

# dc mania<sup>®</sup>

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<sup>®</sup> Aqua Exercise**  
Kulp • 9am-5pm
- **SCW Aquatic Exercise**  
Layne • 9am-5pm
- SCW Pilates Reformer Fundamentals**  
Bender 9am-5pm

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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# Fri February 27

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

# Sat February 28

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

# Sun March 1

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

# Certifications Sun March 1

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

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

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

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

→ **SCW Yoga I**  
J. Roberts • 8am-4pm

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

<b>F</b> Nutrition/ Ex Science	<b>G</b> Leadership/ Business	<b>H</b> Pilates Reformer
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Pre-Recorded Sessions <b>Personal Training/ Strength</b>	Pre-Recorded Sessions <b>Restore/ Pilates /Tai-Chi</b>	Pre-Recorded Sessions <b>Active Aging/ Functional Training</b>	Pre-Recorded Sessions <b>Nutrition/ Exercise Science</b>
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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		
<b>EXPO SHOPPING 10:30am-11:00am</b>		
Ditch Diet Drama Toole (NEW)	Botanical Science for Holistic Wellness Crichlow (NEW)	Strong Arms, Shoulders and Backs Bender (NEW)
<b>EXPO SHOPPING 12:00pm-2:45pm</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 3:45pm-4:30pm</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 Offerdahl (NEW)	<b>Check Out Career Changing Certifications at <a href="http://scwfit.com/dc/certs">scwfit.com/dc/certs</a></b>
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)	

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 Saniantan
Optimal Overhead Pressing Mike	Meditation is My Medication Haan	Joint Replacements: Returning Triumphant! K. Roberts	Healthy Eating for Active Agers Lemons