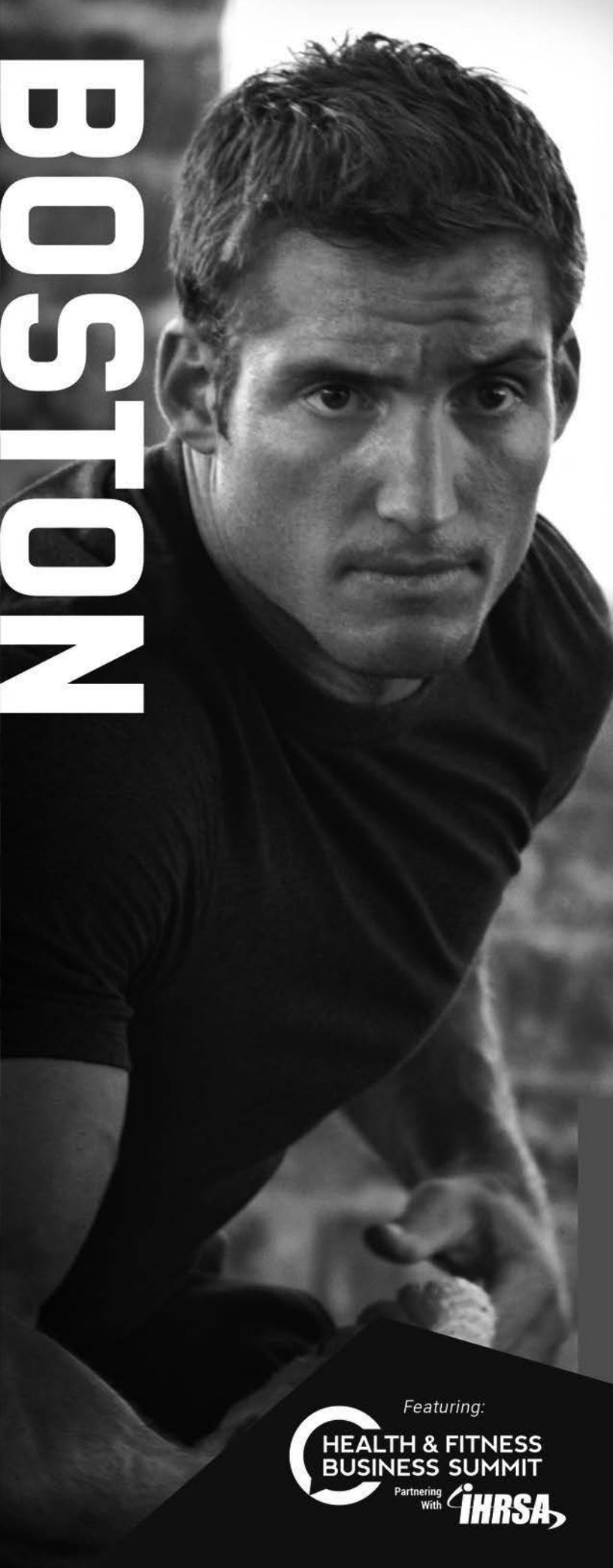


FITNESS PRO CONVENTION

BOSTON MA MA



November 11 - 13, 2022
Boston, MA



IT'S CALLED MANIA® FOR A REASON

An insane amount of fitness education in one weekend.
 Career changing? More like life changing!
 Be a better fitness pro. Attend Boston MANIA®.



Letter From Sara Kooperman, JD

Dear Boston MANIACS,

We are excited to be back in Boston again!!

2022 promises to be our best year yet with limitless fitness pro education options that won't just open doors but kick them down! SCW MANIA® Fitness Pro Conventions are in their 40th year and we couldn't have made it this far without your tremendous support. Learn from the industry elite while you interact and network with like-minded fitness professionals that lift you and remind you why you started in this industry in the first place. This is the shot of adrenaline you need to motivate, re-energize, and take your career to the next level!

SCW Fitness Education is honored to be offering the Health & Fitness Business Summit at all of our MANIA® Conventions. This means that 16 business seminars with 17 top fitness industry leaders are now available to educate and inspire fitness industry Owners, Managers and Directors, making it perfect for networking and growing your small business or leading your larger enterprise. MANIA® is now truly a ONE-STOP-SHOP for our Fitness Community!

Our sincerest gratitude goes out to our event sponsors that help us bring the most innovative programming and education to you - without their dedication and support these amazing events wouldn't be possible.

Thank you for all you have done to support SCW Fitness Education and the MANIA® Conventions.

In Health,

Sara Kooperman, JD
 CEO, SCW Fitness Education



MANIA® FITNESS PRO CONVENTIONS

For 40 years, SCW has always been and always will be dedicated to diversity and inclusion. We are proud to be the fitness education and respect-

ed certification company of choice for Personal Trainers, Group Exercise Instructors, Small Group Training Leaders, Aquatic Exercise Professionals, Cycling Instructors, Mind-Body Experts, Sport-Specific Training Educators, and many more. This outstanding Family of Leaders also supports Managers, Directors, and Owners of clubs and facilities nationwide with our Health & Fitness Business Summit and sessions.

As the largest conference leader in the world, MANIA® offers seven Professional Training Conventions annually in Washington, D.C., California (San Francisco), Florida (Orlando), Atlanta, Dallas, Midwest (Chicago), and Boston – and now, online too with our Live Stream MANIA® Fitness Pro Conventions! SCW serves over 7,000 health and wellness professionals at our events, and we reach more than 300,000 virtually through our SCW OnDemand program, Online Certifications, and Continuing Education Credit (CEC) programming options. Watch for our FREE Webinars that continue to drive the business of fitness forward.



HEALTH & FITNESS BUSINESS SUMMIT

Partnering With **iHRSA**

If you want to grow your business and build your career, the 3-day SCW Health & Fitness Business Summit is a must-attend event for you and your team. It's the place for all the education, networking, and tools you need to set yourself apart from the competition and move your business into a more profitable future. Attend 50 Business Sessions focusing on Social Media, Management, Programming, Sales, Retention, Technology, Finances, and Trends! Conveniently build your business and career in your backyard! (Look for the shaded blue/grey box throughout the course descriptions and pull-out chart indicating the SCW Health & Fitness Business Summit sessions.)

For more information visit scwfit.com/boston/business

- 3-days of Elite Education
- 16 Lecture, Workshops & Panels
- Top Industry Presenters

CEC/CEU Providers



Supporters



Hotel / Convention Location & Date

BOSTON MANIA®
FITNESS PRO CONVENTION
 NOVEMBER 11-13, 2022 (FRI., SAT., & SUN.)

BUSINESS SUMMIT
 NOVEMBER 11-13, 2022 (FRI., SAT., & SUN.)

CERTIFICATIONS
 NOVEMBER 10 (THUR.) & NOVEMBER 13 (SUN.) 2022

DOUBLETREE BY HILTON BOSTON NORTH SHORE
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Stay On-Site & Save

\$139 (Reg. \$239), Single-quad room. We GUARANTEE the lowest Rate! WOW - what a savings! Pay as little as \$34.75 per night when you share a room with three others!

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- FREE Wi-Fi in room (Hilton Honors)
- Indoor Waterpark & Spa
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- Pet-Friendly
- Coffee/Tea Maker
- Free Bottled Water & Cookie (at check-in)
- Microwave
- Mini-Fridge
- 2 Queen Beds or 1 King Bed

Nestled minutes from the I-95/US-1 interchange in Boston's North Shore. Prime attractions like Atlantis Sports Club and the indoor Water Park of New England are connected to the building. Salem, MA is nine miles away and Burlington, MA is 20 miles away.

HOTEL ROOM DISCOUNT DEADLINE:

Wednesday, October 26, 2022

Book early, our hotel ALWAYS SELLS OUT!

Visit scwfit.com/boston/hotel

Visit Downtown Boston

Take a trip to downtown Boston where you will find Faneuil Hall Marketplace and over 70 restaurants, shops & pubs. Explore the Museum of Fine Arts, John F. Kennedy Presidential Library or visit the Skywalk Observatory for 360 degree views of greater Boston & beyond.

Ways to Save on MANIA®



Be a Staff Assistant - Pay As Little As \$99 + Earn 20 CECs & Save

SCW needs energetic, outgoing, flexible fitness pros to help run our MANIA® Fitness Pro Conventions. Benefits include:

- Save \$160 off the \$259 MANIA® price (Now ONLY \$99)
- Earn up to 20 CECs while staffing (SCW, ACE, ACSM, AEA, AFAA, NASM & more!)
- 2 DAYS FREE when you work 1 day
- 50% OFF all SCW Certifications
- 20% OFF all SCW products
- FREE Event T-shirt
- FREE SCW Staff Dinner & Drinks Party
- FREE Refreshments in the SCW Member Room

For further details on becoming part of the Staff Assistant Team, please visit www.scwfit.com/staff or contact Denise Johnston directly at staff@scwfit.com or Text/Call 678-901-9642.



Receive Discounts

Get the most up-to-date alerts on discounts and MANIA® info by signing up for texts from SCW. To make sure you're on the list and to get our FREE Spotlight eNews, sign up at www.scwfit.com/info



Become an SCW Member - It Pays For Itself... And Then Some!

- SAVE \$80 off any regular 3-day MANIA® registration (now only \$179, was \$259)
- 1st CHOICE SESSION selection GUARANTEED!
- 20% DISCOUNT on ALL SCW Online Certifications,

CEC Video Courses and OnDemand

- 20% DISCOUNT on all products at the SCW BOOTH!
- MEMBERS-ONLY ROOM ACCESS - complimentary refreshments all weekend!
- Discounted Insurance

Become a member today at www.scwfit.com/membership



DOUBLETREE BOSTON NORTH SHORE

MANIA® Offers More!**20**
CECS/CEUS**20 Continuing Education Credits/Units (CECs/CEUs) in 1 Weekend**

Live MANIA® Conventions along with our Online Recorded options supply you with over 20 Continuing Education Credits/Units during the 3-day convention! SCW, ACE, ACSM, AEA, AFAA, NASM, and other providers accept MANIA® CECs/CEUs. We are happy

to help you secure Physical Therapy or other CEUs! SCW is committed to excellence and utilizes only presenters who are certified or carry a fitness-related graduate or undergraduate degree. Please check with your individual certification organization to determine the exact number of CECs/CEUs required for credential maintenance. All courses are subject to CEC/CEU approval by your corresponding educational organization.

**One Excellent Expo - Free To All!**

You're going to love the great deals on fitness equipment, exercise videos, activewear, music, fitness resource books, and Online Certifications. The Expo is always FREE and open to the public! Invite your friends, clients & students. Register at scwfit.com/boston/expo.

100
SESSION
RECORDINGS**100 Session Recordings - 125 Hours of Online Education!**

See ALL 100 activity sessions, nutrition seminars & business lectures for 125 hours of recordings at only \$40 for 40 days when you add it to your In-Person registration. That's the most education for your money!

Can't attend MANIA® In-Person? Watch all the recorded sessions and lectures online for only \$199. That's 100 recordings to enjoy at your convenience - on your own time! All online videos qualify for the maximum amount of 20 CECs/CEUs.

Sponsor / Exhibit / Advertise Partner with the Best

Fitness Professionals are within reach with SCW!

- 7,000 face-to-face connections
- 61,000 through emails
- 55,000 text messages
- 300,000 through organic virtual connections

All of our events are held at Non-Union Hotels and include exhibit booths with tables, chairs, and carpet at no added expense. Move-in and out without crazy drayage fees! Offer sessions at our conference! Our MANIA® attendees will use your products, try your programs, and experience your offerings! Host MANIA® certifications and workshops, provide inserts for the Welcome Bag, publish Articles with Ads in our Newsletter, promote your business through our SCW Webinars, and receive Discount Coupons in our Emails. Visit: www.scwfit.com/PARTNER, email partner@scwfit.com or Call or Text our Partnership Director, Beth Kahny 402-649-9700.

**Michael Scott Scudder Scholarship**

To honor the life and professional career of Michael Scott Scudder, SCW offers a FREE MANIA® Convention attendance to a budding instructor or trainer, passionate club owner, success-driven manager, or a promising business. This scholarship is open to those who reflect the passion, high-standards

and desire to succeed in the fitness industry set forth by Michael Scott Scudder while demonstrating financial need. To apply for a scholarship, please visit scwfit.com/scudder.

MANIA® EXPO**FREE & OPEN TO THE PUBLIC! NOV. 11-13**

HEALTH & FITNESS BUSINESS SUMMIT

Partnering With **iHRSA**

Boston
Nov 11-13, 2022



DR. ERIN NITSCHKE

Leadership & Management

DANE ROBINSON

Revenue & Retention

DIVA RICHARDS

Trends & Technology

CHRISTOPHER POIRIER

Social Media & Marketing

JULIAN BARNES, JD

Products & Programming

SARA KOOPERMAN, JD

Sales & Growth

Work **ON** your fitness business. Not just **IN** it.

Attend the SCW Health & Fitness Business Summit and **give your fitness business the attention it deserves.** The perfect place for Managers, Owners, & Directors to take their Clubs & Studios to the next level.

- ▶ 3-Days of Elite Education
- ▶ 16 Lectures, Workshops, & Panels
- ▶ Top Industry Presenters
- ▶ Owners, Managers, & Directors
- ▶ Interactive Workshops
- ▶ Exclusive Resources
- ▶ Direct Feedback

Learn from Industry Experts, Colleagues and Leaders just like you.



Sponsor Specials

A HUGE Thanks To Our MANIA® Sponsors!

To our Boston MANIA® Sponsors - thank you for taking the time and energy to invest in our vision and in our event; your sponsorship allows us to bring the highest level of fitness pro education to our attendees.

Co-Sponsor



S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

Associate Plus Sponsors



Associate Sponsors



Certifications

Thursday, November 10

SCW ACTIVE AGING CERTIFICATION

Ann Gilbert

Thursday, November 10, 9:00am-5:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

As millions of baby-boomers enter their golden years, staying mentally, socially, and physically active is the key to maintaining quality of life. Cutting-edge research reveals there's no secret to aging well. By focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention, and balance, we can slow the aging process. Discover ways to empower seniors, not just teach them. Group fitness instructors, trainers, and managers overseeing active aging programming will enjoy this one-day course that combines relevant research and proven practical approaches to training brains and bodies of 50+ year-old participants. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM, (0.7).



SCW PERSONAL TRAINING CERTIFICATION

Keli Roberts

Thursday, November 10, 9am-6pm EDT

\$179 MANIA® Attendees / \$199 Non-Attendees

(8am-5pm CDT, 7am-4pm, MDT, 6am-3pm PDT)

This Nationally Recognized Personal Training Certification is led by Keli Roberts, one of the top Presenters/Trainers in the country, along with the expertise of Irene McCormick, MS, CSCS. Join this unique approach to learning with Keli virtually streaming & projected live via Zoom while Irene will be on-site to assist with physical corrections & demonstrations. Get the best of both worlds with these two dynamic presenters! Attend this certification training live at Boston MANIA® or register online for the live streaming option. Combine lecture and activity to address academic



foundations, training principles, and hands-on program design. Acquire the necessary skill sets and critical knowledge to guide and inspire individuals to achieve their health, fitness, and performance goals. Explore the essentials of exercise physiology and kinesiology, health-risk assessment, physical evaluations, programming alternatives for cardio, strength and flexibility advancement, and an introduction to facilitating behavior change in addition to basic business and marketing skills in this full-day course. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACSM (8.0), AEA (4.0).

SCW PILATES MATWORK CERTIFICATION

Abbie Appel

Thursday, November 10, 8:00am-5:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

Experience the classical series of movements and modifications based on the timeless methods of Joseph Pilates in this Nationally Recognized Certification. Principles of core stabilization, optimal alignment, and Pilates matwork create the foundation for this intensive blend of theoretical and practical training. Learn proper execution, form, and technique of over 40 essential Pilates exercises. Modifications and variations are provided to address common spinal dysfunction and postural imbalances. Leave with multiple levels of programming options and the skills necessary to teach a Pilates Mat Class as they apply to training all ages and abilities. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW YOGA I CERTIFICATION

Manuel Velazquez

Thursday, November 10, 8:00am-5:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

Ready to take the next step to becoming a Yoga Instructor? Get certified by the #1 Yoga Certification in the U.S. Experience a comprehensive theoretical and practical approach to hands-on yoga instruction.



Learn different Hatha Yoga postures suitable for varying clientele – young or old, fit or de-conditioned, competitive or recovering athlete. Understand the latest scientific research about yoga and discover a simple, systematic approach to program design and effective cueing techniques. Seasoned and novice participants leave qualified to passionately lead a successful yoga class and yoga-inspired recovery & cool-down. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).

WATERinMOTION® AQUA EXERCISE CERTIFICATION

Cheri Kulp

Thursday, November 10, 9:00am-5:00pm

\$179 MANIA® Attendees and/or Instructor at

a WATERinMOTION® licensed facility /

\$199 Non-Attendees

This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing techniques, deck teaching skills, and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation, and leadership development. Leave certified in both the WATERinMOTION® Original program and the WATERinMOTION® Platinum (older adult) program, with the skills to teach your best class, every class! Certification includes a FREE online 5-part course, downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and optional Video Assessment (\$300 value). SCW (7.0), ACE (0.9), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).



GET CERTIFIED LIVE AT MANIA®



18 LIVE CAREER BOOSTING CERTIFICATIONS

SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, & METABOLISM CERTIFICATION

Melissa Layne, MEd

Thursday, November 10, 9:00am-3:30pm

\$179 MANIA® Attendees / \$199 Non-Attendees

This practical program provides participants with cutting-edge information on nutrition, hormones, and metabolism. In easy-to-understand terms, learn how each macronutrient operates within energy pathways and how digestive and reproductive hormones affect metabolism. The body's adaptations to an incomplete diet and/or disease and the physiological consequences during various exercise regimes will be addressed during this session. You receive a handout detailing simple nutritional calculations and recommendations that Fitness Professionals can incorporate into a nutritional counseling session while remaining within the scope of practice.

This comprehensive certification also provides information pertaining to Nutritional Health History Forms with prescriptive dietary suggestions that can be used immediately. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (8.0), NASM (0.8).

SCW ACTIVE AGING NUTRITION CERTIFICATION

Amber Toole

Thursday, November 10, 5:30pm-9:30pm

\$99 MANIA® Attendees / \$129 Non-Attendees

Join Amber as she shares scientific, research-based, current insights on the distinct nutritional needs of your active-aging classes and over age 50 clients. Learn practical tips for preserving and increasing lean body mass, enhancing cognition, losing excess body fat, acquiring essential vitamins and minerals and MORE. Explore nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutritional knowledge on aging. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), ACSM (4.0), AEA (4.0), AFAA (4.0), NASM (0.4).

SCW

SCW FALL PREVENTION CERTIFICATION

Christine Conti, MEd

Thursday, November 10, 5:30pm-9:30pm

\$99 MANIA® Attendees / \$129 Non-Attendees

Falling, at any age, can cause serious problems such as fractures, bruises, joint damage, concussions, and more. As fitness professionals, we often focus on improving muscle strength, flexibility and balance, but fail to teach our clients how to identify potential fall risks around the house and beyond or how to react and recover from a fall? Learn how to best serve clients who are at an increased risk for falls through infusing brain exercises to improve cognition, response time, and coordination in a fun and engaging way! Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), ACSM (4.0), AEA (4.0), AFAA (4.0), NASM (0.4).

SCW

TAIJIFIT TAI CHI CERTIFICATION

David-Dorian Ross

Thursday, November 10, 9:00am-5:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

Some claim that T'ai Chi Chuan is one of the oldest forms of group exercise on the planet. Learn exercises from Qi Gong, which can be done in any order, at any time of the day, and without equipment. These exercises are also known as the age-old Yang Short Form of Tai Chi. Teach your clients to feel more invigorated, more energized, and more balanced from this natural choreographic flow of wellness. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (7.0), AFAA (8.0), NASM (0.8).

Certifications: Sunday, November 13

SCW GROUP EXERCISE CERTIFICATION

Jeff Howard

Sunday, November 13, 7:30am-3:30pm

\$179 MANIA® Attendees / \$199 Non-Attendees

Have you always wanted to be a group fitness instructor? Learn proper class sequencing, warm-up progressions, musical phrasing, effective

SCW

cueing techniques, choreography development, and all of the practical skills required to deliver your best class, every class. Leave this Nationally Recognized Certification with confidence in your ability to demonstrate impactful teaching skills and successfully lead a group fitness class. Understand group cardiovascular fitness, muscular endurance, and flexibility training techniques with one of our industry's finest. The balance of theoretical and practical training makes this cutting-edge Group Exercise Certification perfect to prepare you for the newest variety of fitness programming. Learn components of Hi/Lo impact cardiovascular training, muscle conditioning and sculpting, HIIT programming, and more. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).

SCW BARRE CERTIFICATION

Abbie Appel

Sunday, November 13, 7:30am-3:30pm

\$179 MANIA® Attendees / \$199 Non-Attendees

This one-day Nationally Recognized Certification does not require a dance background and enables each participant to teach Barre to his or her clients and implement programming in any type of facility using a fixed ballet barre. Barre training combines the core conditioning of Pilates with the flexibility of Yoga while increasing stability by using isometric exercises. Leave with an easy-to-follow, flexible, choreographed routine for a 60-minute Barre class that includes a plethora of variations enabling you to discover creative ways to structure your own Barre workouts for months to come. Equipment options include light dumbbells, flat resistance bands, and mini balls. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. Video and music support available. SCW (7.0), ACE (0.6), ACSM (7.0), AEA (4.0), AFAA (7.0), NASM (0.7).

SCW

SCW BOXING CERTIFICATION

Diva Richards

Sunday, November 13, 7:30am-2:30pm

\$179 MANIA® Attendees / \$199 Non-Attendees

Prepare to shock your students and their bodies with this outstanding boxing certification. Whether you are looking to start or grow your own boxing program, or bring it to your studio or club, we will provide you with the tools you need. Learn to implement the basics

SCW

BOOST YOUR CAREER



OVER 140 SESSIONS & CERTIFICATIONS

Get S.E.A.T. Certified Now \$50 OFF!

S.E.A.T. (Supported Exercise for Ageless Training) is a brand new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility so your aging clients get the most out of life.

S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

Certification Includes:

- Full Course Manual
- Music, Video & Choreo Notes
- 7 CECs/CEUs
- Teach this program without any club licensing



Use Code: **SAVE20** at SEATfitness.com

of boxing, address the science behind the sport, and leave with the knowledge and confidence to empower others - from novices to well-trained fighters. This certification explores three learning styles, auditory, visual, and tactile, and provides you with several authentic workouts that are taught at a traditional boxing gym or independent studio. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACSM (7.0), AEA (4.0), AFAA (7.0), NASM (0.7).

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

Ann Gilbert

Sunday, November 13, 7:30am-3:30pm

\$179 MANIA® Attendees / \$199 Non-Attendees

The S.E.A.T. Fitness Certification (Supported Exercise for Ageless Training) is the perfect program for Active Aging and Specialty Format Instructors to take their chair classes to the next level. This comprehensive training includes an effective analysis of the aging process addressing the physiology, kinesiology, and specific needs of students requiring extra support. Use a chair as your base and incorporate sitting, standing, and supported moves needed to enhance your group dynamic teaching skills. Verbal and visual cueing techniques, inspirational and effective memory-improvement strategies, and active aging principles are all included. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Both expert and novice group exercise and small group instructors benefit from S.E.A.T. Fitness through class structure design, routine creation, and leadership development. Leave with a demographically diverse program you can teach Monday morning to anyone, including active agers, rehab patients, overweight or special-needs participants. Certification includes a comprehensive manual, downloadable choreography video, music CD, educational materials, flash cards, and online examination. (\$300 value). SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).



SCW AQUATIC EXERCISE CERTIFICATION

Irene McCormick, MS, CSCS

Sunday, November 13, 7:30am-3:30pm

\$179 MANIA® Attendees / \$199 Non-Attendees

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this comprehensive Nationally Recognized Certification serves as an



essential first step into the field of teaching water exercise. Learn the benefits of aquatic exercise and gain practical skill mastery in the unique environment of water. The principles of aquatic training, as they apply to general anatomy, kinesiology, water depth, movement planes, cueing skills, musicality, and special population adaptations, are thoroughly addressed. Professionalism, leadership skills, and legal considerations are reinforced. Experience on-site coaching and one-on-one assessment of teaching skills to successfully develop and deliver effective water programming. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (9.0), AFAA (8.0), NASM (0.8).

BAREFIT SUSPENSION SYSTEM TRAINING CERTIFICATION

Karli Taylor

Sunday, November 13, 11:00am-3:00pm

\$179 MANIA® Attendees/\$199 Non Attendees

Do you want to learn more about suspension system training? Are you interested in adding suspension exercises to your client or class programming? This comprehensive course is for you! In just 4 hours you will learn: why, when and how to incorporate suspension system training into your programming for both one on one and group clients how to set up and properly use the suspension system in various environments how to train the whole body safely and effectively without added weights how to progress and regress movements safely and smartly Price includes a PDF manual and the opportunity to buy a suspension system of your own for only \$49. SCW (2.0), ACE (0.2), AFFA (2.0), NASM (0.2)



JETTI INSTRUCTOR TRAINING

Carrie Boyle

Sunday, November 13, 11:00am-3:00pm

\$79 MANIA® Attendees / \$99 Non-Attendees

Price includes a FREE set of Jetti Fitness Poles! (\$60 value). This course provides everything needed to teach both group classes and personal training sessions using the new, affordable Jetti Fitness Poles. Foundational movements, training styles, class design, safety progressions, and appropriate correction techniques are all addressed. Upon completion, instructors and trainers will have the skills to lead a Jetti class, outdoors or indoors, to participants of all ages and conditioning levels. Leave with the ability to be your own boss, or integrate this program into your facility. SCW (4.0), ACE (0.4), AFFA (4.0), NASM (0.4)



ZUMBA® BASIC 1 TRAINING

Ann Saldi

Sunday, November 13, 7:30am-4:00pm

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



STRONG NATION™ TRAINING

Natalie Bayersdorfer

Sunday, November 13, 7:30am-4:00pm

\$325 Registration Fee (Use PROMO CODE:

TSZUMBA70 to receive a 70% discount) STRONG Nation™ combines high-intensity interval training (HIIT) with the science of Synced Music Motivation for a group fitness experience like no other. During an intensive 1-day training, you'll learn the science behind high-intensity cardio and bodyweight training, as well as how to combine moves and patterns with perfectly synced music, and all about the program's unique progression system used to increase intensity. The training will also touch on topics such as physiology, biomechanics, movement fundamentals, and injury prevention. Price includes Electronic Instructor Training Manual, Training Recap Video - delivered digitally, STRONG Nation™ My First Class™ - 60 minutes of music and moves delivered digitally, E-learning course with the foundational fitness moves and science behind the program, and Certificate of Completion. SCW (8.0), AFAA (8.0), ACE (0.8), ACSM (8.0).



Can't make a Live
SCW Certification?



Take the same
course online at:
scwfit.com/Certs

MANIA® Fitness Pro Convention Course Descriptions

Friday, November 11

FR1 **7:30am-8:45pm**

Setting Pretty: Strength & Support ■◀

Ann Gilbert

Get fit while you sit! Learn low impact innovative sequences that can be performed from a seated position for total body conditioning. Perfect for virtual training sessions or social distancing in a gym setting. Improve strength, mobility and balance for clients of every ability

FR1A Friday, 7:30am-8:45am



LIT 101 (Low Impact Training) ■◀

Dane Robinson

Working around the struggle to add the intensity, but looking out for clients with injuries, compensations, or new in their fitness journey? This part workout, part lecture session will cover the proven strategies of Low Impact Training to bring the intensity and results to your clients' workouts with joint friendly strength, cardio, & HIIT methods.

FR1B Friday, 7:30am-8:45am

Flowing Yoga For Chakra Balancing ■◀

Manuel Velazquez

Take a deeper look into the fundamentals of Yoga instruction from an authentic, fitness-appropriate perspective. This condensed course serves as the next level of the Hatha Yoga postures discussed in Yoga Fundamentals I addressing the eight limbs of yoga, detailed pranayama study, partner yoga, inversions, chanting, and chakras.

FR1C Friday, 7:30am-8:45am

Improve Your Rear View ■◀

Karli Taylor

It's easy to focus our training on what we see in the mirror, but neglecting the back side of our bodies can lead to imbalance and injury. Add suspension



system and resistance band work to your glute training toolbox for a stronger posterior chain.

FR1D Friday, 7:30am-8:45am

Fight Night 2.0 ■◀

Diva Richards

Gloves on. Hands up. Chin down. Time to work! Learn the numbers of each punch, the body position for best reach, and the combinations to make them count. It's YOU vs. the bag!

FR1E Friday, 7:30am-8:45am

Smart Sets For Aqua Dumbbells

Cheri Kulp

This workshop reviews the basic considerations for using Aqua Dumbbells safely and effectively for a full-body workout, and is designed to enable participants to create their own movement patterns, working in interactive groups. Learn the benefits and challenges for using one vs. two dumbbells, along with various ways to position them into flotation devices for unique and inspiring workout alternatives allowing for breaks for the upper body (hands, wrists, shoulders). Leave with exciting new choreography ideas perfect to implement Monday morning!

FR1F Friday, 7:30am-8:45am



General Population Nutrition Coaching ■◀

Amber Toole

Fitness Professionals walk a fine line of "staying in your lane" when helping clients understand healthy eating habits. Nutrition is a large puzzle piece of wellness to achieve client goals. Learn how to properly coach the general population, creating lasting results and doing so within the scope of your practice. (Lecture)

FR1G Friday, 7:30am-8:45am

Social Media Success Accelerator

Christopher Poirier

Have you had trouble using and growing your social media presence? Social media is one of the most powerful tools you have to showcase your personal brand to start attracting your ideal clients. Discover the secrets to GROWING a loyal following, acquire your target audience who will PAY YOU for your services & ALWAYS know what to post and create for content.

FR1H Friday, 7:30am-8:45am



AQUA FOR EVERYONE

15+ AQUA FOCUSED SESSIONS & CERTIFICATIONS



PERSONAL TRAINING PERFECTED

35 DEDICATED PT SESSIONS & CERTIFICATIONS

FR2

9:00am-10:15am

Best Mobility Exercises for Better Movement

Nick Tumminello

Learn simple mobility assessments and exercises to create instant improvements and meaningful range of motion while wowwing your clients. Discover an easy, science-based test that shows you for whom mobility work is a waste of time.

FR2A Friday, 9:00am-10:15am

Back, Booty & Core Connection

Abbie Appel

The connection among the glutes, back, and core is profound. They must all be strong enough to stabilize the spine and pelvis, support movement, and generate force. We will evaluate core training and the relationship between the posterior chain, including the fascial slings. Learn ten complex booty, back, and core moves and discover techniques to train for greater function, as well as fabulous aesthetics for your backside.

FR2B Friday, 9:00am-10:15am

Discover A Teaching Vacation

Siri Chilazi, MBA, MA

Discover the secret thousands of instructors have known for over 30 years! The Fit Bodies, Inc. team will immerse you in a guided meditation and sensory experience and show you how you can find yourself teaching and vacationing at over 80 luxury all-inclusive resorts across the Caribbean, Central & South America, and Asia.

FR2C Friday, 9:00am-10:15am



LaBlast® Dance Fitness:

Dance Is Mental & Emotional Health

Koni Perodeau

Focusing on mental and emotional health is needed now more than ever. In this LaBlast® session, you will experience the healing power of Ballroom Dancing: physically, mentally, and emotionally from the inside out. This session includes weight training, interval training, and stretching.

FR2D Friday, 9:00am-10:15am



Brrrn © Slide Board Training for Active Aging

Johnny Adamic & Jimmy T. Martin



The WHO states that by 2025, the total population of those over the age of 60 will reach 1.2 billion people. In an effort to provide a safe and effective training environment for this special population, discover the fundamentals of lateral movement training with a slide board for Seniors. Learn how you can maximize this trusted training tool to provide a more balanced, low-impact training routine for your Active Aging clients.

FR2E Friday, 9:00am-10:15am

H2O Strength

Manuel Velazquez, Cheri Kulp & Mac Carvalho

WATERinMOTION® Strength takes advantage of aqua dumbbells to build muscular endurance, power, and overall tone in a fat-blasting 45-minute workout. Combine the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Enhance your workout choreography by using just one dumbbell or both dumbbells enmeshed or as flotation devices. This creative choreographed program refreshes your worn-out routines with fantastic music, inspiring moves and powerful and fun routines. Leave with a full choreo handout to improve your sequencing and fun-factor in your aqua strength programming. Check it out! www.waterinmotion.com/strength/

FR2F Friday, 9:00am-10:15am



Low T for Women?

Irene McCormick, MS, CSCS

Millions of women are undiagnosed and untreated for Testosterone Deficiency Syndrome, TDS. Testosterone is one of the most vital hormones in women, and one of the first they lose. Symptoms include accelerated aging, fatigue, memory loss, moodiness, low libido, etc. Let's examine HRT and natural ways to increase testosterone. (Lecture)

FR2G Friday, 9:00am-10:15am

Inexpensive Marketing For Growth & Profitability

Sara Kooperman, JD

Examine how to market effectively and efficiently while remaining profitable. Explore branding your business through various media driving it to success. Discover your unique market position, develop pop-ups, postcards, social media posts, email, text messages, eNewsletters, and expand your social media presence. Learn from this entrepreneur who started from a 3rd floor walk-up and created a multi-million-dollar enterprise. Leave with plenty of FREE advice and resources.

FR2H Friday, 9:00am-10:15am



FR3

11:00am-12:15pm

Recovery Techniques For Active Agers ■

Amber Toole

Fitness is crucial for aging well, but so is recovery! This interactive session will provide a variety of techniques to encourage recovery, flexibility, and mobility in active aging clients. Go beyond just stretching to move better and recover & get better results from your fitness program.

FR3A Friday, 11:00am-12:15pm

Soulstrength™ Experience ■

Michele Park

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.

FR3B Friday, 11:00am-12:15pm

**The Art of Flow: Yoga Basics** ■

Christine Conti

Learn the basic principles of Vinyasa Flow Yoga and gain an understanding of how to incorporate Yoga Flow into any class format. Seamlessly flow through asanas, (light weights optional) improve strength, balance, & flexibility. Create the perfect body-mind experience by incorporating breathing techniques and mindfulness. Perfect for ALL levels!

FR3C Friday, 11:00am-12:15pm

7 Game-Changing Glute Training Tips ■

Nick Tumminello

The best glute training goes beyond just doing squats, deadlifts, hip thrusts, and band shuffles. From this workshop, you'll walk away with seven glute training techniques. You can immediately get more out of your glute exercises and learn some moves that will become staples of your lower-body training program.

FR3D Friday, 11:00am-12:15pm

Boats, Bands and Battle Ropes™ ■

SGT Ken®

Boats, Bands and Battle Ropes: The Rowing and Resistance Training Trilogy™ with SGT Ken® is an extraordinary exercise program that combines the WaterRower, Strength Bands, and Battle Ropes. Come experience rowing and resistance training in a super circuit that will test your strength and charge your spirit like never before! #WaterRowerFitness.

FR3E Friday, 11:00am-12:15pm

**LaBlast® Splash: Dancing With Aquatic Principles**

Koni Perodeau

Just another dance fitness program in the water? NO! LaBlast Splash® is Ballroom Dancing in the water! This program highlights the aquatic principles put forth by the Aquatic Exercise Association & focuses on creatively applying these principles to Ballroom Dancing.

FR3F Friday, 11:00am-12:15pm

**Stopping Inflammation Through Nutrition** ■

Melissa Layne, MEd

Disease states such as cancer, diabetes, and autoimmune conditions flourish in an acidic inflamed body. We will address the science behind inflammation, both acute and chronic states, and the changes that occur as the pH of the body decreases. What foods are highly acidic? What foods are the most alkaline to decrease inflammation? (Lecture)

FR3G Friday, 11:00am-12:15pm

Stretching For Strength - Flexible Foundations Panel

Sara Kooperman, JD, Gail Bannister-Munn, Abbie Appel & Manuel Velazquez

Stretching is an integral part of any exercise program, yet there is immense inconsistency and uncertainty surrounding the practice. Join our panel of experts as they discuss both the art and the science of flexibility training and specific routines that will allow your clients to develop maximal strength gains safely and quickly.

FR3H Friday, 11:00am-12:15pm

**FR4 - Lunchtime Session 1 12:30pm-1:45pm**

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

Pro Athlete Core Conditioning ■

Dane Robinson

Take core training for your clients to a PRO level in this performance-based core training workout. As a former professional football player, Dane will help you utilize range of motion, stability, and power core training principles from the world of professional athletics!

FR4B Friday, 12:30pm-1:45pm

ZUMBA®

Ann Saldi

Zumba® is perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy, and a serious dose of awesome each time you leave class.

FR4D Friday, 12:30pm-1:45pm

**Intro to Jetti Walking Fitness Program** ■

Carrie Boyle

Create bonds and communities that connect and keep students of all ages and demographics. This unique program is sweeping the Hamptons. Al Roker has even been spotted Jetti Walking! Find the freedom to teach wherever & whenever works for you - parks, trails or in your studio. Be your own boss with Jetti Walking.

FR4E Friday, 12:30pm-1:45pm

**Effective GX & PT Sales Strategies**

Sara Kooperman, JD, Ani Oksayan, Diana Gilbert, Bob Esquerre & Ann Gilbert

The ability to sell is a key skill that all fitness professionals need, whether you have years of experience or just starting out in your career. Join our interactive panel as they delve into common misconceptions around sales in our industry, effective strategies that can be adapted to different demographics, and how you can build long term value based on world class experience.

FR4H Friday, 12:30pm-1:45pm

**FR4 - Lunchtime Session 2 1:15pm-2:30pm**

If you choose this session, then 12:14pm-1:15pm will be your EXPO and lunch break.

Arthritis Exercises: From Head to Toe ■

Christine Conti, MEd

Learn the various forms, symptoms, and causes of arthritis that affect 1 in 4 adults in the United States. Identify and experience safe & effective exercises that improve joint mobility, flexibility, and improve range of motion while promoting greater independence. Leave this session with a better understanding of how to communicate with arthritic clients to gain trust and build life-long relationships.

FR4A Friday, 1:15pm-2:30pm



CORE TRAINING THE CENTER OF IT ALL

20 CORE DRIVEN SESSIONS & CERTS

WARRIOR Strength™ ■◀

Ellen de Werd



Are you tired of spending time memorizing choreography? Looking for creative functional training that you can change frequently? Want to incorporate more of a coaching style into some of your sessions? If you nodded even once, this session is for you! WARRIOR Strength™ has a fresh approach to the basics.

FR4C Friday, 1:15pm-2:30pm

Aqua Ease: Flexibility for Active Agers

Manuel Velazquez

Aquatic exercise provides many benefits, including an ideal environment to exercise throughout the year. The buoyancy of the water supports a portion of your body weight, making it easier to move in the water and improving your flexibility. Join Manuel to review and experience at least ten of his favorite flexibility moves for the water environment and get ideas to develop sensitive sequences ideal for active aging clients.

FR4F Friday, 1:15pm-2:30pm

Getting On Board - Slide Board Training ■◀

Johnny Adamic & Jimmy T. Martin



Did you know that exercising sideways can move you fitness forward? Develop a comprehensive and well-rounded fitness routine for your clients and learn about the science and practical applications of the fitness industry's most overlooked and underutilized piece of fitness equipment: The Slide Board.

(Lecture)

FR4G Friday, 1:15pm-2:30pm

FR5

2:45pm-4:00pm

Strength Training for Longevity & Vitality ■◀

Sara Kooperman, JD

Whether a personal quest or way to engage the fastest growing segment of the population, this incredibly creative tubing workout presents effective and manageable training techniques for the 40+ 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.

FR5A Friday, 2:45pm-4:00pm

Planks in all Three Planes ■◀

Siri Chilazi, MBA, MA

Training our bodies in all three planes of motion is critical for function and longevity. But are you utilizing all three planes in your planks? Discover how you can make 3D plank training effective and accessible for all fitness levels and leave with a boatload of plank programming ideas. (Lecture)

FR5B Friday, 2:45pm-4:00pm

Yoga Restore ■◀

Gail Bannister-Munn

Yoga Restore consists of a fusion of yoga, Pilate's based core, Active Isolated (A-I) stretching, & flexibility training. Develop an understanding of limitations to either move beyond or stay within their boundaries, all while bringing energy in, & feeling like goals are accomplished in a non-competitive environment.

FR5C Friday, 2:45pm-4:00pm

Where Functional Training Meets Fun

Jackie Rodriguez



Latin rhythms and athletic movements perfectly combine in the most extraordinary, intense, dynamic, and fun group fitness class on the market. Each movement pattern is designed to develop mobility & endurance with emphasis on the CORE. Burn up to 39% more calories than other conventional cardio workouts. It is not dance, not choreography, it's a LIFESTYLE!

FR5D Friday, 2:45pm-4:00pm

4 Quarters of Fitness ■◀

Dane Robinson

Drawing from his time as a professional football player, Dane harnesses PROVEN methods to design this one-of-a-kind workout. In this session, gain a complete understanding of how to create and develop programming to drive the "athletic engines" of weekend warriors and youth athletes, improving mobility, speed & agility, power, and recovery. Grab some water and get in the game!

FR5E Friday, 2:45pm-4:00pm

Splish Splash Calorie Smash

Rosie Malaghan, MS, ERYT- 200

Get on board with this phenomenal cross-training option, aqua run & conditioning. Take advantage of the Power of Water! With a little imagination, you can adapt land-loving patterns of movement and resistance and use them in the water, reducing joint wear and tear and injuries. Walk away with countless ideas for empowering programming for your clients, from athletes to active agers!

FR5F Friday, 2:45pm-4:00pm

DANCE

LIKE NO ONE IS WATCHING



15 DANCE SESSIONS & CERTIFICATIONS



Mastering Menopause ■◀

Melissa Layne, MEd

Approaching menopause and dealing with hormonal imbalances is difficult but doable. Join us for a comprehensive look at everything to keep females flourishing, such as the how and why behind the hormones, physiological changes, proper nutrition, efficient training, and mental issues with neurotransmitters. (Lecture)

FR5G Friday, 2:45pm-4:00pm

Financial Success in your Career

Bob Esquerre

Get a taste of "Career Path Reality" from one of the most successful fitness consultants in the industry. Learn how to approach the ups and downs of your profession focusing on your passion while remaining profitable. Explore strategies for financial success and security, and learn how to create, market, and sell dynamic programming that keeps clients coming back.

FR5H Friday, 2:45pm-4:00pm



FR6

4:30pm-5:45pm

The Battle for Mobility ■◀

Irene McCormick, MS, CSCS

What's the difference between FLEXIBILITY and MOBILITY? Muscles are related to flexibility. Mobility is related to joint function. Learn the latest research on training joints for better overall function & flexibility! Enhance your warm up, cool down and get a template for daily mobility programs.

FR6A Friday, 4:30pm-5:45pm

The Bare Essential - Strength Training 101 ■◀

Gail Bannister-Munn

Many strength training classes use a variety of props and equipment. This total body conditioning class incorporates the bare minimum yet creates incredible results. New instructors will take home a strong coaching baseline complete with progressions for every fitness level.

FR6B Friday, 4:30pm-5:45pm

Tai-Chi Fused Yoga ■◀

Manuel Velazquez

This Tai Chi Yoga fusion program emphasizes developing flexibility, gaining balance both externally and internally, and improving overall wellness. Yoga will bring the basis of internal support for stability and strength. Tai Chi will review and connect the fundamental and dynamic applications of functional mobility and dynamic stability using movements that connect into forms or sequences. The result is a greater sense of improved balance, self-body awareness, range of motion, and muscular strength.

FR6C Friday, 4:30pm-5:45pm

Barre Bang ■◀

Abbie Appel

Amp "it" Up. Barre Bang explodes with new ideas on how to add challenges to your barre classes. Understand the principles that drive intensity and simple strategies to push the limits of your participants. Want to add speed, power and greater range of motion? Discover the most effective places in your workout to add these elements, and how to progress the moves for all of your students.

FR6D Friday, 4:30pm-5:45pm

Kickbox N Chaos ■◀

Tara Turner

This workout combines everything and the kitchen sink to create complete chaos in a class. Using kickboxing drills, weights, and quick power moves, this is sure to get your heart pumping and your body working!

Session Type: Kickboxing, Cardio, Strength

FR6E Friday, 4:30pm-5:45pm

Cheeks for Weeks H2O

Ann Gilbert

Focus on glute-specific training in the aquatic environment to build muscular endurance and strength. Using all three planes of motion in innovative and unique routines, leave this novel session with new choreography and exciting options. Discuss progressions and regressions for all students and build the backside of the body. Discover how you can train cheeks for weeks n’ weeks!

FR6F Friday, 4:30pm-5:45pm

Art of Food as Fuel

Rosie Malaghan, MS, ERYT- 200

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

FR6G Friday, 4:30pm-5:45pm

Selling for the Non Salesperson

Julian Barnes, JD



In today’s competitive environment, studios have to embrace selling to attract new members. In this session, you will learn (i) how to shift your mindset; (ii) the basics of a sales funnel; (iii) how to ask powerful questions; and (iv) how to create sales nurture sequences that get new clients. (Lecture)

FR6H Friday, 4:30pm-5:45pm

FR7 6:00pm-7:00pm

Fitness Idol



Judges: Jeff Howard, Manuel Velazquez, Diva Richards & Gail Bannister-Munn

Do you have what it takes to become the next SCW Fitness Idol? As the winner of this prestigious title, not only will you receive coverage in 2023 SCW newsletters, but you’ll get a chance to show off your skills as a featured presenter at the 2023 SCW MANIA® Convention of your choice!

Each 2022 SCW Fitness Idol Winner receives:

- A slot as a presenter at a future SCW MANIA®
- FREE SCW Online Certification of your choice
- Coverage in an SCW Newsletter
- 1-year FREE SCW OnDemand Membership

FR7A Friday, 6:00pm-7:00pm

Sole Sisters

Siri Chilazi, MBA, MA & Elizabeth Lenart, MEd

Be prepared to have your soles soar to new heights with this barefoot duo! You will learn evidence-based foot fitness and apply barefoot programming through a powerful cardio dance experience. This variable intensity, functional flow connects you to your soles – and your soul – in unique and inspiring ways.

FR7D Friday, 6:00pm-7:00pm

Saturday, November 12

SA1 7:30am-8:45am

S.E.A.T.



SUPPORTED EXERCISE FOR AGELESS TRAINING

Ann Gilbert

It’s time to take aging sitting down! Discover how incorporating a chair can increase access to your fitness offerings by catering to clients of all abilities. Perfect for deconditioned clients or those overcoming injuries, you’ll learn how to design seat-based programming that doesn’t lack intensity or fun, guaranteed to get a “seated” ovation from all of your students!

SA1A Saturday, 7:30am-8:45am

How to Handle Hypertrophy

Dane Robinson

As our clients age or reach new levels of ability, the way they strength train becomes exponentially important. Learn how to create a smart, solid, and safe program of hypertrophy success that focuses on strengthening primary and accessory musculature through density & volume!

SA1B Saturday, 7:30am-8:45am

25+ ACTIVE AGING SESSIONS & CERTS




ACTIVE AGING
FASTEST GROWING POPULATION

CERTIFICATIONS THURSDAY, NOV. 10	SCW ACTIVE AGING CERTIFICATION GILBERT • 9:00AM - 5:00PM	SCW PERSONAL TRAINING CERTIFICATION ROBERTS • 8:00AM - 6:00PM	TAJIFIT CERTIFICATION ROSS • 9:00AM - 5:00PM	SCW PILATES MATWORK CERTIFICATION APPEL • 8:00AM-5:00PM
	SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, AND METABOLISM LAYNE • 9:00AM - 3:30PM	water motion WATERINMOTION® AQUA EXERCISE CERTIFICATION KULP • 9:00AM - 5:00PM	SCW YOGA 1 CERTIFICATION VELAZQUEZ • 8:00AM - 5:00PM	SCW FALL PREVENTION CERTIFICATION CONTI • 5:30PM-9:30PM

Indicates session is both Live (In-Person) & Recorded (Online)

A FUNCTION & ACTIVE AGING	B HIIT / STRENGTH / CORE	C MIND/BODY & RECOVERY	D BARRE / GX / DANCE
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FRIDAY, NOVEMBER 11	FR1	7:30am-8:45am	Sitting Pretty: Strength & Support Gilbert	LIT 101 (Low Impact Training) Robinson	Flowing Yoga For Chakra Balancing Velazquez	Improve Your Rear View Taylor	
	FR2	9:00am-10:15am	Best Mobility Exercises for Better Movement Tumminello	Back, Booty & Core Connection Appel	Discover a Teaching Vacation Chilazi	LaBlast® Fitness: Dance is Mental & Emotional Health Perodeau	
	EXPO SHOPPING 10:15am- 11:00am						
	FR3	11:00am-12:15pm	Recovery Techniques for Active Agers Toole	SOULstrength™ EXPERIENCE Park	The Art of Flow: Yoga Basics Conti	7 Game-Changing Glute Training Tips Tumminello	
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Arthritis Exercises: From Head to Toe Conti Session 2	Pro Athlete Core Conditioning Robinson Session 1	WARRIOR Strength™ de Werd Session 2	Zumba® Saldi Session 2	
	EXPO SHOPPING 12:00pm-2:45pm						
	FR5	2:45pm-4:00pm	Strength Training for Longevity & Vitality Kooperman	Planks in all Three Planes Chilazi	Yoga Restore Bannister-Munn	Where Functional Training Meets Fun Rodriguez	
EXPO SHOPPING 3:45pm-4:30pm							
FR6	4:30pm-5:45pm	The Battle for Mobility McCormick	The Bare Essential - Strength Training 101 Bannister-Munn	Tai-Chi Fused Yoga Velazquez	Barre Bang Appel Barre		
FR7	6:00pm-7:00pm		SCW FITNESS IDOL HOWARD, VELAZQUEZ, RICHARDS & BANNISTER-MUNN	Sole Sisters Chilazi & Lenart			
SATURDAY, NOVEMBER 12	SA1	7:30am-8:45am	S.E.A.T. Supported Exercise for Ageless Training Gilbert	How to Handle Hypertrophy D. Robinson	Core Forward Pilates Howard	Jetti Flow & Barre Mendoza	
	EXPO SHOPPING 8:45am- 9:15am						
	SA2	9:15am-10:30am		 MAYO CLINIC	Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am		
	EXPO SHOPPING 10:30am- 11:00am						
	SA3	11:00am-12:15pm	Hot Crossed Buns Howard	Coconut Beach Camp by Fit Bodies, Inc. Chilazi	Hands On Stretching Bannister-Munn	BareFit Super Circuits Taylor	
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Best Practices for Functional Flexibility Williams Session 1	WARRIOR Rhythm™ de Werd Session 2	SOULfusion™ EXPERIENCE Park Session 1	Move Your Core the Latin Way Rodriguez Session 2	
EXPO SHOPPING 12:00pm-2:45pm							
SA5	2:45pm-4:00pm	LaBlast® Fitness: Active Aging for All Perodeau	Arm Candy Appel	Core Yoga Strong Howard	STRONG Nation™ Bayersdorfer		
EXPO SHOPPING 3:45pm-4:30pm							
SA6	4:15pm-5:30pm	Functional Training for Active Agers Gilbert	ABSolutely Core Training Williams	Active Recovery for Better Results Fulton	Total Body Reset Turner		
SUNDAY, NOV. 13	SU1	7:30am-8:45am	Fab Women Fifty+ Toole	Core Connection Turner	Muscle Care - Happy Hips & Healthy Backs Fulton	Slide Into Your Stronger Self Taylor	
	SU2	9:00am-10:15am	Boogie, Band & Balance Kulp	Core Flow Lenart	Chair Yoga for the Young at Heart Kooperman	BARREFusion™ EXPERIENCE Park	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
	SU3	10:45am-12:00pm	WARRIOR Strength™: Put FUN in Functional de Werd	Level Up Your Strength Classes! Bannister-Munn	5 Seconds to Improved Flexibility Fulton	Agility Ability Layne	
SU4	12:15pm-1:30pm	Active Agers From the Ground Up! Velazquez	Rock Bottoms! Banded Booty Strength McDonald	Yoga Sculpt Aronson	Disco & Dumbbells Haggard		

CERTIFICATIONS SUNDAY, NOV. 13	ZUMBA ZUMBA® BASIC 1 TRAINING SALDI • 7:30AM-4:00PM	STRONG STRONG NATION™ TRAINING BAYERSDORFER • 7:30AM-4:00PM	SEAT S.E.A.T. CERTIFICATION GILBERT • 7:30AM - 3:30PM	SCW BARRE CERTIFICATION APPEL • 7:30AM - 3:30PM
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Boston MANIA® Schedule

scwfit.com/boston



SCW Boston Health & Fitness Business Summit 2022
Give your fitness business the attention it deserves. A unique and engaging opportunity to learn from fit-ness industry leaders who paved the way. Visit: scwfit.com/business

SCW
ACTIVE AGING NUTRITION CERTIFICATION
TOOLE 5:30PM - 9:30PM

E ROWING / BOXING / SMALL GROUP	F AQUA (STARTS IN LECTURE)	G NUTRITION / EXERCISE SCIENCE	H BUSINESS		
Fight Night 2.0 Richards	Smart Sets for Aqua Dumbbells Kulp	General Population Nutrition Coaching Toole	Social Media Success Accelerator Poirier	FR1	7:30am-8:45am
Brrrn © Slide Board Training for Active Aging Adamic & Martin NEW	H2O Strength Through the Ages Velazquez, Kulp & Carvalho Noodles, Hand Buoys, Tubing	Low T for Women? McCormick NEW	Inexpensive Marketing For Growth & Profitability Kooperman	FR2	9:00am-10:15am
EXPO SHOPPING 10:15am- 11:00am					
Boats, Bands and Battle Ropes™ SGT Ken®	LaBlast® Splash: Dancing with Aquatic Principles Perodeau	Stopping Inflammation Through Nutrition Layne	Stretching for Strength - Flexible Foundations Panel Kooperman, Bannister-Munn, Appel, Velazquez	FR3	11:00am-12:15pm
Intro to Jetti Walking Fitness Program Boyle Session 1	Aqua Ease: Flexibility for Active Agers Velazquez Session 2	Getting On Board - Slide Board Training Adamic & Martin Session 2	Effective Group Ex & PT Sales Strategies Panel Kooperman, Oksayan, D. Gilbert, Esquerre & A. Gilbert - Sess. 1	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm
EXPO SHOPPING 12:00pm-2:45pm					
4 Quarters of Fitness Robinson	Splish Splash Calorie Smash Malaghan	Mastering Menopause Layne	Financial Success in your Career Esquerre	FR5	2:45pm-4:00pm
EXPO SHOPPING 3:45pm-4:30pm					
Kickbox N Chaos Turner	Cheeks for Weeks Gilbert	Art of Food as Fuel Malaghan	Selling for the Non Salesperson Barnes	FR6	4:30pm-5:45pm
REGISTER FOR MANIA® RECORDINGS AND ENJOY 100 SESSIONS				FR7	6:00pm-7:00pm
SCWFIT.COM/BOSTON					
Making Cardio Fun Williams	H2O Rapid Resistance Kulp	The Sleep, Eat, & Hormones Link Layne	Boutique Fitness' Winning Formula Etuk	SA1	7:30am-8:45am
EXPO SHOPPING 8:45am- 9:15am					
Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am				SA2	9:15am-10:30am
EXPO SHOPPING 10:30am- 11:00am					
Fight Club Richards	LaBlast® Splash: Dance. Water. Emotional Health. Perodeau	State of the Boutique Fitness Industry Barnes & Etuk	Nutrition Math - Calories, Grams and Size, Oh My! Toole	SA3	11:00am-12:15pm
Row, Recover, Roll and Repeat™ SGT Ken® Session 1	Water Works Velazquez, Kulp & Carvalho Session 2	Nutrition for Fitness Professionals Layne Session 1	Cheap Tricks to Market Your GX & PT Panel Kooperman, Oksayan, D. Gilbert, Howard & A. Gilbert Sess. 2	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm
EXPO SHOPPING 12:00pm-2:45pm					
Brrrn © Slide Board Training for Athletes Adamic & Martin	Strength Beneath the Surface PlumMentz	WORDS MATTER: Eating Disorders & the Fitness Industry Conti	Perfect Practice Makes Perfect Laskowski	SA5	2:45pm-4:00pm
EXPO SHOPPING 3:45pm-4:30pm					
Contender Richards	Tab-Aqua Quickies Howard	Pros & Cons of Fasting Layne	Retired, Not Expired! Strength Training for Mature Adults Panel Kooperman, Velazquez, Malaghan, Bannister-Munn	SA6	4:15pm-5:30pm
Street Kamp Garland	Aqua Excellence for the Active Ager Velazquez, Kulp & Carvalho	The D.I.E.T. Revelation Douglass	Grow Your Business Through Retentions & Conversions Esquerre	SU1	7:30am-8:45am
Kettlebell Krush Turner	Aqua Disco Haggard	Got Muscle? Targeting Hypertrophy Layne	Motivational Interviewing & Goal Setting Skills for Fit Pros Nitschke	SU2	9:00am-10:15am
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
Budget Bootcamp Aronson	Barracuda Booty Kulp	Helping Clients Reject Diet Culture Nitschke	Simplicity Breeds Success Baldwin	SU3	10:45am-12:00pm
Street Kata - Evolution to Kickboxing Garland	Swim Up Barre Malaghan	Is Your Diet on Fire? Douglass	What Will You G.A.I.N. Austin	SU4	12:15pm-1:30pm

FRIDAY, NOVEMBER 11

SATURDAY, NOVEMBER 12

SUNDAY, NOV. 13

SCW
GROUP EXERCISE CERTIFICATION
HOWARD 7:30AM - 3:30PM

SCW
BOXING CERTIFICATION
RICHARDS 7:30AM-2:30PM

SCW
AQUATIC EXERCISE CERTIFICATION
MCCORMICK 7:30AM - 3:30PM

SCW
BAREFIT SUSPENSION SYSTEM TRAINING CERTIFICATION
TAYLOR 11:00AM - 3:00PM

jetti
JETTI INSTRUCTOR TRAINING
BOYLE - 11:00AM - 3:00PM

Core Forward Pilates ■◀

Jeff Howard

Light up every muscle with this core-forward Pilates class that sets traditional moves to today's rhythms, adding energy and excitement. Through the use of continuous choreography, electrify your burn, strength, and flexibility. Join this total-body sculpting class that blends lightweight training, Pilates, and core strengthening exercise.

SA1C Saturday, 7:30am-8:45am

Jetti Flow & Barre ■◀

Jenny Mendoza

Jetti Flow is a unique training technique that incorporates elements of Barre, Yoga & Pilates. Experience these affordable and innovative walking poles and their versatile application to mind-body training. Take your favorite fitness offerings and make them accessible to all ages and demographics.

SA1D Saturday, 7:30am-8:45am

Making Cardio Fun ■◀

Maurice Williams, MS, CSCS

The days of clients loving traditional cardio have ended. They want the short and sweet stuff now. In this session, we will cover why & how to use speed, agility, & quickness for cardio. The attendee will walk away from this session with ready-made programming to start using immediately.

SA1E Saturday, 7:30am-8:45am

H2O Rapid Resistance

Cheri Kulp

The age-old adage "use it or lose it" definitely applies whenever we refer to balance, agility, and power. According to the CDC (Centers for Disease Control), one adult over the age of 65 is treated in the emergency room for a fall every 18 seconds. Agility training improves flexibility, balance, and control, all of which can reduce the risk of falling for our aging population. This session uses water resistance and support to enhance this training without the fear of falling. Use the natural resistance of water, lever length, and surface space, along with aqua noodles and tubing for a refreshing new workout.

SA1F Saturday, 7:30am-8:45am

jetti

The Sleep, Eat, & Hormones Link ■◀

Melissa Layne, MEd

A calorie in doesn't equal a calorie out. Hormones play a major role in whether your body prefers to mobilize or save that energy source. Sleep plays a major role in how hormones cycle; healthily or tragically. Break down the key players in the hormone highway affected by a lack of sleep and the choice of foods before and after a workout. (Lecture)

SA1G Saturday, 7:30am-8:45am

Boutique Fitness' Winning Formula

Nt Etuk

Everything seems to have changed during the pandemic, but the fundamentals of operating a successful business remain the same. In this session, Nt Etuk will discuss the essential strategies that the most successful boutique fitness studio owners use to build thriving businesses.

SA1H Saturday, 7:30am-8:45am



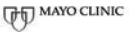
SA2 - KEYNOTE ADDRESS 9:15am-10:30am

Exercise is Medicine ■◀

Dr. Edward Laskowski, MD

If there was a medicine that contained all of the physical and psychological benefits of exercise, it would be the most effective and best-selling medicine in history. This lecture delves in-depth into the voluminous evidence-based reasons why exercise is such a powerful, yet largely not prescribed, medicine.

SA2A Saturday, 9:15am-10:30am



SA3 11:00am-12:15pm

Hot Crossed Buns ■◀

Jeff Howard

Hot Crossed Buns is the perfect experience for a mature client! This complete lower body workout targets the glutes, quads, and hamstrings. Tone and strengthen these muscle groups, targeting the abdominal and lower back muscles for conditioning and improved flexibility. Learn easily implemented progressions and modifications to train your mature clients in a safe, fun way that will have them cheering for more!

SA3A Saturday, 11:00am-12:15pm



EXERCISE SCIENCE
BACKED IN RESEARCH
11 EXERCISE SCIENCE SESSIONS & CERTIFICATIONS

SCW ONLINE CERTIFICATIONS. A STRONG DECISION.

RELIABLE. RESPECTED. RECOGNIZED.



- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL TRAINING

- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR AND STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFE COACHING

- LIFESTYLE/ BEHAVIORAL COACHING
- MARKETING & SALES FOR PERSONAL TRAINERS
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES AND METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING

- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERINMOTION®
- WEIGHT MANAGEMENT
- YOGA I (BEGINNER)
- YOGA II (ADVANCED)

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LIVE CERTIFICATION
WITHIN A YEAR!**

SCWFIT.COM/CERTS



Coconut Beach Camp by Fit Bodies, Inc. ■◀



Siri Chilazi, MBA, MA

Participate in this lively, Caribbean-inspired workout and get instantly transported to a tropical beach! Using coconuts and other 'resort-type' equipment, this easy-to-teach-anywhere class combines multiple training modalities including Cardio, Core, Strength, Yoga and Stretch. Discover how you can create this fun, effective and engaging workout experience with your participants.

SA3B Saturday, 11:00am-12:15pm

Hands On Stretching ■◀

Gail Bannister-Munn

This workshop will show you how important stretching is and demonstrate how easy it is to stretch your clients on your table or the floor. Learn stretches with clear, step-by-step practical applications to increase your skills. Trainer-assisted stretching, as part of each training session, will help your clients improve their flexibility while keeping you within the scope of a personal trainer.

SA3C Saturday, 11:00am-12:15pm

BareFit Super Circuits ■◀



Karli Taylor

Learn to create efficient and effective superset based workouts for small or large groups using bodyweight and suspension system exercises.

SA3D Saturday, 11:00am-12:15pm

Fight Club ■◀

Diva Richards

Condition and train like an old fighter while achieving maximum results. Kick, jab, punch, & push yourself with heavy bag pad work, agility, and strength training. Take your fitness to the absolute extreme!

SA3E Saturday, 11:00am-12:15pm

LaBlast® Splash: Dance. Water. Emotional Health  **Koni Perodeau**

Focus on mental and emotional health is needed now more than ever. In this LaBlast® Splash session, you will experience the healing power of Ballroom Dance and fitness from the inside out, using aquatic principles.

SA3F Saturday, 11:00am-12:15pm

State of the Boutique Fitness Industry



Julian Barnes, JD & Nt Etuk

In this session, Nt Etuk, Co-Founder of Boutique Fitness Solutions, will provide a detailed assessment of the boutique fitness industry today including insights, analysis and recommendations that will help you understand the nature of the challenges that lie ahead as well as the future opportunities in the industry.

SA3G Saturday, 11:00am-12:15pm

Nutrition Math - Calories, Grams and Size, Oh My! ■◀

Amber Toole

The types and quantities of food we eat are a huge piece of the nutrition puzzle, but calculating individual caloric and macro needs can be confusing. Learn how to determine the proper nutritional needs of your clients for greater results that can be maintained for life. (Lecture)

SA3H Saturday, 11:00am-12:15pm

SA4 - Lunchtime Session 1 12:30pm-1:45pm

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

Best Practices for Functional Flexibility ■◀

Maurice Williams, MS, CSCS

There are so many tools & protocols for flexibility work that it can leave us confused. Learn what the latest science says about addressing the most common compensations our clients present. We will consider the five kinetic chain checkpoints, look at the issues, and develop the proper flexibility to help our clients move better.

SA4A Saturday, 12:30pm-1:45pm

SOULfusion™ EXPERIENCE ■◀



Michele Park

SOULfusion™ combines yoga-inspired FLOWS, cardio bursts, mobility, & bodyweight training into one magical experience. In this workshop, we will take you through a SOULfusion™ class and teach you how to connect music to movement & create an amazing experience for your students.

SA4C Saturday, 12:30pm-1:45pm

15+ INTERCONNECTED SESSIONS & CERTS



MIND / BODY THAT'S BEAUTIFUL

18 FUNCTIONAL FITNESS
SESSIONS & CERTS



FUNCTIONAL TRAINING BEYOND THE NEXT LEVEL

Row, Recover, Roll and Repeat™

SGT Ken®

Row, Recover, Roll and Repeat™ with SGT Ken® is a beautiful blend of robust WaterRower races combined with yoga and foam rolling. Come experience how specific strength and stability movements followed by myofascial release will effectively expand your range of motion and create a climate of restoration, rejuvenation, and physical resilience. #WaterRowerFitness

SA4E Saturday, 12:30pm-1:45pm



choreography blocks guaranteed to inspire and upgrade in your personal aqua programming. Join us for a short but informative lecture focusing on the knee in the aqua environment. Learn how to utilize the pool environment to recover, cross-train, and work effectively while being kind to this hinge joint. And the BIG BANG of this session is the unique and creative choreography focusing on linear, lateral, group, pattern and toning options for a fully working water program. Leave with a detailed handout of including all 6 choreo blocks ready to "work in the water" Monday morning!. YES - water works!

SA4F Saturday, 1:15pm-2:30pm

Nutrition for Fitness Professionals

Melissa Layne, MEd

This session will incorporate the basics of the latest nutrition research, trends, and fads such as carb cycling, intermittent fasting, ketosis, and other diets. What can a fitness professional provide in nutritional guidance and stay within the scope of practice? We will also debunk nutrition myths and review the basics of weight loss and metabolism. (Lecture)

SA4G Saturday, 12:30pm-1:45pm

Cheap Tricks to Market Your GX & PT Panel

Sara Koopermna, JD, Ani Oksayan, Diana Gilbert,
Jeff Howard & Ann Gilbert

Sales can be one of the most intimidating parts of a career in the fitness industry. However, a few simple marketing "tricks" can make the sales process a breeze and get clients to come to you. Learn how to fully develop your market positioning, social media recommendations, build a referral network, improve customer experience and how to stand out within the industry!

SA4H Saturday, 1:15pm-2:30pm



SA4 - Lunchtime Session 2 1:15pm-2:30pm

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

WARRIOR Rhythm™

Ellen de Werd

Ever wish you loved yoga? WARRIOR Rhythm™ is the bridge between classic group exercise and traditional yoga. With its rebel vibe, edgy playlists, and unconventional flows, this format will rock your world! Intertwine mindfulness, yoga, weightlifting, and HIIT training into an extraordinary experience. We are where woo-woo meets WAAHOOOOO!

SA4B Saturday, 1:15pm-2:30pm



Move Your Core The Latin Way

Jackie Rodriguez

Xco® means Excellent CORE, & the combination of movement patterns and Latin rhythms activate and invigorate your entire body - with special emphasis on the CORE!! Swing throughout the class in three dimensional movements while the shifting mass generates a reactive impact which activates your CORE.

SA4D Saturday, 1:15pm-2:30pm



Water Works

Manuel Velazquez, Cheri Kulp & Mac Carvalho

Experience a cascade of fresh aqua ideas & leave with six (6), 64-count



SA5

2:45pm - 4:00pm

LaBlast® Fitness:

Active Aging For All

Koni Perodeau

LaBlast® Fitness is the perfect blend of dance & fitness for every age. Experience multiple variations within each interchangeable movement pattern and learn to teach in a way that every participant can choose their level of intensity and feel successful. This session includes weight training, interval training, and stretching.

SA5A Saturday, 2:45pm-4:00pm



Arm Candy

Abbie Appel

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

SA5B Saturday, 2:45pm-4:00pm

Core Yoga Strong ■■

Jeff Howard

Yoga Strong is a flowing, powerful sequence that will focus on strengthening the powerhouse of the body: The Core! Not just the superficial "6 pack" ab muscles; this includes the deep stabilizing muscles and back muscles that support the spine in every movement on and off your mat. Step outside of your comfort zone to truly transform your mind and body.

SA5C Saturday, 2:45pm-4:00pm

Strong Nation™

Natalie Bayersdorfer



Experience the HIIT workout driven by music that helps students reach — and crush — their fitness goals. Cardio and muscle-conditioning routines are synced to original music customized to match every single move. Every squat, every lunge, every burpee is driven by the beat. So instead of counting reps, students can push past their limits, burn more calories, and get results faster.

SA5D Saturday, 2:45pm-4:00pm

Brrrn © Slide Board Training for Athletes ■■

brrrn

Johnny Adamic & Jimmy T. Martin

Many sports involve multidirectional movements yet most traditional workout programs focus solely on forward and backwards exercises-which can lead to muscular imbalances and chronic injuries over time. Discover the necessity of lateral movement training for youth & adult athletes and ways you can utilize the slide board as a multiplanar training tool to improve balance, coordination, core strength, bodily awareness, and the overall athletic performance for your clients.

SA5E Saturday, 2:45pm-4:00pm

Strength Beneath the Surface



Irene PlumMentz

Aquatic strength training has many hidden advantages. In this session you will learn more about the differences between land and aquatic strength training; i.e gravity versus viscosity, mechanical versus drag resistance and other less obvious distinctions. Discover how the adjustable Aqua-Ohm utilizes all those properties.

SA5F Saturday, 2:45pm-4:00pm

Words Matter: Eating Disorders & the Fitness Industry ■■

Christine Conti, MEd

Let's Open The Dialogue! This powerful session examines the impact of words that either trigger or help with the healing process for clients with an eating disorder. Learn appropriate, and turnkey communication methods, to improve client-trainer relationships and identify the most common types, signs, and symptoms of eating disorders. "Because not saying anything is NOT okay!" (Lecture)

SA5G Saturday, 2:45pm-4:00pm

Perfect Practice Makes Perfect



Dr. Edward Laskowski, MD

It's not practice that makes perfect...it's perfect practice. Movement patterns have been identified that can predispose us to musculoskeletal injury. This lecture discusses the role of movement analysis in detecting and correcting movement flaws to help protect people from injury during sports and exercise activities.

SA5H Saturday, 2:45pm-4:00pm

SA6

4:15pm-5:30pm

Funtional Training for Active Agers ■■



Ann Gilbert

Participate in new age patterns for workout partners. Expand your knowledge whether you are buddy training or coaching a small group session. Ann and Rosie have partnered to bring you new and innovative programming options in this interactive session.

SA6A Saturday, 4:15pm-5:30pm

KEYNOTE



EXERCISE IS MEDICINE

DR. EDWARD LASKOWSKI, MD

SAT 9:15AM-10:30AM



ABSolutely Core Training ■◀

Maurice Williams, MS, CSCS

Prepare to dive deep into the anatomy, function & aesthetics of the core. You'll not only learn what muscles make up the core, but also the best exercises for stabilization, corrective exercise, sports & how to achieve the washboard abs look our clients want. Leave with ready-made programming tailored for the middle, but that will put you on top!

SA6B Saturday, 4:15pm-5:30pm

Active Recovery for Better Results ■◀

Ronnie Fulton

Based on the latest research in myofascial stretching, mobility and muscle care this session provides a comprehensive four step approach to help minimize muscle pain, improve joint health and maximize physical performance.

SA6C Saturday, 4:15pm-5:30pm

Total Body Reset ■◀

Tara Turner

Challenge your members with a combination of strength movement patterns. This class is perfect for anyone trying to improve their fitness and health. Beginners can work at their level; intermediate and advanced students will be pushed to their limit by this full-body workout.

SA6D Saturday, 4:15pm-5:30pm

Contender ■◀

Diva Richards

Time to bring out the inner warrior in your students. Create a hybrid format of boxing & kickboxing moves to sculpt, build confidence, and increase their mental focus to unleash the Champion within them!

SA6E Saturday, 4:15pm-5:30pm

Tab-Aqua Quickies

Jeff Howard

Tab-Aqua Quickies is the exciting new component of Tab-Aqua Bootcamp. Work HARD for 30 seconds, HARDER for 20 seconds, and HARDEST for 10 seconds for six cycles, then rest 10 seconds. Let the music guide you without worrying about watching the clock. Get motivated with aquatic moves that produce results fast.

SA6F Saturday, 4:15pm-5:30pm

Pros & Cons of Fasting ■◀

Melissa Layne, MEd

Intermittent fasting and carb cycling are extremely popular in weight loss research. In this session, we will address these topics, along with three other types of fasting: prolonged, dry, and wet. We will explore the effects on weight loss, the immune system, and the life of our cells. (Lecture)

SA6G Saturday, 4:15pm-5:30pm

Retired Not Expired!

Strength Training for Mature Adults Panel

Sara Kooperman, JD, Manuel Velazquez, Gail Bannister-Munn & Rosie Malaghan, MS, ERYT- 200

Though most American seniors are active, vibrant, and live independently, many fitness professionals treat them as if they are frail. Learn from our active aging experts how to conduct fitness assessments for seniors, and design programming to increase strength, power, balance, agility, and speed.

SA6H Saturday, 4:15pm-5:30pm



Sunday, November 13

SU1

7:30am-8:45am

Fab Women: Fifty+ ■◀

Amber Toole

Training women over 50 requires programming that considers the special

aspects of active aging. Delve into the psychology behind this spectacular group of individuals and understand how to create safe and effective workouts that lead them to amazing results!

SU1A Sunday, 7:30am-8:45am

Core Connection ■◀

Tara Turner

Core work is not just crunches and focusing on abs alone will never get the results desired. This class is designed to work all aspects of your core using strength and cardio to scorch your abs and provide what common misconceptions we should be debunking with our clients to lead to sustainable success.

SU1B Sunday, 7:30am-8:45am

Muscle Care - Happy Hips & Healthy Backs ■◀

Ronnie Fulton

Chronic back pain and "tight" hips will undoubtedly stand in the way of your clients achieving their fitness goals. Unhealthy fascia and overactive muscles in this region can affect the quality of movement. Discover the most effective ways to combine foam rollers, therapy balls, and active isolated stretching to minimize pain and improve mobility in the lumbopelvic hip complex.

SU1C Sunday, 7:30am-8:45am

Slide Into Your Strongest Self ■◀



Karli Taylor

Sliding and stability don't sound like they go together, right? Wrong! Keeping the trunk still while the limbs are moving is more of a core workout than you might think. Learn how to use sliding discs to improve the structural stability of your body and increase the effectiveness of your workouts.

SU1D Sunday, 7:30am-8:45am

Street Kamp ■◀

Bishop Garland

Utilizing your body weight and the body weight of others as resistance, this dynamic military and urban inspired workout inspires to open doors in your mind that may have been holding the body back. Warning: you may be inspired to sing, shout, and motivate others.

SU1E Sunday, 7:30am-8:45am

Aqua Excellence for the Active Ager



Manuel Velazquez, Cheri Kulp & Mac Carvalho

Make a new aqua splash with these exciting inspired routines. Experience six (6) 64-count choreography blocks of captivating, low-impact aqua sequences and discover why moving in water is natural for our senior population. Manual dexterity, ankle mobility, balance options, and neuroplasticity games are all integrated to improve your aqua aging programming. Comprehensive choreography handouts are provided to enhance your teaching skills and movement mastery. Inspire active aging adults to safely improve cardiovascular endurance, balance, strength, and flexibility. Stay current with these fresh ideas!

SU1F Sunday, 7:30am-8:45am

The D.I.E.T. Revelation ■◀

Melanie Douglass, RD

Did I Eat That? Yes, you probably did. Even though we have access to food labels, scales, meal plans, apps and more to track our food intake, most of us struggle to connect all this food data with what we really eat and how it really affects our overall health. (Lecture)

SU1G Sunday, 7:30am-8:45am

Grow Your Business Through Retentions & Conversions



Bob Esquerre

Grow Your Business through Retentions and Conversions. Join Bob, aka "The Green Thumb", as he reviews the 22 DNA components that will help you establish, strengthen, and grow your fitness business. Review cost-effective and results-driven strategies that will leverage your time, increase your income and ultimately help more people. This interactive and entertaining lecture is perfect for Group X Instructors, Personal Trainers, Managers, and Club & Studio Owners.

SU1H Sunday, 7:30am-8:45am



NUTRITION TO FEED YOUR MIND

10+ SESSIONS & CERTIFICATIONS

SU2

9:00am-10:15am

Boogie, Band & Balance

Cheri Kulp

This class begins with simple but effective steady state cardio work to increase heart rate and movement in all three planes. We will continue the workout using resistance tubing to strengthen the core with functional movement patterns challenging balance and integrated body coordination for overall body training. Of course, no workout would be complete without a time of stretch and relaxation to reset the mind and body. Come join us and take away ideas to incorporate into your very next resistance band workout.

SU2A Sunday, 9:00am-10:15am

Core Flow

Elizabeth Lenart, MEd

Core Flow is a rhythmic and sometimes athletic flow, or linking of movements patterns to challenge core, balance, mobility and stability in all planes of motion. Each flow will be broken down and practiced individually, then linked together to create more internal heat and to really challenge deep, intrinsic, core muscle

SU2B Sunday, 9:00am-10:15am

Chair Yoga for the Young at Heart

Sara Kooperman, JD

This creative workshop focuses on yoga postures done with the support of a chair. Seated and Standing work poses are beautifully blended into asanas encompassing a creative strength building and flexibility-promoting workout. A union of mind, body, and spirit are at the heart of this program with special attention focused on activities of daily living and the ability to rise, fall, and flow by oneself. Supported by a group of like-minded individuals, this program has far-reaching positive effects on aging exercisers of all shapes and sizes, building communities with a mindful attention to self-awareness.

SU2C Sunday, 9:00am-10:15am

BARREfusion™ Experience

Michele Park

BARREfusion™ is a low-impact, total body workout inspired by ballet. We offer a unique approach to barre training with cardio bursts and our signature fuses. This fusion format offers the benefits of rhythmic movement, high repetition strength work, athletic dance moves in an easy to learn, easy to teach, fun to take barre training. BARREfusion™ improves overall fitness levels while bringing out your inner ballerina!

SU2D Sunday, 9:00am-10:15am



Kettlebell Krush

Tara Turner

This class will guide participants as they learn how to improve strength, endurance, and enhance overall fitness in an exciting and dynamic training environment.

SU2E Sunday, 9:00am-10:15am

AquaDisco

Tanisha Haggard

Leave your platforms at home and strap on those water slides for a little disco and a splash. A low impact and high energy dance class will challenge your brain and tone your muscles. Come take a dive at the disco party.

SU2F Sunday, 9:00am-10:15am

Got Muscle? Targeting Hypertrophy

Melissa Layne, MEd

There is a science behind gaining muscle. Take a comprehensive look at hormonal influences, sleep implications, genetically influenced fiber types, and of course, proper training and nutrition. (LECTURE)

SU2G Sunday, 9:00am-10:15am

Motivational Interviewing & Goal Setting Skills for Fit Pros

Dr. Erin Nitschke

Personal trainers are uniquely positioned to assist clients in effective goal setting techniques. This workshop will introduce the foundation of motivational interviewing and its connection with goal setting. You will also learn the SMART-ER goal setting approach you can apply with your clients. (Lecture)

SU2H Sunday, 9:00am-10:15am



SU3

10:45am-12:00pm

WARRIOR Strength™: Put FUN in Functional

Ellen de Werd

Let's face it. Sometimes working out feels arduous, tedious, and monotonous, even for the most motivated. With exercise psychology in mind, this session will look at creative ways to generate engagement, camaraderie, and FUN with WARRIOR Strength™!

SU3A Sunday, 10:45am-12:00pm



Level Up Your Strength Classes!

Gail Bannister-Munn

Challenge your members with a combination of strength movement patterns. This class is perfect for anyone trying to improve their fitness and health.

Beginners can work at their level; intermediate and advanced students will be pushed to their limit by this full-body workout.

SU3B Sunday, 10:45am-12:00pm

5 Seconds to Improved Flexibility ■◀

Ronnie Fulton

Tired of the same old static stretches? Learn how to liven up and improve your flexibility training with Active Isolated Stretching. By activating the targeted muscle while holding the stretch for no more than five seconds, this type of dynamic stretching provides maximum benefits in the shortest amount of time.

SU3C Sunday, 10:45am-12:00pm

Agility Ability ■◀

Melissa Layne, MEd

The ability to react and change direction isn't only important to athletes. Agility helps the body to maintain proper alignment and posture during movement as well as preventing injuries. Join us for agility research, program design, and FUN, UNUSUAL drills with minimal equipment.

SU3D Sunday, 10:45am-12:00pm

Budget Bootcamp ■◀

Doria Aronson

No equipment? no problem. Small budget? I got you. No gym space? You have options. Learn how to thrive with a bootcamp side hustle. Help people learn how to have an incredible workout with little to no equipment. Build a community and they will follow you without the fancy equipment.

SU3E Sunday, 10:45am-12:00pm

Barracuda Booty

Cheri Kulp

Enjoy this aquatic session that focuses on core, gluteals, and lower extremity training. Build power and strength along with flexibility and fluidity of movement in the comfortable environment of the pool. Explore standing, anchoring, moving, and floating options to train the booty to be your best ASset!

SU3F Sunday, 10:45am-12:00pm

Helping Clients Reject Diet Culture ■◀

Dr. Erin Nitschke

Unfortunately, diet culture dogma is influential in all the wrong ways. We face an uphill battle when it comes to combating the misinformation this type of culture espouses. Learn how you can positively influence and empower your clients (and each other) to reject negative and misguided messages that do nothing more than promote pervasive body image issues and food guilt.

(Lecture)

SU3G Sunday, 10:45am-12:00pm

Simplicity Breeds Success ■◀

Brittany Baldwin, MA

More often than not, the most obvious and simple solutions are exactly what we need to get over our fitness programming and service challenges. Come examine the most common questions and stumbling blocks plaguing our industry & take away proven solutions about how to overcome them with what I've utilized in my professional experience.

SU3H Sunday, 10:45am-12:00pm



SU4

12:15pm-1:30pm

Active Agers From the Ground Up! ■◀

Manuel Velazquez

Work every joint and muscle from the Ground Up! Learn functional self-myofascial-release and appropriate applications for maintaining and regaining range of motion, strength, balance, and proprioceptive skills allowing clients to lead an active lifestyle. Discuss the limitations faced by older adults and

appropriate modifications. Improve functional mobility and dynamic flexibility without compromising safety and effectiveness.

SU4A Sunday, 12:15pm-1:30pm

Rock Bottoms! Banded Booty Strength ■◀

Linda McDonald

This workshop will give group fitness instructors specific exercises to strengthen the hips and thighs using bands. Learn how to add variety and FUNCTION to target the large as well as small, intrinsic muscles. Learn the science behind concentric and eccentric loading, and why the band contributes to eccentric loading.

SU4B Sunday, 12:15pm-1:30pm

Yoga Sculpt ■◀

Doria Aronson

Tried yoga but didn't love it? Try Yoga Sculpt. This class incorporates traditional vinyasa flow yoga, weighted yoga flow, HIIT and banded exercises. It truly is a little bit of EVERYTHING fitness has to offer.

SU4C Sunday, 12:15pm-1:30pm

Disco & Dumbbells ■◀

Tanisha Haggard

Simple and fun aerobics for all ages. As you sweat away to classic disco tunes from the 70's and 80's your mind and body will be challenged with a mixture of functional training, light weights and dance. See you at the disco.

Session Type: Cardio, Dance, Functional Training, Group Exercise

SU4D Sunday, 12:15pm-1:30pm

Street Kata - Evolution to Kickboxing ■◀

Bishop Garland

Control, fluidity, and massive style bring unparalleled energy to these stylized fight sequences "katas". Driven by musicality that is as varied as the martial arts techniques incorporated, there are no boundaries in the ways of innovative combo progression. Welcome to the evolution!

SU4E Sunday, 12:15pm-1:30pm

Swim Up Barre

Rosie Malaghan, MS, ERYT- 200

Swim up to the barre, baby! This low impact, full-body workout has a high impact on range of motion, posture and mind body. Join Rosie and learn how to create aqua yoga barre classes to meet the needs of your clients, at all levels and abilities, using a fusion of yoga, barre and joint mobility.

SU4F Sunday, 12:15pm-1:30pm

Is Your Diet on Fire? ■◀

Melanie Douglass, RD

We keep hearing we need to eat anti-inflammatory foods, but what are those? How much of a role does diet play creating/fueling inflammation in the body? We'll break it down with real-world foods, sample meal plans, and ways to enjoy a good balance of foods without all the inflammation. (Lecture)

SU4G Sunday, 12:15pm-1:30pm

What Will You G.A.I.N.

Chad Austin

Join me for a fitness formula reset! When going through a major life change, our fitness routine is usually the first thing to fall off. Whether your clients are moving, changing jobs, or getting married; the patented G.A.I.N. formula will guide you in teaching clients to adjust to life's changes and reinforce the biggest key in fitness success, consistency!

SU4H Sunday, 12:15pm-1:30pm





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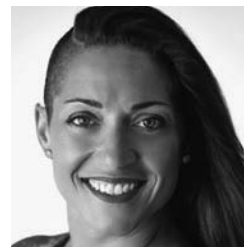
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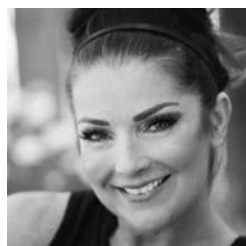
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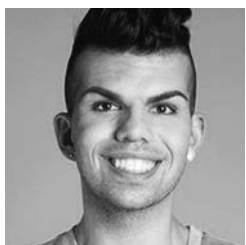
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