle with a mix of resistance and bodyweight exercises. Unique combos sculpt the upper body, lower body, and core.

73 Ways to Hit the Glutes

Joanne Groves

Learn to build glute-focused workouts using biomechanics, fatigue management, and fun. Elevate your training (and your Instagram!) with these dynamic moves.



Planks with Props

Mindy Esau, MS

Explore the versatility of planks and how props can amplify or modify the challenge for diverse client needs.

Core Amore

Tricia Madden

Go beyond crunches—empower your clients to appreciate and strengthen their core with innovative programming ideas.

Sexy, Smart Strength for Women Irene McCormick, MS, CSCS

Discover best practices for volume training for women—whether at home or in the gym—with minimal equipment and maximum impact.

Leg Circuit Blast for Power

Maurice Williams, MS, CSCS

Build powerful leg circuits using bodyweight, plyometrics, and more to energize and strengthen your clients' lower body.

Balance Your HIIT

Elizabeth Lenart, MEd

Add variety with balance-focused HIIT using softer surfaces. Great for recovery, mobility, and reigniting client motivation.

Fundamentals of Squat Progressions and Variations

Dr. Jonathan Mike, PhD

Master squat biomechanics with practical progressions and cues. Learn how to coach variations like the box squat effectively.

Coaching Core Engagement

Siri Chilazi, MBA, MA

Explore strategies from yoga, Pilates, and sciencebacked methods to help clients better engage their core.

Body Weight Militia

Bishop Garland

Push your limits with this military-inspired bodyweight session. Diverse modalities fuel a powerful, sweaty movement high.

Beyond Squat: Unconventional Lower Body Training

Yury Rockit

Master unique movements like dragon and sissy squats to train mobility, balance, and proprioception.



Long, Strong, Sculpted: Dynamic Flexibility Siri Chilazi, MBA, MA

Dynamic flexibility enhances strength workouts. Learn the science and feel the benefits with this lengthening and strengthening session.

Pre-Recorded - Restore / Yoga / Pilates

Yoga-Pilates Restore

Gail Bannister-Munn

Yoga-Pilates Restore is a fusion of yoga, Pilates-based core work, Active Isolated stretching, and flexibility training. Gain a better understanding of your strengths and limitations to move beyond—or stay within—your boundaries, while bringing in energy and success in a non-competitive environment.

No (Downward Facing) Dogs Allowed Ronnie Fulton

This restorative Yin Yoga session avoids all downward dogs, focusing instead on long-held, relaxing floor poses designed to target deep connective tissues such as fascia, ligaments, joints, and bones.

Flow Free & Be

Kimberly Spreen-Glick

Enjoy an uplifting, dynamic yoga practice centered on freedom and acceptance. Strengthen and stretch both body and mind without judgment, then finish feeling grounded and present.



Elevated: Next Level Active Recovery

Dane Robinson

Restore, re-energize, and reward! Explore elevated mobility techniques with a 3-step program to easily integrate active recovery into your group classes, small group training, personal training, or virtual sessions.

Qigong and Self-Healing

Joshua Craddock

Explore Qigong, the ancient Chinese healing practice combining breath, posture, movement, and mindfulness to create positive energy shifts and improve overall well-being.

Poppin' Booty Pilates

Rachel Stys

The glutes are a critical part of the core—so let's get them poppin'! This fun and challenging session offers creative ideas to strengthen the glutes and energize your Pilates classes.

Yoga Groove

Kenyetta Brasher

Yoga Groove blends traditional yoga with balance, breath, and rhythm. Move from focused flow into playful dance elements and end in peaceful savasana, leaving you revitalized and centered.

Beauty & the Beast: Yoga Power Bar Billie Wartenberg

Unite elegance and power with a dynamic yoga-barre fusion. Flow through strength-based movements, stretching, and core work designed to challenge and energize.

By Any Stretch

Abbie Appel

Explore the science of "contract-relax" stretching with hands-on techniques that help improve flexibility and prevent injury. Learn one-on-one strategies that benefit both your clients and your business.

Pilates 4 Life

June Kahn

Discover how Pilates enhances core strength, posture, back care, and movement for life. Learn purposeful modifications and progressions for all levels in this timeless method.

Hands on Stretching

Gail Bannister-Munn

Learn how to assist clients with effective, safe stretches on a table or the floor. This session focuses on practical trainer-assisted stretching strategies to improve flexibility within your scope of practice.

The Battle for Mobility

Irene McCormick, MS, CSCS

Gain clarity on the differences between flexibility, mobility, and stability. Explore how fascia, soft tissue, and joints all interact to affect movement, posture, and performance.

Flexibility – Stop Doing It Wrong

Andrea Metcalf

Discover how to correct common flexibility training mistakes. Learn how to identify imbalances, strengthen to improve range of motion, and apply science-backed assessments and solutions.

Pilates: Mat to the Max

Abbie Appel

Maximize your mat class with advanced Pilates exercises from the original repertoire. Deepen your understanding of Pilates principles and explore safe progressions for higher-level students.

Yoga-Bata VIIT

Rosie Lemons, MS, ERYT 200

Blend variable-intensity interval training with yoga flow in this fusion of barre, Pilates, and mobility training. Leave empowered with a versatile format for all fitness levels.

Pre-Recorded - Aqua Exercise

H20 Rapid Resistance

Cheri Kulp

Enhance balance, agility, and power using water resistance and tools like noodles and tubing. This functional session supports older adult fitness and fall prevention through aquatic movement.

Aqua Articulations and Cardio

Jeannette Pyle

Boost mobility and cardiovascular health with joint articulation and gentle aqua cardio. This session is perfect for participants managing arthritis or chronic conditions.

Aqua Yoga Barre

Billie Wartenberg

Combine the grace of ballet and yoga with aquatic movement for a fluid, functional flow. Learn creative choreography for water-based barre and yoga classes.

Core Fusion H20

Sara Vandenberg, MS

Explore six creative, water-based core routines that focus on the abs, back, and hips. Experience structured aquatic choreography designed to energize and strengthen.



When Breath Meets Water: Aqua Yoga Rosie Lemons, MS, ERYT 200

Discover the therapeutic blend of breathwork and asanas in the pool. Learn how to incorporate Aqua Yoga into your offerings to reach new clients and enhance current programs.

Pool Personal Training

Connie Lagerhausen

Take personal training to the pool with sportsspecific workouts using aquatic progressions. Build strength, flexibility, and conditioning with minimal impact.

H20 Strength

Cheri Kulp

Build lean muscle using aqua dumbbells, resistance, and buoyancy in choreographed strength workouts. Leave with fresh ideas for your next aqua strength class.

Tabata Aqua Running & Conditioning Tanisha (Tani) Haggard

Experience high- and low-intensity intervals with aqua running and conditioning. Boost strength, cardiovascular health, and joint function in this deep-water Tabata session.

Front & Center H2O

Ann Gilbert

Focus on frontal plane training to improve hip and pelvic floor stability. Use challenging combinations to strengthen adductors and keep your core strong and centered.

Aqua Yoga for Arthritis

Christa Fairbrother, MA, ERYT 500

Introduce yoga to those with arthritis through accessible, water-supported movement. Learn poses and modifications that reduce strain while improving mobility and relaxation.

Warm Water Strong

Irene McCormick, MS, CSCS

Use warm water for strength and endurance training with noodles and hand buoys. Improve flexibility, breath control, and bone density in shallow, supportive environments.

Waves Combat: Beats and Power Moves Zoraida (Zory) Sepulveda, MBA

Unleash your inner fighter with aqua kickboxing moves set to music. Strengthen, tone, and boost cardiovascular health with powerful underwater sequences.

Cirque du Suspend: Impact-Free Aqua Exercise Dominic Gili

Take aqua fitness to the next level with suspended, low-impact exercises using buoyancy belts and props. Enhance joint safety while enjoying full range of motion workouts.

Aqua Strides & Strength MaryBeth Dziubinski

Strengthen the lower body with water walking and functional gait training. This resistive class focuses on flexibility, balance, and joint mobility in shallow water.

Aqua Core Senior Style Cheri Kulp

Focus on posture, alignment, and core strength with aquatic training designed for older adults. Enjoy six segments targeting abs, hips, shoulders, and more—all tailored for seniors.



Presenter Information

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





Pre-Recorded - Business

Monetize Recovery for Facilities & Personal Trainers

Sheldon McBee, MS

Learn how to blend passive and active recovery offerings into profitable services. Walk away with actionable tools to attract longevity-focused clients and increase revenue.

Public Relations for Fitness Pros

Trish DaCosta

Learn the basics of public relations to grow your brand. Discover how to pitch stories, work with the media, and secure meaningful press coverage to elevate your business.

Your Financial Health

Kylie Ross, MS, MBA

Simplify personal and business finances with practical tools. Learn how to manage compliance, automate processes, and grow your business with confidence.

Growth: Must or Bust

Sara Kooperman, JD; Miriam Ball; Brandi Clark; Kylie Ross, MS; Nick Dennis

Explore marketing, sales, and retention strategies that help fitness professionals grow. Gain insights into what drives long-term success for instructors, trainers, and owners.

The Nuts & Bolts of Business Bob Esquerre, MA, NSCA-CPT

Learn proven tactics for managing and scaling fitness businesses. Case studies and practical tools show how

Small Business Grassroots Marketing June Kahn

to stand out in a competitive market.

Get smart about boutique studio marketing. Learn how to target your audience, build a strategy, optimize social media, and track results for better profits.

Build a High Performance Team Ann Gilbert

Master the art of recruiting, educating, and leading a winning team. Explore systems that support wellness leadership in today's fast-paced fitness industry.

Building a Financially Successful Gym Dan Kleckner

From concept to operations, learn how to build a gym that is both financially sound and sustainable. Ideal for future and current gym owners.

Fill Your Small Group Training

Dr. Ashley Varol, PhD

Discover how to attract, retain, and multiply small group training clients. Learn strategies for programming, onboarding, referrals, and maximizing revenue.

Signature Sauce for Six-Figure SuccessJoy Diggs, MS, CPT, RD, LD

Stand out as a personal trainer by building your brand and attracting ideal clients. Learn confidence-building strategies to grow a six-figure fitness business.

Stop Selling & Create Culture

Ann Gilbert

Shift your focus from sales to community. Explore how to build a culture of retention, engagement, and loyalty that drives long-term success.

Negotiation Strategies for Fitness Pros Doris Thews

Learn how to confidently negotiate rates, services, and contracts. Discover key phrases and mindset tools to protect your worth and career growth.

Business Blueprint

Dane Robinson

Build your next client challenge from the ground up. Learn to design programs, pricing, branding, and marketing strategies that attract and retain your audience.

5 Star Management

Kimberly Spreen-Glick

Attract and keep top talent with effective leadership. Learn how to build a standout team and become the manager your staff deserves.

Club, Studio & Client Retention

Sara Kooperman, JD

Discover how to retain new members and keep them engaged beyond 90 days. Learn strategies involving leadership, marketing, financial incentives, and client touchpoints.



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