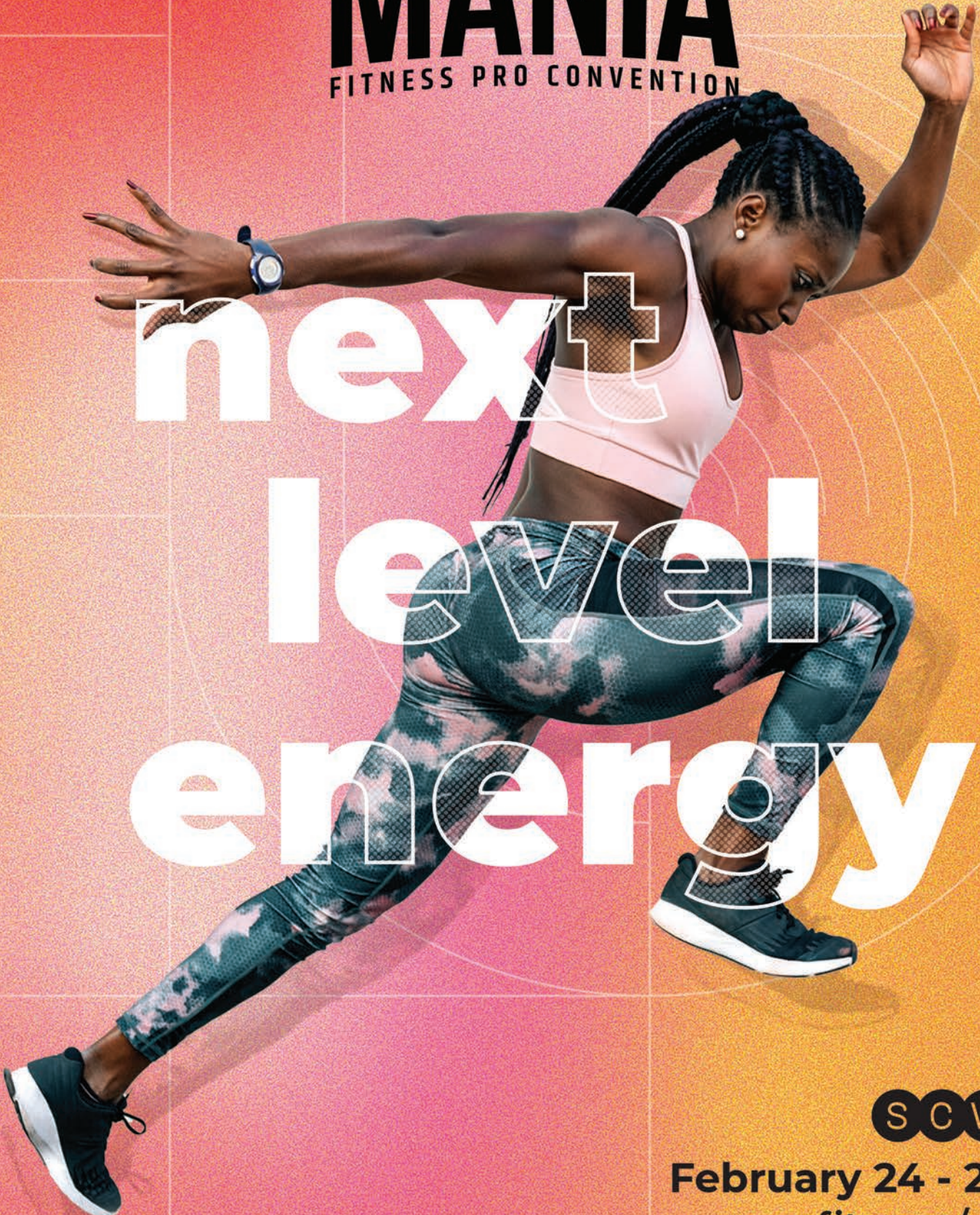


DC
MANIA[®]
FITNESS PRO CONVENTION

next
level
energy



February 24 - 26
scwfit.com/dc

2023

LETTER FROM SARA

Dear DC MANIACs,

It feels so good to be back in DC! 2023 promises to be a bounce-back year with limitless fitness pro education options that won't just open doors but kick them down!

We are in our 40th year and we couldn't have made it this far without your tremendous loyalty and support. You stuck with us, and survived the pandemic with vitality and vigor. Join us again in 2023. Learn from the industry elite while you interact and network with like-minded fitness pros that lift you and remind you why you started in this industry in the first place. MANIA(r) gives us all the shot of adrenaline we need to motivate, re-energize, and take our industry to the next level!

SCW Fitness Education offers the Health & Fitness Business Summit at all of our MANIA® Conventions. With 16 business seminars and 17 top fitness industry leaders, we now educate and inspire fitness industry owners, managers and directors. This business summit makes it the perfect environment for networking and growing your small business or leading your larger enterprise into the future. In DC, we warmly welcome Liz Clark, the CEO of IHRSA making MANIA® truly a ONE-STOP-SHOP for our Fitness Community!

Our sincerest gratitude goes out to our event sponsors that help us bring you the most innovative programming and education making these amazing events possible.

And we appreciate YOU, our MANIACs, who return year after year with your loyalty, enthusiasm, and boundless energy.



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

proven

**FOR 40 YEARS MANIA® HAS SET
THE BAR IN FITNESS PRO EDUCATION.
WE JUST RAISED IT. AGAIN.**

DC MANIA® FITNESS PRO CONVENTION
February 24-26, 2023

HEALTH & FITNESS BUSINESS SUMMIT
February 24-26, 2023

ACCREDITED CERTIFICATIONS
February 23 & 26, 2023

LOCATION
Hyatt Regency Dulles
2300 Dulles Corner Boulevard
Herndon, VA 20171



20

CEC/CEUs OFFERED



130

IN-PERSON SESSIONS



50

WORLD-CLASS PRESENTERS



16

SPECIALTY CERTIFICATIONS



WHAT IS A MANIA® FITNESS PRO CONVENTION?

MANIA® is a three-day Fitness Education Conference featuring world-renowned Fitness Educators leading more than 130 sessions on such topics as:

- Functional Training
- Active Aging
- Core/Strength Training
- Nutrition
- Exercise Science
- Personal Training
- Foam Rolling/Recovery
- HIIT
- Group Exercise
- Yoga
- Boot Camp
- Circuits
- Chair Exercise
- Pilates
- Business
- Sales/Retention
- Marketing
- Social Media
- Aqua
- And Much More!

MANIA® is more than just a Fitness Convention; it's the place where the fitness community goes to be educated, inspired, and recharged! Affordable and perfectly suited for both the budding exercise professional and the seasoned fitness veteran. Rub elbows with your favorite presenters (local & international), shop the Expo, and celebrate being part of a greater health and wellness community. It's a shot of adrenaline to really boost your fitness career that lasts the full year through!

CEC/CEU PROVIDERS



SUPPORTERS





**STAY ON-SITE AT
DC MANIA® AND SAVE BIG!**

HYATT REGENCY DULLES
2300 Dulles Corner Boulevard
Herndon, VA 20171
(703) 713-1234 (reservations)

ATTENDEE ROOM RATES

\$104 Single/Quad (Reg. \$239)

WOW! Every Room is a Suite (includes Sleeper Sofa!) & Parking is FREE! What a savings! Pay as little as \$26.00 per night when you share a room with three others!

- FREE Wi-Fi
- FREE Coffee Maker
- Fold-out Sleeper Sofa
- FREE Roll-Aways
- FREE Parking
- FREE Airport Transportation
- FREE Mini-Fridge
- Hotel Bar & Restaurant

HOTEL ROOM DISCOUNT DEADLINE:

Tuesday, February 7th, 2023.

Book early, our hotel ALWAYS SELLS OUT!

Visit www.scwfit.com/DC/Hotel to reserve your room online.



FREE PARKING!

Outdoor self-parking is FREE for everyone.



FREE AIRPORT TRANSPORTATION

Complimentary airport shuttle service will take you door to door from Dulles Airport to the Hyatt Regency Dulles. After you've retrieved your luggage, please call 703-713-1234 to schedule a shuttle pickup. Head out to Ground Transportation/Hotel Shuttle and the airport pick up location areas, curbs 2B or 2G, in lower baggage claim. (10 minutes from Dulles Airport to the Hyatt Regency Dulles.)



VISIT DOWNTOWN DC

Our nation's capital teems with iconic monuments, vast museums and abundant nightlife. The Smithsonian Museums line the National Mall and provide absolutely FREE entrance to see many of our nation's treasures! Visit the National Archives and take an up-close look at the United States Constitution and the Declaration of Independence. D.C. has a thriving nightlife scene, check out Georgetown for some of the best food and drinks in the city!

Fairfax County is filled with interesting places to explore and lots of fun things to do. Discover exciting Northern Virginia activities surrounding our hotel, like Shenandoah National Park and more than 80 wineries and vineyards. Take a short Metro ride to DC and check out popular landmarks, museums, and national monuments. Reston Town Center is 15 minutes away where you can go and enjoy a day of shopping.





discover

FITNESS PROFESSIONALS CAN EASILY FALL INTO PATTERNS OF THE SAME BORING ROUTINE. MANIA® SOLVES THAT.



REGISTRATION DISCOUNT DEADLINE: MONDAY, FEB. 6

Avoid late fees. Register by Monday, February 6th, 2023 and lock in all your class selections! Register today at www.scwfit.com/DC. If you want to be guaranteed your first-choice selections, check out our memberships at www.scwfit.com/Membership.



SUPPORT STAFF ATTEND FOR ONLY \$119 (REG. \$299) + EARN 20 CEC/CEUS & SAVE!

SCW needs energetic, outgoing, flexible fitness pros to help run our DC MANIA® Convention & Business Summit:

- **Work 1 day, get the other 2 DAYS FREE!**
- **Earn 20 CECs** while staffing (SCW, ACE, ACSM, AEA, AFAA, NASM, & more!)
- **Save \$180** off the \$299 registration price
- **50% OFF** all SCW 2023 DC Live Certifications
- **50% OFF** all SCW Activewear
- **50% OFF** all SCW Equipment
- **20% OFF** all SCW Booth products
- **FREE** Evening Masterclass
- **FREE** Event T-shirt
- **FREE** SCW Staff dinner party
- **FREE** Refreshments in the SCW Member Room!

For further info, please email Denise Johnston at denise.johnston@scwfit.com or text/call 678-901-9642.



SCW MEMBERSHIP PAYS FOR ITSELF... & THEN SOME!

- **\$100 OFF** any regular 3-day MANIA® registration (was \$299 / now only \$199)
- **First choice class selection guaranteed** at MANIA® & Health & Fitness Business Summit
- **50% OFF** all equipment purchased at the SCW MANIA® booth or online
- **20% OFF** on all SCW Online Certifications
- **\$20 OFF** on all LIVE SCW Certifications
- **20% OFF** on all SCW CEC Video Courses
- **\$20 OFF** any Virtual Conference or Summit
- **FREE Subscription** to SCW OnDemand
- **Members Only Room** access at MANIA® for complimentary refreshments
- Sign up at www.scwfit.com/Membership.



MICHAEL SCOTT SCUDDER SCHOLARSHIP

To honor the life and professional career of Michael Scott Scudder, SCW offers a FREE MANIA® Convention attendance to a budding instructor or trainer, passionate club owner, success-driven manager, or a new entrepreneur. This scholarship is open to those who reflect the passion, high-standards and desire to succeed in the fitness industry set forth by Michael Scott Scudder while demonstrating financial need. To apply for a scholarship, please visit: www.scwfit.com/Scudder



TEXT MESSAGE DISCOUNTS

Get the most up-to-date discounts, MANIA® info & Spotlight eNews, sign up today. SHARE this with your friends: www.scwfit.com/Info



EASILY ACCESSIBLE DOWNLOADABLE OUTLINES ONLINE

Download & print your outlines BEFORE you come!

Go to www.scwfit.com/dc/outlines. The outlines are posted 2 weeks before the convention and will remain online for 30 days after the close, making it easier for you to retain this important educational information.



20 CONTINUING EDUCATION CREDITS/UNITS (CEC/CEUs) IN 1 WEEKEND

Live MANIA® Conventions along with our Online Recorded options supply you with over 20 Continuing Education Credits/Units during the 3-day convention! SCW, ACE, AEA, ACSM, AFAA, NASM, and other providers accept MANIA® CEC/CEUs. We are happy to help you secure Physical Therapy or other CEUs! SCW is committed to excellence and utilizes only presenters who are certified or carry a fitness-related graduate or undergraduate degree. Please check with your individual certification organization to determine the exact number of CEC/CEUs required for credential maintenance. All courses are subject to CEC/CEU approval by your corresponding educational organization.



100+ SESSION RECORDINGS - 120+ HOURS OF ONLINE EDUCATION!

See 100+ activity sessions & nutrition seminars for 120+ hours of recordings at only \$40 for 40 days when you add it to your In-Person registration. That's the most education for your money!

Can't attend MANIA® In-Person? Watch all the recorded sessions and lectures online for only \$239. That's 100+ recordings to enjoy at your convenience - on your own time! All online videos qualify for the maximum amount of 20 CEC/CEUs.



challenge

**IT ALL BEGINS WITH THE FIRST
SESSION YOU TAKE. YOU FEEL
ALIVE AGAIN WITH KNOWLEDGE.**

HEALTH & FITNESS BUSINESS SUMMIT

If you want to grow your business and build your career, the 3-day SCW Health & Fitness Business Summit is a must-attend event for you and your team. Liz Clark, CEO of IHRSA, joins us this year with a panel of experts. It's the place for all the education, networking, and tools you need to set yourself apart from the competition and move your business into a more profitable future. Attend 16 Business Sessions focusing on Social Media, Management, Programming, Sales, Retention, Technology, Finances, and Trends! Conveniently build your business and career in your backyard! (Look for the shaded blue/gray box throughout the course descriptions and pull-out chart indicating the SCW Health & Fitness Business Summit sessions.)



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 Health & Fitness Business Summit!

- Group Fitness Instructors
- Personal Trainers
- Facility Managers
- Small Group Trainers
- Mind/Body Experts
- Dance Instructors
- Club Owners, Managers, & Directors
- Aquatic Teachers
- Nutrition Coaches

With 130 sessions, 8 sessions every hour & 100 being recorded LIVE, MANIA® guarantees a fun experience that will leave all attendees well-equipped to return to work on Monday.



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

Reach 7,000 Fitness Professionals in face-to-face contact, another 64,000 through emails, 60,000 text messages, and 300,000 through organic virtual connections. All of our events are held at Non-Union Hotels and include exhibit booths with tables, chairs, and carpet at no added expense. Move-in and out without crazy drayage fees! Offer sessions at our conference! Our MANIA® attendees will use your products, try your programs, and experience your offerings! Host MANIA® certifications and workshops, provide inserts for the Welcome Bag, publish Articles with Ads in our Newsletter, promote your business through our SCW Webinars & Podcasts, and receive Discount Coupons in our Emails.

Visit: www.scwfit.com/Partner, email partner@scwfit.com or Call/Text our Partnership Director, Beth Kahny 402-649-9700.



ONE EXCELLENT EXPO: FREE TO ALL!

You're going to love the great 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! Register NOW at www.scwfit.com/DC/EXPO

REGISTRATION HOURS

Thursday, February 23:	7:30am – 8:00pm
Friday, February 24:	6:45am – 7:00pm
Saturday, February 25:	6:45am – 6:00pm
Sunday, February 26:	7:00am – 12:45pm

EXPO SHOPPING

Friday, February 24:	10:00am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
Saturday, February 25:	8:30am – 9:15am 10:30am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
Sunday, February 27:	10:00am – 1:00pm (Closeout Shopping)

A HUGE THANKS TO OUR MANIA® SPONSORS!

To our DC MANIA® Sponsors - thank you for taking the time and energy to invest in our vision and in our event; your sponsorship allows us to bring the highest level of fitness pro education to our attendees.

CO-SPONSOR

S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

ASSOCIATE PLUS SPONSORS



ASSOCIATE SPONSORS



strengthen

**LEVEL UP AND ENHANCE
YOUR CAREER WHEN YOU
CUSTOMIZE YOUR SCHEDULE
WITH 130+ SESSION CHOICES.**

ACCREDITED CERTIFICATIONS

CERTIFICATIONS THURSDAY, FEBRUARY 23

SCW Active Aging Certification

Ann Gilbert

Thursday, February 23, 9:00am-5:00pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 Non-Attendees

As millions of baby-boomers enter their golden years, staying mentally, socially, and physically active is the key to maintaining quality of life. Cutting-edge research reveals there's no secret to aging well. By focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention, and balance, 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 brains and bodies of 50+ year-old participants. 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 Personal Training Certification

Irene McCormick, MS, CSCS

Thursday, February 23, 9:00am-6:00pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 Non-Attendees

This Nationally Recognized Personal Training Certification is led by one of the top Presenters/Trainers in the country. Combine lecture and activity to address academic foundations, training principles, and hands-on program design. Acquire the necessary skill sets and critical knowledge to guide and inspire individuals to achieve their health, fitness, and performance goals. Explore the essentials of exercise physiology and kinesiology, health-risk assessment, physical evaluations, programming



alternatives for cardio, strength and flexibility advancement, and an introduction to facilitating behavior change in addition to basic business and marketing skills in this full-day course. Certification includes practical training, comprehensive manual and online examination. SCW (8.0), ACSM (8.0), AEA (4.0).

SCW Pilates Matwork Certification

Abbie Appel

Thursday, February 23, 8:00am-5:00pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 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 provided 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. 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 Group Exercise Certification

Manuel Velazquez

Thursday, February 23, 8:00am-5:00pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 Non-Attendees

Have you always wanted to be a group fitness instructor? Learn proper class sequencing, warm-up progressions, musical phrasing, effective cueing techniques, choreography development, and all of the practical skills required to deliver your best class, every class. Leave this Nationally Recognized Certification with confidence in your ability to demon-



strate impactful teaching skills and successfully lead a group fitness class. Understand group cardiovascular fitness, muscular endurance, and flexibility training techniques with one of our industry's finest. The balance of theoretical and practical training makes this cutting-edge Group Exercise Certification perfect to prepare you for the newest variety of fitness programming. Learn components of Hi/Lo impact cardiovascular training, muscle conditioning and sculpting, HIIT programming, and more. Certification includes practical training, comprehensive manual and online examination. SCW (8.0), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).

WATERinMOTION® Aqua Exercise Certification



Cheri Kulp

Thursday, February 23, 9:00am-5:00pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 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 all 3 WATERinMOTION® programs: Original, Platinum (older adult), and Strength. Finish with the skills to teach your best class, every class! Includes online certification exam - no renewal required. Cert also includes a FREE online video 6-part course, downloadable choreography video, one-hour downloadable music, educational materials, choreography, flash cards, memorization notes, online examination and optional Video Assessment (\$300 value). SCW (7.0), ACE (0.9), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).

SCW Life Coaching Certification



Amber Toole

Thursday, February 23, 9:00am-3:30pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 Non-Attendees

The landscape of the health and fitness industry has changed forever. So, how can you expand your current role and stay relevant in an industry you're passionate about, serving a community you love? There is a need now more than ever for solid online life coaches to lift us from this pandemic. The great news is that, with the right education and guidance as well as a solid structure and a talent for leadership, every trainer and instructor has the opportunity to become a successful life coach! In this certification, you learn what life coaching really is, the categories it encompasses, and how to create a strong foundation for serving your clients. Discover various pathways for delivering your coaching and how to create an authentic brand that will attract your ideal clients. If you're feeling called to make a bigger difference in the world, here's your chance! Certification includes practical training, comprehensive manual and online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

SCW Practical Guide To Nutrition, Hormones, & Metabolism Certification



Melissa Layne, MEd

Thursday, February 23, 9:00am-3:30pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 Non-Attendees

This practical program provides participants with cutting-edge information on nutrition, hormones, and metabolism. In easy-to-understand terms, learn how each macronutrient operates within energy pathways and how digestive and reproductive hormones affect metabolism. The body's adaptations to an incomplete diet and/or disease and the physiological consequences during various exercise regimes will be

addressed during this session. You receive a handout detailing simple nutritional calculations and recommendations that Fitness Professionals can incorporate into a nutritional counseling session while remaining within the scope of practice. This comprehensive certification also provides information pertaining to Nutritional Health History Forms with prescriptive dietary suggestions that can be used immediately. Certification includes practical training, comprehensive manual and online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (8.0), NASM (0.8).

Symmetry Technician - Advanced Postural Corrective Exercise



Patrick Mummy

Thursday, February 23, 8:00am-5:00pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 Non-Attendees

This is an introductory course to Symmetry's patented system of corrective exercises. Learn over 120 families of corrective exercises to help your clients improve their posture, reduce pain and increase functional performance in-between your training sessions. In this course, you will learn:

- The Planes of Motion and which exercises correct which misalignments
- Extensive knowledge on 120+ corrective exercise families
- Using basic tools to improve corrective exercise results
- Using the AlignSmart™ Technology app to empower your clients to do corrective exercises at home

SCW (12.0), ACE (2.2), ACSM (12.0), NASM 1.4). If you can't make the Live Cert, take the course online <https://www.symmetryalignsmart.com>

CERTIFICATIONS SUNDAY, FEBRUARY 26, 2023

SCW Yoga I Certification



Manuel Velazquez

Sunday, February 26, 7:30am-3:30pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 Non-Attendees

Ready to take the next step to becoming a Yoga Instructor? Get certified by the #1 Yoga Certification in the U.S. Experience a comprehensive theoretical and practical approach to hands-on yoga instruction. 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 qualified to passionately lead a successful yoga class and yoga-inspired recovery & cool-down. 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).

SCW Barre Certification



Abbie Appel

Sunday, February 26, 7:30am-3:30pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 Non-Attendees

This one-day Nationally Recognized Certification does not require a dance background and enables each participant to teach Barre to his or her clients and implement programming in any type of facility using a fixed ballet barre. Barre training combines the core conditioning of Pilates with the flexibility of Yoga while increasing stability by using isometric exercises. Leave with an easy-to-follow, flexible, choreographed routine for a 60-minute Barre class that includes a plethora of variations enabling you to discover creative ways to structure your own Barre workouts for months to come. Equipment options include light dumbbells, flat resistance bands, and mini balls. Certification includes practical training, comprehensive manual and online examination. SCW (7.0), ACE (0.6), ACSM (7.0), AEA (4.0), AFAA (7.0), NASM (0.7).

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



Ann Gilbert

Sunday, February 26, 7:30am-3:30pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 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 Monday morning to anyone, including active agers, rehab patients, overweight or special-needs participants. 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 Aquatic Exercise Certification



MaryBeth Dziubinski

Sunday, February 26, 7:30am-3:30pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 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. Certification includes practical training, comprehensive manual and online examination. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (9.0), AFAA (8.0), NASM (0.8).



focus

WE MAXIMIZE YOUR TIME & INVESTMENT WITH TAILOR MADE TOPICS FROM WORLD CLASS PRESENTERS.



TOP-TIER EDUCATION VERIFIED BY THE MOST REPUTABLE PROVIDERS IN THE INDUSTRY.

trust



SCW Boxing Certification



Diva Richards

Sunday, February 26, 7:30am-2:30pm

\$179 SCW Members / \$199 MANIA® Attendees / \$259 Non-Attendees

Prepare to shock your students and their bodies with this outstanding boxing certification. Whether you are looking to start or grow your own boxing program, or bring it to your studio or club, we will provide you with the tools you need. Learn to implement the basics of boxing, address the science behind the sport, and leave with the knowledge and confidence to empower others - from novices to well-trained fighters. This certification explores three learning styles, auditory, visual, and tactile, and provides you with several authentic workouts that are taught at a traditional boxing gym or independent studio. Certification includes practical training, comprehensive manual and online examination. SCW (7.0), ACSM (7.0), AEA (4.0), AFAA (7.0), NASM (0.7).

WARRIOR Rhythm™ Instructor Training



Ellen de Werd

Sunday, February 26, 7:30am-3:30pm

\$159 SCW Members / \$179 MANIA® Attendees / \$199 Non-Attendees

Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Get ready to unleash your inner wild thing!

In this 8-hour certification event expect to:

- Actively participate in engaging lectures
- Experience a class
- Visit the science & sequencing
- Practice form & technique
- Explore cueing & musicality

- Connect to our supportive WARRIOR community
- Fall madly in love with WARRIOR Rhythm and gain the confidence & inspiration to teach it!

SCW (8.0), ACE (0.8), AFAA (8.0), NASM (0.8), Yoga Alliance (8.0), CanFit-Pro (4.0). If you can't make the Live Certification, take the course online. Visit <https://warriorinstructors.com/>

Jetti Instructor Training

jetti

Carrie Boyle

Sunday, February 26, 9:00am-1:30pm

\$159 SCW Members / \$179 MANIA® Attendees / \$199 Non-Attendees price includes a FREE set of Jetti Fitness Poles! (\$60 value).

This course provides everything needed to teach both group classes and personal training sessions using the new, affordable Jetti Fitness Poles. Foundational movements, training styles, class design, safety progressions, and appropriate correction techniques are all addressed. Upon completion, instructors and trainers will have the skills to lead a Jetti class, outdoors or indoors, to participants of all ages and conditioning levels. Leave with the ability to be your own boss, or integrate this program into your facility. SCW (4.0), ACE (0.4), AFFA (4.0), NASM (0.4)

Can't make a Live SCW Certification?

Take the same course online at: scwfit.com/Certs



MANIA® FITNESS PRO CONVENTION COURSE DESCRIPTIONS

FRIDAY, FEBRUARY 24

FR1

7:30am-8:45am

Functional Training for Active Agers ■◀



Ann Gilbert

Increasing functionality is one of many benefits of offering small group options for aging clients. Discuss not only the science, but the need for socialization, camaraderie, and accountability when training the group. Study how introducing positive competition and even dance movement will enhance results, and address retention. Experience and practice specific joint actions to get you started creating your new branded option.

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

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!

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

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.

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

TRAMP CAMP: Let's JUMPstart MANIA® ■◀



Sabrina Ursaner

Sweat it out, bounce & dance to great music, and JUMPstart your MANIA® experience with this amazingly fun, cardio rebounding class on JumpSport mini fitness trampolines. Have such a blast that your body will barely realize it's a full body workout until you're drenched at the end.

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

Kinestherapy ■◀



Brittainye Wise

Kinestherapy is a uniquely designed physical and mental therapy group exercise class to keep you #4bodystrong. Healthy is the goal in this full-body workout that infuses dance fitness/cardio, strength, balance, core, and flexibility while improving self-confidence. "4 Body Strong Therapy Infusion" targets all aspects of health including physical, emotional, and mental.

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

Aqua Interval Integration

MaryBeth Dziubinski

Are you looking for new ways to jumpstart your metabolism? Learn how to apply the scientific principles of interval training in the aqua environment. Teach your students the "go hard, go easy" approach guaranteed to challenge all skill levels.

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

Fad Diets & Failed Expectations ■◀

Amber Toole

When it comes to weight loss, people love the promise of a miracle diet that will lead them to the body of their dreams. These miracle diets can lead to a nightmare of issues and send clients down a path of failure. There's hope with anti-diet coaching. Learn techniques to coach your clients away from fad diets and toward sustainable results. (Lecture)

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

Smart Strategies for Serious Sales



Detric Smith

Learn the secrets of a successful sales mindset, and the top mistakes stopping fitness businesses from reaching their full potential. Develop your brand and marketing to stand out from the competition and speak to your ideal clients. Walk away with a clear strategy to jump-start your sales!

FR1H Friday, 7:30am-8:45am

FR2

9:00am-10:15am

Strength Training for Longevity & Vitality ■◀

Sara Kooperman, JD

Whether a personal quest or way to engage the fastest growing segment of the population, this incredibly creative tubing workout presents effective and manageable training techniques for the 40+ 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.

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

SOULstrength™ EXPERIENCE ■◀



Magda Lubov

SOULstrength™ is a creative blend of rhythmic resistance, cardio conditioning, manageable mobility, and core strength exercises set to crazy FUN music. This workshop will take you through a SOULstrength™ class and leave you with actionable tips to create an amazing class experience.

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

Mat To The Max ■◀

Abbie Appel

Max out your Pilates Mat class with 10 authentic advanced exercises from the original repertoire. Revisit Pilates principles and optimal alignment to understand what it means to be "advanced"! Dissect each exercise and discover how to modify and progress movements for your intermediate to expert students. Take your Pilates practice up a notch by safely and successfully adding challenges.

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

LaBlast® Fitness: Dance. Diversity. Inclusion. ■◀



Megan Cooperman

What if you could travel the world in a fitness class? Salsa in Cuba, Paso Doble in Spain, Merengue in the Dominican Republic, Samba in Brazil, Viennese Waltz in Austria, and more! Attend LaBlast® Fitness and experience how all ages, abilities, and ethnicities will feel included and successful in every class. While staying true to the rich history of each ballroom dance, LaBlast® will take you on a dance fitness journey around the world!

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

LIT 101 (Low Impact Training) **Dane Robinson**

Balancing the desire to add intensity to workouts while protecting clients with limitations, compensations or those new on their fitness journey is a huge challenge for fitness professionals. This part workout, part lecture session will uncover the proven strategies of Low Impact Training to bring the intensity and results to your clients' workouts with joint friendly strength, cardio, & HIIT methods.

FR2E Friday, 9:00am-10:15am**Water Works****Manuel, Velazquez, Cheri Kulp & Mac Carvalho**

Experience a cascade of fresh aqua ideas & leave with six (6), 64-count choreography blocks guaranteed to inspire and upgrade your personal aqua programming. Join us for a short but informative lecture focusing on the knee joint in an aqua environment. Learn how to utilize the pool environment to recover, cross-train, and work effectively while being kind to this hinge joint. The BIG BANG of this session is the unique and creative choreography focusing on linear, lateral, group, pattern and toning options for a comprehensive water program. Leave with a detailed handout of all 6 choreo blocks ready to "work in the water" Monday morning!

FR2F Friday, 9:00am-10:15am**Five Fat-Burning Hormones** **Melissa Layne, MED**

Is a calorie truly a calorie? Not in the presence of hormones! What five hormones play a major role in the body's metabolic pathways & how can we maximize (or minimize) these hormones? Get the low down on these lipolytic hormones to start dropping fat stores. (Lecture)

FR2G Friday, 9:00am-10:15am**Rebuilding Sandcastles: 2023****Bill McBride**

Most if not all of us have been building our classes, our clients and our businesses over time. We seemed to have traction and a path forward. We nurtured, loved and built something very special. But, just like sandcastles (well-built and beautiful) get washed away by high tides, the pandemic swept it all away. How do we rebuild with focus and energy, and change the waves of our personal and professional future?

FR2H Friday, 9:00am-10:15am**FR3****11:00am-12:15pm****Sitting Pretty with S.E.A.T.** **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 social distancing 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.

FR3A Friday, 11:00am-12:15pm**Crunchless Core for Barre** **Alicia Weihl**

Do your clients struggle to feel their abs or compromise muscle integrity by using neck muscles instead of engaging their midsection? This session will break down how to utilize core muscles effectively throughout your barre classes, without crunches. In addition, learn new and exciting variations that will leave your clients feeling hardcore and wanting to come back for more.

FR3B Friday, 11:00am-12:15pm**Got Back Pain?** **Herson Garcia**

Are you ready to take control of your back pain and help your clients take control of theirs? 80% of Americans will experience low back pain at some point in their lives. Learn simple exercises and lifestyle changes that can help your clients become PAIN FREE, leading to more consistency with training and exceeding training goals.

FR3C Friday, 11:00am-12:15pm**Hot Booty Ballet™** **Suaad Ghadban**

Hot Booty Ballet™ is a new, dynamic program that's proven to give you a firm and perky posterior! Created by instructor Suaad Ghadban, Hot Booty Ballet™ builds on traditional ballet conditioning to lengthen and strengthen muscles, lift your heart rate, increase your metabolism and help you look and feel amazing. This class stands out in the barre fitness genre due to the integration of resistance training, Booty Bands, and great music that gets every participant sweating to the beat!

FR3D Friday, 11:00am-12:15pm**Coconut Beach Camp by Fit Bodies, Inc.** **Siri Chilazi, MBA, MA**

Participate in this lively, Caribbean-inspired workout and feel instantly transported to a tropical beach! Using coconuts and other 'resort-type' equipment, this easy-to-teach-anywhere class combines multiple training modalities including Cardio, Core, Strength, Yoga and Stretch. Discover how you can create this fun, effective and engaging workout experience with your participants.

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

FR3F Friday, 11:00am-12:15pm**Healthy Weight: Defined by a Dietitian** **Sohailla Digsby, RDN, LD**

How do you know if you are at a healthy weight? Do you follow a chart in your doctor's office? Learn from a registered dietitian whether it's the numbers that matter most, or other factors (and if so, which ones?). (Lecture)

FR3G Friday, 11:00am-12:15pm**The Future of Fitness Panel****Sara Kooperman, JD, Liz Clark, Amber Toole, Bill McBride & Brent Darden**

The landscape of health club chains, independent clubs, boutiques and not-for-profits has been forever changed. Join these top industry leaders as they guide you through what lies ahead. Take away invaluable, effective solutions to pressing issues to set yourself up and apart for success moving forward in the new normal for fitness. Group participation is encouraged, so please come with plenty of questions for this interactive and illuminating session.

FR3H Friday, 11:00am**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.

**Jeti: Fitness Freedom
for all Ages** 🎥



Carrie Boyle

Discover these unique fitness & walking poles and how they provide stability to make fitness accessible at all levels, while creating challenging opportunities for those ready to dig deeper. Learn the basics of Jeti Walking as well as how to modify and progress our favorite foundational movements to ensure participants at all levels find success and have fun!

FR4A Friday, 12:30pm-1:45pm

WARRIOR Strength™: FUN in Functional 🎥



Ellen de Werd

Are you tired of spending time memorizing choreography? Looking for creative functional training that you can change frequently? Want to incorporate more of a coaching style into some of your sessions? If you nodded even once, this session is for you! WARRIOR Strength™ has a fresh approach to the basics.

FR4B Friday, 12:30pm-1:45pm

Kickbox vs. Resistance 🎥

Karla Medina

Experience a class that intelligently alternates between high-energy cardio kickboxing and muscle strengthening with free weights. Learn the fundamentals first, then, discover how to fuse these two modalities into one KILLER workout!

FR4E Friday, 12:30pm-1:45pm

Healthy Eating for Active Agers 🎥

Rosie Malaghan, MS, ERYT- 200

Are you coaching active agers? How do you optimize their nutrition to support health and well-being? Expand your knowledge on the nutritional needs of our over 50 clients. This session will provide the basics for fitness professionals seeking to guide and educate on caloric needs, protein, fiber, hydration, longevity, disease avoidance and more! With decreased appetites, increased social commitments, and a battle with inflammation, your clients need your help to navigate these challenges. (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.

Myofascial Recovery 🎥

Herson Garcia

Experience the latest and greatest in myofascial release with foam rollers and massage sticks. Explore recovery for you and your clients using simple, inexpensive and portable equipment. Leave with new ideas and techniques to implement with your clients and classes.

FR4C Friday, 1:15pm-2:30pm



connect

**HUMAN CONNECTIONS
THAT DRAW YOU IN AND
STEAL THE MOMENT.**

SCW
ACTIVE AGING CERTIFICATION
GILBERT • 9:00AM - 5:00PM

SCW
PILATES MATWORK CERTIFICATION
APPEL • 8:00AM-5:00PM

SCW
PERSONAL TRAINING CERTIFICATION
MCCORMICK • 9:00AM - 6:00PM

SCW
LIFE COACHING CERTIFICATION
TOOLE • 9:00AM - 3:30PM

SCW
GROUP EXERCISE CERTIFICATION
VELAZQUEZ • 8:00AM-5:00PM

water motion
WATERINMOTION™
AQUA EXERCISE CERTIFICATION
KULP • 8:00AM-5:00PM


SCW
SYMMETRY TECHNICIAN - ADVANCED
POSTURAL CORRECTIVE EXERCISE
MUMMY • 8:00AM - 5:00PM

SCW
PRACTICAL GUIDE TO NUTRITION,
HORMONES & METABOLISM
LAYNE • 9:00AM-3:30PM

**CERTIFICATIONS
THURSDAY, FEB. 23**

■ Indicates session is both Live (In-Person) & Recorded (Online)

A FUNCTION / ACTIVE AGING	B HIIT / STRENGTH / CORE	C MIND / BODY / RECOVERY	D GX / DANCE/ BARRE
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		A FUNCTION / ACTIVE AGING	B HIIT / STRENGTH / CORE	C MIND / BODY / RECOVERY	D GX / DANCE/ BARRE	
FRIDAY FEB. 24	FR1	7:30am-8:45am	Functional Training for Active Agers Gilbert ■	Top Tier Core Conditioning Robinson ■	Tai-Chi Fused Yoga Velazquez ■	TRAMP CAMP: Let's JUMPstart MANIA® Ursaner ■
	FR2	9:00am-10:15am	Strength Training for Longevity & Vitality Kooperman ■	SOULstrength™ EXPERIENCE Lubov ■	Mat to the Max Appel ■	LaBlast® Fitness: Dance. Diversity. Inclusion. Cooperman ■
	EXPO SHOPPING 10:00am-11:00am					
	FR3	11:00am-12:15pm	Sitting Pretty with S.E.A.T. Gilbert ■	Crunchless Core for Barre Weihl ■	Got Back Pain? Garcia ■	Hot Booty Ballet™ Ghadban ■
	EXPO SHOPPING 12:00pm-2:45pm					
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Jetti: Fitness Freedom for all Ages Boyle Session 1 ■	WARRIOR Strength™ FUN in Functional de Werd Session 1 ■	Myofascial Recovery Garcia Session 2 ■	Move Your Core the Latin Way Rodriguez Session 2 ■
	FR5	2:45pm-4:00pm	Bodyfit: Tips on Modifications Ross ■	Back, Booty & Core Connection Appel ■	Symmetry: Advanced Corrective Exercise Mummy ■	Stability Ball Breakthrough Bannister-Munn ■
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	Functional Fitness 50+ Toole ■	Create a Signature HIIT Class Medina ■	Hands on Stretching Bannister-Munn ■	Barre Blueprint Appel ■	
FR7	6:00pm-7:00pm	SCW FITNESS IDOL KOOPERMAN, VELAZQUEZ, BANNISTER-MUNN & DE WERD	Planks in all Three Planes Chilazi ■	Yoga-Bata VIIT Malaghan ■		
SATURDAY, FEB. 25	SA1	7:30am-8:45am	S.E.A.T. - Supported Exercise for Ageless Training Gilbert ■	Sexy, Smart Strength for Women McCormick ■	5 Seconds To Improved Flexibility Fulton ■	Building Better Butts Mullins ■
	EXPO SHOPPING 8:30am-9:15am					
	SA2	9:15am-10:30am		Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am		
	EXPO SHOPPING 10:30am-11:00am					
	SA3	11:00am-12:15pm	Aging With Strength & Grace Dziubinski ■	Functional Core Training Garcia ■	SOULfusion™ EXPERIENCE Lubov ■	Bare Barre Becker ■
	EXPO SHOPPING 12:00pm-2:45pm					
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	TRAMP CAMP: Bounce Basics Ursaner Session 2 ■	WARRIOR Rhythm: The Guts to Stand Out de Werd Session 1 ■	Discover a Teaching Vacation Chilazi Session 1 ■	Jetti Flow & Barre Mendoza Session 2 ■
SA5	2:45pm-4:00pm	Active Agers From the Ground Up! Velazquez ■	Bring the Toys! Bannister-Munn ■	Posture & Alignment Mummy ■	LaBlast® Fitness: Emotional Wealth Cooperman & Mikszan ■	
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	Functional Training With Foam Rollers Garcia ■	Game Your Core Velazquez ■	Yoga Restore Bannister-Munn ■	Core Training Meets Fun Rodriguez ■	
SUNDAY, FEB. 26	SU1	7:30am-8:45am	LaBlast® Chair Fitness Cooperman ■	Core Training Methods Mullins ■	The Battle for Mobility McCormick ■	Just Beat It! Wartenberg ■
	SU2	9:00am-10:15am	Pre-Hab for Older Adults Wartenberg ■	WARRIOR Rhythm™: Finding Your Flow Conser ■	Active Recovery for Optimal Performance Fulton ■	Power Dance Batyan ■
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
	SU3	10:45am-12:00pm	Perfect Programming for Active Agers Toole ■	Dynamic Core Training McBee ■	Muscle Care - Happy Hips & Healthy Backs Fulton ■	BARREFusion™ EXPERIENCE Lubov ■
SU4	12:15pm-1:30pm	Redefine Functional Training - Redefine Yourself Mullins ■	Long, Strong, Sculpted: Dynamic Flexibility Chilazi ■	TRAMP CAMP: Rebound Recovery Ursaner ■	FitBarre Wartenberg ■	

**CERTIFICATIONS
SUNDAY, FEB. 26**

SCW
YOGA I CERTIFICATION
VELAZQUEZ • 7:30AM-3:30PM

SCW
BARRE CERTIFICATION
APPEL • 7:30AM - 3:30PM

SEPT.
S.E.A.T. CERTIFICATION
GILBERT • 7:30AM - 3:30PM

SCW
AQUATIC EXERCISE CERTIFICATION
DZIUBINSKI • 7:30AM - 3:30PM

DC MANIA® Event & Certification Schedule



SCW Health & Fitness Business Summit
Give your fitness business the attention it deserves.
scwfit.com/business

E BOXING / SMALL GROUP	F AQUA (STARTS IN LECTURE)	G NUTRITION / EXERCISE SCIENCE	H BUSINESS		
Kinestherapy Wise	Aqua Interval Integration Dziubinski	Fad Diets & Failed Expectations Toole	Smart Strategies for Serious Sales Smith	FR1	FRIDAY, FEB. 24
LIT 101 (Low Impact Training) Robinson	Water Works Velazquez, Kulp & Carvalho	Five Fat- Burning Hormones Layne	Rebuilding Sandcastles: 2023 McBride	FR2	
EXPO SHOPPING 10:00am-11:00am					
Coconut Beach Camp by Fit Bodies, Inc. Chilazi	Barracuda Booty Kulp	Healthy Weight: Defined by a Dietitian Digsby	The Future of Fitness Panel Kooperman, Clark, Toole, McBride & Darden	FR3	
EXPO SHOPPING 12:00pm-2:45pm					
Kickbox vs. Resistance Medina Session 1	LaBlast® Splash: Emotional Wealth Mikszan Session 2	Healthy Eating for Active Agers Malaghan Session 1	Fitness & Wellness Advocacy Panel Kooperman, Clark, Richards, McBride & Darden Session 2	FR4	
Movement Training: Keeping it R.A.W.©! Robbins	Splish Splash Calorie Smash Malaghan	Protein Power Digsby	Slingshot Leadership Darden	FR5	
EXPO SHOPPING 3:45pm-4:30pm					
Contender Richards	Stride & Strength H2O Dziubinski	Building Bone Layne	Grow Your Business Through Community Shulman	FR6	
REGISTER FOR MANIA RECORDINGS AND ENJOY 100+ SESSIONS			SCWFIT.COM/DC	FR7	
Killer Kardio Richards	Tidal Toning Kulp	Optimal Recovery Layne	Content Creation in Paradise Ghadban	SA1	SATURDAY, FEB. 25
EXPO SHOPPING 8:30am-9:15am					
Keynote Address: Exercise is Medicine Dr. Edward Laskowski, MD 9:15am - 10:30am			SA2		
EXPO SHOPPING 10:30am-11:00am					
Make Your BrainSweat© Robbins	Silver Tsunami Velazquez, Kulp & Carvalho	Physics of Pain & Performance Mummy	Inexpensive Marketing for Growth & Profitability Kooperman	SA3	
EXPO SHOPPING 12:00pm-2:45pm					
Arm Candy Appel Session 2	H2O Strength Velazquez, Kulp & Carvalho Session 1	Perfect Practice Makes Perfect Laskowski Session 1	Know Your Worth: Fitness Financial Wellness Ross Session 2	SA4	
Fight Club Richards	Strength Beneath the Surface PlumMentz	Nutrition Panel Layne, Digsby, Toole & Malaghan	Becoming the Boss Smith	SA5	
EXPO SHOPPING 3:45pm-4:30pm					
Barefoot Kickbox Medina	Aqua HIIT & Box McCormick	Stopping Inflammation Through Nutrition Layne	Effective Group EX & PT Sales Strategies Panel Kooperman, Richards, Toole & Gilbert	SA6	
Kinestherapy Circuit	Strong & Stable Aqua Layne	Getting Clients Lean Healthfully Digsby	Top 10 REX Strategies for 2023 Flatley	SU1	SUNDAY, FEB. 26
Gravity Is Your Best Friend Zaffino	Aqua Disco Haggard	What Do You Eat? Ross	Connect Your Passion to Your Plies Becker & Weihl	SU2	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
A Dance for all Seasons Wartenberg & Haggard	Smart Sets for Aqua Dumbbells Kulp	Feasting & Fasting? Layne	Making Small Group Training Work! Edwards	SU3	
Disco & Dumbbells Haggard	Swim Up Barre Malaghan	Low T for Women? McCormick	Personal and Small Group Training Sales McBee	SU4	

SCW
BOXING CERTIFICATION
RICHARDS • 7:30AM-2:30PM

WARRIOR RHYTHM™ INSTRUCTOR TRAINING
DE WERO • 7:30AM - 3:30PM

jetti
JETTI INSTRUCTOR TRAINING
BOYLE • 9:00AM - 1:30PM

Register at: scwfit.com/DC

**MOVE YOUR CORE
THE LATIN WAY**



Jackie Rodriguez

Xco® means Excellent CORE! The combination of movement patterns and Latin rhythms activate and invigorate your entire body - with special emphasis on the CORE!! Swing throughout the class in three dimensional movements while the shifting mass generates a reactive impact which activates your CORE.

FR4D Friday, 1:15pm-2:30pm

**LaBlast® Splash:
Emotional Wealth**



Laura Mikszan

What if the whole world believed that your greatest wealth is your health? And not just your physical health, but also your mental and emotional health. In LaBlast® Splash, we take simple and fun patterns from the ballroom dances seen on "Dancing with the Stars", adapt them

to the water, and get involved from the inside out. Experience the mental and emotional benefits of dancing to change the world and be the best kind of rich there is!

FR4F Friday, 1:15pm-2:30pm



**Fitness & Wellness
Advocacy Panel**

**Sara Kooperman, JD,
Liz Clark, Diva Richards
& Brent Darden**

Finally, the world is becoming aware of the value and desperate need for fitness & wellness. Discover how to build partnerships and coalitions to nurture and grow public awareness, embracing exercise as an essential service and a physical and social necessity. Learn how to approach advocacy and communication to influence lawmakers and local communities to embrace health as a lifestyle.

FR4H Friday, 1:15pm-2:30pm



Back, Booty & Core Connection

Abbie Appel

The connection among the glutes, back, and core is profound. They must all be strong enough to stabilize the spine and pelvis, support movement, and generate force. Evaluate core training and the relationship between the posterior chain, including the fascial slings. Learn ten complex booty, back, and core moves and discover techniques to train for greater function, as well as fabulous aesthetics for your backside. **FR5B Friday, 2:45pm-4:00pm**

Symmetry: Advanced 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.

FR5C Friday, 2:45pm-4:00pm

**BEING AN EXCEPTIONAL
FITNESS LEADER IS
JUST ONE OF THE MANY
OUTCOMES YOU'LL GET
FROM ATTENDING
A MANIA® CONVENTION**

**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.

FR5D Friday, 2:45pm-4:00pm

FR5

2:45pm-4:00pm

Bodyfit: Tips on Modifications



Kylie Ross

Join this total body workout to get your blood flowing & release those endorphins! Warm up stretches will get those kinks out of your body and put you on a path to creating lean muscle for your active aging & post-op recovery clients. Use the chair for core, leg, back and arm work variations to create amazing muscle activation and strength while incorporating modified, functional movements that will save your joints.

FR5A Friday, 2:45pm-4:00pm

Movement Training: Keeping It R.A.W.©!



Alison Robbins

One of the most effective ways to hydrate fascia is to move the body in unconventional ways. Learn new programming from the creator of The MESO Method™: she'll share various multiple-joint-action exercises that will not only get the body heated but will make your BrainSweat with all the coordination training!

FR5E Friday, 2:45pm-4:00pm

Splish Splash Calorie Smash**Rosie Malaghan, MS, ERYT- 200**

Get on board with this phenomenal cross-training option, aqua run & conditioning. Take advantage of the Power of Water! With a little imagination, you can adapt land-loving patterns of movement and resistance to the water, reducing joint wear and tear and injuries. Walk away with countless ideas for empowering programming for your clients, from athletes to active agers!

FR5F Friday, 2:45pm-4:00pm**Protein Power****Sohailla Digsby, RDN, LD**

Do we eat too much protein in the US, or too little? How much is needed? What happens if you don't get enough, or get too much? What are the best food sources? What if you're vegetarian? Get your questions answered about this essential macronutrient by our Registered Dietitian. (Lecture)

FR5G Friday, 2:45pm-4:00pm**Slingshot Leadership****Brent Darden**

Thoughtful and intentional perspective has never been more important! Embrace your personal leadership style as well as discover how to multiply and maximize the performance of your team members. The best leaders rely on a few key concepts that allow them to engage others, create accountability, and build on everyone's unique talents.

FR5H Friday, 2:45pm-4:00pm**FR6****4:30pm-5:45pm****Functional Fitness 50+****Amber Toole**

Staying functional is a key component of living a full life. Learn techniques and programming for your 50+ clients that will provide a challenging workout to make them strong, stable, and able to skillfully perform daily tasks with ease.

FR6A Friday, 4:30pm-5:45pm**Create A Signature HIIT Class****Karla Medina**

Draw from your own experience and strengths to create your unique, signature class. Learn new combos and mold them into your exclusive style with effective transitions and cues. Learn proven strategies to hone your coaching instruction skills and propel your tribe to new levels.

FR6B Friday, 4:30pm-5:45pm**Hands on Stretching****Gail Bannister-Munn**

This workshop shows you how important stretching is and demonstrates how easy it is to stretch your clients on a table or the floor. Learn stretches with clear, step-by-step practical applications to increase your skills. Trainer-assisted stretching, as part of each training session, will help your clients improve their flexibility while keeping you within the scope of a personal trainer.

FR6C Friday, 4:30pm-5:45pm**Barre Blueprint****Abbie Appel**

With so many effective movements in Barre, it's often challenging to sequence the moves for maximum effectiveness. Understand how to put "it" together better, also how and when to progress your movements. Learn when to add in new moves and where to add those "pulses" for the

best results. Discover new ways to program workouts and make planning classes simple for you and class participants.

FR6D Friday, 4:30pm-5:45pm**Contender****Diva Richards**

Time to bring out the inner warrior in your students. Create a hybrid format with boxing & kickboxing. Then, transition to sculpt that builds confidence, and increases their mental focus. Unleash the Champion within them!

FR6E Friday, 4:30pm-5:45pm**Stride & Strength****MaryBeth Dziubinski**

Lengthen, strengthen and challenge your lower body in this resistive, shallow water walking class. Striding, gait training and functional movement patterns will be performed to enhance flexibility and balance.

FR6F Friday, 4:30pm-5:45pm**Building Bone****Melissa Layne, MEd**

Osteoporosis can make seemingly mundane activities of daily life risky. Explore the science behind building and losing bone, the importance of sleep to build bone, and the specific diet recommendations to help clients maintain bone density. Review studies related to program designs for clients without increasing fracture risk. (Lecture)

FR6G Friday, 4:30pm-5:45pm**Grow Your Business Through Community****Joyce Shulman**

Join Joyce Shulman, Co-Founder of Jetti Fitness, Author and TEDx speaker as she shares tactical, practical techniques for growing Group Exercise and Training business through the power of community. Discover the secrets of a successful community and learn how it can help you keep your clients and attract new ones.

FR6H Friday, 4:30pm-5:45pm**FR7****6:00pm-7:00pm****Fitness Idol****Judges: Sara Kooperman, JD, Manuel Velazquez,****Gail Bannister-Munn & Ellen de Werd**

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 2024 SCW MANIA® Convention of your choice!

Each 2023 SCW Fitness Idol Winner receives:

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

FR7A Friday, 6:00pm-7:00pm**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.

FR7B Friday, 6:00pm-7:00pm



fuel

YOU ASKED. WE LISTENED. MANIA® OFFERS MORE WORKSHOPS DESIGNED AROUND SUBJECTS THAT INTEREST YOU MOST.

Yoga-Bata VIIT ■◀

Rosie Malaghan, MS, ERYT-200

Hustle and reset. Strengthen and stretch. Participate in this fusion of mind-body disciplines using a variable intensity interval format paired with yoga flow. Dynamic movement includes barre, pilates, mobility training, and more! Walk away with an empowering class format for all levels!
FR7C Friday, 6:00pm-7:00pm

SATURDAY, FEBRUARY 25

SA1

7:30am-8:45am

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!
SA1A Saturday, 7:30am-8:45am

Sexy, Smart Strength for Women ■◀

Irene McCormick, MS, CSCS

Today's woman needs strength training to be and look lean and healthy. What's more important, she needs Volume Training, which is a combination of load, tension, frequency, intensity and type to reap the multitude of health benefits from strength training. Learn BEST PRACTICES for strength training women with limited equipment options that can be replicated in home or gym.
SA1B Saturday, 7:30am-8:45am

5 Seconds to Improved Flexibility ■◀

Ronnie Fulton

Tired of the same old static stretches? Learn how to liven up and improve your flexibility training with Active Isolated Stretching. Research shows

this type of dynamic stretching is most effective. Learn why activating the targeted muscle by holding the stretch for no more than five seconds provides maximum benefits in the shortest amount of time.

SA1C Saturday, 7:30am-8:45am

Building Better Butts ■◀

Kevin Mullins, CSCS

Is your current programming working your butt or working your butt off, literally? In this session, learn the science, proper lifts, and progressive overloading techniques to get your rear in gear! Leave confident in your ability to have and give the best backside.

SA1D Saturday, 7:30am-8:45am

Killer Kardio ■◀

Diva Richards

Get ready to leave your comfort zone and push yourself to reach new boundaries challenging your strength and endurance in this amazing cardio fusion workout. Learn to perfectly combine conditioning, strength, and power into your programming to keep your clients on their toes!

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

Tidal Toning

Cheri Kulp

Still looking to achieve the strength and tone from resistance workouts but hate the idea of lifting weights, getting sweaty, and feeling the effects later in your joints more than your muscles? This session will take a look at using resistance tubing and aqua dumbbells, and even the side of the pool, to help build a stronger, more toned body for daily living activities in a joint-friendly environment.

SA1F Saturday, 7:30am-8:45am

Optimal Recovery ■◀

Melissa Layne, MEd

The aspect of training recovery is becoming more important as we recognize how adaptations can be maximized through effective practices and choices. This lecture will explore the latest research on hydration, nutrition, stretching, rolling, supplements, percussive instruments, sleep and more ways to restore homeostasis. (Lecture)

SA1G Saturday, 7:30am-8:45am



Content Creation in Paradise

Suaad Ghadban



Discover the secrets influencers already know about content creation. Learn how to increase engagement, extend your reach and CONVERT your followers to clients through GREAT CONTENT. NOW Is the time to start. Strategically, use professional photos, videos, reels & tik toks, especially filmed in paradise, to attract more loyal clients to your offerings.

SA1H Saturday, 7:30am-8:45am

SA2 KEYNOTE

9:15am-10:30am

Exercise is Medicine

Dr. Edward Laskowski, MD

If there was a medicine that contained all of the physical and psychological benefits of exercise, it would be the most effective and best-selling medicine in history. This lecture delves in-depth into the voluminous evidence-based reasons why exercise is such a powerful, yet largely not prescribed, medicine. (Lecture)

SA2A Saturday, 9:15am-10:30am

SA3

11:00am-12:15pm

Aging With Strength & Grace

MaryBeth Dziubinski

Drop the belief that aging is deteriorating. Aging is simply the process of getting older. With age comes wisdom and experience. Understand the statistics and learn useful tips on how to improve one's quality of life and prevent chronic disease. Now is the time to change your perception on the aging process.

SA3A Saturday, 11:00am-12:15pm

Functional Core Training

Herson Garcia

Learn unique and effective exercises to train the core from the inside out. Integrate stability balls and a variety of bands along with weighted body

movements, to experience challenging exercises that utilize the hips, abs, back, glutes, and chest. This is truly a modern workout for 2023!

SA3B Saturday, 11:00am-12:15pm

SOULfusion™ EXPERIENCE



Magda Lubov

SOULfusion™ combines yoga-inspired FLOWS, cardio bursts, mobility, & bodyweight training into one magical experience. In this workshop, we take you through a SOULfusion™ class and teach you how to connect music to movement & create an amazing experience for your students.

SA3C Saturday, 11:00am-12:15pm

Bare Barre



Tanya Becker

Physique 57 goes prop-less and barre-less in this high energy workout! Creative combinations and sizzling hot sequences perfect for online content, clients that are traveling, teaching pop-ups, or any other occasion where using your own body weight and some innovative moves are all you need.

SA3D Saturday, 11:00am-12:15pm

Make Your BrainSweat©



Alison Robbins

One of the most effective ways to hydrate fascia is to move the body in unconventional ways. Learn new programming from the creator of The MESO Method™: she'll share various multiple-joint-action exercises that will not only get the body heated but will make your BrainSweat with all the coordination training!

SA3E Saturday, 11:00am-12:15pm

Silver Tsunami



Manuel Velazquez, Cheri Kulp & Mac Carvalho

Make a new aqua splash with these exciting inspired routines. Experience six (6) 64-count choreography blocks of captivating, low-impact aqua sequences and discover why moving in water is natural for our senior population. Manual dexterity, ankle mobility, balance options, and neuroplasticity games are all integrated to improve your aqua aging programming. Comprehensive choreography handouts are provided to enhance your teaching skills and movement mastery. Inspire active



aging adults to safely improve cardiovascular endurance, balance, strength, and flexibility. Stay current with these fresh ideas!

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



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.

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.

WARRIOR Rhythm: The Guts to Stand Out

Ellen de Werd

Want to stand out? Spark your desire to be different! Dare to intertwine yoga flows with bursts of HIIT training and weight lifting. Feel rebel vibes coursing through your veins and renew the thrill of teaching group fitness as you experience WARRIOR Rhythm.

SA4B Saturday, 12:30pm-1:45pm



Discover A Teaching Vacation

Siri Chilazi, MBA, MA

Discover the secret thousands of instructors have known for over 30 years! Through guided meditation and sensory experience, The Fit Bodies, Inc. team will show you how you can find yourself teaching and vacationing at over 80 luxury all-inclusive resorts across the Caribbean, Central & South America, and Asia.

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



create

**WE PROVIDE THE EDUCATIONAL INSPIRATION
SO THAT YOU HAVE THE FREEDOM TO CREATE
CLASSES WITH YOUR OWN UNIQUE VIBE.**

H2O Strength**Manuel Velazquez, Cheri Kulp & Mac Carvalho**

WATERinMOTION® Strength takes advantage of aqua dumbbells to build muscular endurance, power, and overall tone in a fat-blasting 45-minute workout. Combine the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Enhance your workout choreography by using just one dumbbell or both dumbbells enmeshed or as flotation devices. This creative choreographed program refreshes your dated routines with fantastic music, inspiring moves and powerful programming. Leave with a full choreo handout to improve your sequencing and fun-factor in your aqua strength workouts. Check it out! www.waterinmotion.com/strength

SA4F Saturday, 12:30pm-1:45pm

Perfect Practice Makes Perfect**Dr. Edward Laskowski, MD**

It's not practice that makes perfect...it's perfect practice. Movement patterns have been identified that can predispose us to musculoskeletal injury. This lecture discusses the role of movement analysis in detecting and correcting movement flaws to help protect people from injury during sports and exercise activities. (Lecture)

SA4G Saturday, 12:30pm-1:45pm

SA4 - Lunchtime Session 1 1:15pm-2:30pm

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

TRAMP CAMP: Bounce Basics**Sabrina Ursaner**

Time for some FUN! Ready to jump around like a kid in a joint-friendly environment? Have fun with this moderate-to-hard intensity rebounding workout on the mini fitness trampoline. Experience a cardio, little-to-no impact workout that builds muscle, balance and endurance all while learning the basics of rebounding.

SA4A Saturday, 1:15pm-2:30pm

Jetti Flow & Barre**Jenny Mendoza**

Take your favorite mind-body practices to the next level with Jetti Fitness. Experience how these unique poles both support growth to make these training styles accessible to all ages and demographics and also further challenge those ready to take their practice up a notch. Flow, pulse, push and load your pose in this multi-format movement showcase!

SA4D Saturday, 1:15pm-2:30pm

Arm Candy**Abbie Appel**

Whether you go heavy or light, overloading the muscles of your upper body is key to experiencing improved strength, movement quality, and the aesthetics your classes and clients desire. Review techniques to challenge your upper body in all directions and all positions. Understand how training your upper body can help you reach total body goals faster.

SA4E Saturday, 1:15pm-2:30pm

Know Your Worth: Fitness Financial Wellness**Kylie Ross**

Is your fitness business really profitable? Learn how to properly set up your business and manage basic bookkeeping skills including tax planning. This session will also cover website design basics, virtual options for classes, and client payment remittance. Your business will be fitter than ever!

SA4H Saturday, 1:15pm-2:30pm

SA5**2:45pm-4:00pm****Active Agers From the Ground Up!****Manuel Velazquez**

Work every joint and muscle from the Ground Up! Learn functional self-myofascial-release techniques and appropriate applications for maintaining and regaining range of motion, strength, balance, and proprioceptive skills allowing clients to lead an active lifestyle. Discuss the limitations faced by older adults and appropriate modifications. Improve functional mobility and dynamic flexibility without compromising safety and effectiveness.

SA5A Saturday, 2:45pm-4:00pm

Bring the Toys!**Gail Bannister-Munn**

In this class, experience how myofascial restorative bodywork can help you release stress and regain vitality. Familiarize yourself with fascia that houses your muscles (myo) 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 aches and pains that allows you to enjoy more vigorous movement and activities.

SA5B Saturday, 2:45pm-4:00pm

Posture & Alignment**Patrick Mummy**

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 moving properly. Join our resident expert on posture, alignment and evaluation, Patrick Mummy, as he discusses the best coaching and cueing strategies for alignment and posture and how to do it effectively in personal training and a small group environment.

SA5C Saturday, 2:45pm-4:00pm

LaBlast® Fitness: Emotional Wealth**Megan Cooperman & Laura Mikszan**

What if the whole world believed that your greatest wealth is your health? And not just your physical health, but also your mental and emotional health. In LaBlast® Fitness, we take simple and fun patterns from the ballroom dances seen on "Dancing with the Stars" and get involved from the inside out. Experience the mental and emotional benefits of dancing to change the world and be the best kind of rich there is!

SA5D Saturday, 2:45pm-4:00pm

Fight Club**Diva Richards**

Condition and train like a seasoned fighter to achieve maximum results. Kick, jab, punch, & push yourself with bag pad work, to develop agility, and strength. Take your fitness to the absolute extreme!

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

Strength Beneath the Surface**Irene PluimMentz**

Aquatic strength training has many hidden advantages. In this session identify the differences between land and aquatic strength training; i.e gravity versus viscosity, mechanical versus drag resistance and other less obvious distinctions. Discover how the adjustable Aqua-Ohm utilizes all those properties.

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

Nutrition Panel ■◀**Melissa Layne, MEd, Sohaila Digsby, RDN, LD, Amber Toole & Rosie Malaghan, MS, ERYT-200**

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)

SA5G Saturday, 2:45pm-4:00pm**Becoming the Boss****Detric Smith**

Ready to transition from employee to independent business owner? As a 20-year trainer and 10-year business owner, Detric knows what it takes to transform yourself from solo flier to company leader. Learn practical tips for developing your products, team, marketing, and more!

SA5H Saturday, 2:45pm-4:00pm**SA6****4:30pm-5:45pm****Functional Training With Foam Rollers** ■◀**Herson Garcia**

Foam Rolling is not just for flexibility anymore. Integrate exercises perfectly to promote mobility, proper posture, integrated strength, and core stability. Learn simple strategies to effectively assess your clients, promoting total body conditioning. Utilize traditional foam rollers as well as the new smaller rollers perfect for all demographics.

SA6A Saturday, 4:30pm-5:45pm**Game Your Core** ■◀**Manuel Velazquez**

Move over traditional sit-ups and crunches, we're shaking things up and gamifying core work! In this session, learn fun games that inspire friendly competition amongst your clients while sculpting, toning and strengthening the body's center of power. Clients will stay for the laughs and return for the results!

SA6B Saturday, 4:30pm-5:45pm**Yoga Restore** ■◀**Gail Bannister-Munn**

Yoga 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.

SA6C Saturday, 4:30pm-5:45pm**Core Training Meets Fun****Jackie Rodriguez**

Latin rhythms and athletic movements perfectly combine in the most extraordinary, intense, dynamic, and fun group fitness class on the market. Each movement pattern is designed to develop mobility & endurance with emphasis on the CORE. Burn up to 39% more calories than other conventional cardio workouts. It is not dance, not choreography, it's a LIFESTYLE!

SA6D Saturday, 4:30pm-5:45pm**Barefoot Kickbox** ■◀**Karla Medina**

With 26 bones, 33 joints and a multitude of proprioceptors/sensors in our feet, we can optimize the mind-body connection with barefoot workouts. This barefoot format challenges instructors to fuse basic kickboxing, yoga, and dance moves seamlessly with energy, proper transitions and intense flow.

SA6E Saturday, 4:30pm-5:45pm**Aqua HIIT & Box****Irene McCormick, MS, CSCS**

Interval training in water is excellent for enhancing overall fitness, burning more calories, and creating scalable intensity. Boxing is so easy to perform while taking advantage of the properties of water. Build your own Boxing Interval class with appropriate timing for intensity, plus boxing for upper body power development.

SA6F Saturday, 4:30pm-5:45pm**Stopping Inflammation Through Nutrition** ■◀**Melissa Layne, MEd**

Disease states such as cancer, diabetes, and autoimmune conditions flourish in an acidic inflamed body. We will address the science behind inflammation, both acute and chronic states, and the changes that occur as the pH of the body decreases. What foods are highly acidic? What foods are the most alkaline to decrease inflammation? (Lecture)

SA6G Saturday, 4:30pm-5:45pm**Effective GX & PT Sales Strategies****Sara Kooperman, JD, Diva Richards, Amber Toole & Ann Gilbert**

The ability to sell is a key skill that all fitness professionals need, whether you have years of experience or just starting out in your career. Join our interactive panel as they delve into common misconceptions around sales in our industry, effective strategies that can be adapted to different demographics, and how you can build long term value based on world class experience.

SA6H Saturday, 4:30pm-5:45pm**SUNDAY, FEBRUARY 26****SU1****7:30am-8:45am****LaBlast® Chair Fitness** ■◀**Megan Cooperman**

Grab a seat and experience the latest in chair fitness. Inspired by "Dancing with the Stars," this motivating dance fitness class blends ballroom dancing and gentle weight training. Simple, easy-to-follow patterns are designed specifically for the active aging population. Like all LaBlast® formats, LaBlast® Chair Fitness can be adapted for all levels. Whether you prefer to dance standing up and using the chair for balance, or seated the whole time, you'll surely have a blast

SU1A Sunday, 7:30am-8:45am**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 most effective methods of function, and how to train your body to have the strongest, most impressive core of your life.

SU1B Sunday, 7:30am-8:45am**The Battle for Mobility** ■◀**Irene McCormick, MS, CSCS**

What's the difference between FLEXIBILITY and MOBILITY? Muscles and soft tissues are related to flexibility. Mobility is related to joint function. Understand the synergy between both then, learn the latest research on training joints for better overall function & flexibility! Enhance your warm up, cool down and get a template for daily mobility programs.

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

Just Beat It ■◀

Billie Wartenberg

All ages and abilities can Just Beat It? It's a FUN way to exercise the entire body and a powerful tool for stress reduction and mental balance. Come experience the joy of music, movement, and rhythm and feel like a rock star!
SU1D Sunday, 7:30am-8:45am

Kinestherapy Circuit ■◀



Brittainye Wise

Get cardio, strength, balance, core and self-confidence in this fun, fiery mix! A mental and physical therapy session like none other. Full body therapy fusion is a self-paced circuit training session that targets the whole body through therapeutic interventions, encourages positive self-talk, and promotes total body wellness.

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

Strong & Stable Aqua

Melissa Layne, MEd

With multi-focuses and modalities, fusion workouts are more than a trend, they're the future of fitness. More members are drawn to the pool as we age, to increase strength and work on stabilization to minimize fall risk. Using common aqua moves and basic equipment, learn a dozen fusion progressions to keep our muscles strong and joints stable.

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

Getting Clients Lean Healthfully ■◀

Sohailla Digsby, RDN, LD

Are your clients self-sabotaging their diets and slowing their progress? Learn what it takes to get clients the results they want! No matter how hard they work out, you know they can't out-train a poor diet. Get the script of what you need to ask them to ensure they see results, and what to zone in on. (Lecture)

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

Top 10 REX Strategies for 2023

Allison Flatley, MS

Make 2023 your best year yet – more money, greater profit, and success. Learn the top 10 strategies over 200 REX members are doing to grow their businesses, lead the industry and out-perform others. Understand where you need to invest, cut, and innovate to thrive in 2023. (Health & Fitness Business Summit Lecture)

SU1H Sunday, 7:30am-8:45am



SU2

9:00am-10:15am

Pre-Hab for Older Adults ■◀

Billie Wartenberg

"Pre-Hab so you don't need to Re-Hab". This class will help members improve mobility, sit, stand, reach & practice daily activities to enhance their quality of daily life. Pre-Hab will focus on key moments to improve strength, stability, balance, and more! Pre-Hab IS "Pre-Fab"!

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

WARRIOR Rhythm™: Finding Your Flow ■◀



Rebecca Conser

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

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

Active Recovery for Optimal Performance ■◀

Ronnie Fulton

Based on the most up-to-date research in myofascial stretching, joint mobility and muscle maintenance is the key! This session provides a comprehensive four step approach to help minimize muscle pain, improve joint health and maximize physical performance for life and sport

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

Power Dance ■◀

Veronika Batyan

Drawing from classical and modern dance styles, Power Dance fuses athletic intensity with graceful execution. An artful blend of easy-to-follow dance movements and cardio/strength intervals creates a fierce, sweat-drenching body and mind experience. This showstopper class will empower you to reach beyond your comfort zone and unleash your best self.

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

KNOWLEDGE IS POWER. TAKE THAT CONFIDENCE BACK HOME TO YOUR CLIENTS. THEY'LL NOTICE.

empower



The Gravity of Gravity

Jenna Zaffino

Gravity is the force that draws us towards earth. More mass equals more gravity. In this Pilates matwork session, we'll learn techniques centered around the concepts of tension and ground reaction force as teaching tools. This dynamic approach will help instructors work with gravity for improved muscle recruitment, balance, control and confidence for their clients.

SU2E Saturday, 9:00am-10:15am

Aqua Disco

Tanisha Haggard

Leave your high-heeled platforms at home and strap on those water slides for a little disco and a splash. Bring in the funk with this low impact, high energy dance class to stimulate your brain and challenge your muscles.

Take a dive at our disco party.

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

What Do You Eat?

Kylie Ross

What do you do when you don't know what to eat? Take away great nutritional go-to's on maintaining or losing weight and learn mild & natural detoxing methods that include juices, teas, and herbs. Let's discuss nutrition at its finest to ensure we understand how to coach our clients on how to stay on course when stressed, depressed, or overly excited. (Lecture)

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

Connect Your Passion to Your Plies

Tanya Becker & Alicia Weihl

Ready to unleash your most authentic, dynamic self as a teacher? Discover invaluable techniques to drive new client acquisition and retention by elevating your class experience: identify your core values and mission, deepen your understanding of sensory learning preferences, and learn to lead from the heart...with Passion, Purpose & Pliés. (Lecture)

SU2H Saturday, 9:00am-10:15am

SU3

10:45am-12:00pm

Perfect Programming for Active Agers

Amber Toole

Programming for active aging clients does not have to be boring! Incorporating a variety of types of exercise blended with functional training offers a chance to wow your clients. Walk away with fun, challenging workout sequences that will increase their quality of life.

SU3A Sunday, 10:45am-12:00pm

Dynamic Core Training

Sheldon McBee, MS

Your core muscles are an amazing team of skeletal muscle tissue that prevents injury and amplifies performance. In this unique workout, experience blocks of fun, energetic, and dynamic exercises that heavily utilize core conditioning. Enhance speed, power, and agility while minimizing risk to the spine. Designed for the general population this workout is the ideal opportunity to practice programming that can set you apart.

SU3B Sunday, 10:45am-12:00pm

Muscle Mindfulness - Happy Hips & Happy 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.

SU3C Sunday, 10:45am-12:00pm

BARREfusion™ Experience

Magda Lubov

BARREfusion™ is a low-impact, total body workout inspired by ballet. A unique approach to barre training with cardio bursts and our signature fuses, this format offers the benefits of rhythmic movement, high repetition strength work, athletic dance moves in an easy to learn, easy to teach, fun to take barre training. BARREfusion™ improves overall fitness levels while bringing out your inner ballerina!

SU3D Sunday, 10:45am-12:00pm

A Dance for All Seasons

Billie Wartenberg & Tanisha Haggard

Everyone loves a celebration! Take advantage of holidays, Special Occasions, Seasonal Changes to revive your classes for a good time! This session will teach members fun-themed choreography set to inspired music & perfect for keeping your classes fresh throughout the year!

SU3E Sunday, 10:45am-12:00pm

Smart Sets For Aqua Dumbbells

Cheri Kulp

Intelligently use Aqua Dumbbells for a safer, more effective full-body workout! Review basic considerations including benefits and challenges of using one vs. two dumbbells, and various techniques to position them into flotation devices. Alternate between work and active breaks for upper body (hands, wrists, shoulders). Leave with exciting new choreography ideas perfect to implement Monday morning and be inspired to create your own smart movement patterns!

SU3F Sunday, 10:45am-12:00pm

Feasting & Fasting?

Melissa Layne, MEd

Feasting and Fasting - and everything in between! What does the research show, as far as the various patterns of nutrient timing? How does the thermic effect of food raise our metabolism & for how long? What are the proven benefits of time-restricted feeding & why do they occur? Get all your questions answered! (Lecture)

SU3G Sunday, 10:45am-12:00pm

Making Small Group Training Work!

Mary Edwards, MS

Understand the benefits of small group training within your facility and how to develop, manage and grow your program and its instructors. Learn tactics to enhance the consumer experience, encourage and enhance instructor performance, and marketing strategies to increase participation. Explore what the future of small group training holds and how you can structure your small group training program to continue to grow with the changing needs of fitness and non-fitness consumers.

SU3H Sunday, 10:45am-12:00pm

SU4

12:15pm-1:30pm

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.

SU4A Sunday, 12:15pm-1:30pm



Long, Strong, Sculpted: Dynamic Flexibility

Siri Chilazi, MBA, MA

Dynamic flexibility is the perfect complement to strength training! Improved range of motion allows for enhanced muscle activation to sculpt a lean, toned physique. Learn the science of dynamic stretching and experience a flexible strength workout. Finish all of your classes feeling strengthened, lengthened, better aligned and breathing more optimally.

SU4B Sunday, 12:15pm-1:30pm

TRAMP CAMP: Rebound Recovery

Sabrina Ursaner



Bounce back to balance and health on the JumpSport mini fitness trampoline. Low-intensity exercise is proven to speed up the recovery process after intense workouts. Treat yourself to gentle bouncing, stability moves, stretches, and recovery techniques from a weekend full of exercise.

Leave feeling refreshed and ready to start your week with a new sense of purpose and focus.

SU4C Sunday, 12:15pm-1:30pm

FitBarre

Billie Wartenberg

Transform your body in this low impact class that strengthens, lengthens, and tones your entire body with the fluid, controlled and intentional movement.

Use various bands, balls, and light weights in this rhythmically driven class to strategically target and improve posture and core strength in FitBarre.

SU4D Sunday, 12:15pm-1:30pm

Disco & Dumbbells

Tanisha Haggard

Shake your "groove thing" in the ultimate cardio-circuit workout simple and fun for all levels. A mix of 70's and 80's tunes will help you get your sweat on in this challenging mind and body workout with a combination of functional training, light weights and dance. Channel your inner "dancing queen" and see you at the disco!

SU4E Sunday, 12:15pm-1:30pm

Swim Up Barre

Rosie Malaghan, MS, ERYT-200

Swim up to the barre for a true poolside playground! This low impact, full-body workout has a high impact on range of motion, posture and mindfulness. Join Rosie and learn how to create a fusion class that meets the needs of your multi-level clients. Serve up a cocktail of yoga, barre and joint mobility.

SU4F Sunday, 12:15pm-1:30pm

Low T for Women?

Irene McCormick, MS, CSCS

Millions of women are undiagnosed and untreated for Testosterone Deficiency Syndrome, TDS. Testosterone is one of the most vital hormones in women, and one of the first they lose. Symptoms include accelerated aging, fatigue, memory loss, moodiness, low libido, etc. Let's examine HRT and natural ways to increase testosterone. (Lecture)

SU4G Sunday, 12:15pm-1:30pm

Personal and Small Group Training Sales

Sheldon McBee, MS



You know the saying "you never get a second chance to make a first impression". This is also true when a prospective client is trialing your training services. As trainers, we all want trial clients to sign and we're disappointed when they don't. It's that simple. Your prospective client must envision a better version of themselves. It should be relevant, have a low learning curve, and be an experience they feel crazy to say no to. In this session learn the ins and outs of creating the best trial training session experience possible and boost your conversion rates.

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

100

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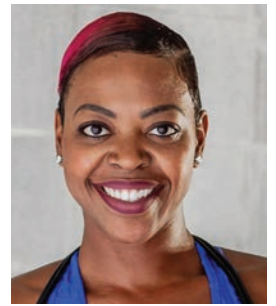
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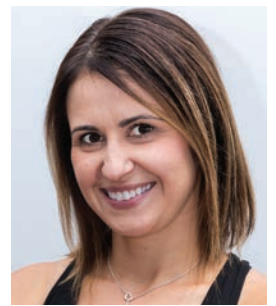
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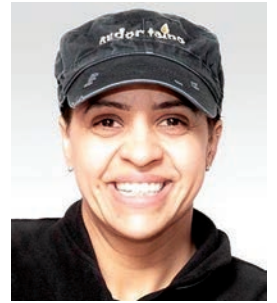
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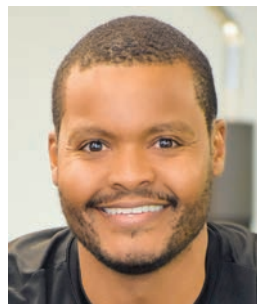
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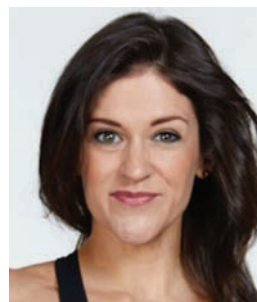
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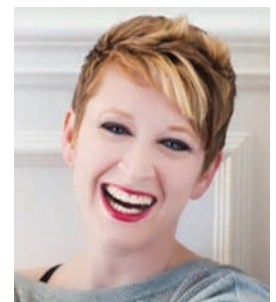
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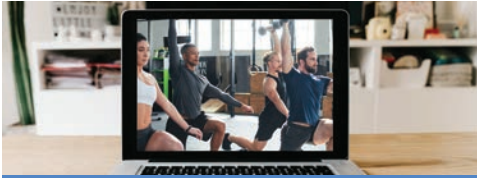
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