

CERTIFICATIONS  
THURSDAY, FEB. 22



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



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



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



SCW TAI CHI  
CERTIFICATION  
Craddock • 9:00am-5:00pm



DC MANIA®  
FIT PRO CONVENTION

A

HIIT / CORE / STRENGTH

B

FUNCTION / ACTIVE AGING

C



GX / DANCE /  
SMALL GROUP TRAINING

D

RECOVERY / MIND BODY

FRIDAY, FEB. 23	FR1	7:30am-8:45am	METABOLIC DISRUPTION Lenart	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	ULTIMATE LEG DAY Toole	YOGA-BATA VIIT Malaghan
	FR2	9:00am-10:15am	WARRIOR COMBAT™   KEEP FIGHTING Richards	OPEN THE "GAIT" TO FALL PREVENTION Gilbert	TOTAL BODY SHAPING McBee	PILATES, POWER & POISE Lenart
	EXPO SHOPPING 10:00am-11:00am					
	FR3	11:00am-12:15pm	GAME YOUR CORE Velazquez	AGING SHOULDER: EXERCISE TO FUNCTION! Aslakson	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED Cooperman	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb
	EXPO SHOPPING 12:00pm-2:45pm					
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	EFFORT MASTERY: COACHING PEAK PERFORMANCE AND MOTIVATION McBee SESSION 1	PLYOMETRIC EXERCISES FOR OLDER ADULTS Aslakson SESSION 2	SOULFUSION™ EXPERIENCE Vandenberg SESSION 1	TIGER TAIL® GOODBYE BACK PAIN Zuleger SESSION 2
	FR5	2:45pm-4:00pm	FULL BODY 3D HIIT-CIRCUIT Hughes	ACTIVE AGERS FROM THE GROUND UP! Velazquez	POWER: ONE SIZE DOES NOT FIT ALL Lenart	FUNCTIONAL TRAINING WITH FOAM ROLLERS Garcia
	EXPO SHOPPING 3:45pm-4:30pm					
	FR6	4:30pm-5:45pm	HIIT 'EM UP STYLE DANCE JAM Tara Turner	DEEP CORE AND PELVIC FLOOR Layne	PICKLEBALL POWER & PERFORMANCE Cooperman	BY ANY STRETCH Appel
	FR7	6:00pm-7:00pm	FITNESS IDOL Cooperman, Velazquez, Toole & Gilbert		SOULBODY RESTORE Townsend	

SATURDAY, FEB. 24

SA1	7:30am-8:45am	ALL TIME HIITS Appel	TIME WITH TISSUE Gilbert	BARREFUSION™ EXPERIENCE Vandenberg	GOT BACK PAIN? Garcia	
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am	 	KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD			ROOM B
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	WELCOME II THE TERRORDOME Turner	MOBILITY TRAINING ONLINE OR IN-PERSON Webb	SOULBODY YOGA SCULPT Dawson	TIGER TAIL® ACTIVE RECOVERY Zuleger	
EXPO SHOPPING 12:00pm-2:45pm						
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FUNCTIONAL CORE TRAINING Garcia SESSION 1	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb SESSION 2	BASIC TO BADASS PROGRESSIVE TRAINING PROTOCOLS Lenart SESSION 1	WARRIOR RHYTHM™   THE GUTS TO STAND OUT de Werd SESSION 2	
SA5	2:45pm-4:00pm	EMOM - EVERY MINUTE TO WIN IT! Appel	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert	LABLAST® FITNESS: BALLROOM BLITZ Cooperman	MELT. MOLD. MOVE: MOBILITY & RESTORATION Hughes	
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	ZUMBA® Busch & Bostic	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	STEP IT UP! Turner	SOULBODY BARRE+LIIT Dawson	

SUNDAY, FEB. 25	SU1	7:30am-8:45am	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes	TOUGHAGERS® ACTIVE OLDER ADULT FITNESS Rothschild	NAIL THE PERFECT WARM-UP Chilazi	GENTLE YOGA FOR MOBILITY Velazquez
	SU2	9:00am-10:15am	WARRIOR STRENGTH™: PUT FUN IN FUNCTIONAL de Werd	TAILORED TRAINING FOR ACTIVE AGERS Toole	SOULKICKBOXING™ Vandenberg	MARTIAL ASANA Craddock
	EXPO SHOPPING 10:00am-1:00pm					
	SU3	10:45am-12:00pm	TOTAL BODY STRENGTH Richards	SENIOR CIRCUIT Haggard	LABLAST® CHAIR FITNESS: PULL UP A SEAT Cooperman	QIGONG AND SELF-HEALING Craddock
	SU4	12:15pm-1:30pm	CORE BY 4 Wartenberg	INJURY PREVENTION FOR FITNESS INSTRUCTORS Chilazi	FUTURE-PROOFING FITNESS Batyán	YIN TO MY YANG Malaghan



WATERINMOTION  
AQUA EXERCISE  
CERTIFICATION  
Kulp • 9:00am-5:00pm



SCW MENOPAUSE  
WELLNESS: THRIVE WITH  
FITNESS CERTIFICATION  
Layne • 9:00am-3:30pm

get discounted  
ONLINE CERTS

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Pre-RecordedSESSIONS



E

AQUA (STARTS IN LECTURE)

F

NUTRITION / EX. SCIENCE

G

BUSINESS



PRE-RECORDED  
HIIT / CORE /  
STRENGTH

PRE-RECORDED  
RESTORE / PILATES /  
TAI-CHI

PRE-RECORDED  
AQUA  
EXERCISE

PRE-RECORDED



TIDAL TONING Kulp	BUILDING MUSCLE WHILE LOSING FAT Layne	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS McBee
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ Cooperman	MAGNESIUM: THE MIGHTY MINERAL UNVEILED Toole	TRENDS IN FITNESS PROGRAMMING Cooperman
EXPO SHOPPING 10:00am-11:00am		
SOCA SPLASH Haggard	HOW YOU MOVE MATTERS Laskowski	7 SKILLS TO TURN PERSONAL TRAINING INTO A LIFELONG CAREER Hughes
EXPO SHOPPING 12:00pm-2:45pm		
RIDE THE WAVE Velazquez, Kulp & Haggard SESSION 2	HEALTHY EATING FOR ACTIVE AGERS Malaghan SESSION 2	EFFECTIVE GX & PT SALES STRATEGIES PANEL Cooperman, Toole, de Werd, Smith & Clark SESSION 1
BEAUTIFUL BUOYANT BOOTY Vandenberg	THE GUT – SLEEP NETWORK EFFECT Layne	NAVIGATING LEGAL PITFALLS IN FITNESS Cooperman & Ball
EXPO SHOPPING 3:45pm-4:30pm		
H2O REPORTING FOR DUTY Haggard	ART OF FOOD AS FUEL Malaghan	STOP SELLING & CREATE CULTURE Gilbert
		TAX & FINANCIAL FITNESS BOOTCAMP Day


AQUA ZUMBA® Bostic	PREVENTING COMMON FITNESS INJURIES Laskowski	BECOMING THE BOSS: BUSINESS 101 Smith
EXPO SHOPPING 8:30am-9:15am		
EXPO SHOPPING 10:30am-11:00am		
AQUA SIT TO STAND SKILLS Layne	CHAIN REACTION BIOMECHANICS Hughes	FIND & ENROLL CLIENTS USING SOCIAL MEDIA Clark
EXPO SHOPPING 12:00pm-2:45pm		
BUOY, OH BUOY, OH BUOY! Velazquez, Kulp & Vandenberg SESSION 1	WEIGHT-LOSS MEDS & FAD DIET UPDATE Digsby SESSION 2	GROWTH: MUST OR BUST Cooperman, Ball, Clark, Ross, Webb & Dennis SESSION 1
4 FUNCTIONAL AQUA CIRCUITS Layne	FUNCTIONAL NUTRITION AND HORMONES: HEALTHY AGING Zuleger	START & GROW YOUR BUSINESS Cooperman, Dennis, Webb, Day & Esquerre
EXPO SHOPPING 3:45pm-4:30pm		
H2O RAPID RESISTANCE Kulp	SUGAR, SNACKS & HEART ATTACKS Digsby	YOUR FINANCIAL HEALTH Ross

CORE FUSION H2O Vandenberg	HOW TO KNOW IF YOU'RE UNDER-EATING Digsby	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Esquerre
CHANGING TIDES - H2O TABATA STYLE Kulp	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	THE NUTS & BOLTS OF BUSINESS Esquerre
EXPO SHOPPING 10:00am-1:00pm		
TABATA AQUA RUNNING & CONDITIONING Wartenberg	MINDSET MAGIC: GUIDING NUTRITION MASTERY Toole	RAMP UP YOUR RETENTION WITH A CHALLENGE! Digsby
AQUA BOOT CAMP Carroll	OLDER & WISER Rothschild	PUBLIC RELATIONS FOR FITNESS PROS DaCosta


HOW TO MASTER THE DEADLIFT Mike	HAPPY HIPS & HEALTHY BACKS Fulton	AQUA YOGA FLOW Warasila	INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY Kooperman
7 GAME-CHANGING GLUTE TRAINING TIPS Tumminello	HIGH ROLLER - FOAM ROLLER PILATES Appel	AQUA HIIT THE BEAT Fowler	FIRESIDE CHAT WITH MARK HARRINGTON JR. Kooperman & Harrington
SMART STRENGTH FOR THE AGELESS FEMALE Roberts	CORE YOGA STRONG Howard	AB- ARSENAL Gilbert	SUCCESSFULLY BUILD YOUR MEMBER BASE Williams
TOTAL BODY RESET Turner	LOWER BODY SELF CARE Bettendorf	MIX-MATCH AQUA MOVES TO THE MAX Howard	RETIRED, NOT EXPIRED! STRENGTH TRAINING FOR MATURE ADULTS PANEL Kooperman, Roberts, Ritchie & Gilbert
REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF Mullins	ADAPTIVE TAI CHI: MOVING DESPITE LIMITATIONS Glassmeyer	AQUA BRAIN POWER Gilbert	RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS Hoff
LOWER BODY BURNOUT Howard	FOGA - FOAM ROLLING AND YOGA Zahn	BARRACUDA BOOTY Kulp	NEW WORLD SALES & MANAGEMENT McBride
CORE TRAINING METHODS Mullins	CORE FORWARD PILATES Howard	10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING McCormick	BIGGEST SECRETS IN PERSONAL TRAINING SALES SUCCESS Baraglia

ROCK BOTTOMS! BANDED BOOTY STRENGTH McDonald	TAI CHI • WEIGHTS - IRON FUSION Ross	POWER TO THE POOL Dziubinski	STRETCHING FOR STRENGTH FLEXIBLE FOUNDATIONS PANEL Kooperman, Chilazi, Appel & Roberts
GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE (filmed at previous SCW Conventions) when you Add DC MANIA 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!			
CONTENDER Richards	YOGA SOUL Cooperman	CHEEKS FOR WEEKS - H2O Gilbert	PROFITABLE TRAINING WITH CLIENTS 55+ Ritchie
SL@T - STRENGTHEN, LENGTHEN & TONE Howard	FUNCTIONAL PILATES Velazquez	AQUA YOGA FOR ARTHRITIS Fairbrother	CONVERTING SOCIAL MEDIA CONTENT INTO CUSTOMERS Christopher
GLUTE TRAINING - BEGINNER TO ADVANCED Johnson	SHOULDERS: PROTECTION & PERFORMANCE Christopher	H2O TAP OUT Cofield	BUILDING SUCCESSFUL HYBRID BUSINESSES Vokoun
CREATIVE COMPOUNDS Gavigan	FOREVER PILATES Appel	EASY-GRIP AQUA DUMBBELL WORKOUT Kulp	PURPOSEFUL PROGRAMMING Madden


TOP-TIER CORE CONDITIONING Robinson	THE ART OF FLOW: YOGA BASICS Conti	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Velazquez	NEW CLIENT RETENTION McBee
G.R.I.T. - STRENGTH TRAINING FOR THE AGER Gilbert	SMR: FUNCTIONAL FASCIA TECHNIQUES Gavigan	LIQUID LEVELS Pinkowski	ENTREPRENEURSHIP & OPENING Sheppard
CORE OFF THE FLOOR Zahab	YIN TO MY YANG Malaghan	TAB-AQUA QUICKIES Howard	BUILDING YOUR BUSINESS Stevenson
Access to pre-recorded sessions can be found at <a href="https://scwfit.com/DC">scwfit.com/DC</a>			

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


CERTIFICATIONS  
SUNDAY, FEB. 25




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



S.E.A.T. SUPPORTED  
EXERCISE FOR AGELESS  
TRAINING CERTIFICATION  
Gilbert • 7:30am-3:30pm



SCW PILATES MATWORK  
CERTIFICATION  
Lenart • 7:30am-3:30pm



ZUMBA® BASIC 1  
TRAINING  
Bostic & Busch  
7:30am-3:30pm