

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

November 13-15, 2026
Doubletree By Hilton
Boston North Shore
Danvers, MA

Moving Fitness Forward →



2026

SCW



scwfit.com/boston



Welcome to Boston Mania!®

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



Expert Led Sessions



150+ sessions and 12 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



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Boston Mania® Fit Pro Convention
November 13-15, 2026
Doubletree By Hilton Boston North Shore
50 Ferncroft Road
Danvers, MA 01923



A World of Fitness Knowledge All In One Place!

Boston Mania® offers a one-of-a-kind experience with 150+ sessions led by fitness icons from around the world—all in one place!



Topics For Every Pro

- **Functional Fitness**
Training to enhance strength, mobility, and everyday movement.
- **Reformer Pilates**
A functional Pilates mat experience using props to blend classical and modern approaches for more effective, varied, and progressive classes.
- **Group Exercise**
Fresh formats, choreography, and instructional skills.
- **Nutrition and Wellness**
Holistic approaches to diet, mental wellness, and recovery.
- **Personal Training**
Latest techniques, science and client engagement strategies.
- **Mind-Body**
Classes on yoga, Pilates, meditation, and mental resilience.
- **Recovery**
Techniques for healing, injury prevention, and optimal performance.
- **Active Aging**
Programs designed to support overall physical and mental wellness for older adults.
- **Aquatic Exercise**
Learn low-impact, full-body workouts that improve strength and flexibility.



Unlimited Options.

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



**150+ Sessions
and Workshops**



**Networking
Events**



**12 Specialty
Certifications**



**Recordings
Add-On**



**Expo
Exclusives**



**Flexible
Pricing**



You'll Fit Right In.

Hosted at the beautiful Doubletree By Hilton Boston North Shore, Boston Mania® offers a modern venue with premium amenities—ideal for three days (or as many as you choose) of learning.

**boston
mania®**
fitness pro convention

Mania® Convention Sessions & Workshops

November 13-15, 2026
(Fri., Sat., & Sun)

Specialty Certifications

November 12 (Thur.) November 15 (Sun.) 2026
Online Certifications www.scwfit.com/certs

Mania® Discount Deadline:
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Saturday, October 31, 2026



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Doubletree By Hilton Boston North Shore

50 Ferncroft Road Danvers, MA 01923

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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 12



SCW Active Aging Certification

Zoraida (Zory) Sepulveda, MBA

Thursday, November 12, 9:00am-5:00pm



\$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 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 Personal Training Certification

Gail Bannister-Munn

Thursday, November 12, 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 Group Exercise Certification

Jani Roberts

Thursday, November 12, 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 Pilates Reformer Fundamentals Certification

Leslee Bender

Thursday, November 12, 9:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees

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



SCW Pilates Matwork Certification

Amber Toole

Thursday, November 12, 8:00am-5:00pm

\$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).



SCW Aquatic Exercise Certification

Melissa Layne, MEd

Thursday, November 12, 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 (8.0), ACE (0.7), ACSM (8.0), AFAA (8.0), NASM (0.8), SCW (8.0).





SCW Barre Certification

Billie Wartenberg

Thursday, November 12, 9:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees

This comprehensive 1-day certification equips you with the skills to teach a fun and challenging barre workout, complete with progressions and regressions for various populations. Combining core conditioning from Pilates, strength training from traditional weights, and flexibility improvements from Yoga, it's perfect for all ages and fitness levels. Clients will enhance stability through isometric exercises using a fixed ballet barre.

You'll leave with easy-to-follow, choreographed 60-minute Barre formats, offering creative ways to structure your workouts using equipment like light dumbbells, resistance bands, mini-balls, and more. The certification includes practical training, a comprehensive manual, and an automated online exam. Earn valuable CECs: SCW (7.0), ACE (0.6), ACSM (7.0), AEA (4.0), AFAA (7.0), NASM (0.7).

Certifications Sunday, November 15



WATERinMOTION® Aqua Exercise Certification

Zoraida (Zory) Sepulveda, MBA

Sunday, November 15, 8:00am-4:00pm

\$199 Mania® attendees

\$259 non-attendees

FREE for all current WATERinMOTION certified instructors. Enhance your aqua fitness classes with this comprehensive certification program. Begin with a 7-part 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, Strength and Deep. 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 Stretching & Flexibility Certification

Gail Bannister-Munn

Sunday, November 15, 8:00am-4:00pm

\$199 Mania® attendees

\$259 non-attendees

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 Kettlebell Training Certification

Phil Ross, MS

Sunday, November 15, 11:00am-3:00pm

\$199 Mania® attendees

\$259 non-attendees

Kettlebells remain one of the most versatile and effective tools in strength training, yet many fitness professionals lack formal education on their proper use. This certification bridges that gap, focusing on movement patterns, biomechanics, and methodology specific to kettlebell training. Explore planes of motion, traditional and modified lifts, and exercise prescription with creativity to maximize results for clients.

Certification includes practical training, comprehensive manual, and online examination. SCW (4.0), ACE (0.4), ACSM (4.0), AEA (2.0), AFAA (4.0), NASM (0.4).



PALANGO! Fitness Teacher Training

Felix Ojeda, MS, MBA

Sunday, November 15, 8:00am-3:00pm

\$123 (Regularly \$199)

Master the Palango Method: a fun, intense blend of dance, MMA, kickboxing, capoeira, and boxing for high-energy fitness. Boost strength, endurance, and mental health while sweating and smiling! Join in-person training with Felix, Palango! Fitness founder, to learn flows, transitions, musicality, and conditioning through routines. Includes full access to online training videos and the Palango! Fitness Manual. Elevate your fitness journey with this dynamic, engaging workout! Palango!



ZUMBA® BASIC 1 TRAINING

Ann Saldi

Sunday, November 15, 7:15am-4:00pm

\$399 Registration Fee (Use PROMO CODE:

TSZUMBA70 to receive a 70% discount) This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to the four basic Zumba® rhythms (Merengue, Salsa, Cumbia, and Reggaeton), and then you will learn how to put these steps together into a song! The pre-con fee includes The Zumba® Electronic Instructor's Manual, Online Videos to Review Basic Steps and Zumba® Certificate of Completion. SCW (8.0), ACE (0.7), ACSM (8.0), AFAA (5.5).



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ACTIVE AGING PROGRAMMING TODAY: BEYOND THE CHAIR

Thursday, November 12

7:00 PM ET
6:00 PM CT
5:00 PM MT
4:00 PM PT



Cardio or strength? Chair or standing? Pilates or aqua? Explore the science, benefits, challenges, and programming considerations for today's active aging population. Discover how chair-based exercise, standing programming, strength training, cardiovascular conditioning, Pilates, aqua exercise, balance, and functional movement each contribute to mobility, confidence, independence, and quality of life. This evidence-based session examines the latest research to help you determine when, why, and how each training approach can be incorporated into an effective active aging program.

scwfit.com/webinar



Sara Kooperman, JD



Phil Ross, MS



Zoraida (Zory)
Sepulveda, MBA



Melissa Layne, MEd



Leslee Bender



The Main Event.

Boston Mania® is back **November 13-15, 2026!** Get inspired, get educated, and take your fitness career further than ever.

Friday, November 13

FR1 Sessions 7:30am - 8:45am

FR1A: Foundations of Aligned Movement **NEW!**

Amber Toole

Master the fundamentals of form and alignment to help clients move better, feel better, and perform at their best. Learn neutral posture, proper muscle sequencing, and efficient movement patterns through simple, powerful techniques. Leave with alignment cues that reduce pain, improve control, and elevate every workout with purposeful movement.

FR1B: Power Circuit **NEW!**

Earl Jenkins

Experience a high-energy circuit workout using the Core Champion system to build strength, endurance, and metabolic power. Rotate through timed stations targeting upper body, lower body, and core stability.

Core
CHAMPION™

This dynamic format keeps participants moving, challenged, and motivated while minimizing joint stress through innovative bodyweight resistance.

FR1C: JUMP! Rebounding Basics **NEW!**

Sabrina Ursaner

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

FR1D: Warrior® Tai Chi Yoga **NEW!**

Jani Roberts

Warrior® Tai Chi Yoga fuses Tai Chi and Yoga with energizing music to strengthen the body and calm the mind. This accessible practice improves flexibility, balance, and strength, making it perfect for all levels—no previous experience or knowledge of Chi required.

AE ALIGNMENT
ESSENTIALS



FR1E: Pilates Reformer: Strong Arms, Shoulders, Back **NEW!**

Leslee Bender

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

FR1F: Aqua Punch and Pump **NEW!**

Billie Wartenberg

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

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

Melissa Layne, MEd

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

FR1H: Build an Unforgettable Client Experience **NEW!**

Alex McBairty

Great programs deliver results. Unforgettable experiences build loyalty. Discover how to use the psychology of connection and personalization to strengthen client relationships, improve retention, and inspire more referrals—without changing your programming. Create coaching experiences that keep clients motivated, committed, and coming back. (Lecture)

FR2 Sessions 9:00am - 10:15am

FR2A: Life Happens on One Leg **NEW!**

Melissa Layne, MEd

Supercharge lower-body and core strength with dynamic single-leg training. Boost balance, prevent falls, and enhance functional movement using

evidence-based techniques for everyday activities and peak athletic performance.

FR2B: Competitive Endurance Training **NEW!**

Gail Bannister-Munn

Experience the ultimate fitness challenge in this high-energy session that combines strength, endurance, and functional training. Learn pacing strategies, efficient movement patterns, and coaching techniques designed to boost performance. Class size is limited—bring your intensity and prepare to push your limits.

FR2C: Kickboxing Mastery **NEW!**

Theresa Alini

Make your kickboxing class the one everyone can't wait to attend. Theresa shares simple, effective teaching tips you can apply immediately using two dynamic formats—cardio kickboxing and kickboxing rounds. Improve flow, coaching confidence, and class energy while delivering an empowering, high-sweat experience.

FR2D: Fascia Transformation for Recovery **NEW!**

Leslee Bender

Explore the complexity of fascia and its critical role in physical and mental well-being. This in-depth session provides techniques for restoration, mindful movement, and recovery that reduce pain and improve resilience. Walk away with tools to enhance overall functionality and support long-term wellness.

FR2E: Pilates Reformer: Sculpted Strength **NEW!**

Amber Toole

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





FR2F: WATERinMOTION® Platinum **NEW!**



Zoraida (Zory) Sepulveda, MBA & Billie Wartenberg
WATERinMOTION® Platinum brings contagious retro music to the pool, designed specifically for active adults 65+. This engaging, easy-to-follow program supports balance, mobility, neuroplasticity, and functional strength while helping participants stay active, coordinated, and confident through movement set to familiar, motivating music they recognize and enjoy.

FR2G: R.E.A.L. Wellness: Coaching Beyond Exercise **NEW!**

Jesscia Moyer

Unlock the power of wellness beyond the workout with the R.E.A.L. Wellness™ Framework. Discover a science-backed, heart-centered approach to help older adults thrive with more energy, mobility, confidence, and purpose. Gain practical coaching strategies to inspire lasting change, deepen client connections, and create meaningful results, one person at a time. (Lecture)

FR2H: Neurodivergence in the Fitness Industry **NEW!**

Jaysa Angles

Unlock the hidden barriers affecting how people move, learn, and engage in fitness. Discover how neurodivergence impacts communication, motivation, sensory experiences, and exercise participation. Gain practical tools to create more inclusive coaching environments, better connect with clients, and help every participant feel understood, supported, and successful. (Lecture)

FR3 Sessions 11:00am - 12:15pm

FR3A: The Art of Teaching Seniors **NEW!**

Theresa Alini

Teaching older adults is rewarding and impactful when you have the right tools. This workshop helps instructors understand senior-specific needs, design movements that improve quality of life, and use engaging icebreakers to build social connection, confidence, and fun—creating inclusive, supportive, and effective classes for aging participants.

FR3B: Pelvic Core Coaching **NEW!**



Taylor Strickland

Pelvic Core Coaching equips fitness professionals to help women move confidently at every stage. Learn strength-based core training, breath techniques, and how to address common issues like pelvic floor dysfunction and core instability. Build strong, lasting strength while empowering clients with clarity, confidence, and support they can feel every day.

FR3C: SHiNE Dance Fitness **NEW!**



Kendall Nielson

SHiNE Dance Fitness delivers high-energy, feel-good movement choreographed to today's hit music. This demo highlights our signature cardio-driven format plus SHiNE LIGHT—a lower-impact, simpler option that makes dance fitness fun, accessible, and empowering for every level.

FR3D: CoreSpring® Pilates: Strength in Motion **NEW!**



Charlyn Huss, MA, NCPT

Experience a fresh approach to Pilates-inspired movement using the patented CoreSpring® Apparatus and direct spring resistance. Improve posture, balance, mobility, coordination, and whole-body strength while exploring movement patterns that transfer directly to everyday life and athletic performance. Leave with practical programming ideas and innovative applications you can immediately incorporate into your own teaching.

FR3E: Sets, Reps & Reformer Results **NEW!**



Elizabeth Lenart, MEd

Learn how sets, repetitions, tempo, work-to-rest ratios, progressive overload, dumbbells, and Pilates



balls can transform the Pilates Reformer into a powerful strength-training tool. Leave with practical programming strategies that build stronger, smarter, and more effective athletic Reformer classes.

FR3F: Core in the Current **NEW!**

Zoraida (Zory) Sepulveda, MBA

Aqua Pilates blends core-driven Pilates principles with water's natural resistance for a smart, joint-friendly workout. Enhance strength, posture, balance, and flexibility while minimizing impact. Discover effective cueing, alignment, and sequencing to create engaging, results-focused classes for all levels.

FR3G: Strength isn't Born, It's Built **NEW!**

Dr. Tracy Offerdahl, PharmD, FAAO

Measure antioxidants to improve recovery and performance. Explore how cellular antioxidant reserves influence training adaptation, why progress stalls despite well-designed programs, and how measuring status provides objective insights to guide coaching, recovery strategies, and long-term fitness outcomes. (Lecture)



FR3H: Glute Training – Perfect Your Posterior Panel **NEW!**

Sara Kooperman, JD, Gail Bannister-Munn, Melissa Layne, MEd, & Amber Toole

Glute training continues to evolve as research highlights its role in performance, mobility, longevity, and injury prevention. Join leading experts for a dynamic discussion on activating, strengthening, and integrating the glutes and posterior chain using today's most effective coaching strategies, exercise progressions, and evidence-based training methods. (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.

FR4A: S.E.A.T. BEATS **NEW!**

Zoraida (Zory) Sepulveda, MBA & Jaysa Angles

Feel the rhythm and find your groove in this upbeat, chair-based workout that blends movement with music and fun! Using sticks, shakers, and rhythmic



tools, you'll build strength, balance, coordination, and mobility—all from the comfort of a chair. Perfect for every fitness level, it's movement that motivates!

FR4D: 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.

FR4F: Liquid Star Flow **NEW!**



Billie Wartenberg

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

FR4G: Stronger Muscles, Younger Body **NEW!**



Dr. Grazyna Pajunen, MS, PHD

Explore how fast-absorbing protein peptides support muscle repair, strength development, and metabolic balance, while collagen and hyaluronic acid contribute to joint integrity and connective-tissue resilience. Understand how these nutritional components complement training, recovery, and healthy aging, helping clients move better, feel stronger, and maintain functional capacity across the lifespan. (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.

FR4B: Sizzle, Chisel & Chill **NEW!**

Tani Wojcinski, MEd

Ignite your workout with this complete fitness experience! Start with high-intensity cardio intervals to elevate your heart rate, transition into strength training to build muscular endurance and boost metabolism, then finish with restorative stretching and mobility to enhance recovery, improve flexibility, and leave you feeling energized, balanced, and refreshed.

**Certifications
Thurs Nov 12**

→ **S.E.A.T.**
Sepulveda • 9am-5pm

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

→ **SCW Group Exercise**
J. Roberts • 8am-5pm

→ **SCW Pilates Matwork**
Toole • 8am-5pm

→ **SCW Pilates Reformer Fundamentals**
Bender • 9am-5pm

→ **SCW Aquatic Exercise**
Layne • 9am-5pm

→ **SCW Barre**
Wartenberg • 9am-5pm

Register Here



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

Room A Function & Active Aging	Room B Power & Personal Training	Room C Group Programming	Room D Recovery / Mind-Body
Foundations of Aligned Movement Toole (NEW) 	Power Circuit Jenkins (NEW) 	JUMP! Rebounding Basics Ursaner (NEW) 	Warrior® Tai Chi Yoga J. Roberts (NEW) 
Life Happens on One Leg Layne (NEW) 	Competitive Endurance Training Bannister-Munn (NEW) 	Kickboxing Mastery Alini (NEW) 	Fascia Transformation for Recovery Bender (NEW) 
EXPO SHOPPING 10:00am-11:00am			
The Art of Teaching Seniors Alini (NEW) 	Pelvic Core Coaching Strickland (NEW) 	SHINE Dance Fitness Nielson (NEW) 	CoreSpring®: Strength in Motion Huss (NEW) 
EXPO SHOPPING 12:00pm-2:45pm			
S.E.A.T. BEATS Sepulveda & Angles (NEW) Session 1 	Sizzle, Chisel & Chill Wojcinski (NEW) Session 2 	Palango! Strength Ojeda Session 2 	SOULfusion FLOWS Park Session 1 
Block & Burn: Strength Lab Bannister-Munn (NEW) 	Kettlebell Training for Women P. Ross & Corso 	SOULstrength™ EXPERIENCE Patruno 	Movement Heals: Building Resilience Moyer (NEW) 
EXPO SHOPPING 3:45pm-4:30pm			
Strength Training for Longevity & Vitality II Kooperman 	Ankle Mechanics for Peak Performance Garcia 	Glow, Glitter & Groove Angles (NEW) 	Mindful Movement Fusion Marshall (NEW) 
SCW GOT TALENT! Kooperman, Bender & Bannister-Munn 		Dance Off! SHINE Dance Fitness, Palango!, S.E.A.T. BEATS, Wartenberg, & Angles 	Warrior® Meditation & Sound Healing Journey J. Roberts (NEW) 
Nail the Perfect Warm-Up Chilazi (NEW) 	Buns & Guns Wojcinski (NEW) 	UPLIFT Strength Fitness Dolan (NEW) 	Warrior® Workout J. Roberts 
EXPO SHOPPING 8:30am-9:15am			
KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A 			
EXPO SHOPPING 10:30am-11:00am			
Functional Pilates 40+ Sepulveda (NEW) 	Athletic Agility Cardio Training Robinson (NEW) 	JUMP! Trampoline Fun Ursaner (NEW) 	Vinyasa to Recovery Khanna (NEW) 
EXPO SHOPPING 12:00pm-2:45pm			
Rewiring the Core System Strickland (NEW) Session 2 	Get Off Your Back! P. Ross & Corso Session 1 	ZUMBA® Saldi Session 2 	Buttery Joints for Life Chilazi (NEW) Session 1 
Anchor Strong Bannister-Munn (NEW) 	Next-Level Core Training Garcia (NEW) 	Injury Prevention for Fitness Instructors Chilazi (NEW) 	SOULMashup Park 
EXPO SHOPPING 3:45pm-4:30pm			
No Floor Core and Balance Layne 	Total Body Conditioning Jenkins (NEW) 	Palango! Cardio Ojeda 	Programmed Recovery: Yin and Reset Khanna (NEW) 
Conquering Sciatic Pain Garcia 	Core Strength Meets Control Freaks Toole (NEW) 	Broken to Beast Fitness Programming Poirier 	Moving Meditations J. Roberts 
Functional Movement Flow Eskridge (NEW) 	Train the Female Athlete P. Ross & Corso (NEW) 	Joint Friendly: HIIT Robinson 	CoreSpring®: Strong From Center Huss (NEW) 
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
Balance Brain & Spine Wartenberg (NEW) 	Metabolic Master Poirier (NEW) 	How to Handle Hypertrophy Robinson 	BARREfusion™ Experience Park & Angles 
Ultimate Core Strength Revolution Jenkins (NEW) 	No Equipment? No Excuses! Garcia 	JUMP: Rebound Recovery Ursaner (NEW) 	Pilates Flow Reset Eskridge (NEW) 

Fri November 13

Sat November 14

Sun November 15

**Certifications
Sun Nov 15**

- **WATERinMOTION® Aqua Exercise**
Sepulveda • 8am-4pm
- **SCW Stretching & Flexibility**
Bannister-Munn • 8am-4pm
- **SCW Kettlebell Training**
P. Ross • 11am-3pm

- **PALANGO! Fitness Teacher Training**
Ojeda • 8am-3pm
- **ZUMBA® Basic 1 Training**
Saldi • 7:15am-4:00pm

Register Here



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

Room E Pilates Reformers	Room F Aqua Ex	Room G Nutrition/ Ex Science	Room H Leadership/ Programming
Pilates Reformer: Strong Arms, Shoulders, Back Bender (NEW) [RECORDING]	Aqua Punch and Pump Wartenberg (NEW - Starts in Lecture) [RECORDING]	Protein Quality, Synthesis, Structure and Deficiency Layne (NEW) [RECORDING]	Build an Unforgettable Client Experience McBrairty (NEW) [RECORDING]
Pilates Reformer: Sculpted Strength Toole (NEW) [RECORDING]	WATERinMOTION® Platinum Sepulveda & Wartenberg (NEW - Starts in Pool) [RECORDING]	R.E.A.L. Wellness: Coaching Beyond Exercise Moyer (NEW) [RECORDING]	Neurodivergence in the Fitness Industry Angles (NEW) [RECORDING]
EXPO SHOPPING 10:00am-11:00am			
Sets, Reps & Reformer Results Lenart (NEW) [RECORDING]	Core in the Current Sepulveda (NEW - Starts in Lecture) [RECORDING]	Strength isn't Born, It's Built Offerdahl (NEW) [RECORDING]	Glute Training - Perfect Your Posterior Panel Kooperman, Bannister-Munn, Layne & Toole (NEW) [RECORDING]
EXPO SHOPPING 12:00pm-2:45pm			
Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW) Session 2 [RECORDING]	Liquid Star Flow Wartenberg (NEW - Starts in Pool) Session 1 [RECORDING]	Stronger Muscles, Younger Body Pajunen (NEW) Session 1 [RECORDING]	Accelerate your Career Through Mentorship Jones (NEW) Session 2 [RECORDING]
Ballet Flow on the Reformer Lenart (NEW) [RECORDING]	CoreSpring® Pool Pilates Huss (NEW - Starts in Lecture) [RECORDING]	Metabolic Disease: The Heavy Impact Offerdahl (NEW) [RECORDING]	Mobility Training for Active Agers Panel Kooperman, Sepulveda, Toole & Pajunen (NEW) [RECORDING]
EXPO SHOPPING 3:45pm-4:30pm			
Fitness Flow on the Reformer Lenart (NEW) [RECORDING]	WATERinMOTION® Original Sepulveda & Wartenberg (NEW - Starts in Pool) [RECORDING]	7 Nutrition Myths that Refuse to Die Layne (NEW) [RECORDING]	Why Clients Resist Change McBrairty (NEW) [RECORDING]

Pilates Reformer: Core Strength and Stability Bender (NEW) [RECORDING]	WATERinMOTION® Deep Sepulveda & Wartenberg (NEW - Starts in Pool) [RECORDING]	Nutrition for Performance and Recovery Lopez (NEW) [RECORDING]	Helping Clients Through Gym-timidation Mays (NEW) [RECORDING]
EXPO SHOPPING 8:30am-9:15am			
KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A [RECORDING]			
EXPO SHOPPING 10:30am-11:00am			
Pilates Reformer: Fascial Stretch for Athletes Bannister-Munn (NEW) [RECORDING]	Aqua Strength, Toning, and Stretch Wartenberg (NEW - Starts in Lecture) [RECORDING]	The Trainer's Edge: Measuring Nutrition Offerdahl (NEW) [RECORDING]	Comprehensive Core Training Panel Kooperman, Bender, Chilazi & Strickland (NEW) [RECORDING]
EXPO SHOPPING 12:00pm-2:45pm			
Pilates Reformer for Female Athletes Bender (NEW) Session 1 [RECORDING]	Hydro Hustle Head (Starts in Pool) Session 2 [RECORDING]	Botanical Science for Holistic Wellness Crichtlow (NEW) Session 2 [RECORDING]	The New Fitness Science Panel Kooperman, Layne, Toole, Garcia & Jones (NEW) Session 1 [RECORDING]
Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW) [RECORDING]	CoreSpring® Deep Water Pilates Huss (NEW - Starts in Lecture) [RECORDING]	Integrating Neuroscience into Coaching Jones (NEW) [RECORDING]	Before You Build That Class Dolan (NEW) [RECORDING]
EXPO SHOPPING 3:45pm-4:30pm			
Pilates Reformer: Arms, Shoulders, Abs Bender (NEW) [RECORDING]	Aqua Pilates Head (NEW - Starts in Pool) [RECORDING]	Recovery Nutrition Mastery Lopez (NEW) [RECORDING]	Social Media Accelerator Poirier (NEW) [RECORDING]

Functional Reformer Strength McDonald (NEW) 	Aqua - Abs Rhodes (NEW - Starts in Lecture) 	Nutritional Needs During Menopause Layne (NEW) 	Visit the Expo Hall or shop sponsor discounts at scwfit.com/boston/ discounts
Pilates Reformer: Sculpted Strength Toole (NEW) 	Aqua Intervals Wartenberg (NEW - Starts in Pool) 	Lipids: The Skinny on Fat Layne (NEW) 	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
Pilates Reformer: Coaching for Confidence McDonald (NEW) 	WATERinMOTION® Strength Sepulveda (NEW - Starts in Lecture) 	Reset Your Nervous System Eskridge (NEW) 	
Reformer Recovery McDonald (NEW) 	Aqua Drums Vibes Wartenberg (NEW - Starts in Pool) 	Beyond Kale & Calories Huss (NEW) 	

Fri
November 13

Sat
November 14

Sun
November 15

FR1	7:30am-8:45am
FR2	9:00am-10:15am
FR3	11:00am-12:15pm
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm
FR5	2:45pm-4:00pm
FR6	4:30pm-5:45pm
FR7	6:00pm-7:00pm

SA1	7:30am-8:45am
SA2	9:15am-10:30am
SA3	11:00am-12:15pm
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm
SA5	2:45pm-4:00pm
SA6	4:15pm-5:30pm

SU1	7:30am-8:45am
SU2	9:00am-10:15am
SU3	10:45am-12:00pm
SU4	12:15pm-1:30pm



FR4C: Palango! Strength **NEW!**

Felix Ojeda, MS, MBA

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



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.

FR4E: Pilates Reformer: Glutes, Quads & Hamstrings Burn **NEW!**

Amber Toole

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



FR4H: Accelerate your Career Through Mentorship **NEW!**

Connor Jones, DPT

Most coaches know that every successful career grows from education and experience, but don't forget about the guides along the way. Learn how the right mentor can challenge your thinking, accelerate your earning potential, and help you avoid years of trial and error. Discover how to find the right mentor and maximize every opportunity for personal and professional growth. (Lecture)



FR5C: SOULstrength™ EXPERIENCE **NEW!**

Tanya Patruno

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!



FR5D: Movement Heals: Building Resilience **NEW!**

Jessica Moyer

Explore the powerful connection between movement, mindfulness, and resilience. Through guided activities, reflection, and practical strategies, discover tools to navigate stress, grief, and anxiety while restoring energy and emotional balance. Leave with techniques to support healing, strengthen resilience, and create positive change, personally and professionally.

FR5 Sessions 2:45pm - 4:00pm

FR5A: Block & Burn: Strength Lab **NEW!**

Gail Bannister-Munn

This is not your average flow. Block & Burn is a strength-focused workout using yoga blocks as tools for stability, load, and range. Expect lower-body burners, upper-body sculpt, and core that actually works. Loop bands, gliding discs, and dumbbells come together for a functional, athletic session that builds strength through full range motion and control. Sweat first, stretch later.

FR5B: Kettlebell Training for Women **NEW!**

Phil Ross, MS & George Corso

Empower your fitness journey with kettlebell training designed specifically for women! This session



FR5E: Ballet Flow on the Reformer **NEW!**

Elizabeth Lenart, MEd

Discover the beauty of ballet-inspired movement on the Reformer. Blend graceful choreography with strength, balance, mobility, and core control while incorporating Pilates balls to challenge stability, improve alignment, and enhance body awareness. Create flowing, full-body workouts that build posture, coordination, and control.



FR5F: CoreSpring® Pool Pilates **NEW!**

Charlyn Huss, MA, NCPT

Discover a completely unique approach to aquatic Pilates using the CoreSpring® hand-held direct spring resistance apparatus. In water, buoyancy and aquatic resistance amplify spring feedback to enhance core connection, balance, coordination, and





postural control. Explore creative sequencing and progressions that help participants move with greater precision, confidence, and strength.

FR5G: Metabolic Disease: The Heavy Impact **NEW!**

Dr. Tracy Offerdahl, PharmD, FAAD

Metabolic health influences overall wellbeing and longevity beyond cholesterol and blood sugar. This presentation explores why medication use is rising and how nutrition and supplementation can support metabolically healthy lives alongside—or beyond—drug-based approaches. (Lecture)



FR5H: Mobility Training for Active Agers Panel **NEW!**

Sara Kooperman, JD, Zoraida (Zory) Sepulveda, MBA, Amber Toole, & Dr. Grazyna Pajunen, MS, PHD Healthy movement requires more than flexible muscles. This expert panel explores how mobility, flexibility, and strength work together to improve movement quality, reduce stiffness, enhance balance, and support everyday activities. Learn practical strategies to help active agers move better, feel stronger, and stay independent. (Lecture)

FR6 Sessions 4:30pm - 5:45pm

FR6A: Strength Training for Longevity & Vitality II

Sara Kooperman, JD

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

FR6B: 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.

FR6C: Glow, Glitter & Groove **NEW!**

Jaysa Angles

Step into the ultimate glow-in-the-dark fitness mashup where movement meets neon lights, glitter, and high-energy beats! Sweat, tone, and shine from head to toe in this electrifying workout that blends dance, strength, and fun. Leave glowing, energized, and ready to light up any room!

FR6D: Mindful Movement Fusion **NEW!**

Aimee Marshall, MS

Discover a balanced workout that blends the strength and stability of Pilates and Barre, the flexibility of Yoga, and the flowing, mindful movements of Tai Chi. Improve posture, mobility, balance, coordination, and body awareness while creating a well-rounded fitness experience suitable for participants of all levels.

FR6E: Fitness Flow on the Reformer **NEW!**



Elizabeth Lenart, MEd

Explore fitness-based reformer programming that combines traditional fitness exercises with Pilates principles. Experience creative programming, athletic movement, and purposeful progressions that deliver challenging, engaging workouts while preserving the precision and control that make reformer training unique.

FR6F: WATERinMOTION® Original **NEW!**



Zoraida (Zory) Sepulveda, MBA & Billie Wartenberg

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





FR6G: 7 Nutrition Myths that Refuse to Die **NEW!** 🎥

Melissa Layne, MEd

Seven stubborn nutrition myths still influence how people eat, train, and age. Learn why these myths persist, separate hype from evidence, and gain practical, science-backed guidance you can apply immediately with clients or in everyday life. (Lecture)

FR6H: Why Clients Resist Change **NEW!** 🎥

Alex McBairty

Why do motivated clients struggle to change? Explore the hidden beliefs and behaviors that influence decision-making, then discover practical coaching strategies to build confidence, overcome resistance, and help clients break through barriers to create lasting, meaningful change. (Lecture)

FR7 Sessions 6:00pm - 7:00pm

FR7A: SCW GOT TALENT! 🎥

Judges: Sara Kooperman, JD, Leslee Bender & Gail Bannister-Munn

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

Each SCW GOT TALENT! Winner receives:

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

FR7C: Mania® DANCE OFF!! 🎥

Join the stars of Mania® in this high-energy celebration of dance fitness! Have a blast with SHiNE Dance Fitness, Palango!, S.E.A.T. BEATS, Billie Wartenberg, & Jaysa Angles as you learn fresh choreography, discover innovative teaching ideas, and pick up exciting new moves to elevate your dance classes. Plus, attendees will have the opportunity to win a free certification from one of these outstanding programs. It's going to be a party of epic proportions!

FR7D: Warrior® Meditation & Sound Healing Journey **NEW!** 🎥

ALIGNMENT ESSENTIALS

Jani Roberts

Experience gentle Warrior® Tai Chi and Qigong-inspired movement combined with breathwork, meditation, and restorative sound healing. This calming session supports nervous system regulation, relaxation, and emotional renewal through mindful movement and soothing vibrations. Appropriate for all levels, participants will leave feeling grounded, restored, balanced, and deeply reconnected.

Saturday, November 14

SA1 Sessions 7:30am - 8:45am

SA1A: Nail the Perfect Warm-Up **NEW!** 🎥

Siri Chilazi, MBA, MA

Struggling to create the perfect warm-up? This session provides a simple checklist for designing functional, engaging warm-ups for any class. Walk away with five ready-to-use warm-ups tailored for various modalities, including group exercise, Pilates/core, HIIT, Barre, and dance.



SA1B: Buns & Guns **NEW!**

Tani Wojcinski, MEd

Build strength, confidence, and muscle with this empowering workout focused on sculpting your glutes and arms. Learn effective resistance-training techniques, proper form, and coaching strategies that make strength training approachable for all fitness levels. Walk away with practical exercises that help participants feel stronger, move better, and train with confidence.

SA1C: UPLIFT Strength Fitness **NEW!**

Lizzie Dolan

Strength training at its finest! UPLIFT combines weights, bands, and balls for a full-body workout that builds strength, balance, and endurance. Experience creative, effective techniques that keep every class fresh, challenging, and fun—perfect for instructors looking to energize their strength programming and UPLIFT every participant.



SA1D: Warrior® Workout

Jani Roberts

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



SA1E: Pilates Reformer: Core Strength and Stability **NEW!**

Leslee Bender

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



SA1F: WATERinMOTION® Deep **NEW!**

Zoraida (Zory) Sepulveda, MBA & Billie Wartenberg

Take your workout to new depths with this exhilarating deep-water program! Using flotation belts and the natural resistance of the water, WATERinMOTION®



Deep blends cardio, strength, and core training with chart-topping music and easy-to-follow choreography. Enjoy a total-body, low-impact challenge that boosts endurance, improves balance, and leaves participants feeling weightless, strong, and unstoppable.

SA1G: Nutrition for Performance and Recovery **NEW!**

Oliver Lopez, MS, RDN

What your clients eat before and after exercise can make a significant difference in their energy, performance, and results. Discover the best nutrition strategies to fuel workouts, support recovery, and maximize progress toward fitness goals. Leave with practical, evidence-based tips you can immediately apply to help clients train smarter, recover faster, and perform at their best. (Lecture)

SA1H: Helping Clients Through Gym-timidation **NEW!**

Roz Mays

Transform the way you coach confidence in the gym. Discover powerful strategies to break down fear, overcome intimidation, and create an environment where every client feels capable, motivated, and empowered. Move beyond the “perfect body” culture and learn how to inspire lasting movement habits people will actually enjoy. (Lecture)

SA2 Keynote 9:15am - 10:30am

SA2A: Trends In Fitness **NEW!**

Sara Kooperman, JD

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

SA3 Sessions 11:00am - 12:15pm

SA3A: Functional Pilates 40+ **NEW!**

Zoraida (Zory) Sepulveda, MBA

Experience a refreshing Pilates class created for active adults 40 and beyond. Build strength, improve



balance, increase mobility, and develop greater body awareness through flowing movement patterns that support better posture, everyday function, and lifelong movement without high-impact exercise or complicated choreography.

SA3B: Athletic Agility Cardio Training **NEW!**

Dane Robinson

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

SA3C: JUMP! Trampoline Fun **NEW!**

Sabrina Ursaner

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

SA3D: Vinyasa to Recovery **NEW!**

Meghan Khanna, JD

An energizing Vinyasa flow builds strength, heat, and challenge before transitioning into intentional recovery. Learn how to guide clients from effort to restoration using breathwork, mindful movement, and relaxation techniques that calm the nervous system, improve recovery, and create a more balanced, complete practice.

SA3E: Pilates Reformer: Fascial Stretch for Athletes **NEW!**

YOUR REFORMER

Gail Bannister-Munn

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

SA3F: Aqua Strength, Toning, and Stretch

INDIGO AQUATICS

Billie Wartenberg

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

SA3G: The Trainer's Edge: Measuring Nutrition **NEW!**

NU SKIN.

Dr. Tracy Offerdahl, PharmD, FAAO

Discover how internal nutrition affects energy, endurance, and performance. Learn to evaluate antioxidant balance using noninvasive measurement methods and explore how cellular health connects to recovery and client success. Gain evidence-based strategies to personalize fitness programming and elevate professionalism through measurable, science-driven insights into body composition and function. (Lecture)

SA3H: Comprehensive Core Training Panel **NEW!**

Sara Kooperman, JD, Leslee Bender,

Siri Chilazi, MBA, MA & Taylor Strickland

Core training is about far more than visible abs. Join industry experts for an interactive panel discussion exploring the latest strategies for building a strong, functional core. Learn how core stability, breathing, posture, and movement quality impact performance, injury prevention, and long-term health across diverse populations. (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.

SA4B: Get Off Your Back! **NEW!** BodyBell Method®

Phil Ross, MS & George Corso

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.

SA4D: Buttery Joints for Life **NEW!**

Siri Chilazi, MBA, MA

Are your students stuck, clicky, or achy in their joints? Traditional release techniques aren't enough. Learn a novel approach to improve joint function, increase mobility, and help clients move freely—so they can stay active, strong, and pain-free for life.

SA4E: Pilates Reformer **NEW!** YOUR REFORMER

Leslee Bender

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

SA4H: The New Fitness Science Panel **NEW!**

Sara Kooperman, JD, Melissa Layne, MEd, Amber Toole, Herson Garcia, & Connor Jones, DPT

Explore the latest research driving fitness trends that blend strength training, functional mobility, and mindful movement. Learn how evidence-based programs combine resistance work with targeted stretching and nervous-system regulation to enhance performance, recovery, and long-term well-being. Discover why the mind-body connection is reshaping training for sustainable strength and longevity. (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.

SA4A: Rewiring the Core System **NEW!**

Taylor Strickland

Dive into how breath, tension, and coordination shape strength and performance. Learn to spot movement patterns, restore core timing, and use breath-driven strategies that boost resilience, control, and confidence—helping clients move better and feel stronger from the inside out.

SA4C: ZUMBA®

ZUMBA®

Ann Saldi

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!

SA4F: Hydro Hustle **NEW!**

Sally Head

Bring energy and excitement to your aqua classes with Hydro Hustle. This upbeat aquatic workshop blends rhythmic movement, dance-inspired choreography, and water resistance to create a fun, dynamic workout. Discover creative combinations that build coordination, endurance, balance, and confidence while adding fresh variety to your programming.

SA4G: Botanical Science for Holistic Wellness **NEW!**

Marie Crichlow, RN,CPT

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



SA5 Sessions 2:45pm - 4:00pm

SA5A: Anchor Strong **NEW!**

Gail Bannister-Munn

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

SA5B: Next-Level Core Training **NEW!**

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.

SA5C: Injury Prevention for Fitness Instructors

Siri Chilazi, MBA, MA

You plan safe workouts for students, but what about yourself? Learn practical strategies, including a pre-class self-care routine, to reduce the risk of physical injury, prevent burnout, and maximize energy and longevity—helping you stay strong, healthy, and resilient as a fitness professional.

SA5D: SOULMashup **NEW!**

Michele Park

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



SA5E: Pilates Reformer: Glutes, Quads & Hamstrings Burn **NEW!**

Amber Toole

Zero in on lower-body power as you activate glutes, quads, hamstrings, and calves with precision. Learn progressive sequences and tempo variations that bring the burn and build functional leg strength.



Ideal for athletes, cross-trainers, or clients looking to strengthen and define their lower half.

SA5F: CoreSpring® Deep Water Pilates **NEW!**

Charlyn Huss, MA, NCPT

Take CoreSpring® Pool Pilates into deep water using a hand-held direct spring resistance apparatus. Buoyancy and aquatic resistance amplify spring feedback to challenge balance, core connection, coordination, and postural control in an unstable environment. Discover creative cueing, sequencing, and progressions for dynamic, adaptable deep-water programming.



SA5G: Integrating Neuroscience into Coaching **NEW!**

Connor Jones, DPT

Great coaches do more than change bodies; they change lives. Learn how integrative neuroscience explains movement, behavior, motivation, and leads to transformation. Learn practical strategies to improve client discipline, communication, and physical outcomes while developing a coaching approach that transforms lives. (Lecture)



SA5H: Before You Build That Class **NEW!**

Lizzie Dolan

Before saying yes to creating a class, understand what it really takes and whether it's worth the commitment. This hands-on workshop provides a blueprint to evaluate your concept, structure, time, resources, participant experience, and scalability—from a single gym class to a format built for the masses. (Lecture)



SA6 Sessions 4:15pm-5:30pm

SA6A: 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.



SA6B: Total Body Conditioning **NEW!**

Earl Jenkins

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



SA6C: PALANGO! Cardio

Felix Ojeda, MS, MBA

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



SA6D: Programmed Recovery: Yin & Reset **NEW!**

Meghan Khanna, JD

Recovery is more than just resting tired muscles. This session uses long Yin holds, mindful breathing, and guided stillness to support fascia, connective tissue, and the nervous system. Learn how to create a purposeful recovery experience that helps restore the Central Nervous System (CNS), reduce stress, and help clients feel renewed.

SA6E: Pilates Reformer:

Arms, Shoulders, Abs **NEW!**

Leslee Bender

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

SA6F: Aqua Pilates **NEW!**

Sally Head

Dive into a new dimension of Pilates! Experience how water resistance and buoyancy transform traditional Pilates movements into a powerful, low-impact

workout that builds core strength, balance, and stability. Gain innovative exercises and programming strategies you can bring to the pool for participants of all levels and abilities.

SA6G: Recovery Nutrition Mastery **NEW!**

Oliver Lopez, MS, RDN

Take recovery nutrition to the next level with advanced strategies that support muscle repair, adaptation, and peak performance. Discover how to personalize protocols using macronutrients, micronutrients, hydration, and lifestyle factors to help clients break through plateaus, recover smarter, and achieve lasting results. (Lecture)

SA6H: Social Media Accelerator **NEW!**

Christopher Poirier

Ready to grow your following and expand your influence? Learn the foundational strategies to attract followers, build authority, and create meaningful engagement. Discover why success online isn't about having a million followers—it's about using smart, targeted strategies to stand out, connect, and grow your brand with confidence. (Lecture)

Sunday, November 15

SU1 Sessions 7:30am - 8:45am

SU1A: Conquering Sciatic Pain

Herson Garcia

Explore science-backed strength techniques for adults 50+. Improve mobility, balance, and endurance with effective methods. This panel covers resistance training, functional movement, and progressive overload, offering actionable strategies and real-life samples to help active agers build strength safely, effectively, and confidently.





SU1B: Core Strength Meets Control Freaks **NEW!**

Amber Toole

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

SU1C: 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.

SU1D: Moving Meditations™

Jani Roberts

Move, feel, and energize with Moving Meditations™—short, intentional sequences paired with music to awaken specific emotions and shift your energy. These practices lift your mood, boost emotional balance, and leave you feeling lighter, more vibrant, and joyfully connected to yourself.

SU1E: Functional Reformer Strength **NEW!**

Linda McDonald

Unlock the Reformer's full potential beyond traditional Pilates. Build athletic, functional strength through dynamic, progressive exercises that

challenge large and small muscle groups. Leave with fresh programming ideas, coaching strategies, and tools to deliver high-energy, results-driven classes clients will feel and love!

SU1F: Aqua - Abs **NEW!**



Heather Rhodes

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

SU1G: Nutritional Needs During Menopause **NEW!**

Melissa Layne, MEd

Explore the nutritional needs of menopause in this research-backed session. Learn key dietary strategies to ease symptoms, support overall well-being, and promote hormone balance. Gain evidence-based insights on micronutrients and bone health, and leave empowered with practical guidance for creating a balanced, nourishing approach to menopause nutrition. (Lecture)

SU2 Sessions 9:00am - 10:15am

SU2A: Functional Movement Flow **NEW!**

Jennifer Eskridge

Unlock better movement through a functional training experience blending strength, mobility, balance, coordination, and cardio. This music-inspired, body-weight workout challenges the body in multiple planes while improving stability, control, and confidence. Learn how to create adaptable sequences that support performance, longevity, and real-world movement.

SU2B: Train The Female Athlete **NEW!**



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!



SU2C: Joint Friendly: HIIT **NEW!**

Dane Robinson

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

SU2D: CoreSpring®: Strong From Center **NEW!**

Charlyn Huss, MA, NCPT

Discover how direct spring resistance transforms core training into a whole-body movement experience. Using the patented CoreSpring® Apparatus, you'll strengthen your core, hips, glutes, and legs while enhancing posture, balance, coordination, and functional strength. Explore intelligent movement progressions that deepen body awareness and provide practical strategies for clients of all ages and abilities.



SU2E: Pilates Reformer: Sculpted Strength **NEW!**

Amber Toole

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



SU2F: Aqua Intervals **NEW!**

Billie Wartenberg

Make a splash with high-intensity aqua intervals that boost endurance, strength, and cardio in one powerful session. Alternate bursts of effort with recovery, using water resistance to burn calories, sculpt muscles, and protect your joints. Dive into this total-body workout that's anything but basic!

SU2G: Lipids: The Skinny on Fat **NEW!**

Melissa Layne, MEd

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

SU3 Sessions 10:45am - 12:00pm

SU3A: Balance Brain & Spine **NEW!**

Billie Wartenberg

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

SU3B: Metabolic Master **NEW!**

Christopher Poirier

Unlock the secrets of cardio conditioning in this energizing session on metabolic training. Learn how to program workouts that build endurance and stamina, understand why VO₂ max matters for every client, and apply energy system training strategies that elevate performance and deliver results for bodies of all levels.

SU3C: How to Handle Hypertrophy

Dane Robinson

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

SU3D: BARREfusion™ Experience

Michele Park & Jaysa Angles

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.



SU3E: Pilates Reformer: Coaching for Confidence **NEW!**

Linda McDonald

Elevate your coaching and energize every Reformer class! Discover athletic programming, powerful cueing, seamless strap transitions, and practical coaching techniques, incorporating Pilates balls





to enhance challenge, control, and variety. Create smooth, high-energy workouts and walk away ready to deliver exceptional classes for every fitness level.

SU3F: WATERinMOTION®

Strength NEW!

Zoraida (Zory) Sepulveda, MBA

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

SU3G: Reset Your Nervous System NEW!

Jennifer Eskridge

Discover powerful, research-backed techniques to calm the nervous system, reduce stress, and enhance recovery. This practical session explores simple modalities that help activate the parasympathetic response, improve resilience, and support overall well-being, giving fitness professionals tools they can immediately apply for themselves and their clients. (Lecture)

SU4 Sessions 12:15pm - 1:30pm

SU4A: Ultimate Core Strength Revolution NEW!

Earl Jenkins

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



SU4B: No Equipment? No Excuses!

Herson Garcia

Transform your clients' workouts with bodyweight movements that are simple, yet highly effective. This session teaches you how to elevate mobility, flexibility, and strength with no equipment needed. Keep your clients motivated and engaged with creative exercises that deliver real results, ensuring they keep coming back for more. No excuses—only success!

SU4C: JUMP: Rebound Recovery NEW!

Sabrina Ursaner

Allow yourself to recover, recharge, and reconnect through mindful movement. Using mini trampolines, this low-impact session combines gentle bouncing, balance, mobility, stretching, and restorative exercises to release tension, improve circulation, and restore energy. Leave feeling refreshed, resilient, and ready to bounce back.

SU4D: Pilates Flow Reset NEW!

Jennifer Eskridge

Experience a progressive Pilates-inspired movement workshop designed to improve mobility, control, and body awareness. Through mindful preparation, mobility techniques, and integrated movement patterns, participants will discover how creating internal connection can enhance range of motion, efficiency, and overall movement quality, without forcing intensity or flexibility.

SU4E: Reformer Recovery NEW! **YOUR REFORMER**

Linda McDonald

Restore, recharge, and rebuild with this music-driven Pilates Reformer Recovery session. Using controlled movement, mobility exercises, breathwork, and gentle stretching, you'll reduce muscle tension, improve flexibility, enhance joint mobility, and accelerate recovery while leaving participants feeling refreshed, balanced, and ready for their next workout.

SU4F: Aqua Drums Vibes NEW!

Billie Wartenberg

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



SU4G: Beyond Kale & Calories: Why Absorption Changes Everything NEW!

Charlyn Huss, MA, NCPT

If eating well were enough, more people would feel better. This interactive session challenges conventional nutrition by focusing on absorption, not intake. Discover how stress and nervous system dysregulation disrupt digestion, metabolism, and energy—and why results stall. Explore how overlooked absorption issues may drive inflammation, joint pain, and fatigue, with practical strategies to restore function from the inside out. (Lecture)



Presenters



Scan for
Full Bios



TERESA ALINI



JAYSA ANGLES

SOUL
BEATS



GAIL BANNISTER-MUNN

SCW



LESLEE BENDER

SCW YOUR REFORMER



SIRI CHILAZI
MBA, MA



GEORGE CORSO

BodyBell
Method



MARIE CRICHLLOW,
RN, CPT

LuminaFit



LIZZIE DOLAN

SHINE



JENNIFER
ESKRIDGE



HERSON GARCIA



SALLY HEAD, MA,
RYT-500



CHARLYN HUSS, MA,
NCPT

CoreSpring



EARL JENKINS

CORE
CHAMPION



CONNOR JONES,
DPT

True Impact



MEGHAN KHANNA, JD



SARA KOOPERMAN, JD

SCW water motion SEAT



MELISSA LAYNE, Med

SCW



ELIZABETH
LENART, Med

YOUR REFORMER



OLIVER LOPEZ,
MS, RDN
BOSTON 2026 STAR
SEARCH WINNER



AIMEE MARSHALL,
MS



ROZ MAYS



ALEX MCBRAIRTY



LINDA McDONALD

YOUR REFORMER



JESSICA MOYER



KENDALL NIELSON

SHINE



DR. TRACY OFFERDAHL,
PHARM, FAAP

NU SKIN



FELIX OJEDA, MS, MB

Palango!
FITNESS



DR. GRAZYNA
PAJUNEN, MS, PhD

Health, Beauty
& Empowerment



MICHELE PARK

SOUL
FITNESS



TANYA PATRINO

SOUL
FITNESS



HEATHER RHODES



JANI ROBERTS

ALIGNMENT
ESSENTIALS



DANE ROBINSON



PHIL ROSS, MS

BodyBell
Method



ANN SALDI

ZUMBA



ZORAIDA (ZORY)
SEPULVEDA, MBA

SEAT water motion



TAYLOR STRICKLAND

CORE



AMBER TOOLE

SCW



SABRINA
URSANER



BILLIE
WARTENBERG

SCW



TANI WOJCINSKI,
Med

For Full Presenter Bios Please Visit: scwfit.com/boston/presenters

*Live & Pre-Recorded Presenters Shown



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