

california  
**mania**<sup>®</sup>  
fitness pro convention

March 20-23, 2025  
Hyatt Regency  
San Francisco Airport  
Burlingame, CA

# A Convention Fit For All.



2025

SCW



[scwfit.com/california](https://scwfit.com/california)



# Welcome to California Mania!

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



## Expert Led Sessions & Certifications

100+ sessions and 15 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.



# A World of Fitness Knowledge All In One Place!

California MANIA® offers a one-of-a-kind experience with 100+ 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.
- **Business of Fitness**  
Marketing, sales, management, and retention strategies for studio owners and trainers.



scwfit.com/california

California Mania® // March 20-23

# You'll Fit Right In.

Hosted at the Hyatt Regency San Francisco Airport, California Mania® offers a modern venue with premium amenities—ideal for three days (or as many as you choose) of learning.

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## **Mania® Convention Sessions & Workshops**

March 20 - 23, 2025  
(Thur, Fri, Sat, & Sun)

## **SCW Business Summit**

March 21 - 23, 2025  
(Fri, Sat, & Sun)

## **Certifications**

March 20 (Thur) & March 23 (Sun) 2025

**Save \$60 when you register by  
March 3rd with code: EARLYBIRD**

**Register at:**

[www.scwfit.com/california](http://www.scwfit.com/california)



**HYATT  
REGENCY**

## **Hyatt Regency San Francisco Airport**

1333 Bayshore Highway  
Burlingame, CA. 94010

- FREE Wi-Fi
- FREE Coffee Maker
- FREE Mini-Fridge
- FREE Roll-Away
- 24 Hour Gym
- 3Sixty Bistro
- Convenient Market Store

**SCW Guaranteed Lowest Rate:  
\$189 (Reg. \$254)**

**Hotel Discount Deadline: Wed, Feb. 26**

**Book your discounted room here:**

[www.scwfit.com/california/hotel](http://www.scwfit.com/california/hotel)

# Certifications

Career-elevating certifications led by proven industry experts.

## Certifications Thursday, March 20



### SCW Personal Training Certification

Gail Bannister-Munn

Thursday, March 20, 9am-6pm



\$199 Mania® attendees / \$259 non-attendees

Elevate your career with this nationally recognized certification designed for fitness professionals. Learn exercise physiology, program design, and health-risk assessments in a hands-on format. CECs: SCW (8.0), ACSM (8.0), AEA (4.0).



### SCW Group Exercise Certification

Manuel Velazquez

Thursday, March 20, 8am-5pm



\$199 Mania® attendees / \$259 non-attendees

Gain the skills to confidently lead group fitness classes with training in cueing, choreography, and class sequencing. CECs: SCW (8.0), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



### SCW T'ai Chi Certification

David-Dorian Ross

Thursday, March 20, 9am-5pm



\$199 Mania® attendees / \$259 non-attendees

Discover the art of T'ai Chi and Qi Gong, focusing on stability, mobility, and meditative movement. Learn the Yang Short Form and breathing techniques to energize clients. CECs: SCW (8.0), ACE (0.7), ACSM (8.0), AEA (7.0), AFAA (8.0), NASM (0.8).



### SCW Meditation EXPRESS Certification

Yury Rockit

Thursday, March 20, 4:15pm - 8:15pm



Only \$159. Learn practical meditation techniques to enhance mindfulness and reduce stress in just four hours. This express course equips you to lead meditation classes and improve recovery practices. CECs: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).



### SCW Chair Yoga Certification

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

Thursday, March 20, 9am-5pm



\$199 Mania® attendees / \$259 non-attendees

Teach creative, accessible yoga classes using chairs for sitting, standing, and supported poses. Learn pose adaptations, active aging principles, and verbal and visual cueing. CECs: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), NASM (0.6), AFAA (6.0), Yoga Alliance (8.0).



### S.E.A.T. Supported Exercise For Ageless Training Certification

Sara Vandenberg, MS

Thursday, March 20, 9am-5pm



\$159 Mania® attendees / \$199 non-attendees (reg. \$359)

Learn to lead effective chair-based classes for active aging clients and those needing extra support. Movement adaptations, active aging principles, and memory improvement strategies. CECs: SCW (7.0), ACSM (7.0), ACE (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).



### SCW Aquatic Exercise Certification

Melissa Layne, MEd

Thursday, March 20, 9am-5pm



\$199 Mania® attendees / \$259 non-attendees

Dive into aquatic fitness with training on anatomy, water-specific adaptations, and special populations. Develop leadership and cueing skills through hands-on and theoretical sessions. CECs: SCW (8.0), AEA (7.0), ACE (0.7), ACSM (8.0), AFAA (8.0), NASM (0.8).



### SCW Life Coaching EXPRESS Certification



**Kimberly Spreen-Glick**

**Thursday, March 20, 4:15pm - 8:15pm**

Only \$159. Transform your coaching skills in just four hours with this focused program on wellness and personal development. Learn to guide clients in fitness, career, and life goals using practical strategies. CECs: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).



### ToughAgers® Instructor Active Older Adult Fitness



**Deborah Rothschild, MS, NASM-CPT,  
ACE-CPT, AFAA-CGFI**

**Thursday, March 20, 9am-4pm**

Only \$129. Equip older adults with cardio, strength, and balance training in a supportive environment. This program emphasizes safe, fun, and effective exercises to meet the needs of active older adults. CECs: SCW (6.0), ACSM (6.0), AFAA (6.0), ISSA (6.0), NASM (0.6).



### ZUMBA® Basic 1 Training



**Joy Smith**

**Thursday, March 20, 7:30am-4pm**

*\$399 Registration Fee (Use Promo Code: TSZUMBA65 to receive a 65% discount)*

Learn the foundation of Zumba® with four core rhythms: Merengue, Salsa, Cumbia, and Reggaeton. Develop skills to create fun, high-energy classes for all fitness levels. CECs: SCW (8.0), ACE (0.7), ACSM (8.0), AFAA (5.5).



### LaBlast® Fitness Instructor Certification



**Javier Alvarez**

**Thursday, March 20, 8am-5pm**

*\$99 early bird registration price thru 3/6  
\$125 registration price after 3/6.*

Combine ballroom dance with fitness to create unique, engaging classes. Learn 10 ballroom dances, LaBlast® philosophy, and tools to start your own classes. CECs: SCW (8.0), ACE (0.8), AFAA (8.0), NASM (8.0).

## Certifications Sunday, March 23



### SCW Yoga 1 Certification



**Manuel Velazquez**

**Sunday, March 23, 8am-4pm**

*\$199 Mania® attendees / \$259 non-attendees*

Begin your yoga journey with training in poses, cueing, and program design for all fitness levels. This hands-on course integrates science and practice to build confidence in leading classes. CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).



### Symmetry Postural Measurement Certification



**Patrick Mummy**

**Sunday, March 23, 8am-4pm**

*\$199 Mania® attendees / \$259 non-attendees*

Learn to assess postural misalignments and create corrective exercise routines. This program uses Symmetry's patented AlignSmart system for measurable results. CECs: SCW (8.0), ACE (1.8), AFAA (6.0), NASM (0.6), NCBTMB (4.0).



### SCW Stretching & Flexibility Training Certification



**Gail Bannister-Munn**

**Sunday, March 23, 8am-4pm**

*\$199 Mania® attendees / \$259 non-attendees*

Master stretching techniques, mobility assessments, and recovery strategies for all ages. Learn active, passive, and assisted stretching methods to enhance performance and reduce injury risk. Includes CECs: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).



### WATERinMOTION® Aqua Exercise Certification



**Cheri Kulp**

**Sunday, March 23, 8am-4pm**

*\$199 Mania® attendees / \$259 non-attendees*

Enhance your aqua classes with training on cueing, choreography, and water-specific exercises. This full-day program covers principles of water fitness and leadership development. CECs: SCW (7.0), AEA (8.0), AFAA (7.0), ACE (0.9), NASM (0.7), ACSM (7.0).



# The Main Event.

Discover more than 100 sessions at California Mania<sup>®</sup>, happening March 20-23 and take your fitness career to the next level. All included in your Mania<sup>®</sup> registration!

## Friday, March 21

### FR1 Sessions | 7am - 8:45am

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#### FR1A: Mobility & Stability Core Flow Sequences

Roberto Melani, MBA

Learn adaptable flow sequences to improve mobility, flexibility, and core stability for all fitness levels.

#### FR1B: Balance Training for Healthy Aging

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

Discover balance training techniques to enhance physical and mental steadiness for healthy aging.

#### FR1C: SOULfusion™ EXPERIENCE

Michele Park

Experience yoga-inspired movements, cardio bursts, and fun choreography designed for every fitness level.



#### FR1D: CoreSpring® Pilates: Abs & Glutes

Charlyn Huss d'Anconia, MA, NCPT

Combine Pilates principles and spring resistance to sculpt your core, glutes, and legs.



#### FR1E: Liquid Gym Acqua Punch & Pump

Manuel Velazquez

Energize your aquatic workouts with jabs, punches, and kicks using Liquid Gym Gloves and Loops.



#### FR1F: Sleep Habits: Key to Fitness

Melissa Layne, MEd

Learn strategies to optimize sleep for better recovery, metabolism, and athletic performance.

#### FR1G: No Sweat Income Opportunities!

Kimberly Spreen-Glick

Explore fitness career opportunities that provide income and longevity without physical burnout.



### FR2 Sessions | 9am - 10:15am

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#### FR2A: ABC: Arms, Butts & Core On the Floor!

Gail Bannister-Munn

Master ground-based strength training techniques to elevate muscle engagement and intensity.

#### FR2B: Shoulder Pain:

#### Optimize Through Exercise

Ruston Webb, MS

Learn exercises to alleviate shoulder pain, optimize performance, and boost client satisfaction.



# california mania®

## Certifications

### Thurs, March 20

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

→ **ToughAgers® Instructor - Active Older Adult Fitness**  
Rothschild • 9am-4pm

→ **SCW Group Exercise Certification**  
Velazquez • 8am-5pm

→ **SCW T'ai Chi Certification**  
DD. Ross • 9am-5pm

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

→ **SCW Chair Yoga Certification**  
Ratliff • 9am-5pm

→ **S.E.A.T. Supported Exercise For Ageless Training Certification**  
Vandenberg • 9am-5pm

→ **LaBlast® Fitness Instructor Certification**  
Alvarez • 8am-5pm

→ **ZUMBA® Basic 1**  
Smith • 7:30am-4pm

→ **SCW Life Coaching EXPRESS Certification**  
Spreen-Glick • 4:15pm-8:15pm

→ **SCW Meditation EXPRESS Certification**  
Rockit • 4:15pm-8:15pm

### Sun, March 23

→ **WATERinMOTION® Aqua Exercise Certification**  
Cheri Kulp • 8am-4pm

→ **SCW Stretching & Flexibility Training Certification**  
Gail Bannister-Munn • 8am-4pm

→ **SCW Yoga I Certification**  
Manuel Velazquez • 8am-4pm

→ **Symmetry Postural Measurement Certification**  
Patrick Mummy • 8am-4pm

■ Indicates the session is being recorded at this Mania® and will be available online. Recordings access includes 100 sessions.

**Room A**  
Power & Performance

**Room B**  
Longevity & Function

**Fri**  
March 21

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

Mobility & Stability Core Flow Sequences Melani

Balance Training for Healthy Aging Ratliff

**FR2** 9:00am-10:15am

ABC: Arms, Butts & Core On the Floor! Bannister-Munn

Shoulder Pain: Optimize Through Exercise Webb

**FR3** 11:00am-12:15pm

Athletic Woman: Function & Strength Hughes

The Ultimate Longevity Workout Melani

**FR4** Session 1: 12:30-1:45pm  
Session 2: 1:15-2:30pm

Blood Flow Restriction: Upper Body Blast - Selman & Indiviglia - Session 2

Aging Brains & Bones Layne Session 2

**FR5** 2:45pm-4:00pm

Integrated Strength Madden

Master Knee-Pain Reduction Strategies Webb

**FR6** 4:30pm-5:45pm

SOULstrength™ EXPERIENCE Park

Dementia Client Strategies for Trainers Rothschild

**FR7** 6:00pm-7:00pm

Dance Off! LaBlast®, Fit Pro Programming, Burdick, & Velazquez

This Can Be Your Class! Contact: partner@scwfit.com

**Sat**  
March 22

**SA1** 7:30am-8:45am

Beyond Squat: Unconventional Lower Body Training - Rockit

Bodyfit: Tips on Modifications K. Ross

**SA2** 9:15am-10:30pm

**SA2A: Keynote Address:**  
The Fitness Evolution Patrick Mummy

**SA3** 11:00am-12:15pm

Full Body 3D HIIT-Circuit Hughes

ToughAgers Active Older Adult Fitness Rothschild

**SA4** Session 1: 12:30-1:45pm  
Session 2: 1:15-2:30pm

Beyond Lower Cross Syndrome FOX - Session 2

S.E.A.T. (Supported Exercise for Ageless Training) Vandenberg - Session 1

**SA5** 2:45pm-4:00pm

Blood Flow Restriction: Empowering Women's Health - Selman & Indiviglia

Mobility Training - Online or In-Person Webb

**SA6** 4:30pm-5:45pm

Pelvic Floor from the Outside In Layne

Barefoot Therapy for Fall Prevention Strategy Melani

**Sun**  
March 23

**SU1** 7:30am-8:45am

Master Training the Feet Fox

Age Defying Mobility Training: Enhancing Longevity - Webb

**SU2** 9:00am-10:15pm

Step Up Your Groove Layne

LaBlast® Chair Fitness: Pull Up a Seat Alvarez

**SU3** 10:45am-12:00pm

Maximize Lower Body Strength Selman & Indiviglia

EverFlexed Strength Madden & Melani

**SU4** 12:15pm-1:30pm

Hit The Wall Rockit

Agility, Balance, Coordination for Active Aging - Melani



# Certifications: Mar. 20 & Mar. 23

## Convention: Mar. 20 - Mar. 23

Expo Hours	
Fri, March 21	8:30am - 4:30pm
Sat, March 22	8:30am - 4:30pm
Sun, March 23	8:30am - 12:30pm

### Room C Group Programming

### Room D Recovery & Pilates

### Room E Water Works

### Room F Wellness

### Room G Business Summit

<b>SOULfusion™ EXPERIENCE</b> Park
<b>Tubing Xpress</b> Spreen-Glick
<b>ZUMBA®</b> Smith
<b>Game Your Core</b> Velazquez Session 1
<b>Strength Training for Longevity &amp; Vitality II</b> Kooperman
<b>Dance Pump</b> Burdick
<b>SCW Fitness Star Search</b> Kooperman, Vandenberg, Park & Bannister-Munn

<b>CoreSpring® Pilates: Abs &amp; Glutes</b> d'Anconia
<b>Iron and Silk: Power Meets Precision</b> DD. Ross
<b>Bring the Toys!</b> Bannister- Munn
<b>Flow Like a Pro</b> DD. Ross Session 1
<b>SYMMETRY-Scientific Stretching</b> Mummy
<b>Deconstructing Asanas</b> Ratliff
<b>Stretch-Breathe-Recover</b> Spreen-Glick

<b>Liquid Gym Acqua Punch &amp; Pump</b> Velazquez
<b>LaBlast® Splash: Buoyant Ballroom Blitz</b> Alvarez
<b>Aquatic Strength Training</b> PluimMentz
<b>Liquid Gym® Liquid Stars - Vandenberg</b> Session 1
<b>Wave Works</b> Velazquez & Vandenberg
<b>AQUAHOLIC</b> Layne
<b>This Can Be Your Class!</b> Contact: partner@scwfit.com

<b>Sleep Habits: Key to Fitness</b> Layne
<b>Chain Reaction Biomechanics</b> Hughes
<b>Debunking Exercise Science Myths</b> Layne
<b>Empower Inclusion: Medical &amp; Fitness</b> Hargrave - Session 2
<b>Muscle, Bone &amp; Fat Crosstalk</b> Layne
<b>How to Avoid Being My Patient</b> Laskowski
<b>FR7G: Business Summit Keynote: The Purpose-Driven Fitness Formula</b> Ruston Webb, MS, FMS II, TPI-CGFI III

<b>No Sweat Income Opportunities</b> Spreen-Glick
<b>Climbing the Corporate Ladder in Heels (and gym shoes)- Kooperman</b>
<b>Know Your Worth</b> K. Ross
<b>Pack Your PT Sessions: Successful Sales</b> Kooperman, Hughes, Rothschild & Webb - Session 1
<b>The Continued Path Toward Rebranding Oneself - Colman</b>
<b>Start &amp; Grow Your Business</b> Kooperman, K. Ross, McBride, Stevenson & Hoff

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

<b>Band Camp</b> Bannister-Munn
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<b>Pilates Perfect Blend</b> Vokoun
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<b>Tides of Power</b> Kulp & Velazquez
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<b>Women: Training Through the Stages</b> Layne
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<b>Lifelong Lessons in Leadership</b> Stevenson
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7:30am 8:45am	SA1
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### SA2A: Keynote Address: The Fitness Evolution Patrick Mummy

9:15am 10:30pm	SA2
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<b>SOULkickboxing™</b> Coleman
<b>LaBlast® Fitness: Ballroom Blitz</b> Alvarez - Session 1
<b>Core-Centered Barre</b> Madden
<b>Posture &amp; Alignment with Personal Training</b> Mummy

<b>Power Source: A Core Practice</b> Ratliff
<b>Heart-Centered Flow</b> Spreen-Glick Session 2
<b>CoreSpring® Pilates Functional Performance</b> d'Anconia
<b>Recovery Through Meditation</b> Rockit

<b>Aqua Power: One Dumbbell Circuit</b> Kulp
<b>All-Inclusive Aquatics</b> PluimMentz Session 2
<b>Ageless Aqua</b> Kulp & Velazquez
<b>Liquid Gym Acqua Toner Stretch &amp; Tone</b> Kulp

<b>Body Composition 101</b> Han
<b>Physics of Pain &amp; Performance</b> Mummy - Session 1
<b>Boost Your Pre-Workout &amp; Recovery</b> Kooperman & Ontiveros
<b>How You Move Matters</b> Laskowski

<b>Stretching Strategies</b> Kooperman, Bannister-Munn, Fox & Laskowski
<b>FIT FOR BUSINESS</b> Kooperman Session 2
<b>New World Sales &amp; Management</b> McBride
<b>The Power of Productivity</b> Hoff

11:00am 12:15pm	SA3
Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	SA4
2:45pm 4:00pm	SA5
4:30pm 5:45pm	SA6

<b>Kickbox Interval</b> Spreen-Glick
<b>BARRefusion™ Experience</b> Vandenberg
<b>LaBlast® Fitness for all Ages</b> Alvarez
<b>T'ai Chi for Group Exercise</b> Kilpatrick

<b>Human Reformer Pilates</b> Madden
<b>Functional Soft Tissue: Mobility &amp; Stability - Hughes</b>
<b>Movement Meditation</b> Rockit
<b>Gentle Yoga for Mobility</b> Velazquez

<b>Aqua Intervals Roulette</b> Vandenberg
<b>Water Running</b> Rockit
<b>Strength Beneath the Surface</b> PluimMentz
<b>Girl Meets Buoy</b> Vandenberg

<b>Stress &amp; Inflammation: Impacts &amp; Outcomes</b> Layne
<b>Preventing Common Fitness Injuries</b> Laskowski
<b>Wellness is the New Fitness</b> Spreen-Glick
<b>Bridging Medicine &amp; Fitness</b> Hughes

<b>Dealing with Difficult People and Situations</b> Stevenson
<b>Creating with Canva</b> Hoff
<b>Strategy, Implementation &amp; Financial Management</b> McBride
<b>Building Your Personal Brand</b> Spreen-Glick

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



**FR2C: Tubing Xpress**

**Kimberly Spreen-Glick**

Explore the versatility of resistance tubing for quick, full-body workouts.

**FR2D: Iron and Silk: Power Meets Precision**

**David-Dorian Ross**

Blend kung fu and tai chi for a powerful and balanced full-body workout.

**FR2E: LaBlast® Splash: Buoyant Ballroom Blitz**



**Javier Alvarez**

Experience aquatic ballroom dancing with LaBlast® Splash—no partner required!

**FR2F: Chain Reaction Biomechanics**



**Michael Hughes**

Understand biomechanics to address pain causes and improve client movement.

**FR2G: Climbing the Corporate Ladder in Heels (& Gym Shoes)**



**Sara Kooperman, JD**

Discover strategies to overcome challenges and thrive as a woman in the fitness industry.

**FR3 Sessions | 11am - 12:15am**

**FR3A: Athletic Woman: Function & Strength**



**Michael Hughes**

Train for functional strength to tackle life's physical demands like a true athlete.

**FR3B: The Ultimate Longevity Workout**

**Roberto Melani, MBA**

Design workouts for older clients focusing on mobility, balance, and vitality.

**FR3C: ZUMBA®**



**Joy Smith**

Join the dance-fitness party with Zumba® for a fun, total-body workout.

**FR3D: Bring the Toys!**

**Gail Bannister-Munn**

Release stress and improve range of motion with restorative bodywork tools.

**FR3E: Aquatic Strength Training**



**Irene PluimMentz, PT**

Build strength and functionality through innovative aquatic training techniques.

**FR3F: Debunking Exercise Science Myths**

**Melissa Layne, MEd**

Debunk common fitness myths with research-backed clarity and evidence.

**FR3G: Know Your Worth**



**Kylie Ross, MSM, MBA**

Learn financial and business strategies to grow your fitness career confidently.

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

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

**FR4C: Game Your Core**

**Manuel Velazquez**

Gamify core workouts to engage and inspire clients with fun challenges.

**FR4D: Flow Like a Pro**

**David-Dorian Ross**

Simplify Tai Chi moves for effortless flow & inner calm.

**FR4E: Liquid Gym® Liquid Stars**



**Sara Vandenberg, MS**

Use Liquid Gym® equipment to enhance flexibility and balance in water workouts.

**FR4G: Pack Your PT**



**Sessions: Successful Sales**

**Sara Kooperman, JD, Michael Hughes, Deborah Rothschild, MS, & Ruston Webb, MS**

Understand inclusive recovery programs for neurological conditions in fitness.





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

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

### FR4A: Blood Flow Restriction: Upper Body Blast

Ashley Selman, MA & Lawrence Indiviglia, MA, MBA  
Boost upper body strength using Blood Flow Restriction (BFR) training with light resistance.

### FR4B: Aging Brains & Bones

Melissa Layne, MEd  
Explore aging brain and bone health with neuroplasticity and osteoporosis-focused activities.

### FR4F: Empower Inclusion: Medical & Fitness

Hal Hargrave, MS  
Explore inclusive fitness recovery: tailored support for neurological conditions, community, and well-being.

## FR5 Sessions | 2:45pm -4pm

### FR5A: Integrated Strength

Tricia Murphy Madden  
Create total-body group workouts with integrated strength techniques.



### FR5B: Master Knee-Pain Reduction Strategies

Ruston Webb, MS  
Learn targeted exercises to reduce knee pain and improve client outcomes.



### FR5C: Strength Training for Longevity & Vitality II

Sara Kooperman, JD  
Teach rhythmic strength classes tailored for the 50+ population.

### FR5D: SYMMETRY-Scientific Stretching

Patrick Mummy  
Implement the AlignSmart™ system for measurable corrective exercise outcomes.



### FR5E: Wave Works

Manuel Velazquez & Sara Vandenberg, MS  
Master innovative water-based choreography to energize your aquatic classes.



### FR5F: Muscle, Bone & Fat Crosstalk

Melissa Layne, MEd  
Explore how tissues like muscle, bone, and fat communicate for overall health.



### FR5G: The Continued Path Path Toward Rebranding Oneself

Zach Colman  
Build a resilient personal or professional brand through confidence and community focus.



## FR6 Sessions | 4:30pm - 5:45pm

### FR6A: SOULstrength™ EXPERIENCE

Michele Park  
Experience a fun, rhythmic SOULstrength™ class combining cardio, resistance, and mobility.



### FR6B: Dementia Client Strategies for Trainers

Deborah Rothschild, MS  
Train effectively with clients diagnosed with dementing illnesses to enhance their well-being.



### FR6C: Dance Pump

Gioconda (Condy) Burdick  
Combine cardio and strength in a Dance Pump session for high-energy calorie burning.

### FR6D: Deconstructing Asanas

Gusti Ratliff, MEd, E-RYT 500, C-IAYT  
Break down yoga asanas to improve flexibility and strength for all levels.



### FR6E: AQUAHOLIC

Melissa Layne, MEd

Groove in the pool with bodyweight resistance, fresh choreography, and musical phrasing.

### FR6F: How to Avoid Being My Patient

Dr. Edward Laskowski, MD

Learn strategies to prevent injury and improve fitness longevity from a Mayo Clinic expert.

### FR6G: Start & Grow Your Business

Sara Kooperman, JD, Kylie Ross, MSM, MBA, Bill McBride, Chris Stevenson, CSCS & Marisa Hoff, MEd

Boost business productivity with actionable strategies for time management and growth.



## FR7 Sessions | 6pm - 7pm

### FR7A: Dance Off!

Join a high-energy dance fitness party with top professionals and win a free certification.

### FR7C: SCW Fitness Star Search

Judges: Sara Kooperman, JD, Sara Vandenberg, MS, Michele Park & Gail Bannister-Munn

Compete to showcase your expertise and earn a presenting spot at Mania® 2026.

### FR7D: Stretch-Breathe-Recover

Kimberly Spreen-Glick

Restore your body and mind with a recovery-focused breathing and stretching session.

### FR7G: Business Keynote:

The Purpose-Driven Fitness Formula

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

Discover how unlocking purpose can transform client outcomes and elevate your business.



## Saturday, March 22

## SA1 Sessions | 7:30am -8:45am

### SA1A: Beyond Squat:

Unconventional Lower Body Training

Yury Rockit

Explore unconventional squats and techniques for balanced lower-body training.

### SA1B: Bodyfit: Tips on Modifications

Kylie Ross, MSM, MBA

Learn bodyweight modifications to support active aging and post-op recovery.



### SA1C: Band Camp

Gail Bannister-Munn

Strengthen your body with a full-body workout using resistance bands.

### SA1D: Pilates Perfect Blend

Reena Vokoun, MS

Combine Pilates techniques with coaching strategies to inspire client success.



### SA1E: Tides of Power

Cheri Kulp & Manuel Velazquez

Transform water workouts with creative uses of aqua dumbbells for strength and endurance.



### SA1F: Women: Training Through the Stages

Melissa Layne, MEd

Explore training strategies tailored for women's hormonal and life-stage needs.

### SA1G: Lifelong Lessons in Leadership

Chris Stevenson, CSCS

Uncover leadership tools to inspire and motivate teams for long-term success.



## SA2 Keynote | 9:15am -10:30am

### SA2B: The Fitness Evolution

Patrick Mummy

Redefine fitness careers by boosting earning potential and leading the wellness revolution.



## SA3 Sessions | 11am -12:15am

### SA3A: Full Body 3D HIIT-Circuit

Michael Hughes

Balance functional fitness with a 3D full-body HIIT circuit for optimal results.



### SA3B: ToughAgers®

Active Older Adult Fitness

Deborah Rothschild, MS

Engage older adults with total-body fitness programs tailored to their needs.



### SA3C: SOULkickboxing™

Lindsey Coleman, MA

Enjoy an energetic SOULkickboxing™ class blending cardio and conditioning sequences.



### SA3D: Power Source: A Core Practice

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

Strengthen your core with a yoga-inspired hybrid workout for stability and balance.



### SA3E: Aqua Power: One Dumbbell Circuit

Cheri Kulp

Energize aquatic circuits with single dumbbell exercises for total-body results.

### SA3F: Body Composition 101

Joseph Han, CSM, PMP

Apply body composition data to elevate fitness programs and client health outcomes.

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### SA3G: Stretching Strategies: Flexibility, Recovery Performance

Sara Kooperman, JD, Gail Bannister-Munn, Brendan Fox, Dr. Edward Laskowski, MD

Learn the science and art of stretching for improved strength and flexibility.



### 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: S.E.A.T. Supported Exercise for Ageless Training

Sara Vandenberg, MS

Design chair-based workouts that cater to clients of all abilities with fun, seated exercises.



### SA4C: LaBlast® Fitness: Ballroom Blitz

Javier Alvarez

Learn diverse ballroom dances through LaBlast® Fitness for an engaging workout experience.



### SA4F: Physics of Pain & Performance

Patrick Mummy

Explore physics-based strategies to address pain and optimize client performance.



### 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: Beyond Lower Cross Syndrome

Brendan Fox

Master hip assessments to address postural imbalances and improve client outcomes.



### SA4D: Heart-Centered Flow

Kimberly Spreen-Glick

Connect mind and body with heart-centered yoga focusing on self-connection and acceptance.

### SA4E: All-Inclusive Aquatics

Irene PluimMentz, PT

Adapt aquatic programs to suit participants with various conditions and abilities.



### SA4G: FIT FOR BUSINESS: Leading for Maximum Performance

Sara Kooperman, JD

Lead effectively by balancing performance, time management, and fulfillment in your career.



### SA5 Sessions | 2:45pm - 4pm

### SA5A: Blood Flow Restriction: Empowering Women's Health

Ashley Selman, MA & Lawrence Indiviglia, MA, MBA

Empower women through Blood Flow Restriction (BFR) training for strength and vitality.

### SA5B: Mobility Training: Online or In-Person

Ruston Webb, MS

Incorporate mobility exercises into sessions to enhance results and client retention.



### SA5C: Core-Centered Barre

Tricia Murphy Madden

Elevate barre workouts with core-centered movements and innovative choreography.



### SA5D: CoreSpring® Pilates Functional Performance

Charlyn Huss d'Anconia, MA, NCPT

Blend Pilates principles with spring resistance for a dynamic, functional workout.



### SA5E: Ageless Aqua

Cheri Kulp & Manuel Velazquez

Create engaging aqua choreography for active agers focusing on mobility and cognitive health.





**SA5F: Boost Your Pre-Workout & Recovery**

Sara Kooperman, JD & Danielle Ontiveros

Optimize pre- and post-workout strategies with personalized nutrition and hydration tips.



**SA5G: New World Sales & Management**

Bill McBride

Adapt sales and management strategies to align with evolving consumer behaviors.



**SA6 Sessions | 4:30pm - 5:45pm**

**SA6A: Pelvic Floor from the Outside In**

Melissa Layne, MEd

Learn exercises that enhance pelvic floor health and improve functional movement.

**SA6B: Barefoot Therapy for Fall Prevention Strategy**

Roberto Melani, MBA

Use barefoot training techniques to boost balance, mobility, and stability for active agers.

**SA6C: Posture & Alignment with Personal Training**

Patrick Mummy

Improve posture and alignment for clients through targeted personal training techniques.



**SA6D: Recovery Through Meditation**

Yury Rockit

Discover meditation techniques to enhance recovery and reduce stress for clients.

**SA6E: Liquid Gym Acqua Toner Stretch & Tone**

Cheri Kulp

Elevate aquatic workouts with Liquid Gym® resistance equipment for strength and flexibility.



**SA6F: How You Move Matters**

Dr. Edward Laskowski, MD

Understand proper movement patterns to prevent injuries and optimize performance.

**SA6G: The Power of Productivity**

Marisa Hoff, MEd

Maximize productivity with strategies to balance business demands and personal success.



**Sunday, March 23**

**SU1 Sessions | 7:30am -8:45am**

**SU1A: Master Training the Feet**

Brendan Fox

Master foot training techniques to improve movement and reduce client pain.



**SU1B: Age Defying Mobility Training: Enhancing Longevity**

Ruston Webb, MS

Use mobility training to enhance longevity and independence for aging clients.



**SU1C: Kickbox Interval**

Kimberly Spreen-Glick

Energize clients with kickboxing, athletic drills, and strength-focused workouts.

**SU1D: Human Reformer Pilates**

Tricia Murphy Madden

Adapt Pilates reformer techniques for all fitness levels using resistance bands.



**SU1E: Aqua Intervals Roulette**

Sara Vandenberg, MS

Design dynamic aqua HIIT workouts to engage all fitness levels in water-based exercise.

**SU1F: Stress & Inflammation: Impacts & Outcomes**

Melissa Layne, MEd

Manage stress and inflammation with research-backed strategies for improved health.

**SU1G: Dealing with Difficult People and Situations**

Chris Stevenson, CSCS

Handle conflicts and difficult situations with practical communication and leadership tools.



**SU2 Sessions | 9am - 10:15am**

**SU2A: Step Up Your Groove**

Melissa Layne, MEd

Boost energy with fun, high-low choreography in a heart-pumping step workout.

**SU2B: LaBlast® Chair Fitness: Pull Up a Seat**

Javier Alvarez

Experience seated ballroom dance fitness for a joint-friendly, full-body workout.





### SU2C: BARRefusion™ Experience

Sara Vandenberg, MS

Combine ballet-inspired movements with athletic and cardio exercises for all levels.



### SU2D: Functional Soft Tissue: Mobility & Stability

Michael Hughes

Integrate foam rolling, stretching, and mobility techniques into a restorative group class.



### SU2E: Water Running

Yury Rockit

Use water running to improve land movement efficiency while reducing joint stress.

### SU2F: Preventing Common Fitness Injuries

Dr. Edward Laskowski, MD

Learn evidence-based strategies to prevent and recognize common fitness injuries.

### SU2G: Creating with Canva

Marisa Hoff, MEd

Master Canva to create professional marketing materials and elevate your business.



## SU3 Sessions | 10:45am - 12pm

### SU3A: Maximize Lower Body Strength

Ashley Selman, MA & Lawrence Indiviglia, MA, MBA

Enhance lower body strength with Blood Flow Restriction (BFR) training and light resistance.

### SU3B: EverFlexed Strength

Tricia Murphy Madden & Roberto Melani, MBA

Support active aging with EverFlexed, a mix of strength, mobility, and flexibility training.



### SU3C: LaBlast® Fitness for all Ages

Javier Alvarez

Experience inclusive ballroom fitness programs suitable for all ages and fitness levels.



### SU3D: Movement Meditation

Yury Rockit

Blend meditation with movement to enhance focus, recovery, and stress reduction.

### SU3E: Strength Beneath the Surface

Irene PluimMentz, PT

Develop aquatic programs that strengthen body systems using physics principles.



### SU3F: Wellness is the New Fitness

Kimberly Spreen-Glick

Embrace holistic wellness approaches that address six dimensions of well-being.

### SU3G: Strategy, Implementation & Financial Management

Bill McBride

Build a thriving fitness business with strategies for planning, financials, and implementation.



## SU4 Sessions | 12:15pm - 1:30pm

### SU4A: Hit The Wall

Yury Rockit

Transform workouts by incorporating dynamic wall-based movements for strength and mobility.

### SU4B: Agility, Balance, Coordination for Active Aging

Roberto Melani, MBA

Design programs to improve agility, balance, and coordination for older clients.

### SU4C: T'ai Chi for Group Exercise

Tia Kilpatrick, MA

Energize group classes with accessible seated and standing T'ai Chi/Qi Gong routines.

### SU4D: Gentle Yoga For Mobility

Manuel Velazquez

Improve mobility and alignment with gentle yoga designed for functional, healthy aging.

### SU4E: Girl Meets Buoy

Sara Vandenberg, MS

Use aqua dumbbells to create fun, joint-friendly workouts that build strength.



### SU4F: Bridging Medicine & Fitness

Michael Hughes

Bridge the gap between medical and fitness to better serve clients and grow your business.



### SU4G: Building Your Personal Brand

Kimberly Spreen-Glick

Learn personal branding essentials to create a positive impact and grow your influence.



## Presenter Information

For detailed info about each presenter, including their areas of expertise, visit: [scwfit.com/california/presenters](https://scwfit.com/california/presenters)



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