

california
mania[®]
fitness pro convention

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

A Convention Fit For All.



2025

SCW

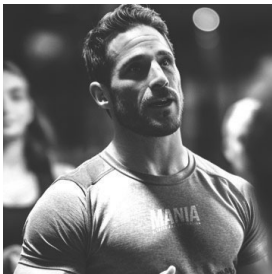


scwfit.com/california



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.

**california
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fitness pro convention

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



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

Certifications

Career-elevating certifications led by proven industry experts.

Certifications Thursday, March 20



SCW Personal Training Certification

SCW

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

SCW

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

SCW

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

SCW

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

SCW

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

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

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

SCW

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[®], happening March 20-23 and take your fitness career to the next level. All included in your Mania[®] registration!

Friday, March 21

FR1 Sessions | 7am - 8:45am

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

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		
SOULfusion™ EXPERIENCE Park	CoreSpring® Pilates: Abs & Glutes d'Anconia	Liquid Gym Acqua Punch & Pump Velazquez	Sleep Habits: Key to Fitness Layne	No Sweat Income Opportunities Spreen-Glick	7:30am 8:45am	FR1
Tubing Xpress Spreen-Glick	Iron and Silk: Power Meets Precision DD. Ross	LaBlast® Splash: Buoyant Ballroom Blitz Alvarez	Chain Reaction Biomechanics Hughes	Climbing the Corporate Ladder in Heels (and gym shoes)- Kooperman	9:00am 10:15am	FR2
ZUMBA® Smith	Bring the Toys! Bannister- Munn	Aquatic Strength Training PlumMentz	Debunking Exercise Science Myths Layne	Know Your Worth K. Ross	11:00am 12:15pm	FR3
Game Your Core Velazquez Session 1	Flow Like a Pro DD. Ross Session 1	Liquid Gym® Liquid Stars - Vandenberg Session 1	Empower Inclusion: Medical & Fitness Hargrave - Session 2	Pack Your PT Sessions: Successful Sales Kooperman, Hughes, Rothschild & Webb - Session 1	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	FR4
Strength Training for Longevity & Vitality II Kooperman	SYMMETRY- Scientific Stretching Mummy	Wave Works Velazquez & Vandenberg	Muscle, Bone & Fat Crosstalk Layne	The Continued Path Toward Rebranding Oneself - Colman	2:45pm 4:00pm	FR5
Dance Pump Burdick	Deconstructing Asanas Ratliff	AQUAHOLIC Layne	How to Avoid Being My Patient Laskowski	Start & Grow Your Business Kooperman, K. Ross, McBride, Stevenson & Hoff	4:30pm 5:45pm	FR6
SCW Fitness Star Search Kooperman, Vandenberg, Park & Bannister-Munn	Stretch-Breathe-Recover Spreen-Glick	This Can Be Your Class! Contact: partner@scwfit.com	FR7G: Business Summit Keynote: The Purpose-Driven Fitness Formula Ruston Webb, MS, FMS II, TPI-CGFI III		6:00pm 7:00pm	FR7
Band Camp Bannister-Munn	Pilates Perfect Blend Vokoun	Tides of Power Kulp & Velazquez	Women: Training Through the Stages Layne	Lifelong Lessons in Leadership Stevenson	7:30am 8:45am	SA1
SA2A: Keynote Address: The Fitness Evolution Patrick Mummy					9:15am 10:30pm	SA2
SOULkickboxing™ Coleman	Power Source: A Core Practice Ratliff	Aqua Power: One Dumbbell Circuit Kulp	Body Composition 101 Han	Stretching Strategies Kooperman, Bannister-Munn, Fox & Laskowski	11:00am 12:15pm	SA3
LaBlast® Fitness: Ballroom Blitz Alvarez - Session 1	Heart-Centered Flow Spreen-Glick Session 2	All-Inclusive Aquatics PlumMentz Session 2	Physics of Pain & Performance Mummy - Session 1	FIT FOR BUSINESS Kooperman Session 2	Session 1: 12:30-1:45pm Session 2: 1:15-2:30pm	SA4
Core-Centered Barre Madden	CoreSpring® Pilates Functional Performance d'Anconia	Ageless Aqua Kulp & Velazquez	Boost Your Pre-Workout & Recovery Kooperman & Ontiveros	New World Sales & Management McBride	2:45pm 4:00pm	SA5
Posture & Alignment with Personal Training Mummy	Recovery Through Meditation Rockit	Liquid Gym Acqua Toner Stretch & Tone Kulp	How You Move Matters Laskowski	The Power of Productivity Hoff	4:30pm 5:45pm	SA6
Kickbox Interval Spreen-Glick	Human Reformer Pilates Madden	Aqua Intervals Roulette Vandenberg	Stress & Inflammation: Impacts & Outcomes Layne	Dealing with Difficult People and Situations Stevenson	7:30am 8:45am	SU1
BARREfusion™ Experience Vandenberg	Functional Soft Tissue: Mobility & Stability - Hughes	Water Running Rockit	Preventing Common Fitness Injuries Laskowski	Creating with Canva Hoff	9:00am 10:15pm	SU2
LaBlast® Fitness for all Ages Alvarez	Movement Meditation Rockit	Strength Beneath the Surface PlumMentz	Wellness is the New Fitness Spreen-Glick	Strategy, Implementation & Financial Management McBride	10:45am 12:00pm	SU3
T'ai Chi for Group Exercise Kilpatrick	Gentle Yoga for Mobility Velazquez	Girl Meets Buoy Vandenberg	Bridging Medicine & Fitness Hughes	Building Your Personal Brand Spreen-Glick	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.

TANITA

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



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