

dc mania[®]

fitness pro convention

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, & Carvalho (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 Appel	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 Jackie Carroll	Power, Precision & Plyo Step Chilazi (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 Chris 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)	Exploring Connective Tissue Ratliff (NEW)	Buttery Joints for Life Chilazi (NEW)	H.E.A.T. WAVES Chris 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-5pm

→ **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**

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) ■◀	

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) ■◀

Cracking the Code to Weight Loss Toole (NEW) 	Detox, Digest, Thrive, and Glow Dr. Tracy Offerdahl, PharmD, FAAO (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) 	

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**

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 ■◀

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 ■◀

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 ■◀