



Dallas
MANIA[®]
FITNESS PRO CONVENTION



August 23-25

STRONGER
together



scwfit.com/DALLAS



AS REAL

as it gets



LETTER FROM SARA

Dear Dallas MANIACs,

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

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

Revitalize and rejuvenate your personal fitness community by powering up your programming with 200 sessions, 75+ presenters, and over 160 recorded sessions, all this happening in our 8 activity and lecture rooms! NOBODY offers you more, nobody changes faster, and nobody cares more... about YOU.

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

Come to MANIA® and experience the change!

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

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

Purchase Today!

CEC/CEU PROVIDERS



SUPPORTERS



DALLAS MANIA® FITNESS PRO CONVENTION

August 23-25, 2024 (Fri., Sat., & Sun.)

SCW BUSINESS SUMMIT

August 23-25, 2024 (Fri., Sat., & Sun.)

ACCREDITED LIVE CERTIFICATIONS

August 22 (Thur.) & August 25 (Sun.) 2024

LOCATION / VENUE

Westin Galleria Dallas
 13340 Dallas Pkwy.
 Dallas, TX 75240
 972-934-9494 (Reservations)



WHAT IS A MANIA® FITNESS PRO CONVENTION?

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

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

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

20
CEC/CEUs
OFFERED

75+
ELITE
PRESENTERS

200
UNIQUE
SESSIONS

17
SPECIALTY
CERTS





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

Westin Galleria Dallas
13340 Dallas Parkway
Dallas, TX. 75240
972-934-9494 (Reservations)

GUARANTEED LOWEST DISCOUNT HOTEL RATE!

\$179 Single/Double/Quad (Reg. \$229)

What a savings! Pay as little as \$44.75 per night when you share a room with three others!

STAY AT THE CONVENTION HOTEL AND GET MORE!

- FREE Parking
- FREE WiFi (Marriot Bonvoy Members)
- FREE Coffee/Tea Maker
- Mini-Fridge
- Complimentary Bottled Water
- Complimentary Roll Away Beds
- In-room Spa Service Available
- Name-brand Shopping at The Galleria Dallas
- Second Floor Kitchen & The Oceanaire Seafood Room
- Fitness Studio Open 24 hours
- Outdoor Rooftop Pool
- Pet-friendly



HOTEL ROOM DISCOUNT DEADLINE: TUESDAY, JULY 30TH, 2024

Book early, our hotel ALWAYS SELLS OUT!

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



Book Now!



PARKING

Enjoy **FREE** Self-Parking at the Westin Galleria Dallas Hotel!



AIRPORT TRANSPORTATION

- Bus Line 229 (2 Hours 13 mins) \$2-\$6
- Tram, Bus Line 239 Bus (1 Hour 45 mins) \$2-\$6
- Taxi/Uber (20 Mins) \$35-\$50
- Shuttle (20 Mins) \$20-\$26



ATTACHED TO THE GALLERIA MALL

This mall offers the best shopping with over 100 stores! Gucci and Louis Vuitton – plus a lululemon, Foot Locker, Green-Biotic, Lush, Ochi Reflexology, MAC, Victoria's Secret and Sephora will more than

keep your interest.! Plus, a virtual reality amusement park, an indoor ice-skating rink, and restaurants galore!



VISIT DALLAS

Visit Downtown Dallas in less than 10 minutes by Uber, Taxi or Lyft! Share a ride and pay as little as \$10! Enjoy the art scene, green spaces, fine dining, historic sites & luxurious shopping in Downtown

Dallas. Interested in history and culture? Make it a museum experience! Featuring the Perot Museum of Nature and Science, Dallas Museum of Art, Nasher Sculpture Center, Crow Museum of Asian Art, Dallas Holocaust and Human Rights Museum, African American Museum of Dallas, and the Sixth Floor Museum at Dealey Plaza, you'll find something you love here in Dallas.



ONE EXCELLENT EXPO: FREE TO ALL!

Shop deals on fitness equipment, exercise videos, activewear, music, nutrition, fitness resource books, and Online Certifications. The EXPO is always **FREE and open to the public!** Invite your friends, clients, & students! scwfit.com/dallas/expo

UNITED WE *move*



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

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



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

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

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

REGISTRATION HOURS

Thursday, Aug. 22: 6:30am - 8:00pm	Friday, Aug. 23: 6:45am - 6:00pm	Saturday, Aug. 24: 6:45am - 6:00pm
Sunday, Aug. 25: 7:00am - 10:45pm		

EXPO SHOPPING HOURS

Friday, Aug. 23: 10:00am - 11:00am 12:00pm - 2:45pm 3:45pm - 4:30pm	Saturday, Aug. 24: 8:30am - 9:15am 10:30am - 11:00am 12:00pm - 2:45pm 3:45pm - 4:30pm	Sunday, Aug. 25: 10:00am - 1:00pm (Closeout Shopping)
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BECOME AN SCW MEMBER FOR ONLY \$109!

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



scwfit.com/membership

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



MANIA® REGISTRATION DEADLINE: MONDAY, JULY 22ND, 2024

Avoid late fees! Register by Monday, July 22nd, 2024 and lock in your lowest price, saving you \$60 off the \$399 registration fee. Pay only \$339 and receive all your class selections!

RISE

with us



MANIA®

PREMIER

ELEVATE YOUR MANIA® EXPERIENCE



INTRODUCING MANIA® PREMIER!

Join us for this One-of-a-Kind, 1st Class MANIA Experience:

- Friday, Saturday & Sunday Breakfast & Lunch in the SCW Private Presenter Suite
- 1st choice sessions guarantee
- Early check-in & no waiting in lines for session changes
- 1st Space Session Admission
- Private invitation to the SCW Sponsor & Presenter Saturday Night Dinner Party
- Personal Welcome Bag
- Exclusive Event T-Shirt



MICHAEL SCOTT SCUDDER SCHOLARSHIP

In honor of the life and esteemed career of Michael Scott Scudder, SCW is offering a complimentary attendance to the MANIA® Convention & Business Summit for an enthusiastic club owner, ambitious manager, or emerging entrepreneur. This scholarship opportunity is available to individuals who embody the same high standards and determination for success in the fitness industry that Michael Scott Scudder exemplified, while also demonstrating financial need. To apply for a scholarship, please visit: www.scwfit.com/SCUDDER.



ATCHARA SEESAWAT SCHOLARSHIP

To honor the life of Atchara Seesawat, SCW is providing a **FREE** admission to the MANIA® Convention for a Personal Trainer who is trying to better their client experience and expand their ability to help others but does not have the financial means to attend an educational conference. This scholarship is available to both experienced individuals or new trainers who strive to maintain the high-quality of personal training and dedication to excellence that Atchara Seesawat demonstrated throughout her life. Atchara was a dear friend of Sara Kooperman's who passed away all too soon from pancreatic cancer. To apply for a scholarship, please visit: www.scwfit.com/ATCHARA.



MANIA STUDENT SCHOLARSHIP

SCW will be awarding 100 scholarships to the MANIA® Conventions Support Staff positions in 2024. This scholarship is designed to support College and University students who aspire to focus on a Fitness and/or Wellness career but do not have the finances to pursue this path.



Individuals who demonstrate exceptional dedication and potential in the field of Fitness and Wellness will receive a complimentary registration to the SCW Support Staff Program for the Live MANIA® Convention of their choice. This award also includes a half-price Live SCW Certification in your selected field of study. To find out more about the SCW Support Staff Program, please visit: www.scwfit.com/STAFF.

40+ Hours of Mentoring

Business Topics Include:

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



Featured at Dallas MANIA®
August 23-25
FREE for All MANIA® Attendees



The Fittest Minds in the Business.

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

Learn from club owners, boutique studio managers and experts in programming, finances, and successful business strategies.



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

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



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

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



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

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

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



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

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



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

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

CO-SPONSORS



SCHWINN
BY CORE HEALTH & FITNESS

S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

ASSOCIATE PLUS SPONSORS



ASSOCIATE SPONSORS



EDUCATIONAL SUPPORTERS



thanks to our
SPONSORS!



SCHWINN®

Schwinn's commitment to authenticity and quality extends seamlessly into indoor cycling, where we bring the essence of the road through our industry-leading expertise and education.

www.corehandf.com



SYMMETRY FOR HEALTH

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

www.symmetryalignsmart.com



GYMNAZO

Gymnazo combines the best of traditional training and physical therapy to improve optimal movement and health, so you can get back to doing more of what you love.

www.gymnazo.com



STANDOUT FIT-PRO

Start and grow your business online with the Fit Pro Client Connection, the all-in-one tool for staying connected with your clients, delivering your programs and making the income you deserve!

www.standoutfitpro.com



GYMFIT FINANCIAL

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

www.gymfitfinancial.com



FIT PRO PROGRAMMING

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

www.fitproprogramming.com



TIGER TAIL®

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

www.tigertailusa.com



SPORTSMITH™

Ever find yourself staring at the wipes and scratching your head in confusion? You're not alone! At Sportsmith, we're here to wipe away that confusion and add a bit of sparkle to your cleaning routine.

www.sportsmith.com



THE MOBILITY RECIPE

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

www.themobilityrecipe.com



BEATBOSS™

We are a GAME-CHANGING indoor biking company that provides top-notch instructor certification with continuing education plus instructor coaching with three unique biking styles!

www.beatboss.rocks



BOQ FITNESS®

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

www.boqfitness.com



MENTAL WELLING ASSOCIATION

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

www.mentalwellbeingassociation.org



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

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

www.seatfitness.com



GRAB THE GOLD®

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

www.grabthegold.com



WATERinMOTION®

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

www.waterinmotion.com



ALTERNATIVE BALANCE®

Working with over 750 services in the health, beauty, fitness & wellness industries, Alternative Balance offers full liability insurance & business tools whether you work online or in-person.

www.alternativebalance.com



STICK MOBILITY

Increase Flexibility, Strength, and Joint Mobilization with Stick Mobility Training! We aim to help coaches, athletes, and medical practitioners reach their full potential.

www.stickmobility.com



WARRIOR

Our mission is to help instructors unleash their inner strength by providing them with original programming and a network of professional support through a format focused on self-acceptance.

www.warriorinstructors.com



SOULFUSION™

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

www.soulfusionfit.com



ALIGNMENT ESSENTIALS

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

www.alignmentessentials.com



LABLAST®

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

www.lablastfitness.com



INDIGO AQUATICS

Providing a wave of aquatic products in the United States, Canada, Latin America and Caribbean market. Shallow, deep and transitional equipment to enhance your aquatic programs.

www.indigoaquatics.com



COHESION

Cohesion Services helps overworked business owners achieve business freedom without sacrificing their health and family. Enjoy Your Business AND Your Life!

www.cohesionservices.com



ZUMBA®

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

www.zumba.com/en-US



CERTS

that go further

ACCREDITED CERTIFICATIONS

THURSDAY, AUGUST 22

SCW PERSONAL TRAINING CERTIFICATION



Gail Bannister-Munn

Thursday, August 22, 9:00am-6:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

This nationally recognized personal training certification provides a solid foundation for a rewarding career in the fitness industry. The course combines lecture and hands-on activities to cover academic foundations, training principles, program design, exercise physiology, kinesiology, health-risk assessment, physical evaluations, and programming alternatives. Additionally, it introduces basic business and marketing skills. By completing this full-day course, you will acquire the necessary knowledge and skill sets to guide and inspire individuals in achieving their health, fitness, and performance goals. The certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.0).

SCW ACTIVE AGING CERTIFICATION



Ann Gilbert

Thursday, August 22, 9:00 am-5:00 pm

\$199 MANIA® Attendees / \$359 Non-Attendees

As we all age, staying physically, mentally, and socially active is the key to maintaining quality of life. Cutting-edge research reveals there's no one secret to aging well; but by focusing on cardiovascular conditioning, strength training, flexibility, balance, and mental health, we can slow the aging process. Discover ways to empower seniors, not just teach them. Group fitness instructors, trainers, and managers overseeing active aging programming will enjoy this one-day course that combines relevant research and proven practical approaches to training the bodies and brains of 50+ year-old participants. The certification includes practical training, comprehensive manual, and online examination. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).

SCW GROUP EXERCISE CERTIFICATION



Manuel Velazquez

Thursday, August 22, 8:00am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

If you've always dreamed of becoming a group fitness instructor, look no further! This Nationally Recognized Certification will give you the confidence to demonstrate impactful teaching skills and successfully lead a group fitness class. Throughout the certification, you will learn essential skills such as proper class sequencing, warm-up progressions, musical phrasing, effective cueing techniques, and choreography development. By mastering these practical skills, you'll be equipped to deliver exceptional classes every time. Additionally, you'll 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 practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).

SCW CHAIR YOGA CERTIFICATION



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

Thursday, August 22, 9:00am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Embark on a transformative journey with our Chair Yoga Certification Program, equipping you to skillfully lead both private and group chair yoga classes. This comprehensive training empowers yoga instructors to shape their unique mission, making yoga inclusive for all abilities. Dive into individual and group exercises, delving into essential tools and techniques for teaching chair yoga. Special emphasis on adapting benefits for special populations ensures you graduate ready to bring the healing power of yoga to diverse communities. The certification includes practical training, a comprehensive manual, and an online examination. SCW (7.0), ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), AFAA (6.0), YA (8.0).

WATERINMOTION® AQUA EXERCISE CERTIFICATION



Cheri Kulp

Thursday, August 22, 9:00am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing techniques, deck teaching skills, and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation, and leadership development. Leave certified in WATERinMOTION® Original program and WATERinMOTION® Platinum (older adult) program, as well as the new WATERinMOTION® Strength program. Finish with the skills to teach your best class, every class

SCW LIFE COACHING CERTIFICATION



Amber Toole

Thursday, August 22, 9:00am-3:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

In today's ever-changing health and fitness industry, there is a growing need for online life coaches. This certification equips trainers and instructors with the necessary education, guidance, and leadership skills to become successful life coaches. You will learn about the various categories of life coaching, creating a strong foundation for serving clients, delivering coaching sessions, and developing an authentic brand that attracts ideal clients. If you are passionate about making a bigger difference in the world, this certification is your chance to expand your role and stay relevant. The certification includes practical training, a comprehensive manual, and an online examination. CECs: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION



Melissa Layne, MEd

Thursday, August 22, 9:00am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Unlock the secrets to vibrant health during menopause in our comprehensive fitness and wellness workshop, supported by cutting-edge research. Join us for an empowering journey to embrace this transformative phase with confidence and vitality. Our expert instructor will guide you through evidence-based exercises, nutrition strategies, and holistic practices tailored to menopausal needs. Discover how to manage symptoms, boost energy, and maintain overall well-being. Connect with like-minded fitness professionals, and gain practical tools for a healthier, more fulfilling menopausal journey. Don't miss this opportunity to take control of your health and thrive during this unique life stage. The certification includes a comprehensive manual and an online examination. SCW (7.0), ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), AFAA (6.0).

SCW AQUATIC EXERCISE CERTIFICATION



Billie Wartenberg

Thursday, August 22, 8:00am-4:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this comprehensive Nationally Recognized Certification serves as an essential first step into the field of teaching water exercise. Learn the benefits of aquatic exercise and gain practical skill mastery in the unique environment of water. The principles of aquatic training, as they apply to general anatomy, kinesiology, water depth, movement planes, cueing skills, musicality, and special population adaptations, are thoroughly addressed. Professionalism, leadership skills, and legal considerations are reinforced. Experience on-site coaching and one-on-one assessment of teaching skills to successfully develop and deliver effective water programming. The certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (9.0), AFAA (8.0), NASM (0.8).

SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION



Abbie Appel

Thursday, July 18, 7:00am-5:00pm

\$199 early bird registration price through July 25th.

\$299 registration price after July 25th.

Unleash the power of Authenticity and learn to #RideRight with Schwinn - the industry's most up-to-date, respected, and progressive indoor cycling instructor training course. Get the tools you need to become a successful and sought-after instructor on any brand of bike in one power-packed day. This critically acclaimed certification, based on the proprietary Schwinn® Cycling Coach's Pyramid™, allows you to work smart, connect to the masses, get results for your riders, and shine bright in the studio. This course also covers proper bike fit, cycling science, class design, music, communication skills and motivation techniques.

Takeaways include:

- Schwinn® Cycling Signature Music
 - Seven complete class design plans
 - A comprehensive manual & Certificate of Completion post event
- SCW (9.0), ACE (0.9), AFAA (9.0), NASM (0.9)

SUNDAY, AUGUST 25

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



Ann Gilbert

Sunday, August 25, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

The S.E.A.T. Fitness Certification (Supported Exercise for Ageless Training) is the perfect program for Active Aging and Specialty Format Instructors to take their chair classes to the next level. This comprehensive training

includes an effective analysis of the aging process addressing the physiology, kinesiology, and specific needs of students requiring extra support. Use a chair as your base and incorporate sitting, standing, and supported moves needed to enhance your group dynamic teaching skills. Verbal and visual cueing techniques, inspirational and effective memory-improvement strategies, and active aging principles are all included. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Both expert and novice group exercise and small group instructors benefit from S.E.A.T. Fitness through class structure design, routine creation, and leadership development. Leave with a demographically diverse program you can teach to anyone, including active agers, rehab patients, overweight or special-needs participants. The certification includes practical training, a comprehensive manual, downloadable choreography video, music, educational materials, flash cards, and online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

SCW PILATES MATWORK CERTIFICATION



Manuel Velazquez

Sunday, August 25, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Experience the classical series of movements and modifications based on the timeless methods of Joseph Pilates in this Nationally Recognized Certification. Principles of core stabilization, optimal alignment, and Pilates matwork create the foundation for this intensive blend of theoretical and practical training. Learn proper execution, form, and technique of over 40 essential Pilates exercises. Modifications and variations are included to address common spinal dysfunction and postural imbalances. Leave with multiple levels of programming options and the skills necessary to teach a Pilates Mat Class as they apply to training all ages and abilities. The certification includes practical training, comprehensive manual, and online examination. SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).

SCW STRETCHING & FLEXIBILITY TRAINING CERTIFICATION



Abbie Appel

Sunday, August 25, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 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 YOGA 1 CERTIFICATION



Doris Thews

Sunday, August 25, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Ready to take the next step to becoming a Yoga Instructor? Experience a comprehensive theoretical and practical approach to hands-on yoga instruction with this Nationally Recognized Certification. Learn different Hatha Yoga postures suitable for varying clientele - young or old, fit, or de-conditioned, competitive or recovering athlete. Understand the latest scientific research about yoga and discover a simple, systematic approach to program design and effective cueing techniques. Seasoned and novice participants leave confident and qualified to passionately lead a successful yoga class and yoga-inspired recovery & cool-down. The certification includes practical training, comprehensive manual, and online examination. SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).



ONLINE *discounted* CERTIFICATIONS

SCW NUTRITION COACHING FOR FITNESS PROFESSIONALS

SCW SMALL GROUP PERSONAL TRAINING

SCW CHRONIC DISEASE SPECIALIST

SCW AQUATIC PERSONAL TRAINING

SCW FUNCTIONAL PILATES

SCW BARRE

SCW FLOWING YOGA

SCW BOXING

SCW AQUA BARRE

SCW HIIT

SCW GROUP STEP

SCW TAI CHI

SCW GROUP STRENGTH

SCW FALL PREVENTION

SCW KETTLEBELL TRAINING

SCW FUNCTIONAL FLEXIBILITY

SCW FUNCTIONAL TRAINING

SCW KIDS IN MOTION

SCW MOMS IN MOTION

SCW PILATES SMALL APPARATUS

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

Save
\$100
Norm. \$359

Use Code: MANIA100
scwfit.com/certifications

SYMMETRY POSTURAL MEASUREMENT CERTIFICATION



Patrick Mummy

Sunday, August 25, 7:30am-3:30pm

\$199 MANIA® attendees / \$359 non-attendees

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

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

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

WARRIOR® TAI CHI YOGA INSTRUCTOR CERTIFICATION



Jani Roberts

Sunday, August 25, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Introducing the Warrior® Tai Chi Yoga Certification, a journey into a transformative fusion of movement and music. Crafted for those navigating challenges like self-love, confidence, anxiety, depression, or grief, this unique practice unlocks a pathway to inner peace. Set to powerful music, it offers a grounded life experience, harnessing the energy (Chi) of life. Designed for all levels, and no previous experience in Tai Chi or Yoga is required. Participants gain benefits ranging from structural and internal system rejuvenation to stress relief, improved concentration, flexibility, strength, and balance. Elevate your teaching repertoire with this certification, guiding individuals toward a harmonious integration of mind, body, and spirit. SCW (7.0).

ZUMBA® BASIC 1 TRAINING



Guillermo Melendez

Sunday, August 25, 7:15am-3:30pm

\$399 Registration Fee (Use PROMO CODE: TSZUMBA65 to receive a 65% discount) www.zumba.com/en-US/training/2024-08-25_B1_Dallas_US_Zumba_Convention

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

ONLINE EXCLUSIVE:

THE MENTAL WELLBEING CERTIFICATION FOR FITNESS PROFESSIONALS



C. Victor Brick & Lynne Brick, RN, MA

Was \$499 Now only \$299.40

Save 40% when you register with Discount Code SCW40

The certification is a 20 hour virtual course.

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

Register for this ONLINE Certification here:
www.mentalwellbeingassociation.org/fitness

it all STARTS here



MANIA® FITNESS PRO CONVENTION COURSE DESCRIPTIONS

FRIDAY, AUGUST 23

FR1
7:30am-8:45am

KILLER CORE **NEW!**

Abbie Appel

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

FR1A Friday, 7:30am-8:45am

TAILORED TRAINING FOR ACTIVE AGERS **NEW!**

Amber Toole

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

FR1B Friday, 7:30am-8:45am

BARREFUSION™ EXPERIENCE

Sara Vandenberg, MS


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.

FR1C Friday, 7:30am-8:45am

YOGA-PILATES RESTORE

Gail Bannister-Munn

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

FR1D Friday, 7:30am-8:45am

BEATBOSS™ TAPBACKS, PUSH-UPS YAY OR NAY **NEW!**


Andrea Austin & Robert Leadley

Let's face an indoor cycle elephant in the room together! Join team BeatBoss™ for a candid open discussion on the good, bad and why or why not upper body action on an indoor cycle group ex bike is acceptable and/or beneficial. Experience a BeatBoss™ Master Class post-discussion.

FR1E Friday, 7:30am-8:45am

H2O RAPID RESISTANCE **NEW!**

Cheri Kulp

The age old adage "use it or lose it" definitely applies whenever we refer to balance, agility, and power. According to the CDC (Centers for Disease Control), one adult over the age of 65 is treated in the emergency room for a fall every 18 seconds. Agility training improves flexibility, balance, and control, all of which can reduce the risk of falling for our aging population. This session uses water resistance and support to enhance this training without the fear of falling. Use the natural resistance of water, lever length, surface space, along with aqua noodles and tubing for a refreshing new workout.

FR1F Friday, 7:30am-8:45am

INFLAMMATION: THE EXERCISE-NUTRITION NEXUS **NEW!**

Amanda Fearheiley, RDN, LD, CPT

Discover the buzz around reducing inflammation and its profound impact on health. Inflammation is linked to various health issues, but you can learn how to combat it with nutrition and exercise strategies. Uncover how these interventions can not only reduce inflammation but also enhance your athletic performance. (Lecture)

FR1G Friday, 7:30am-8:45am

OPERATING A PROFITABLE BOUTIQUE STUDIO **NEW!**

Ann Gilbert


Explore the secrets of opening and successfully managing a profitable boutique studio. This 40-year business owner shares her secrets to success. Loving what you do requires living with frustrations and failures. Discover ways to create loyal and productive teams, rise above inflation, and grow your business. (Business Summit Lecture)

FR1H Friday, 7:30am-8:45am
FR2
9:00am-10:15am

CORE BY 4 **NEW!**

Billie Wartenberg

Everyone wants a strong core and everyone is at different levels to reach that goal. In this one unique program, reach 4 different types of members: pre-hab, gentle, moderate and vigorous while targeting 4 core muscles for results you can be proud of!

FR2A Friday, 9:00am-10:15am

SITTING PRETTY: STRENGTH & SUPPORT 

Ann Gilbert

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

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

**THE WARRIOR® WORKOUT**  **NEW!**

Jani Roberts

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

FR2C Friday, 9:00am-10:15am

**TIGER TAIL® GOODBYE BACK PAIN**  **NEW!**

Dr. Julie Zuleger, PhD

Say good-bye to back pain in this master-led class. Lower body mechanics can contribute to common pain complaints in the low back pain. Learn how to address these issues with your clients using guided muscle care, myofascial release methods, corrective exercises, and unique and effective stretching techniques.

FR2D Friday, 9:00am-10:15am

**SCHWINN®: SAVVY CYCLING FOR REAL RESULTS** **NEW!** 

Jason Schneider

Riders want results and we know how to get them. When you simplify your class designs, and program like a personal trainer, you work smarter, and your riders get stronger. Learn how to create ride profiles in a way that allows you to track, progress and program like a pro. Get more mileage from your rides with work that works.

FR2E Friday, 9:00am-10:15am

LABLAST® SPLASH: BUOYANT BALLROOM BLITZ **NEW!**

Louis van Amstel & Dusty Solis

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

FR2F Friday, 9:00am-10:15am

**SIX ROOT CAUSES OF DECREASED LONGEVITY**  **NEW!**

Melissa Layne, MEd

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

FR2G Friday, 9:00am-10:15am

START & GROW YOUR BUSINESS  **NEW!**

Sara Kooperman, JD, Brandi Clark, Ruston Webb, MS, Erica Day, & Miriam Ball

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


FR2H Friday, 9:00am-10:15am

**FR3****11:00am-12:15pm****ATHLETIC WOMAN: FUNCTION & STRENGTH**  **NEW!**

Michael Hughes

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

FR3A Friday, 11:00am-12:15pm

"DON'T JUST SIT THERE!"- CHAIR YOGA  **NEW!**

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

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

FR3B Friday, 11:00am-12:15pm

PROP POWER: AMP UP YOUR BARRE WORKOUTS  **NEW!**

Lauren George, MS

Take your barre classes to new heights and captivate your clients with this brand new workshop for 2024! Discover innovative ways to integrate resistance bands, exercise balls, weights, and gliding discs at the barre, elevating the intensity and enjoyment of your workouts. These dynamic props will add variety and challenge, keeping your clients motivated and eager to return week after week.

FR3C Friday, 11:00am-12:15pm

SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE 

Patrick Mummy

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

FR3D Friday, 11:00am-12:15pm

SCHWINN®:**BIKER BARRE - KILLER CYCLING COCKTAIL** **NEW!**

Abbie Appel

Indoor Cycling meets Barre in a fusion design that satisfies every fitness taste. Amazing cardio combos on the bike flow into elongating, strength-based barre training on the floor. Belly up to the barre and get ready to quench your workout thirst.

FR3E Friday, 11:00am-12:15pm

AQUA BOOT CAMP BOQ-STYLE **NEW!**

Tom Ford

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

FR3F Friday, 11:00am-12:15pm

A WEALTH OF GUT HEALTH UNLOCKED  **NEW!**

Amanda Fearheiley, RDN, LD, CPT

Unlock the secret to peak performance and rapid recovery by optimizing your gut health! Say goodbye to the cycle of poor gut health as you discover the crucial role of proper fueling and refueling. Get ready to supercharge your vitality and longevity with expert tips on incorporating powerhouse foods into your diet. This lecture is your gateway to a healthier, more energetic you! (Lecture)

FR3G Friday, 11:00am-12:15pm

FIND YOUR NEXT 50 LEADS  **NEW!**

Brandi Clark

Forgetting to follow up with people results in thousands of dollars left on the table. Generating, organizing, and following up with new leads is often neglected simply because there is no organization or process that feels easy and simple. Learn how to simplify and organize the process, so you never leave another prospective client behind. (Business Summit Lecture)
FR3H Friday, 11:00am-12:15pm



workouts, and nutrition tips to achieve a balanced, strong, and lean physique. Elevate your fitness journey and build your dream body. (Lecture)
FR4G Friday, 12:30pm-1:45pm

FR4 - LUNCHTIME SESSION 2 1:15pm-2:30pm

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

FR4 - LUNCHTIME SESSION 1 12:30pm-1:45pm

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

INTEGRATED STRENGTH  **NEW!**

Lauren George, MS

Group fitness students love a total-body workout, but fitting it into a 50-minute class can be challenging. This session will show you how it's done. Learn how to engage the core, lower body, and upper body simultaneously, all while moving dynamically to the beat. Walk away with the tools to create classes that deliver the most effective workout of your students' week.
FR4A Friday, 12:30pm-1:45pm



TIME WITH TISSUE  **NEW!**

Ann Gilbert

Practice mobility exercises to optimize agility as you move through your fitness age. Improve ROM, increase vitality & get moving with this easy-to-follow mobility sequence. Leave with a clear understanding of how we, as fit Pros, can contribute to movement that can transfer to advanced activities of daily living. This session is for all clients 20-90 years of age.
FR4B Friday, 12:30pm-1:45pm

SCHWINN® INDOOR CYCLING: BEAST MODE  **NEW!**

Jason Schneider

HIIT workouts are all the rage but not all are done right. This workout is designed to push your limits while honoring the science of true HIIT for real results. We'll show you how to take breathless beast mode. Get ready to Rumble!
FR4E Friday, 12:30pm-1:45pm



BUILDING MUSCLE WHILE LOSING FAT  **NEW!**

Melissa Layne, MEd

Join this transformative workshop and unlock the secrets of building muscle while torching unwanted fat. Explore science-backed strategies, personalized

ATHLETIC FLOW  **NEW!**

Mary Lou Schell, PhD

Boost Your Athletic Performance: Elevate your conditioning sessions with dynamic exercises using Training Stick(s). Enhance flexibility, mobility, and injury resilience. Discover innovative sequences, optimize movement patterns, and ensure lasting results. Leave with a Monday-ready class design, primed to invigorate your training regime!
FR4C Friday, 1:15pm-2:30pm

))(STICK MOBILITY

BRING THE TOYS!  **NEW!**

Gail Bannister-Munn

Discover how myofascial restorative bodywork will release stress and regain vitality. Familiarize yourself with fascia and understand which toys will release restrictions in specific structures that cause misalignment, compensation patterns, aches and pains, and loss of range of motion. Leave with the ability to breathe more easily, increase circulation, balance hormones, and relieve the stress and strains of everyday life.
FR4D Friday, 1:15pm-2:30pm

AQUA DRUMS VIBES  **NEW!**

Billie Wartenberg

Play the drums in the water! Combine unique rhythms and moves using the innovative SAF Aqua Drums Vibes® equipment & enjoy a challenging new way to get yourself fit and have fun in the water.
FR4F Friday, 1:15pm-2:30pm



PACK YOUR PT SESSIONS:

SUCCESSFUL SALES  **NEW!**

Sara Kooperman, JD, Amber Toole, Ruston Webb, MS, & Michael Hughes
 Whether you're a seasoned personal trainer, group exercise instructor, or studio owner, this session is your crystal ball to future-proof your business. Learn the art of selling with expert insights, debunking myths, and crafting strategies tailored to diverse clientele. Join our interactive panel and elevate your sales game to new heights! (Business Summit Lecture)
FR4H Friday, 1:15pm-2:30pm



COLLECTIVE
Zen



FR5

2:45pm-4:00pm

MOBILITY TRAINING: ONLINE OR IN-PERSON  **NEW!****Ruston Webb, MS**

Discover the power of your body and a simple wall in this dynamic fitness session! Unleash creativity with diverse movements blending strength, cardio, and mobility exercises. Transform your workout as we utilize the wall for a unique and effective session. Elevate your fitness experience – because everyone needs a wall in their workout!

FR5A Friday, 2:45pm-4:00pm**CREATIVE PROGRAMMING 55+**  **NEW!****Billie Wartenberg**

Americans age 55+ are feeling more alive and active than ever! In fact, this age group makes up the largest segment of our population going to fitness facilities. Don't just give them boring fitness programming – get creative and make your fitness classes fun, energizing and engaging! It will not only meet their needs for an active lifestyle, but it will keep them coming back for more.

FR5B Friday, 2:45pm-4:00pm**ULTIMATE LEG DAY**  **NEW!****Amber Toole**

Leg day enthusiasts, this one's for you! Supercharge your lower-body training with effective programming for sculpting strong legs and glutes. Learn injury prevention, nutrition tips, and workout variations. Elevate your lower-body game and help your clients get amazing results!

FR5C Friday, 2:45pm-4:00pm**FUNCTIONAL PILATES**  **NEW!****Manuel Velazquez**

Real-life happens from all angles & we move to and from every angle possible as we overcome activities of daily living. Regain awareness, re-ignite your Pilates practice, & learn how to apply the six basic Pilates principles for core stability/mobility that will move you from the mat to anywhere you need to go. Feel more dynamic, powerful, and strong.

FR5D Friday, 2:45pm-4:00pm**WARRIOR® RIDE** **NEW!****Jani Roberts**

The Warrior® Ride is designed to enable participants to energetically shift from where they are, to where they want to be. If you're having a frustrating day, join us! We will leave your frustration on the road and replace it with confidence and resilience. You are stronger than you know!

FR5E Friday, 2:45pm-4:00pm**AQUA SIT TO STAND SKILLS** **NEW!****Melissa Layne, MEd**

Dive into improved strength and mobility with this pool-based active aging workshop. Experience the buoyant support of water as you practice sit-to-stand progressions. This unique aquatic environment offers gentle resistance and safety, making it perfect for active agers to build confidence, stability, and functional independence.

FR5F Friday, 2:45pm-4:00pm**FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE** **Sara Kooperman, JD**

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

FR5G Friday, 2:45pm-4:00pm**BUSINESS MASTERY: MAXIMIZING TIME AND REVENUE**  **NEW!****Michelle Ricketts**

Feeling exhausted managing and balancing your schedule? You are not alone! This session is designed for personal trainers and fitness professionals who want to improve their scheduling efficiency and increase revenue using calendars and other tools, all while balancing work and personal life. In this session, you'll learn how to better manage your schedule and make the most of your downtime. You'll walk away armed with practical systems that you can put into action right away, ready to conquer any scheduling challenges that come your way. (Business Summit Lecture)

FR5H Friday, 2:45pm-4:00pm

FR6

4:30pm-5:45pm

WARRIOR STRENGTH™ | SIMPLE & SERIOUSLY "STICKY"  **NEW!****Ellen de Werd & Angel Ballance**

Seeking a change from choreography-based strength workouts? WARRIOR Strength™ provides the perfect solution. It's creative, FUN, easy to teach, and license free! This program is tailored to fitness pros and class-goers who want to safely and smartly get sweaty and lift weights. Say goodbye to monotonous routines and hello to a fresh fitness approach.

FR6A Friday, 4:30pm-5:45pm**STRENGTH TRAINING FOR LONGEVITY & VITALITY II**  **NEW!****Sara Kooperman, JD**

Whether a personal quest or a way to engage the fastest-growing segment of the population, this incredibly creative bodyweight, light hand weight and foam rolling 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 Friday, 4:30pm-5:45pm**KICKBOX N CHAOS** **Tara Turner**

This workout combines everything (including the kitchen sink) to create complete chaos in your kickbox class. Using drills, weights, and quick power moves, this is sure to get your heart pumping and your mind and body working! Up your game and take your kickboxing program to the next level.

FR6C Friday, 4:30pm-5:45pm**BY ANY STRETCH** **Abbie Appel**

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

FR6D Friday, 4:30pm-5:45pm**SCHWINN®: HEAR US ROAR** **NEW!****Doris Thews**

The Power of Authenticity. When coaches unleash an unapologetic sense of self, a powerful purpose steps into the light. Your personal truth, combined with cycling moments of elevation, are what turn exercise into an unforgettable experience. Are you ready to ROAR into your next ride?

FR6E Friday, 4:30pm-5:45pm

BUOY, OH BUOY, OH BUOY! **Manuel Velazquez, Cheri Kulp, Billie Wartenberg & Sara Vandenberg, MS**

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

FR6F Friday, 4:30pm-5:45pm**NUTRITION PANEL** **Melissa Layne, MEd, Sohaila Digsby, RDN, LD, Amber Toole & Amanda Fearheiley, RDN, LD, CPT**

Come together to explore controversial research. Join the discussion, ask questions, and discover cutting edge options in food and nutrition. Hear from these nutrition experts on how and why they choose to eat the way they do. Leave "feeling full" of ways to make smarter choices when it comes to fueling your body. (Lecture)

FR6G Friday, 4:30pm-5:45pm**GET "CERTIFIED" TO RUN YOUR FITNESS BUSINESS!** **Erica Day**

Whether you're just starting out as a personal trainer or have been running a studio for over a decade, you must invest 75 minutes in a session that guarantees to provide you the tools needed to succeed. We'll teach you the exact system we use with our 6-figure clients to grow your business, increase profits, easily understand your cash flow and pay bills on time so you can pay yourself what you deserve! Get "certified" in creating profits and level up your financial game today! (Business Summit Lecture)

FR6H Friday, 4:30pm-5:45pm**FR7****6:00pm-7:00pm****FITNESS IDOL** **Judges: Amber Toole, Ann Gilbert, Bob Esquerre & Gail Bannister-Munn**

Do you have what it takes to become the next SCW Fitness Idol? As the winner of this prestigious title, not only will you receive coverage in 2024 SCW newsletters, but you'll get a chance to show off your skills as a featured presenter at the 2025 SCW MANIA® Convention of your choice!

Each 2024 SCW Fitness Idol Winner receives:

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

FR7B Friday, 6:00pm-7:00pm**MANIA® DANCE OFF!** 

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

FR7C Friday, 6:00pm-7:00pm**KEYNOTE & COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME** **Brandi Clark**

Relax and enjoy a glass of wine and connect with other fit pros! Explore cutting-edge strategies, emerging trends, and innovative technologies tailored for fitness professionals seeking long-lasting client impact and income. Let's redefine your success and explore experiences of like-minded pros! All welcome!

FR7G Friday, 6:00pm-7:00pm**SATURDAY, AUGUST 24****SA1****7:30am-8:45am****DEEP CORE AND PELVIC FLOOR** **Melissa Layne, MEd**

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

SA1A Saturday, 7:30am-8:45am**ACTIVE AGING PLAYGROUND** **Amber Toole**

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

SA1B Saturday, 7:30am-8:45am**WELCOME II THE TERRORDOME** **Tara Turner**

Test your strength, cardio, and balancing skills by performing exercises that will motivate and challenge you. From using your body weight to incorporating fitness props, you will perform intervals of cardio and strength movements creating an intense workout. So come through with no fear, refusing to lose...here's your ticket.... hear the drummer get wicked!

SA1C Saturday, 7:30am-8:45am**HUMAN REFORMER** **Lauren George, MS**

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

SA1D Saturday, 7:30am-8:45am**SCHWINN®: RHYTHM ROADTRIP - MASTERING CYCLING MUSICALITY** **Abbie Appel**

Discover how to capture and captivate your riders by tapping into the emotion and hidden beats of a well curated playlist. Learn how to create magical, memorable rides with incredible musicality that drive performance for real results.

SA1E Saturday, 7:30am-8:45am

**CERTIFICATIONS
THURSDAY,
AUGUST 22**



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



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



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



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



SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION
Layne • 9am-3:30pm



SCW LIFE COACHING CERTIFICATION
Toole
9:00am-3:00pm



SCW AQUATIC EXERCISE CERTIFICATION
Wartenberg
8:00am-4:00pm

**DALLAS MANIA®
FIT PRO CONVENTION**

A
HIIT / CORE / STRENGTH

B
FUNCTION / ACTIVE AGING

C
GX / DANCE / SMALL GROUP TRAINING



D
RECOVERY / MIND BODY

E
CYCLE

FRIDAY, AUGUST 23

FR1	7:30am-8:45am	KILLER CORE Appel	TAILORED TRAINING FOR ACTIVE AGERS Toole	BARREFUSION™ EXPERIENCE Vandenberg	YOGA-PILATES RESTORE Bannister-Munn	BEATBOSS™ TAPBACKS, PUSH-UPS YAY OR NAY Austin & Leadley
FR2	9:00am-10:15am	CORE BY 4 Wartenberg	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	THE WARRIOR® WORKOUT Roberts	TIGER TAIL® GOODBYE BACK PAIN Zuleger	SCHWINN®: SAVVY CYCLING Schneider
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes	"DON'T JUST SIT THERE!" CHAIR YOGA Ratliff	PROP POWER: AMP UP YOUR BARRE WORKOUTS George	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE Mummy	SCHWINN®: BIKER BARRE Appel
EXPO SHOPPING 12:00pm-2:45pm						
FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	INTEGRATED STRENGTH George SESSION 1	TIME WITH TISSUE Gilbert SESSION 1	ATHLETIC FLOW Schell SESSION 2	BRING THE TOYS! Bannister-Munn SESSION 2	SCHWINN®: BEAST MODE Schneider SESSION 1
FR5	2:45pm-4:00pm	MOBILITY TRAINING - ONLINE OR IN-PERSON Webb	CREATIVE PROGRAMMING 55+ Wartenberg	ULTIMATE LEG DAY Toole	FUNCTIONAL PILATES Velazquez	WARRIOR® RIDE Roberts
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	WARRIOR STRENGTH™: SIMPLE & SERIOUSLY "STICKY" de Werd & Ballance	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	KICKBOX N CHAOS Turner	BY ANY STRETCH Appel	SCHWINN®: HEAR US ROAR Thews
FR7	6:00pm-7:00pm	WORKOUT WITH B-BOARD® Vandendriessche	FITNESS IDOL Toole, Gilbert, Esquerre & Bannister-Munn	DANCE OFF! LaBlast®, ZUMBA®, Alignment Essentials, Wartenberg & Velazquez		

SATURDAY, AUGUST 24

SA1	7:30am-8:45am	DEEP CORE AND PELVIC FLOOR Layne	ACTIVE AGING PLAYGROUND Toole	WELCOME II THE TERRORDOME Turner	HUMAN REFORMER PILATES George	SCHWINN®: RHYTHM ROADTRIP Appel
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am			KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD ROOM B		
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	FULL BODY 3D HIIT-CIRCUIT Hughes	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	LABLAST® FITNESS: BALLROOM BLITZ van Amstel & Solis	FLOW SLOW YOGA Thews	SCHWINN®: CYCLE A LA MODE Schneider
EXPO SHOPPING 12:00pm-2:45pm						
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	WARRIOR RHYTHM™ BRAVE, BOLD & BEAUTIFUL de Werd SESSION 2	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert SESSION 2	ZUMBA® Melendez SESSION 1	TAI-CHI FUSED YOGA Velazquez SESSION 2	SCHWINN®: R.I.S.E. & #RIDERIGHT Thews SESSION 1
SA5	2:45pm-4:00pm	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy & Bannister-Munn	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb	SOULKICKBOXING™ Park & Coleman	TIGER TAIL® RECOVERY FOR LONGEVITY Zuleger	SCHWINN®: CYCLE MIXOLOGY Appel
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	BBB WORKOUT - BALL, BAND, BAR Bannister-Munn	BALANCE & COORDINATION FOR ACTIVE AGERS Velazquez	STRENGTHEN & SUPPORT Schell	WARRIOR® TAI CHI YOGA AND QI GONG FUSION Roberts	SCHWINN®: ROCK & ROLL RIDE Thews

SUNDAY, AUGUST 25

SU1	7:30am-8:45am	POWER IN THE TRANSVERSE PLANE Mike	FUSION REVOLUTION Schell	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED van Amstel & Solis	THE BATTLE FOR MOBILITY McCormick	BEATBOSS™ BIKE SCULPTING DONE RIGHT Austin & Leadley	
SU2	9:00am-10:15am	WARRIOR COMBAT™ KEEP FIGHTING de Werd	LABLAST® CHAIR FITNESS: PULL UP A SEAT van Amstel & Solis	FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Mike	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Hughes		
EXPO SHOPPING 10:00am-1:00pm							
SU3	10:45am-12:00pm	BARRE HARD CORE George	ADAPTIVE TAI CHI: MOVING DESPITE LIMITATIONS Glassmeyer	10 BEST BODYWEIGHT & BAND EXERCISES McCormick	SOULFUSION™ EXPERIENCE Park		
SU4	12:15pm-1:30pm	OPTIMAL OVERHEAD PRESSING Mike	PERFECT PROGRAMMING FOR ACTIVE AGERS Toole	STEP IT UP! Turner	TAI CHI: THE MIND/BODY EXPERIENCE Glassmeyer		

**CERTIFICATIONS
SUNDAY,
AUGUST 25**



ALIGNMENT ESSENTIALS WARRIOR® TAI CHI YOGA INSTRUCTOR CERTIFICATION
Roberts • 7:30am-3:30pm



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



SCW STRETCHING & FLEXIBILITY TRAINING CERTIFICATION
Appel • 7:30am-3:30pm



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



SYMMETRY POSTURAL MEASUREMENT CERTIFICATION
Mummy • 7:30am-3:30pm



ZUMBA® BASIC 1 TRAINING
Melendez
7:15am-3:30pm



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

 SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION Appel • 7:00am-5:00pm	 water@motion AQUA EXERCISE CERTIFICATION Kulp 9:00am-5:00pm	 THE MENTAL WELLBEING ASSOCIATION CERTIFICATION FOR FITNESS PROFESSIONALS C. Brick and L. Brick Online Exclusive	get discounted ONLINE CERTS View them at sewfit.com/certs \$100 OFF Code: MANIA100
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Pre-Recorded SESSIONS

F AQUA (STARTS IN LECTURE)	G NUTRITION / EX. SCIENCE	H BUSINESS 
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PRE-RECORDED PERSONAL TRAINING	PRE-RECORDED RESTORE / PILATES / TAI-CHI	PRE-RECORDED AQUA EXERCISE	PRE-RECORDED 
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H2O RAPID RESISTANCE Kulp	INFLAMMATION: THE EXERCISE-NUTRITION NEXUS Fearheiley	OPERATING A PROFITABLE BOUTIQUE STUDIO Gilbert
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ van Amstel & Solis	SIX ROOT CAUSES OF DECREASED LONGEVITY Layne	START & GROW YOUR BUSINESS Kooperman, Clark, Webb, Day, & Ball
EXPO SHOPPING 10:00am-11:00am		
AQUA BOOT CAMP BOQ-STYLE Ford	A WEALTH OF GUT HEALTH UNLOCKED Fearheiley	FIND YOUR NEXT 50 LEADS Clark
EXPO SHOPPING 12:00pm-2:45pm		
AQUA DRUMS VIBES Wartenberg SESSION 2	BUILDING MUSCLE WHILE LOSING FAT Layne SESSION 1	PACK YOUR PT SESSIONS: SUCCESSFUL SALES Kooperman, Toole, Webb & Hughes SESSION 2
AQUA SIT TO STAND SKILLS Layne	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman	BUSINESS MASTERY: MAXIMIZING TIME AND REVENUE Ricketts
EXPO SHOPPING 3:45pm-4:30pm		
BUOY, OH BUOY, OH BUOY! Velazquez, Kulp, Wartenberg & Vandenberg	NUTRITION PANEL Layne, Digsby, Toole & Fearheiley	GET "CERTIFIED" TO RUN YOUR FITNESS BUSINESS! Day
KEYNOTE & COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME - Brandi Clark • Room G		

STABILITY BALL BREAKTHROUGH Bannister-Munn	HAPPY HIPS & HEALTHY BACKS Fullton	AQUA YOGA FLOW Warasila	INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY Kooperman
7 GAME-CHANGING GLUTE TRAINING TIPS Tumminello	HIGH ROLLER - FOAM ROLLER PILATES Appel	AQUA HIIT THE BEAT Fowler	FIRESIDE CHAT WITH MARK HARRINGTON JR. Kooperman & Harrington
SMART STRENGTH FOR THE AGELESS FEMALE Roberts	CORE YOGA STRONG Howard	AB- ARSENAL Gilbert	SUCCESSFULLY BUILD YOUR MEMBER BASE Williams
TOTAL BODY RESET Turner	LOWER BODY SELF CARE Bettendorf	MIX-MATCH AQUA MOVES TO THE MAX Howard	RETIRED, NOT EXPIRED! STRENGTH TRAINING FOR MATURE ADULTS PANEL Kooperman, Roberts, Ritchie & Gilbert
REDEFINE FUNCTIONAL TRAINING: REDEFINE YOURSELF Mullins	QIGONG & SELF HEALING Craddock	AQUA BRAIN POWER Gilbert	RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS Hoff
LOWER BODY BURNOUT Howard	FOGA - FOAM ROLLING AND YOGA Zahn	BARRACUDA BOOTY Kulp	THE PERFECT VIRTUAL SOLUTION Madden
CORE TRAINING METHODS Mullins	CORE FORWARD PILATES Howard	10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING McCormick	BIGGEST SECRETS IN PERSONAL TRAINING SALES SUCCESS Baraglia

SILVER TSUNAMI Velazquez, Kulp, Carroll & Vandenberg	HOW YOU MOVE MATTERS Laskowski	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Esquerre
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD ROOM B		
EXPO SHOPPING 10:30am-11:00am		
AQUATIC EQUIPMENT INNOVATIONS Ford	PHYSICS OF PAIN & PERFORMANCE Mummy	STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL Toole, Appel, McCormick, Roberts & Laskowski
EXPO SHOPPING 12:00pm-2:45pm		
4 FUNCTIONAL AQUA CIRCUITS Layne SESSION 1	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger SESSION 1	FIND & ENROLL CLIENTS USING SOCIAL MEDIA Clark SESSION 2
LIQUID GYM ACQUA PUNCH & PUMP Velazquez	CHAIN REACTION BIOMECHANICS Hughes	NAVIGATING LEGAL PITFALLS IN FITNESS Ball & Clark
EXPO SHOPPING 3:45pm-4:30pm		
AQUA ZUMBA® Melendez	TRENDING DIETS & WEIGHT LOSS MEDS Digsby	MAXIMIZE YOUR BRAND'S EARNING POTENTIAL Esquerre & Irene McCormick

ROCK BOTTOMS! BANDED BOOTY STRENGTH McDonald	TAI CHI + WEIGHTS = IRON FUSION Ross	POWER TO THE POOL Dziubinski	CLUB, STUDIO & CLIENT RETENTION Kooperman
GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE (filmed at previous SCW Conventions) when you Add Dallas MANIA® 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!			
CONTENDER Richards	YOGA SOUL Kooperman	CHEEKS FOR WEEKS - H2O Gilbert	PROFITABLE TRAINING WITH CLIENTS 55+ Ritchie
SL@T - STRENGTHEN, LENGTHEN & TONE Howard	PILATES 4 LIFE Kahn	AQUA YOGA FOR ARTHRITIS Fairbrother	CONVERTING SOCIAL MEDIA CONTENT INTO CUSTOMERS Christopher
PLANKS IN ALL THREE PLANES Chilazi	SHOULDERS: PROTECTION & PERFORMANCE Christopher	TABATA AQUA RUNNING & CONDITIONING Haggard	BUILDING SUCCESSFUL HYBRID BUSINESSES Vokoun
CREATIVE COMPOUNDS Gavigan	FOREVER PILATES Appel	EASY-GRIP AQUA DUMBBELL WORKOUT Kulp	PURPOSEFUL PROGRAMMING Madden

RIDE THE WAVE Kulp, Carroll & Vandenberg	THE GUT - SLEEP NETWORK EFFECT Layne	FITNESS MARKETING MASTERCLASS: INSIDER TIPS Tate
LIQUID GYM ACQUA TONER STRETCH & TONE Kulp	KITCHEN MAKEOVER FOR FOOD LOVERS Digsby	PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL Esquerre
EXPO SHOPPING 10:00am-1:00pm		
BEAUTIFUL BUOYANT BOOTY Vandenberg	PREVENTING COMMON FITNESS INJURIES Laskowski	CREATE CONTENT TO BOOST SALES Toole
CORE FUSION H2O Vandenberg	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	MONETIZE YOUR BOTTOM LINE McCormick

TOP-TIER CORE CONDITIONING Robinson	THE ART OF FLOW: YOGA BASICS Conti	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Velazquez	NEW CLIENT RETENTION McBee
G.R.I.T. - STRENGTH TRAINING FOR THE AGER Gilbert	SMR: FUNCTIONAL FASCIA TECHNIQUES Gavigan	LIQUID LEVELS Pinkowski	ENTREPRENEURSHIP & OPENING Sheppard
CORE OFF THE FLOOR Zahab	YIN TO MY YANG Malaghan	TAB-AQUA QUICKIES Howard	BUILDING YOUR BUSINESS Stevenson

Access to pre-recorded sessions can be found at sewfit.com/dallas

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

SILVER TSUNAMI**Manuel Velazquez, Cheri Kulp, Jackie Carroll, & Sara Vandenberg, MS**

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

SA1F Saturday, 7:30am-8:45am**HOW YOU MOVE MATTERS** **Dr. Edward Laskowski, MD**

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

SA1G Saturday, 7:30am-8:45am**SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP!** **Bob Esquerre, MA, NSCA-CPT**

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

SA1H Saturday, 7:30am-8:45am**SA2 KEYNOTE****9:15am-10:30am****WHERE HEALTHY MEETS HAPPY** **Sohailla Digsby, RDN, LD**

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

SA2B Saturday, 9:15am-10:30am**SA3****11:00am-12:15pm****FULL BODY 3D HIIT- CIRCUIT** **Michael Hughes**

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

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

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

SA3B Saturday, 11:00am-12:15pm**LABLAST® FITNESS: BALLROOM BLITZ** **Louis van Amstel & Dusty Solis**

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

SA3C Saturday, 11:00am-12:15pm**FLOW SLOW YOGA** **Doris Thews**

Experience a Yoga practice that offers a luxurious time to align and restore your body with intentional approach. Discover a mind-body connection through breath and sequential movement. This inclusive approach will broaden the reach of yoga in your club and keep your class counts high, your career healthy and your members wanting more.

SA3D Saturday, 11:00am-12:15pm**SCHWINN®: CYCLE A LA MODE** **Jason Schneider**

Tap into the unique ways your team wants to ride – ONLY with the Z-power console from Schwinn. Whether it's RPM, Max HR, or FTP – we've got a ride for everyone. Build it and they will come. Real results, every time, with your ride or die. Let's go!

SA3E Saturday, 11:00am-12:15pm**AQUATIC EQUIPMENT INNOVATIONS** **Tom Ford**

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

SA3F Saturday, 11:00am-12:15pm**PHYSICS OF PAIN & PERFORMANCE** **Patrick Mummy**

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

SA3G Saturday, 11:00am-12:15pm**STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL** **Amber Toole, Abbie Appel, Irene McCormick, MS, CSCS, Jani Roberts, & Dr. Edward Laskowski, MD**

Stretching is an integral part of any exercise program, yet there is immense inconsistency and uncertainty surrounding the practice. Join our panel of experts as they discuss both the art and the science of flexibility training and specific routines that will allow your clients to develop maximal strength gains safely and quickly.

SA3H Saturday, 11:00am-12:15pm**SA4 - LUNCHTIME SESSION 1 12:30pm-1:45pm**

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

ZUMBA® **Guillermo Melendez**

Zumba® is perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

SA4C Saturday, 12:30pm-1:45pm

SCHWINN®: R.I.S.E. & #RIDERIGHT **Doris Thews**

Results = Intensity + Science + Execution. Want your riders to get results? It's all about intensity and staying true to the science of authentic cycling executed in a masterful class design that follows this simple set of rules. When you ride right, you always get results.

SA4E Saturday, 12:30pm-1:45pm**4 FUNCTIONAL AQUA CIRCUITS** **Melissa Layne, MEd**

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

SA4F Saturday, 12:30pm-1:45pm**MYOFASCIAL RELEASE: THE VAGUS NERVE** **Dr. Julie Zuleger, PhD**

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

SA4G Saturday, 12:30pm-1:45pm**SA4 - LUNCHTIME SESSION 2 1:15pm-2:30pm**

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

WARRIOR RHYTHM™ | BRAVE, BOLD & BEAUTIFUL **Ellen de Werd**

Ever wish you loved yoga? WARRIOR Rhythm™ is the bridge between classic group exercise and traditional yoga. With its rebel vibe, edgy playlists, and unconventionally sweaty flows this format will rock your world! We intertwine mindfulness, yoga, weightlifting and even HIIT training into an extraordinary experience. We are where woo-woo meets WAAHOOOOO!

SA4A Saturday, 1:15pm-2:30pm**S.E.A.T.® SUPPORTED EXERCISE FOR AGELESS TRAINING** **Ann Gilbert**

It's time to take aging sitting down! Discover how incorporating a chair can increase access to your fitness offerings by catering to clients of all abilities. Perfect for deconditioned clients or those overcoming injuries, you'll learn how to design seat-based programming that doesn't lack intensity or fun, guaranteed to get a "seated" ovation from all of your students!

SA4B Saturday, 1:15pm-2:30pm**TAI-CHI FUSED YOGA** **Manuel Velazquez**

Focus on flexibility and balance both internally and externally to improve overall wellness in this Tai Chi Yoga fusion program. Yoga develops the foundation of internal support for stability and strength, while Tai Chi connects the fundamental and dynamic applications of functional mobility and dynamic stability using movements that connect into forms and sequences. The result is a greater sense of balance, self-body awareness, range of motion and muscular strength.

SA4D Saturday, 12:30pm-1:45pm**FIND & ENROLL CLIENTS USING SOCIAL MEDIA** **Brandi Clark**

If you want to create a name and following for yourself, you need to stand out on social media, and that can be difficult. In this course you will learn the 4 simple steps for standing out so you can enroll more clients, make more money, and have a larger impact! This session is perfect for both instructors, personal trainers, and studio owners and managers. (Business Summit Lecture)

SA4H Saturday, 1:15pm-2:30pm**SA5****2:45pm-4:00pm****POSTURE & ALIGNMENT WITH PERSONAL TRAINING** **Patrick Mummy & Gail Bannister-Munn**

Almost all workouts require good posture and alignment to maximize results while minimizing injury. However, it is difficult to assess our clients and ensure all participants are stretched and moving properly before and during a workout. Join our resident experts on posture, alignment, evaluation and stretching, Patrick Mummy and Gail Bannister-Munn, as they discuss the best coaching and cueing strategies for alignment and posture and how to do it effectively in personal training and a small group environment.

SA5A Saturday, 2:45pm-4:00pm**MASTER KNEE-PAIN REDUCTION STRATEGIES** **Ruston Webb, MS**

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

SA5B Saturday, 2:45pm-4:00pm**SOULKICKBOXING™** **Michele Park & Lindsey Coleman**

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

SA5C Saturday, 2:45pm-4:00pm**TIGER TAIL® RECOVERY FOR LONGEVITY** **Dr. Julie Zuleger, PhD**

Discover great myofascial active recovery techniques in this Happy Muscles! 365 workshop. Learn guided muscle care and stretching techniques for all ages using best-in-class Tiger Tail massage sticks and balls. Improve flexibility, mobility, and ROM, as well as reduce muscle knots, aches, and pains while using these affordable, portable and FUN stretch-recovery tools.

SA5D Saturday, 2:45pm-4:00pm**SCHWINN®: CYCLE MIXOLOGY: CURATING KILLER PLAYLISTS****Abbie Appel**

Where did you get that song! We're sharing the secret to sourcing music for playlists that rock every ride. Learn where to find the tunes and uncover new apps and programs to remix and customize your own tracks. Become your own mixologist and discover the recipe for savage playlists.

SA5E Saturday, 2:45pm-4:00pm

electrify AND INSPIRE

LIQUID GYM ACQUA PUNCH & PUMP **NEW!**

Manuel Velazquez

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks all in the water using Liquid Gym Gloves! Add Liquid Gym Acqua Tone Loops for the extra leg work to energize your whole body with less stress on your joints.

SA5F Saturday, 2:45pm-4:00pm



CHAIN REACTION BIOMECHANICS **NEW!**

Michael Hughes

Movement therapeutics is not a skill reserved for Physical Therapists. We'll break down the functional anatomy and biomechanics of the body, give you strategies for identifying and reverse engineering the root causes of your clients' pains. (Lecture)

SA5G Saturday, 2:45pm-4:00pm



NAVIGATING LEGAL PITFALLS IN FITNESS **NEW!**

Fireside Chat with Miriam Ball and Brandi Clark

Safeguard your well-being, family, and business from potential lawsuits. Gain valuable insights on fitness insurance gaps, high defense cost claims, and effective client communication. Join Miriam Ball and Brandi Clark for a crucial discussion on pitfalls for Group Instructors, Personal Trainers, and Business Owners. Leave with a liability waiver sample and essential risk awareness. (Business Summit Lecture)

SA5H Saturday, 2:45pm-4:00pm



SA6

4:30pm-5:45pm

BBB WORKOUT – BALL, BAND, BAR **NEW!**

Gail Bannister-Munn

Experience the unique Ball, Band, and Bar workout, a fusion of strength training, balance, and flexibility. Utilizing a stability ball, resistance bands, and a weighted bar, you'll enhance core stability, target muscle groups, and elevate your fitness game. Join us for a dynamic, full-body workout that delivers results.

SA6A Saturday, 4:30pm-5:45pm

BALANCE & COORDINATION FOR ACTIVE AGERS **NEW!**

Manuel Velazquez

The active aging population grapples with an array of dysfunctions, affecting their capacity to remain steady. Improve balance and coordination and walk out of this session with at least ten movement patterns and a few extra games that are going to positively impact your clients gate stability, "action-reaction" engagement, physical balance, and mental coordination.

SA6B Saturday, 4:30pm-5:45pm

STRENGTHEN & SUPPORT **NEW!**

Mary Lou Schell, PhD

Elevate Your Training Game: Transform your sessions with Stick Mobility. Harness custom-designed Training Sticks for group and small-group train-



ing. Unlock strength, joint range, muscle activation, coordination, and body awareness across all fitness levels. Lay a solid foundation, ground-up, with our innovative Stick Mobility techniques.

SA6C Saturday, 4:30pm-5:45pm

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

Jani Roberts

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

SA6D Saturday, 4:30pm-5:45pm



SCHWINN®: ROCK & ROLL RIDE **NEW!**

Doris Thews

The 'peaks' of training get all the attention – we often tweak the work to be more challenging, while overlooking the important part our 'valleys' play in proper programming. Learn the secrets to dialing in effective recovery strategies both inside and outside the cycling studio while creating rides you'll relish like classic rock and roll.

SA6E Saturday, 4:30pm-5:45pm



AQUA ZUMBA® **NEW!**

Guillermo Melendez

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

SA6F Saturday, 4:30pm-5:45pm



TRENDING DIETS & WEIGHT LOSS MEDS **NEW!**

Sohailla Digsby, RDN, LD

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

SA6G Saturday, 4:30pm-5:45pm



MAXIMIZE YOUR BRAND'S EARNING POTENTIAL **NEW!**

Bob Esquerre, MA, NSCA-CPT & Irene McCormick, MS, CSCS

What gaps are preventing you from seeing the financial success you desire and deserve? What do you need to learn, experience, or shadow to enhance your fitness program or product value proposition? Learn how you can double down on what you are best at to leverage business opportunities and create your dream fitness career. (Business Summit Lecture)

SA6H Saturday, 4:30pm-5:45pm



SUNDAY, AUGUST 25

SU1
7:30am-8:45am

POWER IN THE TRANSVERSE PLANE: HOW TO BECOME A ROTATIONAL POWERHOUSE **NEW!**

Dr. Jonathan Mike, PhD

Want to increase real life rotational power for clients and athletes? Every program out there should be utilizing fundamental rotational power. This presentation examines the science of and real-life and unique application and hands-on session with many practical and useful movements to employ to enhance rotational power.

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

FUSION REVOLUTION **NEW!**

Mary Lou Schell, PhD

Transform Your Classes: Revolutionize your stretch, yoga, and Pilates sessions with dynamic mobility stick training. Explore progressions, regressions, and mobility principles for enhanced strength, flexibility, and core stability. Embrace the versatility and simplicity of stick training—your key to unlocking class excellence!

SU1B Sunday, 7:30am-8:45am

LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED **NEW!**

Louis van Amstel & Dusty Solis

Experience the newest LaBlast® Fitness format, Kids Fitness...a perfect balance of dance, fitness and FUN, designed for children ages 5 and up. This 'workout in disguise' gets kids moving to dances like the Jive, Foxtrot, Viennese Waltz, Salsa & more! Change lives and share the gift of movement with the youth of the world!

SU1C Sunday, 7:30am-8:45am

THE BATTLE FOR MOBILITY **NEW!**

Irene McCormick, MS, CSCS

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

SU1D Sunday, 7:30am-8:45am

BEATBOSS™ BIKE SCULPTING DONE RIGHT **NEW!**

Andrea Austin & Robert Leadley

Newsworthy! Adding weights on an indoor cycle bike does not need to be controversial any longer. Join team BeatBoss™ to learn the in's and out's of why adding small weights to an indoor cycle class is now safe, fun and purposeful. Experience a BeatBossSCULPT™ Master Class post lecture time.

SU1E Sunday, 7:30am-8:45am

RIDE THE WAVE **NEW!**

Cheri Kulp, Jackie Carroll, & Sara Vandenberg, MS

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

SU1F Sunday, 7:30am-8:45am

THE GUT – SLEEP NETWORK EFFECT **NEW!**

Melissa Layne, MEd

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

SU1G Sunday, 7:30am-8:45am

FITNESS MARKETING MASTERCLASS: INSIDER TIPS **NEW!**

Kerry Tate

Step into the world of high-octane fitness sales and marketing with Kerry, the Owner Operator of Tate's Total Training. Uncover the exclusive secrets that will supercharge your membership and personal training sales, including expert tips for maximizing your small group sessions. This session is a must for anyone looking to take their fitness facility business to the next level! Don't miss out! (Business Summit Lecture)

SU1H Sunday, 7:30am-8:45am
SU2
9:00am-10:15am

WARRIOR COMBAT™ | KEEP FIGHTING **NEW!**

Ellen de Werd

WARRIOR Combat is boxing inspired, powerful, and fierce. It has two 30-minute sections distinguished by timed intervals and moves synchronized to music including boxing, HIIT training, total body strength, and aerobic conditioning. Have a set of dumbbells handy and get ready to feel like a confident badass.

SU2A Sunday, 9:00am-10:15am

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

Louis van Amstel & Dusty Solis

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

SU2B Sunday, 9:00am-10:15am

FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS **NEW!**

Jonathan Mike, PhD

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

SU2C Sunday, 9:00am-10:15am

FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY **NEW!**

Michael Hughes

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

SU2D Sunday, 9:00am-10:15am

LIQUID GYM ACQUA TONER STRETCH & TONE **NEW!**

Cheri Kulp

Experience the awesome resistance exercises with Liquid Gym Acqua Toner Bands and Bar to take your aqua workout into a new realm. Take the power of strength resistance training and the resistance/hydrostatic properties of water to give your workout a whole new release. Increase flexibility, muscle tone and range of motion; improve proprioception and blood circulation. Finish with a stretch routine using the Liquid Stars.

SU2F Sunday, 9:00am-10:15am

KITCHEN MAKEOVER FOR FOOD LOVERS **NEW!**

Sohailla Digsby, RDN, LD

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

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

PT 2024:

MEET THE HYBRID FITNESS PROFESSIONAL  **NEW!****Bob Esquerre, MA, NSCA-CPT**

How many weekly PT Sessions can we deliver before nearing burn-out? How much can we keep increasing our prices before we hit that "price-ceiling"? Join Bob as he reviews the new skills that Personal Trainers will need to grow our businesses beyond 1-on-1 Training Sessions. (Lecture)
SU2H Sunday, 9:00am-10:15am

SU3**10:45am-12:00pm****BARRE HARD CORE**  **NEW!****Lauren George**

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

SU3A Sunday, 10:45am-12:00pm**ADAPTIVE TAICHI: MOVING DESPITE LIMITATIONS**  **NEW!****Jacob Glassmeyer**

This workshop will empower those with limitations to find creative ways to move through TaiChi. Explore ways of moving through an adaptive approach using the ancient discipline of Yang style TaiChi. Learn how to implement this process and provide programming to progress and regress through assisted movement.

SU3B Sunday, 10:45am-12:00pm**10 BEST BODYWEIGHT & BAND EXERCISES**  **NEW!****Irene McCormick, MS, CSCS**

With so many equipment solutions available, it can be easy to forget how simple and effective bodyweight and bands can be! Add balance options and additional support for challenge, this can help fitpros try new ways to use old favorites. This session will highlight top 10 band exercises with options.

SU3C Sunday, 10:45am-12:00pm**SOULFUSION™ EXPERIENCE**  **NEW!****Michele Park**

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

SU3D Sunday, 10:45am-12:00pm**BEAUTIFUL BUOYANT BOOTY** **NEW!****Sara Vandenberg**

Whether it's a twinge from over-exercising, a post-injury recovery, or arthritis wear and tear, troublesome knees and hips don't have to stand between you and your aqua exercise. In this session, learn practical modifications to implement into your aqua instruction to reduce pain.

SU3F Sunday, 10:45am-12:00pm**PREVENTING COMMON FITNESS INJURIES**  **NEW!****Dr. Edward Laskowski, MD**

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

SU3G Sunday, 10:45am-12:00pm**CREATE CONTENT TO BOOST SALES**  **NEW!****Amber Toole**

Dive into content marketing strategies and create a month's worth of content during the session. Learn content creation, SEO, social media, and email marketing tactics. Walk away with actionable content ready to drive sales!

SU3H Sunday, 10:45am-12:00pm**SU4****12:15pm-1:30pm****OPTIMAL OVERHEAD PRESSING** **Dr. Jonathan Mike, PhD**

This hands-on session discusses and identifies the mechanics, technical intricacies, and execution of the overhead press addressing variations for personal trainers and coaches. Review the importance of optimal technique from an implementation, training, and application perspective.

SU4A Sunday, 12:15pm-1:30pm**PERFECT PROGRAMMING FOR ACTIVE AGERS**  **NEW!****Amber Toole**

PT Programming for active aging clients does not have to be boring! Incorporating a variety of exercise types blended with functional training offers a chance to wow your clients. Walk away with fun, challenging workout sequences that will increase the quality of life for our 50+, 60+, and 90+ clients. Leave with a perfect program for all levels of active agers.

SU4B Sunday, 12:15pm-1:30pm**STEP IT UP!**  **NEW!****Tara Turner**

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

SU4C Sunday, 12:15pm-1:30pm**TAI CHI: THE MIND/BODY EXPERIENCE**  **NEW!****Jacob Glassmeyer**

Take a transformative journey through the ancient Chinese art of Tai Chi, where yin and yang harmonize to invigorate your mind and body. Discover how this practice can benefit everyone and every (body), blending movement and meditation to leave you feeling refreshed and revitalized. Join us to experience the rejuvenating power of Tai Chi!

SU4D Sunday, 12:15pm-1:30pm**CORE FUSION H2O** **NEW!****Sara Vandenberg, MS**

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

SU4F Sunday, 12:15pm-1:30pm**NAVIGATING NUTRITION OVERWHELM:****FACT VS. FICTION**  **NEW!****Sohailla Digsby, RDN, LD**

Are the bold claims of health headlines and the skimpy evidence of pseudoscience keeping you and your clients confused? In a world full of conflicting dietary advice, join our dietitian expert to explore current nutrition myths. Empower yourself with evidence-based knowledge for informed choices in an increasingly complex nutritional landscape. (Lecture)

SU4G Sunday, 12:15pm-1:30pm**MONETIZE YOUR BOTTOM LINE**  **NEW!****Irene McCormick, MS, CSCS**

Learning to monetize your fitness programs is very important for any fitness professional who wants to grow their business and income. Many factors affect the profitability of fitness programs, including positioning, marketing, packaging, delivery, target market, etc. Creating and delivering amazing fitness programs is both art and science, but making money is the bottom line.

SU4H Sunday, 12:15pm-1:30pm

unlock MORE MANIA

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PRE-RECORDED COURSE DESCRIPTIONS

STABILITY BALL BREAKTHROUGH

Gail Bannister-Munn

The Stability Ball Workout is multi dimensional training that incorporates stability, improves balance & flexibility and strengthens the core to enhance total body training. This is a versatile, effective and FUN workout, exercising all the major and supportive muscle groups with a focus on proper form and execution. Let's explore new exercises and drills that will keep you and your clients ahead of the rest in functional training.

HAPPY HIPS & HEALTHY BACKS

Ronnie Fulton

Chronic back pain caused by "tight" hips will undoubtedly stand in the way of your clients achieving their fitness goals. Unhealthy fascia and overactive muscles in this region can affect the quality of movement. Discover the most effective ways to combine foam rollers, therapy balls, and active isolated stretching to minimize pain and improve mobility in the lumbopelvic hip complex.

AQUA YOGA FLOW

Connie Warasila

Slip into the pool and experience a relaxing yoga-inspired aqua session. You will journey to a place of deep physical and mental relaxation while practicing breathing techniques, vinyasas, and balance postures. Come and wash away the day's tension and stress. You will float away refreshed, renewed, and calm.

INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY

Sara Kooperman, JD

Examine how to market effectively and efficiently while remaining profitable. Explore branding your business through various media, driving it to success. Discover your unique market position, develop pop-ups, postcards, social media posts, email, text messages, eNewsletters, and expand your social media presence. Learn from this entrepreneur who started from a 3rd floor walk-up and created a multi-million-dollar enterprise. Leave with plenty of FREE advice and resources.

7 GAME CHANGING GLUTE TRAINING TIPS

Nick Tumminello

The best glute training goes beyond just doing squats, deadlifts, hip thrusts, and band shuffles. From this workshop, you'll walk away with 7 glute training techniques. Immediately get more out of your glute exercises and learn moves that will become staples of your lower-body training program.

HIGH ROLLER - FOAM ROLLER PILATES

Abbie Appel

Foam rollers have an illustrious history in the fitness industry for good reason. The research tells us that foam rollers help to loosen tight muscles and activate inhibited ones. It's also known to be the perfect tool to add a balance challenge and improve alignment. By blending the advantages of foam rolling with your Pilates' routine, you can create one amazing workout. Discover this three-step program and see how you can bring new life to your Pilates' classes or your client's training sessions.



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AQUA HIIT THE BEAT**Jewell Fowler, MA**

Experience the ultimate fusion of HIIT training and the infectious rhythm of dance in this dynamic session. Perfectly tailored for those who have a love for music but may feel less confident in their dance skills. Experience a carefully crafted series of simple, yet powerful, movements that will have your heart racing and your body moving to the beat.

FIRESIDE CHAT WITH MARK HARRINGTON, JR.**Mark Harrington, Jr. & Sara Kooperman, JD**

Join fitness industry icon Mark Harrington Jr, President of Healthworks Fitness, GymIt and Republic Fitness for a fireside chat. Mark has been instrumental in the company's growth, which today includes more than 25,000 members and 500 plus employees. Dedicated to innovation, team development, and holistic well-being, Mark explores how to grow your team, enhance your member experience and effectively use data. Come with plenty of questions to grow your business and expand your influence with this generous leader in fitness and wellness.

SMART STRENGTH FOR THE AGELESS FEMALE**Keli Roberts**

Smart strength training strategies to help your female clients age less! Birthdays are just a number: it's function that counts! Interactively review critical principles for functionally training the female client. Learn essential body alignment, precise cueing, and movement strategies to provide smart strength training for the ageless female.

CORE YOGA STRONG**Jeff Howard**

YOGA STRONG is a flowing, powerful sequence that will focus on strengthening the powerhouse of the body: The Core! Not just the superficial "6 pack" ab muscles; this includes the deep stabilizing muscles and back muscles that support the spine in every movement on and off your mat. You will be asked to step outside of your comfort zone to truly transform your mind and body. Be ready to sweat, laugh, and grow!

AB ARSENAL**Ann Gilbert**

Check out this innovative core format that will make you rethink your ab favorites. Take beloved tried n' true and turn them into a treasured brand new. Great for athletic abilities of all levels, these aquatic playground exercises will quickly become the first choice for effective off-season training.

SUCCESSFULLY BUILD YOUR MEMBER BASE**Jared Williams**

Join Jared and learn how to successfully build your member base by defining key goals and short and long-term targets. Review how to balance your plan of execution and understand the potential ROI when you accomplish these principles.

TOTAL BODY RESET**Tara Turner**

This interval training class uses steps, dumbbells, and good old fashion body weight to create a full body workout. When that buzzer sounds, burst into a cardio action, and then enjoy active recovery using strength moves. Beginners work at their level; intermediate and advanced students are pushed to their limit.

RETIRED, NOT EXPIRED!**STRENGTH TRAINING FOR MATURE ADULTS PANEL****Sara Kooperman, JD, Keli Roberts, Dr. Dan Ritchie, MS, PhD & Ann Gilbert**

Though most American seniors are active, vibrant, and live independently, many fitness professionals treat them as if they are frail. Learn from our active aging experts how to conduct fitness assessments for seniors, and design programming to increase strength, power, balance, agility, and speed.

LOWER BODY SELF CARE**Brian Bettendorf, MSM, MA**

If mobility, strength, or pain is limiting your ability to train or move the way you want, this session will provide practical options that can be used to identify opportunities & improvement in the hips, legs, and feet.

MIX-MATCH AQUA MOVES TO THE MAX**Jeff Howard**

Most of us experience some form of burnout after teaching multiple aqua classes. Build pyramid intervals to combat boredom! Incorporate muscle conditioning into timed patterns of HIIT & leave with a workout to propel you UPWARD! Just six simple rules give you more ideas, progressions, and energy to push your moves to the max!

REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF**Kevin Mullins, CSCS**

Change the word functional in your mind forever! Learn the methods of elite personal trainers that lead to the best programs, the best results, and an exciting, successful business. Experience functional training firsthand as Kevin leads you through a challenging workout that incorporates every movement pattern, your core, and your cardiovascular fitness.



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QIGONG AND SELF-HEALING

Joshua Craddock

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

AQUA BRAIN POWER

Ann Gilbert

This innovative workout session is filled with brain power challenges, improving mind and memory function. Experience this neuroplasticity-focused class, which is directed towards problem-solving skills that you can integrate easily into your current aqua program. Aqua brain power is important for all water participants of varying ages and fitness levels.

RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS

Marissa Hoff, MED

Long-term clients are essential to a successful fitness business. They are the best source of new business through referrals. Studies show that acquiring a new client can cost five times more than retaining an existing one. In this session, learn best practices to engage training clients for increased retention, referrals, and revenue.

LOWER BODY BURNOUT

Jeff Howard

This complete lower body workout targets the glutes, quads, and hamstrings to tone and tighten these muscle groups, targeting the abdominal and lower back muscles for conditioning and improved flexibility. Learn easily implementable progressions and modifications to train your mature clients in a safe, fun way that will have them cheering for more.

FOGA - FOAM ROLLING AND YOGA

Rose Zahnn

FOGA is the recovery and rejuvenation your body needs! Experience a feel-good class that includes foot rolling, yoga, stretching and foam rolling. You'll walk away feeling like you just had a great massage, and you'll have the tools to take care of your body whenever needed.

BARRACUDA BOOTY

Cheri Kulp

Enjoy this aquatic session that focuses on core, gluteals, and lower extremity training. Build power and strength along with flexibility and fluidity of movement in the comfortable environment of the pool. Explore standing, anchoring, moving, and floating options to train the booty to be your best ASSet!

THE PERFECT VIRTUAL SOLUTION

Tricia Madden

Whether you are looking to launch a video-on-demand or live stream service—or a hybrid of the two—this workshop will help you establish your business goals and launch the perfect virtual solution. Leave with technical solutions, programming strategies, staffing requirements, budgeting, and marketing ideas for either starting or revamping your virtual experiences.

CORE TRAINING METHODS

Kevin Mullins, CSCS

The core is vital for spinal stabilization and the transfer of movements from the limbs. Discover how the core is supposed to function, the methods of function, and how to train your body to have the strongest, most impressive core of your life.

CORE FORWARD PILATES

Jeff Howard

Light up every muscle with this core-forward Pilates class that sets traditional moves to today's rhythms, adding energy and excitement. Through the use of continuous choreography, electrify your burn, strength, and flexibility. Join this total-body sculpting class that blends lightweight training, Pilates, and core strengthening exercise.

10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING

Irene McCormick, MS, CSCS

Consider the aquatic environment for finding new and challenging ways to mix up your 1:1 training sessions. Adding water to a strength or HIIT workout can provide different challenges by dialing down the impact of moves without decreasing the intensity. The H2O serves as resistance training and cardio challenges without the DOMS or the impact.

BIGGEST SECRETS IN PERSONAL TRAINING SALES SUCCESS

Jon Baraglia

Learn how to build a Personal Training Program that creates a culture of sales success in your facility. Set the right expectations. Provide the necessary training and tools. Create accountability with key metric tracking and daily conversations. Most importantly, build value with a word class experience.

ROCK BOTTOMS! BANDED BOOTY STRENGTH

Linda McDonald

This workshop will give group fitness instructors specific exercises to strengthen the hips and thighs using bands. Learn how to add variety and FUNction to target the large, as well as small, intrinsic muscles. Learn the science behind concentric and eccentric loading, and why the band contributes to eccentric loading.

TAI CHI + WEIGHTS = IRON FUSION

David-Dorian Ross

Immerse yourself in the seamless integration of Tai Chi and another captivating movement practice in our fusion classes. Experience the harmonious flow where the boundaries between modalities become indistinguishable within the choreography. Discover the empowering synergy of Tai Chi and weights in our invigorating Iron Fusion class. Join us for a transformative journey that transcends traditional boundaries and unlocks new dimensions of fitness.

POWER TO THE POOL

MaryBeth Dziubinski

Harness the power of the pool! In this session, learn how to effectively implement aquatic training principles, cycles of strength, endurance, and high-speed training into your aquatic programming. Discuss movement patterns and progressions to maximize power development and improve activities of daily living performance. Experience aqua power like never before!

CLUB, STUDIO & CLIENT RETENTION

Sara Kooperman

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

CONTENDER

Diva Richards

Unleash the warrior spirit within your clients as they embark on a transformative journey. Fuse the power of boxing and kickboxing in a dynamic hybrid format that ignites their inner strength. Seamlessly transition to sculpting exercises that build confidence and enhance mental focus. Empower your clients to embrace their inner champion and unleash their full potential!

CHEEKS FOR WEEKS - H2O

Ann Gilbert

Focus on glute-specific training in the aquatic environment to build muscular endurance and strength. Using all three planes of motion in innovative and unique routines, leave this novel session with new choreography and exciting options. Discuss progressions and regressions for all students and build the backside of the body. Discover how you can train cheeks for weeks n' weeks!

PROFITABLE TRAINING WITH CLIENTS 55+**Dr. Dan Ritchie, MS, PhD**

Maximize your business's profitability by attracting clients who possess the ideal combination of financial stability, long-term commitment, and strong referral potential. Targeting Boomers and Seniors for small group and one-on-one training in your clubs is the key. Don't miss out on the opportunity to work with the best clients who bring value to your fitness community.

YOGA SOUL**Sara Kooperman, JD**

Fill your soul in this Vinyasa Yoga class perfect for beginners and active agers. Flow gracefully and rhythmically from pose to pose with the greatest hits of Motown and other popular music as our guide. Focus on posture exploration while we blissfully drift through a journey of transformation and development. Leave feeling restored and rejuvenated while integrating strength and flexibility.

SL@T - STRENGTHEN, LENGTHEN & TONE**Jeff Howard**

While HIIT workouts are loved by many, it's crucial to prioritize recovery alongside intense effort. Slow down and let your body recharge and restore. Embrace the power of the L.I.S.S. (LOW INTENSITY STEADY STATE) protocol to enhance the advantages of HIIT. SL@T, an easily instructable class, blends various muscle conditioning and cardio exercises to support participants in achieving the transformative results they desire.

PILATES 4 LIFE**June Kahn**

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

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

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

CONVERTING SOCIAL MEDIA CONTENT INTO CUSTOMERS**Paul Christopher, CSCS**

There's never been a more direct path than now to leverage and merge fitness knowledge with social media avenues, in hopes of attracting customer lead generation. During this informative lecture, we'll demonstrate how to maximize digital highways to client conversion.

PLANKS IN ALL THREE PLANES**Siri Chilazi, MBA, MA**

Training our bodies in all three planes of motion is critical for function and longevity. But, are you utilizing all three planes in your planks? Discover how to make 3D plank training effective and accessible for all fitness levels and leave with a boatload of plank programming ideas.

SHOULDERS: PROTECTION & PERFORMANCE**Paul Christopher, CSCS**

In this workshop, address the best way to protect the shoulder which is one of the most frequently injured and complex joint systems in the body. Delve into why and how to train the shoulders for maximum strength and flexibility avoiding injury and accelerating performance.

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

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

BUILDING SUCCESSFUL HYBRID BUSINESSES**Reena Vokoun, MS**

Unlock the secrets to building a thriving hybrid fitness business. Discover how to harness the power of technology, marketing strategies, and community engagement to propel your gym, studio, or fitness venture to new heights. By offering both in-person and online classes, you'll create a winning formula for business success.

CREATIVE COMPOUNDS**Andrew Gavigan**

Are your clients getting tired of the usual push and pull, single plane, single joint moves that they've been doing for years? Come learn a variety of fun, easy to teach, multi-joint and multi-plane compound exercises to implement into your sessions. Progressions, regressions, and cueing will all be explored.

FOREVER PILATES**Abbie Appel**

Pilates is for everyone! Develop your Pilates program to help your active agers feel great and continue moving functionally to live their best life. Experience a Pilates mat program with 15 movement modifications and progressions that increase mobility, balance and muscular endurance. Learn how proper postural movements will improve function and overall confidence to help your clients continue doing the things they love!

EASY-GRIP AQUA DUMBBELL WORKOUT**Cheri Kulp**

Say goodbye to concerns about arthritis and hand discomfort during your water workouts with aqua dumbbells. Join this session and discover innovative techniques that eliminate the need to grip the handle and strain the shoulders. Experience an invigorating workout that incorporates unique patterns using single, meshed, and independent aqua dumbbells. Take your traditional cardio and toning workouts to the next level.

PURPOSEFUL PROGRAMMING**Tricia Madden**

Discover the keys to successful group fitness programming that leaves your members feeling motivated, connected, and accomplished. Learn the art of developing a well-rounded schedule tailored to your members' needs and goals. Delve into techniques to grow your membership and gain valuable insights and practical strategies to create a balanced and productive GX calendar.

TOP TIER CORE CONDITIONING**Dane Robinson**

Coaches, are you ready to challenge your clients with advanced but effective core training dynamics? In this workshop, learn how to target the core without doing a single crunch and take your client's core training into a higher gear!

THE ART OF FLOW: YOGA BASIC**Christine Conti, MEd**

Immerse yourself in a fluid Vinyasa Yoga experience that safely incorporates fluid bodyweight poses to improve strength, balance, and flexibility. Seamlessly flow through asanas, use your breath as a guide, and feel rejuvenated and relaxed by the end of class. Indulge your senses in this full mind-body experience. Perfect for ALL fitness levels!

AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS

Manuel Velazquez

Dive into the world of aquatic exercise and unlock benefits that last all year round. Experience the perfect environment that water provides, where buoyancy supports body weight and enhances flexibility. Join Manuel as he shares his top ten favorite flexibility moves tailored for the water. Discover inspiring ideas to create gentle and effective sequences designed specifically for active aging clients and revolutionize your fitness routine!

NEW CLIENT RETENTION

Sheldon McBee, MS

It is well documented that a 5% increase in client retention translates into an income increase of 25%, which is why a smart retention strategy is paramount to your success. In this session, learn how and where to successfully invest your time, effort and money to create an optimal client experience at the point of sale. Convert more potential clients into long-term clients, and leave with actionable plans and tips to advance your Personal Training business.

G.R.I.T. -

STRENGTH TRAINING FOR THE AGER

Ann Gilbert

Grown-up Resistance/Intensity Training is the center focus! Learn programming secrets for periodization and modifications to improve muscular tone and body composition. Discover the true "GRIT" of active agers in this must-attend session for those who train, coach or instruct seniors.

SMR: FUNCTIONAL FASCIA TECHNIQUES

Andrew Gavigan

Learn techniques and up-to-date theories on Self Myofascial Release using multiple tools like foam rollers and massage balls. Experience these new techniques yourself then take them home to your clientele where you can apply to personal training, small groups recovery sessions, or large group x warm ups.

LIQUID LEVELS

Jessica Pinkowski

Take your aqua classes to the next level! Workouts in the water are one of the most therapeutic activities one can take part in. Shallow water aerobics builds cardio and strength while being easy on the joints in a high energy atmosphere. Liquid Levels incorporates a variety of movements at different levels, starting from the ground up.

ENTREPRENEURSHIP & OPENING

Doug Sheppard

Becoming a studio owner is not a natural step in the evolution of a trainer. You must learn a new set of skills to be successful. Create your own roadmap to becoming an exceptional operator by examining several key questions. Discover your ideal clients, personal assets, time management skills, leadership talents and marketing choices.

CORE OFF THE FLOOR

Sarah Zahab

It's key to include seated and standing core work in our programming. Whether your clients are physically unable to get on the floor or if you're looking for more functional upright core variations, this session will provide numerous examples. Walk away with functional, beneficial, purposeful and effective core work.

YIN TO MY YANG

Rosie Malaghan, MS, ERYT- 200

We live in the Yang - the fast-paced everyday flow that is active, ambitious, maybe even restless, with a training focus on muscles and intensity. Slow down, relax, turn inward, and learn how to find balance through Yin, a slow-paced practice, focused on the hips, pelvis, and spine. Gain a greater understanding of class format, asanas, and purpose as we target deep connective tissues, joint protection, and energy flow to compliment strength training.

TAB-AQUA QUICKIES

Jeff Howard

Tab-Aqua Quickies is the exciting new component of Tab-Aqua Bootcamp. Work HARD for 30 seconds, HARDER for 20 seconds, and HARDEST for 10 seconds for six cycles, then rest 10 seconds. Let the music guide you without worrying about watching the clock. Get motivated with aquatic moves that produce results fast.

BUILDING YOUR BUSINESS

Chris Stevenson, CSCS

There is nothing better than doing what you love and making a living doing it. In this interactive session, learn everything you need to know to create and launch your own fitness business. Be prepared to leave with a detailed action plan to implement right away.

Partner



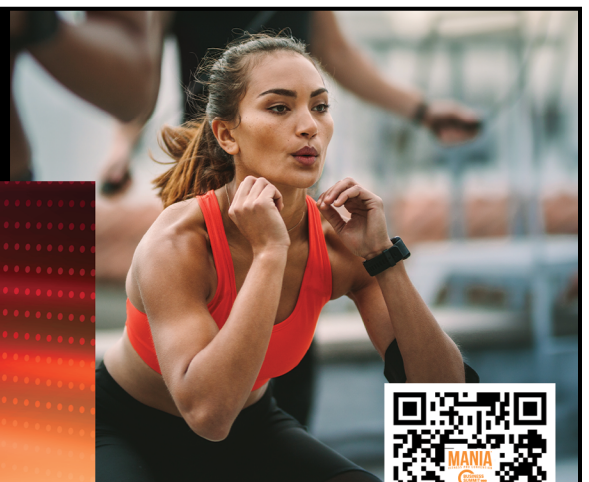
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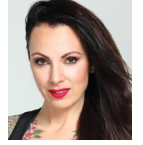
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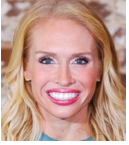
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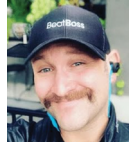
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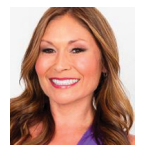
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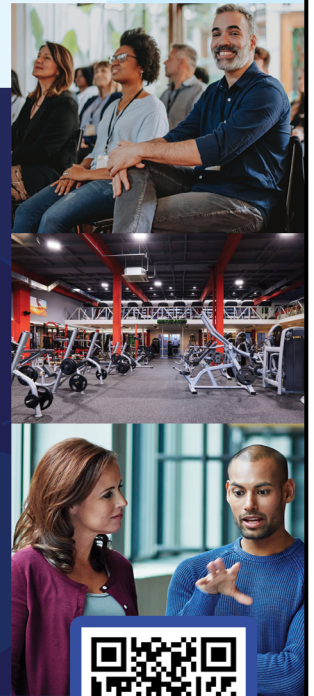


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