

10 MANIA® Fitness Pro Conventions

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

SCW MANIA
ABOUT THE CONVENTION

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LIVE STREAM CERTIFICATIONS

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

www.scwfit.com/Online

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

SCW AFAA ACE AEA NASM ACSM AEA NFPT

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20% OFF!

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

USE CODE: MANIA20

SCW OnDemand

Always On.

500+ Educational Videos
150+ Leading Presenters
20+ Fitness & Health Topics Available

www.scwfit.com/Online

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

www.scwfit.com/OnDemand

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ONLINE CEC VIDEOS

Earn CECs in the comfort and convenience of your home!

Online CEC Videos

Earn CECs at Home.

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

www.scwfit.com/CECs

140+ More Videos

Exercise & Aquatics
Tabata Bootcamp
Barre Distend
ESP 123
Metabolism
Dynamic Anatomy
Pilates Yoga
Relax & Recharge
Aquatics Kickboxing

scwfit.com/CECs

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Virtual Training Certification

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

www.scwfit.com/virtualtraining

- Lights
- Camera
- Action

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www.TrainWithTheTrainers.com

TRAIN WITH THE TRAINERS

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

www.TrainWithTheTrainers.com

jeff howard
SCW STAR PRESENTER

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Aging HIIT

CHAIR TODAY GONE MANANA

- ▶ ANN GILBERT OWNER/OPERATOR SHAPES FITNESS FOR WOMEN
- ▶ SCW FACULTY 8+ YEARS
- ▶ AGING FIT, DEEP STRETCH FOR ACTIVE AGERS
- ▶ AQUA-BATA , SURF/TURF , LUSCIOUS LIMBS





Meet Rosie Malaghan

ACE CPT

Wellness Coach

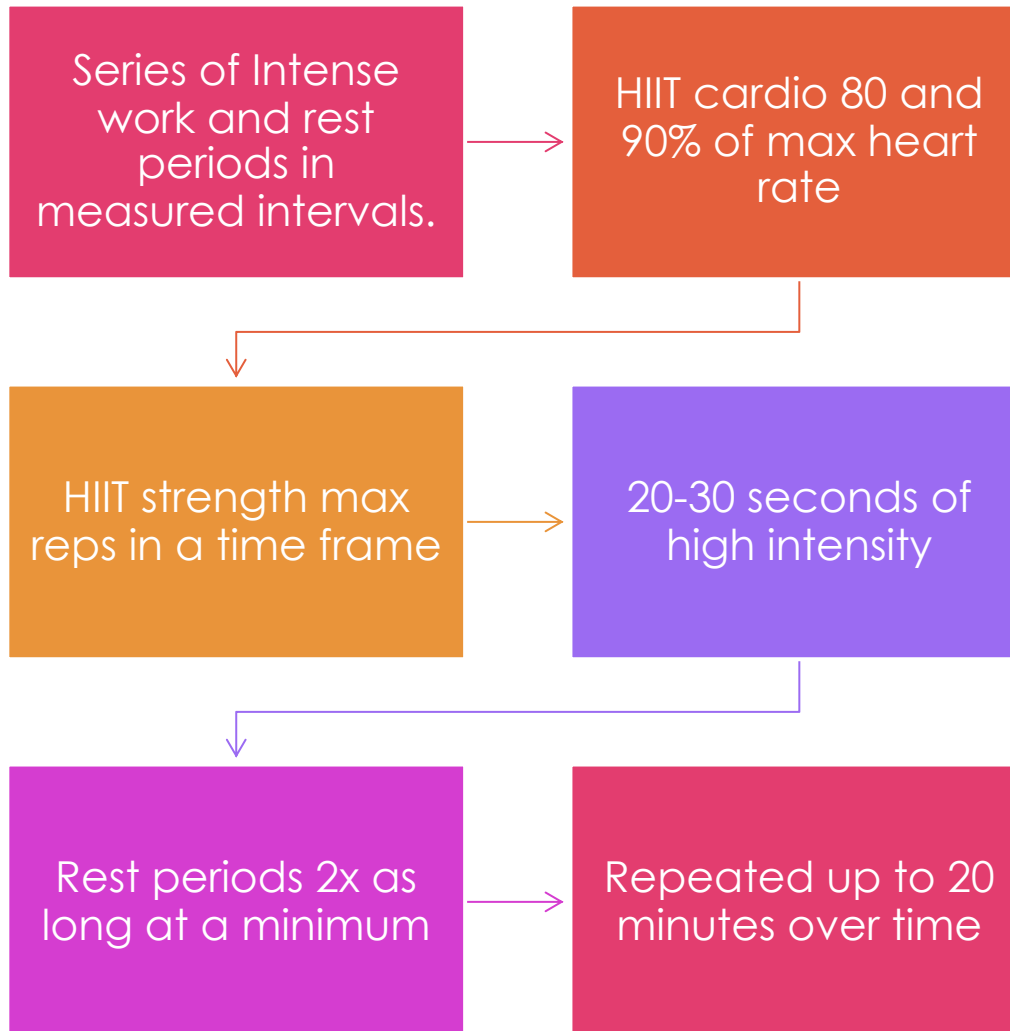
Strength and Conditioning Specialist

Welcome to our Session





AGING HIIT....The Trainer



AGING HIIT...The Expert



AGING
HIIT...Keeping
It Simple

Effective and Efficient in
less time

Reverse the decline in
muscle and aerobic
capacity

Increase in mitochondria,
the exercise capacity of
the muscle



The Anti-
Aging
Solution for
Many!

2020 Wellness Focus

- ▶ Improve overall fitness
- ▶ Improve chronic conditions: diabetes, heart disease, metabolic syndrome
- ▶ Balance Neurotransmitters, guard against depression
- ▶ Increase attention and focus
- ▶ Reverse muscular decline
- ▶ Cellular energy

Safety First

Less risk with
trainer

Determine the
BASE , assess
orthopedic and
mobility levels

Complete the
conditioning
phase for most

Plan for an
adequate WU
and CD

Inclusive in a
group

Changes from
day to day

Do not HIIT
me too
often!



Studies show benefit to
those in cardiac rehab



Add advanced aspects of
fitness when you can and
when you can supervise



Determine if equipment
can be added and why

CHAIR TODAY Cardio

1. Basic March
2. Out and In
3. Step Touch
4. Linear Progression and or drills
5. Short to long Lever
6. Weights optional
7. Multiplanar

CHAIR TODAY Strength

- ▶ Sit to stand
- ▶ Bent over row
- ▶ Stationary step back lunge
- ▶ Seated row and kick back
- ▶ Seated Hip Extension
- ▶ Peter Pan

CHAIR TODAY Flexibility





Let's Work Out

Ann Gilbert

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