

dc mania[®]
fitness pro convention

Feb. 27 - Mar. 1, 2026
Hyatt Regency Dulles
Herndon, VA

Moving Fitness Forward ➔



2026

SCW



scwfit.com/dc



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



160 sessions (100 Live + 60 Pre-Recorded) and 12 certifications in fitness, wellness, and business, led by top experts and industry icons, to advance your career.



20 CECs/CEUs



Certifying organizations include:

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



Endless Opportunities



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



Right Time. Right Place.

Make this your career defining moment.



DC Mania® Fit Pro Convention
February 27-March 1

Hyatt Regency Dulles
Herndon, VA

A World of Fitness Knowledge All In One Place!

DC Mania® offers a one-of-a-kind experience with 200+ sessions led by fitness icons from around the world—all in one place!



Topics For Every Pro

- **Functional Fitness**
Training to enhance strength, mobility, and everyday movement.
- **Group Exercise**
Fresh formats, choreography, and instructional skills.
- **Nutrition and Wellness**
Holistic approaches to diet, mental wellness, and recovery.
- **Personal Training**
Latest techniques, science and client engagement strategies.
- **Mind-Body**
Classes on yoga, Pilates, meditation, and mental resilience.
- **Recovery**
Techniques for healing, injury prevention, and optimal performance.
- **Active Aging**
Programs designed to support overall physical and mental wellness for older adults.
- **Aquatic Exercise**
Learn low-impact, full-body workout that improve strength and flexibility.
- **Business of Fitness**
Marketing, sales, management, and retention strategies for studio owners and trainers.



Unlimited Options.

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



200+ Sessions and Workshops



Networking Events



12 Specialty Certifications



Recordings Add-On



Expo Exclusives



Flexible Pricing



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

February 27-March 1, 2026
(Fri., Sat., & Sun)

Specialty Certifications

February 26 (Thur) March 1 (Sun) 2026

Mania[®] Discount Deadline:
Save \$60 by registering by
Tuesday, February 10, 2026
Book early, our hotel ALWAYS
SELLS OUT! Check website
for updates and terms.

scwfit.com/dc



Hyatt Regency Dulles

2300 Dulles Corner Boulevard Herndon, VA 20171

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- Flights Bistro & Bar

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



Accredited Certifications

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

Certifications Thursday, February 26



SCW Personal Training Certification

Gail Bannister-Munn

Thursday, Feb. 26, 9:00am-6:00pm

\$199 Mania® attendees

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

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

Jani Roberts

Thursday, Feb. 26, 8:00am-5:00pm

\$199 Mania® attendees

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

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



SCW Pilates Matwork Certification

Abbie Appel

Thursday, Feb. 26, 8:00am-5:00pm



\$199 Mania® attendees

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

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



WATERinMOTION® Aqua Exercise Certification

Cheri Kulp

Thursday, Feb. 26, 9:00am-5:00pm



\$199 Mania® attendees

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

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

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



SCW Aquatic Exercise Certification

Melissa Layne, MEd

Thursday, Feb. 26, 9:00am-5:00pm



\$199 Mania® attendees

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

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

FREE WEBINAR

STRENGTH, STRETCH & RECOVER

Thurs. Feb. 26

7:00 PM ET

6:00 PM CT

5:00 PM MT

4:00 PM PT



Explore the latest research on strength training, mobility, stretching, and recovery to support healthy aging, performance, and joint durability. Learn evidence-based insights on stretching types, recovery timing, fascia, neuromuscular benefits, and optimal progressions, with practical applications for training, programming, and recovery strategies that enhance resilience and long-term client success.



Abbie Appel



Sara Kooperman, JD



Ruston Webb, MS



Gail Bannister-Munn



Phil Ross, MS


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DC Mania® // Feb 27-March 1



SCW Pilates Reformer Fundamentals Certification

Leslee Bender

Thursday, Feb. 26, 9:00am-5:00pm

\$199 MANIA® attendees / \$259 non-attendees
(Reg. \$359)

Discover the transformative power of the Pilates Reformer in this functional certification designed for fitness professionals and movement enthusiasts alike. Learn proper equipment setup, essential exercises, safety protocols, and cueing techniques to deliver safe, effective, and engaging classes. This hands-on training focuses on core alignment, controlled movement, and breath integration to build strength, flexibility, and stability. Gain the skills and confidence to introduce clients of all fitness levels to Reformer-based training and design balanced, progressive workouts that deliver lasting results. Walk away fully prepared to teach, motivate, and inspire through the principles of Pilates Reformer. Accredited for CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



Certifications Sunday, March 1, 2026



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

Jackie Carroll

Sunday, March 1, 8:00am-4:00pm

\$199 Mania® attendees

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

This comprehensive program is perfect for Active Aging and Specialty Format Instructors looking to elevate their chair exercise classes. Focusing on the aging process, the course delves into physiology, kinesiology, and the unique needs of students requiring extra support. Learn to use a chair as a base for sitting, standing, and supported movements, enhancing group teaching skills. The program covers effective verbal and visual cueing, memory-improvement strategies, and active aging principles. A full-day practical training session includes choreography routines to improve class sequencing, musical phrasing, and teaching skills, supported by the latest online video resources. Both novice



and experienced instructors will benefit through enhanced class structure design, routine creation, and leadership development. Equip yourself with the tools to launch your SEAT program. The course includes a manual, downloadable PowerPoint, a full-hour workout video, music, flashcards, an automated online exam, and a certificate. Accredited for CECs: ACSM (7.0), ACE (7.0), AEA (7.0), AFAA (7.0), NASM (0.7), and SCW (7.0).



SCW Active Aging Certification

Melissa Layne, MEd

Sunday, March 1, 8:00am-4:00pm

\$199 Mania® attendees

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

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



SCW Stretching & Flexibility Certification

Gail Bannister-Munn

Sunday, March 1, 8:00am-4:00pm

\$199 Mania® attendees

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

In this eight hour comprehensive course, review the science of stretching, flexibility and mobility. Acquire the knowledge to assess static and dynamic postures to identify movement quality issues and promote functional activities. Learn multiple flexibility, techniques, and stretching alternatives, including PNF (proprioceptive neuromuscular facilitation), active and dynamic stretching, passive and static options, assisted stretching techniques and more. Gain skill in myofascial release to enhance activation, recovery and





regeneration for individuals of all ages and activity levels. Assist athletes to older adults, and distinguish yourself as a stretching expert. Perfect for one on one training, small group, training, and group fitness. This practical, hands-on certification includes a variety of detailed program designs with an easy to execute system. The certification includes practical training, a comprehensive manual, and an online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).



SCW Yoga I Certification

Jani Roberts

Sunday, March 1, 8:00am-4:00pm

\$199 Mania® attendees

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

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



ZUMBA® Basic 1 Training

Beatriz Busch

Sunday, March 1, 7:15am-4:00pm

\$399 Registration Fee (Use PROMO CODE: TSZUMBA70 to receive a 70% discount)

This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to the four basic Zumba® rhythms (Merengue, Salsa, Cumbia, and Reggaeton), and then you will learn how to put these steps

together into a song! The pre-con fee includes The Zumba® Electronic Instructor's Manual, Online Videos to Review Basic Steps and Zumba® Certificate of Completion. SCW (8.0), ACE (0.7), ACSM (8.0), AFAA (5.5).



PALANGO! Fitness Teacher Training

Felix Ojeda, MS, MBA

Sunday, March 1, 8:00am-3:00pm

\$123 (Regularly \$199)

Master the Palango Method: a fun, intense blend of dance, MMA, kickboxing, capoeira, and boxing for high-energy fitness. Boost strength, endurance, and mental health while sweating and smiling! Join in-person training with Felix, Palango! Fitness founder, to learn flows, transitions, musicality, and conditioning through routines. Includes full access to online training videos and the Palango! Fitness Manual. Elevate your fitness journey with this dynamic, engaging workout! Palango!





The Main Event.

DC Mania® is back **February 27-March 1!** Get inspired, get educated, and take your fitness career further than ever.

Friday, Feb. 27

FR1 Sessions 7:30am - 8:45am

FR1A: Line Up & Let's Dance **NEW!**

Gizelle Merced

Line dancing is one of the most popular and inclusive social dance styles around! Move to country, soul, Latin, pop, and more in a lively, upbeat atmosphere. Perfect for beginners, seasoned dancers, and active agers alike, this class blends rhythm, coordination, and community—no partner needed, just bring your smile!

FR1B: Palango! Strength **NEW!**

Felix Ojeda, MS, MBA

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



FR1C: Get Off Your Back! **NEW!**

Phil Ross, MS

Created by Phil Ross, M.S., author of *Managing Back Pain for Dummies*, this DIY system helps prevent injury and support recovery. Approved for continuing education, it's trusted by surgeons, physical therapists, and chiropractors for strengthening and stabilizing the back safely—right from home.

FR1D: Core Strength Meets Control Freaks **NEW!**

Amber Toole

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



FR1E: Wave Works **NEW!**



Cheri Kulp, Jackie Carroll, & Mac Carvalho

Experience a tidal wave of fresh choreography, expert cuing, and innovative water moves in this high-energy session. Explore creative combinations and exciting music selections designed to energize your programming and elevate your teaching skills. Leave with six new comprehensive choreographed routines, all meticulously detailed and ready for immediate use. Invigorate your classes, captivate your participants, and leave with the confidence to make waves in your next session.

FR1F: Blood Sugar Blueprint **NEW!**

Amy Beyer, MEd

Take control of your health by understanding how food, movement, and lifestyle shape blood sugar. With insights from 12+ years managing type 1 diabetes and the BioTrack 30 program, learn practical strategies to boost energy, curb cravings, and transform your metabolic health for lasting results. (Lecture)

FR1G: SomaPWR: From Idea to Creation **NEW!**



Rachel Friedman, MS, E-RTY 500

Build your dream fitness business—without burnout! Learn how to regulate your nervous system through the highs and lows of entrepreneurship while creating a thriving, sustainable brand. Rachel shares powerful somatic tools and stress-management techniques to help you grow with balance, clarity, and confidence—because success starts from within. (Lecture)

FR2 Sessions 9:00am - 10:15am

FR2A: Strength Training for Longevity & Vitality II

Sara Kooperman, JD

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

FR2B: Kettlebell Training for Women **NEW!**

Master Phil Ross, MS

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.

FR2C: Never Just a Workout **NEW!**

Kelly Young, MPH

It's more than a workout—it's a space where movement ignites motivation and a group becomes a team. Learn tools to create real connection and encouragement, leaving inspired and ready to lead classes where every member feels challenged, celebrated, and stronger than ever.

FR2D: Hands-On vs. Self-Stretching **NEW!**



Evans Armantrading, Jr.

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

FR2E: Fall Prevention in the Pool

Melissa Layne, MEd **NEW!**

Boost balance, strength, and confidence with targeted aquatic exercises. Explore low-impact, stability-challenging techniques and evidence-based strategies to safely incorporate water-based fitness into fall-prevention programs for older adults and at-risk populations.





FR2F: Internal Wellness Fuels Outer Beauty **NEW!** 🎧

Dr. Greg Caldwell, OD, FAAO

Explore how gut health, hormones, mindset, and cellular function impact your physical appearance and performance. This session breaks down the science of internal wellness and its powerful connection to fitness results and radiant beauty. Learn evidence-based strategies to optimize your health from the inside out—for lasting strength, energy, and glow. (Lecture)



FR2G: On-Camera Technique for Fitness Pros **NEW!** 🎧

Soraya Doherty, MA

Boost your fitness brand and captivate your audience on-screen! This hands-on workshop teaches fitness professionals how to create engaging, professional-quality videos using just an iPhone. Learn tips for lighting, framing, body language, and delivery to connect authentically, grow your reach, and showcase your expertise confidently. (Lecture)

FR2H: Intro to Reformer Essentials **NEW!** 🎧

Amber Toole

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



FR3 Sessions 11:00am - 12:15pm

FR3A: 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!

FR3B: Arms, Butts & Core on the Floor! **NEW!** 🎧

Gail Bannister-Munn

Discover the power of ground-based strength training! Learn to lead full-body classes using floor-based exercises that maximize muscle engagement and intensity. This dynamic session covers key techniques and progressions to elevate your programming, expand your skills, and add fresh energy to your strength training approach.

FR3C: SHiNE Dance Fitness™ **NEW!** 🎧

Kendall Nielson

SHiNE Dance Fitness blends today's hottest hits with original choreography, combining hip-hop, jazz, athletic moves, and graceful dance moments. Express yourself, unleash your alter ego, and feel the thrill of performing—all while enjoying a full-body cardio and toning workout that boosts confidence and leaves you energized.



FR3D: The Low Back Blueprint **NEW!** 🎧

Brendan Fox

Turn pain into power! Millions battle back pain—learn how to change that. Discover targeted assessments and proven exercise solutions to uncover root causes, restore movement, and eliminate pain. Walk away with the tools, confidence, and strategies to help clients move better, feel stronger, and live pain-free.



FR3E: Aqua Power: One Dumbbell Circuit **NEW!** 🎧

Cheri Kulp

Get ready for a dynamic water workout! Using one dumbbell, power through upper and lower body circuits with minimal rest. Unlock hips and shoulders while relieving hand and wrist tension. This total-body, low-impact session is adaptable for all fitness levels and delivers results with every splash.

FR3F: Protein Quality, Synthesis, Structure and Deficiency **NEW!** 🎧

Melissa Layne, MEd

Learn how protein powers performance, aids recovery, and builds muscle. Explore amino acids, protein structure, deficiency effects, and strategies to optimize intake for strength and wellness. (Lecture)



FR3G: The Employee Wellness World **NEW!**

Megan Cooperman, MEd, MS

Discover what employee wellness truly means in today's workplace. Learn how to approach companies and HR teams effectively, access funding opportunities, and understand how organizations pay for wellness programs. Explore key insights on ergonomics, health insurance, and movement strategies, plus simple stretches to energize employees and boost workplace wellbeing. (Lecture)

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

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

FR4A: Balance Exercise Toolbox **NEW!**

Christopher Gellert, MS, MPT

Explore the foundations of balance and exercise in this dynamic session. Learn how to tweak static exercises into dynamic, balance- and core-strengthening movements. Walk away with a practical toolbox of strategies to challenge clients, enhance stability, and elevate their functional fitness in creative, effective ways.

FR4B: The Hidden Core

Phil Ross, MS

Unlock your inner strength by training the hidden core! Use kettlebell movements to target deep stabilizing muscles, improving posture, strength, and performance. Strengthen your body from the inside out and tap into your full potential.

FR4G: Build Fitness Community **NEW!**

Kelly Young, MPH

Discover effective strategies to engage the growing 50+ market. Learn how to craft compelling messaging, leverage social media, utilize referral programs, and create community-driven experiences. This panel explores proven techniques, successful samples, and actionable strategies to attract, retain, and inspire active aging adults while positioning your business for long-term success. (Lecture)

FR4H: Glutes, Quads, and Hamstrings Burn **NEW!**

Amber Toole

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

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

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

FR4C: Shimmilicious Explosive Barre **NEW!**

Soraya Doherty, MA

Turn up the energy at the barre! Master explosive shimmy variations rooted in authentic belly dance, boost wellness, and thrill your students. Learn how to layer shimmies seamlessly into any barre class for a fun, dynamic, and results-driven workout they'll love!

FR4D: Mind-Body Mashup **NEW!**

Abbie Appel

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

FR4E: Liquid Gym Acqua Punch & Pump

Cheri Kulp

Give your water workout a punch! Burn fat, strengthen your core, and tone arms and legs with jabs, punches, and kicks using Liquid Gym Gloves. Add Acqua Tone Loops for extra leg work. Energize your body while protecting your joints in this fun, low-impact class!

FR4F: Stretching Strategies: Flexibility, Recovery, Performance Panel **NEW!**

Sara Kooperman, JD, Gail Bannister-Munn, Brendan Fox, Jeff Melis, & Evans Armantrading, Jr.

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

YR YOUR REFORMER

INDIGO AQUATICS

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Register Here



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

Certifications Thurs Feb 26

→ SCW Group Exercise

J. Roberts • 8am-5pm

→ SCW Personal Training

Bannister-Munn • 9am-6pm

→ SCW Pilates Matwork

Appel • 8am-5pm

→ WATERinMOTION[®] Aqua Exercise

Kulp • 9am-5pm

→ SCW Aquatic Exercise

Layne • 9am-5pm

SCW Pilates Reformer Fundamentals

Bender 9am-5pm

Room A Function & Active Aging	Room B Power & Personal Training	Room C Group Programming	Room D Recovery / Mind-Body	Room E Waterworks (Starts in lecture)
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FR1	7:30am-8:45am	Line Up & Let's Dance Merced (NEW)	Palango! Strength Ojeda (NEW)	Get Off Your Back P. Ross (NEW)	Core Strength Meets Control Freaks Toole (NEW)	Wave Works Kulp & Carroll (NEW)
FR2	9:00am-10:15am	Strength Training for Longevity & Vitality Kooperman	Kettlebell Training for Women P. Ross	Never Just a Workout Young (NEW)	Hands-On vs. Self-Stretching Armantrading (NEW)	Fall Prevention in the Pool Layne (NEW)
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	Forever Pilates Appel	Arms, Butts & Core on the Floor! Bannister-Munn (NEW)	SHINE Dance Fitness™ Nielson (NEW)	The Low Back Blueprint Fox (NEW)	Aqua Power: One Dumbbell Circuit Kulp (NEW)
EXPO SHOPPING 12:00pm-2:45pm						
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Balance Exercise Toolbox Gellert (NEW) Session 1	The Hidden Core P. Ross Session 1	Shimmilicious Explosive Barre Doherty (NEW) Session 2	Mind-Body Mashup Appel (NEW) Session 2	Liquid Gym Acqua Punch & Pump Kulp Session 2
FR5	2:45pm-4:00pm	S.E.A.T. Beats Angles & Carroll (NEW)	Band Strong: Train Anywhere Power Bannister-Munn (NEW)	Broadway Dance Fitness Cooperman (NEW)	Knee Replacement Recovery Fitness Gellert (NEW)	Aqua Disco Haggard (NEW)
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	High Roller Gail Bannister-Munn	SomaPWR Yoga Sculpt Friedman (NEW)	Step it Up! Turner	Moving Meditations J. Roberts (NEW)	Ageless Aqua Kulp, Carroll, & Carvalho (NEW)
FR7	6:00pm-7:00pm	SCW FITNESS STAR SEARCH Kooperman, J. Roberts, & Kulp		Dance Off! Batyan, Helmuth, Haggard, Soul Fusion, SHINE, Cooperman, Doherty & Palango!		

SA1	7:30am-8:45am	Life Happens on One Leg Melissa Layne, MEd	Kettlebell Krush Turner	UPLIFT Strength Fitness Dolan (NEW)	Warrior® Tai Chi Yoga and Qi Gong Fusion J. Roberts	Drip & Drop Haggard (NEW)
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A				
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	Warrior® Workout J. Roberts	Stability Ball Breakthrough Bannister-Munn	Supa Dupa Fly Helmuth (NEW)	Stretch Strategies for Major Lifts Armantrading (NEW)	Liquid Gym Acqua Toner Stretch & Tone Kulp
EXPO SHOPPING 12:00pm-2:45pm						
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	S.E.A.T. Supported Exercise for Ageless Training Carroll & Angles Session 1	Developing an Intuitive Warm-Up Craddock (NEW) Session 2	ZUMBA® Busch Session 2	Prevent Injury By Restoring Function Melis (NEW) Session 1	Tides of Power Kulp, Carvalho, Haggard & van der Meer (NEW) Session 2
SA5	2:45pm-4:00pm	Bodyfit: Tips on Modifications K. Ross (NEW)	SOULstrength™ EXPERIENCE Carvalho & Angles	Palango! Cardio Ojeda (NEW)	Restorative Stretch Bannister-Munn (NEW)	Soca Splash Haggard (NEW)
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	50+ FUNCTIONal Fitness Carroll	Power, Precision & Plyo Step Chilaz (NEW)	Glow, Glitter & Groove Angles (NEW)	Tai Chi: Original Group Exercise Craddock (NEW)	Liquid Gym® Liquid Stars Kulp (NEW)

SU1	7:30am-8:45am	Keys TO Unlock Shoulder Pain Fox (NEW)	Glide & Grind Haggard (NEW)	Coaching Clients with Pain Michel (NEW)	A Barre Above the Rest Batyan (NEW)	Dive Deep or Don't Bother Henry (NEW)
SU2	9:00am-10:15am	Transcendent Flow: Music, Movement & Mindfulness L. Lowell, J. Lowell & Shelton (NEW)	Programming Core Workouts and Classes Chilazi (NEW)	Simplify Your Sweat Sessions Zywiec (NEW)	SOULfusion™ EXPERIENCE Carvalho & Angles	AQUA-BATA van der Meer (NEW)
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
SU3	10:45am-12:00pm	Chair Yoga for Mobility & Strength Kooperman (NEW)	Welcome to the Terrordome Turner (NEW)	STEP IGNITION! van der Meer (NEW)	SomaPWR: Hands-On Training Friedman (NEW)	Aqua Core Amour: Love Your Center Williams (NEW)
SU4	12:15pm-1:30pm	Flex & Power: Hip Mobility Mastery Kulp	Fight Club Beyer (NEW)		Buttery Joints for Life Chilazi (NEW)	H.E.A.T. WAVES Henry (NEW)

Fri
February 27

Sat
February 28

Sun
March 1

Certifications Sun March 1

→ **S.E.A.T. FITNESS**
Carroll • 8am-4pm

→ **SCW Active Aging**
Layne • 8am-4pm

→ **SCW Stretching & Flexibility**
Bannister-Munn • 8am-4pm

→ **SCW Yoga I**
J. Roberts • 8am-4pm

→ **ZUMBA® Basic 1 Training**
Busch • 7:15am-4:00pm

→ **PALANGO! Fitness Teacher Training**
Ojeda • 8am-3pm

Room
F
Nutrition/
Ex Science

Room
G
Leadership/
Business

Room
H
Pilates
Reformer

Pre-Recorded
Sessions
**Personal
Training/
Strength**

Pre-Recorded
Sessions
**Restore/
Pilates
/Tai-Chi**

Pre-Recorded
Sessions
**Active Aging/
Functional
Training**

Pre-Recorded
Sessions
**Nutrition/
Exercise
Science**

Blood Sugar Blueprint Beyer (NEW) ■◀	SomaPWR: From Idea to Creation Friedman (NEW) ■◀	
Internal Wellness Fuels Outer Beauty Caldwell (NEW) ■◀	On-Camera Technique for Fitness Pros Doherty (NEW) ■◀	Intro to Reformer Essentials Toole (NEW) ■◀
EXPO SHOPPING 10:00am-11:00am		
Protein Quality, Synthesis, Structure and Deficiency Layne ■◀	The Employee Wellness World Cooperman (NEW) ■◀	
EXPO SHOPPING 12:00pm-2:45pm		
Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Fox, Melis & Armantrading (NEW) Session 2 ■◀	Build Fitness Community Young (NEW) Session 1 ■◀	Glutes, Quads and Hamstrings Burn Toole (NEW) Session 1 ■◀
Physiology of Obesity and Weight Loss Drugs Layne (NEW) ■◀	Marketing to Active Agers Panel Kooperman, Toole, K. Ross (NEW) ■◀	
EXPO SHOPPING 3:45pm-4:30pm		
Lipids: The Skinny on Fat Layne (NEW) ■◀	Know Your Worth K. Ross (NEW) ■◀	
	Stronger Muscles, Younger Body Pajunen (NEW) ■◀	

Pro Athlete Recovery Robinson ■◀	Pilates: Mat to the Max Appel ■◀	Boost Better Balance Rothschild ■◀	Alcohol & Aging- Myths vs. Facts Charlop ■◀
Beyond Squat: Unconventional Lower Body Training Rockit ■◀	Ayurveda for Self-Care Jennings-Hill ■◀	No Floor Core and Balance Layne ■◀	Body Composition 101: Tools & Insights Han ■◀
Mobility Training: Online or In-Person Webb ■◀	Sleep Habits: Key to Fitness Layne ■◀	Fall Prevention for Fitness Professionals Conti ■◀	How To Know If You're Under-Eating Digsby ■◀
Pack Your PT Sessions: Successful Sales Gilbert, Toole, Rothschild, Webb ■◀	Gentle Yoga For Mobility Kooperman ■◀	Nail The Perfect Warm-up Chilazi ■◀	Supporting Clients on Anti- Obesity Medications Gilbert ■◀
The Art of Coaching Trione ■◀	The Recovery Barre Howe ■◀	Dare to Chair Gilbert ■◀	Nutrition: Hot Topic Research Layne ■◀
Strength & Grace: Back to Power Lemons ■◀	Pilates Functional Powerhouse George ■◀	Total Body Shaping McBee ■◀	Mastering Macros Toole ■◀
Progressive FITT: Functional Tube Training K. Roberts ■◀	The Battle for Mobility McCormick ■◀	Functional Training with Foam Rollers Garcia ■◀	Cancer Wellness Strategies Conti ■◀

Muscle Meets Mind Karkoska (NEW) ■◀	Conflict to Connection: Navigating Tough Conversations Digsby (NEW) ■◀	Intro to Reformer Essentials Toole (NEW) ■◀
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A ■◀		
EXPO SHOPPING 10:30am-11:00am		
Ditch Diet Drama Toole (NEW) ■◀	Botanical Science for Holistic Wellness Crichlow (NEW) ■◀	Strong Arms, Shoulders and Backs Bender (NEW) ■◀
EXPO SHOPPING 12:00pm-2:45pm		
Women: Training Through the Stages Layne Session 2 ■◀	Strength Training for Active Agers Panel Kooperman, Bannister-Munn, J. Roberts, K. Ross & Pajunen (NEW) Session 1 ■◀	Deep Dive for Amateur Athletes Bender (NEW) Session 1 ■◀
Smart Food Choices for Longevity Digsby (NEW) ■◀	Train Smarter, Not Harder Karkoska (NEW) ■◀	
EXPO SHOPPING 3:45pm-4:30pm		
Stress & Inflammation: Impacts & Outcomes Layne (NEW) ■◀	Women's Leadership: Climbing, Creating & Conquering in Fitness Kooperman, Bannister-Munn, K. Ross, & J. Roberts (NEW) ■◀	Mobility, Flexibility and Recovery Flow Bender (NEW) ■◀

Intervals Reimagined: Strength – Power – Roll Conti ■◀	Agless Pilates Bender ■◀	Chair Yoga Spreen-Glick ■◀	Shoulder Savior - Conquer Shoulder Pain Fox ■◀
Killer Core Appel ■◀	Qi Gong: Breathe, Balance, Energizer Haan ■◀	Comprehensive Active Aging Strategies Rothschild ■◀	Rethinking Obesity Treatment: Elevate your Business Rogers ■◀
Hip Mobility for Peak Performance Bannister-Munn ■◀	Teaching Restorative Yoga Without Props Ratliff ■◀	Tailored Training For Active Agers Toole ■◀	Inflammation: The Exercise-Nutrition Nexus Fearheiley ■◀
Creative Core Solutions Madden ■◀	Breath Empowerment Craddock ■◀	Balance & Coordination for Active Agers Velazquez ■◀	Preventing Common Fitness Injuries Laskowski ■◀
Glute Training: Beginner to Advanced Johnson ■◀	Yin + Restore Greenbaum ■◀	Dementia Client Strategies for Trainers Rothschild ■◀	Solve 30 Training & Nutrition Mistakes Mike ■◀
Power in the Transverse Plane: How to Become a Rotational Powerhouse Mike ■◀	Trauma-Informed Care on the Mat and Beyond Haan ■◀	Perfect Programming for Active Agers Toole ■◀	Where Healthy Meets Happy Digsby ■◀

Cracking the Code to Weight Loss Toole (NEW) 	Detox, Digest, Thrive, and Glow Offerdahl (NEW) 	Check Out Career Changing Certifications at scwfit.com/dc/certs
Personal Training Meets Stretch Therapy Armantrading (NEW) 	High-Performance Fitness Culture Karkoska (NEW) 	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm		
The Truth About Processed Foods Digsby (NEW) 	Programming for GLP-1 Users Michel (NEW) 	
Trending Diets & Weight Loss Meds Digsby (NEW) 	Digital Marketing Kickstart Helmuth (NEW) 	

The Core 6- Strength & Movement Essentials Bannister-Munn ■◀	Prana Energy Greenbaum ■◀	Functional Fitness for Active Seniors Shuttic ■◀	Bringing Medicine and Fitness Together Dave Appel ■◀
Broken to Beast Fitness Programming Poirier ■◀	Boost Your Pre-Workout & Recovery Ontiveros, Toole, Layne, Lemons ■◀	Athletic Aging Abbie Appel ■◀	Healthy Aging Weight Loss Childers-Richmond ■◀
Metabolic Disruption Turner ■◀	Breathing Meditation Rockit ■◀	Open the "Gait" to Fall Prevention Gilbert ■◀	Internal Wellness Fuels Outer Beauty Caldwell ■◀
Group Strength Blueprint George ■◀	Dynamic Stretching Singer ■◀	Pickleball Power & Performance Kooperman ■◀	Hydrate Before You Dehydrate Saniatan ■◀
Optimal Overhead Pressing Mike ■◀	Meditation is My Medication Haan ■◀	Joint Replacements: Returning Triumphant! K. Roberts ■◀	Healthy Eating for Active Agers Lemons ■◀



FR5 Sessions 2:45pm - 4:00pm

FR5A: S.E.A.T. BEATS **NEW!**

Jaysa Angles & Jackie Carroll

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



FR5B: Band Strong: Train Anywhere Power **NEW!**

Gail Bannister-Munn

No machines, no problem. Build full-body strength, power, and mobility using loop bands, power bands, and suspension trainers. This high-energy session blends resistance, control, and explosive movement for a sweat-drenched, functional workout you can do anywhere. Stretch, strengthen, and challenge every muscle—anytime, any place.

FR5C: Broadway Dance Fitness **NEW!**

Megan Cooperman, MEd, MS

Lights, music, action! This fun, freestyle Broadway-inspired dance fitness class combines theatrical flair with full-body movement. Enjoy a song-by-song

warm-up followed by a dynamic dance combo set to show-stopping hits. Perfect for older adults and youngins' alike, this session delivers energy, expression, and pure joy — bringing the magic of Broadway to every body!

FR5D: Knee Replacement Recovery Fitness **NEW!**

Christopher Gellert, MS, MPT

Help clients reclaim strength and confidence after a Total Knee Replacement (TKR). Explore knee osteoarthritis, surgery insights, and physical therapy stages, then learn practical program design strategies to safely return clients to the gym. Transform their recovery into a journey of mobility, stability, and renewed independence.

FR5E: Aqua Disco **NEW!**

Tanisha (Tani) 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!

FR5F: Physiology of Obesity and Weight Loss Drugs **NEW!**

Melissa Layne, MEd

Explore the biology of obesity—metabolism, hormones, and energy balance. Learn why the body resists fat loss and the science behind weight loss medications. Gain evidence-based insights to support effective, sustainable strategies for weight management, health, and long-term wellness. (Lecture)

FR5G: Marketing to Active Agers Panel **NEW!**

Sara Kooperman, JD, Amber Toole & Kylie Ross, MSM, MBA

Discover effective strategies to engage the growing 50+ market. Learn how to craft compelling messaging, leverage social media, utilize referral programs, and create community-driven experiences. This panel explores proven techniques, successful samples, and actionable strategies to attract, retain, and inspire active aging adults while positioning your business for long-term success. (Lecture)



FR6 Sessions 4:30pm - 5:45pm

FR6A: High Roller

Abbie Appel

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

FR7D: SomaPWR Yoga Sculpt

Rachel Friedman, MS, E-RTY 500

Strengthen from the inside out with this 75-minute mind-body transformation! Experience somatic techniques to fortify your nervous system, breathwork to regulate energy, resistance training for strength, and yoga for mobility. Expect to sweat, release, and reset as you unlock deeper body awareness and inner balance. More than fitness—it's powerful, embodied healing.

FR6C: 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!

FR6D: Moving Meditations

Jani Roberts

Moving Meditations™ are short, intentional movement patterns paired with emotion-specific music to shift and elevate your energy. These mindful practices support emotional well-being, helping you reset with ease and experience more joy, clarity, and balance in your daily life.



FR6E: Ageless Aqua

Cheri Kulp, Jackie Carroll, & Mac Carvalho

Dive into six 64-count choreography blocks that flow seamlessly for active agers. These routines integrate balance, mobility, and dexterity, while neuroplasticity games make waves in cognitive health. Take home comprehensive handouts to create a current of engaging, functional, and refreshing aqua programming for your classes.



FR6F: Lipids:

The Skinny on Fat

Melissa Layne, MEd

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

FR6G: Know Your Worth

Kylie Ross, MSM, MBA

Ready to level up your career in the fitness and health industry? Discover key strategies and insider tips for managing finances, maximizing tax benefits, and protecting your earnings. From W-2s to 1099-NECs, partnerships, and essential bookkeeping, learn how to confidently take charge of your financial future! (Lecture)



FR6H: Core Intelligence: Strength from Center

Leslee Bender

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



FR7 Sessions 6:00pm - 7:00pm

FR7A: SCW Fitness Star Search

Judges: Sara Kooperman, JD, Jani Roberts, & Cheri Kulp

Compete to WIN a presenting spot at the 2026 Mania® Conference on your chosen topic! Showcase a 3-minute highlight from your favorite class, demonstrating your energy, creativity, and ability to inspire. Our expert judges evaluate your routine and leadership skills. Share your expertise, gain recognition, and shape the future of fitness. Step into the spotlight and claim your place at Mania®!



Each SCW Fitness Star receives:

- A position as a Presenter at a future SCW Mania®
- A FREE Mania® Registration for the Star Search Winner
- A FREE Mania® Registration for a selected friend
- COMPLIMENTARY Invitation to the Presenter for the reception on Saturday night
- A feature in our SCW Spotlight newsletter
- A mentoring experience with a Star Search Judge

FR7C: Mania® DANCE OFF!!

Join the stars of Mania® in this wild workout with the best in dance fitness. Have a blast with Veronika Batyan, Kymberlee Helmuth, Tani Haggard, SOUL Fusion Fit, SHiNE Dance Fitness, Megan Cooperman, Soraya Doherty, and Palango! Fitness, 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!

FR7G: Stronger Muscles, Younger Body **NEW!**

Dr. Grazyna Pajunen, MS, PHD

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



Saturday, Feb. 28

SA1 Sessions 7:30am - 8:45am

SA1A: Life Happens on One Leg

Melissa Layne, MEd

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

SA1B: 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.



SA1C: UPLIFT Strength Fitness **NEW!**

Lizzie Dolan

Strength training at its finest! UPLIFT combines weights, bands, and balls for a full-body workout that builds strength, balance, and endurance. Experience creative, effective techniques that keep every class fresh, challenging, and fun—perfect for instructors looking to energize their strength programming and UPLIFT every participant.

SA1D: Warrior® Tai Chi Yoga and Qi Gong Fusion **NEW!**



Jani Roberts

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

SA1E: Drip & Drop **NEW!**

Tanisha (Tani) Haggard

Make waves to a hip-hop beat! This dance-inspired aqua workout turns the pool into a party while delivering a full-body burn. Expressive movement,



musicality, and cardio conditioning come together for a fun, soul-lifting experience that fires up coordination, burns calories, and leaves you smiling.

SA1F: Muscle Meets Mind **NEW!**

Carrie Karkoska, MEd

Unlock the psychology behind client success. Explore motivation, behavior change, and coaching strategies trainers often overlook. Learn why clients quit, how to tailor coaching to different personality types, and use gamified techniques to boost engagement. Ideal for trainers ready to inspire results and coach beyond the workout. (Lecture)

SA1G: Conflict to Connection: Navigating Tough Conversations **NEW!**

Sohailla Digsby, RDN, LD

Gain practical tools to manage tough conversations with clients, coworkers, and loved ones. Learn to reduce tension, improve communication, and strengthen relationships—even in emotionally charged moments. Build leadership skills and reduce stress in both professional and personal interactions. (Lecture)

SA1H: Intro to Reformer Essentials **NEW!**

Amber Toole

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



SA2 Keynote 9:15am - 10:30am

SA2A: Trends In Fitness **NEW!**

Sara Kooperman, JD

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

SA3 Sessions 11:00am - 12:15pm

SA3A: Warrior® Workout **NEW!**

Jani Roberts

The Warrior® Workout fuses martial arts and functional fitness to build strength, resilience, and self-awareness. This mind-body practice empowers all levels through intentional movement, helping participants connect with their physical, mental, and emotional state for a more centered and balanced way of being.

SA3B: Stability Ball Breakthrough **NEW!**

Gail Bannister-Munn

The Stability Ball Workout blends balance, flexibility, and core strength for total-body results. Train major and stabilizing muscles with effective, versatile, and fun exercises. Discover fresh drills that improve function and form—keeping you and your clients strong, engaged, and ahead in today's fitness landscape.

SA3C: Supa Dupa Fly **NEW!**

Kymberlee Helmuth

Supa Dupa Fly™ is Kymberlee's signature dance fitness experience—a high-energy fusion of hip hop, humor, and empowerment. With easy-to-follow choreography, fierce beats, and contagious fun, this all-levels class leaves participants smiling, sweating, and feeling unstoppable.

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

Evans Armantrading, Jr.

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



SA3E: Liquid Gym Acqua Toner Stretch & Tone

Cheri Kulp

Elevate your aqua workouts with Liquid Gym Acqua Toner Bands and Bar! Combine strength training with water's resistance to boost flexibility, muscle tone, range of motion, proprioception, and circulation. Finish with a refreshing stretch using Liquid Stars for a full-body aquatic transformation.





SA3F: Ditch Diet Drama **NEW!** 🎥

Amber Toole

Turn chaos into confidence. Learn to free clients from fad diets and food rules with a complete 4-week coaching blueprint. Gain meal templates, recipes, checklists, and mindset tools you can launch immediately for lasting results. (Lecture)

SA3G: Botanical Science for Holistic Wellness **NEW!** 🎥

Marie Crichlow, RN

Explore the science behind botanical wellness and DMAE for holistic health. Marie Crichlow, RN, guides attendees through herbal actives, plant-based synergy, and practical strategies to support vitality, relief, and overall well-being. Gain evidence-based insights you can apply to everyday self-care and natural wellness practices. (Lecture)



SA3H: Strong Arms, Shoulders, and Backs **NEW!** 🎥

Leslee Bender

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



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



NEW! 🎥 Jackie Carroll & Jaysa Angles

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

SA4D: Prevent Injury by Restoring Function **NEW!** 🎥



Jeff Melis

Learn to prevent injuries before they happen! Master efficient assessments, uncover root causes, and apply exercises that optimize alignment and restore resilience. Gain the tools and confidence to help clients move better, perform pain-free, and stay strong for life—moving beyond injury management to true prevention.

SA4G: Strength Training for Active Agers Panel **NEW!** 🎥

Sara Kooperman, JD, Gail Bannister-Munn, Jani Roberts, Kylie Ross, MSM, MBA, Amber Toole & Dr. Grazyna Pajunen

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

SA4H: Deep Dive for Amateur Athletes 🎥



Leslee Bender

Go beyond traditional training and explore advanced Reformer-based techniques that enhance athletic performance, control, and coordination. Experience rotational, stability, and power-driven movements designed to build strength, agility, and precision. Ideal for athletes and active clients, this session teaches you how to program and cue dynamic, functional workouts that challenge and inspire.



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

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

SA4B: Developing an Intuitive Warm-Up **NEW!**

Joshua Craddock

During classes or training sessions, do you ever feel like nothing was done to address specific needs or properly prepare for the workout ahead? Discover how to move beyond the same stale "warm-ups;" develop a personalized, intuitive warm-up that begins with the mind-body connection and Knowledge of Self.

SA4C: ZUMBA®

ZUMBA

Beatriz Busch

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

SA4E: Tides of Power **NEW!**

Cheri Kulp, Jackie Carroll, Mac Carvalho & Amber van der Meer

Revitalize your water workouts with innovative uses of aqua dumbbells! Harness drag, resistance, and buoyancy to build strength, muscular endurance, power, and tone. Explore creative techniques with single or paired dumbbells, including flotation options, to recharge your routine and unlock new strength and energy in the pool.

SA4F: Women: Training Through The Stages **NEW!**

Melissa Layne, MEd

Learn how hormonal shifts impact strength, endurance, and recovery in women. Explore evidence-based training, recovery, and supplementation strategies for every life stage. Empower your clients with science-backed methods to boost performance, support longevity, and train smarter through all phases of womanhood. (Lecture)

SA5 Sessions 2:45pm - 4:00pm

SA5A: Bodyfit: Tips on Modifications

Kylie Ross, MSM, MBA

Get your blood flowing and release endorphins with this total body workout! Use high- and low-intensity movements to relieve tension and build lean muscle for active aging and post-op recovery. Chair and floor variations target core, legs, back, and arms to boost strength and protect joints.

SA5B: SOULstrength™: EXPERIENCE **NEW!**



Mac Carvalho & Jaysa Angles

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!

SA5C: PALANGO! Cardio **NEW!**



Felix Ojeda, MS, MBA

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

SA5D: Restorative Stretch **NEW!**

Gail Bannister-Munn

Unwind with a gentle blend of yoga, Pilates core work, and Active Isolated stretching. Calm your nervous system, increase mobility, and promote deep relaxation. Learn to honor your body's limits without pressure. Leave feeling recharged, centered, and connected—restored in both body and mind.





SA5E: Soca Splash **NEW!** 🎥

Tanisha (Tani) Haggard

This high-energy Aqua Dance class mixes HIIT and strength with a sexy twist. Wind up that body with the sweet sounds of Soca while we build strength, power-up the legs and build a beautiful booty. Welcome to the Islands! Get ready to dance aqua style!

SA5F: Smart Food Choices for Longevity **NEW!** 🎥

Sohailla Digsby, RDN, LD

Understanding processed foods is key to maintaining strength and energy as you age. Learn how to read labels, spot hidden ingredients, and make healthier choices without sacrificing convenience. Walk away with simple nutrition strategies to support long-term health—whether cooking for one, two, or a small family. (Lecture)

SA5G: Train Smarter, Not Harder **NEW!** 🎥

Carrie Karkoska, MEd

Unlock the science behind training that actually works! This hands-on course makes periodization simple with fun analogies, live program-building demonstrations, and ready-to-use templates. Perfect for fitness professionals who want to create programs that deliver real results, maximize client success, and take their training strategies to the next level. (Lecture)

SA6 Sessions 4:30pm - 5:45pm

SA6A: 50+ FUNctional Fitness 🎥

Jackie Carroll

A high-energy, low-impact workout that helps you move better, feel stronger, and live confidently. This class blends strength, balance, mobility, and real-life movement patterns to keep you doing what you love with ease. Expect upbeat music, simple functional exercises, and plenty of laughter. Perfect for active adults who want to stay strong and steady.

SA6B: Power, Precision & Plyo Step **NEW!** 🎥

Siri Chilazi, MBA, MA

Elevate your step bench workouts! Learn to combine explosive plyometrics (with low-impact options), controlled strength moves, and accessible choreography for sessions that build power, endurance, and coordination—energizing your teaching while challenging every participant.

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

Jaysa Angles

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

SA6D: Tai Chi: The Original Group Exercise **NEW!** 🎥

Joshua Craddock

Tai Chi is generally recognized as the oldest form of group exercise in the world. It combines mindfulness, breath, slow controlled movement, balance, and mobility into a single modality. Tai Chi often emphasizes the collective, rather than the individual, separating it from other common training formats.



SA6E: Liquid Gym: Liquid Stars **NEW!** 🎥

Cheri Kulp

Power up your pool time! This dynamic aqua session blends boxing and strength moves using Liquid Stars to maximize drag, resistance, and results. Finish strong with deep stretches to boost flexibility and range of motion. Get ready to make waves and feel the burn (Lecture)



SA6F: Stress & Inflammation: Impacts & Outcomes **NEW!** 🎥

Melissa Layne, MEd

Learn how acute and chronic stress affect metabolism and drive the body's inflammatory responses. This session highlights how prolonged stress can worsen inflammation, contributing to heart disease, autoimmune disorders, and mental health challenges. Gain research-backed insights into managing stress for improved health outcomes. (Lecture)

SA6G: Women's Leadership: Climbing, Creating & Conquering in Fitness Panel **NEW!** 🎥

Sara Kooperman, JD, Gail Bannister-Munn, Kylie Ross, MSM, MBA & Jani Roberts

Unlock real-world strategies for women to thrive in the fitness industry. Learn how to get promoted, lead with confidence, and launch your own business. This empowering session offers practical tools to build respect, boost self-assurance, and fast-track your career—whether you're climbing the ladder or creating your own path. (Lecture)

SA6H: Mobility, Flexibility, and Recovery Flow **NEW!** 🎥

Leslee Bender

This gentle Reformer flow emphasizes lengthening, joint mobility, and nervous system reset. Using slow, mindful movements and breathwork, reduce stiffness and enhance range of motion for active recovery. Ideal for older adults, post-workout cooldowns, or stress relief. Leave feeling balanced, centered, and reconnected to your body



Sunday, March 1

SU1 Sessions 7:30am - 8:45am

SU1A: Keys TO Unlock Shoulder Pain **NEW!** 🎥

Brendan Fox

Get hands-on with live assessments and corrective techniques! Learn to spot hidden shoulder issues fast, fix movement problems others miss, and master powerful strategies to restore function and reduce pain. Walk away ready to transform shoulders and performance—for yourself or your clients.



SU1B: Glide & Grind **NEW!** 🎥

Tanisha (Tani) Haggard

Slide into strength! This high-energy fusion of cardio, balance, and core training uses slider discs to challenge muscles in new ways. Move seamlessly between floor and standing drills to build stability, boost endurance, and elevate coordination—all while breaking a serious sweat

SU1C: Coaching Clients with Pain **NEW!** 🎥

Damien Michel, MS

Unlock strategies to help clients train safely despite aches and pains. Explore how pain presents, what influences it, and how to modify exercises and programming for individual needs. Gain practical tools to confidently navigate challenges while keeping workouts effective, safe, and empowering for every client.

SU1D: A Barre Above the Rest **NEW!** 🎥

Veronika Batyan

Discover the latest research on the unique benefits of Barre fitness in this interactive workshop. Explore the mind-body connection and the power of Barre to build strength, flexibility, and grace. Leave inspired with fresh, practical ideas to elevate your classes and set them "a barre above the rest!"





SU1E: Dive Deep or Don't Bother **NEW!**

Chris Henry

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



SU1F: Cracking the Code to Weight Loss **NEW!**

Amber Toole

Uncover the common pitfalls clients encounter in their pursuit of quick-fix weight loss solutions. This session highlights key health foundations for lasting success, examines how dieting history affects metabolism, and offers actionable coaching strategies to help clients achieve sustainable, long-term weight loss results. (Lecture)

SU1G: Detox, Digest, Thrive, and Glow **NEW!**

Dr. Tracy Offerdahl, PharmD, FAAC

Discover the hidden impact of toxins, inflammation, and poor digestion on your fitness goals and appearance. This session dives into cleansing strategies, nutrient timing, and holistic habits to reduce internal stress and amplify external results. Learn how small shifts in daily choices can unlock vibrant energy, fat loss, and glowing skin. (Lecture)



SU2 Sessions 9:00am - 10:15am

SU2A: Transcendent Flow: Music, Movement & Mindfulness

Lori Lowell, Jeremy Lowell & Kelly Shelton

Join Lori and Jeremy of Drishti Beats for a soulful vinyasa experience where music, energy, and flow unite. Awaken your body, quiet your mind, and explore how themed sequencing and inspired teaching can elevate every class, creating deeper connection and transformation for both teacher and student.

SU2B: Programming Core Workouts and Classes **NEW!**

Siri Chilazi, MBA, MA

A functional core workout is more than a few moves. Learn to create fun, well-rounded core sessions (3–30+ minutes) for all levels that challenge your students. Walk away with ready-to-use exercises and class plans you can implement immediately.

SU2C: Simplify Your Sweat Sessions **NEW!**

Anna Zywiec, MS

Discover how six simple moves can deliver endless workout variety! Explore formats like Tabata, supersets, pyramids, and more to transform basic exercises into powerful, fun, and results-driven sessions. Learn quick tweaks that keep every workout fresh, challenging, and effective for all fitness levels.

SU2D: SOULfusion™ EXPERIENCE **NEW!**

Mac Carvalho & Jaysa Angles

Experience athletic mind-body movement set to fun, energizing music in this SOULfusion masterclass. Explore how music enhances movement and walk away with easy-to-teach, fun-to-take choreography. Blending yoga-inspired moves, flexibility, mobility, and cardio bursts, SOULfusion is more than a class—it's an experience for EVERYbody!



SU2E: AQUA-BATA **NEW!**

Amber van der Meer

Make waves with this high-energy aquatic interval workout! AQUA-BATA combines the intensity of Tabata training with the joint-friendly benefits of water for a total-body burn. Boost endurance, strength, and cardio while keeping it fun, refreshing, and effective for all fitness levels. Get ready to sweat, splash, and smile!



SU2F: Personal Training Meets Stretch Therapy **NEW!** **CNU STRETCH** **Evans Armantrading, Jr.**

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

SU2G: High-Performance Fitness Culture **NEW!**

Carrie Karkoska, MEd

Unlock the secrets to leading top-performing fitness teams with transformational and servant leadership. Discover how to build a purpose-driven culture that inspires growth, loyalty, and peak performance. This course empowers fitness professionals to elevate their leadership, ignite team motivation, and create lasting success in their personal training businesses. (Lecture)

SU3 Sessions 10:45am - 12:00pm

SU3A: Chair Yoga for Mobility & Strength **NEW!**

Sara Kooperman, JD

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

SU3B: Welcome to the Terrordome **NEW!**

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!

SU3C: Step Ignition **NEW!**

Amber van der Meer

Step up your game with this powerful, music-driven cardio workout! Learn creative choreography, effective cueing, and energizing combinations designed to motivate every participant. Perfect for instructors looking to refresh their routines or reignite their passion for teaching, this class delivers results, rhythm, and unstoppable fun.

SU3D: SomaPWR: Hands-On Training **NEW!**

Rachel Friedman, MS, E-RTY 500

Experience the next evolution in fitness—where science meets soul. Through movement, breathwork, and nervous system training, you'll learn powerful verbal cues and somatic dialogue techniques that create real transformation. Build programming that fosters strength, awareness, and emotional balance for clients ready to move beyond surface-level results.

SU3E: Aqua Core Amour: Love Your Center **NEW!**

Steffanie Williams

Fall in love with your core! This fun and functional workout targets balance, stability, and strength through dynamic water resistance. Engage your abs, back, and glutes in flowing, music-driven movement that sculpts your center and energizes your entire body from the inside out.

SU3F: The Truth About Processed Foods **NEW!**

Sohailla Digsby, RDN, LD

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 long-term health and fitness goals. (Lecture)





SU3G: Programming for GLP-1 Users **NEW!** 🎥

Damien Michel, MS

Discover how GLP-1 medications impact obesity and overall health and explore strategies for training clients who use them. Learn to design safe, effective workouts, provide practical nutrition guidance, and confidently guide conversations with clients about these medications within the fitness professional's scope. (Lecture)

SU4 Sessions 12:15pm - 1:30pm

SU4A: 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.

SU4B: Fight Club **NEW!** 🎥

Amy Beyer, MEd

Unleash your power in this high-energy kickboxing class! Burn calories, sculpt your body, and boost endurance with fun, dynamic choreography. Perfect as a full workout or a punch-packed segment, instructors will leave inspired to create their own heart-pumping, total-body kickboxing experience.

SU4C: Exploring Connective Tissue **NEW!** 🎥

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

Explore the body's vast network of connective tissue, including ligaments, fascia, skin, and blood. Through deep stretching, understand the relationships between injury, tension, pain, and myofascial lines. Learn to develop awareness of your body's interconnectedness, enhancing movement and mobility in everyday life.

SU4D: Battered Joints for Life **NEW!** 🎥

Siri Chilazi, MBA, MA

Are your students stuck, clicky, or achy in their joints? Traditional release techniques aren't enough.

Learn a novel approach to improve joint function, increase mobility, and help clients move freely—so they can stay active, strong, and pain-free for life.

SU4E: H.E.A.T. WAVES **NEW!** 🎥

Chris Henry

H.E.A.T. waves (High Energy Aquatic Training) offers a unique water exercise experience, featuring unconventional drills that harness water resistance for a full-body challenge. Elevate your class by incorporating dynamic movements that engage the entire body and get your heart pumping. With 360 degrees of resistance, water becomes your ultimate training tool in this exhilarating, non-traditional workout!

SU4F: Trending Diets & Weight Loss Meds **NEW!** 🎥

Sohailla Digsby, RDN, LD

Ozempic, Zepbound, and peptides—oh my! Stay up to date on the latest in weight loss medications and popular diets. Discover their pros, cons, and safety considerations with fresh insights from a seasoned dietitian in this timely and informative session. (Lecture)

SU4G: Digital Marketing Kickstart **NEW!** 🎥

Kymerlee Helmuth

Get the digital marketing boost your fitness business needs! Join marketing expert and fitness entrepreneur Kymerlee Helmuth to learn branding, social media, and engagement strategies that attract clients, boost visibility, and build a powerful online community. (Lecture)



Presenters



Scan for
Full Bios



JAYSA ANGLES



ABBIE APPEL



DAVE APPEL



DR. AARON
ASLAKSON, PhD.



EVANS
ARMANTRADING, JR.
OWNER



GAIL BANNISTER-MUNN
SOA



VERONIKA BATYAN



LESLEE BENDER
SOA



AMY BEYER



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GREG JOHNSON, MS



CARRIE KARKOSKA, MED



JENNY KAUFMAN



SARA KOOPERMAN, JD
SOA SEAT water motion



CHERI KULP
water motion



DR. EDWARD
LASKOWSKI, MD



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ROSIE LEMONS, MS,
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JEREMY LOWELL



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GREG MACK, CPT, CMES



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IRENE MCCORMICK,
MS, CSCS



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DAMIEN MICHEL, MS



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MIKE, PhD



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Felix Fitness



DANIELLE ONTIVEROS



CHRISTOPHER POIRIER



GUSTI RATLIFF, MED,
E-RYT 500, C-IAYT



JANI ROBERTS
ALIGNMENT ESSENTIALS



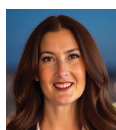
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water motion



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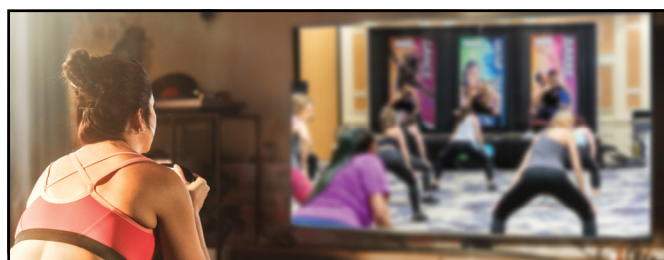


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