

dallas
mania[®]
fitness pro convention

August 28-30, 2026
Westin Galleria Dallas Hotel
Dallas, TX

Moving Fitness Forward



2026
SCW



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Welcome to Dallas Mania!®

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



Expert Led Sessions

194 sessions (122 Live + 72 Pre-Recorded) and 15 certifications in fitness, wellness, and business, led by top experts and industry icons, to advance your career.



20+ CECs/CEUs

Certifying organizations include:

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




Endless Opportunities

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



Right Time. Right Place.

Make this your career defining moment.



Dallas Mania® Fit Pro Convention
August 28-30, 2026
Westin Galleria Dallas Hotel
13340 Dallas Pkwy,
Dallas, TX 75240

A World of Fitness Knowledge All In One Place!

Dallas Mania® offers a one-of-a-kind experience with 194 sessions led by fitness icons from around the world—all in one place!



Topics For Every Pro

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



Unlimited Options.

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



194 Sessions and Workshops



Networking Events



15 Specialty Certifications



Recordings Add-On



Expo Exclusives



Flexible Pricing



You'll Fit Right In.

Hosted at the beautiful Westin Galleria Dallas Hotel, Dallas Mania® offers a modern venue with premium amenities—ideal for three days (or as many as you choose) of learning.

**dallas
mania**®
fitness pro convention

Mania® Convention Sessions & Workshops

August 28-30, 2026
(Fri., Sat., & Sun)

Specialty Certifications

August 27 (Thur.) August 30 (Sun.) 2026
Online Certifications www.scwfit.com/certs

Mania® Discount Deadline:
Save \$60 by registering by
Tuesday, August 11, 2026



Register Today with
the Earlybird Rate at
scwfit.com/dallas/register



Westin Galleria Dallas Hotel

13340 Dallas Pkwy, Dallas, TX 75240

- FREE Parking
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- Name-brand shopping at The Galleria Dallas
- Second Floor Kitchen & The Oceanaire Seafood Room
- Fitness Studio open 24 hours
- Outdoor rooftop pool
- Pet friendly
- In-room spa service available



SCW Guaranteed Lowest Rate:
\$179 (Reg. \$322) Hotel
Discount Deadline: August 11

Book your discounted room here:
scwfit.com/dallas/hotel



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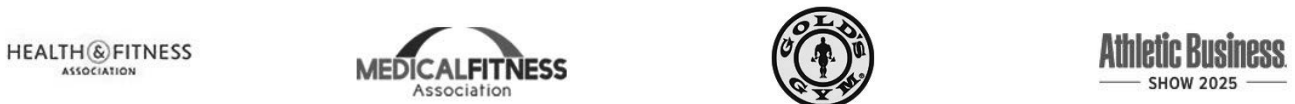
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Want to become a sponsor and get the recognition your brand deserves?

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

Accredited Certifications

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

Certifications Thursday, August 27



SCW Active Aging Certification

Ann Gilbert

Thursday, August 27, 9:00am-5:00pm



\$199 Mania® attendees

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

Unlock the secrets to aging well with the SCW Active Aging Certification, crafted for fitness professionals committed to enhancing seniors' lives. This dynamic course combines cutting-edge research with practical techniques, focusing on cardiovascular health, strength, flexibility, balance, and mental well-being. Dive into the musculoskeletal changes, physiology, and kinesiology of aging, and discover how exercise can positively impact these areas. Learn functional training strategies for older clients with varying abilities and design safe, effective exercise programs that empower seniors to thrive. Ideal for group fitness instructors, trainers, and program managers, this one-day certification includes hands-on training, a comprehensive manual, and an online exam. Earn valuable CECs: SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).



SCW Personal Training Certification

Keli Roberts

Thursday, August 27, 9:00am-6:00pm



\$199 Mania® attendees

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

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



SCW Group Exercise Certification

Jani Roberts

Thursday, August 27, 8:00am-5:00pm



\$199 Mania® attendees

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

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



SCW Pilates Matwork Certification

Abbie Appel

Thursday, August 27, 8:00am-5:00pm



\$199 Mania® attendees

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

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



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



SCW Pilates Reformer Fundamentals Certification

Leslee Bender

Thursday, August 27, 9:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees (Reg. \$559)

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



SCW Aquatic Exercise Certification

Melissa Layne, MEd

Thursday, August 27, 9:00am-5:00pm

\$199 Mania® attendees

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

Dive into the world of water fitness with a nationally recognized certification that provides the essential for anyone looking to teach water exercise. This program covers the benefits of aquatic exercise, anatomy, and kinesiology as applied to water, along with water depth adaptations, movement planes, musicality, and adjustments for special populations. Leadership skills and effective cueing techniques are emphasized through on-site instruction and one-

on-one assessments. The certification includes both theoretical and practical training, a comprehensive manual, and an online exam, ensuring you're prepared to lead successful aquatic exercise classes. Accredited for CECs: AEA (8.0), ACE (0.7), ACSM (8.0), AFAA (8.0), NASM (0.8), SCW (8.0).



SCW Chair Yoga Certification

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

Thursday, August 27, 9:00am-5:00pm

\$199 Mania® attendees

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

Embark on a transformative journey that empowers yoga instructors to lead creative and effective chair yoga classes for all abilities. This comprehensive training focuses on essential techniques like pose adaptations, movement selection, and coaching methods tailored for special populations. Learn to use chairs for sitting, standing, and supported moves, serving a much-needed demographic. The program also covers verbal and visual cueing, memory-improvement strategies, and active aging principles. Graduates will be equipped to bring the healing power of yoga to diverse communities, creating inclusive, supportive environments. Includes practical training, a comprehensive manual, and an online exam. Earn accredited CECs from ACE (0.8), ACSM (7.0), NASM (0.7), Yoga Alliance (8.0), and SCW (7.0).



WATERinMOTION® Aqua Exercise Certification

Cheri Kulp

Thursday, August 27, 9:00am-5:00pm

\$199 Mania® attendees

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

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



on Wautoship can attend the live course for free. This certification is approved for CECs through AEA (8.0), SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), and ACSM (7.0).



SCW Barre Certification

Billie Wartenberg

Thursday, August 27, 9:00am-5:00pm

\$199 Mania® attendees

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

This comprehensive 1-day certification equips you with the skills to teach a fun and challenging barre workout, complete with progressions and regressions for various populations. Combining core conditioning from Pilates, strength training from traditional weights, and flexibility improvements from Yoga, it's perfect for all ages and fitness levels. Clients will enhance stability through isometric exercises using a fixed ballet barre. You'll leave with easy-to-follow, choreographed 60-minute Barre formats, offering creative ways to structure your workouts using equipment like light dumbbells, resistance bands, mini-balls, and more. The certification includes practical training, a comprehensive manual, and an automated online exam. Earn valuable CECs: SCW (7.0), ACE (0.6), ACSM (7.0), AEA (4.0), AFAA (7.0), NASM (0.7).

Certifications Sunday, August 30



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

Ann Gilbert

Sunday, August 30, 8:00am-4:00pm

\$199 Mania® attendees

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

This comprehensive program is perfect for Active Aging and Specialty Format Instructors looking to elevate their chair exercise classes. Focusing on the aging process, the course delves into physiology, kinesiology, and the unique needs of students requiring extra support. Learn to use a chair as a base for sitting,

standing, and supported movements, enhancing group teaching skills. The program covers effective verbal and visual cueing, memory-improvement strategies, and active aging principles. A full-day practical training session includes choreography routines to improve class sequencing, musical phrasing, and teaching skills, supported by the latest online video resources. Both novice and experienced instructors will benefit through enhanced class structure design, routine creation, and leadership development. Equip yourself with the tools to launch your SEAT program. The course includes a manual, downloadable PowerPoint, a full-hour workout video, music, flashcards, an automated online exam, and a certificate. Accredited for CECs: ACSM (7.0), ACE (7.0), AEA (7.0), AFAA (7.0), NASM (0.7), and SCW (7.0).



SCW Stretching & Flexibility Certification

Gail Bannister-Munn

Sunday, August 30, 8:00am-4:00pm

\$199 Mania® attendees

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

In this eight hour comprehensive course, review the science of stretching, flexibility and mobility. Acquire the knowledge to assess static and dynamic postures to identify movement quality issues and promote functional activities. Learn multiple flexibility, techniques, and stretching alternatives, including PNF (proprioceptive neuromuscular facilitation), active and dynamic stretching, passive and static options, assisted stretching techniques and more. Gain skill in myofascial release to enhance activation, recovery and regeneration for individuals of all ages and activity levels. Assist athletes to older adults, and distinguish yourself as a stretching expert. Perfect for one on one training, small group, training, and group fitness. This practical, hands-on certification includes a variety of detailed program designs with an easy to execute system. The certification includes practical training, a comprehensive manual, and an online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).



SCW Yoga I Certification

Jani Roberts

Sunday, August 30, 8:00am-4:00pm

\$199 Mania® attendees

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

Begin your journey as a yoga instructor with a comprehensive program that blends theoretical and practical hands-on instruction. This nationally recognized certification covers a wide range of Yoga postures, suitable for diverse clientele, including young or old, fit or de-conditioned, and competitive or recovering athletes. The course integrates the latest scientific research with systematic program design and effective cueing techniques. Both seasoned and novice participants will gain the confidence and qualifications needed to lead successful yoga classes and recovery sessions. The certification includes practical training, a comprehensive manual, and an online examination, ensuring you are equipped to teach yoga to a wide range of participants. Accredited for CECs: ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7), and SCW (8.0).



ZUMBA®

Basic 1 Training

Guillermo Melendez

Sunday, August 30, 7:15am-4:00pm

\$425 Registration Fee (Use PROMO CODE:

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

ZUMBA®



PALANGO! Fitness Teacher Training

Felix Ojeda, MS, MBA

Sunday, August 30, 8:00am-3:00pm

\$123 (Regularly \$199)

Master the Palango Method: a fun, intense blend of dance, MMA, kickboxing, capoeira, and boxing for high-energy fitness. Boost strength, endurance, and mental health while sweating and smiling! Join in-person training with Felix, Palango! Fitness

Palango!
FITNESS

founder, to learn flows, transitions, musicality, and conditioning through routines. Includes full access to online training videos and the Palango! Fitness Manual. Elevate your fitness journey with this dynamic, engaging workout! Palango!



SOULfusion®

Jaysa Angles

Sunday, August 30, 8:00am-12:00pm

\$247

the Soul
fitness

This training blends yoga sculpt-inspired moves, dynamic flows, cardio bursts, balance, and strength into one music-driven experience—with choreography included. Not your typical yoga class, it's perfect for both seasoned and new instructors and is easy to learn, easy to teach, and fun to take. ACE (1.2), SCW (4)

FREE WEBINAR

NEW ACSM STRENGTH TRAINING RECOMMENDATIONS REVIEWED WEBINAR

Thursday, Aug 27

7:00 PM ET

6:00 PM CT

5:00 PM MT

4:00 PM PT



Explore the latest ACSM guidelines shifting focus from heavy lifting to training toward fatigue. This session breaks down the science and programming behind effective strength development, helping you design smarter workouts that maximize results, reduce injury risk, and improve client outcomes across all fitness levels and age groups.

scwfit.com/webinar



Sara Kooperman, JD



Gail Bannister-Munn



Keli Roberts



Dane Robinson



Melissa Layne, MEd



Evans Armantrading, Jr.



The Main Event.

Dallas Mania® is back **August 28-30, 2026!** Get inspired, get educated, and take your fitness career further than ever.

Friday, August 28

FR1 Sessions 7:30am - 8:45am

FR1A: S.E.A.T. BEATS **NEW!** 

Jaysa Angles

Feel the rhythm and find your groove in this upbeat, chair-based workout that blends movement with music and fun! Using sticks, shakers, and rhythmic tools, you'll build strength, balance, coordination, and mobility—all from the comfort of a chair. Perfect for every fitness level, it's movement that motivates!

FR1B: Metabolic Master **NEW!** 

Christopher Poirier

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

FR1C: LITT: Get Low! **NEW!** 

Tara Turner

Low-impact, high-intensity intervals meet targeted strength for a joint-friendly, results-driven session. Protect knees, hips, and ankles while improving endurance, functional strength, and metabolism. Perfect for all fitness levels, this smart workout challenges muscles safely, leaving you feeling strong, capable, and accomplished without the stress of high-impact training.

FR1D: Dynamic Balance **NEW!** 

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

In yoga, combining muscular engagement with organic expansion creates dynamic energy within each pose. What appears static becomes a living pulsation, integrating strength, length, and self-awareness. This fusion enhances safety, deepens benefits, and transforms yoga into an experience that goes beyond the purely physical.



FR1E: Pilates Reformer: Sculpted Strength **NEW!**



Amber Toole

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

FR1F: Aqua - Abs **NEW!**



Heather Rhodes

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

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

Melissa Layne, MEd

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

FR1H: Supporting Clients on Anti-Obesity Medications **NEW!**

Ann Gilbert

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

FR2 Sessions 9:00am - 10:15am

FR2A: Strength Training for Longevity & Vitality II

Sara Kooperman, JD

Whether a personal quest or a way to engage the fastest-growing segment of the population, this incredibly creative bodyweight workout presents

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

FR2B: Core Champion Power Circuit Blast **NEW!**



Earl Jenkins

Experience a high-energy circuit workout using the Core Champion system to build strength, endurance, and metabolic power. Rotate through timed stations targeting upper body, lower body, and core stability. This dynamic format keeps participants moving, challenged, and motivated while minimizing joint stress through innovative bodyweight resistance.

FR2C: BARREfusion™ Experience



Michele Park & Lindsay Coleman, MA

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

FR2D: Foam Roller, Mobility & Strength **NEW!**

Gail Bannister-Munn

Release, strengthen, and move better! This full-body session melts tension, ignites your core, and boosts flexibility. Improve posture, joint health, and movement efficiency while feeling stronger, longer, and more energized in every motion.





FR2E: Pilates Reformer: Glutes, Quads, and Hamstrings Burn **NEW!**

Amber Toole

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

FR2F: Aqua Punch and Pump **NEW!**

Billie Wartenberg

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

FR2G: Gut Health for Fat Loss **NEW!**

Liz Roman

Many clients struggle with fat loss despite consistent training and calorie tracking. Explores why calories-in, calories-out breaks down when gut function and liver metabolism are impaired, including the liver's significant role in resting metabolic rate, and provides practical, coach-appropriate strategies to support digestion, metabolic health, and sustainable weight loss. (Lecture)

FR2H: Viral to Valid Training **NEW!**

Dane Robinson

Viral fitness trends move fast—but credibility matters more. This session gives fitness leaders a framework to evaluate what's trending, separate hype from science, and translate viral workouts into safe, effective programming while protecting brand integrity and positioning coaches as trusted authorities. (Lecture)

FR3 Sessions 11:00am - 12:15pm

FR3A: Pelvic Core Coaching **NEW!**

Taylor Strickland

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



FR3B: Palango! Strength

Felix Ojeda, MS, MBA

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



FR3C: Step Strong **NEW!**

Tara Turner

Step, lift, and sweat your way to total-body fitness! Energizing step sequences raise your heart rate and sharpen coordination, while strength moves on the step platform sculpt and tone every muscle. Scalable for all levels, this dynamic class combines cardio and resistance for a powerful, well-rounded workout.

FR3D: Pilates Burn **NEW!**

Abbie Appel

Your formula for fusion! This smart blend of Barre, Pilates, and strength training builds balance, mobility, and mindful power. Learn to design seamless flows from sculpt to stretch, creating purposeful, dynamic classes that strengthen body and mind.

FR3E: Dynamic Reformer Strength **NEW!**

Crystal Lobacz

Challenge your body with an energizing Reformer workout that blends strength, stability, and mobility. This session focuses on controlled, purposeful movement to build lean muscle, improve balance, and enhance functional performance. Expect dynamic sequences that leave you feeling stronger, more connected, and confident in how you move.





FR3F: WATERinMOTION® Original **NEW!**



Cheri Kulp & Billie Wartenberg

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

FR3G: Balanced Eating for Busy Families **NEW!**

Amanda Fearheiley, RDN, LD, CPT

Life is a balancing act. Learn how to fuel your personal goals while supporting your family's nutritional needs. Discover simple meal-planning strategies, time-saving tips, and practical ideas to keep meals balanced, nutritious, satisfying, and free from boredom for everyone at the table. (Lecture)

FR3H: Stretching Strategies: Flexibility, Recovery, Performance Panel

**Sara Kooperman, JD, Gail Bannister-Munn,
Evans Armantrading, Jr.**

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

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

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

FR4A: Active Aging Posture Perfect **NEW!**

Keli Roberts

As clients age, common deviations like kyphosis and lordosis, often due to osteopenia or osteoporosis, can occur. Review the mechanisms behind these changes and learn effective strategies to improve posture and alignment in elderly clients. Gain practical skills in a hands-on, interactive setting.

FR4D: Hands-On vs. Self-Stretching **NEW!**

Evans Armantrading, Jr.



Compare the benefits of assisted, hands-on stretching with self-directed methods. Learn how guided techniques improve posture, mobility, and injury prevention while mastering daily self-stretching practices. Gain practical tools to determine which approach works best for flexibility, recovery, and performance, equipping you with strategies to support clients inside and outside training sessions.

FR4F: Aqua Fitness for Joint Replacement **NEW!**

Ann Gilbert

Discover how aquatic exercise empowers clients with artificial joints to rebuild strength and mobility safely. This session demonstrates how the pool's buoyancy reduces impact, providing a long-term, joint-friendly training solution. Learn specialized techniques to restore confidence and functional movement, ensuring a sustainable path to recovery and lifelong physical activity.

FR4H: Social Media Accelerator **NEW!**

Christopher Poirier

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

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

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

FR4B: Block & Burn: Strength Lab **NEW!**

Gail Bannister-Munn

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

**Certifications
Thurs Aug 27**

- **SCW Active Aging**
Gilbert • 9am-5pm
- **SCW Pilates Matwork**
Appel • 8am-5pm
- **SCW Chair Yoga**
Ratliff • 9am-5pm
- **SCW Personal Training**
K. Roberts • 9am-6pm
- **SCW Pilates Reformer Fundamentals**
Bender • 9am-5pm
- **WATERinMOTION® Aqua Exercise**
Kulp • 9am-5pm
- **SCW Group Exercise**
J. Roberts • 8am-5pm
- **SCW Aquatic Exercise**
Layne • 9am-5pm
- **SCW Barre**
Wartenberg • 9am-5pm

Register Here



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

	Room A Function & Active Aging	Room B Power & Personal Training	Room C Group Programming	Room D Recovery / Mind-Body	Room E Pilates Reformer & Rebounders
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Fri August 28

FR1	7:30am-8:45am	S.E.A.T. Beats Angles (NEW)	Metabolic Master Poirier (NEW)	LITT: Get Low! Turner (NEW)	Dynamic Balance Ratliff (NEW)	Pilates Reformer: Sculpted Strength Toole (NEW)
FR2	9:00am-10:15am	Strength Training for Longevity & Vitality II Kooperman	Core Champion Power Circuit Blast Jenkins (NEW)	BARRefusion™ Experience Park & Coleman	Foam Roller, Mobility & Strength Bannister-Munn (NEW)	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	Pelvic Core Coaching Strickland (NEW)	Palango! Strength Ojeda	Step Strong Turner (NEW)	Pilates Burn Appel (NEW)	Dynamic Reformer Strength Lobacz (NEW)
EXPO SHOPPING 12:00pm-2:45pm						
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Active Aging Posture Perfect K. Roberts (NEW) Session 1	Block & Burn: Strength Lab Bannister-Munn (NEW) Session 2	Low-Impact Conditioning Wartenberg (NEW) Session 2	Hands-On vs. Self-Stretching Armantrading (NEW) Session 1	Pilates Reformer: Core Strength and Stability Bender (NEW) Session 2
FR5	2:45pm-4:00pm	Gentle Yoga for Mobility Kooperman (NEW)	Broken to Beast Fitness Programming Poirier	SOULfusion™ Flows Park & Coleman	Warrior® Tai Chi Yoga and Qi Gong Fusion J. Roberts	Pilates Reformer: Fascial Stretch for Athletes Bannister-Munn (NEW)
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	Athletic Agility Cardio Training Robinson (NEW)	Bulletproof Back and Cohesive Core! K. Roberts (NEW)	Core Strength Meets Control Freaks Toole (NEW)	High Roller Appel (NEW)	Reformer Cardio Fusion Lobacz (NEW)
FR7	6:00pm-7:00pm	SCW GOT TALENT! Kooperman, K. Roberts, Kulp & Gilbert		Dance Off! Wartenberg, Palango!, Angles & Warren	Moving Meditations J. Roberts	

Sat August 29

SA1	7:30am-8:45am	Anchor Strong Bannister-Munn (NEW)	Total Body Core Champion Conditioning Jenkins (NEW)	Joint Friendly: HIIT Robinson (NEW)	Warrior® Workout J. Roberts	Pilates Reformer: Strong Arms, Shoulders, Back Bender (NEW)
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A				
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	HYROX Performance Training Bannister-Munn (NEW)	The Bolder Older Shoulder! K. Roberts (NEW)	Stretch Strategies for Major Lifts Armantrading (NEW)	Pilates Reformer: Sculpted Strength Toole (NEW)
EXPO SHOPPING 12:00pm-2:45pm						
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	UPLIFT Strength Fitness Dolan Session 1	SOULkickboxing™ Coleman Session 2	Palango! Cardio Ojeda Session 1	Tai Chi for Whole Health Glassmeyer (NEW) Session 2	Restore & Strengthen Reformer Lobacz (NEW) Session 1
SA5	2:45pm-4:00pm	Life Happens on One Leg Layne (NEW)	Rewiring the Core System Strickland	ZUMBA® Melendez	Recovery Rx K. Roberts (NEW)	Pilates Reformer for Female Athletes Bender (NEW)
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	Ageless Core Bender (NEW)	Spinal Mastery: An Integrated Approach Mullins (NEW)	Glow, Glitter & Groove Angles (NEW)	Shins In, Thighs Apart Ratliff (NEW)	Reformer Fit & Form Lobacz (NEW)

Sun August 30

SU1	7:30am-8:45am	Functional Fitness Flow Toole (NEW)	SHINE Dance Fitness Nielson	Kettlebell Cardio Fusion Turner (NEW)	Personal Training Meets Stretch Therapy Armantrading (NEW)	Pilates Reformer: Arms, Shoulders, Abs Bender (NEW)
SU2	9:00am-10:15am	Training the Active Aging Female Upper Extremity K. Roberts (NEW)	Ultimate Core Strength Revolution Jenkins (NEW)	Contrasting Circuits: Creative Full-Body Training Yasnitsky (NEW)	Fascia Transformation for Recovery Bender (NEW)	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
SU3	10:45am-12:00pm	Aging with a Vengeance Mullins (NEW)	SOULMashup Park & Coleman (NEW)	HIIT Factor Turner (NEW)	Everyday Stretch K. Roberts (NEW)	Visit the Expo Hall or shop sponsor discounts at scwfit.com/dallas
SU4	12:15pm-1:30pm	Flex & Power: Hip Mobility Mastery Kulp (NEW)	Contrasting Circuits: Creative Full-Body Training Yasnitsky (NEW)	Crazy 80's Cardio Warren (NEW)	Qigong for the Ages Glassmeyer (NEW)	

Register Here



Certifications Sun August 2

- **S.E.A.T.**
Gilbert • 8am-4pm
- **SCW Stretching & Flexibility**
Bannister-Munn • 8am-4pm
- **SCW Yoga 1**
J. Roberts • 8am-4pm

- **ZUMBA® Basic 1 Training**
Melendez • 7:15am-4:00pm
- **PALANGO! Fitness Teacher Training**
Ojeda • 8am-3pm
- **SOULfusion®**
Angles • 8am-12pm

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

		Room F Aqua Ex (Starts in Lecture)	Room G Nutrition/ Ex Science	Room H Leadership/ Programming	Pre-Recorded Sessions Personal Training/ Strength	Pre-Recorded Sessions Restore/ Pilates /Tai-Chi	Pre-Recorded Sessions Active Aging/ Functional Training	Pre-Recorded Sessions Nutrition/ Exercise Science	
FR1	7:30am-8:45am	Aqua - Abs Rhodes (NEW)	Protein Quality, Synthesis, Structure and Deficiency Layne (NEW)	Supporting Clients on Anti-Obesity Medications Gilbert	Pro Athlete Recovery Robinson	Pilates: Mat to the Max A. Appel	Boost Better Balance Rothschild	Alcohol & Aging-Myths vs. Facts Charlop	
FR2	9:00am-10:15am	Aqua Punch and Pump Wartenberg (NEW)	Gut Health for Fat Loss Roman (NEW)	Viral to Valid Training Robinson (NEW)	Basic To Badass: Progressive Training Protocols Chilazi	Ayurveda for Self-Care Jennings-Hill	No Floor Core and Balance Layne	Body Composition 10!: Tools & Insights Han	
EXPO SHOPPING 10:00am-11:00am									
FR3	11:00am-12:15pm	WATERinMOTION® Original Kulp & Wartenberg (NEW)	Balanced Eating for Busy Families Fearheiley (NEW)	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Armantrading	Mobility Training: Online or In-Person Webb	Sleep Habits: Key to Fitness Layne	Fall Prevention for Fitness Professionals Conti	How To Know If You're Under-Eating Digsby	
EXPO SHOPPING 12:00pm-2:45pm									
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Aqua Fitness for Joint Replacement Gilbert (NEW) Session 1	Digestive Issues in Menopause Roman (NEW) Session 2	Social Media Accelerator Poirier (NEW) Session 1	Pack Your PT Sessions: Successful Sales Gilbert, Toole, Rothschild, Webb	Gentle Yoga For Mobility Kooperman	Nail The Perfect Warm-up Chilazi	Supporting Clients on Anti-Obesity Medications Gilbert	
FR5	2:45pm-4:00pm	Aqua Drums Vibes Wartenberg	Botanical Science for Holistic Wellness Crichlow (NEW)	Nutrition Trends Now Panel Layne, Toole, Roman, Fearheiley & Pajunen (NEW)	The Art of Coaching Trione	The Recovery Barre Howe	Dare to Chair Gilbert	Nutrition: Hot Topic Research Layne	
EXPO SHOPPING 3:45pm-4:30pm									
FR6	4:30pm-5:45pm	WATERinMOTION® Strength Kulp & Wartenberg (NEW)	Lipids: The Skinny on Fat Layne (NEW)	Wellness First: The Resilient Trainer Jones (NEW)	Strength & Grace: Back to Power Lemons	Pilates Functional Powerhouse George	Total Body Shaping McBee	Mastering Macros Toole	
FR7	6:00pm-7:00pm				Progressive FITT: Functional Tube Training K. Roberts	The Battle for Mobility McCormick	Functional Training with Foam Rollers Garcia	Cancer Exercise & Wellness Conti	
SA1	7:30am-8:45am	Liquid Star Flow Wartenberg (NEW)	Train the Gut: New Food Pyramid Fearheiley (NEW)	Leading Through Fitness Failures Gilbert (NEW)	Intervals Reimagined: Strength – Power – Roll Conti	Agless Pilates Bender	Chair Yoga Spreen-Glick	Shoulder Savior - Conquer Shoulder Pain Fox	
EXPO SHOPPING 8:30am-9:15am									
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A				Killer Core A. Appel	Qi Gong: Breathe, Balance, Energizer Haan	Comprehensive Active Aging Strategies Rothschild	Rethinking Obesity Treatment: Elevate your Business Rogers
EXPO SHOPPING 10:30am-11:00am									
SA3	11:00am-12:15pm	Aqua ZUMBA® Melendez	Stronger Muscles, Younger Body Pajunen (NEW)	Leveraging Purpose in Physical Fitness Fincher (NEW)	Hip Mobility for Peak Performance Bannister-Munn	Teaching Restorative Yoga Without Props Ratliff	Tailored Training For Active Agers Toole	Inflammation: The Exercise-Nutrition Nexus Fearheiley	
EXPO SHOPPING 12:00pm-2:45pm									
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Aqua Power for Aging Hips Gilbert (NEW) Session 2	Anti-Inflammatory Nutrition Reset Price (NEW) Session 2	The New Fitness Science Kooperman, Toole, Robinson & Layne (NEW) Session 1	Creative Core Solutions Madden	Breath Empowerment Craddock	Age Defying Mobility Training: Enhancing Longevity Webb	Preventing Common Fitness Injuries Laskowski	
SA5	2:45pm-4:00pm	Liquid Star Variations Kulp (NEW)	Strength isn't Born, It's Built Offerdahl (NEW)	Strength Training for Active Agers Panel Kooperman, Bannister-Munn, Toole & Gilbert	Glute Training: Beginner to Advanced Johnson	Deconstructing Asanas Ratliff	Dementia Client Strategies for Trainers Rothschild	Solve 30 Training & Nutrition Mistakes Mike	
EXPO SHOPPING 3:45pm-4:30pm									
SA6	4:30pm-5:45pm	WATERinMOTION® Deep Kulp (NEW)	Train Harder, Eat Smarter: Functional Foods Fearheiley (NEW)	Adaptive Coaching for Healthy Aging Trione (NEW)	Power in the Transverse Plane: How to Become a Rotational Powerhouse Mike	Trauma-Informed Care on the Mat and Beyond Haan	Perfect Programming for Active Agers Toole	Where Healthy Meets Happy Digsby	
SU1	7:30am-8:45am	Aqua Intervals: Timed to Perform Rhodes (NEW)	Creatine & Protein for Healthy Aging Layne (NEW)	Building a Meaningful Fitness Career Mullins (NEW)	The Core 6- Strength & Movement Essentials Bannister-Munn	Stretch-Breathe-Recover Spreen-Glick	Functional Fitness for Active Seniors Shuttic	Bringing Medicine and Fitness Together D. Appel	
SU2	9:00am-10:15am	Aqua Strength, Toning, and Stretch Kulp (NEW)	The Trainer's Edge: Measuring Nutrition Offerdahl (NEW)	From Good Trainer to Great Coach McGoff (NEW)	Glide & Grind Haggard	Boost Your Pre-Workout & Recovery Ontiveros, Toole, Layne, Lemons	Athletic Aging A. Appel	Healthy Aging Weight Loss Childers-Richmond	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm									
SU3	10:45am-12:00pm	HIIT the Flow Kulp (NEW)	Stress & Inflammation: Impacts & Outcomes White Board Layne (NEW)	Fitness Meets Medicine Trione (NEW)	Metabolic Disruption Turner	Breathing Meditation Rockitt	Open the "Gait" to Fall Prevention Gilbert	Nutrition & the Menopause Journey Layne, Toole, Rothschild, Ontiveros & Rogers	
SU4	12:15pm-1:30pm	Aqua Sit to Stand Skills Layne (NEW)	Nourish Through Menopause Price (NEW)	The AI-Powered Personal Trainer Johns (NEW)	Kettlebell Training for Women P. Ross	Dynamic Stretching Singer	Pickleball Power & Performance Kooperman	Hydrate Before You Dehydrate Saniantar	
					Optimal Overhead Pressing Mike	Meditation is My Medication Haan	Joint Replacements: Returning Triumphant! K. Roberts	Healthy Eating for Active Agers Lemons	



FR4C: Low-Impact Conditioning **NEW!** ■◀

Billie Wartenberg

Move, groove, and feel great! This low-impact class enhances strength, balance, and flexibility at your own pace. Perfect for moderate fitness levels, it builds cardio and muscle endurance. Feel stronger, more balanced, and energized, all while working at a level that suits you.

FR4E: Pilates Reformer: Core Strength and Stability **NEW!** ■◀



Leslee Bender

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

FR4G: Digestive Issues in Menopause **NEW!** ■◀

Liz Roman

Bloating, constipation, reflux, and food sensitivities often surge during perimenopause and menopause, undermining energy, performance, and body composition goals. Discover how hormonal shifts drive changes in stomach acid, bile flow, gut motility, and inflammation, plus powerful, scope-appropriate strategies fitness professionals can use to restore digestive function and help women 35+ break through stubborn plateaus. (Lecture)

FR5 Sessions 2:45pm - 4:00pm

FR5A: Gentle Yoga for Mobility ■◀

Sara Kooperman, JD

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

FR5B: Broken to Beast Fitness Programming ■◀

Christopher Poirier

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

FR5C: SOULfusion™ Flows ■◀

Michele Park & Lindsey Coleman, MA



Get ready to move with purpose! This music-driven session blends functional training with two creative YOGAish flows and a cardio burst. It's fun, sweaty, and smart—perfect for instructors ready to bring fresh choreography and serious vibe to their lineup.

FR5D: Warrior® Tai Chi Yoga & Qi Gong Fusion ■◀



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.

FR5E: Pilates Reformer: Fascial Stretch for Athletes **NEW!** ■◀



Gail Bannister-Munn

Learn how to stretch effectively to move better for life. Expand your understanding of how to improve functional flexibility and structural balance. This



session covers the importance of alignment, joint mobility, dynamic eccentric activation, proper breathing, and both verbal and hands-on cueing. You'll gain an elevated understanding of how to improve flexibility and refine teaching skills to apply in private sessions, classes, and personal practice.

FR5F: Aqua Drums Vibes



Billie Wartenberg

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

FR5G: Botanical Science for Holistic Wellness



Marie Crichlow, RN

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

FR5H: Nutrition Trends Now Panel

Melissa Layne, MEd, Amber Toole, Liz Roman, Amanda Fearheiley, RDN, LD, CPT & Dr. Grazyna Pajunen, MS, PHD

Explore the latest trends shaping nutrition and wellness today. From protein-forward eating and functional foods to personalized nutrition and longevity strategies, this panel delivers practical insights for fitness professionals. Learn what's driving client demand, what's backed by science, and how to confidently integrate emerging trends into your programs.

FR6 Sessions 4:30pm - 5:45pm

FR6A: Athletic Agility Cardio Training

Dane Robinson

Cardio doesn't have to mean treadmills or running. This dynamic, hands-on session brings athletic

agility to life with fast-paced, low-impact drills that elevate heart rate, sharpen coordination, and boost real-world performance. Learn how to design scalable, crowd-pleasing cardio that builds confidence, keeps clients engaged, and delivers serious results at any fitness level.

FR6B: Bulletproof Back and Cohesive Core!

Keli Roberts

Get moving with practical chair and floor exercises designed to strengthen the postural muscles and core in older adults. This hands-on session focuses on improving alignment, supporting the spine, and building stability to help reduce back discomfort and enhance everyday movement with confidence.

FR6C: Core Strength Meets Control Freaks

Amber Toole

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

FR6D: High Roller

Abbie Appel

Foam rollers have long been valued in fitness for their ability to loosen tight muscles, activate inhibited ones, and improve balance and alignment. Incorporating foam rolling into your Pilates routine creates a dynamic workout. Discover this three-step program to refresh your Pilates classes or client training sessions.

FR6E: Reformer Cardio Fusion



Crystal Lobacz

Jump aboard for a high-energy Reformer workout that blends cardio bursts with strength-focused progressions. Move through advanced sequences designed to elevate your heart rate, challenge coordination, and build total-body power. Expect fast-paced transitions, dynamic movement, and a sweat-driven session that keeps you engaged from start to finish.

**FR6F: WATERinMOTION®
Strength** NEW! **Cheri Kulp & Billie Wartenberg**

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

FR6G: Lipids: The Skinny on Fat NEW!
Melissa Layne, MEd

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

**FR6H: Wellness First: The Resilient
Trainer** NEW! **Marie-Antoinette Jones, MA, LPC**

This interactive session equips fitness professionals with practical strategies to protect their energy, prevent burnout, and sustain long-term success. It reframes self-care as a performance tool, helping instructors build resilience, restore balance, and create a personal Wellness Pledge to stay strong, energized, and effective for their clients. (Lecture)

FR7 Sessions 6:00pm - 7:00pm**FR7A: SCW GOT TALENT!** **Judges: Sara Kooperman, JD, Keli Roberts,
Cheri Kulp, Ann Gilbert**

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

Each SCW Fitness Star receives:

- A position as a Presenter at a future SCW Mania®
- A FREE Mania® Registration for the Star Search Winner

- A FREE Mania® Registration for a selected friend
- COMPLIMENTARY Invitation to the Presenter for the reception on Saturday night
- A feature in our SCW Spotlight newsletter
- A mentoring experience with one of our Star Search Judges

FR7C: Mania® DANCE OFF!

Join the stars of Mania® in this wild workout with the best in dance fitness. Have a blast with Billie Wartenberg, Palango!, Jaysa Angeles, & Leslie Warren 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!

FR7D: Moving Meditations **Jani Roberts**

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

Saturday, August 29**SA1 Sessions 7:30am - 8:45am****SA1A: Anchor Strong** NEW! **Gail Bannister-Munn**

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

**SA1B: Total Body Core
Champion Conditioning** NEW! **Earl Jenkins**

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



SA1C: Joint Friendly: HIIT **NEW!**

Dane Robinson

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

SA1D: Warrior® Workout

Jani Roberts

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

SA1E: Pilates Reformer: Strong Arms, Shoulders, Back **NEW!**

Leslee Bender

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

SA1F: Liquid Star Flow **NEW!**

Billie Wartenberg

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

SA1G: Train the Gut: **NEW!**

Amanda Fearheiley, RDN, LD, CPT

Discover how a modern food pyramid centered on gut health can improve performance, recovery, and overall wellness. Learn practical ways to apply nutrition principles that support digestion, fuel training, and enhance athletic capacity for clients and athletes alike. (Lecture)

SA1H: Leading Through Fitness Failures **NEW!**

Ann Gilbert

True fitness leadership is forged through setbacks, adaptation, and bold decisions. Drawing on 42 years of experience, this session shares lessons learned from missteps, trend shifts, and business pivots. Discover how to reframe failure, lead with confidence, and build a resilient, evolving career that inspires both yourself and your team. (Lecture)

SA2 Keynote 9:15am - 10:30am

SA2A: Trends In Fitness **NEW!**

Sara Kooperman, JD

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

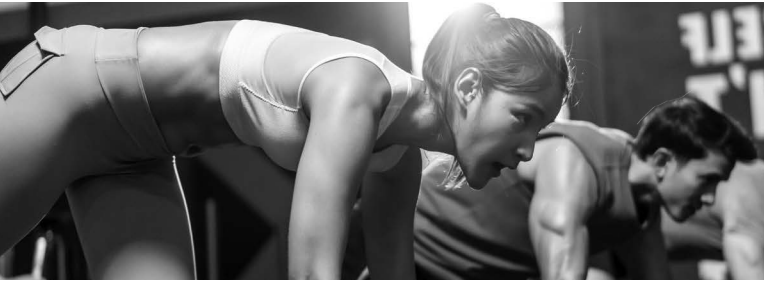
SA3 Sessions 11:00am - 12:15pm

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

Ann Gilbert

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





SA3B: HYROX Performance Training **NEW!**

Gail Bannister-Munn

Train like a HYROX athlete in this high-energy, competition-driven, HYROX-inspired session. Blend strength, endurance, and functional training to simulate race demands. Learn pacing, strategy, and coaching cues to push performance to the next level. Class size is limited—bring your intensity and get ready to compete.

SA3C: The Bolder Older Shoulder! **NEW!**

Keli Roberts

Get hands-on with practical strategies to improve shoulder mobility, stability, and posture in older adults. This movement-based session guides you through safe, effective exercises that address common postural challenges like rounded shoulders and kyphosis, helping clients move with greater strength, confidence, and function.

SA3D: Stretch Strategies for Major Lifts **NEW!**



Evans Armantrading, Jr.

Discover targeted stretches and activation drills to prep the body for squats, deadlifts, and presses. Learn how strategic movement prep improves lifting mechanics, boosts performance, and reduces injury risk. Walk away with practical tools to enhance client warm-ups and training sessions.

SA3E: Pilates Reformer Sculpted Strength **NEW!**



Amber Toole

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

SA3F: Aqua Zumba®



Guillermo Melendez

Dive into a high-energy Aqua Zumba® experience blending Latin-inspired rhythms with the resistance of water. Explore choreography adaptations, musicality, and effective cueing to keep classes safe, joyful, and motivating—perfect for a first taste of Aqua Zumba® or refreshing existing classes for all fitness levels.

SA3G: Stronger Muscles, Younger Body **NEW!**



Dr. Grazyna Pajunen, MS, PHD

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

SA3H: Leveraging Purpose in Physical Fitness **NEW!**

Nino Fincher, MS

Discover how purpose is wired into the brain and connected to movement. Learn how fitness professionals can leverage purpose-driven strategies to sharpen focus, support recovery, and boost motivation. This session provides practical tools to help clients stay engaged, build resilience, and achieve lasting success through purposeful training. (Lecture)

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

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

SA4A: UPLIFT Strength Fitness **NEW!**



Lizzie Dolan

UPLIFT Strength Fitness turns strength training into an experience. Driven by iconic music and choreographed intensity, you'll sculpt every muscle group using weights, bands, and dynamic movement that keeps you moving, sweating, and hooked from start to finish.



SA4C: PALANGO! Cardio



Felix Ojeda, MS, MBA

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

SA4D: Restore & Strengthen **YOUR REFORMER** Reformer **NEW!**

Crystal Lobacz

Move, stretch, and strengthen in a flowing Reformer workout that pairs core stability with PNF (proprioceptive neuromuscular facilitation) contract-relax stretching. Feel muscles activate, release, and lengthen as you build strength, unlock tight areas, and restore mobility. Leave feeling taller, stronger, and recharged for whatever movement comes next.

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

Sara Kooperman, JD, Amber Toole, Dane Robinson & Melissa Layne, MED

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

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

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

SA4B: SOULKickboxing™



Michele Park & Lindsey Coleman, MA

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

SA4D: Tai Chi for Whole Health **NEW!**

Jacob Glassmeyer

Explore flowing movements that build balance, focus, and mindful control. Learn practical techniques and smooth transitions you can use right away. This engaging workshop blends clarity, energy, and technique to expand your skills, enhance your instruction, and inspire participants of all levels.

SA4F: Aqua Power for Aging Hips **NEW!**

Ann Gilbert

Stop babying hips and start training them smarter. Discover how water unlocks strength, mobility, and power without joint pounding. Learn bold, proactive programming that rebuilds gait, stabilizes the pelvis, and keeps clients moving strong for decades. This isn't rehab — it's next-level hip longevity training.

SA4G: Anti-Inflammatory Nutrition Reset **NEW!**

Dr. Kella Price, MS, EDd

Designed for individuals with autoimmune disease, the focus is on calming inflammation, supporting gut health, and identifying personal food triggers. Learn sustainable, non-restrictive nutrition strategies that help reduce symptoms, improve energy, and support long-term resilience. (Lecture)

SA5 Sessions 2:45pm - 4:00pm

SA5A: Life Happens on One Leg **NEW!**

Melissa Layne, MED

Supercharge lower-body and core strength with dynamic single-leg training. Boost balance, prevent falls, and enhance functional movement using evidence-based techniques for everyday activities and peak athletic performance.

SA5B: Rewiring the Core System **NEW!**



Taylor Strickland

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



SA5C: ZUMBA®

Guillermo Melendez

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



SA5D: Recovery Rx **NEW!**

Keli Roberts

Excessive HIIT, stress, poor sleep, and inadequate nutrition take a toll on health. This workshop examines the endocrine system's response to overtraining and explores strategies to optimize recovery. Practice self-myofascial release and other techniques to enhance both active and passive recovery.

SA5E: Pilates Reformer for

Female Athletes **NEW!**

Leslee Bender

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



SA5F: Liquid Star Flow **NEW!**

Cheri Kulp

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



SA5G: Strength isn't Born, It's Built **NEW!**

Dr. Tracy Offerdahl, PharmD, FAAO

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



SA5H: Strength Training for Active Agers Panel

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

Explore effective strengthening techniques designed for the 50+ population. Learn how to improve mobility, balance, and muscle endurance with science-backed methods. This panel covers resistance training, functional movement, and progressive overload strategies, providing successful samples and actionable approaches to help active agers build strength safely and effectively. (Lecture)

SA6 Sessions 4:30pm - 5:45pm

SA6A: Ageless Core **NEW!**

Leslee Bender

Ageless Core offers a safer, systematic approach to core training for active agers, focusing on injury prevention and function. Ditch ineffective crunches and discover strategies that enhance balance, strength, and mobility. Walk away with practical techniques to help your clients maintain strength and independence for their active lifestyles.

SA6B: Spinal Mastery: An Integrated Approach **NEW!**

Kevin Mullins

Studying the function of the spine, pelvis, and shoulder complex reveals that our ability to stay upright, high functioning, and resilient requires an integrated approach toward mobility, strength training, muscle-building, and weight management using kettlebells, dumbbells, and bands. This course will empower you to live free of spine pain (and the fear of it)

SA6C: Glow, Glitter & Groove **NEW!**

Jaysa Angles

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



SA6D: Shins In, Thighs Apart **NEW!**

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

Once the feet are properly aligned, the legs and hips can move with greater balance and strength. Explore how grounding through the feet refines alignment, enhances stability, and connects muscular energy through the legs in this leg-centric yoga practice focused on integrated lower-body awareness and control.

SA6E: Reformer Fit & Form Foundations **NEW!**

Crystal Lobacz

Build a strong foundation on the Reformer with simple, step-by-step instruction designed for beginners. Learn how to set up, move safely, and feel confident using the equipment while developing strength, stability, and proper form. Perfect for those new to the Reformer or those wishing to train new clients more effectively.



SA6F: WATERinMOTION®

Deep **NEW!**

Cheri Kulp

Take your workout to new depths with this exhilarating deep-water program! Using flotation belts and the natural resistance of the water, WATERinMOTION® Deep blends cardio, strength, and core training with chart-topping music and easy-to-follow choreography. Enjoy a total-body, low-impact challenge that boosts endurance, improves balance, and leaves participants feeling weightless, strong, and unstoppable.



SA6G: Train Harder, Eat Smarter: Functional Foods **NEW!**

Amanda Fearheiley, RDN, LD, CPT

Discover the power of functional foods and how evidence-based nutrition can enhance performance, recovery, and overall health. Learn practical, coach-friendly strategies to help clients incorporate nutrient-dense powerhouse foods into daily routines, supporting better energy, improved training outcomes, and long-term wellness. (Lecture)

SA6H: Adaptive Coaching for Healthy Aging **NEW!**

Jake Trione

This session highlights how adaptive fitness supports adults 50+ with diverse physical, cognitive, and emotional

needs. Gain practical, easy-to-apply strategies to improve strength, mobility, confidence, and independence while fostering meaningful social connection and enhancing overall quality of life. (Lecture)

Sunday, August 30

SU1 Sessions 7:30am - 8:45am

SU1A: Functional Fitness Flow **NEW!**

Amber Toole

Get ready for a lively fusion of strength, cardio, and mobility designed for active agers who love to move! Each block builds stability, lifts the heart rate safely, and restores fluid movement. Leave with playful alignment cues, creative modifications, and fresh programming ideas to help older adults feel strong, capable, and energized.

SU1B: SHiNE Dance Fitness **NEW!**

Kendall Nielson

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

SU1C: Kettlebell Cardio Fusion **NEW!**

Tara Turner

Fuse explosive kettlebell moves with heart-pounding cardio to torch fat and build total-body strength. Challenge your core, grip, and coordination while boosting endurance and metabolism. Scalable for all levels, this dynamic workout leaves you sweaty, strong, and energized—transform your body with every powerful rep.





SU1D: Personal Training Meets Stretch Therapy **NEW!**



Evans Armantrading, Jr.

Discover how stretch therapy elevates personal training results. Learn to blend assisted and self-stretching methods to boost mobility, reduce injury risk, and improve recovery. Guided by Evans Armantrading, owner of three thriving studios, this session provides strategies to enhance client care, expand service offerings, and create profitable new revenue opportunities. (Lecture)

SU1E: Pilates Reformer: Arms, Shoulders, Abs **NEW!**



Leslee Bender

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

SU1F: Aqua Intervals: Timed to Perform **NEW!**

Heather Rhodes

Crank up your results with timed aqua intervals that push effort, then demand recovery. Harness water's resistance to build strength, endurance, and cardio power—without pounding your joints. This high-energy, beat-the-clock session keeps you locked in, challenged, and progressing through bold, purposeful intervals.

SU1G: Creatine & Protein for Healthy Aging **NEW!**

Melissa Layne, MEd

Discover the latest research on creatine and protein supplementation for active aging adults. Explore benefits for muscle preservation, strength, cognition, and recovery, along with safe, effective dosage guidelines. Fitness professionals will gain practical, evidence-based strategies to support healthy aging, enhance performance, and help older clients stay strong and capable. (Lecture)

SU1H: Building a Meaningful Fitness Career **NEW!**

Kevin Mullins

Discover how to turn your passion for fitness into a meaningful, sustainable career. Explore the many paths within the industry and learn how to develop your own professional identity and personal brand. Gain practical strategies to grow your presence, serve your community, and build long-term success in personal training and beyond. (Lecture)

SU2 Sessions 9:00am - 10:15am

SU2A: Training the Active Aging Female Upper Extremity

Keli Roberts

Training the upper extremity of active aging women requires skill and observation. Start with posture assessments and movement screens. In this interactive workshop, explore common postural compensations, biomechanics, and kinesiology, while learning effective techniques for training upper body strength in active aging female clients.

SU2B: Ultimate Core Strength Revolution **NEW!**



Earl Jenkins

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

SU2C: Contrasting Circuits: Creative Full-Body Training **NEW!**

Laura Yasinitsky, MA

Break free from repetitive workouts with high-energy contrasting circuits that keep clients motivated and progressing. Experience creative pairings of strength, cardio, and functional training while learning simple ways to scale for any level. Leave with exciting, ready-to-use programming ideas that add variety, purpose, and results to every session.



SU2D: Fascia Transformation for Recovery **NEW!**

Leslee Bender

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

SU2E: Pilates Reformer: YOUR REFORMER Glutes, Quads & Hamstrings Burn **NEW!**

Amber Toole

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

SU2F: Aqua Strength, Toning, and Stretch **NEW!**



Cheri Kulp

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

SU2G: The Trainer's Edge: Measuring Nutrition **NEW!**



Dr. Tracy Offerdahl, PharmD, FAAO

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

SU2H: From Good Trainer to Great Coach **NEW!**

Nina McGoff

Learn the communication, connection, and coaching skills that transform a competent trainer into a truly exceptional coach. Explore techniques that enhance client results, strengthen trust, and elevate your

professional reputation. Build lasting relationships, create deeper impact, and develop a sustainable career with a client-focused approach that supports both success and balance. (Lecture)

SU3 Sessions 10:45am - 12:00pm

SU3A: Aging with a Vengeance **NEW!**

Kevin Mullins

Stop treating age like a diagnosis. Forget the overly gentle approaches of the past. Aging is a process you can defy through strategic power work, strength training, integrated mobility, metabolic conditioning, and mindful practice using kettlebells and dumbbells. Learn how to help active older adults stay strong, capable, and resilient. Never surrender.

SU3B: SOULMashup **NEW!**



Michele Park & Lindsey Coleman, MA

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

SU3C: HIIT Factor **NEW!**

Tara Turner

Blast calories and push your limits with fast-paced intervals that mix explosive cardio with muscle-building moves. This high-intensity, full-body session boosts stamina, speed, and power while keeping your heart rate up long after class. Scalable for every fitness level, it's the ultimate workout for energy and results.

SU3D: Everyday Stretch **NEW!**

Keli Roberts

Improving mobility and flexibility is essential! This interactive workshop explores joint stability/mobility relationships and how to develop flexibility that enhances daily activities and sports performance. Learn a dynamic stretching and mobility program that will transform your approach to flexibility.

SU3F: HIIT the Flow **NEW!**

Cheri Kulp

Dive into HIIT the Flow, an exhilarating high-intensity, low-impact aqua workout! Harness the drag power of water to create resistance-packed combos for a



total body burn. No experience needed—just bring your energy! Gloves are recommended for an extra challenge, but your body's strength is all you need.

SU3G: Stress & Inflammation: Impacts & Outcomes NEW! ▶

Melissa Layne, MEd

Learn how acute and chronic stress affect metabolism and drive the body's inflammatory responses.

This session highlights how prolonged stress can worsen inflammation, contributing to heart disease, autoimmune disorders, and mental health challenges. Gain research-backed insights into managing stress for improved health outcomes. (Lecture)

SU3H: Fitness Meets Medicine ▶

Jake Trione

Drawing on his experience as the founder of two fitness locations serving over 200 clients weekly, Jake shares how fitness professionals can play a vital role in the healthcare ecosystem. Learn how to build effective, ethical relationships with doctors, clinics, and hospitals to create a meaningful bridge between fitness and healthcare while expanding your impact and opportunities. (Lecture)

SU4 Sessions 12:15pm - 1:30pm

SU4A: Flex & Power: Hip Mobility Mastery NEW! ▶

Cheri Kulp

Unlock strength, flexibility, and mobility with this dynamic functional training session. Combining stretching, hip-opening exercises, and strength moves, you'll enhance flexibility and core stability while boosting overall performance. Perfect for improving functional movement patterns, this session is designed to keep your body balanced, strong, and ready for anything.

SU4B: Connection-Driven Class Design NEW! ▶

Laura Yasinitsky, MA

Turn your classes into memorable experiences that keep participants coming back. Discover creative warm-up games, partner activities, and group-based formats that spark connection, boost energy, and create a welcoming environment. Leave with practical, ready-to-use ideas to strengthen class culture, increase engagement, and improve retention.

SU4C: Crazy 80's Cardio NEW! ▶

Leslie Warren

Crazy 80's Cardio is a high-energy fitness experience that fuses the vibrant spirit of 80s music with dance-driven, purposeful movement. This fun, effective full-body workout boosts energy, builds strength and endurance, elevates mood, and leaves participants feeling powerful, confident, and totally energized.

SU4D: Qigong for the Ages NEW! ▶

Jacob Glassmeyer

Experience flowing Qigong movements that cultivate balance, energy, and mindful awareness. Learn intentional breathwork, smooth transitions, and practical teaching strategies to enhance class flow. This session blends clarity, energy, and technique to expand your skills, enrich your instruction, and inspire participants with transformative, engaging mind-body experiences.

SU4F: Aqua Sit to Stand NEW! ▶

Melissa Layne MEd

Improve functional strength and independence with Aqua Sit to Stand skill training. Learn how to use water resistance to safely optimize one of life's most essential movements. Explore progressions, regressions, and cueing strategies to build lower-body strength, balance, and confidence for active aging clients in a supportive, low-impact aquatic environment.

SU4G: Nourish Through Menopause NEW! ▶

Dr. Kella Price, MS, EDd

This practical nutrition program supports perimenopause and menopause by focusing on blood sugar stability, reduced inflammation, and hormone balance. Learn realistic, sustainable food strategies to manage common symptoms such as fatigue, weight changes, and brain fog. (Lecture)

SU4H: The AI-Powered Personal Trainer NEW! ▶

Miguel Johns

AI is reshaping how the best trainers program, coach, and retain clients. In this hands-on session, discover exactly where AI fits into your workflow today — from session prep to progress tracking — and leave with a practical system to coach more clients without burning out. (Lecture)

Presenters



JAYSA ANGLES
SCW



ABBIE APPEL
SCW



DAVE APPEL



EVANS ARMANTRADING, JR.
CNU Y STRETCH



DR. AARON ASLAKSON, Ph.D.



GAIL BANNISTER-MUNN
SCW



LESLEE BENDER
SCW YOUR REFORMER



DR. GREG CALDWELL, OD, FAO
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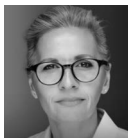
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CRYSTAL LOBACZ
YOUR REFORMER



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KEVIN MULLINS,
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KENDALL NIELSON
SHINE



DR. TRACY OFFERDAHL,
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NU SKIN



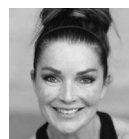
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Palms Fitness



DANIELLE ONTIVEROS
Health, Beauty & Empowerment



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MICHELE PARK
SCW



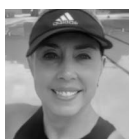
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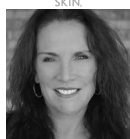
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HEATHER RHODES



JANI ROBERTS
ALIGNMENT ESSENTIALS



KELI ROBERTS
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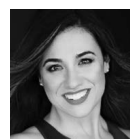
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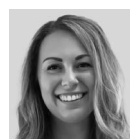
BILL SHUTTIC,
MBA



SHALOM SINGER



KIMBERLY
SPREEN-GLICK
SCW



TAYLOR STRICKLAND
SCW



AMBER TOOLE
YOUR REFORMER



JAKE TRIONE



TARA TURNER



LESLIE WARREN
(DL25 STAR
SEARCH WINNER)



BILLIE WARTENBERG
SCW



RUSTON WEBB, MS,
FMS II, TPI-CGFI III



LAURA YASINITSKY,
MA

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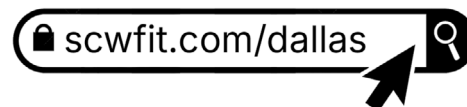
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