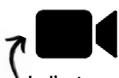


# dc mania®

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

**February 27**

<b>FR1</b>	7:30am-8:45am
<b>FR2</b>	9:00am-10:15am
<b>FR3</b>	11:00am-12:15pm
<b>FR4</b>	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm
<b>FR5</b>	2:45pm-4:00pm
<b>FR6</b>	4:30pm-5:45pm
<b>FR7</b>	6:00pm-7:00pm

Room <b>A</b> Function & Active Aging	Room <b>B</b> Power & Personal Training	Room <b>C</b> Group Programming	Room <b>D</b> Recovery / Mind-Body	Room <b>E</b> Waterworks (Starts in lecture)
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**February 28**

<b>SA1</b>	7:30am-8:45am
<b>SA2</b>	9:15am-10:30am
<b>SA3</b>	11:00am-12:15pm
<b>SA4</b>	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm
<b>SA5</b>	2:45pm-4:00pm
<b>SA6</b>	4:30pm-5:45pm

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				
KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A				
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
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

**March 1**

<b>SU1</b>	7:30am-8:45am
<b>SU2</b>	9:00am-10:15am
<b>SU3</b>	10:45am-12:00pm
<b>SU4</b>	12:15pm-1:30pm

Keys TO Unlock Shoulder Pain Fox (NEW)	Glide & Grind Haggard (NEW)	Coaching Clients with Pain Michel (NEW)	A Barre Above the Rest Batyam (NEW)	Dive Deep or Don't Bother Chris Henry (NEW)
Transcendent Flow: Music, Movement & Mindfulness L. Lowell, J. Lowell & Shelton (NEW)	Programming Core Workouts and Classes Chilazi (NEW)	Simplify Your Sweat Sessions Zywien (NEW)	SOULfusion™ EXPERIENCE Carvalho & Angles	AQUA-BATA van der Meer (NEW)
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
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)
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)

# 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

Orjeda • 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)
<b>EXPO SHOPPING 10:00am-11:00am</b>		
Protein Quality, Synthesis, Structure and Deficiency Layne	The Employee Wellness World Cooperman (NEW)	
<b>EXPO SHOPPING 12:00pm-2:45pm</b>		
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)	
<b>EXPO SHOPPING 3:45pm-4:30pm</b>		
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)
<b>EXPO SHOPPING 8:30am-9:15am</b>		
<b>KEYNOTE ADDRESS: TRENDS IN FITNESS</b> Sara Kooperman, JD - Room A		
Ditch Diet Drama Toole (NEW)	Botanical Science for Holistic Wellness Crichlow (NEW)	Strong Arms, Shoulders and Backs Bender (NEW)
<b>EXPO SHOPPING 10:30am-11:00am</b>		
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)	
<b>EXPO SHOPPING 12:00pm-2:45pm</b>		
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 Dr. Tracy Offerdahl, PharmD, FAAO (NEW)	
Personal Training Meets Stretch Therapy Armantrading (NEW)	High-Performance Fitness Culture Karkoska (NEW)	
<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>		
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)	

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Certifications at  
[scwfit.com/dc/certs](http://scwfit.com/dc/certs)

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