

dc mania[®]
fitness pro convention

Feb. 28-Mar.2 // Herndon, VA
scwfit.com/dc

A Convention Fit For All. ➔



2025

SCW

Welcome to DC Mania®!

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



Expert Led Sessions



100+ sessions in fitness, wellness, and business, led by top experts and industry icons—delivering the latest knowledge for your career growth.



20 CEC/CEUs



Certifying organizations include:

- ACE → SCW → AFAA
- ACSM → NSCA → NASM



Endless Opportunities

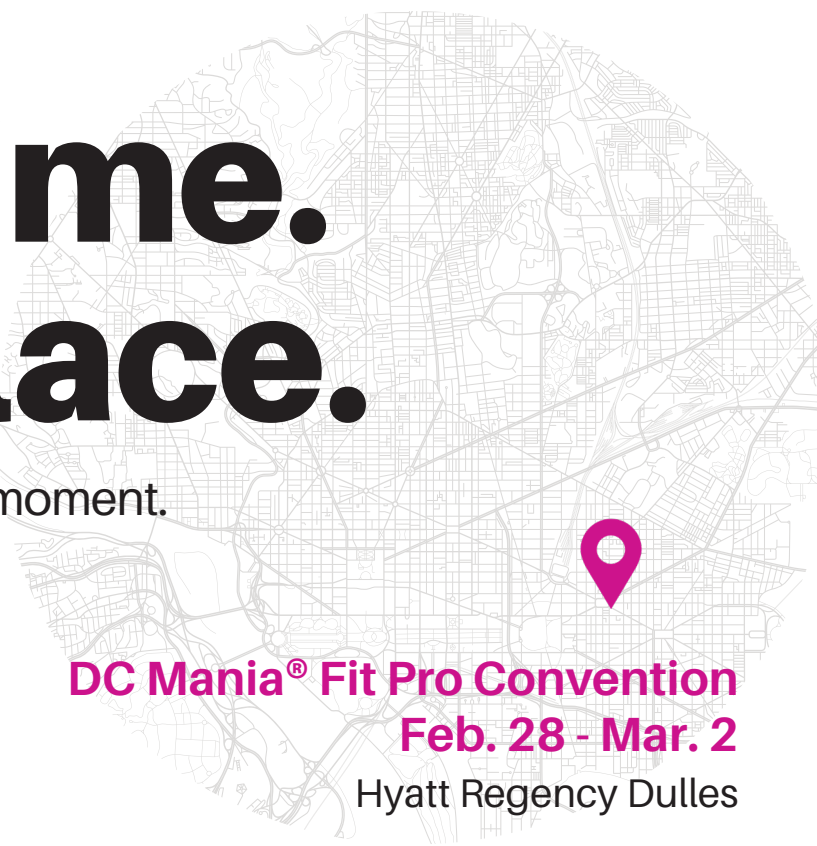


Join passionate, driven fitness pros who share your commitment, creating endless opportunities to connect and collaborate.



Right Time. Right Place.

Make this your career defining moment.



DC Mania® Fit Pro Convention
Feb. 28 - Mar. 2
Hyatt Regency Dulles

Feb. 28 - Mar.2 // Herndon, VA

Unlimited Options.

DC Mania® offers endless attendance options, allowing you to tailor your experience with sessions, workshops, and specialty certifications that align with your career goals—all at affordable rates.



**100+ Live
In-Person Sessions**



**Networking
Events**



**15 Specialty
Certifications**



**Business
Summit**



**Expo
Exclusives**



**Flexible
Pricing**



A World of Fitness Knowledge All In One Place!

DC MANIA® offers a one-of-a-kind experience with 100+ sessions led by fitness icons from around the world—all in one place!



Topics For Every Pro

- **Personal Training**
Latest techniques, science and client engagement strategies.
- **Group Exercise**
Fresh formats, choreography, and instructional skills.
- **Nutrition and Wellness**
Holistic approaches to diet, mental wellness, and recovery.
- **Mind-Body**
Classes on yoga, Pilates, meditation, and mental resilience.
- **Recovery**
Techniques for healing, injury prevention, and optimal performance.
- **Active Aging**
Specialized approaches for fitness, mobility, and wellness in older adults.
- **Business of Fitness**
Marketing, sales, management, and retention strategies for studio owners and trainers.

You'll Fit Right In.

Just minutes from Washington, D.C., the Hyatt Regency Dulles provides a modern venue with convenient amenities—ideal for three days of immersive learning and networking for fitness pros.

dc mania[®]
fitness pro convention

Mania[®] Convention Sessions & Workshops

Feb. 28, March 1 & 2
(Fri., Sat., & Sun.)

SCW Business Summit

Feb. 28, March 1 & 2
(Fri., Sat., & Sun.)

Certifications

Feb. 28 & March 2, 2025
(Thur. & Sun.)

**Mania[®] & Business Summit
Discount Deadline:
Save \$60 by registering by Feb. 10.**



Hyatt Regency Dulles

2300 Dulles Corner Boulevard
Herndon, VA 20171

- Free Parking & Airport Shuttle
- Free Wi-Fi
- Free Coffee Maker & Mini-Fridge
- Includes Fold-out Sleeper Sofa
- Every Room is a Suite

**SCW Guaranteed Lowest Rate:
\$110 (Reg. \$234)
Hotel Discount Deadline:
Tues., Feb. 11**

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



Pro Connections ➔



Learning is Earning

Earn 20 CECs/CEUs from SCW, ACE, AEA, ACSM, AFAA, & NASM.

scwfit.com/dc/cecs



Expo Shopping

Exclusive deals and the latest fitness products.

scwfit.com/expo



Certifications

Specialized fitness Certifications Feb. 28 & March 2, 2025.

scwfit.com/dc/certifications



Business Summit

Insights & tools for fitness success at the 3-Day Business Summit.

scwfit.com/dc/business



Sponsor, Exhibit or Advertise

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scwfit.com/partner





Event Sponsors

Making a stronger Mania®—thank you for your support!

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Associate Plus Sponsors



Associate Sponsors



CEC/CEU Providers & Educational Supporters





S.E.A.T. (Supported Exercise for Ageless Training)
A ready-made, award-winning, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility through functional fitness.
seatfitness.com



Symmetry for Health
A postural assessment system designed to improve clients' posture, relieve pain, and enhance function using AlignSmart technology.
symmetryalignsmart.com



Grab the Gold
Energy-packed snack bars and supplements with simple, honest ingredients that support an active lifestyle.
grabthegold.com



Soul Fusion
A holistic workout combining yoga-inspired movement, cardio, and strength for balance and core stability, ideal for total-body wellness.
soulfusionfit.com



WATERinMOTION
An exciting water exercise program combining cardio, strength, and flexibility for a high-energy, low-impact workout.
waterinmotion.com



Standout Fit Pro
Empowers fitness professionals with tools and resources for building successful fitness careers through community support and innovative training.
standoutfitpro.com



Sangha Yoga Collective
A community-based yoga collective focused on holistic practices for mental and physical well-being, connecting wellness enthusiasts.
sanghayogacollective.com



CoreSpring
Offers tools for core-focused strength training that enhance fitness, balance, and flexibility for enthusiasts and professionals.
corespring.life



GymFit Financial
A versatile fitness platform with customized workouts, meal plans, and community support for all fitness levels.
gymfitfinancial.com



Medical Health & Fitness
Health-focused fitness programs designed to improve physical health, mobility, and wellness, specializing in medical fitness solutions.
medhealthfit.com



TANITA
Leading provider of body composition analyzers and scales for accurate health metrics, supporting fitness and wellness professionals.
tanita.com



Master Phil Industries
Phil helps people build strength, enhance skills, and lead resilient lives. Join Master Phil to transform your body, mind, and spirit with his expert guidance.
bodybellmethod.com



LaBlast
A dance fitness program inspired by ballroom, providing fun, accessible workouts adaptable to any fitness level.
lablastfitness.com



The Mobility Recipe
An innovative mobility training approach, combining targeted movements and education to enhance flexibility, strength, and joint health.
themobilityrecipe.com



Indigo Aquatics
Specializes in aquatic fitness equipment and training programs, improving strength, endurance, and flexibility in a low-impact setting.
www.indigoaquatics.com



ToughAgers
Empowers older adults to stay active and resilient through functional fitness programs designed for aging bodies.
www.toughagers.com



VK Professional
Offers professional-grade fitness equipment and accessories, enhancing workout experiences for personal trainers and fitness facilities.
vkprofessional.net



BOQ Aquatics
Aquatic fitness solutions that combine cardio and strength training, creating a full-body workout in water.
boqaquatics.com



Fit Pro Programming
Expert-designed workout plans and resources tailored for fitness professionals to boost client engagement and results.
fitproprogramming.com



FitFixNow
Offers flexible, accredited online continuing education courses for fitness professionals, accessible from anywhere.
www.fitfixnow.com



ML Wellness
A holistic wellness platform focused on mental and physical health, offering diverse programs and resources.
mlwellnesscoach.com/



Korb Health
Personalized solutions blending fitness and nutrition for a comprehensive, holistic approach to well-being.
korbhealth.com



CNU Stretch
Specialized stretching programs to improve flexibility, reduce pain, and enhance athletic performance at all fitness levels.
cnustretch.com



Zumba
Dance fitness classes mixing Latin and international music with energetic moves for a fun, total-body workout.
zumba.com

More Ways to Save & Attend.

Want to save beyond the discounted Mania® price (\$60 off until Feb. 10) or can't attend in person? We've got you covered.



Support Squad

Join The Mania® Support Squad - **Save \$240!**

- Earn 20 CECs/CEUs
- Work 1 day, attend 2 FREE!
- 50% OFF SCW Certifications, Apparel, Equipment & Accessories
- FREE T-shirt, Staff Dinner, Masterclass & Refreshments in the SCW Member Room

staff@scwfit.com
678-901-9642

scwfit.com/dc/staff →



Membership

Perks Include:

- 3-Day MANIA® & Business Summit: \$150 off
- Online Certifications: \$100 off
- In-Person Certifications: \$20 off
- SCW Booth Equipment: 50% off
- Video Courses: 20% off
- Members-Only Room at Mania®
- Free Subscription to SCW OnDemand

scwfit.com/membership →



Recordings

Filmed Live at Mania®

Access over 100 sessions, seminars, and lectures with 200 hours of recorded content for just \$60 as an add-on for attendees.

If you can't make it to the live event, you can also purchase the recordings package as a standalone product. Recorded sessions qualify for 20 CEC/CEUs.

scwfit.com/dc/recordings →



Scholarships

Michael Scott Scudder Scholarship

Mania® access for a dedicated club owner, manager, or entrepreneur.

Atchara Seesawat Scholarship

Free Mania® admission for a personal trainer focused on client care.

MANIA Student Scholarship

Supports college students with free Mania® access and discounted certification.

scwfit.com/scholarships →



Accredited Certifications

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

Certifications Thursday, February 27



SCW Personal Training Certification

Gail Bannister-Munn

Thursday, Feb. 27, 9am-6pm



\$199 Mania® attendees

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

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

succeed in the competitive fitness industry. Through a blend of lecture and hands-on experiences, you'll gain the expertise to empower clients to achieve peak health and performance. Certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.0).



SCW Active Aging Certification

Ann Gilbert

Thursday, Feb. 27, 9am-5pm



\$199 Mania® attendees

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

Unlock the secrets to aging well with the SCW Active Aging Certification, crafted for fitness professionals committed to enhancing seniors' lives. This dynamic course combines cutting-edge research with practical techniques, focusing on cardiovascular health, strength, flexibility, balance, and mental well-being. Dive into the musculoskeletal changes, physiology, and kinesiology of aging, and discover



how exercise can positively impact these areas. Learn functional training strategies for older clients with varying abilities and design safe, effective exercise programs that empower seniors to thrive. Ideal for group fitness instructors, trainers, and program managers, this one-day certification includes hands-on training, a comprehensive manual, and an online exam. Earn valuable CECs: SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).



SCW Group Exercise Certification

Manuel Velazquez

Thursday, Feb. 27, 8am-5pm

\$199 Mania® attendees

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

This Nationally Recognized Certification empowers you with the confidence to master impactful teaching skills and successfully lead a group fitness class. Learn essential skills such as proper class sequencing, warm-up progressions, musical phrasing, effective cueing techniques, and choreography development. Gain a thorough understanding of group cardiovascular fitness, muscular endurance, and flexibility training techniques, enabling you to implement them in various class settings. Our cutting-edge Group Exercise Certification provides a balance of theoretical and practical training, ensuring that you are prepared for the newest variety of fitness programming. This includes Hi/Lo impact



cardiovascular training, muscle conditioning and sculpting, HIIT programming, and much more. The certification includes hands-on practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW T'ai Chi Certification

David-Dorian Ross

Thursday, Feb. 27, 9am-5pm

\$199 Mania® attendees

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

Tai Chi (Taiji) is one of the oldest forms of organized exercise in the world. This online course is an introduction to the essentials of Tai Chi for fitness instructors. In it you will learn a basic repertoire of traditional movements and how these exercises develop stability, mobility, and strength in a beautiful "moving meditation". Learn exercises from Qi Gong, which can be done in any order, at any time of the day and without equipment. These exercises are also known as the age-old Yang Short Form of T'ai Chi. Understand eight essential principles and apply them to movement, along with traditional T'ai Chi breathing guidelines. Teach your clients to feel more invigorated, more energized, and more balanced from this natural choreographic flow of wellness. Through a dynamic blend of video lectures and interactive online activities, you'll gain the expertise to empower clients to achieve peak health and performance. Certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (7.0), AFAA (8.0), NASM (0.8).



WATERinMOTION® Aqua Exercise Certification

Cheri Kulp

Thursday, Feb. 27, 9am-5pm

\$199 Mania® attendees

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

Enhance your aqua fitness classes with this comprehensive certification program. Begin with a 6-part online course, complete with a manual and videos, covering the scientific principles of water exercise, the WATERinMOTION® RIPPLE teaching method, cueing techniques, deck teaching skills, active aging principles, and water-specific strength



training. The program culminates in an 8-hour, full-day practical training, where you'll master choreography routines to improve class sequencing, musical phrasing, teaching skills, and full-body toning. Ideal for both aqua and land instructors, this certification ensures enhanced class structure, routine creation, and leadership development. Upon completion, participants earn certification in all three WATERinMOTION® programs: Original, Platinum, and Strength. Instructors on Wautoship can attend the live course for free. This certification is approved for CECs through AEA (8.0), SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), and ACSM (7.0).

SCW Aquatic Exercise Certification



Melissa Layne, ME

Thursday, Feb. 27, 9am-5pm

\$199 Mania® attendees

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

Dive into the world of water fitness with a nationally recognized certification that provides the essential for anyone looking to teach water exercise. This program covers the benefits of aquatic exercise, anatomy, and kinesiology as applied to water, along with water depth adaptations, movement planes, musicality, and adjustments for special populations. Leadership skills and effective cueing techniques are emphasized through on-site instruction and one-on-one assessments. The certification includes both theoretical and practical training, a comprehensive manual, and an online exam, ensuring you're prepared to lead successful aquatic exercise classes. Accredited for CECs: AEA (7.0), ACE (0.7), ACSM (8.0), AFAA (8.0), NASM (0.8), SCW (8.0).



ToughAgers® Instructor Active Older Adult Fitness

Deborah Rothschild, MS

Thursday, Feb. 27, 9am-4pm

\$129



Let's train older adults so their bodies function optimally. Like all other age groups, older adults need: cardio, balance, resistance, core, and flexibility training. Since most of them will not exercise on their own, let's provide a fun, supportive, and social environment for them to do



so. This course will give you the tools to confidently lead a safe, effective, active older adult fitness class, small group training, or private training session. SCW (6.0), AFAA (6.0), NASM (0.6).



ZUMBA® Basic 1 Training

ZUMBA®

Jenna Bostic & Beatriz Busch

Thursday, Feb. 27, 7:15am-5pm

\$399 Registration Fee (Use Promo Code: TSZUMBA65 to receive a 65% discount)

This training is the first step to becoming a Zumba® Instructor, and it teaches

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



Feb. 28 - Mar. 2 // Herndon, VA



LaBlast® Fitness Instructor Certification



Deanna Dovel

Thursday, Feb. 27, 8am-5pm

\$99 early bird registration price through Feb. 13.

\$125 registration price after Feb. 13.

Becoming a LaBlast® instructor will set you apart from the crowd by joining the only dance fitness program that perfectly blends ballroom dance and fitness physically, mentally, and emotionally. Our one-day certification dives into the 10 dances of LaBlast®, teaches the unique LaBlast® movement philosophy and provides the tools needed to lead your own LaBlast® classes in no time. SCW (8.0), ACE (0.8), AFAA (8.0), NASM (8.0)

Certifications Sunday, March 2



SCW Yoga 1 Certification



Manuel Velazquez

Sunday, March 2, 7:30am-3:30pm

\$199 Mania® attendees

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

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



SCW Pilates Matwork Certification



Abbie Appel

Sunday, March 2, 7:30am-3:30pm

\$199 Mania® attendees

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

This nationally recognized certification offers an in-depth exploration of classical Pilates movements and their modifications, enhancing creativity and expertise. The program emphasizes core stabilization, optimal alignment, and Pilates matwork, blending theory with practical training. Participants master over 40 essential exercises, including variations for spinal dysfunctions and postural imbalances. The course provides choreography variations that are easy to learn and apply, equipping instructors with creative programming options for all ages and abilities. Included are practical training, a comprehensive manual, and an online exam, ensuring participants gain the skills needed to teach effective and innovative Pilates Mat Classes. Whether new to Pilates or deepening expertise, this certification will elevate your teaching credentials. Accredited for CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).





Symmetry Postural Measurement Certification

Patrick Mummy



Sunday, March 2, 7:30am-3:30pm

\$199 Mania® attendees

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

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

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

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



SCW Stretching & Flexibility Training Certification

Gail Bannister-Munn



Sunday, March 2, 7:30am-3:30pm

\$199 Mania® attendees

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

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

training, a comprehensive manual, and an online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).



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

Ann Gilbert



Sunday, March 2, 7:30am-3:30pm

\$199 Mania® attendees

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

This comprehensive program is perfect for Active Aging and Specialty Format Instructors looking to elevate their chair exercise classes. Focusing on the aging process, the course delves into physiology, kinesiology, and the unique needs of students requiring extra support. Learn to use a chair as a base for sitting, standing, and supported movements, enhancing group teaching skills. The program covers effective verbal and visual cueing, memory-improvement strategies, and active aging principles. A full-day practical training session includes choreography routines to improve class sequencing, musical phrasing, and teaching skills, supported by the latest online video resources. Both novice and experienced instructors will benefit through enhanced class structure design, routine creation, and leadership development. The course includes a manual, downloadable PowerPoint, a full-hour workout video, music, flashcards, an automated online exam, and a certificate. Accredited for CECs: ACSM (7.0), ACE (7.0), AEA (7.0), AFAA (7.0), NASM (0.7), and SCW (7.0).





scwfit.com/dc



The Main Event.

Discover more than 100 sessions at DC Mania®, happening Feb. 28–March 2 and take your fitness career to the next level.

Friday, February 28

FR1 Sessions 7:30am - 8:45am

FR1A: Kettlebell Training for Women

Phil Ross, MS & George Corso

Empower your fitness journey with kettlebell training designed specifically for women! This session focuses on building strength, enhancing endurance, and sculpting muscles through dynamic, functional movements. Perfect for all fitness levels, you'll learn techniques to maximize results and boost confidence. Join us to lift, swing, and transform your body in a supportive and energetic environment.



FR1B: Dare to Chair

Ann Gilbert

"Dare to Chair" introduces an innovative seated workout that blends lowimpact cardiovascular exercises with functional movements. Perfect for those with mobility challenges or seeking a gentler approach, this program focuses on Purpose, Performance, and Population (PPP), offering a tailored solution for the aging population and anyone needing a more accessible fitness option.



scwfit.com/dc



FR1C: ZUMBA®**Beatriz Busch**

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

FR1D: Flow Like a Pro**David-Dorian Ross**

This fastpaced, fun session breaks down Tai Chi into easy, bitesized moves, helping you master effortless movement and inner calm. Perfect for fitness pros, you'll tap into your body's natural flow, learning practical techniques without the long learning curve. Discover Tai Chi's benefits in a fresh, accessible way!

**FR1E: Liquid Gym
Acqua Toner Stretch & Tone****Cheri Kulp**

Experience the incredible resistance exercises with Liquid Gym Acqua Toner Bands and Bar, and elevate your aqua workout to a new level. Combine the power of strength resistance training with the resistance and hydrostatic properties of water to transform your exercise routine. Increase flexibility, muscle tone, and range of motion; improve proprioception and blood circulation. Conclude with a stretch routine using the Liquid Stars.

**FR1F: Debunking
Exercise Science Myths****Melissa Layne, MEd**

Discover the truth behind commonly misunderstood topics in fitness. We'll debunk myths about lactate, metabolism, protein synthesis, heart rate variability, the thermic effect of food, and more. Explore the research and gain clarity on these key concepts. Don't miss this informative session! (Lecture)

FR1G: Making Sales Suck Less**Dane Robinson**

Struggling to sell your fitness services without feeling pushy? Boost your sales closing percentage and more importantly, your sales confidence using a six steps recipe. Plus, learn how to handle objections easily and strategically without hard closing. Gain the skills to connect with clients authentically and make sales suck less!

FR2 Sessions**9am - 10:15am****FR2A: Welcome II the Terrordome****Tara Turner**

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



FR2B: Aging Brains & Bones

Melissa Layne, MEd

Discover the age-related changes that occur in the brain and bones, explore the causes behind these changes, and learn what we can do to slow the process. Experience a workout that includes activities targeting neuroplasticity and osteoporosis prevention. We'll wrap up the session with two large group games to keep everyone laughing.

FR2C: BarreRaising Workout

Veronika Batyan

There are countless barre classes out there, but which ones truly stand out? This interactive workshop will explore the most popular barre formats and equip you with the knowledge and skills to create your own remarkable barre-inspired classes. Learn effective sequences that you can implement immediately and become a barre fitness powerhouse!

FR2D: Iron and Silk: Power Meets Precision

David-Dorian Ross

This dynamic class fuses explosive kung fu with the calm strength of tai chi. Experience powerful strikes, dynamic kicks, and balance-building techniques. Discover how raw power and subtle control work together for a full-body workout that challenges both your physical and mental capabilities.

FR2E: Buoy, Oh Buoy, Oh Buoy

Cheri Kulp, Zoraida (Zory) Sepulveda, Mac Carvalho, Manuel Velazquez

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



FR2F: Mastering Macros

Amber Toole

Unlock the science of macronutrients and learn how to guide clients toward better nutrition. Explore how to assess client needs and implement macro-based nutrition for effective weight loss. Attendees will leave with practical strategies to confidently coach clients, stay within scope, and achieve sustainable, balanced results.

FR2G: Stretching Strategies: Flexibility, Recovery, Performance

Sara Kooperman, JD, Gail Bannister-Munn, Dr. Edward Laskowski, MD, Evans Armantrading, Jr.

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



FR3 Sessions 11am - 12:15pm

FR3A: The Core 6: Strength & Movement Essentials

Gail Bannister-Munn

Master the six key movement patterns—Squat, Hinge, Lunge, Pull, Push, and Carry—in this highenergy class. Build strength, stability, and mobility for daily life and athletic performance. Perfect for all fitness levels, this class helps prevent injury, improve fitness, and empower you to move better, feel stronger, and live healthier!

FR3B: Prime Performance for 50+

Dane Robinson

For coaches training older adults, this session covers sport-specific programming to keep clients strong, agile, and functional. Learn to design workouts that boost cognitive function, enhance performance, prevent injury, and promote a high quality of life, ensuring longevity in both sport and daily activities.

FR3C: Flex & Power: Hip Mobility Mastery

Cheri Kulp

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

FR3D: Unlocking Revenue Streams with Stretch Therapy

Evans Armantrading, Jr.

Add profitable stretch therapy services to your repertoire with this hands-on workshop! Discover pricing models, implementation strategies, and core stretch techniques to boost client satisfaction and retention. Combine activity and lecture to empower your business, drive new revenue, and differentiate your offerings in a competitive market.



FR3E: Aqua Ease: Flexibility for Active Agers

Manuel Velazquez

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

FR3F: Boost Your PreWorkout & Recovery

Sara Kooperman, JD, Danielle Ontiveros

Unlock your body's full potential with personalized pre and postworkout strategies. In this fireside chat, discover how tweaks in nutrition, supplementation, and hydration can optimize energy, performance, and recovery. Learn what works best for your body type, including tips for HIIT, fasted cardio, and more.



FR3G: Marketing Mastery

Christine Conti, MEd

Bring your smartphone and join Christine Conti for a hands-on session filled with top marketing and branding strategies! Discover proven techniques to expand your reach and enhance your presence. Leave with fresh social media content and innovative ideas to take your business to the next level!



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

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

FR4A: Kettlebell Krush

Tara Turner

Using an age-old piece of equipment, improve strength, endurance, and enhance overall fitness in an exciting and dynamic training environment. This kettlebell program incorporates unique layering techniques along with safe and effective execution cues. Leave with creative patterns and a strong balance of power & endurance.



FR4B: ToughAgers® Active Older Adult Fitness

Deborah Rothschild, MS

Neuromotor Exercise Training—What is it, what are the benefits, and how can it be applied to fitness training for active older adults? This sciencebased totalbody program includes cardiorespiratory, balance, resistance, core, and flexibility training. Leave with program suggestions, choreography, and strength training systems supporting Tough Agers!



FR4G: Start & Grow Your Business

Sara Kooperman, JD, Erica Day, Brandi Clark, Ann Gilbert, Amber Toole & Danielle Dorsey, MS

Learn how group exercise instructors can start or grow a successful business—online or inperson. Explore options for selling products, personal training, and more to achieve financial and individual success. Attract and retain clients effortlessly with affordable tools for marketing automation, client feedback, loyalty rewards, and easy payment processing, ensuring steady growth, expanded revenue, and a loyal customer base.



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

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

FR4C: Hip Mobility for Peak Performance

Gail Bannister-Munn

Sitting too much can reduce lower body function and cause pain. In this session, learn techniques to improve hip mobility, flexibility, and strength, boosting functional movement and athletic performance. Prevent lower back pain, knee discomfort, and injury while enhancing explosive movements. Keep your hips healthy and your body performing at its best!

FR4D: CoreSpring® Pilates: Abs & Glutes

Charlyn Huss d'Anconia, MA, NCPT

This creative totalbody resistance band workout starts with steadystate cardio to raise heart rate and engage all three planes of motion. Strengthen the core using tubing, challenge balance, and improve coordination through functional movement. Finish with a unique stretch and relaxation segment. Suitable for all ages and fitness levels, with a fun twist!

FR4E: Liquid Gym Acqua Punch & Pump

Manuel Velazquez

Give your water workout a PUNCH! Experience a truly unique workout that reduces fat, strengthens your core, and tones your arms and legs while improving coordination and flexibility. This class features jabs, punches, and kicks, all performed in water using Liquid Gym Gloves! Add Liquid Gym Acqua Tone Loops for extra leg work, energizing your whole body with less stress on your joints.



FR4F: Muscle, Bone & Fat Crosstalk

Melissa Layne, MEd

Explore how myokines, cytokines, osteokines, and adipokines facilitate communication between muscle, bone, and fat tissue. This session



dives into their roles in regulating metabolism, inflammation, and health. Gain insights from recent research on how these interactions affect fitness, aging, and disease prevention.

FR5 Sessions 2:45pm -4pm

FR5A: Mobility Training – Online or InPerson



Ruston Webb

Unlock the untapped potential of mobility training. Integrate mobility exercises into group sessions to enhance client retention, achieve better results, and increase your revenue. Experience firsthand the movement sequences that unlock the body's potential. Don't miss out on this burgeoning trend in the fitness industry. Join Ruston and stay ahead in this competitive market.

FR5B: Strength Training for Longevity & Vitality II

Sara Kooperman, JD

Whether a personal quest or a way to engage the fastestgrowing segment of the population, this incredibly creative bodyweight workout presents effective and manageable training techniques for the 50+ population. Led by an icon in the fitness industry, Sara takes you through this Group Strength Class using unique multijoint, 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.

FR5C: SOULfusion™ EXPERIENCE



Mac Carvalho

Athletic mindbody movement set to crazy fun music! Experience a SOULfusion masterclass and dive deeper into the importance of music and how it connects to movement. Walk away with easytolearn, easytoteach, funtotake choreography to use in your classes right away. SOULfusion is a blend of yogainspired moves, flexibility, mobility training, and cardio bursts designed for EVERYbody. It's more than a class, it's an EXPERIENCE!

FR5D: SYMMETRY Scientific



Stretching

Patrick Mummy, Gail Bannister-Munn

Discover Symmetry's patentpending AlignSmart® system, designed to measure and correct postural imbalances through customized routines. This session teaches you how to implement targeted stretching techniques that optimize posture before workouts. Ensure precision in your training by assessing first—because if you aren't assessing, you're guessing!

FR5E: Aqua ZUMBA®



Jenna Bostic

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

FR5F: Nutrition for Lasting Change



Merle Lee, MS

Gain insight into the habits and unconscious obstacles preventing clients from reaching their weight loss goals. Learn practical strategies to support a mindset shift around food, focusing on mindful eating and sustainable habits for longterm success. Empower clients to create lasting change through evidencebased nutrition approaches.

FR5G: Find & Enroll Clients Using Social Media



Brandi Clark

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



dc mania®

■ Indicates session is being recorded and will be available online. Recordings can be purchased as an add-on or for a flat fee.

A	B	C	D
HIIT, Strength, & Core	Function & Active Aging	GX, Dance, & Small Group Training	Recovery & Mind Body
Kettlebell Training for Women P. Ross & Corso	Dare to Chair Gilbert	ZUMBA® Busch	Flow Like a Pro Ross
Welcome II the Terrordome Turner	Aging Brains & Bones Layne	Barre-Raising Workout Batyan	Iron and Silk: Power Meets Precision Ross
The Core 6: Strength & Movement Essentials Bannister-Munn	Prime Performance for 50+ Robinson	Flex & Power: Hip Mobility Mastery Kulp	Unlocking Revenue Streams with Stretch Therapy
Kettlebell Krush Turner Session 1	ToughAgers® Active Older Adult Fitness Rothschild - Session 1	Hip Mobility for Peak Performance Bannister-Munn - Session 2	CoreSpring® Pilates: Abs & Glutes d'Anconia - Session 2
Mobility Training – Online or In-Person Webb	Strength Training for Longevity & Vitality II Kooperman	SOULfusion™ EXPERIENCE Carvalho	SYMMETRY- Scientific Stretching Mummy & Bannister-Munn
Next-Level Core Training Garcia	Boost Brain & Body Balance Gilbert	Pump Your Peach! Toole	Gentle Yoga for Mobility Velazquez
Dance Off! LaBast® Batyan & Velazquez	Fitness Idol Kooperman, Gilbert, Robinson & Toole	This Can Be Your Class! Contact: partner@scwfit.com	Yin to My Yang Lemons
Killer Core Appel	More Than Muscle: Welcome to the Brain Game - Lemons	Step it Up! Turner	CoreSpring® Pilates Functional Performance d'Anconia
SA2A: Keynote Address: The Fitness Evolution Patrick Mummy			
Shoulder Pain: Optimize Through Exercise - Webb	S.E.A.T. Supported Exercise for Ageless Training - Gilbert	Barre Hard Core Chilazi	Stretch Savvy: Hands-On Techniques Bannister-Munn
SOULstrength™ EXPERIENCE Carvalho - Session 1	No Gym Equipment? No Excuses! Garcia - Session 2	Pumped Up Strength Chilazi Session 1	Forever Pilates Appel Session 2
The Hidden Core P. Ross & Corso	Master Knee-Pain Reduction Strategies Webb	LaBlast® Fitness: Ballroom Blitz Cooperman	Yin+Restore Greenbaum
Pelvic Floor from the Outside In Layne	Posture & Alignment with Personal Training Mummy & Bannister-Munn	The Secret to Rockin' Dance Fitness Classes Batyan	High Roller Appel
Cardio Kickboxing for the Active Ager Lemons	LaBlast® Chair Fitness: Pull Up a Seat Dovel	Prop Power: Amp Up Your Barre Workouts Chilazi	Prana Energy Greenbaum
Intervals Reimagined: Strength – Power – Roll - Conti	Fifty, Fit & Fierce Toole	Step Up Your Groove Layne	Human Reformer Pilates Chilazi
Train the Female Athlete P. Ross & Corso	Conquering Sciatic Pain Garcia	LaBlast® Fitness for all Ages Dovel	Breath Empowerment Craddock
Active Strengthening with Stretch K. Ross	AASK Amber: Anti-Aging Survival Kit Toole	Ankle Mechanics for Peak Performance Garcia	Barefoot: More than a Trend Craddock

Convention: Feb. 28 - March 2

Certifications: Feb. 27 & March 2

E

Aqua

Liquid Gym Acqua
Toner Stretch & Tone
Kulp

Buoy, Oh Buoy,
Oh Buoy! Kulp, Velazquez,
Sepulveda & Carvalho

Aqua Ease: Flexibility
for Active Agers
Velazquez

Liquid Gym Acqua
Punch & Pump
Velazquez- Session 2

Aqua ZUMBA®
Bostic

LaBlast® Splash: Buoy-
ant Ballroom Blitz
Dovel

This Can Be Your Class!
Contact:
partner@scwfit.com

Aqua Boot Camp
BOQ-style
Ford

F

Nutrition & Exercise Science

Debunking Exercise
Science Myths
Layne

Mastering Macros
Toole

Boost Your Pre-Work-
out & Recovery
Kooperman & Ontiveros

Muscle, Bone & Fat
Crosstalk
Layne- Session 2

Nutrition for Lasting
Change
Lee

Nutrition: Hot Topic
Research
Layne

Fitness Idol
Kooperman, Gilbert,
Robinson & Toole

Pro Athlete Recovery
Robinson

G

Business

Making Sales Suck Less
Robinson

Stretching Strategies:
Kooperman, Bannister-Munn,
Armantrading & Laskowski

Marketing Mastery
Conti

Start & Grow Your Business
Kooperman, Day, Clark,
Gilbert, Toole & Dorsey - S1

Find & Enroll Clients
Using Social Media
Clark

Your Financial Health
K. Ross

Keynote & Cocktails Fit-
ness Business Strategies
for Impact & Income

Rebrand and Thrive
Gilbert

SA2A: Keynote Address: The Fitness Evolution Patrick Mummy

HIIT the Flow
Kulp

Aqua Drums Vibes
Kulp
Session 2

Silver Tsunami
Kulp, Velazquez,
Sepulveda & Carvalho

AB-Solute
Aqua Strength!
Henry

Body Composition 101
Han

Physics of Pain &
Performance
Mummy - Session 1

Nutrition Panel
Layne, Toole & Lemons

How to Avoid Being
My Patient
Laskowski

Run Your Fitness
Business!
Day

Find Your Next
50 Leads
Clark - Session 2

Bringing Medicine and
Fitness Together
D. Appel

Pack Your PT Sessions
Kooperman, Gilbert, Toole,
Rothschild & Webb

Aqua Fiesta: Latin
Rhythms for All
Sepulveda

Aqua Intervals Roulette
Vandenberg

AQUAHOLIC
Layne

Aquatic Equipment
Innovations
Ford

Preventing Common
Fitness Injuries
Laskowski

Balancing the Burn -
Managing Inflammation
Lemons

Strength Training for
Hormonal Health
Shaver

Healthy Eating for
Active Agers
Lemons

Boost Memberships:
Women 50+
Shaver

Power of "8": Business
Growth Strategies
Esquerre

Create Value - Retain
Clients
Toole

Fitness Manager: Are
You Ready?
Esquerre

Expo Hours

Friday, Feb. 28	10am - 11am 12pm - 2:45pm 3:45pm - 4:30pm
Saturday, Mar. 1	8:30am - 9:15am 10:30am - 11:00am 12:00pm - 2:45pm 3:45pm - 4:30pm
Sunday, Mar. 2	10:00am - 1:00pm (Closeout Shopping)

Certifications

Thursday, Feb. 27

- **SCW Personal Training Certification**
Bannister-Munn • 9am-6pm
- **SCW Active Aging Certification**
Gilbert • 9am-5pm
- **SCW Group Exercise Certification**
Velazquez • 8am-5pm
- **SCW T'ai Chi Certification**
Ross • 9am-5pm
- **WATERinMOTION® Aqua Exercise Certification**
Kulp • 9am-5pm
- **SCW Aquatic Exercise Certification**
Layne • 9am-5pm
- **ToughAgers® Instructor Active Older Adult Fitness**
Rothschild • 9am-4pm
- **ZUMBA® Basic 1 Training**
Bostic & Busch • 7:15am-5pm
- **LaBlast® Fitness Instructor Certification**
Dovel • 8am-5pm

Sunday, March 2

- **SCW Yoga 1 Certification**
Velazquez • 7:30am-3:30pm
- **SCW Pilates Matwork Certification**
Appel • 7:30am-3:30pm
- **Symmetry Postural Measurement Certification**
Mummy • 7:30am-3:30pm
- **SCW Stretching & Flexibility Training Certification**
Bannister-Munn • 7:30am-3:30pm
- **S.E.A.T. Supported Exercise for Ageless Training Certification**
Gilbert • 7:30am-3:30pm

FR1

FR2

FR3

FR4

FR5

FR6

FR7

SA1

SA2

SA3

SA4

SA5

SA6

SU1

SU2

SU3

SU4

FR6A: NextLevel Core Training

Herson Garcia

Take your core training to new heights with cuttingedge exercises that engage your entire body. This session showcases movements using stability balls, bands, and weights to challenge your core, glutes, and upper body. Elevate your fitness routine with creative, fullbody exercises that are both fun and effective—perfect for pushing your performance in 2025.

FR6B: Boost Brain & Body Balance

Ann Gilbert

A DualTasking program combines physical exercises with cognitive challenges to enhance both body and mind. Engage in activities like walking while solving puzzles or balancing while recalling words. The program improves coordination, memory, and multitasking abilities. It's designed to reduce fall risks and promote overall wellbeing in older adults.

FR6C: Pump Your Peach!

Amber Toole

Ready to transform those “pancakes” into juicy “peaches”? This fun session focuses on glute training for maximum growth! Discover the science behind glute gains, practice effective exercises to sculpt the backside, and learn how to keep your clients motivated with visible results they'll love.

FR6D: Gentle Yoga for Mobility



Manuel Velazquez

This yoga practice emphasizes joint health, muscle tension release, and a mindful approach to alignment through core stability. The movements can be incorporated into your daily life, helping to maintain or improve mobility, stability, and flexibility for functional, healthy aging.

FR6E: LaBlast® Splash: Buoyant Ballroom Blitz



Deanna Dovel

LaBlast® Splash is an aqua dance fitness program created by “Dancing with the Stars” pro, Louis van Amstel. Experience a diverse mix of famous ballroom dances set to your favorite music in the



water. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more!

FR6F: Nutrition: Hot Topic Research

Melissa Layne, MEd

Research follows trends so what is the current research showing on collagen supplements, creatine for postmenopausal women, caffeine as a preworkout, and many other hot topics? We will also hit on the science as to why or why not these nutritional practices make physiological sense in the human body. (Lecture)

FR6G: Your Financial Health

Kylie Ross, MSM, MBA

Learn simple, effective, and necessary techniques to build your financial freedom both personally and professionally in language you will understand and can apply. Analyze websites that focus on growth,



discover industrydriven 3rdparty platforms fueled by automation and understand federal and state legal compliance and how it affects your financial health. Grow (or start) your fitness business worryfree! (Business Summit Lecture)

FR7A: MANIA® DANCE OFF!!

LaBlast®, Veronika Batyan & Manuel Velazquez

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

FR7B: Fitness Idol

Judges: Sara Kooperman, JD, Ann Gilbert, Dane Robinson, Amber Toole

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 2025 SCW newsletters, but you'll get a chance to show off your skills as a featured presenter at the 2026 SCW MANIA® Convention of your choice!

Each 2025 SCW Fitness Idol Winner receives:
A slot as a presenter at a future SCW MANIA®
FREE SCW Online Certification of your choice
Coverage in a SCW Newsletter
1 year FREE SCW OnDemand Membership

FR7D: Yin to My Yang

Rosie Lemons, MS, ERYT200

We live in the Yang—fastpaced, active, and intense, with a focus on muscles and ambition. Slow down, turn inward, and find balance through Yin, a slower practice targeting the hips, pelvis, and spine. Explore class format, asanas, and techniques to protect joints, enhance energy flow, and complement strength training.

FR7G: Keynote & Cocktails Fitness Business Strategies for Impact & Income

Brandi Clark

Relax and enjoy a glass of wine and connect with other fit pros! Explore cuttingedge strategies, emerging trends, and innovative technologies tailored for fitness professionals seeking longlasting client impact and income. Let's redefine your success and explore experiences of likeminded pros! All are welcome! Please RSVP at the STANDOUT Fit Pro Booth.

STANDOUT
FIT-PRO



Saturday, March 1

SA1 Sessions 7:30am -8:45am

SA1A: Killer Core

Abbie Appel

Core training can be a lovehate relationship! Refine your teaching techniques, adjust intensity, and innovate standard exercises. Learn how blending slow, controlled movements with speed and tempo changes boosts body awareness, strengthens the core, enhances spinal stabilization, and challenges even your most demanding clients and class participants.

SA1B: More Than Muscle: Welcome to the Brain Game

Rosie Lemons, MS, ERYT200

You know how to slow muscle aging, but what are you doing for your clients' aging mind? Join me for a creative workshop centered around intentional program design and learn to cultivate opportunities that train the whole body, promoting cognitive function, emotional wellbeing and neuroplasticity, inside both your personal training and group fitness class experience.

SA1C: Step it Up!

Tara Turner

Step is dead? We are bringing it back with this workout! This class combines step choreography with intervals of strength training. Whether you are an athletic or dance stepper, this class is the perfect in between. Break out your leg warmers because we are about to step it up!

SA1D: CoreSpring® Pilates Functional Performance



Charlyn Huss d'Anconia, MA, NCPT

Experience the CoreSpring® workout, where Pilates principles merge with dynamic direct spring resistance. Working with this custom designed, freehand spring apparatus, powered by your movements, offers a personalized and responsive exercise experience. Enhance your core strength, alignment, tone, flexibility, balance, and overall body conditioning in a session designed to elevate your fitness and functional performance.



SA1E: Aqua Boot Camp BOQstyle



Tom Ford

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

SA1F: Pro Athlete Recovery

Dane Robinson

This session clears up the confusion around processed foods, offering practical strategies to make healthier choices without sacrificing convenience. You'll leave with simple tips and tools to navigate today's complex food environment, supporting your longterm health and fitness goals.

SA1G: Rebrand and Thrive



Ann Gilbert

Explore the importance of rebranding to maintain growth in the everevolving health and fitness industry. It covers strategies to update your brand identity, adapt to emerging trends, and connect with new audiences. Participants will learn how rebranding can enhance, attract clients, and sustain longterm success in a competitive market.

SA2 Keynote 9:15am -10:30am

SA2A: The Fitness Evolution



Patrick Mummy

The Fitness Industry is booming, growing 31% faster than any other profession in the U.S., yet it's still among the lowest paid. It's time for a change! Join us to uncover the bold steps that will redefine the future of fitness careers, boosting earning potential while empowering fitness pros to lead the wellness revolution!

SA3 Sessions 11am -12:15am

SA3A: Shoulder Pain: Optimize Through Exercise



Ruston Webb

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

SA3B: 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 seatbased programming that doesn't lack intensity or fun, guaranteed to get a "seated" ovation from all of your students!

SA3C: Barre Hard Core



Siri Chilazi, MBA, MA

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

SA3D: Stretch Savvy: HandsOn Techniques

Gail Bannister-Munn

Explore the vital role of stretching in this interactive workshop. Discover simple, effective stretches for both table and floor applications, with hands on guidance. Enhance your skills through stepbystep demonstrations and trainerassisted stretching, ensuring improved client flexibility while staying within your personal trainer scope.

SA3E: HIIT the Flow

Cheri Kulp

Dive into HIIT the Flow, an exhilarating highintensity, lowimpact aqua workout! Harness the drag power of water to create resistancepacked combos for a total body burn. No experience needed—just bring your energy! Gloves are recommended for an extra challenge, but your body's strength is all you need.

SA3F: Body Composition 101

TANITA

Joseph Han, CSM, PMP

Explore the essentials of body composition analysis in this insightful session. Learn about the latest technologies and trends shaping the future of fitness and healthcare. This presentation provides actionable insights on how to apply body composition data to improve your clients' health outcomes and elevate your practice with cuttingedge tools and techniques. (Lecture)

SA3G: Run Your Fitness Business!



Erica Day

Whether you are an independant trainer or a studio owner, ready to take your fitness business to the next level? Whether you're just starting or have years of experience, this 75minute session will give you the tools to succeed. Learn the exact system we use with sixfigure clients to grow profits, manage cash flow, and ensure you're paying yourself what you're worth.

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

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

SA4A: SOULstrength™ EXPERIENCE



Mac Carvalho

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. Get your SOUL on!



SA4C: No Gym Equipment? No Excuses!

Herson Garcia

Transform your clients' workouts with bodyweight movements that are simple, yet highly effective. This session teaches you how to elevate mobility, flexibility, and strength with no equipment needed. Keep your clients motivated and engaged with creative exercises that deliver real results, ensuring they keep coming back for more. No excuses—only success!

SA4F: 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 postworkout to reinforce healthy daily habits, and ultimately increase athletic performance.



SA4 (Session 2) 12:30pm - 1:45pm

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

SA4B: Pumped Up Strength

Siri Chilazi, MBA, MA

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



SA4D: Forever Pilates

Abbie Appel

Pilates is for everyone! Develop a Pilates program that helps your active agers feel great and move functionally to live their best lives. Experience a Pilates mat program featuring 15 movement modifications and progressions that enhance mobility, balance, and muscular endurance. Learn how proper posture improves function and confidence, empowering clients to keep doing what they love!

SA4E: Aqua Drums Vibes

Cheri Kulp

Dive into the rhythm of water drumming! Experience the exhilaration of SAF Aqua Drums Vibes® as you blend unique rhythms and movements for a challenging and fun aquatic workout. Discover a fresh and dynamic way to achieve fitness goals while enjoying the water.



SA4G: Find Your Next 50 Leads

Brandi Clark

Forgetting to follow up with people results in thousands of dollars left on the table. Generating, organizing, and following up with new leads is often neglected simply because there is no organization or process that feels easy and simple. Learn how to simplify and organize the process, so you never leave another prospective behind.



SA5 Sessions 2:45pm - 4pm

SA5A: The Hidden Core



Phil Ross, MS & George Corso

Unlock the power within by training your hidden core! This session delves into the concept of the 'cylinder of power,' focusing on the deep core muscles that stabilize and strengthen your entire body. Learn techniques to engage and activate these crucial muscles for better posture, enhanced athletic performance, and overall strength. Discover your true potential from the inside out!

SA5B: Master Knee Pain Reduction Strategies



Ruston Webb

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

SA5C: LaBlast® Fitness: Ballroom Blitz



Megan Cooperman, MEd, MS

LaBlast® is a dance fitness program created by "Dancing with the Stars" pro, Louis van Amstel. Experience a diverse mix of famous ballroom dances set to your favorite music. No partner needed!

You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more!

SA5D: Yin+Restore



Lisa Greenbaum, ERYT 500, CIAYT

This soulsoothing yoga workshop is designed to activate the parasympathetic nervous system, where healing takes place. Through gentle flows and deep stretches, participants will release stagnant energy and chronic tension, creating space for breath, mental clarity, and enhanced stress resilience while calming both mind and body.

SA5E: Silver Tsunami



Cheri Kulp, Manuel Velazquez, Zoraida (Zory) Sepulveda, Mac Carvalho

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

SA5F: Nutrition Panel

Melissa Layne, MEd, Rosie Lemons, MS, ERYT200, Amber Toole

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.

SA5G: Bringing Medicine and Fitness Together



Dave Appel

Learn how to balance weight loss drugs, like GLP1, with wellness strategies and fitness protocols. Discover practical ways to integrate therapies like NAD+ and Sermorelin, enhance client engagement, and boost income. This session offers realworld tools to improve client outcomes, foster meaningful connections, and grow your fitness practice with confidence.

SA6 Sessions 4:30pm - 5:45pm

SA6A: Pelvic Floor from the Outside In

Melissa Layne, MEd

The hip muscles significantly impact pelvic floor health. As research expands, this session explores which exercises, for both males and females, are effective—or detrimental—for improving hypotonic and hypertonic pelvic floors. Learn the latest strategies for optimal pelvic floor function.





SA6B: Posture & Alignment with Personal Training

Patrick Mummy, Gail Bannister-Munn

Proper posture and alignment are crucial for maximizing workout results and preventing injury. Yet, assessing and correcting clients during a workout can be challenging. Join experts Patrick Mummy and Gail Bannister-Munn as they share top coaching and cueing strategies for effective posture and alignment in personal training and small group settings. Learn how to ensure your clients move safely and efficiently.



SA6C: The Secret to Rockin' Dance Fitness Classes

Veronika Batyan

Turn your classes into a rockin' party! Learn how to create unforgettable workouts that keep the energy high and the vibes buzzing. We'll help you map out the perfect class flow, expand your coaching

techniques, rediscover your personal style, and share electrifying mashup ideas that you can use immediately. Get ready to rock your world!

SA6D: High Roller

Abbie Appel

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

SA6E: ABSolute Aqua Strength!

Chris Henry

Dive deep into core training and uncover the multitude of ways to challenge your abdominal muscles. Experience a fullbody strength workout in the unique setting of water and harness the power of different equipment and incorporate anchored rebound and suspension movements at various levels. Join us for a refreshing and effective workout that targets your core like never before!

SA6F: How to Avoid Being My Patient

Dr. Edward Laskowski, MD

Dr. Edward Laskowski, former Codirector of Mayo Clinic Sports Medicine, shares evidencebased strategies to optimize health and longevity. Learn practical interventions for improving diet, lifestyle, cognitive function, and fitness, along with essential screening tests and effective training to keep you and your clients healthy and out of the doctor's office.

SA6G: Pack Your PT Sessions: Successful Sales

Sara Kooperman, JD, Ann Gilbert, Amber Toole, Deborah Rothschild, MS, Ruston Webb

Whether you're a seasoned personal trainer or a studio owner, this session is your crystal ball to futureproof your business. Learn the art of selling with expert insights, debunking myths, and crafting strategies tailored to diverse clientele. Join our interactive panel and elevate your sales game to new heights!



Sunday, March 2

SU1 Sessions 7:30am -8:45am

SU1A: Cardio Kickboxing for the Active Ager

Rosie Lemons, MS, ERYT200

Dynamic motion at its most fun! The need for reactive and anticipatory balance, power and agility training is incredibly important as we age. Come sweat, laugh and learn how to facilitate a purposeful cardio kickboxing class that includes wholebody mobility, repetition and coordination. Walk away with class formats to play with and teach!

SU1B: LaBlast® Chair Fitness: Pull Up a Seat

Deanna Dovel

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

SU1C: Prop Power: Amp Up Your Barre Workouts

Siri Chilazi, MBA, MA

Take your barre classes to new heights and captivate your clients with this brand new workshop for 2025! Discover innovative ways to integrate resistance bands, exercise balls, weights, and gliding discs at the barre, elevating the intensity and enjoyment of your workouts. These dynamic props will add variety and challenge, keeping your clients motivated and eager to return week after week.

SU1D: Prana Energy

Lisa Greenbaum

More than just a yoga class, Prana Energy is an immersive experience that blends dynamic asana (movement), pranayama (breathwork), and



meditations to reset and rebalance your entire being. Learn powerful breathwork techniques, explore mudras (hand gestures), and elevate your energy with mantras (chanting) in this transformative journey of selfrenewal.

SU1E: Aqua Fiesta: Latin Rhythms for All

Zoraida (Zory) Sepulveda

Experience the ultimate water workout with Aqua Fiesta! This vibrant aquatic session combines effective exercises with lively Latin rhythms, turning fitness into a fun, energizing celebration. Adaptable to different music styles, it's more than a workout—it's a water party that keeps participants active, smiling, and engaged. Get ready to celebrate every move!

SU1F: Preventing Common Fitness Injuries

Dr. Edward Laskowski, MD

Gain insights into common fitness and sports injuries seen in sports medicine. Learn evidencebased strategies to recognize and prevent these injuries in your clients or athletes. Walk away with practical tools to enhance safety and improve outcomes in your training sessions. (Lecture)

SU1G: Boost Memberships: Women 50+

Jennifer Shaver

This seminar provides practical strategies to attract and retain women over 50 in your gym or wellness center. Learn how to meet their unique needs and create programs that resonate. Leave with actionable insights to boost commitment, retention, and revenue from this valuable demographic.



SU2 Sessions 9am - 10:15am

SU2A: Intervals Reimagined: Strength – Power – Roll

Christine Conti, MEd

Discover how seamlessly integrating pressure point techniques into interval training enhances physical,



emotional, and cognitive benefits. Learn key pressure points to boost focus, memory, circulation, and reduce stress. Elevate your fitness routines for enhanced recovery, vitality, and overall wellness.

SU2B: Fifty, Fit & Fierce

Amber Toole

Are you a fitness professional ready to support perimenopausal and postmenopausal women on their journey to vitality and strength? This session will explore effective training strategies, habit transformation techniques, and holistic approaches to help clients not just navigate menopause but thrive during this transformative stage of life.

SU2C: Step Up Your Groove

Melissa Layne, MEd

Get moving with highlow choreography that starts simple and builds in complexity. This fun, easytofollow routine will boost your energy and challenge seasoned fitness enthusiasts with optional turns and rhythms. Get ready to sweat, push yourself, and revamp the retro routine for a highenergy, heartpumping workout!

SU2D: Human Reformer Pilates FIT PRO PROGRAMMING

Siri Chilazi, MBA, MA

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

SU2E: Aqua Intervals Roulette

Sara Vandenberg, MS

Discover innovative techniques that combine highintensity interval training (HIIT) with the power of water resistance. Learn how to design diverse, engaging, and effective aqua interval workouts that cater to all pool participants—whether they're



firsttimers or seasoned aqua enthusiasts. Leave equipped with the tools to create standout aquatic classes that will motivate and inspire your clients.

SU2F: Balancing the Burn Managing Inflammation

Rosie Lemons, MS, ERYT200

Learn the dual role of inflammation in exercise, highlighting strategies to support muscle repair and prevent chronic inflammation. Explore how balanced training, diet, and recovery can harness inflammation's benefits while avoiding its pitfalls for optimal health, performance, and sustainable fitness results. (Lecture)

SU2G: Power of "8": Business Growth Strategies

Bob Esquerre, MA, NSCACP

Discover eight transformative strategies and global best practices to revolutionize your business management. This session offers fitness, health, and wellness professionals actionable insights and practical tools through reallife case studies, helping you drive growth, enhance efficiency, and elevate your entrepreneurial success.



SU3 Sessions 10:45am - 12pm

SU3A: Train the Female Athlete

Phil Ross, MS, George Corso

Unleash the athlete within! This session focuses on training the female body, emphasizing glutes and lower body strength. Discover effective exercises to sculpt and tone your legs and butt, enhance athletic performance, and build confidence. Perfect for all fitness levels, this empowering workshop blends science and movement for transformative results. Let's train strong together!

SU3B: Conquering Sciatic Pain

Herson Garcia

Say goodbye to sciatic pain with this comprehensive session focused on its root causes, symptoms, and risk factors. You'll discover highly effective stretches, posture improvements, and lifestyle changes that offer relief and prevention. Empower yourself to improve mobility, enhance daily life, and overcome pain. Take charge of your wellbeing and move freely again.

SU3C: LaBlast® Fitness for All Ages



Deanna Dovel

LaBlast® Fitness for All Ages offers inclusive ballroom fitness programs that make staying active fun for everyone, regardless of age or fitness level. Enjoy the joy of dancing with cardio and strength training, set to various music genres, with no partner needed. Perfect for all, from young to old!

SU3D: Breath Empowerment

Joshua Craddock

Uncover the science of breath and its impact on health and dysfunction. Learn how improper breathing may affect clients and explore techniques to build energy (qi). Experience a powerful breathing method that oxygenates, heals, and promotes a heightened sense of qi and overall wellbeing.

SU3E: AQUAHOLIC

Melissa Layne, MEd

Love moving and grooving in the pool? This workshop delivers fresh choreography using only body weight for resistance and turbulence. Enjoy easy-to-follow breakdowns that suit all ages and fitness levels, while harnessing the power of musical phrasing.

SU3F: Strength Training for Hormonal Health

Jennifer Shaver

This workshop equips fitness professionals with evidence-based strategies to enhance hormonal health and longevity in midlife women. Discover how to effectively integrate strength training into clients' routines, improve muscle tone and bone density, and apply advanced modifications to meet hormonal needs. Create impactful, personalized programs for optimal results.

SU3G: Create Value Retain Clients



Amber Toole

You've heard the statement that keeping a client is less expensive than trying to market and attract a new one. In this session, learn tips and tricks for making your services so valuable, your clients won't have any desire to leave. In this engaging and enlightening session, explore ideas you can implement immediately to raise the loyalty of your clients and keep your business profitable.

SU4 Sessions 12:15pm - 1:30pm

SU4A: Active Strengthening with Stretch

Kylie Ross, MSM, MBA

Discover the perfect blend of strength, conditioning, and flexibility with this innovative workout program. Learn to integrate traditional bodyweight exercises with inventive stretching methods, using chairs, resistance bands, and Pilates balls. Achieve a comprehensive fitness routine that enhances everyday movements while promoting agility and muscle development.



SU4B: AASK Amber: AntiAging Survival Kit

Amber Toole

Designed for fitness professionals working with active agers, this session provides essential strategies in nutrition, selfcare, and fitness to help clients age with vitality. Discover evidencebased practices to boost wellbeing, enhance physical performance, and foster a positive mindset, empowering your clients to thrive at any age.

SU4C: Ankle Mechanics for Peak Performance

Herson Garcia

Discover how ankle pronation and supination affect your entire body's performance, from posture to injury prevention. This session provides you with tools to identify and correct imbalances, helping you enhance stability, boost performance, and keep your lower body strong and injuryfree. Leave with a clear plan to improve both your posture and your athletic edge.

SU4D: Barefoot: More than a Trend

Joshua Craddock

Explore the many benefits of barefoot training! Learn the science, history, and philosophy behind it, and discover how to safely progress into barefoot conditioning. Understand how going barefoot can improve your fitness, posture, technique, and mental wellbeing for a more holistic approach to movement.

SU4E: Aquatic Equipment Innovations

Tom Ford

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



SU4F: Healthy Eating for Active Agers

Rosie Lemons, MS, ERYT200

Expand your knowledge of the nutritional needs of our over 50 clients. Examine caloric needs, protein, fiber, hydration, longevity, disease avoidance, and more! Your active agers need your support because of their decreased appetites, increased social needs, and their constant battle with inflammation. Help them navigate these challenges with effective coaching options. (Lecture)

SU4G: Fitness Manager: Are You Ready?

Bob Esquerre, MA

Join Bob, a veteran leader in fitness, to uncover the secrets of thriving as a Fitness Manager and sidestepping the pitfalls of the "Accidental Manager." This session is ideal for seasoned professionals eager to enhance their expertise and those exploring a dynamic career in fitness leadership.



Presenter Information

For detailed information about each presenter, including their biographies and areas of expertise, please visit: scwfit.com/dc/presenters.

