

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

November 14-16, 2025
DoubleTree by Hilton Hotel
Boston North Shore
Danvers, MA

A Convention Fit For All. ➔



2025
SCW



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Welcome to Boston Mania!

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



Expert Led Sessions



160 sessions (100 Live + 60 Pre-Recorded) and 13 certifications in fitness, wellness, and business, led by top experts and industry icons, to advance your career.



20 CECs/CEUs



Certifying organizations include:

→ ACE → SCW → AFAA
→ ACSM → AEA → NASM



Endless Opportunities



Join passionate, driven fitness pros who share your commitment and energy, creating endless opportunities to connect and collaborate.

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SCW
MANIA
fit pro convention

Right Time. Right Place.

Make this your career defining moment.



Boston Mania® Fit Pro Convention
November 14-16

DoubleTree Hilton Hotel Boston

A World of Fitness Knowledge All In One Place!

Boston MANIA® offers a one-of-a-kind experience with 160 sessions led by fitness icons from around the world—all in one place!



Topics For Every Pro

- **Functional Fitness**
Training to enhance strength, mobility, and everyday movement.
- **Group Exercise**
Fresh formats, choreography, and instructional skills.
- **Nutrition and Wellness**
Holistic approaches to diet, mental wellness, and recovery.
- **Personal Training**
Latest techniques, science and client engagement strategies.
- **Mind-Body**
Classes on yoga, Pilates, meditation, and mental resilience.
- **Recovery**
Techniques for healing, injury prevention, and optimal performance.
- **Active Aging**
Programs designed to support overall physical and mental wellness for older adults.
- **Aquatic Exercise**
Learn low-impact, full-body workout that improve strength and flexibility.
- **Business of Fitness**
Marketing, sales, management, and retention strategies for studio owners and trainers.



Unlimited Options.

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



**160 Sessions
and Workshops**



**Networking
Events**



**13 Specialty
Certifications**



**Recordings
Add-On**



**Expo
Exclusives**



**Flexible
Pricing**



You'll Fit Right In.

Held at the DoubleTree Hilton Hotel Boston, Mania® provides a modern venue with top amenities—perfect for three days of learning, sweating, fun and networking.

**boston
mania®**
fitness pro convention

Mania® Convention Sessions & Workshops

November 14-16
(Fri, Sat, & Sun)

Specialty Certifications

Nov. 13 (Thur) & Nov. 16 (Sun) 2025

Mania® Discount Deadline:
Save \$60 by registering by
October 29. Check website
for updates and terms.

scwfit.com/boston



DoubleTree By Hilton Boston North Shore

50 Ferncroft Road, Danvers, MA 01923

- FREE Onsite Parking
- FREE Wi-Fi in room for Hilton Honors Members
- Lift Fitness Center
- The indoor Water Park of New England connected to the hotel
- Pet-Friendly
- Coffee/Tea Maker, Microwave & Mini-Fridge
- 1 king bed or 2 double beds
- Starbucks & TradeWinds Restaurant on-site

SCW Guaranteed Lowest Rate:
\$154 (Reg. \$246)

Hotel Discount Deadline: Oct. 29

Book your discounted room here:

www.scwfit.com/boston/hotel



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Making a stronger Mania®—thank you for your support!

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

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



Accredited Certifications

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

Certifications Thursday, November 13



SCW Active Aging Certification

Ann Gilbert

Thursday, Nov. 13, 8:00am-4:00pm



\$199 MANIA® attendees

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

Unlock the secrets to aging well with the SCW Active Aging Certification, crafted for fitness professionals committed to enhancing seniors' lives. This dynamic course combines cutting-edge research with practical techniques, focusing on cardiovascular health, strength, flexibility, balance, and mental well-being. Dive into the musculoskeletal changes, physiology, and kinesiology of aging, and discover how exercise can positively impact these areas. Learn functional training strategies for older clients with varying abilities and design safe, effective exercise programs that empower seniors to thrive. Ideal for group fitness instructors, trainers, and program managers, this one-day certification

includes hands-on training, a comprehensive manual, and an online exam. Earn valuable CECs: SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).



SCW Personal Training Certification

Gail Bannister-Munn

Thursday, Nov.13, 9:00am-6:00pm



\$199 MANIA® attendees

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

Elevate your career with this nationally recognized, science-based certification, designed for aspiring and current fitness professionals. This hands-on program integrates academic excellence with practical application, covering exercise physiology, kinesiology, training principles, program design, health-risk assessment, and physical evaluations. Delve into evidence-based practices and advanced programming alternatives, ensuring a comprehensive understanding of the human body and its potential. The course also includes essential business and marketing strategies to help you succeed in the



competitive fitness industry. Through a blend of lecture and hands-on experiences, you'll gain the expertise to empower clients to achieve peak health and performance. Certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.0).



SCW Group Exercise Certification

Manuel Velazquez

Thursday, Nov. 13, 8:00am-4:00pm

\$199 MANIA® attendees

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

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



variations that are easy to learn and apply, equipping instructors with creative programming options for all ages and abilities. Included are practical training, a comprehensive manual, and an online exam, ensuring participants gain the skills needed to teach effective and innovative Pilates Mat Classes. Whether new to Pilates or deepening expertise, this certification will elevate your teaching credentials. Accredited for CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW Aquatic Exercise

Melissa Layne, MEd

Thursday, Nov. 13, 8:00am-4:00pm

\$199 MANIA® attendees

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

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



SCW Pilates Matwork Certification

Amber Toole

Thursday, Nov. 13, 8:00am-4:00pm

\$199 MANIA® attendees

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

This nationally recognized certification offers an in-depth exploration of classical Pilates movements and their modifications, enhancing creativity and expertise. The program emphasizes core stabilization, optimal alignment, and Pilates matwork, blending theory with practical training. Participants master over 40 essential exercises, including variations for spinal dysfunctions and postural imbalances. The course provides choreography





WATERinMOTION® Aqua Exercise Certification

Jackie Carroll

Thursday, Nov. 13, 8:00am-4:00pm

\$199 MANIA® attendees

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

Enhance your aqua fitness classes with this comprehensive certification program. Begin with a 6-part online course, complete with a manual and videos, covering the scientific principles of water exercise, the WATERinMOTION® RIPPLE teaching method, cueing techniques, deck teaching skills, active aging principles, and water-specific strength training. The program culminates in an 8-hour, full-day practical training, where you'll master choreography routines to improve class sequencing, musical phrasing, teaching skills, and full-body toning. Ideal for both aqua and land instructors, this certification ensures enhanced class structure, routine creation, and leadership development. Upon completion, participants earn certification in all three WATERinMOTION® programs: Original, Platinum, and Strength. Instructors on Watutship 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 Menopause Wellness EXPRESS Certification

Melissa Layne, MEd



Thursday, Nov.13, 4:30pm - 8:30pm

\$199 MANIA® attendees

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

Unlock vibrant health during menopause with this transformative course that empowers you to guide clients confidently through this life stage. Leverage the latest research to inspire students using evidence-based exercises, nutrition strategies, and holistic practices tailored to their unique needs. Master creative, research-backed approaches to fitness and wellness, enhancing your influence in personal training and group exercise. Develop essential skills to manage symptoms, boost energy, and improve overall well-being, all while refining your business practices. This program includes a comprehensive manual and an online exam, ensuring you are fully equipped to support clients. Accredited for CECs: SCW (7.0), ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), and AFAA (6.0).



SCW Chair Yoga Certification

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

Thursday, Nov. 13, 9:00am-5:00pm

\$199 MANIA® attendees

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

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).





ToughAgers® Instructor-Active Older Adult Fitness

Deborah Rothschild, MS

Thursday, Nov. 13, 9:00am-4:00pm

Only \$129

Exercise is for everyone, and older adults are no exception. The body responds to how it is trained, so let's equip older adults to ensure their bodies function optimally. Like other age groups, older adults need cardio, balance, resistance, core, and flexibility training. However, since many may not exercise independently, it's essential to provide a fun, supportive, and social environment to encourage participation. This course will equip you with the tools to confidently lead safe, effective fitness sessions for active older adults—whether in a group fitness class, small group training, or one-on-one private training. This training includes a free ToughAgers® Starter Kit royalty-free music playlist. SCW (6.0), ACSM (6.0), AFAA (6.0), ISSA (6.0), NASM (0.6).



ZUMBA® Basic 1 Training

Kyle Lamprecht

Thursday, November 13, 7:15am-4:00pm

\$399 Registration Fee (Use PROMO

*CODE: TSZUMBA70 to receive a 70% discount) at
www.zumba.com/en-US*

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).

Certifications Sunday, November 16



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

Sara Vandenberg, MA

Sunday, November 16, 8:00am-4:00pm

\$199 MANIA® attendees

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

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





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



SCW Stretching & Flexibility Certification

Gail Bannister-Munn

Sunday, Nov. 16, 8:00am-4:00pm

\$199 MANIA® attendees

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

In this eight hour comprehensive course, review the science of stretching, flexibility and mobility. Acquire the knowledge to assess static and dynamic postures to identify movement quality issues and promote functional activities. Learn multiple

flexibility, techniques, and stretching alternatives, including PNF (proprioceptive neuromuscular facilitation), active and dynamic stretching, passive and static options, assisted stretching techniques and more. Gain skill in myofascial release to enhance activation, recovery and regeneration for individuals of all ages and activity levels. Assist athletes to older adults, and distinguish yourself as a stretching expert. Perfect for one on one training, small group, training, and group fitness. This practical, hands-on certification includes a variety of detailed program designs with an easy to execute system. The certification includes practical training, a comprehensive manual, and an online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).



SCW Yoga I Certification

Manuel Velazquez

Sunday, November 16, 8:00am-4:00pm

\$199 MANIA® attendees

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

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).



The Main Event.

Boston Mania® is back November 14–16! Get inspired, get educated, and take your fitness career further than ever.

Friday, Nov. 14

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

FR1A: No Floor Core and Balance **NEW!**

Melissa Layne, MEd

Elevate the active aging journey in a standing core and balance workshop! Discover tailored exercises that strengthen the core and improve balance, enhancing stability in everyday activities. Join us for a fun and engaging session that promotes confidence, mobility, and well-being, all from a standing position.

FR1B: Power Source: A Core Practice **NEW!**

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

We're infusing this yoga practice with energy, stability, and balance by combining yoga with high-intensity

training. We'll explore core anatomy and strengthen the core from the inside out. We'll cover the basics, build heat, and have fun! This yoga-hybrid class will bring profound benefits to your practice.

FR1C: Get Off Your Back! **NEW!**

BodyBell Method®

Master Phil Ross, MS & George Corso, CSCS, NSCA-CPT
Created by Phil Ross, M.S., author of Managing Back Pain for Dummies, this DIY system helps prevent injury and support recovery. Approved for continuing education, it's trusted by surgeons, physical therapists, and chiropractors for strengthening and stabilizing the back safely—right from home.

FR1D: Authentic Mat Pilates Uncovered **NEW!**

Amber Toole

Authentic Mat Pilates Uncovered takes you back to the roots of Pilates, where true transformation begins! Dive into Joseph Pilates' original teachings, master essential exercises, and refine your



programming. Uncover how modern trends miss the mark—and why staying authentic delivers powerful results for clients of all levels!

FR1E: Liquid Gym: Acqua Toner Stretch & Tone **NEW!**

Sara Vandenberg, MA

Elevate your aqua workouts with Liquid Gym Acqua Toner Bands and Bar! Combine strength training with water's resistance to boost flexibility, muscle tone, range of motion, proprioception, and circulation. Finish with a refreshing stretch using Liquid Stars for a full-body aquatic transformation.



FR1F: Supporting Clients on Anti-Obesity Medications **NEW!**

Ann Gilbert

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

FR1G: Framework to Overcome Self-Sabotage **NEW!**

Alex McBairty

Help clients break through barriers and stay motivated with a practical, psychology-based framework. Learn tools to overcome self-sabotage, drive lasting behavior change, and boost engagement. Walk away with real-world strategies to create better outcomes and long-term success for every client. (Lecture)

FR2 Sessions 9:00am - 10:15am

FR2A: Bodyfit: Tips on Modifications **NEW!**



Kylie Ross, MSM, MBA

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

FR2B: Boost Brain & Body Balance **NEW!**

Ann Gilbert

A Dual-Tasking program combines physical exercises with cognitive challenges to enhance both body and mind. Engage in activities like walking while solving puzzles or balancing while recalling words. The program improves coordination, memory, and multitasking abilities. It's designed to reduce fall risks and promote overall well-being in older adults.

FR2C: CoreSpring® Pilates: Abs & Glutes **NEW!**



Charlyn Huss, MA, NCPT

Sculpt your core, glutes, quads, and hamstrings with CoreSpring®. This dynamic workout fuses Pilates principles with spring resistance using a free-hand apparatus that moves with you. Build core stability, alignment, and lower-body strength for improved tone and performance—all through personalized, adaptive training.



FR2D: Chair Yoga for Mobility & Strength **NEW!**

Sara Kooperman, JD

This workshop for yoga teachers and mobility practitioners uses seated and standing chair postures to build strength, flexibility, and functional movement. Focusing on daily activities like rising and sitting, it enhances balance and well-being—perfect for aging populations seeking greater independence, longevity, and vitality.

FR2E: Aqua ZUMBA®

Nicole Derosiers



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!

FR2F: 10 Steps To Ultimate Weight Loss Experience **NEW!**

Eduardo Netto, MS

Discover how to elevate and expand your programming by incorporating layered training strategies that deliver exceptional results for clients focused on weight loss. This insightful session explores how to systematically apply science to create effective, results-driven routines. (Lecture)

FR2G: Convert Assessments into Sales **NEW!**

Christopher Poirier

Turn client assessments into powerful sales tools! Learn to evaluate prospects, identify needs, and present personalized solutions that convert. Build communication, motivation, and sales skills to grow your personal training business. (Lecture)

FR3 Sessions 11:00am - 12:15pm

FR3A: Boost Better Balance **NEW!**

Deborah Rothschild, MS

Explore how balance training supports healthy aging. Discover strategies to reduce fall risk,



boost neuromuscular health, and improve stability. Gain practical tools to help older adults maintain independence and a high quality of life through effective, functional movement practices.

FR3B: Arms, Butts & Core on the Floor! **NEW!**

Gail Bannister-Munn

Discover the power of ground-based strength training! Learn to lead full-body classes using floor-based exercises that maximize muscle engagement and intensity. This dynamic session covers key techniques and progressions to elevate your programming, expand your skills, and add fresh energy to your strength training approach.

FR3C: Warrior® Workout

Jani Roberts



The Warrior® Workout fuses martial arts and functional fitness to build strength, resilience, and self-awareness. This mind-body practice empowers all levels through intentional movement, helping participants connect with their physical, mental, and emotional state for a more centered and balanced way of being.

FR3D: Shoulder Pain: Optimize Through Exercise

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!

FR3E: Aqua Intervals Roulette

Sara Vandenberg, MA

Discover innovative ways to combine HIIT with water resistance for fun, effective aquatic workouts. Learn to design dynamic interval classes that engage all participants, from beginners to seasoned enthusiasts. Leave with tools to create standout sessions that motivate, inspire, and deliver results in every splash.

Certifications Thurs Nov 13

→ **SCW Active Aging**
Gilbert • 8am-4pm

→ **SCW Group Exercise**
Velazquez • 8am-4pm

→ **SCW Personal Training**
Bannister-Munn • 9am-6pm

→ **SCW Pilates Matwork**
Toole • 8am-4pm

Register Here



Fri
November 14

Sat
November 15

Sun
November 16

| | | Room A Function & Active Aging | Room B Power & Personal Training | Room C Group Programming | Room D Recovery / Mind-Body |
|-----|---|---|---|---|--|
| FR1 | 7:30am-8:45am | No Floor Core and Balance Layne | Power Source: A Core Practice Ratliff | Get Off Your Back P. Ross & Corso | Authentic Mat Pilates Uncovered Toole |
| FR2 | 9:00am-10:15am | Bodyfit: Tips on Modifications Ross | Boost Brain & Body Balance Gilbert | CoreSpring® Pilates Abs & Glutes Huss | Chair Yoga for Mobility & Strength Kooperman |
| FR3 | 11:00am-12:15pm | Boost Better Balance Rothschild | Arms, Butts & Core on the Floor! Bannister-Munn | Warrior® Workout Roberts | Shoulder Pain: Optimize Through Exercise Webb |
| FR4 | Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm | Master Knee-Pain Reduction Strategies Webb Session 2 | Broken to Beast Fitness Programming Poirier Session 1 | ZUMBA® Derosiers Session 2 | Deconstructing Asanas Ratliff Session 1 |
| FR5 | 2:45pm-4:00pm | Dare to Chair Gilbert | Game Your Core Velazquez | Stretch RX: Feel It, Fix It Bannister-Munn | SOULfusion™ Flows Park |
| FR6 | 4:30pm-5:45pm | Ankle Mechanics for Peak Performance Garcia | Group Strength Blueprint Lenart | Pump Your Peach! Toole | Pilates Functional Progressions Velazquez |
| FR7 | 6:00pm-7:00pm | SCW FITNESS STAR SEARCH Kooperman, Gilbert, Bannister-Munn & Toole Room A | | | |
| SA1 | 7:30am-8:45am | Bone Strong Gilbert | Band Strong: Train Anywhere Power Bannister-Munn | No Equipment? No Excuses! Garcia | Warrior® Tai Chi Yoga and Qi Gong Fusion Roberts |
| SA2 | 9:15am-10:30am | KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A | | | |
| SA3 | 11:00am-12:15pm | S.E.A.T. Supported Exercise for Ageless Training Gilbert | Train the Female Athlete P. Ross & Corso | BARRefusion™ Experience Vandenberg | Spinal Mobilization for Fitness Professionals Hopper |
| SA4 | Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm | Dementia Client Strategies for Trainers Rothschild Session 1 | Triple Threat: Step, Strength, and Core Toole Session 2 | SOULfusion™ Lower Body Blast Park Session 1 | Human Reformer Pilates Lenart Session 2 |
| SA5 | 2:45pm-4:00pm | Mobility Training - Online or In-Person Webb | SOULstrength : A little OFF BEAT Park & Patruno | Flex Like a Boss Haggard | CoreSpring® Pilates Functional Performance Huss |
| SA6 | 4:30pm-5:45pm | Athletic Aging by Ever Flexed Lenart | Next-Level Core Training Garcia | Pelvic Floor from the Outside In Layne | Restorative Stretch Bannister-Munn |
| SU1 | 7:30am-8:45am | Aging Brains & Bones Layne | Bandz & Bounce Haggard | Barreless Barre - No Barre, No Limits! Lenart | Pair Up With Pilates Toole |
| SU2 | 9:00am-10:15am | Age Defying Mobility Training: Enhancing Longevity Webb | The Hidden Core P. Ross & Corso | SOULkickboxing™ Coleman | Conquering Sciatic Pain Garcia |
| SU3 | 10:45am-12:00pm | Comprehensive Active Aging Strategies Rothschild | Glide & Grind Haggard | When Movement Meets Emotion Holden | Moving Meditations Roberts |
| SU4 | 12:15pm-1:30pm | LaBlast® Chair Fitness: Pull Up a Seat Venezio | Kettlebell Training for Women P. Ross & Corso | Pilates, Power & Poise Lenart | The Core You Can't Crunch Holden |

→ **SCW Aquatic Exercise**

Layne • 8am-4pm

→ **ToughAgers® Instructor**

Rothschild • 9am-4pm

→ **SCW Chair Yoga**

Ratliff • 9:00am-5:00pm

→ **WATERinMOTION® Aqua Exercise**

Carroll • 8am-4pm

→ **ZUMBA® Basic 1 Training**

Lamprecht • 7:15am-4pm

→ **SCW Menopause Wellness EXPRESS**

Layne • 4:30pm-8:30pm

| Room E Waterworks (Starts in lecture) | Room F Wellness | Room G Leadership |
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| Liquid Gym: Acqua Toner Stretch & Tone Vandenberg | Supporting Clients on Anti-Obesity Medications Gilbert | Framework to Overcome Self-Sabotage McBriarty |
| Aqua ZUMBA® Derosiers | 10 Steps To Ultimate Weight Loss Experience Netto | Convert Assessments into Sales Poirier |
| Aqua Intervals Roulette Vandenberg | Spinal Mobilization for Fitness Professionals Hopper | Find & Enroll Clients Using Social Media Clark |
| Wave Works Velazquez & Vandenberg Session 1 | Nutrition: Hot Topic Research - Layne Session 2 | Marketing to Active Agers Panel Kooperman, Toole, Rothschild, Gilbert & Wanjiu Session 1 |
| Turbulence Training PlumMentz | How You Move Matters Laskowski | Stability Solutions for Older Adults Netto |
| Liquid Gym® Liquid Stars Vandenberg | Debunking Exercise Science Myths Layne | Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb, Laskowski & Hopper |
| BUSINESS KEYNOTE: Fitness Business Strategies for Impact & Income Brandi Clark Room G | | |

| Pre-Recorded Sessions Personal Training/Strength | Pre-Recorded Sessions Restore/Pilates/Tai-Chi | Pre-Recorded Sessions Active Aging/Functional Training | Pre-Recorded Sessions Nutrition/Exercise Science |
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| Add an EMOM Merrill | Yoga-Pilates Restore Bannister-Munn | Active Aging Playground Toole | A Wealth of Gut Health Unlocked Fearheiley |
| Arm Candy Appel | Myofascial Recovery Garcia | Aging Shoulder: Exercise to Function! Aslakson | Art of Food as Fuel Lemons |
| Athletic Woman: Function & Strength Hughes | Deconstructing Asanas J. Roberts | Prime Performance for 50+ Robinson | Feed Your Body & Soul: Mindful Eating Pyle |
| Core Amore Madden | Recovery Through Meditation Rockit | Creative Programming 55+ Wartenberg | Functional Nutrition & Hormones: Healthy Aging Zuleger |
| Integrated Strength George | Pilates, Power & Poise Lemons | Hip Mobility for Active Aging Bannister-Munn | Fundamentals of Squat Progressions and Variations Mike |
| Hit The Wall Rockit | Reset and Recharge Spreen-Glick | Strength Training For Longevity & Vitality II Kooperman | Nutrition Panel Layne, Digsby, Toole, Fearheiley |
| Kickbox N Chaos Turner | Recovery For Longevity Appel | Senior Circuit Haggard | Self-Care For Your Immune System Seti |

| | | |
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| Liquid Gym Aqua Punch & Pump Velazquez | Cracking the Code to Weight Loss Toole | Conflict to Connection: Navigating Tough Conversations Digsby |
| KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A | | |
| Aqua Boot Camp BOQ-style Ford | Women: Training Through the Stages Layne | Know Your Worth Ross |
| Ageless Aqua Velazquez, Vandenberg & Haggard Session 1 | Tendencies That Transform Training Heywood Session 1 | Women's Leadership: Kooperman, Bannister-Munn, Gilbert, & Clark Session 2 |
| Strength Beneath the Surface PlumMentz | How to Avoid Being My Patient Laskowski | Find Your Next 50 Leads Clark |
| Tides of Power Velazquez, Vandenberg & Haggard | Smart Food Choices for Longevity Digsby | Strength Training for Active Agers Panel Kooperman, Gilbert, Toole & Laskowski |

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| Strength Courage and Wisdom Freeman | Mindful Body Fusion Lemons | Optimal Mobility: Enhancing Functionality Gilbert | Aging Brains & Bones Layne |
| Add 160 Recordings Today for Only \$60 More (100 Live / 60 Pre-Recorded). Check Website For Full Descriptions. scwfit.com/boston | | | |
| Total Body Strength Richards | The Chakras: Align Your Energy Kaufman | Balance & Coordination for Active Agers Velazquez | Nutrition for Healthy Aging Charlop |
| Ultimate Leg Day Toole | Active Recovery Zuleger | Bone Health Bootcamp Conti | Movement Through Menopause Groves |
| Step, Stamina & Strength Chilazi | Balls, Blocks, Bands: Pilates Fusion Metcalf | Everyday Strength: Coaching the Active Aging Female K. Roberts | Plyometric Exercise for Older Adults Aslakson |
| Bringing Back Foundational Strength Training Johnson | TaiChi Flow: Recovery for GXs & PTs Glassmeyer | Active Aging Latin Joyful Mix Sepulveda | Exercise Analysis Mack |

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|------------------------------------|---|--|
| All-Inclusive Aquatics PlumMentz | Weight: Genetics, Environment, or Lifestyle? Digsby | Sunday Certifications S.E.A.T. Supported Exercise For Ageless Training - Vandenberg 8:00am-4:00pm SCW Stretching & Flexibility - Bannister-Munn 8:00am-4:00pm SCW Yoga 1 Velazquez 8:00am-4:00pm |
| AQUAHOLIC Layne | Inside the Mind of Coaching Herlihy | |
| Aquatic Equipment Innovations Ford | Trending Diets & Weight Loss Meds Digsby | |
| Drip & Drop Haggard | Fueling Fitness - Food Meets Mood Herlihy | |

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|--|--|--|--|
| Effort Mastery: Coaching Peak Performance and Motivation McBee | Forever Pilates Appel | Smart Warm-Ups for Active Aging D'Agati | Sugar, Snacks & Heart Attacks Digsby |
| Fluid Core Fusion Velazquez | Joint Replacements: Returning Triumphant! K. Roberts | Renew & Restore: Flexibility for 50+ Ross | Chain Reaction Biomechanics Hughes |
| Meet The Hybrid Fitness Professional Esquerre | Tai-Chi Fused Yoga Velazquez | Brain Balance Training Splichal | Building Muscle While Losing Fat Layne |
| Training the Neurodivergent Client Conti | Pilates 4 Life Kahn | Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan | Magnesium: The Mighty Mineral Unveiled Toole |



FR3F: Spinal Mobilization for Fitness Professionals **NEW!**

Dr. David Hopper, DC

Discover how spinal mobility improves movement, recovery, and injury prevention. Learn key biomechanics, when to refer clients, and practical strategies you can apply immediately to enhance performance and support client health. (Lecture)
<https://spinalmobilitymaster.com/>



FR3G: Find & Enroll Clients Using Social Media **NEW!**

Brandi Clark

Want to grow your brand and impact? Learn four simple steps to stand out on social media, attract more clients, and boost your income. Perfect for instructors, personal trainers, and studio owners ready to elevate their presence and grow their fitness business. (Lecture)



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

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

FR4B: Broken to Beast Fitness Programming **NEW!**

Christopher Poirier

Transform injuries into strength with "Broken to Beast"! This course teaches corrective exercise techniques to address mobility, posture, and movement dysfunctions. Empower clients to recover, build resilience, and turn setbacks into comebacks, helping them achieve their full potential—pain-free and stronger than ever.

FR4D: Deconstructing Asanas **NEW!**

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

Early yoga progress—like increased flexibility, strength, and balance—comes from improved proprioception and neuromuscular facilitation, especially for seniors and beginners. Learn to use muscular release, precise cueing, and progressive strategies to create balanced, accessible classes that support safe skill development and long-term growth.

FR4E: Wave Works **NEW!**

Manuel Velazquez & Sara Vandenberg, MA

Make waves with fresh choreography, expert cueing, and innovative water moves in this high-energy session. Get six detailed routines, creative combos, and exciting music ideas to energize your classes and elevate your teaching. Leave inspired, confident, and ready to captivate your participants!



FR4G: Marketing to Active Agers Panel **NEW!**

Sara Kooperman, JD, Amber Toole, Deborah

Rothschild, MS, Ann Gilbert & Geoffrey Wanjiru
 Discover effective strategies to engage the growing 50+ market. Learn how to craft compelling messaging, leverage social media, utilize referral programs, and create community-driven experiences. This panel explores proven techniques, successful samples, and actionable strategies to attract, retain, and inspire active aging adults while positioning your business for long-term success. (Lecture)

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

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

FR4A: Master Knee-Pain Reduction Strategies

Ruston Webb, MS

Learn to reduce knee pain and prevent injuries with targeted exercises. Discover how to boost client performance, retention, and satisfaction—while growing your business. This session gives fitness pros practical tools to deliver results and stand out in the industry. Elevate your training and transform your approach today!



FR4C: ZUMBA®

Nicole Derosiers

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





FR4F: Nutrition: Hot Topic Research **NEW!**

Melissa Layne, MEd

Research follows trends so what is the current research showing on collagen supplements, creatine for postmenopausal women, caffeine as a preworkout, and many other hot topics? We will also hit on the science as to why or why not these nutritional practices make physiological sense in the human body. (Lecture)

FR5 Sessions 2:45pm - 4:00pm

FR5A: Dare to Chair **NEW!**

Ann Gilbert



"Dare to Chair" is a seated workout that combines low-impact cardio with functional movement. Designed for those with mobility challenges or seeking a gentler approach, it emphasizes Purpose, Performance, and Population (PPP), offering an accessible, effective fitness solution for older adults and those needing modified exercise options. Equip yourself with the tools to launch your SEAT program.

FR5B: Game Your Core **NEW!**

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!

FR5C: Stretch RX: Feel It, Fix It **NEW!**

Gail Bannister-Munn

Tight muscles? Not today. Get hands-on with deep stretch techniques, assisted mobility, and fascia release that leave you feeling looser, lighter, and ready to crush your next workout. Performance recovery never felt this good.

FR5D: SOULfusion™ Flows **NEW!**

Michele Park



Get ready to move with purpose! This music-driven session blends functional training with two creative YOGAish flows and a cardio burst. It's fun, sweaty,



and smart—perfect for instructors ready to bring fresh choreography and serious vibe to their lineup.

FR5E: Turbulence Training **NEW!**

Irene PluimMentz, PT

Enhance your water fitness, boot camp, warm water rehab, and personal training sessions with added turbulence. Learn the difference between drag and turbulence and how to apply them effectively and safely to achieve the best outcomes for your clients. Ideal for trainers seeking better results in aquatic workouts.

FR5F: How You Move Matters

Dr. Edward Laskowski, MD

Learn how proper movement patterns impact both sports performance and resistance training. This session will cover evidence-based strategies to reduce injury risk and enhance performance. Whether you're an athlete or fitness professional, gain practical tools to improve movement mechanics and optimize results. (Lecture)

FR5G: Stability Solutions for Older Adults **NEW!**

Eduardo Netto, MS

Learn proven strategies to improve balance and reduce fall risk in active older adults. This workshop



equips you with functional training techniques and safe exercise programming to confidently support the growing aging population. Boost your impact and expertise in this vital fitness market. (Lecture)

FR6 Sessions 4:30pm - 5:45pm

FR6A: Ankle Mechanics for Peak Performance **NEW!**

Herson Garcia

Discover how ankle pronation and supination impact posture, performance, and injury prevention. Learn to identify and correct imbalances, improve stability, and strengthen the lower body. Leave with practical tools and a clear plan to enhance posture and gain an athletic edge.

FR6B: Group Strength Blueprint **NEW!**

Lauren George, MS

Elevate your classes with the Pumped Up Strength method! Learn to layer rhythmic progressions and dynamic moves that target muscle and fascia. Gain cueing techniques, adaptable strategies, and science-backed programming to build strength,



boost metabolism, and keep participants coming back for more!

FR6C: Pump Your Peach! **NEW!**

Amber Toole

Ready to transform those “pancakes” into juicy “peaches”? This fun session focuses on glute training for maximum growth! Discover the science behind glute gains, practice effective exercises to sculpt the backside, and learn how to keep your clients motivated with visible results they'll love.

FR6D: Pilates Functional Progressions **NEW!**

Manuel Velazquez

Movement is a full-body experience, not just isolated parts. As life evolves, so does your body's ability to adapt. This Functional Pilates approach enhances balance, control, strength, and flexibility—focusing on the essential movements needed for daily life. Train smarter to move better, every day!

FR6E: Liquid Gym® Liquid Stars **NEW!**

Sara Vandenberg, MS

Liquid Gym® Liquid Stars equipment takes your workout or aqua yoga session into a new realm by increasing flexibility and range of motion and improving balance and proprioception. Works on the lower body by improving blood circulation and an abdominal workout to maintain the stability of the body.



FR6F: Debunking Exercise Science Myths **NEW!**

Melissa Layne, MEd

Discover the truth behind commonly misunderstood topics in fitness. We'll debunk myths about lactate, metabolism, protein synthesis, heart rate variability, the thermic effect of food, and more. Explore the research and gain clarity on these key concepts. Don't miss this informative session! (Lecture)

FR6G: Stretching Strategies: Flexibility, Recovery, Performance Panel **NEW!**

Sara Kooperman, JD, Gail Bannister-Munn, Ruston Webb, MS, Dr. Edward Laskowski, MD, & Dr. David Hopper, DC

Enhance your knowledge on effective stretching



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

FR7 Sessions 6:00pm - 7:00pm

FR7A: SCW Fitness Star Search

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

Compete to WIN a presenting spot at the 2026 MANIA® Conference on your chosen topic!

Showcase a 3-minute highlight from your favorite class, demonstrating your energy, creativity, and ability to inspire. Our expert judges evaluate your routine and leadership skills. Share your expertise, gain recognition, and shape the future of fitness. Step into the spotlight and claim your place at MANIA®!

Each SCW Fitness Star receives:

- A position as a Presenter at a future SCW MANIA®
- A FREE MANIA® Registration for the Star Search Winner
- A FREE MANIA® Registration for a selected friend
- COMPLIMENTARY Invitation to the Presenter for the reception on Saturday night
- A feature in our SCW Spotlite newsletter
- A mentoring experience with one of our Star Search Judges

BUSINESS KEYNOTE:

FR7G: Fitness Business

Strategies for Impact and Income **NEW!**

Brandi Clark

Explore cutting-edge strategies, emerging trends, and innovative technologies tailored for fitness professionals seeking long-lasting client impact and income. Let's redefine your success and explore experiences of like-minded pros! All are welcome! Please RSVP at the STANDOUT Fit Pro Booth.

STANDOUT
FIT-PRO

Saturday, Nov. 15

SA1 Sessions 7:30am - 8:45am

SA1A: Bone Strong **NEW!**

Ann Gilbert

Osteoporosis isn't a limit—it's a call to action. Learn smart, effective training strategies that build bone density, enhance balance, and empower older clients to move with strength and confidence. Help them reduce fracture risk and thrive with a fitness plan that supports lifelong bone health and physical independence.

SA1B: Band Strong: Train Anywhere Power **NEW!**

Gail Bannister-Munn

No machines, no problem. Build full-body strength, power, and mobility using loop bands, power bands, and suspension trainers. This high-energy session blends resistance, control, and explosive movement for a sweat-drenched, functional workout you can do anywhere. Stretch, strengthen, and challenge every muscle—anytime, any place.

SA1C: No Equipment, No Excuses **NEW!**

Herson Garcia

Experience the power of gravity to challenge the mind, body and perseverance, ANYWHERE with the most important piece of equipment, your own body! Explore simple bodyweight movements for home or club to gain mobility, flexibility and balance to feel stronger and EMPOWERED...exercises to make your clients beg for more!

SA1D: Warrior® Tai Chi Yoga and Qi Gong Fusion

Jani Roberts

Warrior® Qigong and Tai Chi Yoga blends Medical Qigong, foundational yoga, and tai chi to enhance Qi flow, balance energy, and support healing. This meditative fusion nurtures body, breath, and spirit—building resilience, vitality, and mindful awareness through intentional movement, breathwork, and ancient healing traditions.

AE ALIGNMENT
ESSENTIALS



SA1E: Liquid Gym Acqua Punch & Pump **NEW!**

Manuel Velazquez

Give your water workout a punch! Burn fat, strengthen your core, and tone arms and legs with jabs, punches, and kicks using Liquid Gym Gloves. Add Acqua Tone Loops for extra leg work. Energize your body while protecting your joints in this fun, low-impact class!



SA1F: 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)

SA1G: Conflict to Connection: Navigating Tough Conversations **NEW!**

Sohailla Digsby, RDN, LD

Gain practical tools to manage tough conversations with clients, coworkers, and loved ones. Learn to reduce tension, improve communication, and strengthen relationships—even in emotionally charged moments. Build leadership skills and reduce stress in both professional and personal interactions. (Lecture)

SA2 Keynote 9:15am - 10:30am

SA2A: The Purpose-Driven Fitness Formula **NEW!**

Ruston Webb, MS, FMS II, TPI-CGFI III

Unlock your clients' potential by uncovering 3 hidden mental filters that cause self-sabotage. Learn how purpose drives lifelong success, boosts adherence, and transforms lives. Elevate your fitness business with this breakthrough formula for lasting results and client transformation. Join this EPIC session! (Lecture)



SA3 Sessions 11:00am - 12:45pm

SA3A: S.E.A.T.® Supported Exercise for Ageless Training



Ann Gilbert

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

SA3B: Train The Female Athlete **NEW!**



Master Phil Ross, MS & George Corso

Unleash the athlete within! This session focuses on training the female body with an emphasis on glute and lower body strength. Learn science-based strategies and effective exercises to enhance performance, build muscle, and boost confidence. Perfect for all fitness levels—let's train strong together!

SA3C: BARREfusion™ Experience



Sara Vandenberg, MA

A BARRE class for EVERYbody. Not a ballerina? NO WORRIES! BARREfusion™ is designed for the ballerina, the barre enthusiast, or someone with NO barre experience! We combine ballet-inspired movement with athletic moves, cardio bursts, and our signature fuses to accommodate EVERYbody.

Spinal Mobilization for Fitness Professionals **NEW!**



Dr. David Hopper, DC

Turn knowledge into action! In this interactive lab, practice guided spinal mobility drills, assessments, and corrective techniques. Gain hands-on tools to enhance client performance, reduce injury risk, and add immediate value to your coaching.

SA3E: Aqua Boot Camp BOQ-style



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.

SA3F: Women: Training Through The Stages **NEW!**

Melissa Layne, MEd

Learn how hormonal shifts impact strength, endurance, and recovery in women. Explore evidence-based training, recovery, and supplementation strategies for every life stage. Empower your clients with science-backed methods to boost performance, support longevity, and train smarter through all phases of womanhood. (Lecture)

SA3G: Know Your Worth **NEW!**

Kylie Ross, MSM, MBA

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

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

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

SA4A: Dementia Client Strategies for Trainers **NEW!**

Deborah Rothschild, MS

Learn research-based strategies to train clients with dementia. Discover how to collaborate with caregivers and communicate effectively with this population. Gain practical tips to design safe, beneficial sessions that support cognitive and physical health.

SA4C: SOULfusion™ Lower Body Blast

Michele Park

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

SA4E: Ageless Aqua **NEW!**

Manuel Velazquez, Sara Vandenberg, MA, & Tanisha (Tani) Haggard

Dive into six 64-count choreography blocks that flow seamlessly for active agers. These routines integrate balance, mobility, and dexterity, while neuroplasticity games make waves in cognitive health. Take home comprehensive handouts to create a current of engaging, functional, and refreshing aqua programming for your classes.

SA4F: Tendencies That Transform Training **NEW!**

Jodi Heywood, MS

Unlock what truly drives your clients using Gretchen Rubin's Four Tendencies. Discover how to coach each personality type for powerful habit change, deeper connections, and next-level results that keep clients coming back—and your business growing. (Lecture)

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

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

SA4B: Triple Threat: Step, Strength, and Core **NEW!**

Amber Toole

Blend dynamic step routines with strength and core training in this high-energy session. Discover innovative programming strategies that keep clients





challenged and motivated, using layered sequences to boost engagement and intensity. Learn to create cohesive workouts that push limits and deliver powerful, full-body results.

SA4D: Human Reformer Pilates

Lauren George, MS

Experience Pilates reformer benefits—no machine required! Using resistance bands, this mat-based session replicates classic reformer moves to build strength, improve posture, and boost coordination. The Human Reformer method delivers full-body results and fresh strategies to elevate your classes. Suitable for all fitness levels.

SA4G: Women's Leadership: Climbing, Creating & Conquering in Fitness Panel

Sara Kooperman, JD, Gail Bannister-Munn, Ann Gilbert, & Brandi Clark

Unlock real-world strategies for women to thrive in the fitness industry. Learn how to get promoted, lead with confidence, and launch your own business. This empowering session offers practical tools to build respect, boost self-assurance, and fast-track your career—whether you're climbing the ladder or creating your own path. (Lecture)

SA5 Sessions 2:45pm - 4:00pm

SA5A: Mobility Training - Online or In-Person



Ruston Webb, MS

Unlock the power of mobility training! Learn to integrate effective mobility sequences into group sessions to boost client results, retention, and revenue. Experience firsthand how these movements elevate performance and tap into a growing fitness trend. Join Ruston and stay ahead in today's competitive market.

SA5B: SOULstrength™: A Little OFF BEAT



Michele Park & Tanya Patruno

Not your average strength class! Flow through fun, beat-driven combos, then switch it up with offbeat moves to lift heavier and focus on form. It's smart, sweaty, and set to a killer playlist—perfect for those who love to move with purpose (and a little attitude).

SA5C: Flex Like a Boss

Tanisha (Tani) Haggard

This total body strength class features 8 work blocks progressing from easy to hard, ending with a "Boss Up" challenge testing your strength. Improve muscular power and endurance using light and heavy weights, kettlebells, and resistance bands for a full-body workout that builds lasting strength.

SA5D: CoreSpring® Pilates Functional Performance



Charlyn Huss, MA, NCPT

Experience CoreSpring®—where Pilates principles meet dynamic, free-hand spring resistance. This custom apparatus responds to your movements, enhancing core strength, alignment, tone, flexibility, and balance. Elevate your fitness and functional performance with a workout that's personalized, powerful, and refreshingly unique.

SA5E: Strength Beneath the Surface



Irene PluimMentz, PT

Aquatic exercise impacts both the musculoskeletal system and other less visible body systems, promoting overall strength and health. By





reviewing body systems, the laws of physics, and hydrodynamic principles, you'll learn to design effective aquatic programs tailored to individuals with varying diagnoses and goals for optimal results.

SA5F: How to Avoid Being My Patient **NEW!**

Dr. Edward Laskowski, MD

Dr. Edward Laskowski, former Co-director of Mayo Clinic Sports Medicine, shares evidence-based strategies to boost health and longevity. Learn practical tools to improve nutrition, lifestyle, cognition, and fitness—plus key screenings and training tips to keep you and your clients thriving and out of the doctor's office. (Lecture)

SA5G: Find Your Next 50 Leads **NEW!**

Brandi Clark

Forgetting to follow up can cost you thousands. Without a simple, organized system, leads slip through the cracks. Discover how to streamline your lead generation and follow-up process—so you stay on track, close more deals, and never leave another prospect behind. (Lecture)

STANDOUT
FIT-PRO

SA6 Sessions 4:30pm - 5:45pm

SA6A: Athletic Aging by Ever Flexed **NEW!**

Elizabeth Lenart, MEd

Athletic Aging by Ever FLEXED empowers adults 45+ with strength, HIIT/VIIT, mobility, and flexibility training. Learn to design fun, functional classes that support longevity, build confidence, and foster connection. Walk away with fresh programming ideas and coaching strategies to help participants stay strong, move well, and feel amazing!

FIT PRO
PROGRAMMING

SA6B: Next-Level Core Training

Herson Garcia

Take core training to the next level with full-body exercises using stability balls, bands, and weights. Target your core, glutes, and upper body with fun, effective movements. This session delivers creative training ideas to boost performance and energize your workouts for 2025 and beyond.

SA6C: Pelvic Floor from the Outside In **NEW!**

Melissa Layne, MEd

The hip muscles significantly impact pelvic floor health. As research expands, this session explores which exercises, for both males and females, are effective—or detrimental—for improving hypotonic and hypertonic pelvic floors. Learn the latest strategies for optimal pelvic floor function.

SA6D: Restorative Stretch **NEW!**

Gail Bannister-Munn

Unwind with a gentle blend of yoga, Pilates core work, and Active Isolated stretching. Calm your nervous system, increase mobility, and promote deep relaxation. Learn to honor your body's limits without pressure. Leave feeling recharged, centered, and connected—restored in both body and mind.

SA6E: Tides of Power **NEW!**

Manuel Velazquez, Sara Vandenberg, MS, & Tanisha (Tani) Haggard

Revitalize your water workouts with innovative uses of aqua dumbbells! Harness drag, resistance, and buoyancy to build strength, muscular endurance, power, and tone. Explore creative techniques with single or paired dumbbells, including flotation options, to recharge your routine and unlock new strength and energy in the pool.

water
motion

SA6F: Smart Food Choices for Longevity **NEW!**

Sohailla Digsby, RDN, LD

Understanding processed foods is key to maintaining strength and energy as you age. Learn how to read labels, spot hidden ingredients, and make healthier choices without sacrificing convenience. Walk away with simple nutrition strategies to support long-term health—whether cooking for one, two, or a small family. (Lecture)

SA6G: Strength Training for Active Agers Panel **NEW!**

Sara Kooperman, JD, Ann Gilbert, Amber Toole, & Dr. Edward Laskowski, MD

Explore effective strengthening techniques designed for the 50+ population. Learn how to improve mobility, balance, and muscle endurance



with science-backed methods. This panel covers resistance training, functional movement, and progressive overload strategies, providing successful samples and actionable approaches to help active agers build strength safely and effectively. (Lecture)

Sunday, Nov. 16

SU1 Sessions 7:30am - 8:45am

SU1A: Aging Brains & Bones **NEW!**

Melissa Layne, MEd

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

SU1B: Bandz & Bounce **NEW!**

Tanisha (Tani) Haggard

Feel the beat and fire it up! This fierce fusion of hip-hop dance and resistance band training sculpts every muscle while keeping your heart rate high. Dance grooves, pulsing rhythms, and strength intervals come together for a total-body burn that's equal parts fun, fierce, and functional.

SU1C: Barreless Barre **NEW!**

Elizabeth Lenart, MEd

Barreless Barre takes your barre classes beyond the barre! Learn to design dynamic, full-body workouts anywhere—studio, outdoors, or online. This workshop explores balance, strength, and coordination using functional movement patterns. Gain a library of barre-inspired combos and progressions that are accessible, effective, and fun for all fitness levels.

FIT PRO
PROGRAMMING

SU1D: Pair Up With Pilates **NEW!**

Amber Toole

Discover the powerful fusion of Pilates and weight training to unlock next-level results for your clients! This dynamic session reveals how Pilates principles—core stability, breath control, and

alignment—can enhance strength, mobility, and injury prevention, giving you the tools to create stronger, more functional fitness routines.

SU1E: All-Inclusive Aquatics **NEW!**

Irene PluimMentz, PT

Learn to adapt your aquatic programming for all participants, covering conditions such as stroke, obesity, fibromyalgia, Parkinson's, amputations, and arthritis. Discover ways to ensure safe participation and take time to discuss your specific clients, finding inclusive solutions tailored to their needs.



SU1F: Weight: Genetics, Environment, or Lifestyle? **NEW!**

Sohailla Digsby, RDN, LD

Is weight driven more by nature or nurture? Explore how genes, environment, and behavior interact to shape health. Gain insight to work with biology—not against it—and discover strategies to help you and your clients thrive in today's food and fitness culture. (Lecture)

SU2 Sessions 9:00am - 10:15am

SU2A: Age Defying Mobility Training: Enhancing Longevity **NEW!**

Ruston Webb, MS

Unlock longevity secrets with Age Defying Mobility. This session shows how targeted mobility training improves independence, slows aging, and enhances balance. Learn simple movement sequences that boost client results and retention. Transform aging and stay competitive in the evolving fitness industry with effective mobility training.



SU2B: The Hidden Core



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!

SU2C: SOULkickboxing™

Lindsey Coleman, MA



SOULkickboxing™ fuses kickboxing, dance, cardio, balance, and conditioning in our signature FIGHTER FLOW. Set to fun, motivating music, this workout helps you find your FOCUS, your FIGHT, and your FLOW—no equipment needed. Unleash your inner badass and experience the ultimate mind-body sweat session!

SU2D: Conquering Sciatic Pain

Herson Garcia

Say goodbye to sciatic pain with this comprehensive session focused on its root causes, symptoms, and risk factors. You'll discover highly effective stretches, posture improvements, and lifestyle changes that offer relief and prevention. Empower yourself to improve mobility, enhance daily life, and overcome pain. Take charge of your well-being and move freely again.

SU2E: AQUAHOLIC

Melissa Layne, MEd

Love moving and grooving in the pool? This workshop delivers fresh choreography using only body weight

for resistance and turbulence. Enjoy easy-to-follow breakdowns that suit all ages and fitness levels, while harnessing the power of musical phrasing.

SU2F: Inside the Mind of Coaching

Kristen Herlihy, MSW

Unlock powerful, easy-to-use psychology tools to help clients stay motivated, build habits, and get real results. This session gives coaches simple strategies to boost progress, spark lasting change, and make every session more impactful—and more fun—for clients of all ages and fitness levels. (Lecture)

SU3 Sessions 10:45am - 12:00pm

SU3A: Comprehensive Active Aging Strategies



Deborah Rothschild, MS

Discover science-backed techniques to boost cardiovascular fitness, strength, and balance in older adults. Learn practical exercises, programming tips, and choreography to enhance coordination, endurance, and mobility. Help clients age confidently and independently with workouts that build stability, resilience, and functional movement for everyday life.

SU3B: Glide & Grind

Tanisha (Tani) Haggard

Slide into strength! This high-energy fusion of cardio, balance, and core training uses gliding discs to challenge muscles in new ways. Move seamlessly between floor and standing drills to build stability, boost endurance, and elevate coordination—all while breaking a serious sweat.

SU3C: When Movement Meets Emotion

NEW!

Susan Holden, MBA

Unlock the emotional power of movement. Discover somatic tools to release tension, balance the nervous system, and promote healing through motion. Walk away with science-backed techniques that help clients feel better—mentally, physically, and emotionally. A must-attend session for any fitness pro ready to make deeper impact.



SU3D: Moving Meditations

Jani Roberts

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

SU3E: Aquatic Equipment Innovations



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.

SU3F: Trending Diets & Weight Loss Meds

Sohailla Digsby, RDN, LD

Ozempic, Zepbound, and peptides—oh my! Stay up to date on the latest in weight loss medications and popular diets. Discover their pros, cons, and safety considerations with fresh insights from a seasoned dietitian in this timely and informative session. (Lecture)

SU4 Sessions 12:15pm - 1:30pm

SU4A: LaBlast® Chair Fitness: Pull up a Seat



Jennifer Venezia

100% Dance, 100% Fitness, and 100% Seated! Enjoy a low-impact mix of ballroom dances like Jive, Foxtrot, Salsa, and more—all from your chair. No partner needed! Plus, get the ultimate core workout while grooving to your favorite music in this fun, joint-friendly session.

SU4B: Kettlebell Training for Women



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.

SU4C: Pilates, Power & Poise

Elizabeth Lenart, MEd

Combining physical and mental strength through exercise is a work of art. It's a true mind body connection. Enhance core strength and control in tandem with moving mantras in standing flows and practice on the mat. Learn to create an experience your clients rave about!

SU4D: The Core You Can't Crunch

Susan Holden, MBA

Rethink core training from the inside out. Explore the powerful relationship between breath, vagus nerve function, and pelvic floor activation. Learn strategies to reduce stress, enhance mobility, and build real core strength—no crunches required. A movement-based session to support posture, function, and nervous system resilience.

SU4E: Drip & Drop

Tanisha (Tani) Haggard

Make waves to a hip-hop beat! This dance-inspired aqua workout turns the pool into a party while delivering a full-body burn. Expressive movement, musicality, and cardio conditioning come together for a fun, soul-lifting experience that fires up coordination, burns calories, and leaves you smiling.

SU4F: Fueling Fitness – Food Meets Mood

Kristen Herlihy, MSW

Discover the powerful link between food, mood, and movement. This session explores how nutritional choices influence energy, motivation, and mindset. Learn simple, sustainable strategies to help clients make healthier decisions—without restriction—and improve long-term wellness results. (Lecture)



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SOW



JACKIE CARROLL
water motion



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CHARLOP, MD



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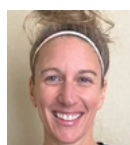
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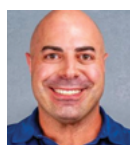
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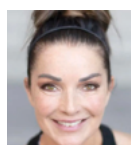
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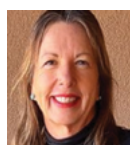
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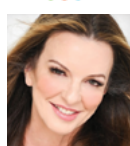
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K



PHIL ROSS, MS
BodyBlast Method



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MS, NASM-CPT, ACE-CPT, RRCA-CPT
Dance Fitness



ANN SALDI
ZUMBA



ZORAIDA (ZORY)
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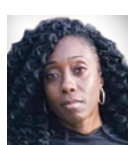
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AMBER TOOLE
SOW



TARA TURNER



SARA VANDENBERG, MA
water motion DANCE FITNESS SEAT



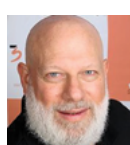
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Registration Options



Check the website for **EARLY-BIRD DISCOUNT DEADLINE** and **Best price...** sales run periodically!

| Registration Type | Early-Bird Price Use \$60 OFF Code: EARLYBIRD |
|--|--|
| 3-Day Mania® | \$339 (\$399) |
| SCW Member 3-Day Mania® (see pg 31 for benefits) | \$249 |
| 2-Day Mania® | \$279 (\$339) |
| 1-Day Mania® | \$199 (\$279) |
| Support Staff (Volunteers) | \$159 (\$219) |
| Add 160 Recordings (Include options above) | \$60 |
| 160 Recorded Sessions Only | \$339 (\$399) |

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