florida mania®
fitness pro convention

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

A Convention Fit For All.



2025 SCW

scwfit.com/florida

scwfit.com/florida

Florida Mania® // May 1-4

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.

Caribe Royale Resort Orlando

scwfit.com/florida

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.

scwfit.com/florida

Florida Mania® // May 1-4

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.

florida mania®
fitness pro convention

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 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.



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 hands-on 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. 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).



scwfit.com/florida

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 NEW
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.

FR1D:
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:
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 mania®
fitness pro convention

Certs
Thurs May 1

- **SCW Personal Training** — Bannister-Munn • 9am-6pm
- **SCW Group Exercise** — Velazquez • 8am-5pm
- **SCW Active Aging** — Gilbert • 9am-5pm
- **SCW Chair Yoga** — Ratliff • 9am-5pm

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

Scan To Register

		Room A Power & Performance	Room B Longevity & Function	Room C Group Programming	Room D Recovery & Pilates	Room E Cycle
Fri May 2	FR1 7:30am-8:45am	Rotary Ground Force Training Preston & Horne	Dare to Chair Gilbert	Prop Power: Amp Up Your Barre Madden	Deconstructing Asanas Ratliff	Rhythm and Road Toole
	FR2 9:00am-10:15am	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				
	FR3 11:00am-12:15pm	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				
	FR4 Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	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
	FR5 2:45pm-4:00pm	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				
	FR6 4:30pm-5:45pm	RBB Burn Strachan	Master Knee-Pain Reduction Strategies Webb	Game Your Core Velazquez	Stretch Savvy: Hands-On Techniques Bannister-Munn	
	FR7 6:00pm-7:00pm	Dance Off! LaBlast®, Fit Pro Programming, Palango! Fitness, Tampa Bay Bodies, Inc., Wartenberg, & Velazquez Room A			SCW FITNESS STAR SEARCH Gilbert, Sepulveda, & Bannister-Munn Room D	
Sat May 3	SA1 7:30am-8:45am	Hip Mobility for Peak Performance Bannister-Munn	ToughAgers® Active Older Adult Fitness Rothschild	No Gym Equipment? No Excuses! Garcia	Human Reformer Pilates Appel	Connect With Music, Messaging, Motivation Nicotera
		EXPO SHOPPING 8:30am-9:15am				
	SA2 9:15am-10:30am	KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room B				
		EXPO SHOPPING 10:30am-11:00am				
	SA3 11:00am-12:15pm	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				
	SA4 Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	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
	SA5 2:45pm-4:00pm	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 AI Nicotera
		EXPO SHOPPING 3:45pm-4:30pm				
	SA6 4:30pm-5:45pm	Next-Level Core Training Garcia	The Joy of Line Dancing Kittay	Warrior® Workout Roberts	Forever Pilates Appel	
Sun May 4	SU1 7:30am-8:45am	Core by 4 Wartenberg	Fascial Fitness for an Ageless Body Bender	LaBlast® Fitness for all Ages Figueroa	Mindful Body Fusion Lemons	Certification SCW Pilates Matwork Certification Appel 8:00am-4:00pm
	SU2 9:00am-10:15am	Strength & Grace: Back to Power Lemons	Ankle Mechanics for Peak Performance Garcia	RBB Shred Strachan	Kardio Kenpo Shuttic	
		EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
	SU3 10:45am-12:00pm	Step Up Your Groove Layne	AASK Amber: Anti-Aging Survival Kit Toole	Train Like an Athlete Kornegay	Posture Perfect: Body Weight Exercises for Better Posture Preston & Horne	Certification SCW Mobility, Flexibility, and Myofascial Release Bannister-Munn 8:00am-4:00pm
	SU4 12:15pm-1:30pm	Don't Forget Your Unilateral Exercises Lemons	LaBlast®Chair Fitness: Pull Up a Seat Figueroa	Step into Strutercize™ Taub	Warrior® Tai Chi Yoga and Qi Gong Fusion Roberts	

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

Room F — HIIT & Strength	Room G — Waterworks (Starts in lecture)	Room H — Wellness	Room I — Business 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	Nutrition: Hot Topic Research Layne	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 Mayweather	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			

Pre-Recorded Sessions Personal Training	Pre-Recorded Sessions Restore/ Pilates/Tai-Chi	Pre-Recorded Sessions Aqua Exercise	Pre-Recorded Sessions Business
Game Your Core Velazquez	Yoga-Pilates Restore Bannister-Munn	H2O Rapid Resistance Kulp	Monetize Recovery for Facilities & Personal Trainers McBee
HIIT 'Em up Style Dance Jam Turner	No (Downward facing) Dogs Allowed Fulton	Aqua Articulations and Cardio Pyle	Public Relations for Fitness Pros DaCosta
All Time HIITs Appel	Flow Free & Be Spreen- Glick	Aqua Yoga Barre Wartenberg	Your Financial Health Ross
Total Body Strength Richards	Elevated: Next Level Active Recovery Robinson	Core Fusion H2O Vandenberg	Growth: Must or Bust Kooperman, Ball, Clark, Ross & Dennis
73 Ways to Hit the Glutes Groves	Qigong and Self-Healing Craddock	When Breath Meets Water: Aqua Yoga Lemons	The Nuts & Bolts of Business Esquerre
Planks with Props Esau	Poppin' Booty Pilates Stys	Pool Personal Training Lagerhausen	Small Business Grassroots Marketing Kahn

Train the Female Athlete P. Ross & Corso	All-Inclusive Aquatics PluimMentz	Physics of Pain & Performance Mummy	Rebrand and Thrive Gilbert
EXPO SHOPPING 8:30am-9:15am			
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 Mayweather 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	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 Mayweather	Ageless Aqua Kulp, Velazquez, Wartenberg & Sepulveda	The Ecosystem of Food Foss	So, You're a Personal Trainer. Now What? Lemons

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

Certification S.E.A.T. Supported Exercise For Ageless Training Gilbert & Vandenberg 8:00am-4:00pm	Aqua Disco Haggard	Women: Training Through the Stages Layne	
	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 SCW Yoga 1 Velazquez 8:00am-4:00pm	Aquatic Strength Training PluimMentz	Preventing Common Fitness Injuries Laskowski	Certification Symmetry Postural Measurement Mummy 8am-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	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 NEW
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:
Aqua ZUMBA®
Jenna Bostic
Make a splash with a Latin and International dance-inspired 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 weight-loss 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!



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
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 NEW
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, soul-nourishing 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

Brandon Mayweather

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:
RBB BURN NEW

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 high-intensity 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:
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

SA1A:
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:
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.

SA1C:
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:
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.

SA1E:
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)

SA1I: 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:
HIIT Ratios & Exercise Progression NEW

Abbie Appel

Optimize HIIT training with science-backed work-to-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
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 Layne, 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
Brandon Mayweather
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:
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:
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 music-driven 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 AI 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 NEW
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
Danielle Ontiveros, Amber Toole, Melissa Layne, MEd & Rosie Lemons, MS, ERYT-200
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 NEW
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
Brandon Mayweather
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 NEW
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
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:
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
Rosie Lemons, MS, ERYT-200
Blend barre, yoga, Pilates, and stretch in a high-intensity, low-impact format. Strengthen, sculpt, and soothe with this dynamic, total-body, energizing mind-body 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 l 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
Rebekah Strachan
Lift heavy, shred fat, and keep the beat! This music-driven format fuses high-intensity cardio with strength for an unforgettable total-body conditioning experience.

SU2D:
Kardio Kenpo NEW
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 arts-inspired 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 macro-based 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 NEW
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 high-energy 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 re-igniting 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 science-backed 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

H2O 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 H2O
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 sports-specific workouts using aquatic progressions. Build strength, flexibility, and conditioning with minimal impact.

H2O 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 to stand out in a competitive market.

Small Business Grassroots Marketing
June Kahn
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 Success
Joy 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.

RED ROCK, Attn: SCW Fitness Mania®
151 S. Pfingsten Rd Unit U
Deerfield, IL 60015
847.562.4020
www.scwfit.com/florida
registration@scwfit.com

Thank You To Our Florida Mania® Sponsors

Co-Sponsors

S.E.A.T. — SUPPORTED EXERCISE FOR AGELESS TRAINING

CORE HEALTH & FITNESS

Associate Plus Sponsors

alignsmart®

GRAB the GOLD®

water in motion®

FIT PRO PROGRAMMING

ISSA INTERNATIONAL SPORTS SCIENCES ASSOCIATION

Associate Sponsors

THE MOBILITY RECIPE

TrueTurn

Palango! FITNESS

Health, Beauty & Empowerment

LaBlast®

INDIGO AQUATICS

AQUA-Ω www.aqua-ohm.com

the Soul Fitness BRANDS

Deborah Does FITNESS TOUGHAGERS®

VK PROFESSIONAL SERVICES

API FITNESS ALLIED PROFESSIONALS INSURANCE

ULTIMATE HEALTH & WELLNESS COACH

AGELESS Training FITNESS BUILT FOR HUMANS

TANITA

RBB

BodyBell Method®

TB

AE ALIGNMENT ESSENTIALS

ZUMBA®

CEC/CEU Providers & Educational Supporters

SCW APPROVED PROVIDER · ACE APPROVED PROVIDER · AFAA · AMERICAN COLLEGE of SPORTS MEDICINE · AEA · NASM · MEDICAL FITNESS Association · GGFA · HEALTH & FITNESS ASSOCIATION

Certs Built to Last. Just Like You.

SCW Certifications offer industry leading education with over 40 different topics. Elevate your career today.

SCW scwfit.com/certifications

