

atlanta
mania[®]
fitness pro convention

July 31 - August 2, 2026
Grand Hyatt Atlanta in Buckhead
Atlanta, GA

Moving Fitness Forward →



2026

SCW



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Welcome to Atlanta Mania!®

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



Expert Led Sessions

200+ sessions (130 Live + 72 Pre-Recorded) and 10 certifications in fitness, wellness, and business, led by top experts and industry icons, to advance your career.



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- ACSM → AEA → NASM



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Atlanta Mania® Fit Pro Convention
July 31 - August 2, 2026
Grand Hyatt Atlanta in Buckhead
3300 Peachtree RD NE
Atlanta, GA 30305

A World of Fitness Knowledge All In One Place!

Atlanta 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.
- **Reformer Pilates**
A functional Pilates mat experience using props to blend classical and modern approaches for more effective, varied, and progressive classes.
- **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.
- **Aquatic Exercise**
Learn low-impact, full-body workouts that improve strength and flexibility.



Unlimited Options.

Your ultimate fitness weekend! Atlanta Mania[®] delivers sessions, workshops, and specialty certifications all tailored to fuel your professional growth.



200+ Sessions and Workshops



Networking Events



10 Specialty Certifications



Recordings Add-On



Expo Exclusives



Flexible Pricing



You'll Fit Right In.

Hosted at the beautiful Grand Hyatt Atlanta in Buckhead, Atlanta Mania[®] offers a modern venue with premium amenities—ideal for three days (or as many as you choose) of learning.

**atlanta
mania[®]**
fitness pro convention

Mania[®] Convention Sessions & Workshops

July 31 - August 2, 2026
(Fri., Sat., & Sun)

Specialty Certifications

July 30 (Thur.) August (Sun.) 2026
Online Certifications www.scwfit.com/certs

Mania[®] Discount Deadline:
Save \$60 by registering by
Monday, June 29, 2026



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Grand Hyatt Atlanta in Buckhead

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- Japanese Zen Garden
- In-room Massage Available
- Cassis Restaurant, Onyx Coffee Bar & Lounge
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Book your discounted room here:
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S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

waterⁱⁿ motion®

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Want to become a sponsor and get the recognition your brand deserves?

Connect with fitness and wellness pros by sponsoring, exhibiting, or advertising at any Mania®. Contact us today at partner@scwfit.com



Accredited Certifications

Our certifications are expert-led in diverse fitness disciplines, empowering pros with hands-on skills and CECs to set you apart.

Certifications Thursday, July 30



SCW Active Aging Certification

Ann Gilbert

Thursday, July 30, 9:00am-5:00pm



\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

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



SCW Personal Training Certification

Gail Bannister-Munn

Thursday, July 30, 9:00am-6:00pm



\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

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



SCW Group Exercise Certification



Jani Roberts

Thursday, July 30, 8:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

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



SCW Pilates Matwork Certification



Amber Toole

Thursday, July 30, 8:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

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



SCW Pilates Reformer Fundamentals Certification



Leslee Bender

Thursday, July 30, 9:00am-5:00pm

\$399 Mania® attendees

\$459 non-attendees (Reg. \$559)

Master the transformative power of the Pilates Reformer in this functional certification, ideal for fitness professionals and movement enthusiasts. This hands-on training covers equipment setup, safety protocols, and essential exercises focused on core alignment and breath integration. You will learn expert cueing techniques to deliver engaging, progressive workouts that enhance strength and stability for all fitness levels. Elevate your credentials with the Optional 50-Hour SCW Instructor Academy Assessment. This comprehensive practical track includes 25 hours of class participation, 10 hours of co-teaching, and 10 hours of lead instruction. Candidates must also submit five distinct class format designs. This completely optional journal guarantees that you walk away with the technical skills and professional confidence to inspire clients through the core principles of the Pilates Reformer. Accredited for CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW Aquatic Exercise Certification



Melissa Layne, MEd

Thursday, July 30, 9:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

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

Certifications Sunday, August 2



S.E.A.T. FITNESS **(Supported Exercise for** **Ageless Training) Certification** **Ann Gilbert**

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

Sunday, August 2, 8:00am-4:00pm

\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

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

Equip yourself with the tools to launch your SEAT program. The course includes a manual, downloadable PowerPoint, a full-hour workout video, music, flashcards, an automated online exam, and a certificate. Accredited for CECs: ACSM (7.0), ACE (7.0), AEA (7.0), AFAA (7.0), NASM (0.7), and SCW (7.0).



SCW Stretching **& Flexibility Certification**

SCW

Gail Bannister-Munn

Sunday, August 2, 8:00am-4:00pm

\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

In this eight hour comprehensive course, review the science of stretching, flexibility and mobility. Acquire the knowledge to assess static and dynamic postures to identify movement quality issues and promote functional activities. Learn multiple flexibility, techniques, and stretching alternatives, including PNF (proprioceptive neuromuscular facilitation), active and dynamic stretching, passive and static options, assisted stretching techniques and more. Gain skill in





myofascial release to enhance activation, recovery and regeneration for individuals of all ages and activity levels. Assist athletes to older adults, and distinguish yourself as a stretching expert. Perfect for one on one training, small group, training, and group fitness. This practical, hands-on certification includes a variety of detailed program designs with an easy to execute system. The certification includes practical training, a comprehensive manual, and an online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).



WATERinMOTION® water motion **Aqua Exercise Certification**

Jackie Carroll

Sunday, August 2, 8:00am-3:00pm

\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

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



ZUMBA® **Basic 1 Training**

Erick Santana

Sunday, August 2, 7:00am-4:00pm

\$399 Registration Fee (Use **PROMO CODE: TSZUMBA70** to receive a 70% discount) This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to

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

edge^{scw}

WEBINAR PODCAST

**FREE
WEBINAR**

SUMMER IN FULL SWING WEBINAR

Thursday, July 30

7:00 PM ET

6:00 PM CT

5:00 PM MT

4:00 PM PT



Stay strong, mobile, and injury-free during the busiest outdoor training season. Learn key prevention strategies for pickleball, golf, tennis, hiking, and more. Discover how to improve mobility, build strength, and reduce common overuse injuries. Walk away with practical techniques to keep clients confident, pain-free, and performing their best all season long.

scwfit.com/webinar



Sara Kooperman, JD



Gail Bannister-Munn



Evans Armantrading



Amber Toole



The Main Event.

Atlanta Mania® is back **July 31 - August 2, 2026!** Get inspired, get educated, and take your fitness career further than ever.

Friday, July 31

FR1 Sessions 7:30am - 8:45am

FR1A: S.E.A.T. BEATS **NEW!** 

SEAT.
SUPPORTED EXERCISE FOR AGELESS TRAINING

Jaysa Angles & Jackie Carroll

Feel the rhythm and find your groove in this upbeat, chair-based workout that blends movement with music and fun! Using sticks, shakers, and rhythmic tools, you'll build strength, balance, coordination, and mobility—all from the comfort of a chair. Perfect for every fitness level, it's movement that motivates!

FR1B: Palango! Strength **NEW!** 

Palango!
FITNESS

Felix Ojeda, MS, MBA

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

FR1C: Power Punch Cardio Kickboxing **NEW!** 

Darlene Reid, MA

Get ready to punch, kick, and sweat! This high-energy Cardio Kickboxing class blends martial arts with heart-pumping cardio to build strength, endurance, and coordination. Set to upbeat music and easy-to-follow combos, it's fun, empowering, and perfect for all levels—leave feeling strong, confident, and energized!

FR1D: Vertical Pilates: Elevate Your Posture **NEW!** 

Leslee Bender

Discover how Pilates principles can extend beyond the mat with a functional approach designed for today's lifestyle. Learn techniques that blend science and movement to improve posture, flexibility, and strength. Ideal for all abilities, this session will challenge you to stand tall and move with confidence.



FR1E: Pilates Reformer: Sculpted Strength **NEW!**



Amber Toole

New to the Reformer? This session introduces fundamental principles, safety, and movement mechanics in a welcoming, supportive environment. Discover neutral spine, core engagement, breath patterns, and footwork while learning how to progress clients effectively. Perfect for beginners or instructors refining foundational cueing and teaching strategies.

FR1F: Liquid Star Flow **NEW!**



Billie Wartenberg

Take your workout or aqua yoga to a new level with Liquid Gym® Liquid Stars. Enhance flexibility, range of motion, balance, and proprioception while engaging the lower body, boosting circulation, and strengthening the core to improve overall stability and functional movement in the water.

FR1G: Protein Quality, Synthesis, Structure and Deficiency **NEW!**

Melissa Layne, MEd

Discover how protein fuels performance, supports recovery, and builds muscle. Explore amino acid roles, protein structure, and the consequences of deficiency, plus practical strategies to optimize intake for strength, health, and overall wellness. (Lecture)

FR1H: Know Your Worth **NEW!**



Kylie Ross, MSM, MBA

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

FR2 Sessions 9:00am - 10:15am

FR2A: Strength Training for Longevity & Vitality II

Sara Kooperman, JD

Whether a personal quest or a way to engage the fastest-growing segment of the population, this incredibly creative bodyweight workout presents

effective and manageable training techniques for the 50+ population. Led by an icon in the fitness industry, Sara takes you through this Group Strength Class using unique multi-joint, rhythmic exercises for a total body strength workout. Endurance, flexibility, and balance are the lenses we use when analyzing our programming. It's not about how long or hard you train; it's about exercising smart for longevity and vitality.

FR2B: Core Champion Power Circuit Blast **NEW!**



Earl Jenkins

Experience a high-energy circuit workout using the Core Champion system to build strength, endurance, and metabolic power. Rotate through timed stations targeting upper body, lower body, and core stability. This dynamic format keeps participants moving, challenged, and motivated while minimizing joint stress through innovative bodyweight resistance.

FR2C: Bands, Balls, & Bells **NEW!**

Reggie Kinchen

This fun, high-energy total-body workout uses the trifecta of Booty Bands, Medicine Balls, and Kettlebells. Move through six dynamic cycles, each followed by a music-driven "Blast Mode" mini workout. BAND together, have a BALL, and show up with your BELLS on!

FR2D: Hands-On vs Self-Stretching **NEW!**



Evans Armantrading, Jr.

Compare the benefits of assisted, hands-on stretching with self-directed methods. Learn how guided techniques improve posture, mobility, and injury prevention while mastering daily self-stretching practices. Gain practical tools to determine which approach works best for flexibility, recovery, and performance, equipping you with strategies to support clients inside and outside training sessions.





FR2E: Pilates Reformer: Glutes, Quads, and Hamstrings Burn **NEW!**

Amber Toole

Zero in on lower-body power as you activate glutes, quads, hamstrings, and calves with precision. Learn progressive sequences and tempo variations that bring the burn and build functional leg strength. Ideal for athletes, cross-trainers, or clients looking to strengthen and define their lower half.

FR2F: WATERinMOTION® Original **NEW!**



Jackie Carroll & Billie Wartenberg

Dive into the aquatic program that started it all. WATERinMOTION® Original blends upbeat music, clever choreography patterns, and fluid, full-body training that keeps participants challenged and engaged. With decades of international success and award-winning leadership behind it, this signature program delivers powerful energy, smart progressions, and an unforgettable aquatic experience that elevates every pool it touches.

FR2G: Supporting Clients on Anti-Obesity Medications **NEW!**

Ann Gilbert

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

FR2H: Viral to Valid Training **NEW!**

Dane Robinson

Viral fitness trends move fast—but credibility matters more. This session gives fitness leaders a framework to evaluate what's trending, separate hype from science, and translate viral workouts into safe, effective programming while protecting brand integrity and positioning coaches as trusted authorities. (Lecture)

FR3 Sessions 11:00am - 12:15pm

FR3A: Functional Fitness Flow **NEW!**

Amber Toole

Get ready for a lively fusion of strength, cardio, and mobility designed for active agers who love to move! Each block builds stability, lifts the heart rate safely, and restores fluid movement. Leave with playful alignment cues, creative modifications, and fresh programming ideas to help older adults feel strong, capable, and energized.

FR3B: Anchor Strong **NEW!**

Gail Bannister-Munn

The chair becomes your power base in this smart, functional workout that blends resistance training, balance, and flexibility. Using multi-grip bands, you'll strengthen and stabilize from head to toe with joint-friendly movements designed to help you move better, feel stronger, and build lasting confidence in every rep.

FR3C: LITT: Get Low! **NEW!**

Tara Turner

Low-impact, high-intensity intervals meet targeted strength for a joint-friendly, results-driven session. Protect knees, hips, and ankles while improving endurance, functional strength, and metabolism. Perfect for all fitness levels, this smart workout challenges muscles safely, leaving you feeling strong, capable, and accomplished without the stress of high-impact training.

FR3D: Chair Yoga for Mobility & Strength **NEW!**

Sara Kooperman, JD

This workshop for yoga teachers and mobility practitioners uses seated and standing chair



postures to build strength, flexibility, and functional movement. Focusing on daily activities like rising and sitting, it enhances balance and well-being—perfect for aging populations seeking greater independence, longevity, and vitality.

FR3E: JUMP! Rebounding Basics NEW!

Sabrina Ursaner

Bounce, laugh, and move in this high-energy, low-impact rebounding class on JumpSport mini trampolines! Build strength, balance, and endurance while learning proper form. Sweat, soar, and have a blast—rebounding has never been this FUN!

FR3F: Water Conditioning NEW!

Jakkie Pidanick, MSL

Water Conditioning delivers a high-intensity, low-impact workout built for athletes who want power without joint stress. Using bands and med balls for explosive tosses, strength challenges, and dynamic patterns, this aqua session pushes performance, builds full-body control, and keeps the water absolutely electric.

FR3G: Measure Antioxidants for Better Performance NEW!

Dr. Greg Caldwell, OD, FAAO

Unlock faster recovery, better performance, and visible results by understanding antioxidants. Learn practical strategies to help clients break plateaus, optimize training, and enhance overall vitality. Walk away with tools to immediately elevate coaching, support long-term wellness, and improve client outcomes. (Lecture)



FR3H: Conflict Resolution and Communication Essentials NEW!

Sohailla Digsby, MEd, RD, LD

Learn practical strategies to navigate challenging conversations with clients, coworkers, employees, and loved ones. Examine the tools needed to manage tension, improve communication, and enjoy relationships—even in emotionally charged situations. Strengthen your impact and leadership by learning valuable skills, and reduce relational stress. (Lecture)

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

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

FR4B: Athletic Agility Cardio Training NEW!

Dane Robinson

Cardio doesn't have to mean treadmills or running. This dynamic, hands-on session brings athletic agility to life with fast-paced, low-impact drills that elevate heart rate, sharpen coordination, and boost real-world performance. Learn how to design scalable, crowd-pleasing cardio that builds confidence, keeps clients engaged, and delivers serious results at any fitness level.

FR4E: JUMP! Bounce & Barre NEW!

Sabrina Ursaner

Experience the ultimate fusion of rebounding and barre! The mini trampoline challenges balance and boosts muscle activation while keeping movement low-impact and joint-friendly. Pulses, holds, and rhythmic bounce combine for a dynamic workout that sculpts, tones, and energizes from head to toe.

FR4F: Aqua Fitness for Joint Replacement NEW!

Ann Gilbert

Discover how aquatic exercise empowers clients with artificial joints to rebuild strength and mobility safely. This session demonstrates how the pool's buoyancy reduces impact, providing a long-term, joint-friendly training solution. Learn specialized techniques to restore confidence and functional movement, ensuring a sustainable path to recovery and lifelong physical activity.

FR4H: Stretching Strategies: Flexibility, Recovery, Performance Panel

Sara Kooperman, JD, Gail Bannister-Munn, Evans Armantrading, Jr.

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


Certifications Thurs July 30

- SCW Active Aging
Gilbert • 9am-5pm
- SCW Personal Training
Bannister-Munn • 9am-6pm
- SCW Group Exercise
Roberts • 8am-5pm

- SCW Pilates Matwork
Toole • 8am-5pm
- SCW Pilates Reformer Fundamentals
Bender • 9am-5pm
- SCW Aquatic Exercise
Layne • 9am-5pm

Register Here



 Indicates session is being recorded at this event or was recently recorded.

Room A Function & Active Aging	Room B Power & Personal Training	Room C Group Programming	Room D Recovery / Mind-Body	Room E Pilates Reformer & Rebounders
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Fri

July 31

FR1	7:30am-8:45am	S.E.A.T. Beats Angles & Carroll (NEW)	Palango! Strength Ojeda (NEW)	Power Punch Cardio Kickboxing Reid (NEW)	Vertical Pilates: Elevate Your Posture Bender (NEW)	Pilates Reformer: Sculpted Strength Toole (NEW)
FR2	9:00am-10:15am	Strength Training for Longevity & Vitality II Kooperman	Core Champion Power Circuit Blast Jenkins (NEW)	Bands, Balls, & Bells Kinchen (NEW)	Hands-On vs. Self-Stretching Armantrading (NEW)	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	Functional Fitness Flow Toole (NEW)	Anchor Strong Bannister-Munn (NEW)	LITT: Get Low! Turner (NEW)	Chair Yoga for Mobility & Strength Kooperman (NEW)	JUMP! Rebounding Basics Ursaner (NEW)
EXPO SHOPPING 12:00pm-2:45pm						
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Life Happens on One Leg Layne (NEW) Session 2	Athletic Agility Cardio Training Robinson (NEW) Session 1	Step Strong Turner (NEW) Session 2	Mobility & Mindfulness Mathias (NEW) Session 2	JUMP! Bounce & Barre (NEW) Session 1
FR5	2:45pm-4:00pm	50+ FUNCTIONAL FITNESS Carroll (NEW)	Stability Ball Breakthrough Bannister-Munn (NEW)	Body Blast Kinchen (NEW)	Moving Meditations Roberts (NEW)	Pilates Reformer: Core Strength and Stability Bender (NEW)
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	Bodyfit: Tips on Modifications Ross (NEW)	High INTENTIONAL Interval Training Taylor (NEW)	Flow Like a Fighter Angles (NEW)	Yoga Sculpt & Burn Cappiello (NEW)	Pilates Reformer: Fascial Stretch for Athletes Bannister-Munn (NEW)
FR7	6:00pm-7:00pm	SCW GOT TALENT! Kooperman, Toole, Robinson, & Bannister-Munn		Dance Off! Wartenberg, Angles, Freeman	Warrior® Qigong Roberts (NEW)	

Sat

August 1

SA1	7:30am-8:45am	Foam Roller, Mobility & Strength Bannister-Munn (NEW)	Total Body Core Champion Conditioning Jenkins	SOULMashup Angles (NEW)	Core Strength Meets Control Freaks Toole (NEW)	Pilates Reformer: Strong Arms, Shoulders, Back Bender (NEW)	
EXPO SHOPPING 8:30am-9:15am							
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A					
EXPO SHOPPING 10:30am-11:00am							
SA3	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Joint Friendly: HIIT Robinson (NEW)	Warrior® Workout Roberts (NEW)	Stretch Strategies for Major Lifts Armantrading (NEW)	Pilates Reformer: Sculpted Strength Toole (NEW)	
EXPO SHOPPING 12:00pm-2:45pm							
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Balance Brain & Spine Wartenberg (NEW) Session 1	Dynamic Strength Resistance Bannister-Munn (NEW) Session 1	Kettlebell Cardio Fusion Turner (NEW) Session 2	Happy Hips & Guided Meditation Cappiello (NEW) Session 2	Pilates Reformer for Female Athletes Bender (NEW) Session 1	
SA5	2:45pm-4:00pm	Three Moves for Functional Fitness Gillon (NEW)	How to Handle Hypertrophy Robinson	ZUMBA® Santana	Low-Impact Conditioning Wartenberg (NEW)	Pilates Reformer: Mobility, Flexibility & Recovery Flow Bender	
EXPO SHOPPING 3:45pm-4:30pm							
SA6	4:30pm-5:45pm	Fall-Proof with Glute Strength Gilbert (NEW)	SOULstrength™ EXPERIENCE Angles (NEW)	RETROCISE Corbey (NEW)	Warrior® Tai Chi Yoga and Qi Gong Fusion Roberts (NEW)	JUMP! Trampoline Fun Ursaner (NEW)	

Sun

August 2

SU1	7:30am-8:45am	Bridging Gaps with Adaptive Fitness Mikszan (NEW)	6 Pillar Method Schreiber	HIIT Factor Turner (NEW)	Personal Training Meets Stretch Therapy Armantrading (NEW)	Pilates Reformer: Arms, Shoulders, Abs Bender (NEW)
SU2	9:00am-10:15am	Athletic Aging: Stronger Over Time George (NEW)	Ultimate Core Strength Revolution Jenkins (NEW)	Palango! Cardio Ojeda (NEW)	Cardio Barre Fusion Cappiello (NEW)	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
SU3	10:45am-12:00pm	Exercising With Chronic Conditions Gillon (NEW)	SOULfusion™ Lower Body Blast Angles (NEW)	Step & Strength Fusion Freeman (NEW)	Reformer Moves—No Machine Needed George (NEW)	JUMP! Core & Balance Ursaner (NEW)
SU4	12:15pm-1:30pm	Aging Brains & Bones Layne (NEW)	Strength Blueprint: Cue & Layer George (NEW)	RETRO GROOVE: Everybody Dance Now Corbey (NEW)	Foundations of Aligned Movement Toole (NEW)	

Register Here



Certifications Sun August 2

→ **S.E.A.T.**
Gilbert • 8am-4pm

→ **SCW Stretching, Flexibility & Myofascial Release Techniques**
Bannister-Munn • 8am-4pm

→ **ZUMBA® Basic 1 Training**
Santana • 7am-4pm

→ **WATERinMOTION® Aqua Exercise**
Carroll • 8am-4pm

Indicates session is being recorded at this event or was recently recorded.

		Room F Aqua Ex (Starts in Lecture)	Room G Nutrition/ Ex Science	Room H Leadership/ Programming	Pre-Recorded Sessions Personal Training/ Strength	Pre-Recorded Sessions Restore/ Pilates /Tai-Chi	Pre-Recorded Sessions Active Aging/ Functional Training	Pre-Recorded Sessions Nutrition/ Exercise Science	
FR1	7:30am-8:45am	Liquid Star Flow Wartenberg	Protein Quality, Synthesis, Structure and Deficiency Layne (NEW)	Know Your Worth Ross (NEW)	Pro Athlete Recovery Robinson	Pilates: Mat to the Max A. Appel	Boost Better Balance Rotschild	Alcohol & Aging-Myths vs. Facts Charlop	
FR2	9:00am-10:15am	WATERinMOTION® Original Carroll & Wartenberg (NEW)	Supporting Clients on Anti-Obesity Medications Gilbert	Viral to Valid Training Robinson (NEW)	Basic To Badass: Progressive Training Protocols Chilazi	Ayurveda for Self-Care Jennings-Hill	No Floor Core and Balance Layne	Body Composition 101: Tools & Insights Han	
EXPO SHOPPING 10:00am-11:00am									
FR3	11:00am-12:15pm	Water Conditioning Pidanick (NEW)	Measure Antioxidants for Better Performance Caldwell (NEW)	Conflict Resolution & Communication Essentials Digsby (NEW)	Mobility Training: Online or In-Person Webb	Sleep Habits: Key to Fitness Layne	Fall Prevention for Fitness Professionals Conti	How To Know If You're Under-Eating Digsby	
EXPO SHOPPING 12:00pm-2:45pm									
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Aqua Fitness for Joint Replacement Gilbert (NEW) Session 1	Thermic Effect of Food Pidanick (NEW) Session 2	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Armantrading Session 1	Pack Your PT Sessions: Successful Sales Gilbert, Toole, Rothschild, Webb	Gentle Yoga For Mobility Kooperman	Nail The Perfect Warm-up Chilazi	Supporting Clients on Anti-Obesity Medications Gilbert	
FR5	2:45pm-4:00pm	Aqua Strength, Toning, and Stretch Wartenberg	Best Food Choices for Longevity Digsby (NEW)	5 Money Mistakes Fitness Pros Make Hofacker (NEW)	The Art of Coaching Trione	The Recovery Barre Howe	Dare to Chair Gilbert	Nutrition: Hot Topic Research Layne	
EXPO SHOPPING 3:45pm-4:30pm									
FR6	4:30pm-5:45pm	WATERinMOTION® Strength Carroll & Wartenberg (NEW)	Lipids: The Skinny on Fat Layne (NEW)	Stay Strong: Skip Burnout Rivera (NEW)	Strength & Grace: Back to Power Lemons	Pilates Functional Powerhouse George	Total Body Shaping McBee	Mastering Macros Toole	
FR7	6:00pm-7:00pm				Progressive FITT: Functional Tube Training K. Roberts	The Battle for Mobility McCormick	Functional Training with Foam Rollers Garcia	Cancer Exercise & Wellness Conti	
SA1	7:30am-8:45am	Aqua - Abs Rhodes (NEW)	Strength isn't Born, It's Built Offerdahl (NEW)	Leading Through Fitness Failures Gilbert (NEW)	Intervals Reimagined: Strength - Power - Roll Conti	Agless Pilates Bender	Chair Yoga Spreen-Glick	Shoulder Savior - Conquer Shoulder Pain Fox	
EXPO SHOPPING 8:30am-9:15am									
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A							
EXPO SHOPPING 10:30am-11:00am									
SA3	11:00am-12:15pm	Aqua Punch and Pump Wartenberg	Botanical Science for Holistic Wellness Crichtlow (NEW)	Stress-Weight Connection & What to Do Digsby (NEW)	Hip Mobility for Peak Performance Bannister-Munn	Teaching Restorative Yoga Without Props Ratliff	Tailored Training For Active Agers Toole	Inflammation: The Exercise-Nutrition Nexus Fearheiley	
EXPO SHOPPING 12:00pm-2:45pm									
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Aqua Sit to Stand Skills Layne (NEW) Session 2	Fitness at Every Age McWaine (NEW) Session 2	Trainer to CEO: Build Real Income Hofacker (NEW) Session 1	Creative Core Solutions Madden	Breath Empowerment Craddock	Age Defying Mobility Training: Enhancing Longevity Webb	Preventing Common Fitness Injuries Laskowski	
SA5	2:45pm-4:00pm	WATERinMOTION® Deep Carroll (NEW)	How Blood Sugar Works Digsby (NEW)	Strength Training for Active Agers Panel Kooperman, Bannister-Munn, Toole & Gilbert	Glute Training: Beginner to Advanced Johnson	Deconstructing Asanas Ratliff	Dementia Client Strategies for Trainers Rotschild	Solve 30 Training & Nutrition Mistakes Mike	
EXPO SHOPPING 3:45pm-4:30pm									
SA6	4:30pm-5:45pm	Aqua Drums Vibes Wartenberg	Stress & Inflammation: Impacts & Outcomes Layne (NEW)	AI for Active Aging Clients Gillon (NEW)	Power in the Transverse Plane: How to Become a Rotational Powerhouse Mike	Trauma-Informed Care on the Mat and Beyond Haan	Perfect Programming for Active Agers Toole	Where Healthy Meets Happy Digsby	
SU1	7:30am-8:45am	Aqua Intervals: Timed to Perform Rhodes (NEW)	All About Intermittent Fasting Charlop (NEW)	Visit the Expo Hall or shop sponsor discounts at scwfit.com/atlanta	The Core 6- Strength & Movement Essentials Bannister-Munn	Stretch-Breathe-Recover Spreen-Glick	Functional Fitness for Active Seniors Shuttic	Bringing Medicine and Fitness Together D. Appel	
SU2	9:00am-10:15am	Fall Prevention in the Pool Layne (NEW)	Movement for Brain Health McWaine (NEW)		Broken to Beast Fitness Programming Poitrier	Boost Your Pre-Workout & Recovery Ontiveros, Toole, Layne, Lemons	Athletic Aging A. Appel	Healthy Aging Weight Loss Childers-Richmond	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm									
SU3	10:45am-12:00pm	Dive Deep or Don't Bother Henry	Weight Loss Meds Insider Insights Digsby (NEW)		Metabolic Disruption Turner	Breathing Meditation Rockitt	Open the "Gait" to Fall Prevention Gilbert	Nutrition & the Menopause Journey Layne, Toole, Rothschild, Ontiveros & Rogers	
SU4	12:15pm-1:30pm	Heat Waves Henry	Best Supplements for Performance Charlop (NEW)	Kettlebell Training for Women P. Ross	Dynamic Stretching Singer	Pickleball Power & Performance Kooperman	Hydrate Before You Dehydrate Saniatan		
					Optimal Overhead Pressing Mike	Meditation is My Medication Haan	Joint Replacements: Returning Triumphant! K. Roberts	Healthy Eating for Active Agers Lemons	



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

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

FR4A: Life Happens on One Leg **NEW!** 🎧

Melissa Layne, MEd

Supercharge lower-body and core strength with dynamic single-leg training. Boost balance, prevent falls, and enhance functional movement using evidence-based techniques for everyday activities and peak athletic performance.

FR4C: Step Strong **NEW!** 🎧

Tara Turner

Step, lift, and sweat your way to total-body fitness! Energizing step sequences raise your heart rate and sharpen coordination, while strength moves on the step platform sculpt and tone every muscle. Scalable for all levels, this dynamic class combines cardio and resistance for a powerful, well-rounded workout.

FR4D: Mobility & Mindfulness **NEW!** 🎧

Kelly Mathias

Mobility & Mindfulness blends Pilates and somatic principles to help you move with greater awareness, ease, and control. Learn practical tools to improve range of motion, tune into the body's signals, and guide clients toward more intentional, grounded movement that enhances both physical performance and overall well-being.

FR4G: Thermic Effect of Food **NEW!** 🎧

Jakkie Pidanick, MSL

Eating food burns calories—and you can use that to your advantage. Learn how the thermic effect of food, especially protein, can support fat loss, muscle retention, recovery, and performance. This session shows how to apply TEF strategically within real-world training and nutrition programs—no gimmicks, just smarter results. (Lecture)

FR5 Sessions 2:45pm - 4:00pm

FR5A: 50+ FUNctional Fitness **NEW!** 🎧

Jackie Carroll

A high-energy, low-impact workout that helps you move better, feel stronger, and live confidently. This class blends strength, balance, mobility, and real-life movement patterns to keep you doing what you love with ease. Expect upbeat music, simple functional exercises, and plenty of laughter. Perfect for active adults who want to stay strong and steady.

FR5B: Stability Ball Breakthrough **NEW!** 🎧

Gail Bannister-Munn

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

FR5C: Body Blast **NEW!** 🎧

Reggie Kinchen

Unleash your inner superhero with Body Blast, a high-energy, total-body workout designed to maximize effort and build camaraderie. Experience 7 powerful rounds, each with 4 no-equipment exercises—Lower Body, Upper Body, Full Body, and Cardio—for strength, endurance, and fun.

FR5D: Moving Meditations **NEW!** 🎧

Jani Roberts

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

FR5E: Pilates Reformer: Core Strength and Stability **NEW!** 🎧

Leslee Bender

Discover the art of deep core connection on the Reformer through intelligent movement and mindful breath. Explore innovative sequences that integrate the abdominals, obliques, back, and pelvic floor to enhance stability, posture, and total-body coordination. Cue with precision, empowering clients to move with greater strength, balance, and inner awareness.



FR5F: Aqua Strength, Toning, and Stretch

Billie Wartenberg

Elevate your water workout with Indigo Aquatics' Liquid Gym Acqua Toner Bands and Bar. Harness water's resistance to build strength, tone muscles, enhance flexibility, range of motion, proprioception, and circulation. Finish with a refreshing Liquid Stars stretch for a full-body aquatic experience that revitalizes and strengthens.



FR5G: Best Food Choices for Longevity

Sohailla Digsby MEd, RD, LD

Discover the best food choices to support longevity, energy, and overall health. Learn how to guide clients toward nutrient-dense eating patterns that promote strength, vitality, and disease prevention. Walk away with practical nutrition strategies you can apply immediately to help clients feel better, move better, and live longer, healthier lives. (Lecture)

FR5H: Five Fitness Money Mistakes

Billy Hofacker

Most fitness professionals work hard yet struggle financially—not from lack of effort, but lack of financial knowledge. Discover the five biggest money mistakes draining your income and simple, practical ways to fix them. Gain control of your finances, reduce stress, and start building a business that consistently pays you well.

FR6 Sessions 4:30pm - 5:45pm

FR6A: Bodyfit: Tips on Modifications

Kylie Ross, MSM, MBA

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



FR6B: High INTENTIONAL Interval Training

Brittany Taylor

Get ready to ignite your fitness! In this session, participants will master HIIT principles to boost

strength, endurance, and cardiovascular power. Experience a full-body workout with the intentional 3-set formula, explore safe movement progressions, and learn how Intentional Interval Training can energize and challenge every fitness level.

FR6C: Flow Like a Fighter

Jaysa Angles

Flow Like a Fighter blends SOULfusion™ yoga flow with SOULkickboxing™ fighter flow in a fully no-impact format. Move from mindful strength and mobility into energizing sequences, finishing with powerful kickboxing energy—all set to incredible music. A creative, joint-friendly class that brings strength, energy, and fun to any program.



FR6D: Yoga Sculpt & Burn

Gina Capiello

Yoga Sculpt & Burn combines mindful yoga flow with weights and blocks to tone, strengthen, and energize. Ignite your core, sculpt your body, and boost flexibility while leaving feeling strong, centered, and ready to take on anything.

FR6E: Pilates Reformer: Fascial Stretch for Athletes

Gail Bannister-Munn

Learn how to stretch effectively to move better for life. Expand your understanding of how to improve functional flexibility and structural balance. This session covers the importance of alignment, joint mobility, dynamic eccentric activation, proper breathing, and both verbal and hands-on cueing. You'll gain an elevated understanding of how to improve flexibility and refine teaching skills to apply in private sessions, classes, and personal practice.



FR6F: WATERinMOTION® Strength

Jackie Carroll & Billie Wartenberg

WATERinMOTION® Strength makes waves with muscle in this power-packed aqua workout using dumbbells and the force of water. Harness drag, resistance, and buoyancy to sculpt strength, ignite endurance, and elevate athleticism—without joint strain. Fresh, creative choreography keeps every set challenging and every rep explosive for a bold, high-energy training experience that pushes limits in the pool.





FR6G: Lipids: The Skinny on Fat **NEW!** ■◀

Melissa Layne, MEd

Uncover the truth about fats—their role in energy, hormones, and health. Learn to spot healthy versus harmful fats, bust nutrition myths, and use practical strategies to fuel your body, boost performance, and support overall wellness. (Lecture)

FR6H: Stay Strong: Skip Burnout **NEW!**

Bianca Rivera

Recognize burnout signs and learn practical strategies to sustain energy, presence, and passion as an instructor or personal trainer. Explore simple tools for recovery, mindset, and balance to continue leading with confidence, connecting with participants, and staying inspired in your teaching. (Lecture)

FR7 Sessions 6:00pm - 7:00pm

FR7A: SCW GOT TALENT! ■◀

Judges: Sara Kooperman, JD, Amber Toole, Dane Robinson, & Gail Bannister-Munn

Compete to WIN a presenting spot at the 2027 Mania® Conference on your chosen topic! Showcase a 3-minute highlight from your favorite class, demonstrating your energy, creativity, and ability to inspire. Our expert judges evaluate your routine and leadership skills. Share your expertise, gain recognition, and shape the future of fitness. Step into the spotlight and claim your place at Mania®!

Each SCW GOT TALENT! Winner receives:

- A position as a Presenter at a future SCW Mania®
- A FREE Mania® Registration for the GOT TALENT! Winner
- A FREE Mania® Registration for a selected friend
- COMPLIMENTARY Invitation to the Presenter for the reception on Saturday night
- A feature in our SCW Spotlight newsletter
- A mentoring experience with one of our GOT TALENT! Judges

FR7C: Mania® DANCE OFF!! ■◀

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

FR7D: Warrior® Qigong ■◀



Jani Roberts

Warrior® Qigong blends mindful movement, breath, and energy work to strengthen the body, calm the mind, and balance emotions. Rooted in classical Chinese medicine, this empowering practice also includes hands-on techniques, creating a dynamic, holistic experience that restores health and vitality.

Saturday, August 1

SA1 Sessions 7:30am - 8:45am

SA1A: Foam Roller, Mobility & Strength **NEW!** ■◀

Gail Bannister-Munn

Release, strengthen, and move better! This full-body session melts tension, ignites your core, and boosts flexibility. Improve posture, joint health, and movement efficiency while feeling stronger, longer, and more energized in every motion.

SA1B: Total Body



Core Champion Conditioning **NEW!** ■◀

Earl Jenkins

Train every major muscle group with the Core Champion system in this comprehensive total-body workout. Build strength, elevate heart rate, and enhance mobility using bodyweight resistance and multi-grip positioning. This efficient session improves muscular endurance, coordination, and metabolic conditioning while reducing unnecessary joint strain.

**SA1C: SOULMashup** **NEW!** **Jaysa Angles**

Experience a high-energy mash-up of SOULstrength, BARREfusion, SOULkickboxing, and SOULfusion FLOW. Learn to blend strength, cardio, and flow with music-driven transitions and easy-to-teach choreography. Leave with tools to boost engagement, deepen connection, and elevate your classes with the magic of movement and music.

SA1D: Core Strength Meets Control Freaks **NEW!** **Amber Toole**

Control is the essence of Pilates—but how do you teach it in a mixed-level class? Discover how to cue precision, alignment, and mindful movement while layering exercises for all abilities. Experience a full Essential-to-Intermediate workout with purposeful progressions and props.

SA1E: Pilates Reformer: Strong Arms, Shoulders, Back **NEW!** **Leslee Bender**

Focus on upper-body strength using the Reformer's unique resistance capabilities. Target arms, shoulders, chest, and backs with purposeful sequences designed to tone and stabilize. Explore creative prop integration and cueing strategies to add variety and challenge while maintaining proper alignment and precision. Sculpt strength with every pull and press.

SA1F: Aqua - Abs **NEW!** **Heather Rhodes**

Sculpt strong, defined core muscles with Aqua Abs. This water-based workout targets the abdominals, obliques, and lower back using the natural resistance of water. Learn effective techniques, creative exercises, and smart progressions to challenge all fitness levels while protecting joints and enhancing stability, posture, and overall core strength.

SA1G: Strength isn't Born, It's Built **NEW!** **Dr. Tracy Offerdahl, PharmD, FAAO**

Measure antioxidants to improve recovery and performance. Explore how cellular antioxidant reserves influence training adaptation, why progress stalls despite well-designed programs, and how measuring status

provides objective insights to guide coaching, recovery strategies, and long-term fitness outcomes. (Lecture)

SA1H: Leading Through Fitness Failures **NEW!****Ann Gilbert**

True fitness leadership is forged through setbacks, adaptation, and bold decisions. Drawing on 42 years of experience, this session shares lessons learned from missteps, trend shifts, and business pivots. Discover how to reframe failure, lead with confidence, and build a resilient, evolving career that inspires both yourself and your team. (Lecture)

SA2 Keynote 9:15am - 10:30am**SA2A: Trends In Fitness** **NEW!** **Sara Kooperman, JD**

Explore the fitness fads, trends, and innovations shaping the future of health and wellness. From boutique studios and tech advancements to creative programming and customer experience, discover what's driving industry success. Join Sara Kooperman for a dynamic look at the latest insights and predictions from top fitness and business sources.

SA3 Sessions 11:00am - 12:15pm**SA3A: S.E.A.T.® Supported Exercise for Ageless Training** **Ann Gilbert**

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

SA3B: Joint Friendly: HIIT **NEW!** **Dane Robinson**

Working with clients with injuries, compensations, or new in their fitness journey? This part workout and part lecture session will cover proven strategies of Low Impact Training. Bringing intensity and results to your clients' workouts with joint friendly strength, cardio, & HIIT training methods.



SA3C: Warrior® Workout **NEW!**

Jani Roberts

The Warrior® Workout is a powerful, empowerment-driven fitness experience that connects mind and body. Using 5-minute training rounds with active recovery, this one-hour workout blends martial arts-inspired movement with military-style training to build endurance, strength, agility, flexibility, coordination, and sharp mental focus.

SA3D: Stretch Strategies for Major Lifts **NEW!**

Evans Armantrading, Jr.

Discover targeted stretches and activation drills to prep the body for squats, deadlifts, and presses. Learn how strategic movement prep improves lifting mechanics, boosts performance, and reduces injury risk. Walk away with practical tools to enhance client warm-ups and training sessions.

SA3E: Pilates Reformer Sculpted Strength **NEW!**

Amber Toole

New to the Reformer? This session introduces fundamental principles, safety, and movement mechanics in a welcoming, supportive environment. Discover neutral spine, core engagement, breath patterns, and footwork while learning how to progress clients effectively. Perfect for beginners or instructors refining foundational cueing and teaching strategies.

SA3F: Aqua Punch and Pump

Give your water workout a PUNCH! Using Liquid Gym Gloves, combine jabs, punches, and kicks to burn fat, tone arms and legs, strengthen your core, and boost coordination and flexibility. This high-energy, water-based class delivers a fun, full-body workout that leaves you strong and energized.

SA3G: Botanical Science for Holistic Wellness **NEW!**



Marie Crichlow, RN

Dive into the science behind botanical wellness and DMAE for holistic health. Marie Crichlow, RN, explores herbal activities, plant-based synergy, and practical strategies to support vitality and relief. Come with plenty of questions and learn through experience—leaving with valuable samples and real-world insights you can apply immediately. (Lecture)

SA3H: Stress-Weight Connection & What to Do **NEW!**

Sohailla Digsby MEd, RD, LD

Explore the powerful link between stress and weight, including how hormones, sleep, and habits interact to influence metabolism and cravings. This session offers practical, actionable strategies to manage stress, improve energy, support a healthy weight, and build sustainable routines that align with real life.

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

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

SA4A: Balance Brain & Spine **NEW!**

Billie Wartenberg

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

SA4B: Dynamic Strength Resistance **NEW!**

Gail Bannister-Munn

Build strength through functional resistance training, then restore your body with intentional stretch work. This class uses bands, gliders, and Pilates balls to challenge muscle endurance, core stability, and movement quality across all planes—followed by mobility and flexibility work to keep your body balanced and injury-free.



SA4E: Pilates Reformer for Female Athletes **NEW!**



Leslee Bender

Unlock the benefits of Pilates Reformer training for female athletes. Learn how to enhance strength, stability, and performance while addressing common imbalances and injury risks. Discover targeted programming to improve core control, mobility, and power, helping athletes move efficiently, recover faster, and perform at their highest level.

SA4H: Trainer to CEO **NEW!**

Billy Hofacker

Working harder isn't the answer when income stalls. Learn how to shift from trainer to business owner by rethinking your time, pricing, and role. Discover simple strategies to grow your income, create more freedom, and build a sustainable fitness business that works for you—not the other way around. (Lecture)

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

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

SA4C: Kettlebell Cardio Fusion **NEW!**

Tara Turner

Fuse explosive kettlebell moves with heart-pounding cardio to torch fat and build total-body strength. Challenge your core, grip, and coordination while boosting endurance and metabolism. Scalable for all levels, this dynamic workout leaves you sweaty, strong, and energized—transform your body with every powerful rep.

SA4D: Happy Hips & Guided Meditation **NEW!**

Gina Cappiello

Happy Hips & Guided Meditation frees tight hips with slow, mindful yoga and deep stretches, then melts stress away with a calming guided meditation. Perfect for boosting mobility, releasing tension, and leaving feeling relaxed, light, and rejuvenated.

SA4F: Aqua Sit to Stand **NEW!**

Melissa Layne MEd

Improve functional strength and independence with Aqua Sit to Stand skill training. Learn how to use water resistance to safely optimize one of life's most essential

movements. Explore progressions, regressions, and cueing strategies to build lower-body strength, balance, and confidence for active aging clients in a supportive, low-impact aquatic environment.

SA4G: Fitness at Every Age **NEW!**

Courtney McWaine, MBA

Age isn't a limitation—it's a data point. This session reframes fitness through functional movement, longevity, and inclusive training principles. Learn how to adapt workouts to build strength, support cardiovascular health, protect joints, and help clients thrive at every stage of life. (Lecture)

SA5 Sessions 2:45pm - 4:00pm

SA5A: Three Moves for Functional Fitness **NEW!**

Kurt Gillon

Learn how to build effective routines around three foundational movements—sit-to-stand, push/pull, and marching patterns. Explore how these essential actions strengthen major muscle groups, support balance, improve gait, and boost confidence for active aging adults. Gain practical tools to enhance strength, mobility, and independence in daily life.

SA5B: How to Handle Hypertrophy **NEW!**

Dane Robinson

Master the fundamentals of hypertrophy training and how to apply them effectively. Learn key variables including volume, intensity, tempo, and recovery to optimize muscle growth. Discover practical programming strategies to help clients build strength, improve physique, and achieve consistent results while avoiding plateaus and overtraining.

SA5C: ZUMBA®



Erick Santana

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



SA5D: Low-Impact Conditioning **NEW!**

Billie Wartenberg

Move, groove, and feel great! This low-impact class enhances strength, balance, and flexibility at your own pace. Perfect for moderate fitness levels, it builds cardio and muscle endurance. Feel stronger, more balanced, and energized, all while working at a level that suits you.

SA5E: Pilates Reformer: Mobility, Flexibility & Recovery Flow **NEW!**

Leslee Bender

This gentle Reformer flow emphasizes lengthening, joint mobility, and nervous system reset. Using slow, mindful movements and breathwork, reduce stiffness and enhance range of motion for active recovery. Ideal for older adults, post-workout cooldowns, or stress relief. Leave feeling balanced, centered, and reconnected to your body.

SA5F: WATERinMOTION® Deep **NEW!**

Jackie Carroll

Take your workout to new depths with this exhilarating deep-water program! Using flotation belts and the natural resistance of the water, WATERinMOTION® Deep blends cardio, strength, and core training with chart-topping music and easy-to-follow choreography. Enjoy a total-body, low-impact challenge that boosts endurance, improves balance, and leaves participants feeling weightless, strong, and unstoppable.



SA5G: How Blood Sugar Works **NEW!**

Sohailla Digsby MEd, RD, LD

Explore how food, movement, and stress affect blood sugar—even without diabetes. Learn who benefits from glucose monitors, who doesn't, and why balance supports energy, mood, disease prevention, and long-term health. Take away practical strategies to keep blood sugar in check.

SA5H: Strength Training for Active Agers Panel

Sara Kooperman, JD, Gail Bannister-Munn, Amber Toole, & Ann Gilbert

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

SA6 Sessions 4:30pm - 5:45pm

SA6A: Fall-Proof with Glute Strength **NEW!**

Ann Gilbert

Ditch the crunches and target the glutes. This workshop teaches how strong, reactive glutes boost balance, power, and fall resilience for clients over 50. Explore multi-plane exercises and coaching techniques that develop functional strength, quicker muscle responses, and safer, more confident movement in everyday life.

SA6B: SOULstrength™ EXPERIENCE **NEW!**

Jaysa Angles

SOULstrength™ is a creative blend of rhythmic resistance, cardio conditioning, manageable mobility, and core strength exercises set to crazy FUN music. This workshop will take you through a SOULstrength™ class and leave you with actionable tips to create an amazing class experience. Get your SOUL on!





SA6C: RETROCISE **NEW!**



Kathy Corbey

The 80s called! This high-energy, low-impact workout blends dance and sculpt with nostalgic tunes. Easy-to-follow routines boost heart health, coordination, and memory—all while feeling like a retro dance party. Fun, energizing, and perfect for anyone ready to move and groove!

SA6D: Warrior® Tai Chi Yoga and Qi Gong Fusion **NEW!**



Jani Roberts

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

SA6E: JUMP! Trampoline Fun **NEW!**

Sabrina Ursaner

Turn up the energy and bounce your way to a stronger, fitter you! This lively rebounding class on JumpSport mini trampolines boosts cardio, core, and balance—all while moving to upbeat music and having an absolute blast.

SA6F: Aqua Drums Vibes



Billie Wartenberg

Make waves while you play! Using SAF Aqua Drums Vibes®, combine dynamic rhythms and water-based movements for a fun, full-body workout. Challenge your strength, endurance, and coordination while enjoying an energizing, music-driven aquatic experience that keeps you moving, laughing, and fully engaged in the water.

SA6G: Stress & Inflammation: Impacts & Outcomes **NEW!**

Melissa Layne, MEd

Learn how acute and chronic stress affect metabolism and drive the body's inflammatory responses.

This session highlights how prolonged stress can worsen inflammation, contributing to heart disease, autoimmune disorders, and mental health challenges. Gain research-backed insights into managing stress for improved health outcomes. (Lecture)

SA6H: AI for Active Aging Clients **NEW!**

Kurt Gillon

Discover how AI can analyze goals, abilities, and health data to create customized workout plans that evolve with each client's progress. Learn how adaptive programming enhances safety, boosts results, and supports smarter training strategies for active aging adults—all within the fitness professional's scope of practice. (Lecture)

Sunday, August 2

SU1 Sessions 7:30am - 8:45am

SU1A: Bridging Gaps with Adaptive Fitness **NEW!**

Laura Mikszan

Adaptive, functional fitness can support both adults with special needs and older adults through purposeful, inclusive movement. Simple, well-designed activities help improve balance, coordination, confidence, and overall wellbeing, creating welcoming community fitness environments where participants of all abilities can move, connect, and thrive.

SU1B: 6 Pillar Method **NEW!**

Erik Schreiber, MS

Unlock the power of the 6 Pillars! Learn to elevate strength, mobility, balance, cardio, cognitive function, and body composition through foundational movement patterns. Walk away with practical, client-centered strategies to build adaptable programs, serve diverse populations, and drive lasting results.

SU1C: HIIT Factor **NEW!**

Tara Turner

Blast calories and push your limits with fast-paced intervals that mix explosive cardio with muscle-building moves. This high-intensity, full-body session boosts stamina, speed, and power while keeping your heart rate up long after class. Scalable for every fitness level, it's the ultimate workout for energy and results.

SU1D: Personal Training Meets Stretch Therapy **NEW!**



Evans Armantrading, Jr.

Discover how stretch therapy elevates personal training results. Learn to blend assisted and self-stretching



methods to boost mobility, reduce injury risk, and improve recovery. Guided by Evans Armantrading, owner of three thriving studios, this session provides strategies to enhance client care, expand service offerings, and create profitable new revenue opportunities. (Lecture)

SU1E: Pilates Reformer: Arms, Shoulders, Abs **NEW!**

Leslee Bender

Strengthen and sculpt the upper body with Pilates Reformer training focused on arms, shoulders, and core. Learn targeted exercises, smart progressions, and effective cueing to improve stability, posture, and muscle definition. Discover how to create efficient, results-driven workouts that enhance control, alignment, and functional strength for all fitness levels.

SU1F: Aqua Intervals: **Timed to Perform** **NEW!**

Heather Rhodes

Crank up your results with timed aqua intervals that push effort, then demand recovery. Harness water's resistance to build strength, endurance, and cardio power—without pounding your joints. This high-energy, beat-the-clock session keeps you locked in, challenged, and progressing through bold, purposeful intervals.

SU1G: All About Intermittent Fasting **NEW!**

Gregory Charlop, MD

Explore the science and practical application of intermittent fasting. Learn how different fasting protocols impact metabolism, energy, and overall health. Discover who benefits most, potential risks, and how to safely guide clients. Walk away with clear, evidence-based strategies to support weight management and long-term wellness. (Lecture)

SU2 Sessions 9:00am - 10:15am

SU2A: Athletic Aging by Ever Flexed **NEW!**

Lauren George, MS

Athletic Aging by Ever FLEXED empowers adults 45+ with strength, HIIT/VIIT, mobility, and flexibility

training. Learn to design fun, functional classes that support longevity, build confidence, and foster connection. Walk away with fresh programming ideas and coaching strategies to help participants stay strong, move well, and feel amazing!

SU2B: Ultimate Core Strength Revolution **NEW!**



Earl Jenkins

Ignite deep core activation with the Core Champion system. This focused session strengthens abdominals, obliques, hips, and lower back through controlled, multi-grip bodyweight resistance. Improve balance, posture, and functional stability while protecting joints. Expect powerful core engagement and smarter movement patterns that translate into everyday strength.

SU2C: PALANGO! Cardio **NEW!**



Felix Ojeda, MS, MBA

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

SU2D: Cardio Barre Fusion **NEW!**

Gina Cappiello

Cardio Barre Fusion is a fun, low-impact workout blending Pilates, dance, cardio sculpting, and yoga for a full-body experience. Firm, tighten, and tone without adding bulk while improving strength and endurance. Add light weights to increase intensity and elevate the burn in this energizing, effective group fitness class.

SU2E: Pilates Reformer: Glutes, Quads & Hamstrings Burn **NEW!**

Amber Toole

Zero in on lower-body power as you activate glutes, quads, hamstrings, and calves with precision. Learn progressive sequences and tempo variations that bring the burn and build functional leg strength. Ideal for athletes, cross-trainers, or clients looking to strengthen and define their lower half.



SU2F: Fall Prevention in the Pool **NEW!**

Melissa Layne, MEd

Boost balance, strength, and confidence with targeted aquatic exercises. Explore low-impact, stability-challenging techniques and evidence-based strategies to safely incorporate water-based fitness into fall-prevention programs for older adults and at-risk populations.

SU2G: Movement for Brain Health **NEW!**

Courtney McWaine, MBA

Exercise is a powerful, underused tool for cognitive health. This session explores how movement supports focus, memory, emotional regulation, and long-term brain resilience. Learn practical strategies to integrate cognitive-enhancing movement into fitness programming for clients of all ages. (Lecture)

SU3 Sessions 10:45am - 12:00pm

SU3A: Exercising With Chronic Conditions **NEW!**

Kurt Gillon

Explore common chronic conditions affecting older adults and learn how to design safe, effective activity plans that meet each client's needs. This session equips you to recognize limitations, modify exercises, and build confidence so clients can stay active, supported, and successful in their fitness journey.

SU3B: SOULfusion™ Lower Body Blast **NEW!**

Jaysa Angles

Fire up your legs, glutes, and core with this bodyweight-only session set to energizing music. No equipment, no stress—just nonstop lower-body movement SOUL-style! Perfect for all fitness levels. Come move, groove, and blast it out.



SU3C: Step & Strength Fusion **NEW!**

Beatrice Freeman

Get ready to move, sweat, and feel unstoppable! This dynamic workout pairs energizing step patterns with powerful strength training for a full-body burn. Cardio bursts elevate your heart rate, while sculpting segments build strength and definition. Improve

endurance, coordination, and balance in a fun, motivating environment designed for all fitness levels.

SU3D: Reformer Moves—No Machine Needed **NEW!**

Lauren George, MS

Bring reformer-inspired training anywhere. Learn how to translate classic reformer movements to the mat with creative sequencing and strong cueing. Deliver dynamic, full-body workouts that capture the intensity and flow of reformer training—without equipment—while keeping participants challenged, engaged, and moving with purpose.

SU3E: JUMP! Core & Balance **NEW!**

Sabrina Ursaner

Challenge your stability and fire up your core with dynamic rebounding on JumpSport mini trampolines. Improve balance, coordination, and control while engaging deep stabilizing muscles. This session builds strength from the inside out—delivering a fun, effective workout that enhances performance and movement efficiency.

SU3F: Dive Deep or Don't Bother **NEW!**

Chris Henry

Take your workout to new depths with this exhilarating deep-water program! Using flotation belts and the natural resistance of the water, WATERinMOTION® Deep blends cardio, strength, and core training with chart-topping music and easy-to-follow choreography. Enjoy a total-body, low-impact challenge that boosts endurance, improves balance, and leaves participants feeling weightless, strong, and unstoppable.





SU3G: Weight Loss Meds Insights **NEW!** ■◀

Sohailla Digsby MEd, RD, LD

Examine today's most talked-about weight loss medications, including how they work, who they're for, and what to realistically expect. With insights from a seasoned weight-loss dietitian, including the scoop from many patients and clients, this session explores life impact, benefits, risks, and long-term considerations. (Lecture)

SU4 Sessions 12:15pm - 1:30pm

SU4A: Aging Brains & Bones ■◀

Melissa Layne, MEd

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

SU4B: Strength Blueprint: Cue & Layer **NEW!** ■◀

Lauren George, MS

Elevate your group strength classes with rhythmic layering and smart programming. Learn effective cueing, scalable strategies, and creative combinations that build strength, boost metabolism, and keep participants engaged. Walk away with tools to design fun, results-driven workouts that keep your classes full and energized.

SU4C: RETRO GROOVE: Everybody Dance Now **NEW!** ■◀

Kathy Corbey

Lace up your Boogie Shoes and Let's Groove! RETRO GROOVE is a low-impact, easy to follow dance format designed for instructors who want fun, effective, and teachable choreography. Channel your inner Dancing Queen and leave with routines you can bring straight into your own classes. So let's dance the Last Dance!

SU4D: Foundations of Aligned Movement **NEW!** ■◀

Amber Toole

Master the fundamentals of form and alignment to help clients move better, feel better, and perform

at their best. Learn neutral posture, proper muscle sequencing, and efficient movement patterns through simple, powerful techniques. Leave with alignment cues that reduce pain, improve control, and elevate every workout with purposeful movement.

SU4E: JUMP! Core & Balance **NEW!** ■◀

Sabrina Ursaner

Challenge your stability and fire up your core with dynamic rebounding on JumpSport mini trampolines. Improve balance, coordination, and control while engaging deep stabilizing muscles. This session builds strength from the inside out—delivering a fun, effective workout that enhances performance and movement efficiency.

SU4F: Heat Waves **NEW!** ■◀

Chris Henry

Turn up the intensity with Heat Waves, a high-energy aquatic workout designed to challenge strength, cardio, and endurance. Learn how to structure interval-based training in the water that builds power, boosts metabolism, and keeps participants engaged. Discover creative formats to deliver dynamic, results-driven sessions that bring the heat

SU4G: Best Supplements for Performance **NEW!** ■◀

Greg Charlop

Cut through the noise and discover the most effective supplements for performance. Learn what works, what doesn't, and how to guide clients safely. Explore key nutrients that support strength, recovery, and endurance, and gain practical, evidence-based recommendations to help clients optimize results without unnecessary or ineffective supplementation.



Presenters



JAYSA ANGLES



ABBIE APPEL



DAVE APPEL



EVANS
ARMANTRADING, JR.
CHU Y STRETCH



DR. AARON
ASLAKSON, PhD.



GAIL BANNISTER-MUNN
SCW



LESLEE BENDER
SCW



DR. GREG CALDWELL,
OD, FAO
NU SKIN



GINA CAPIELLO



JACKIE CARROLL
water motion



DR. GREGORY
CHARLOP, MD



SIRI CHILAZI



RAINA
CHILDERS-RICHMOND,
MS, RDN, CHC



CHRISTINE CONTI,
MED



KATHY CORBEY
RETROCISE



JOSHUA CRADDOCK



MARIE CRICHLow, RN
Lovingly Aged



SOHALLA DIGSBY,
MED, RD, LD



AMANDA FEARHEILEY,
RDN, LD, CPT



BRENDAN FOX



BEATRICE FREEMAN
(AT25 STAR
SEARCH WINNER)



HERSON GARCIA



LAUREN GEORGE, MS



ANN GILBERT
SCW SEAT



KURT GILLON



ELIAN HAAN



JOSEPH HAN,
CSM, PMP



CHRIS HENRY



BILLY HOFACKER



ASHLYNNE HOWE



EARL JENKINS
Core
CROSSFIT



TRACY JENNINGS-
HILL, E-RYT 500,
C-IAYT



GREG JOHNSON, MS



JENNY KAUFMAN



REGGIE KINCHEN
(AT25 STAR
SEARCH WINNER)



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SCW water motion SEAT



DR. EDWARD
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ROSIE LEMONS,
MS, ERYT-200



GREG MACK,
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TRICIA MURPHY
MADDEN



KELLY MATHIAS



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IRENE MCCORMICK,
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COURTNEY MCWAIN,
MBA



DR. JONATHAN
MIKE, PhD



LAURA MIKSZAN



DR. TRACY OFFERDAHL,
PHARM D, FAO



FELIX OJEDA, MS, MB
Palang Fitness



DANIELLE ONTIVEROS



JAKKIE PIDANICK,
MSL



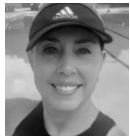
CHRISTOPHER POIRIER



GUSTI RATLIFF,
MED, E-RYT 500,
C-IAYT



DARLENE REID, MA



HEATHER RHODES



BIANCA RIVERA



JANI ROBERTS
ALIGNMENT
ESSENTIALS



KELI ROBERTS



DANE ROBINSON



YURY ROCKIT



DR. RENEE ROGERS,
PHD, FACSM



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PHIL ROSS, MS



DEBORAH ROTHSCHILD,
MS, NASM-CPT, ACE-
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JAYMAR SANIATAN,
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ERICK SANTANA
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BILL SHUTTIC,
MBA



SHALOM SINGER



KIMBERLY
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SABIRNA URSANER



MANUEL
VELAZQUEZ



BILLIE
WARTENBERG



RUSTON WEBB, MS,
FMS II, TPI-CGFI III

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