

Boston
MANIA[®]
FITNESS PRO CONVENTION



November 1-3

STRONGER
Together



scwfit.com/BOSTON



AS REAL

as it gets



LETTER FROM SARA

Dear Boston MANIACs,

It's 2024 and we are ready for change... so let's look forward and plan now! More classes, more recordings, and more options to uplift and energize your programming and inspire YOU, our loyal, dedicated fitness family.

Join us as we celebrate our 41st year, rebrand our business and update your events. We thank you for your support and bring YOU a new look and feel for fitness education.

Revitalize and rejuvenate your personal fitness community by powering up your programming with 100+ sessions, 60+ presenters, and over 160 recorded sessions, all this happening in our 7 activity and lecture rooms! NOBODY offers you more, nobody changes faster, and nobody cares more ... about YOU.

Get off your computer, rise out of the Internet, and experience the sweat and smell of like-minded fitness professionals and industry elites who remind you why you entered fitness in the first place.

Come to MANIA® and experience the change!

In Health,
Sara Kooperman, JD
CEO, SCW Fitness Education

Just Released!
SARA'S NEW BOOK:
FIT FOR BUSINESS
IS NOW AVAILALE ON
AMAZON!

Purchase Today!

CEC/CEU PROVIDERS



SUPPORTERS



BOSTON MANIA® FITNESS PRO CONVENTION

November 1-3, 2024 (Fri., Sat., & Sun.)

SCW BUSINESS SUMMIT

November 1-3, 2024 (Fri., Sat., & Sun.)

ACCREDITED LIVE CERTIFICATIONS

October 31 (Thur.) & November 3 (Sun.) 2024

VENUE/LOCATION

DoubleTree By Hilton
Boston North Shore
50 Ferncroft Road,
Danvers, MA



WHAT IS A MANIA® FITNESS PRO CONVENTION?

MANIA® is a three-day Fitness Education Conference featuring world-renowned Fitness Educators leading 200 sessions on such topics as:

- Personal Training
- Recovery/Myofascial Release
- Meditation
- Functional Training
- HIIT
- Business
- Active Aging
- Group Exercise
- Sales/Retention
- Core/Strength Training
- Yoga
- Marketing
- Nutrition
- Boot Camp
- Social Media
- Mental Health & Wellness
- Circuits
- Aqua
- Exercise Science
- Chair Exercise
- And Much More!
- Stretching/Flexibility
- Pilates

MANIA® is not just a Fitness Convention; it's a destination where the fitness community gathers to gain education, inspiration, and renewed energy! With its affordability, MANIA® caters to both aspiring exercise professionals and seasoned fitness veterans. Interact with your favorite presenters, both local and international, explore the Expo, and embrace the sense of belonging to a vibrant health and wellness community. It's like a shot of adrenaline that propels your fitness career to new heights, sustaining its impact throughout the entire year! MANIA® is a cornerstone in driving the fitness industry forward, providing a platform for learning, growth, and connection.

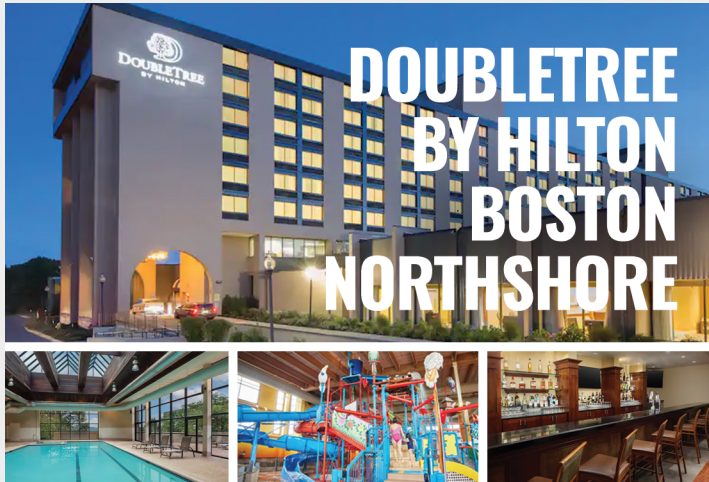
20
CEC/CEUs
OFFERED

65+
ELITE
PRESENTERS

170
UNIQUE
SESSIONS

13
SPECIALTY
CERTS





STAY ON-SITE AT BOSTON MANIA® AND SAVE BIG!

**DoubleTree By Hilton
Boston North Shore
50 Ferncroft Road,
Danvers, MA**

GUARANTEED LOWEST DISCOUNT HOTEL RATE!

\$149 Single/Double/Triple/Quad (Reg. \$246)

What a savings! Pay as little as \$37.25 per night when you share a room with three others!

STAY AT THE CONVENTION HOTEL AND GET MORE!

- FREE Onsite Parking
- FREE Wi-Fi in room for Hilton Honors Members
- FREE cookie upon check in
- Atlantis Sports Club / Water Park of New England
- Onsite Fitness Center with Classes
- Pet-Friendly
- Coffee/Tea Maker
- Microwave
- Mini-Fridge
- 1 king bed or 2 double beds
- Starbucks on-site
- TradeWinds Restaurant
- Rollaway beds (available upon request)



HOTEL ROOM DISCOUNT DEADLINE: TUESDAY, OCTOBER 8TH, 2024

Book early, our hotel ALWAYS SELLS OUT!

Visit www.scwfit.com/boston/hotel to reserve your room online.



Book Now!



PARKING

FREE Onsite Parking for all our MANIA® Attendees!



AIRPORT TRANSPORTATION

UBER/LYFT

Uber or Lyft are \$35-\$55 from/to the airport and hotel.



ATTRACTIONS

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.



VISIT SALEM

Don't forget to explore nearby Salem, where you can see the witch house, the house of the Southern Gables, and the Salem witch trial memorial. Landmarks and history galore! A quick, nine minute drive from MANIA@!



shop the
EXPO



ONE EXCELLENT EXPO: FREE TO ALL!

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



UNITED WE *move*



JOIN THE MANIA® SUPPORT STAFF AND SAVE \$240 OFF YOUR REGISTRATON AND GET 20 CEC/CEUS

SCW is seeking energetic, outgoing, flexible fitness pros to help run our MANIA® Conventions & Business Summit.



- **Work 1 day, get the other 2 days FREE!**
- **Earn 20 CECs** while staffing (SCW, AFAA, ACE, NASM, ACSM, AEA & more!)
- **Save \$240** off the \$399 Registration Price (now only \$159)

- **\$200 OFF** all Live SCW Certifications (was \$359, now \$159)
- **50% OFF** all SCW Apparel
- **50% OFF** all SCW Equipment & Accessories (retail price)
- **FREE** Event T-shirt
- **FREE** SCW Staff dinner party
- **FREE** Evening Masterclass
- **FREE** Refreshments in the SCW Member Room!

Please email Denise Johnston at denise.johnston@scwfit.com or text/call 678-901-9642 for more information.

REGISTRATION HOURS

Thursday, Oct. 31: 6:30am - 8:00pm	Friday, Nov. 1: 6:45am - 6:00pm	Saturday, Nov. 2: 6:45am - 6:00pm
Sunday, Nov. 3: 7:00am - 10:45pm		

EXPO SHOPPING HOURS

Friday, Nov. 1: 10:00am - 11:00am 12:00pm - 2:45pm 3:45pm - 4:30pm	Saturday, Nov. 2: 8:30am - 9:15am 10:30am - 11:00am 12:00pm - 2:45pm 3:45pm - 4:30pm	Sunday, Nov. 3: 10:00am - 1:00pm (Closeout Shopping)
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BECOME AN SCW MEMBER FOR ONLY \$109!

Your Full-Year SCW Membership pays for itself... and then some!

scwfit.com/membership



- **\$150 OFF** any regular 3-day MANIA® registration (was \$399 / now only \$249)
- **FIRST CHOICE** class selection guaranteed at MANIA® Fitness Conventions & Business Summits
- **FREE** Subscription to SCW OnDemand (value \$199)
- **50% OFF** Equipment purchased at the SCW MANIA® booth (retail price)
- **50% OFF** Activewear at the SCW booth (retail price)
- **\$100 OFF** Online Certifications (was \$359, now \$259)
- **20% OFF** Online CEC/CEU Video Courses (was \$40 now \$31.96)
- **\$20 OFF** In-Person Certifications
- **FREE** Webinar Attendance & Recordings
- **FREE** eNewsletters (Spotlite, Business, Aqua)
- **Members-Only Room** at MANIA® (FREE Coffee, Fruit & Snack Bars)
- Sign up at www.scwfit.com/membership



MANIA® REGISTRATION DEADLINE: MONDAY, OCTOBER 7TH, 2024

Avoid late fees! Register by Monday, October 7th, 2024 and lock in your lowest price, saving you \$60 off the \$399 registration fee. Pay only \$339 and receive all your class selections!

RISE

with us



20 CONTINUING EDUCATION CREDITS/ UNITS (CEC/CEUS) IN 1 WEEKEND (FOR BOTH LIVE & RECORDED OPTIONS)



Live MANIA® Conventions, along with our Online Recorded options, provide you with over 20 Continuing Education Credits/Units during the three-day convention! MANIA® CECs/CEU for SCW, ACE, AEA, ACSM, AFAA, NASM, and other providers. We are also available to assist you in obtaining Physical Therapy or other CEUs as needed.



WHO SHOULD ATTEND A MANIA® FITNESS CONVENTION AND THE BUSINESS SUMMIT?

Any fitness professional or enthusiast who wants to up-skill their concentration or expand their knowledge about other areas of fitness education should attend a MANIA® event and our Business Summit!

- Personal Trainers
- Group Fitness Instructors
- Health & Wellness Directors
- Club Owners & Managers
- Nutrition & Lifestyle Coaches
- Small Group Trainers
- Mind/Body Experts
- Facility Managers
- Aqua Instructors
- Health Care Providers



160+ RECORDINGS - 200+ HOURS OF ONLINE EDUCATION... ONLY \$60 FOR 60 DAYS!



Experience over 160 activity sessions, nutrition & business seminars, and lectures with 200+ hours of recorded content for just \$60 for 60 days. Watch the live action of 100 workshops plus 60 recorded sessions for a total of 200 hours of education on your time and at your convenience and earn 20 hours of CECs.



SPONSOR/EXHIBIT/ADVERTISE...PARTNER WITH "THE BEST"

Reach 64,000 via Emails, 58,000 through Text Messages, and 300,000 through Social Media as well as face-to-face contact at our 7 conventions. Our hotels are Non-Union (no drayage fees), providing exhibit booths with tables, chairs, and carpet at no additional cost, located in foyers directly outside Activity Rooms..



For more information, please visit: www.scwfit.com/partner
www.scwfit.com/rockyourbrand or email partner@scwfit.com.

You can also schedule a meeting with our CEO, Sara Kooperman, JD, through calendly.com/SCWFIT



Featured at Boston MANIA®
November 1-3, 2024
FREE for All MANIA® Attendees

The Fittest Minds in the Business.



Attend the SCW Business Summit exclusively, or integrate it with your full MANIA® attendance all for one small price.

This affordable, convenient and intimate Business Summit is a captivating 3-day event featuring 40 hours of elite education with dynamic presenters consisting of industry experts, club owners and managers and boutique studio leaders.

Enjoy lively and informative discussions that delve deep into the latest business trends and topics. This Summit promises to enlighten, explore and inspire! Perfectly suited for both the budding and veteran club owner and manager.

40+ Hours of Mentoring

Business Topics Include:

- Retention
- Technology
- Finances
- Management
- Programming
- Social Media
- Marketing
- Trends
- Sales



scwfit.com/boston/business



MICHAEL SCOTT SCUDDER SCHOLARSHIP

In honor of the life and esteemed career of Michael Scott Scudder, SCW is offering a complimentary attendance to the MANIA® Convention & Business Summit for an enthusiastic club owner, ambitious manager, or emerging entrepreneur. This scholarship opportunity is available to individuals who embody the same high standards and determination for success in the fitness industry that Michael Scott Scudder

exemplified, while also demonstrating financial need. To apply for a scholarship, please visit: www.scwfit.com/SCUDDER.



ATCHARA SEESAWAT SCHOLARSHIP

To honor the life of Atchara Seesawat, SCW is providing a FREE admission to the MANIA® Convention for a Personal Trainer who is trying to better their client experience and expand their ability to help others but does not have the financial means to attend an educational conference. This scholarship is available to both experienced individuals or new trainers who strive to maintain the high-quality of personal training

and dedication to excellence that Atchara Seesawat demonstrated throughout her life. Atchara was a dear friend of Sara Kooperman's who passed away all too soon from pancreatic cancer. To apply for a scholarship, please visit: www.scwfit.com/ATCHARA.



CO-SPONSORS

S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

ASSOCIATE PLUS SPONSORS



ASSOCIATE SPONSORS



EDUCATIONAL SUPPORTERS



thanks to our

SPONSORS!

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

S.E.A.T. is a ready-made, award-winning, chair-based fitness program that strengthens the body and mind, while improving balance & flexibility through functional fitness.

www.seatfitness.com



GRAB THE GOLD®

Stay ahead of the pack with Grab The Gold. Energy snack bars and supplements made with simple, honest ingredients that help you live life to the fullest!

www.grabthegold.com



WATERinMOTION®

WATERinMOTION® is the premier water exercise program that is sweeping the nation! Our Original, Platinum & Strength programs guarantee your members a safe, structured, and creative class!

www.waterinmotion.com



SOULFUSION™

SOULfusion™ is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music.

www.soulfusionfit.com



LABLAST®

LaBlast® Fitness, created by Emmy-nominated choreographer & Dancing with the Stars pro, Louis van Amstel, is a partner-free dance fitness program using music from every era & genre.

www.lablastfitness.com



EXERCISE PROFESSIONAL EDUCATION

Representing almost 30 years of professional work in muscle science and personal training, we provide fresh and exciting educational content that supports your exercise professional career.

www.exerciseproed.com



MENTAL WELLING ASSOCIATION

The world's first mental well-being certification specifically designed for fitness professionals, grounded in evidence-based research and self care practices,

www.mentalwellbeingassociation.org



GYM FIT FINANCIAL

Gymfit Financial guides gym owners and fitness pros to master their finances, streamline operations, and amplify profits. Maximize your time & resources necessary to make a change!

www.gymfitfinancial.com



BOQ FITNESS®

BOQUA (Body Aquatics) programs are designed for all ages and fitness levels and utilize exercises and movements incorporated in sports and sports performance.

www.boqfitness.com



SYMMETRY FOR HEALTH

Symmetry is a postural assessment system designed to improve your client's posture, relieve their pain & improve their function using their AlignSmart technology program.

www.symmetryalignsmart.com



PRINCIPLES OF PROGRAM DESIGN

The Principles of Program Design course was designed to help ensure the training programs you use with your clients are effective, efficient, safe, scalable and repeatable.

www.principlesofprogramdesign.com



PHIL ROSS

Phil helps people build strength, enhance skills, and lead resilient lives. Join Master Phil to transform your body, mind, and spirit with his expert guidance.

www.philross.com



THE MOBILITY RECIPE

Adding mobility training is one of the biggest assets to your fitness business because it is the difference between simply being successful & monopolizing the market - Get certified today!

www.themobilityrecipe.com



ZUMBA®

Get fit, stay fit. Burn calories while having fun at the best exercise class ever or become a dance fitness instructor and change lives. Discover the happier healthier you in a fun way!

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TIGER TAIL®

Tiger Tail's amazing tools massage your whole body from head to toe, helping to relieve sore muscles, soothe stress, and tension, and aid in recovery. Trusted by million-dollar muscles worldwide!

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FIT PRO PROGRAMMING

Fit Pro Programming was born out of the dream of constructing programming that caters to the needs of the instructor, considering them as co-creators of this caring mission of health.

www.fitproprogramming.com



ALIGNMENT ESSENTIALS

Find more peace, balance, and joy in your life while discovering your purpose and power. Begin living the life you deserve with a simple step-by-step practice to guide you on this journey.

www.alignmentessentials.com



CERTS

that go further

ACCREDITED CERTIFICATIONS

THURSDAY, OCTOBER 31

SCW PERSONAL TRAINING CERTIFICATION



Gail Bannister-Munn

Thursday, October 31, 9:00am-6:00pm

\$199 MANIA® Attendees / \$259 Non-Attendees

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

SCW ACTIVE AGING CERTIFICATION



Ann Gilbert

Thursday, October 31, 9:00am-5:00pm

\$199 MANIA® Attendees / \$259 Non-Attendees

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

SCW GROUP EXERCISE CERTIFICATION



Manuel Velazquez

Thursday, October 31, 8:00am-5:00pm

\$199 MANIA® Attendees / \$259 Non-Attendees

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

SCW CHAIR YOGA CERTIFICATION



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

Thursday, October 31, 9:00am-5:00pm

\$199 MANIA® Attendees / \$259 Non-Attendees

Embark on a transformative journey that empowers yoga instructors to lead creative and effective chair yoga classes for all abilities. This comprehensive training focuses on essential techniques like pose adaptations, movement selection, and coaching methods tailored for special populations. Learn to use chairs for sitting, standing, and supported moves, serving a much-needed demographic. The program also covers verbal and visual cueing, memory-improvement strategies, and active aging principles. Graduates will be equipped to bring the healing power of yoga to diverse communities, creating inclusive, supportive environments. Includes practical training, a comprehensive manual, and an online exam. Earn accredited CECs from ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), AFAA (6.0), Yoga Alliance (8.0), and SCW (7.0).

WATERINMOTION® AQUA EXERCISE CERTIFICATION



Autumn Hammer

Thursday, October 31, 9:00am-5:00pm

\$199 MANIA® Attendees / \$259 Non-Attendees

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

SCW AQUATIC EXERCISE CERTIFICATION



Melissa Layne, MEd

Thursday, October 31, 9:00am-5:00pm

\$199 MANIA® Attendees / \$259 Non-Attendees

Dive into the world of water fitness with a nationally recognized certification that provides the essential for anyone looking to teach water exercise. This program covers the benefits of aquatic exercise, anatomy, and kinesiology as applied to water, along with water depth adaptations, movement planes, musicality, and adjustments for special populations. Leadership skills and effective cueing techniques are emphasized through on-site instruction and one-on-one assessments. The certification includes both theoretical and practical training, a comprehensive manual, and an online exam, ensuring you're prepared to lead successful aquatic exercise classes. Accredited for CECs: AEA (7.0), ACE (0.7), ACSM (8.0), AFAA (8.0), NASM (0.8), SCW (8.0).

SCW LIFE COACHING CERTIFICATION



Amber Toole

Thursday, October 31, 9:00am-3:00pm

\$199 MANIA® Attendees / \$259 Non-Attendees

Elevate your career with a dynamic program designed to provide the essential education, guidance, and structure needed to become a successful life coach. Master the fundamentals of life coaching, including wellness, fitness, career, relationship, and personal development coaching. Build a strong foundation for your practice with effective strategies for delivering your services and creating an authentic brand that attracts ideal clients. Guided by industry experts, you'll learn techniques to expand your role, making a significant impact in your community while growing your business. This comprehensive training includes hands-on practice, detailed forms, a manual, and an online exam, equipping you with the skills to inspire and transform lives. Accredited for Continuing Education Credits: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

ONLINE EXCLUSIVE: THE MENTAL WELLBEING CERTIFICATION FOR FITNESS PROFESSIONALS



C. Victor Brick & Lynne Brick, RN, MA

Was \$499 Now only \$299.40

Save 40% when you register with **Discount Code SCW40**

The certification is a 20 hour virtual course.

Introducing the groundbreaking Mental Wellbeing Association (MWA) Certification, tailored for fitness professionals. Built on robust research and self-care principles, it integrates a psychological lens into exercise, nutrition, connection, and mindfulness. By bridging fitness and mental health, we empower professionals to enhance their impact on clients, staff, and communities. Tomorrow's leaders prioritize mental well-being, making this certification essential for career growth. Elevate your credibility, enrich your services, and propel your career forward with this transformative certification. The certification includes a 1-year (MWA) membership. SCW (8.0), ACE (2.0), AFAA (15.0), canfitpro (4.0), NASM (1.9).

SUNDAY, NOVEMBER 3

SCW YOGA 1 CERTIFICATION



Manuel Velazquez

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

\$199 MANIA® Attendees / \$259 Non-Attendees

Begin your journey as a yoga instructor with a comprehensive program that blends theoretical and practical hands-on instruction. This nationally recognized certification covers a wide range of Yoga postures, suitable for diverse clientele, including young or old, fit or de-conditioned, and competitive or recovering athletes. The course integrates the latest scientific research with systematic program design and effective cueing techniques. Both seasoned and novice participants will gain the confidence and qualifications needed to lead successful yoga classes and recovery sessions. The certification includes practical training, a comprehensive manual, and an online examination, ensuring you are equipped to teach yoga to a wide range of participants. Accredited for CECs: ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7), and SCW (8.0).

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



Ann Gilbert

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

\$199 MANIA® Attendees / \$259 Non-Attendees

This comprehensive program is perfect for Active Aging and Specialty Format Instructors looking to elevate their chair exercise classes. Focusing on the aging process, the course delves into physiology, kinesiology, and the unique needs of students requiring extra support. Learn to use a chair as a base for sitting, standing, and supported movements, enhancing group teaching skills. The program covers effective verbal and visual cueing, memory-improvement strategies, and active aging principles. A full-day practical training session includes choreography routines to improve class

SCW CERTIFICATIONS

BOOST YOUR
CAREER *here*







ONLINE *discounted* CERTIFICATIONS

SCW GROUP EXERCISE
 SCW AQUATIC EXERCISE
 SCW PERSONAL TRAINING
 SCW PILATES MATWORK
 SCW FUNCTIONAL PILATES
 SCW YOGA I
 SCW BARRE
 SCW ACTIVE AGING
 SCW FLOWING YOGA
 SCW BOXING
 SCW AQUATIC PERSONAL TRAINING
 SCW AQUA BARRE
 SCW NUTRITION COACHING FOR FITNESS PROFESSIONALS
 SCW HIIT
 SCW GROUP STRENGTH
 SCW STRETCHING & FLEXIBILITY
 SCW T'AI CHI
 SCW MEDITATION
 SCW LIFE COACHING
 SCW FALL PREVENTION

**INCLUDES
 FREE LIVE
 CERT
 WITHIN
 A YEAR!**

Save
\$100
 Norm. \$359

[scwfit.com/certifications](https://www.scwfit.com/certifications)

sequencing, musical phrasing, and teaching skills, supported by the latest online video resources. Both novice and experienced instructors will benefit through enhanced class structure design, routine creation, and leadership development. The course includes a manual, downloadable PowerPoint, a full-hour workout video, music, flashcards, an automated online exam, and a certificate. Accredited for CECs: ACSM (7.0), ACE (7.0), AEA (7.0), AFAA (7.0), NASM (0.7), and SCW (7.0).

SCW PILATES MATWORK CERTIFICATION



Abbie Appel

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

\$199 MANIA® Attendees / \$259 Non-Attendees

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

SYMMETRY POSTURAL MEASUREMENT CERTIFICATION



Patrick Mummy

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

\$199 MANIA® attendees / \$259 Non-Attendees

This is an introductory course to Symmetry's patented postural measurement system called AlignSmart. Learn how to use the Postural Alignment Kit (PAK) to quantify 20 skeletal landmarks to explain compensation patterns that cause dysfunction and pain. In this course, you will learn:

- How to measure postural misalignments using the PAK
- How to quantify these measurements to explain compensation and pain
- The difference between Corrective Exercise and Postural Corrective Exercise
- How to use the AlignSmart software to create corrective routines for your clients

SCW (8.0), ACE (1.8), AFAA (6.0), NASM (0.6), NCBTMB (4.0).

ZUMBA® BASIC 1 TRAINING



Ann Saldi

Sunday, November 3, 7:15am-3:30pm

\$399 Registration Fee

(Use PROMO CODE: TSZUMBA65 to receive a 65% discount)

https://www.zumba.com/en-US/training/2024-11-03_B1__Danvers_US_Zumba_Convention

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

it all STARTS here



MANIA® FITNESS PRO CONVENTION COURSE DESCRIPTIONS

FRIDAY, NOVEMBER 1

FR1
7:30am-8:45am
THE HIDDEN CORE **NEW!**
PHIL ROSS
PERSONAL TRAINER
Master Phil Ross, MS & George Corso, CSCS, NSCA-CPT

Unlock the power within by training your hidden core! This session delves into the concept of the 'cylinder of power,' focusing on the deep core muscles that stabilize and strengthen your entire body. Learn techniques to engage and activate these crucial muscles for better posture, enhanced athletic performance, and overall strength. Discover your true potential from the inside out!

FR1A Friday, 7:30am-8:45am
OPTIMAL MOBILITY: ENHANCING FUNCTIONALITY **NEW!**
Ann Gilbert

This presentation illuminates the significance of exercise, cognitive stimulation, and social engagement in maintaining independence and vitality. Practical tips and lifestyle adjustments are shared, fostering a holistic approach to aging gracefully with optimal functionality.

FR1B Friday, 7:30am-8:45am
ULTIMATE LEG DAY **NEW!**
Amber Toole

Leg day enthusiasts, this one's for you! Supercharge your lower-body training with strength-building programming for sculpting powerful legs and glutes. Learn injury prevention, nutrition tips, and strength-focused workout variations. Elevate your lower-body game and help your clients build strength while achieving amazing results!

FR1C Friday, 7:30am-8:45am
THE WARRIOR® WORKOUT **NEW!**
ALIGNMENT ESSENTIALS
Jani Roberts

The Warrior® Workout is an empowerment practice that is designed to teach you a very strong mind-body connection. It is a fusion of martial arts and functional fitness based on military training. Powerful music will drive you deeper into your practice. Quiet your mind, empower your body.

FR1D Friday, 7:30am-8:45am
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ **NEW!**
LaBlast®
Apy Figueroa

LaBlast® Splash is an aqua dance fitness program created by "Dancing with the Stars" pro, Louis van Amstel. Experience a diverse mix of famous ballroom dances set to your favorite music in the water. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more!

FR1E Friday, 7:30am-8:45am
SIX ROOT CAUSES OF DECREASED LONGEVITY **NEW!**
Melissa Layne, MEd

Unlock the six secrets to a longer, healthier life in this longevity workshop. Explore evidence-based practices to reduce premature mortality and enhance well-being. Dive into nutrition, exercise, stress management, and lifestyle changes that promote vitality and longevity. Empower yourself to live a fulfilling, extended life. (Lecture)

FR1F Friday, 7:30am-8:45am
**RETENTION STRATEGIES:
UNLOCKING THE KEY TO CUSTOMER LOYALTY** **NEW!**

Eduardo Netto, MS

Customer retention is vital for business success, necessitating behavior analysis, personalized experiences, and effective engagement tactics such as loyalty programs. Key strategies include collecting feedback, building trust-based relationships, leveraging CRM technology, tracking retention metrics, studying case studies, and staying ahead of industry trends to maintain customer loyalty. (Business Summit Lecture)

FR1G Friday, 7:30am-8:45am
FR2
9:00am-10:15am
ON THE FLOOR! **NEW!**
Gail Bannister-Munn

Discover the Power of Ground-Based Strength Training! Join us for an engaging session where you'll learn to lead a comprehensive strength class using floor-based exercises. Master advanced techniques, exercises, and progressions designed to maximize muscle engagement and intensity. Expand your training repertoire and elevate your fitness approach with this dynamic method!

FR2A Friday, 9:00am-10:15am
MOVE EFFICIENTLY, EFFECTIVELY & PAIN-FREE **NEW!**

Greg Mack, CPT, CMES

Dive into an exciting exploration of the motor and sensory systems and their connection to pain. This innovative session challenges fit pros to rethink traditional approaches, offering fresh, creative strategies to design and implement exercise programs for our older clients. Help clients experiencing pain or discomfort move more freely and effectively with groundbreaking techniques that transform unsatisfactory movements into empowering, pain-free experiences. (Lecture)

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

CARDIO DANCE  **NEW!****FIT PRO**
PROGRAMMING**Linda McDonald**

Experience the resurgence of dance in fitness like never before! Discover how straightforward dance moves, taught with dynamic energy, can provide an effective cardio workout while leaving students feeling inspired. Infuse incredible music and positive vibes for the ultimate dance-meets-sweat party, where fitness transforms into an exhilarating celebration of movement and energy. Get ready to make fitness fun and inspiring through the pure joy of dance!

FR2C Friday, 9:00am-10:15am**OPTIMAL WARM-UPS WITH 2-4-4**  **NEW!****PPD**
PERSONAL TRAINING**Eric D'Agati & Mike Perry**

Transform your warm-up routines with this dynamic course that enhances movement competency and primes the body, reducing injuries and ensuring effective workouts. Boost your confidence and efficiency with proven strategies that elevate your fitness programming. Learn optimal warm-up techniques for safer, more effective exercise sessions! Join us for an educational and exciting journey into advanced warm-up strategies!

FR2D Friday, 9:00am-10:15am**BUOY, OH BUOY, OH BUOY!** **NEW!****water**
motion**Manuel Velazquez, Mac Carvalho & Tanisha (Tani) Haggard**

Take advantage of aqua dumbbells to build muscular endurance, power, and overall tone. Build lean muscle through the creative use of drag, resistance, and buoyancy by using just one aqua dumbbell or both dumbbells enmeshed, or as under-arm flotation devices. Recharge, refresh and revive your water workouts using hand buoys like never before.

FR2E Friday, 9:00am-10:15am**SIP OR SKIP: ALCOHOL'S TRUE IMPACT**  **NEW!****Eduardo****Melissa Layne, MEd**


Delve into the fascinating world of the mind and body with our workshop on alcohol's impact. Explore its effects on the brain, liver, and overall health. Gain insights into moderation and make informed choices for a healthier, more mindful relationship with alcohol. (Lecture)

FR2F Friday, 9:00am-10:15am**START & GROW YOUR BUSINESS**  **NEW!****BUSINESS**
SUMMIT**Sara Koopermann, Erica Day, Ann Gilbert, & Amber Toole**

Explore your options for guaranteed financial and personal success as a Personal Trainer and/or Business Owner. Painlessly grow your business attracting new clients and retaining valuable customers. Expansion and retention are key. Examine affordable marketing automations (social media, emails, text messages), surveys & feedback, loyalty rewards and simple payment processing to grow your client base and revenue. All necessary and extremely affordable. (Business Summit Lecture)

FR2G Friday, 9:00am-10:15am**FR3****11:00am-12:15pm****ATHLETIC WOMAN: FUNCTION & STRENGTH**  **NEW!****Melissa Layne, MEd & Amber Toole**

You need strength, stamina, flexibility and power for the tasks of everyday life. Functional fitness improves your ability to run a marathon and walk your dog, to lift a barbell and lift your laundry. For whatever life brings you, train like the well-rounded female athlete that you are!

FR3A Friday, 11:00am-12:15pm**"DON'T JUST SIT THERE!" - CHAIR YOGA**  **NEW!****Gusti Ratliff, MEd, E-RYT 500, C-IAYT**

Anyone can do Chair Yoga, including traditional yoga practitioners! Come and experience the possibilities of introducing chair yoga in studios, at work, seminars or any place where getting onto the floor may not be practical. Enjoy the chair yoga alternative.

FR3B Friday, 11:00am-12:15pm**SOULFUSION™ EXPERIENCE** **Michele Park**

Athletic mind-body movement set to crazy fun music! Experience a SOULfusion masterclass and dive deeper into the importance of music and how it connects to movement. Walk away with easy-to-learn, easy-to-teach, fun-to-take choreography to use in your classes right away. SOULfusion is a blend of yoga-inspired moves, flexibility, mobility training, and cardio bursts designed for EVERYbody. It's more than a class, it's an EXPERIENCE!

FR3C Friday, 11:00am-12:15pm**BRING THE TOYS!** **Gail Bannister-Munn**

Discover how myofascial restorative bodywork will release stress and regain vitality. Familiarize yourself with fascia and understand which toys will release restrictions in specific structures that cause misalignment, compensation patterns, aches and pains, and loss of range of motion. Leave with the ability to breathe more easily, increase circulation, balance hormones, and relieve the stress and strains of everyday life.

FR3D Friday, 11:00am-12:15pm**AQUA DISCO** **NEW!****Tanisha (Tani) Haggard**

Dive into the ultimate Aqua Disco party! Trade your platforms for water slides and groove to funky beats in this low-impact, high-energy aqua dance class. Get ready to challenge your muscles, stimulate your brain, and make a splash—no glitter ball needed!

FR3E Friday, 11:00am-12:15pm**PREVENTING COMMON FITNESS INJURIES**  **NEW!****Dr. Edward Laskowski, MD**

This session will discuss common fitness and sports injuries seen in a sports medicine practice. Evidence based strategies for recognizing and preventing these injuries in your training population will also be discussed. (Lecture)

FR3F Friday, 11:00am-12:15pm**ANTI-OBESITY WELLNESS & FITNESS PROGRAMMING**  **NEW!****BUSINESS**
SUMMIT**Bob Esquerre, MA, NSCA-CPT & Ann Gilbert**

Join industry experts Ann & Bob in a vital discussion on the impact of Anti-Obesity Medications (GLP-1 / Ozempic) on fitness programming. Explore customer-centric support, operational preparedness, omni-channel options, and continuing education for seamless service delivery. With over 60 years of combined experience, they will address unresolved questions to enhance weight-loss customer care. (Business Summit Lecture)

FR3G 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.

FLUID CORE FUSION **Manuel Velazquez**

Fluid Core Fusion is the ultimate workout, combining cardio and strengthening segments. Learn specific movements that target the core muscles and dynamic cardio sequences to design your own non-stop cardio-core-strength programming. This session focuses on combining specific core muscle toning moves with functional and dynamic cardio segments to create a complete cardio-core-strength experience.

FR4A Friday, 12:30pm-1:45pm

SITTING PRETTY: STRENGTH & SUPPORT **Ann Gilbert**

Get fit while you sit! In this session, learn innovative sequences that can be performed from a seated position for a total body workout. Perfect for virtual training sessions or accommodating multiple demographics in a gym setting, this low-impact workout provides total body sculpting for all participants. Improve strength, mobility, and balance for clients of every ability.

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

Discover how HIIT, Sprint Interval Training, Tabata, and plyometrics can boost fitness, reduce boredom, and elevate your classes to the next level, keeping your students engaged and progressing.

FR4E Friday, 1:15pm-2:30pm**BUILDING MUSCLE WHILE LOSING FAT**  **NEW!****Melissa Layne, MEd**

Join this transformative workshop and unlock the secrets of building muscle while torching unwanted fat. Explore science-backed strategies, personalized workouts, and nutrition tips to achieve a balanced, strong, and lean physique. Elevate your fitness journey and build your dream body. (Lecture)

FR4F Friday, 1:15pm-2:30pm**GOODBYE BACK PAIN**  **NEW!****Gail Bannister-Munn**

In this expert-led class, you'll explore the root causes of common lower back pain, often linked to lower body mechanics. Using tools like tennis balls, lacrosse balls, foam rollers, yoga blocks, and straps, you'll learn how to guide your clients through targeted muscle care, myofascial release, corrective exercises, and dynamic stretching techniques. This class equips you with practical strategies for long-term pain relief and enhanced mobility.

FR4D Friday, 12:30pm-1:45pm**STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL** **Sara Kooperman, JD, Amber Toole, Jani Roberts, Dr. Edward Laskowski, MD**

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. (Business Summit Lecture)

FR4G Friday, 12:30pm-1:45pm**FR5****2:45pm-4:00pm****MOBILITY TRAINING: ONLINE OR IN-PERSON**  **NEW!****Ruston Webb, MS**

Unlock the untapped potential of mobility training. Integrate mobility exercises into group sessions to enhance client retention, achieve better results, and increase your revenue. Experience firsthand the movement sequences that unlock the body's potential. Don't miss out on this burgeoning trend in the fitness industry. Join Ruston and stay ahead in this competitive market.

FR5A Friday, 2:45pm-4:00pm**STRENGTH TRAINING FOR LONGEVITY & VITALITY II**  **NEW!****Sara Kooperman, JD**

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

FR5B Friday, 2:45pm-4:00pm**HUSTLE & FLOW**  **NEW!****Tanisha (Tani) Haggard**

This total body workout gives you the best of both worlds to improve your cardiovascular endurance and get those muscles pumping! Tone all muscle groups in a session that magically blends intense cardio bursts while focusing on slow motion strength exercises. Hustle up and enjoy the flow!

FR5C Friday, 2:45pm-4:00pm**FR4 - LUNCHTIME SESSION 2 1:15pm-2:30pm**

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

STEP, STAMINA & STRENGTH  **NEW!****Siri Chilazi, MBA, MA**

Everything you love about Step Aerobics plus seamlessly integrated full-body training to build strength and stamina! This session alternates between classic aerobic step combinations and strength training intervals for a dynamite workout that leaves you sweaty and smiling. Learn to create and deliver this all-levels workout to pack your classes!

FR4C Friday, 1:15pm-2:30pm**WATER REMIX** **NEW!****Dawn Stenis**

Stuck in a choreography rut or noticing your students aren't seeing results? Revitalize your classes with high-intensity intervals and power.

COLLECTIVE
Zen



**CERTIFICATIONS
THURSDAY,
OCTOBER 31**



SCW PERSONAL TRAINING CERTIFICATION
Bannister-Munn
9:00am-6:00pm



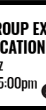
SCW ACTIVE AGING CERTIFICATION
Gilbert
9:00am-5:00pm



SCW GROUP EX CERTIFICATION
Velazquez
8:00am-5:00pm



SCW CHAIR YOGA CERTIFICATION
Ratliff
9:00am-5:00pm



WATERINMOTION® CERTIFICATION
Hammer
9:00am-5:00pm



SCW AQUATIC EXERCISE CERTIFICATION
Layne
9:00am-5:00pm



SCW AQUATIC EXERCISE CERTIFICATION
Layne
9:00am-5:00pm



SCW AQUATIC EXERCISE CERTIFICATION
Layne
9:00am-5:00pm



SCW AQUATIC EXERCISE CERTIFICATION
Layne
9:00am-5:00pm



SCW AQUATIC EXERCISE CERTIFICATION
Layne
9:00am-5:00pm

**BOSTON
MANIA®**

FIT PRO CONVENTION

A
HIIT / STRENGTH / CORE

B
FUNCTION / ACTIVE AGING

C
GX / DANCE /
SMALL GROUP TRAINING

D
RECOVERY / MIND BODY

E
AQUA (STARTS IN LECTURE)

FRIDAY, NOVEMBER 1

FR1	7:30am-8:45am	THE HIDDEN CORE Ross & Corso	OPTIMAL MOBILITY: ENHANCING FUNCTIONALITY Gilbert	ULTIMATE LEG DAY Toole	THE WARRIOR® WORKOUT Roberts	LABLAST® SPLASH: BUOYANT BALLROOM BLITZ Figueroa
FR2	9:00am-10:15am	ON THE FLOOR! Bannister-Munn	MOVE EFFICIENTLY, EFFECTIVELY & PAIN-FREE Mack	CARDIO DANCE McDonald	OPTIMAL WARM-UPS WITH 2-4-4 D'Agati & Perry	BUOY, OH BUOY, OH BUOY! Velazquez, Haggard, & Carvalho
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Layne & Toole	"DON'T JUST SIT THERE!" - CHAIR YOGA Ratliff	SOULFUSION™ EXPERIENCE Park	BRING THE TOYS! Bannister-Munn	AQUA DISCO Haggard
EXPO SHOPPING 12:00pm-2:45pm						
FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FLUID CORE FUSION Velazquez SESSION 1	SITTING PRETTY: STRENGTH & SUPPORT Gilbert SESSION 1	STEP, STAMINA & STRENGTH Chilazi SESSION 2	GOODBYE BACK PAIN Bannister-Munn SESSION 1	WATER REMIX Stenis SESSION 2
FR5	2:45pm-4:00pm	MOBILITY TRAINING - ONLINE OR IN-PERSON Webb	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	HUSTLE & FLOW Haggard	SYMMETRY - SCIENTIFIC STRETCHING Mummy & Bannister-Munn	AQUA BOOT CAMP BOQ-STYLE Ford
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	DEEP CORE AND PELVIC FLOOR Layne	TIME WITH TISSUE Gilbert	BARRE HARD CORE McDonald	PILATES POWERED BY CORESPRING® d'Anconia	AQUA VIBES Stenis
FR7	6:00pm-7:00pm	DANCE OFF! LaBlast®, ZUMBA®, Alignment Essentials, Haggard & Velazquez	FITNESS IDOL Kooperman, Gilbert, Esquerre & Toole		FOAM ROLLING OFF THE FLOOR Chilazi	

SATURDAY, NOVEMBER 2

SA1	7:30am-8:45am	REVITALIZE YOUR CORE TRAINING D'Agati & Perry	TAILORED TRAINING FOR ACTIVE AGERS Toole	BAND CAMP Bannister-Munn	FOREVER PILATES Appel	SILVER TSUNAMI Velazquez, Haggard & Carvalho
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am			KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD ROOM B		
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	FULL BODY 3D HIIT-CIRCUIT Layne & Toole	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	SOULKICKBOXING™ Coleman	GENTLE YOGA FOR MOBILITY Kooperman	AQUA ZUMBA® Cusson
EXPO SHOPPING 12:00pm-2:45pm						
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	KETTLEBELL TRAINING FOR WOMEN Ross & Corso SESSION 1	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb SESSION 2	ZUMBA® Saldi SESSION 2	RECOVERY FOR LONGEVITY Appel SESSION 1	MOVE, SHAKE, SPLASH Stenis SESSION 1
SA5	2:45pm-4:00pm	KILLER CORE Appel	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert	LABLAST® FITNESS: BALLROOM BLITZ Figueroa	WARRIOR® TAI CHI YOGA AND QI GONG FUSION Roberts	AQUATIC EQUIPMENT INNOVATIONS Ford
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	EMOM - EVERY MINUTE TO WIN IT! Appel	AGE DEFYING MOBILITY TRAINING: ENHANCING LONGEVITY Webb	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy & Bannister-Munn	YOGA TOUCH Kooperman	AQUATIC AGING ATHLETE - WOMEN WARRIORS! Gilbert

SUNDAY, NOVEMBER 3

SU1	7:30am-8:45am	TRAIN THE FEMALE ATHLETE Ross & Corso	LABLAST® CHAIR FITNESS: PULL UP A SEAT Figueroa	NAIL THE PERFECT WARM-UP Chilazi	MOVING MEDITATIONS Roberts	AB-SOLUTE AQUA STRENGTH! Henry
SU2	9:00am-10:15am	SOULSTRENGTH™ EXPERIENCE Park	ACTIVE AGING PLAYGROUND Toole	MASTERING EXERCISE PROGRESSIONS WITH THE BELT SYSTEM D'Agati & Perry	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Chilazi	4 FUNCTIONAL AQUA CIRCUITS Layne
EXPO SHOPPING 10:00am-1:00pm						
SU3	10:45am-12:00pm	PUMPED UP STRENGTH Stenis	LABLAST® FITNESS FOR ALL AGES Figueroa	BASIC TO BADASS : PROGRESSIVE TRAINING PROTOCOLS Lenart	PELVIC FLOOR MAKEOVER Head	RIDE THE WAVE Haggard & Carvalho
SU4	12:15pm-1:30pm	PROGRAMMING CORE WORKOUTS & CLASSES Chilazi	SENIOR CIRCUIT Haggard	BARREFUSION™ EXPERIENCE Coleman	HUMAN REFORMER PILATES Lenart	DEEP WAVES Henry

**CERTIFICATIONS
THURSDAY,
NOVEMBER 3**



SCW YOGA 1 CERTIFICATION
Velazquez
7:30am-3:30pm



SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION
Gilbert
7:30am-3:30pm



SYMMETRY POSTURAL MEASUREMENT CERTIFICATION
Munany
7:30am-3:30pm



SCW PILATES MATWORK CERTIFICATION
Appel
7:30am-3:30pm



ZUMBA® BASIC 1 TRAINING
Saldi
7:45am-3:30pm



ZUMBA® BASIC 1 TRAINING
Saldi
7:45am-3:30pm



ZUMBA® BASIC 1 TRAINING
Saldi
7:45am-3:30pm



ZUMBA® BASIC 1 TRAINING
Saldi
7:45am-3:30pm



ZUMBA® BASIC 1 TRAINING
Saldi
7:45am-3:30pm



ZUMBA® BASIC 1 TRAINING
Saldi
7:45am-3:30pm

 <p>SCW LIFE COACHING CERTIFICATION Toole 9:00am-3:00pm</p>	 <p>THE MENTAL WELLBEING CERTIFICATION FOR FITNESS PROFESSIONALS C. Brick and L. Brick <i>Online Exclusive</i></p>
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<p>F NUTRITION / EX. SCIENCE</p>	<p>G BUSINESS</p> 
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<p>PRE-RECORDED PERSONAL TRAINING</p>	<p>PRE-RECORDED RESTORE / PILATES / TAI-CHI</p>	<p>PRE-RECORDED AQUA EXERCISE</p>	<p>PRE-RECORDED</p> 
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<p>SIX ROOT CAUSES OF DECREASED LONGEVITY Layne</p>	<p>RETENTION STRATEGIES: UNLOCKING THE KEY TO CUSTOMER LOYALTY Netto</p>
<p>SIP OR SKIP: ALCOHOL'S TRUE IMPACT Layne</p>	<p>START & GROW YOUR BUSINESS Kooperman, Day, Gilbert, Toole</p>
<p>EXPO SHOPPING 10:00am-11:00am</p>	
<p>PREVENTING COMMON FITNESS INJURIES Laskowski</p>	<p>ANTI-OBESITY WELLNESS & FITNESS PROGRAMMING Esquerre & Gilbert</p>
<p>EXPO SHOPPING 12:00pm-2:45pm</p>	
<p>BUILDING MUSCLE WHILE LOSING FAT Layne SESSION 2</p>	<p>STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL Kooperman, Toole, Roberts, & Laskowski SESSION 1</p>
<p>CRACKING THE CODE TO WEIGHT LOSS Toole</p>	<p>OPERATING A PROFITABLE BOUTIQUE STUDIO Gilbert</p>
<p>EXPO SHOPPING 3:45pm-4:30pm</p>	
<p>HOW YOU MOVE MATTERS Laskowski</p>	<p>RETHINKING OBESITY TREATMENT: ELEVATE YOUR BUSINESS Rogers</p>
  	<p>KEYNOTE & COCKTAILS: 5 KEYS FOR FINANCIAL FITNESS SUCCESS Patrick Mummy • Room G</p>

<p>GAME YOUR CORE Velazquez</p>	<p>YOGA-PILATES RESTORE Bannister-Munn</p>	<p>H2O RAPID RESISTANCE Kulp</p>	<p>MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS McBee</p>
<p>HIIT 'EM UP STYLE DANCE JAM Turner</p>	<p>NO (DOWNWARD FACING) DOGS ALLOWED Fulton</p>	<p>AQUA ARTICULATIONS AND CARDIO Pyle</p>	<p>PUBLIC RELATIONS FOR FITNESS PROS DaCosta</p>
<p>ALL TIME HIITS Appel</p>	<p>FLOW FREE & BE Spreen-Glick</p>	<p>AQUA YOGA BARRE Wartenberg</p>	<p>YOUR FINANCIAL HEALTH Ross</p>
<p>TOTAL BODY STRENGTH Richards</p>	<p>ELEVATED: NEXT LEVEL ACTIVE RECOVERY Robinson</p>	<p>CORE FUSION H2O Vandenberg</p>	<p>GROWTH: MUST OR BUST Kooperman, Ball, Clark, Ross & Dennis</p>
<p>73 WAYS TO HIT THE GLUTES Groves</p>	<p>QIGONG & SELF HEALING Craddock</p>	<p>WHEN BREATH MEETS WATER: AQUA YOGA Lemons</p>	<p>THE NUTS & BOLTS OF BUSINESS Esquerre</p>
<p>PLANKS WITH PROPS Esau</p>	<p>POPPIN' BOOTY PILATES Stys</p>	<p>POOL PERSONAL TRAINING Lagerhausen</p>	<p>SMALL BUSINESS GRASSROOTS MARKETING Kahn</p>
<p>CORE AMORE Madden</p>	<p>YOGA GROOVES Brasher</p>	<p>H2O STRENGTH Kulp</p>	<p>BUILD A HIGH PERFORMANCE TEAM Gilbert</p>

<p>UNDERSTANDING EXERCISE & ANTI-OBESITY MEDICATIONS Rogers</p>	<p>SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Esquerre</p>
<p>EXPO SHOPPING 8:30am-9:15am</p>	
<p>KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD ROOM B</p>	
<p>EXPO SHOPPING 10:30am-11:00am</p>	
<p>EXERCISE ANALYSIS Mack</p>	<p>RUN YOUR FITNESS BUSINESS! Day</p>
<p>EXPO SHOPPING 12:00pm-2:45pm</p>	
<p>PHYSICS OF PAIN & PERFORMANCE Mummy SESSION 2</p>	<p>FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman SESSION 1</p>
<p>STRENGTHEN THE VAGUS NERVE Layne</p>	<p>PACK YOUR PT SESSIONS: SUCCESSFUL SALES Kooperman, Toole, Webb & Spitz</p>
<p>EXPO SHOPPING 3:45pm-4:30pm</p>	
<p>TRENDING DIETS & WEIGHT LOSS MEDS Digsby</p>	<p>CREATE CONTENT TO BOOST SALES Toole</p>

<p>SEXY, SMART STRENGTH FOR WOMEN McCormick</p>	<p>BEAUTY & THE BEAST: YOGA POWER BAR Wartenberg</p>	<p>TABATA AQUA RUNNING & CONDITIONING Haggard</p>	<p>BUILDING A FINANCIALLY SUCCESSFUL GYM Kleckner</p>
<p>GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE (filmed at previous SCW Conventions) when you Add Boston MANIA® 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!</p>			
<p>LEG CIRCUIT BLAST FOR POWER Williams</p>	<p>BY ANY STRETCH Appel</p>	<p>FRONT & CENTER H2O Gilbert</p>	<p>FILL YOUR SMALL GROUP TRAINING Varol</p>
<p>BALANCE YOUR HIIT Lenart</p>	<p>PILATES 4 LIFE Kahn</p>	<p>AQUA YOGA FOR ARTHRITIS Fairbrother</p>	<p>SIGNATURE SAUCE FOR SIX-FIGURE SUCCESS Diggs</p>
<p>FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Mike</p>	<p>HANDS ON STRETCHING Bannister-Munn</p>	<p>WARM WATER STRONG McCormick</p>	<p>STOP SELLING & CREATE CULTURE Gilbert</p>
<p>COACHING CORE ENGAGEMENT Chilazi</p>	<p>THE BATTLE FOR MOBILITY McCormick</p>	<p>WAVES COMBAT: BEATS AND POWER MOVES Sepulveda</p>	<p>NEGOTIATION STRATEGIES FOR FITNESS PROS Thews</p>

<p>THE GUT - SLEEP NETWORK EFFECT Layne</p>	<p>INNOVATIVE TECH FOR SUPERIOR CLIENT OUTCOMES Digsby</p>
<p>KITCHEN MAKEOVER FOR FOOD LOVERS Digsby</p>	<p>PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL Esquerre</p>
<p>EXPO SHOPPING 10:00am-1:00pm</p>	
<p>NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby</p>	<p>CLIENT RETENTION MADE EASY D'Agati & Perry</p>
<p>MAGNESIUM: BOOST PERFORMANCE, ENHANCE RECOVERY Toole</p>	<p>SCULPTING YOUR PERSONAL TRAINING SUCCESS De Leon</p>

<p>BODY WEIGHT MILITIA Garland</p>	<p>FLEXIBILITY - STOP DOING IT WRONG Metcalf</p>	<p>CIRQUE DU SUSPEND: IMPACT-FREE AQUA EXERCISE Gili</p>	<p>BUSINESS BLUEPRINT Robinson</p>
<p>BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING Rockit</p>	<p>PILATES: MAT TO THE MAX Appel</p>	<p>AQUA STRIDES & STRENGTH Dziubinski</p>	<p>5 STAR MANAGEMENT Spreen-Glick</p>
<p>LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY Chilazi</p>	<p>YOGA-BATA VIIT Lemons</p>	<p>AQUA CORE SENIOR STYLE Kulp</p>	<p>CLUB, STUDIO & CLIENT RETENTION Kooperman</p>
<p>Access to pre-recorded sessions can be found at scwfit.com/boston</p>			

RECORDED SESSIONS are filmed live at this MANIA® Convention and are only available online after the event at \$60 for 60 days with unlimited access.

SYMMETRY: SCIENTIFIC STRETCHING  **NEW!****Patrick Mummy & Gail Bannister-Munn**

Ever wish you had a quantifiable system for measuring the success and outcome of corrective exercise? In this session, you will learn, practice, and implement the AlignSmart™ system to measure and create custom corrective exercise routines. Leave ready to assist, mentor, coach, and guide clients through their journey to be pain-free and performance-ready.

FR5D Friday, 2:45pm-4:00pm**AQUA BOOT CAMP BOQ - STYLE**  **NEW!****Tom Ford**

Swing, Punch and Run in a "completely" new aquatic workout! Experience a truly unique session utilizing movements from many different sports and using resistive aquatic exercise equipment. This explosive, intense and fun workout will strengthen your core, tone your arms and legs, all while improving your coordination and balance.

FR5E Friday, 2:45pm-4:00pm**CRACKING THE CODE TO WEIGHT LOSS**  **NEW!****Amber Toole**

Uncover the common pitfalls clients encounter in their pursuit of quick-fix weight loss solutions. This session highlights key health foundations for lasting success, examines how dieting history affects metabolism, and offers actionable coaching strategies to help clients achieve sustainable, long-term weight loss results. (Lecture)

FR5F Friday, 2:45pm-4:00pm**OPERATING A PROFITABLE BOUTIQUE STUDIO**  **NEW!****Ann Gilbert**

Uncover the keys to opening and managing a successful boutique studio from a 40-year business owner who reveals her path to success. Learn how to balance passion with the inevitable challenges of frustrations and failures. Gain insights into building loyal, productive teams, overcoming inflation, and driving business growth. (Business Summit Lecture)

FR5G Friday, 2:45pm-4:00pm**FR6****4:30pm-5:45pm****DEEP CORE AND PELVIC FLOOR**  **NEW!****Melissa Layne, MEd**

Join an inclusive workshop focusing on deep core and pelvic floor health for all genders. Discover exercises and techniques to strengthen and support these vital muscle groups, promoting better posture, balance, better bladder function, and overall wellness. Take control of your core and pelvic floor health in this informative and empowering session.

FR6A Friday, 4:30pm-5:45pm**TIME WITH TISSUE**  **NEW!****Ann Gilbert**

Practice mobility exercises to optimize agility as you move through your fitness age. Improve ROM, increase vitality & get moving with this easy-to-follow mobility sequence. Leave with a clear understanding of how we, as fit Pros, can contribute to movement that can transfer to advanced activities of daily living. This session is for all clients 20-90 years of age.

FR6B Friday, 4:30pm-5:45pm**BARRE HARD CORE**  **NEW!****Linda McDonald**

Legs may get all the glory in a barre class but do you know what part of your body is the real winner? YOUR CORE! Barre focus on balance, core stability, and maintaining a neutral pelvis, make it a killer core workout from start to finish without requiring a single crunch.

FR6C Friday, 4:30pm-5:45pm**PILATES POWERED BY CORESPRING®**  **NEW!****Charlyn d'Anconia, MA, NCPT**

Experience the CoreSpring® workout, where Pilates principles merge with dynamic spring-loaded resistance. This unique Spring Reformer, powered by your movements, offers a personalized and responsive exercise experience. Enhance your core strength, flexibility, balance, and overall body conditioning in a session designed to elevate your fitness and functional performance.

FR6D Friday, 4:30pm-5:45pm**AQUA VIBES**  **NEW!****Dawn Stenis**

Treat your aqua students to a vibrant dance party, all while persuading them to work hard. Take them back in time and invigorate them with the dances they grew up loving on land, but using the properties of water to make it a killer workout! They'll be having so much fun they won't even notice how hard they are working!

FR6E Friday, 4:30pm-5:45pm**HOW YOU MOVE MATTERS**  **NEW!****Dr. Edward Laskowski, MD**

This session will discuss the importance of ensuring proper movement patterns when performing sports activities as well as when training with resistance. Evidence based strategies to protect from injury as well as optimize performance will be outlined. (Lecture)

FR6F Friday, 4:30pm-5:45pm**RETHINKING OBESITY TREATMENT:****ELEVATE YOUR BUSINESS**  **NEW!****Dr. Renee Rogers, PHD, FACSM**

Obesity is a complex metabolic disease that typically cannot be addressed with a one-size-fits-all program. The fitness industry has cycled through generations of weight loss trends, often providing solutions rather than creating supportive environments. This session focuses on using behavior strategies to enhance your business approach.

(Business Summit Lecture)

FR6G Friday, 4:30pm-5:45pm**FR7****6:00pm-7:00pm****MANIA® DANCE OFF!** 

Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with LaBlast®, Zumba®, Alignment Essentials, Tani Haggard, & Manuel Velazquez and learn tons of new moves to drive your dance programs to the next level. You even can win a free certification from one of these amazing programs. It's going to be a party of epic proportions!

FR7A Friday, 6:00pm-7:00pm**FITNESS IDOL** **Judges: Sara Kooperman, JD, Ann Gilbert, Bob Esquerre, MA, NSCA-CPT, & Amber Toole**

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 2024 SCW newsletters, but you'll get a chance to show off your skills as a featured presenter at the 2025 SCW MANIA® Convention of your choice!

Each 2024 SCW Fitness Idol Winner receives:

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

FR7B Friday, 6:00pm-7:00pm

FOAM ROLLING OFF THE FLOOR  **NEW!****Siri Chilazi, MBA, MA**

Unlock the power of foam rolling for all clients—even those who struggle with floor exercises! In this dynamic session, you'll explore standing and seated techniques that deliver safe, effective myofascial release. Leave empowered to boost your clients' flexibility, reduce their injury risk, and enhance their mobility—all while keeping them comfortably off the floor!
FR7D Friday, 6:00pm-7:00pm

KEYNOTE & COCKTAILS:**5 KEYS FOR FINANCIAL FITNESS SUCCESS**  **NEW!****Patrick Mummy**

Unlock your financial potential with this inspiring and innovative session. Discover essential strategies to maximize profits, minimize losses, and build a thriving fitness business. Learn how to position yourself as a top professional, leverage key business principles, and achieve sustainable growth. Ideal for fitness entrepreneurs of all levels aiming to elevate their business acumen and success. (Lecture)

FR7G Friday, 6:00pm-7:00pm**SATURDAY, NOVEMBER 2****SA1****7:30am-8:45am****REVITALIZE YOUR CORE TRAINING**  **NEW!****Eric D'Agati & Mike Perry**

Discover the true power of core training beyond just ab exercises! Immerse yourself in the intricate core systems and understand the essential how, what, when, and why of selecting and programming core exercises. Learn to enhance health, fitness, and performance with scientifically-backed techniques that ensure effective and comprehensive core training.
SA1A Saturday, 7:30am-8:45am

TAILORED TRAINING FOR ACTIVE AGERS  **NEW!****Amber Toole**

This session is all about safe and effective workout routines for Active Agers. Discover personalized training strategies that cater to the unique needs of older adults, promoting mobility, strength, and overall well-being. Learn how to empower your senior clients to age gracefully and healthily.
SA1B Saturday, 7:30am-8:45am

BAND CAMP **Gail Bannister-Munn**

This full body strength workout using resistance bands will strengthen your muscles as effectively as traditional weights. Target your entire body—upper, lower and core to enhance coordination, increase muscle endurance and rehab injured fibers. Experience a workout that creatively tones and builds strength without the use of heavy equipment.
SA1C Saturday, 7:30am-8:45am

FOREVER PILATES  **NEW!****Abbie Appel**

Pilates is for everyone! Develop a Pilates program that helps your active agers feel great and move functionally to live their best lives. Experience a Pilates mat program featuring 15 movement modifications and progressions that enhance mobility, balance, and muscular endurance. Learn how proper posture improves function and confidence, empowering clients to keep doing what they love!

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

reach higher
AS ONE



SILVER TSUNAMI**Manuel Velazquez, Tanisha (Tani) Haggard, & Mac Carvalho**

Enjoy a tsunami of creativity with these senior-inspired routines. Leave with six (6) 64-count choreography blocks of captivating aqua sequences. Manual dexterity, ankle mobility, balance options, and neuroplasticity games are all integrated to improve your aqua aging programming. Comprehensive choreography handouts enhance your movement mastery. Stay current with purpose!

SA1E Saturday, 7:30am-8:45am**UNDERSTANDING EXERCISE & ANTI-OBESITY MEDICATIONS** **NEW!****Dr. Renee Rogers, PHD, FACSM**

Obesity medicine has been transformed by the introduction of contemporary anti-obesity medications, which are highly effective. This session will cover new and developing medications, including their prescription, indications, and medical management. Additionally, programming considerations and necessary adaptations for working with clients using these medications will be discussed. (Lecture)

SA1F Saturday, 7:30am-8:45am**SELLING WITHOUT SELLING:
IT'S ABOUT THE RELATIONSHIP!** **NEW!****Bob Esquerre, MA, NSCA-CPT**

The Selling Concept has been one of the most terrifying experiences for FitPros! It's terrifying because we don't understand it. Join Bob as he "strips-bare" the selling mystique by talking about Emotion, Value & Trust instead of traditionally aggressive sales tactics! (Lecture)

SA1G Saturday, 7:30am-8:45am**SA2 KEYNOTE****9:15am-10:30am****WHERE HEALTHY MEETS HAPPY** **NEW!****Sohailla Digsby, RDN, LD**

It is absolutely possible to fully enjoy life's indulgences and maintain long-term fitness simultaneously! Sohailla will unveil the blueprint that will guide you to the intersection of lasting health and happiness, leaving guilt behind. Once the secret formula is uncovered, you'll realize that relentless, stressful efforts are not required to strike your life-giving balance.

SA2B Saturday, 9:15am-10:30am**SA3****11:00am-12:15pm****FULL BODY 3D HIIT - CIRCUIT** **NEW!****Melissa Layne, MEd & Amber Toole**

Most workout programs take place in the sagittal plane with a focus on muscle splitting. This kind of programming massively misses out on the body's full movement training potential. We have programmed a functional full body circuit workout that intentionally incorporates and balances out all three planes of motion.

SA3A Saturday, 11:00am-12:15pm**SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE** **NEW!** **Ruston Webb, MS**

Step up your fitness game by mastering exercises that alleviate shoulder pain and prevent injuries. This course empowers fitness professionals to enhance client satisfaction and results, increasing retention and profit. Learn to optimize performance through pain-reducing strategies, and watch your business thrive. Don't miss this opportunity to elevate your expertise!

SA3B Saturday, 11:00am-12:15pm**SOULKICKBOXING™** **Lindsey Coleman**

SOULkickboxing™ is a creative fusion of kickboxing, dance, inspired-cardio, balance, and the ultimate in conditioning sequences, all in our signature FIGHTER FLOW. Set to crazy, fun and motivating music, SOULkb guarantees that you find your FOCUS, find your FIGHT, and find your FLOW! No equipment needed! Time to bring out your inner BADASSERY!

SA3C Saturday, 11:00am-12:15pm**GENTLE YOGA FOR MOBILITY** **NEW!****Sara Kooperman, JD**

This yoga practice emphasizes joint health, muscle tension release, and a mindful approach to alignment through core stability. The movements can be incorporated into your daily life, helping to maintain or improve mobility, stability, and flexibility for functional, healthy aging.

SA3D Saturday, 11:00am-12:15pm**AQUA ZUMBA®** **NEW!****Tee Cusson**

Make a splash and experience the refreshing, invigorating Zumba® pool party featuring multiple Latin and International dance rhythms! This unique workout in the water complements all the muscles and allows students of all fitness levels, as well as those with disabilities or physical limitations, to join the Zumba experience!

SA3E Saturday, 11:00am-12:15pm**EXERCISE ANALYSIS** **NEW!****Greg Mack, CPT, CMES**

Explore how the body balances, responds to change, and manages stress. Both beginner and veteran personal trainers leave with a clear understanding of essential concepts including stability, physical adaptations and stress over time. Apply this knowledge to create effective exercise plans for athletic youth and older adults alike. (Lecture)

SA3F Saturday, 11:00am-12:15pm**RUN YOUR FITNESS BUSINESS!** **NEW!****Erica Day**

Whether you are an independent trainer or a studio owner, ready to take your fitness business to the next level? Whether you're just starting or have years of experience, this 75-minute session will give you the tools to succeed. Learn the exact system we use with six-figure clients to grow profits, manage cash flow, and ensure you're paying yourself what you're worth. (Business Summit Lecture)

SA3G 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.

KETTLEBELL TRAINING FOR WOMEN **NEW!****Master Phil Ross, MS & George Corso, CSCS, NSCA-CPT**

Empower your fitness journey with kettlebell training designed specifically for women! This session focuses on building strength, enhancing endurance, and sculpting muscles through dynamic, functional movements. Perfect for all fitness levels, you'll learn techniques to maximize results and boost confidence. Join us to lift, swing, and transform your body in a supportive and energetic environment.

SA4A Saturday, 12:30pm-1:45pm**RECOVERY FOR LONGEVITY** **NEW!****Abbie Appel**

Unlock effective myofascial active recovery techniques in this hands-on workshop. Learn how to use foam rollers and tennis balls for guided muscle care and stretching that benefits all ages. Improve flexibility, mobility, and range of motion while relieving muscle knots, aches, and pains to enhance overall well-being and support long-term movement health..

SA4D Saturday, 12:30pm-1:45pm

MOVE, SHAKE, SPLASH NEW!

Dawn Stenis

Your students love to move & shake with great choreography, but they crave power too. Make a splash with the best of both worlds! Learn how to strategically add intensity to your water fitness classes and seamlessly blend it into your choreography. Keep your class feeling familiar yet fresh, ensuring success and challenge for all.

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

**FIT FOR BUSINESS:
LEADING FOR MAXIMUM PERFORMANCE** NEW!



Sara Kooperman, JD

Being a leader seems glamorous. We all think it gives us freedom, extra income and power. In reality, leadership and management are draining, exhausting, and often leave you wanting to pull the covers over your head. Discover how to lead for maximum performance using simple tricks to provide you the success you deserve, the time you so desperately need and the fulfillment that makes your career worth pursuing! (Business Summit Lecture)

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

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.

MASTER KNEE-PAIN REDUCTION STRATEGIES NEW!



Ruston Webb, MS

Unlock the secrets to mitigating knee pain and preventing injuries through targeted exercises. As a fitness professional, you'll learn to optimize performance for your clients, enhancing satisfaction and profitability. Elevate your training approach to foster remarkable results, greater retention, and a thriving business. Join us and revolutionize your fitness strategy!

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

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.

SA4C Saturday, 1:15pm-2:30pm

PHYSICS OF PAIN & PERFORMANCE NEW!



Patrick Mummy

Utilize physics as it pertains to musculoskeletal compensations and pain planes of motion to get your clients proactive and compliant with corrective exercises. Employ postural analysis pre- and post-workout to reinforce healthy daily habits, and ultimately increase athletic performance. (Lecture)

SA4F Saturday, 12:30pm-1:45pm

SA5

2:45pm-4:00pm

KILLER CORE NEW!

Abbie Appel

There's a thin line between love and hate with Core Training! Tune up your teaching techniques, alter intensity variables and add innovation to standard exercises that train your clients and classes to love Core Training. Discover how mixing slow, controlled movements with speed and tempo changes will heighten body awareness, build core strength, enhance spinal stabilization and add challenge for your most demanding class participants.

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

S.E.A.T.®

SUPPORTED EXERCISE FOR AGELESS TRAINING NEW!



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!

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

LABLAST® FITNESS: BALLROOM NEW!



Apy Figueroa

LaBlast® is a dance fitness program created by "Dancing with the Stars" pro, Louis van Amstel. Experience a diverse mix of famous ballroom dances set to your favorite music. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more!

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



WARRIOR® TAI CHI YOGA AND QI GONG FUSION  **NEW!****Jani Roberts**

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

SA5D Saturday, 2:45pm-4:00pm**AQUATIC EQUIPMENT INNOVATIONS**  **NEW!****Tom Ford**

Discover the various uses and differences between assistive and resistive Aquatic exercise equipment and how they integrate into creative and effective programming options. Learn the materials used and the properties they possess. Understand the pros and cons of each and the fact they both have an exciting and innovative place in aquatic exercise.

SA5E Saturday, 2:45pm-4:00pm**STRENGTHEN THE VAGUS NERVE**  **NEW!****Melissa Layne, MEd**

The vagus nerve is the main nerve of the parasympathetic nervous system which calms the body after stress. Discover its untapped potential in this session that focuses on the science and connection of fascia and the vagus nerve. Experience the vagus nerve's impact on performance and well-being. Learn myofascial release techniques and strategies for stimulating and reducing stress to unlock client success. (Lecture)

SA5F Saturday, 2:45pm-4:00pm**PACK YOUR PT SESSIONS: SUCCESSFUL SALES**  **NEW!****Sara Kooperman, JD, Amber Toole, Ruston Webb, MS & Joey Spitz, MBA**

Whether you're a seasoned personal trainer or a studio owner, this session is your crystal ball to future-proof your business. Learn the art of selling with expert insights, debunking myths, and crafting strategies tailored to diverse clientele. Join our interactive panel and elevate your sales game to new heights! (Business Summit Lecture)

SA5G Saturday, 2:45pm-4:00pm**SA6****4:30pm-5:45pm****EMOM - EVERY MINUTE TO WIN IT!**  **NEW!****Abbie Appel**

EMOM is a HIIT protocol meaning Every Minute on the Minute. This is often the hardest to plan and most challenging to control. In this session, learn sure-fire techniques, unique timing of work to rest ratios and perfectly sequenced movements to elicit the response your student's demand. Connect with "everyone" that walks in the door and WIN!

SA6A Saturday, 4:30pm-5:45pm**AGE DEFYING MOBILITY TRAINING: ENHANCING LONGEVITY**  **NEW!****Ruston Webb, MS**

Unlock the secrets to longevity with Age Defying Mobility. This session reveals how targeted mobility training can enhance functional independence, slow aging, and improve balance. Learn practical, easy-to-follow movement sequences that boost client retention, results, and youthfulness. Don't miss this chance to transform aging with mobility training and stay competitive in the evolving fitness landscape.

SA6B Saturday, 4:30pm-5:45pm**POSTURE & ALIGNMENT WITH PERSONAL TRAINING**  **NEW!****Patrick Mummy & Gail Bannister-Munn**

Proper posture and alignment are crucial for maximizing workout results and preventing injury. Yet, assessing and correcting clients during a workout can be challenging. Join experts Patrick Mummy and Gail Bannister-Munn as they share top coaching and cueing strategies for effective posture and alignment in personal training and small group settings. Learn how to ensure your clients move safely and efficiently.

SA6C Saturday, 4:30pm-5:45pm**YOGA TOUCH**  **NEW!****Sara Kooperman, JD**

Enjoy this yoga class, which balances strength and stretch, earth and sun, power, and grace. Learn valuable techniques to touch your students physically and verbally. Using body weight and light manual touching, experience ways to connect with your students to motivate them to better posture, proper alignment, and greater challenge all within the effective environment of a yoga class.

SA6D Saturday, 4:30pm-5:45pm**AQUATIC AGING ATHLETE - WOMEN WARRIORS!**  **NEW!****Ann Gilbert**

Enjoy the session specifically dedicated to working out in the water as a female aging athlete. Our focus is strength and endurance dedicated to the female frame. Using various equipment we will explore different ways to challenge the lower body, upper body and core along with the cardiovascular system in this rockin' tribute to women water warriors!

SA6E Saturday, 4:30pm-5:45pm**TRENDING DIETS & WEIGHT LOSS MEDS**  **NEW!****Sohailla Digsby, RDN, LD**

"Ozempic, Xenical, Victoza! Oh my!" Are you on the pulse of the latest developments in the ever-evolving weight management space? Uncover the effectiveness, safety, and potential pitfalls of weight loss medications and receive fresh insights on diets from our seasoned dietitian. "Fasting, Keto, and Noom! Oh my!" (Lecture)

SA6F Saturday, 4:30pm-5:45pm**CREATE CONTENT TO BOOST SALES**  **NEW!****Amber Toole**

Dive into content marketing strategies and create a month's worth of content during the session. Learn content creation, SEO, social media, and email marketing tactics. Walk away with actionable content ready to drive sales. This session empowers you to thrive and skyrocket your fitness business! (Business Summit Lecture)

SA6G Saturday, 4:30pm-5:45pm**SUNDAY, NOVEMBER 3****SU1****7:30am-8:45am****TRAIN THE FEMALE ATHLETE**  **NEW!****Master Phil Ross, MS & George Corso, CSCS, NSCA-CPT**

Unleash the athlete within! This session focuses on training the female body, emphasizing glutes and lower body strength. Discover effective exercises to sculpt and tone your legs and butt, enhance athletic performance, and build confidence. Perfect for all fitness levels, this empowering workshop blends science and movement for transformative results. Let's train strong together!

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

LABLAST® CHAIR FITNESS: PULL UP A SEAT  **NEW!****Apy Figueroa**

100% Dance, 100% Fitness and 100% Seated. A perfect balance of dance and fitness with little impact on the joints. Experience a diverse mix of famous ballroom dances set to your favorite music AND the ultimate core workout. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more...all from the comfort of your chair!

SU1B Sunday, 7:30am-8:45am**NAIL THE PERFECT WARM-UP**  **NEW!****Siri Chilazi, MBA, MA**

If you ever struggle to come up with a good warm-up for your class, this session is for you! Learn a simple checklist for creating functional, engaging warm-ups for any class and leave with 5 full warm-ups perfect for different modalities (general group exercise, Pilates/core, HIIT, Barre, and dance).

SU1C Sunday, 7:30am-8:45am**MOVING MEDITATIONS**  **NEW!****Jani Roberts**

Moving Meditations™ are short patterns of movement, connected to an emotion and driven by music. They are designed for daily use to realign or amplify energy. You will clearly identify the emotion you are experiencing and shift to a better feeling place, finding more joy.

SU1D Sunday, 7:30am-8:45am**AB-SOLUTE AQUA STRENGTH** **NEW!****Chris Henry**

Dive deep into core training and uncover the multitude of ways to challenge your abdominal muscles. Experience a full-body strength workout in the unique setting of water and harness the power of different equipment and incorporate anchored rebound and suspension movements at various levels. Join us for a refreshing and effective workout that targets your core like never before!

SU1E Sunday, 7:30am-8:45am**THE GUT - SLEEP NETWORK EFFECT**  **NEW!****Melissa Layne, MEd**

Uncover the hidden secrets of how sleep profoundly influences your gut microbiome and how your gut biome affects your slumber in this enlightening workshop. Delve into the intricate relationship between quality sleep and a thriving gut ecosystem. Gain practical insights into optimizing your sleep habits to promote gut health and vice versa for overall vitality. (Lecture)

SU1F Sunday, 7:30am-8:45am**INNOVATIVE TECH FOR SUPERIOR CLIENT OUTCOMES**  **NEW!** **Sohailla Digsby, RDN, LD**

Are you potentially overlooking apps, websites, and clever shortcuts that could streamline your services, while enhancing your clients' success? This session offers actionable insights and hacks to leverage technology and online resources to boost your business. Elevate client satisfaction and outcomes with the power of tech! (Business Summit Lecture)

SU1G Sunday, 7:30am-8:45am**SU2****9:00am-10:15am****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. Get your SOUL on!

SU2A Sunday, 9:00am-10:15am**ACTIVE AGING PLAYGROUND**  **NEW!****Amber Toole**

Explore dynamic game-based training methods designed specifically for active agers. Discover how to infuse playfulness into fitness routines, promoting social engagement, mobility, and health. Learn the art of adapting traditional games and creating new ones to make exercise enjoyable and effective for older adults.

SU2B Sunday, 9:00am-10:15am**MASTERING EXERCISE PROGRESSIONS WITH THE BELT SYSTEM**  **NEW!** **Eric D'Agati & Mike Perry**

Unlock your athletes' potential with the science-based BELT System! This engaging session combines interactive activities and expert lectures to teach optimal exercise progressions and regressions. Tailor the nine essential movement patterns to fit each client's abilities, needs, and goals. Elevate your training sessions and achieve unparalleled results with evidence-backed techniques!

SU2C Sunday, 9:00am-10:15am**FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY**  **NEW!** **Siri Chilazi, MBA, MA**

Restoration is an essential part of any fitness regimen, but it can be hard to get clients to buy into it. This is why we've created a simple integrated 3-part restoration group class that combines foam rolling, stretching, and moving and leaves clients feeling so good and rejuvenated.

SU2D Sunday, 9:00am-10:15am**4 FUNCTIONAL AQUA CIRCUITS** **NEW!****Melissa Layne, MEd**

Dive into vitality with our aquatic circuit workshop! Designed for enhancing daily life functionality, this pool-based session guides you through a series of exercises targeting strength, flexibility, and balance. Experience the therapeutic benefits of water while improving your everyday activities. Leave with four comprehensive class designs to incorporate into your classes immediately.

SU2E Sunday, 9:00am-10:15am**KITCHEN MAKEOVER FOR FOOD LOVERS**  **NEW!** **Sohailla Digsby, RDN, LD**

Is your kitchen your happy place, or does it work against your goals? Join our fit-pro dietitian to learn what to stock in your fridge and pantry, which gadgets are must-haves, go-to recipes for active people, perfect snack-stashes, meal-prep tips, and practical kitchen rules to live by. (Lecture)

SU2F Sunday, 9:00am-10:15am**PT 2024:****MEET THE HYBRID FITNESS PROFESSIONAL**  **NEW!** **Bob Esquerre, MA, NSCA-CPT**

How many weekly PT Sessions can we deliver before nearing burn-out? How much can we keep increasing our prices before we hit that "price-ceiling"? Join Bob as he reviews the new skills that Personal Trainers will need to grow our businesses beyond 1-on-1 Training Sessions. (Business Summit Lecture)

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

SU3

10:45am-12:00pm

PUMPED UP STRENGTH  **NEW!**FIT PRO
PROGRAMMING**Dawn Stenis**

Group fitness students love a total-body workout, but fitting it into a 50-minute class can be challenging. This session will show you how it's done.

Learn how to engage the core, lower body, and upper body simultaneously, all while moving dynamically to the beat. Walk away with the tools to create classes that deliver the most effective workout of your students' week.

SU3A Sunday, 10:45am-12:00pm**LABLAST® FITNESS FOR ALL AGES**  **NEW!**

LaBlast®

Apy Figueroa

LaBlast® Fitness for All Ages offers inclusive ballroom fitness programs that make staying active fun for everyone, regardless of age or fitness level.

Enjoy the joy of dancing with cardio and strength training, set to various music genres, with no partner needed. Perfect for all, from young to old!

SU3B Sunday, 10:45am-12:00pm**BASIC TO BADASS : PROGRESSIVE TRAINING PROTOCOLS**  **NEW!****Elizabeth Lenart, MEd**

Go from sexy squats to a badass booty. Progress and regress exercises with tools and variations for specific outcomes. Distinguish between progressive exercises and progressive training by designing results-driven programs for PT clients, small group training, and GX classes alike!

SU3C Sunday, 10:45am-12:00pm**PELVIC FLOOR MAKEOVER**  **NEW!****Sally Head, MA, RYT-500**

Unlock the hidden power of your pelvic floor! This transformative session will teach you how to seamlessly weave pelvic floor exercises and deep abdominal breathwork into your classes. Gain expert tips to help clients conquer bladder control issues, boost sexual vitality, and combat the effects of aging. Get ready to elevate your training and inspire lasting change!

SU3D Sunday, 10:45am-12:00pm**RIDE THE WAVE**water
motion**Mac Carvalho & Tanisha (Tani) Haggard**

Exploding with choreo options, this workout led by our team of experts, takes you on a water experience like no other. Fresh combinations, expert cuing, new music and moves combine to leave you inspired and riding the wave of new combos. Leave with choreo notes perfect for your class revival Monday morning.

SU3E Sunday, 10:45am-12:00pm**NAVIGATING NUTRITION
OVERWHELM: FACT VS. FICTION**  **NEW!**GRAB
THE
GOLD**Sohailla Digsby, RDN, LD**

Are the bold claims of health headlines and the skimpy evidence of pseudo-science keeping you and your clients confused? In a world full of conflicting dietary advice, join our expert dietician to explore current nutrition myths.

Empower yourself with evidence-based knowledge for informed choices in an increasingly complex nutritional landscape. (Lecture)

SU3F Sunday, 10:45am-12:00pm**CLIENT RETENTION MADE EASY**  **NEW!**PPD
BUSINESS
SUMMIT**Eric D'Agati & Mike Perry**

Unlock the secrets to client loyalty in this dynamic session! Through engaging activities and insightful lectures, discover the key questions that will transform your client interactions. Learn how to build unshakeable trust and rapport, solve client problems more effectively, and watch your business thrive with increased retention. Don't miss out on these powerful tools to elevate your coaching, training, or therapy practice! (Business Summit Lecture)

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

SU4

12:15pm-1:30pm

PROGRAMMING CORE WORKOUTS & CLASSES  **NEW!****Siri Chilazi, MBA, MA**

A functional and effective core workout is more than a few core moves thrown together. Learn the art of creating fun, fresh, well-rounded core workouts (3-30+ minutes) for all levels that will continue to challenge your students. Walk away with moves and class plans that you can implement right away!

SU4A Sunday, 12:15pm-1:30pm**SENIOR CIRCUIT**  **NEW!****Tanisha (Tani) Haggard**

This balance of cardio and strength fitness is chocked full of fun and folly. Experience this successful senior program direct from Trilogy Adult Living Community which includes a variety of 9 circuit stations where participants target different muscle groups, customized for seniors with moderate and intense bursts of exercise.

SU4B Sunday, 12:15pm-1:30pm**BARREFUSION™ EXPERIENCE**  **NEW!**The
Soul
Fitness**Lindsey Coleman**

A BARRE class for EVERYbody. Not a ballerina? NO WORRIES! BARREfusion™ is designed for ballerinas, barre enthusiasts, and those with no barre experience! We combine ballet-inspired movements with athletic moves, cardio bursts, and our signature fusions to accommodate EVERYbody.

SU4C Sunday, 12:15pm-1:30pm**HUMAN REFORMER PILATES**  **NEW!**FIT PRO
PROGRAMMING**Elizabeth Lenart, MEd**

Experience the powerful benefits of Pilates reformer workouts without the need for a reformer! Using one or two resistance bands, this class adapts classic reformer moves directly onto the mat. Suitable for all fitness levels, the session focuses on building functional strength, enhancing posture, and improving coordination. The Human Reformer method allows you to perform full Pilates reformer movements while discovering new methods and strategies for your classes.

SU4D Sunday, 12:15pm-1:30pm**DEEP WAVES** **NEW!****Chris Henry**

Do you ever feel like your deep water classes could use a boost? You're not alone! In this workshop, we'll explore how to elevate your classes to the next level. This HIIT-style format will leave you breathless as we dive into best practices for movement sequencing, timed intervals, unique drill patterns, and traveling techniques for maximum results. Get ready for an exhilarating ride!

SU4E Sunday, 12:15pm-1:30pm**MAGNESIUM: BOOST PERFORMANCE, ENHANCE RECOVERY**  **NEW!****Amber Toole**

Explore the vital role of magnesium in human health, emphasizing its significance in muscle function, energy metabolism, and overall well-being. Discover how to optimize magnesium intake through dietary choices and supplements for enhanced performance, recovery, and long-term health. (Lecture)

SU4F Sunday, 12:15pm-1:30pm**SCULPTING YOUR PERSONAL TRAINING SUCCESS**  **NEW!**BUSINESS
SUMMIT**Tara De Leon, MS**

What's next for your career in personal training? This session guides you in shaping a successful path forward. Learn how to enhance your reputation, explore new career opportunities, and leverage social media to elevate your influence. Equip yourself with the strategies needed to thrive in the ever-evolving fitness industry. (Business Summit Lecture)

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

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PRE-RECORDED COURSE DESCRIPTIONS

GAME YOUR CORE

Manuel Velazquez

Move over traditional sit-ups and crunches, we're shaking things up and gamifying core work! In this session, learn fun games that inspire friendly competition amongst your clients while sculpting, toning and strengthening the body's center of power. Clients will stay for the laughs and return for the results!

YOGA-PILATES RESTORE

Gail Bannister-Munn

Yoga-Pilates Restore consists of a fusion of yoga, Pilates based core work, Active Isolated (A-I) stretching, & flexibility training. Develop an understanding of strengths and limitations to either move beyond or stay within your boundaries, all while bringing energy in, and feeling successful in a non-competitive environment.

H2O RAPID RESISTANCE

Cheri Kulp

The adage "use it or lose it" applies to balance, agility, and power. With one adult over 65 treated for a fall every 18 seconds, agility training is crucial. This session uses water resistance and support to improve flexibility, balance, and control, reducing fall risk. Experience a refreshing workout with aqua noodles and tubing.

MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS

Sheldon McBee, MS

Discover how to cater to clients' desires for longevity and overall well-being. Learn the art of blending passive and active rejuvenation services to create profitable revenue models. Walk away inspired, armed with the knowledge to craft enticing service offerings and implement successful practices. Join us in revolutionizing the fitness industry.



HIIT 'EM UP STYLE DANCE JAM

Tara Turner

Boot camp or Booty shake? Why not have both? Combine dance movements and HIIT. Glide between high- and low-intensity dance to get your heart rate up and boost cardio endurance. Integrate dance styles of salsa, merengue, reggaeton, soca, and hip-hop to launch that party mood that will get em' Hoppin!

NO (DOWNWARD FACING) DOGS ALLOWED

Ronnie Fulton

This session involves an entirely restorative style yoga practice without being asked to do a single downward facing dog. In fact, this slower style Yin Yoga session includes all long-held, relaxing floor poses designed to target your deep connective tissues including your fascia, ligaments, joints and bones.



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AQUA ARTICULATIONS AND CARDIO**Jeannette Pyle**

We will articulate our joints producing synovial fluid making movement easier for those with arthritis and other ailments. The cardio in the class is gentle enough for those with chronic conditions, but vigorous enough to elevate your heart rate and warm your body. Motion is the lotion!

PUBLIC RELATIONS FOR FITNESS PROS**Trish DaCosta**

Amplify your message by learning the fundamentals of public relations (PR) for your fitness business. In this session, you'll learn how PR works, how to pitch media, and work with press to increase brand awareness and attract clients. Walk away with practical information to secure media opportunities for your business.

**ALL TIME HIITS****Abbie Appel**

Add dimension to your HIIT training routines and conditioning classes. Identify and break down traditional work to rest ratios, discover the true qualities of HIIT and why recovery, passive and active, are equally as important as the work. Walk away with 4 different HIIT timing Challenges to be taught alone or mixed-and-matched to maximize workouts.

FLOW FREE & BE**Kimberly Spreen-Glick**

Enjoy an uplifting, dynamic yoga practice focused on freedom and acceptance. Get ready to move, strengthen, and stretch your body and mind without judgment; then finish feeling present and centered tapping into the ease within. Leave behind expectations and open your mind to an inspiring good time!

AQUA YOGA BARRE**Billie Watenberg**

Nourish your soul with this Ballet-inspired Aqua Yoga/Barre workout. A favorite at conferences, explore various ideas for a functional flow in the water. Attendees will learn choreography and how to apply the sequences to design a seamless, fluid Yoga/Barre class.

YOUR FINANCIAL HEALTH**Kylie Ross, MS, MBA**

Learn simple, effective, and necessary techniques to build your financial freedom both personally and professionally in language you will understand and can apply. Analyze websites that focus on growth, discover industry-driven 3rd-party platforms fueled by automation and understand federal and state legal compliance and how it affects your financial health. Grow (or start) your fitness business worry-free!

**TOTAL BODY STRENGTH****Diva Richards**

Total Body Strength mixes resistance training with bodyweight exercises to absolutely challenge every muscle in your body – upper, lower, and core. Sculpt your way to a stronger, leaner physique. Unique combinations of exercises make this one killer workout.

ELEVATED: NEXT LEVEL ACTIVE RECOVERY**Dane Robinson**

Restore. Re-energize. Reward! Discover new elevated mobility techniques, along with an easy 3-step program to integrate and make active recovery an exciting addition into your GX class, SGT program, PT session and/or virtual training!

CORE FUSION H2O**Sara Vandenberg, MS**

This innovative workshop leaves you with 6 inspired core routines filled with uniquely creative strength training workouts focused on the abs, backs, and hips. Enjoy powerful music adapted specifically to the water in a 64-count format. Walk away with flashcards ready to use Monday morning!

GROWTH: MUST OR BUST**Sara Kooperman, JD, Miriam Ball, Brandi Clark, Kylie Ross, MS & Nick Dennis**

Take an insightful look at marketing, sales and growth and how they intertwine to expand your influence and financial success. Leave with practical solutions to grow, get more clients and expand your client base. Enjoy a candid conversation on what to watch out for and implement for guaranteed success as a Group Instructor, Personal Trainer and Business Owner and Manager.

**73 WAYS TO HIT THE GLUTES****Joanne Groves**

Joanne offers a workshop on designing 73 glute-targeting exercises. Mixing biomechanics, energy escape, fatigue management, and fun, she provides invaluable tips for an exceptional glute workout. Elevate your Instagram with dynamic solutions. Warning: you'll feel the burn!

QIGONG AND SELF-HEALING**Joshua Craddock**

In Traditional Chinese Medicine, "Qi" is the vital life force or energy that exists within all living things. "Gong" roughly translates to practice or cultivation. Qigong, then, is an ancient Chinese healing practice that uses breath, posture, movement, and the mind to affect positive changes on our energy and physiology.



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WHEN BREATH MEETS WATER: AQUA YOGA**Rosie Lemons, MS, ERYT 200**

Aqua Yoga is an accessible practice that supports your body and your soul. This session will review asanas (poses), breathwork (pranayama), and creative ways to bring this practice into the water. Whether you are adding aqua yoga to existing classes or creating a program to bring in new clients, consider rooting your Tree Pose in the pool.

**THE NUTS & BOLTS OF BUSINESS****Bob Esquerre, MA, NSCA-CPT**

Join Bob as he reviews “game-changing” strategies, tactics and best practices that will change how you manage-up your businesses. Tailored for fitness, health & wellness entrepreneurs, he reviews live case studies that really work and shows how & why you will succeed in a very competitive fitness market.

PLANKS WITH PROPS**Mindy Esau**

Planks are incredibly effective and accessible for whole body training and easily manipulated to increase, or decrease, challenges. Adding in various props can allow us to purposefully impact the workload and feedback. Let's explore the advantages of skillfully adding props into your programming to accommodate your diverse populations next week.

POPPIN' BOOTY PILATES**Rachel Stys**

The glutes are a crucial part of the core, so let's get them poppin'! No part of the booty will be left untouched, so you'll walk away (or crawl out) with fun ideas for your class participants!

POOL PERSONAL TRAINING**Connie Lagerhausen**

Work one-on-one with athletes of any level in the pool. Using both vertical and horizontal aqua fitness, create appropriate progressions in intensity, complexity, and movement suitable for every conditioning level. From moms to marathoners, create sports-specific workouts using buoyancy, sequencing, and the physical aspects of training and conditioning. Get your feet wet in pool personal training.

SMALL BUSINESS GRASSROOTS MARKETING**June Kahn**

In this lecture, you will learn how to market your boutique studio effectively. Topics covered include: understanding your target market, creating a unique selling proposition, developing an effective marketing plan, social media tricks & tips, and measuring your results for big profits for your small gym.

**CORE AMORE****Tricia Madden**

Discover the power of your core! Instead of solely concentrating on effective core exercises in your classes and sessions, why not empower your clients to truly appreciate their core? Gain valuable insights on cultivating core strength that extends beyond fitness and unlock a plethora of innovative ideas for designing engaging core-focused programs.

YOGA GROOVE**Kenyetta Brasher**

Yoga Groove combines traditional yoga with a dynamic twist. Start by centering with breath, then flow into standing balance. Add a fun twist of yoga dance, and finish with a calming, fluid savasana. Experience a revitalizing blend of movement and relaxation in every session!

H2O STRENGTH**Cheri Kulp**

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 under-arm flotation devices. This creative choreographed



program refreshes your dated routines with fantastic music, inspiring moves and powerful programming. Leave with a full choreo handout to improve your sequencing and fun-factor in your aqua strength workouts.

BUILD A HIGH PERFORMANCE TEAM**Ann Gilbert**

Study a proven system designed to give you the tools to recruit, educate and supervise a high performance wellness team. Study how management has changed over the last 35 years from a seasoned fit pro who lives in the world of leggings and leadership.

**SEXY, SMART STRENGTH FOR WOMEN****Irene McCormick, MS, CSCS**

Today's woman needs strength training to be and look lean and healthy. What's more important, she needs Volume Training, which is a combination of load, tension, frequency, intensity and type to reap the multitude of health benefits from strength training. Learn BEST PRACTICES for strength training women with limited equipment options that can be replicated in home or gym.

BEAUTY & THE BEAST: YOGA POWER BAR**Billie Wartenberg**

Move like a beauty while going full beast mode with Yoga Power Bar! Two worlds collide with creative yoga flows mixed with force and power! Elements in this session will include stretching, strengthening, core work, and more!

TABATA AQUA RUNNING & CONDITIONING**Tanisha (Tani) Haggard**

Join the newest aqua craze! We all know the many benefits of running, so now is the time to take your workouts to a new depth! This cardio/strength water workout will combine high-intensity and low-intensity exercises with little impact while strengthening muscles and improving joint function. Combine running, traveling, Tabata intervals, strength, and more!

BUILDING A FINANCIALLY SUCCESSFUL GYM**Dan Kleckner**

Are you interested in making the move to a gym owner, but not sure where to start? Join Dan Kleckner to discover the steps you need to take to build a financially successful and sustainable training gym that will allow you to control your time and provide financial freedom.

**LEG CIRCUIT BLAST FOR POWER****Maurice Williams, MS, CSCS**

What is missing from your clients programming is a solid power-based leg circuit. Explore the principles of using power to develop leg circuit programming. From body weight, to plyometrics and a few other modalities in between, we will give your clients the best leg workout ever!

BY ANY STRETCH**Abbie Appel**

Flexibility allows us to move freely in our daily life. What's more, a balance of mobility and stability in each joint helps prevent injury. In this hands-on session, review the science of “contract-relax” stretching. Experience multiple one-on-one stretching exercises and leave with a proven technique and system to grow your business and help your clients move better and smarter.

FRONT & CENTER H2O**Ann Gilbert**

Training in the Frontal Plane is vital for strong stable hips. Target the adductors and learn how important they are in their role of supporting hip stabilization and their synergistic relationship to pelvic floor tone. Combinations of challenging exercises are designed to keep you Front and Center!

FILL YOUR SMALL GROUP TRAINING**Dr. Ashley Varol, PhD**

Small group training is the best option for making more money and serving more clients. This session walks through effective and profitable strategies from the beginning to the end of the small group training cycle. Review how to get clients, keep them around, ensure they repeat, and recommend their friends!



BALANCE YOUR HIIT**Elizabeth Lenart, MEd**

You'll want to HIIT it all over again after we flirt with ways to use softer surfaces for balance training. If you've had issues with your tissues, the use of a platform brings the floor closer to you & assists with stretching. If you think you can't HIIT it anymore, let us introduce you to your newest fitness fling.

PILATES 4 LIFE**June Kahn**

Pilates is a significant contributor for enhancing core strength, movement quality for life function & managing back pain. It improves posture, alignment & spinal mobility. Gain an understanding of its purpose with modifications and challenges for all. Experience why Pilates has endured as an effective form of training for decades.

AQUA YOGA FOR ARTHRITIS**Christa Fairbrother, MA, ERYT 500**

Aqua yoga is a unique modality to benefit people living with arthritis. It combines yoga with the properties of aquatic exercise to increase the benefits and access to yoga. If you want to add yoga tidbits to your aquatics programs that serve audiences with arthritis, come get some easily applicable ideas.

SIGNATURE SAUCE FOR SIX-FIGURE SUCCESS**Joy Diggs, MS, CPT, RD, LD**

Learn the secrets to creating a personal training business that truly stands out! Join this empowering presentation where personal trainers uncover their authentic selves, conquer fears and self-doubt, and confidently attract ideal clients for six-figure success. Become THE go-to expert to bring the business to you!

**FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS****Dr. Jonathan Mike, PhD**

This combination of scientific lecture and hands-on movements will address and identify the biomechanics and technical intricacies of the box squat. Practical information on progressions and variations combines with practical cues to help trainers and coaches better understand the squat & its execution.

HANDS ON STRETCHING**Gail Bannister-Munn**

This workshop shows you how important stretching is and demonstrates how easy it is to stretch your clients on a 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.

WARM WATER STRONG**Irene McCormick, MS, CSCS**

Warm water strength & endurance training is a great fitness solution for many populations. It is possible to use the properties of water to increase load, practice breathless efforts, improve flexibility & mobility. Use noodles and hand buoys to create overload for improved health, increased strength, bone density & endurance in shallow, warm water pools.

**STOP SELLING & CREATE CULTURE****Ann Gilbert**

Stop selling to create today's culture, community, and camaraderie. Learn from a seasoned club owner how to endure business challenges and survive as a business with aggressive retention numbers and a unique community of loyal clients. (Business Summit Lecture)

COACHING CORE ENGAGEMENT**Siri Chilazi, MBA, MA**

Engaging the core correctly is essential in every workout, but getting people to "get it" is hard. Drawing on the latest science and best practices from fitness, Pilates, and yoga, this workshop equips you with strategies, exercises, and cues to coach your students to discover their core for maximum impact.

THE BATTLE FOR MOBILITY**Irene McCormick, MS, CSCS**

The relationship between flexibility, mobility and stability includes components that are largely misunderstood. Mobility is about the joint, flexibility is about soft tissue, and stability is a major influencer. This session explores the science of flexibility and mobility, how to care for your fascia for greater mobility, and spinal stability.

WAVES COMBAT: BEATS AND POWER MOVES**Zoraida (Zory) Sepulveda**

Combine energetic rhythms with powerful cardio-kickboxing moves. Incorporating punches, kicks, and dynamic combinations underwater, this experience improves cardiovascular health, builds strength, and enhances coordination. Enjoy the low-impact benefits of water resistance as you groove to the beat and unleash your inner fighter. Spice-up your participants with this high-energy, rhythm-infused workout.

NEGOTIATION STRATEGIES FOR FITNESS PROS**Doris Thews**

Fitness Professionals struggle when it comes to negotiating their worth and services. In this session learn how to flex your negotiation muscles to meet your financial needs and enhance your quality of life. Learn the three most important words in fitness while supporting your life goals.

**BODY WEIGHT MILITIA****Bishop Garland**

Body Weight creativity galore, this military inspired session will have you on a euphoric (sweaty) movement high like no other. Influenced by an extremely wide range of fitness modalities, this course is designed to help you show up and show out as you take it to the next level and beyond.

FLEXIBILITY - STOP DOING IT WRONG**Andrea Metcalf**

Stop stretching to gain flexibility and discover the keys to effective flexibility training. Learn to pinpoint and address muscle imbalances that hinder flexibility. Gain insights into targeted strengthening exercises to unlock your body's full range of motion. Learn assessments, target exercises and the science behind flexibility training.

CIRQUE DU SUSPEND: IMPACT-FREE AQUA EXERCISE**Dominic Gili**

Cirque du Suspend takes aqua fitness to new heights by captivating and entertaining clients with innovative suspended aqua exercises that harness the unique properties of water for multiple benefits. This program features impact-free movements that are adaptable to various water depths, turning the ability to float into both a challenge and an advantage. The session employs neutral buoyancy equipment, including buoyancy belts, noodles, and hand buoys, to enable dynamic workouts. This equipment supports a full range of motion, allowing participants to challenge themselves while minimizing the risk of injury or strain.

BUSINESS BLUEPRINT**Dane Robinson**

Whether you're 100% virtual, 100% training in person, training one on one, conducting small group training, or all the above, this business workshop will give you the tools to create your very first, or next, client challenge. Develop programming unique to your training style, method, and client base. From branding to program milestones, pricing, and marketing, design a business blueprint to keep your current clients engaged and attract new clients by the end of this DWY (done with you) workshop.



BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING

Yury Rockit

Embark on a skill acquisition journey with Yury, mastering movements like pistol, "sissy," and dragon squat. Embrace Yury's inclusive approach, suitable for all fitness levels. This series is an exploration of balance, strength, mobility, and proprioception, ensuring a rewarding experience for anyone on their fitness journey.

PILATES: MAT TO THE MAX

Abbie Appel

Max out your Pilates Mat class with 10 authentic advanced exercises from the original repertoire. Revisit Pilates principles and optimal alignment to understand what it means to be "advanced"! Dissect each exercise and discover how to modify and progress movements for your intermediate to expert students. Take your Pilates practice up a notch by safely and successfully adding challenges.

AQUA STRIDES & STRENGTH

MaryBeth Dziubinski

Lengthen, strengthen and challenge your lower body in this resistive, shallow water walking class. Striding, gait training and functional movement patterns will be performed to enhance flexibility and balance.

5 STAR MANAGEMENT

Kimberly Spreen-Glick

How do you attract and retain the best talent to ensure you can offer top notch programming and experience for your members? Become the manager your team deserves. Join Kimberly, senior director of group fitness at Life Time for over a decade & talk about what it means to be a 5 Star Manager.



LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY

Siri Chilazi, MBA, MA

Dynamic flexibility is the perfect complement to strength training! Improved range of motion allows for enhanced muscle activation to sculpt a lean, toned physique. Learn the science of dynamic stretching and experience a flexible strength workout. Finish all of your classes feeling strengthened, lengthened, better aligned and breathing more optimally.

YOGA-BATA VIIT

Rosie Lemons, MS, ERYT 200

Hustle and reset. Strengthen and stretch. Participate in this fusion of mind-body disciplines using a variable intensity interval format paired with yoga flow. Dynamic movement includes barre, pilates, mobility training, and more! Walk away with an empowering class format for all levels!

AQUA CORE SENIOR STYLE

Cheri Kulp

Enjoy six different segments of core training exercises for water exercise. This course focuses on working abs, back, obliques, hips and shoulders. Basically, anything core goes! Targeting a senior market demands special emphasis on posture and alignment. Enjoy this session with one of the top aquatic presenters in the world!



CLUB, STUDIO & CLIENT RETENTION

Sara Kooperman, JD

Did you know that 72% of people who stop using your club are new members? It's important to engage these clients within the first 90 days of integrating them into our facilities. In this entertaining and educational session, take a close look at staffing needs, client engagement, marketing options, financial incentives, leadership strategies, and tracking metrics that will all lead to greater retention. Leave with innovative, inexpensive and effective techniques to grow your Club, Personal Training and Group Ex business.



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RONNIE FULTON



ANN GILBERT
SCW SEAT



JOANNE GROVES



TANISHA (TANI)
HAGGARD
water
motion



AUTUMN HAMMER
water
motion



SALLY HEAD, MA,
RYT-500



CHRIS HENRY
water
motion



JUNE KAHN



DAN KLECKNER



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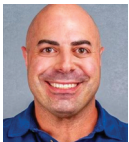
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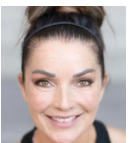
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