



Midwest
MANIA[®]
FITNESS PRO CONVENTION



October 4-6

STRONGER
together



scwfit.com/MIDWEST



AS REAL *as it gets*



LETTER FROM SARA

Dear Midwest MANIACs,

It's 2024 and we are ready for change... so let's look forward and plan now! More classes, more recordings, and more options to uplift and energize your programming and inspire YOU, our loyal, dedicated fitness family.

Join us as we celebrate our 41st year, rebrand our business and update your events. We thank you for your support and bring YOU a new look and feel for fitness education.

Revitalize and rejuvenate your personal fitness community by powering up your programming with 200 sessions, 75+ presenters, and over 160 recorded sessions, all this happening in our 8 activity and lecture rooms! NOBODY offers you more, nobody changes faster, and nobody cares more... about YOU.

Get off your computer, rise out of the Internet, and experience the sweat and smell of like-minded fitness professionals and industry elites who remind you why you entered fitness in the first place.

Come to MANIA® and experience the change!

In Health,
Sara Kooperman, JD
CEO, SCW Fitness Education

Just Released!
SARA'S NEW BOOK:
FIT FOR BUSINESS
IS NOW AVAILALE ON
AMAZON!
Purchase Today!

CEC/CEU PROVIDERS



SUPPORTERS



MIDWEST MANIA® FITNESS PRO CONVENTION

October 4-6, 2024 (Fri., Sat., & Sun.)

SCW BUSINESS SUMMIT

October 4-6, 2024 (Fri., Sat., & Sun.)

ACCREDITED LIVE CERTIFICATIONS

October 3 (Thur.) & October 6 (Sun.) 2024

NEW LOCATION / VENUE

Hilton Rosemont/Chicago O'Hare
5550 North River Road
Rosemont, IL 60018
847-678-4488 (Reservations)



WHAT IS A MANIA® FITNESS PRO CONVENTION?

MANIA® is a three-day Fitness Education Conference featuring world-renowned Fitness Educators leading 200 sessions on such topics as:

- Personal Training
- Stretching/Flexibility
- Pilates
- Functional Training
- Recovery/Myofascial Release
- Meditation
- Active Aging
- HIIT
- Business
- Core/Strength Training
- Group Exercise
- Sales/Retention
- Nutrition
- Yoga
- Marketing
- Mental Health & Wellness
- Boot Camp
- Social Media
- Exercise Science
- Circuits
- Aqua
- Cycle
- Chair Exercise
- And Much More!

MANIA® is not just a Fitness Convention; it's a destination where the fitness community gathers to gain education, inspiration, and renewed energy! With its affordability, MANIA® caters to both aspiring exercise professionals and seasoned fitness veterans. Interact with your favorite presenters, both local and international, explore the Expo, and embrace the sense of belonging to a vibrant health and wellness community. It's like a shot of adrenaline that propels your fitness career to new heights, sustaining its impact throughout the entire year! MANIA® is a cornerstone in driving the fitness industry forward, providing a platform for learning, growth, and connection.

20
CEC/CEUs
OFFERED

75+
ELITE
PRESENTERS

200
UNIQUE
SESSIONS

17
SPECIALTY
CERTS





HILTON ROSEMONT/CHICAGO *O'hare*

**NEW
VENUE!**



STAY ON-SITE AT MIDWEST MANIA® AND SAVE BIG!

Hilton Rosemont/Chicago O'Hare
5550 North River Road
Rosemont, IL 60018
847-678-4488 (Reservations)

GUARANTEED LOWEST DISCOUNT HOTEL RATE!

\$149 Single/Double/Triple/Quad (Reg. \$246)

What a savings! Pay as little as \$37.25 per night when you share a room with three others!

STAY AT THE CONVENTION HOTEL AND GET MORE!

- FREE WiFi in room
- Coffee Maker
- Complimentary roll away beds (based on inventory)
- 100% Smoke free rooms
- Liberty Tavern and Lounge
- Starbucks onsite
- 24 - Hour Fitness Center
- Heated indoor pool with panoramic views of downtown Chicago skyline
- Pet friendly rooms
- Complimentary Airport Shuttle Service
- Discounted self parking \$10 a day with in & out privileges



HOTEL ROOM DISCOUNT DEADLINE: TUESDAY, SEPTEMBER 17TH, 2024

Book early, our hotel ALWAYS SELLS OUT!

Visit www.scwfit.com/midwest/hotel to reserve your room online.



Book Now!



PARKING

Discounted self parking \$10 a day with in & out privileges.



AIRPORT TRANSPORTATION

FREE hotel shuttle service from Chicago-O'hare International Airport. Go downstairs to the Arrivals Area - One level below baggage claim. Shuttle comes every 30 minutes (5am - 12am).



VISIT CHICAGO

Visit Downtown Midwest in less than 10 minutes by Uber, Taxi or Lyft! Share a ride and pay as little as \$10! Enjoy the art scene, green spaces, fine dining, historic sites & luxurious shopping in

Downtown Midwest. Interested in history and culture? Make it a museum experience! Featuring the Perot Museum of Nature and Science, Midwest Museum of Art, Nasher Sculpture Center, Crow Museum of Asian Art, Midwest Holocaust and Human Rights Museum, African American Museum of Midwest, and the Sixth Floor Museum at Dealey Plaza, you'll find something you love here in Midwest.



shop the
EXPO



ONE EXCELLENT EXPO: FREE TO ALL!

You're going to love the great deals on fitness equipment, exercise videos, activewear, music, nutrition, fitness resource books, and Online Certifications. The EXPO is always FREE and open to the public! Invite your friends, clients, & students! Register NOW scwfit.com/midwest/expo



UNITED WE *move*



JOIN THE MANIA® SUPPORT STAFF AND SAVE \$240 OFF YOUR REGISTRATON AND GET 20 CEC/CEUS

SCW is seeking energetic, outgoing, flexible fitness pros to help run our MANIA® Conventions & Business Summit.



- **Work 1 day, get the other 2 days FREE!**
- **Earn 20 CECs** while staffing (SCW, AFAA, ACE, NASM, ACSM, AEA & more!)
- **Save \$240** off the \$399 Registration Price (now only \$159)

- **\$200 OFF** all Live SCW Certifications (was \$359, now \$159)
- **50% OFF** all SCW Apparel
- **50% OFF** all SCW Equipment & Accessories (retail price)
- **FREE** Event T-shirt
- **FREE** SCW Staff dinner party
- **FREE** Evening Masterclass
- **FREE** Refreshments in the SCW Member Room!

Please email Denise Johnston at denise.johnston@scwfit.com or text/call 678-901-9642 for more information.

REGISTRATION HOURS

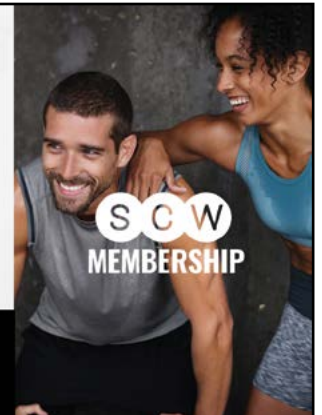
Thursday, Oct. 3: 6:30am - 8:00pm	Friday, Oct. 4: 6:45am - 6:00pm	Saturday, Oct. 5: 6:45am - 6:00pm
Sunday, Oct. 6: 7:00am - 10:45pm		

EXPO SHOPPING HOURS

Friday, Oct. 4: 10:00am - 11:00am 12:00pm - 2:45pm 3:45pm - 4:30pm	Saturday, Oct. 4: 8:30am - 9:15am 10:30am - 11:00am 12:00pm - 2:45pm 3:45pm - 4:30pm	Sunday, Oct. 5: 10:00am - 1:00pm (Closeout Shopping)
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BECOME AN SCW MEMBER FOR ONLY \$109!

Your Full-Year SCW Membership
pays for itself... and then some!



scwfit.com/membership

- **\$150 OFF** any regular 3-day MANIA® registration (was \$399 / now only \$249)
- **FIRST CHOICE** class selection guaranteed at MANIA® Fitness Conventions & Business Summits
- **FREE** Subscription to SCW OnDemand (value \$199)
- **50% OFF** Equipment purchased at the SCW MANIA® booth (retail price)
- **50% OFF** Activewear at the SCW booth (retail price)
- **\$100 OFF** Online Certifications (was \$359, now \$259)
- **20% OFF** Online CEC/CEU Video Courses (was \$40 now \$31.96)
- **\$20 OFF** In-Person Certifications
- **FREE** Webinar Attendance & Recordings
- **FREE** eNewsletters (Spotlite, Business, Aqua)
- **Members-Only Room** at MANIA® (**FREE** Coffee, Fruit & Snack Bars)
- Sign up at www.scwfit.com/membership



MANIA® REGISTRATION DEADLINE: MONDAY, SEPTEMBER 13TH, 2024

Avoid late fees! Register by Monday, September 13th, 2024 and lock in your lowest price, saving you \$60 off the \$399 registration fee. Pay only \$339 and receive all your class selections!

RISE

with us



20 CONTINUING EDUCATION CREDITS/ UNITS (CEC/CEUS) IN 1 WEEKEND (FOR BOTH LIVE & RECORDED OPTIONS)



Live MANIA® Conventions, along with our Online Recorded options, provide you with over 20 Continuing Education Credits/Units during the three-day convention! MANIA® CECs/CEU for SCW, ACE, AEA, ACSM, AFAA, NASM, and other providers. We are also available to assist you in obtaining Physical Therapy or other CEUs as needed.



WHO SHOULD ATTEND A MANIA® FITNESS CONVENTION AND THE BUSINESS SUMMIT?

Any fitness professional or enthusiast who wants to up-skill their concentration or expand their knowledge about other areas of fitness education should attend a MANIA® event and our Business Summit!

- Personal Trainers
- Group Fitness Instructors
- Health & Wellness Directors
- Club Owners & Managers
- Nutrition & Lifestyle Coaches
- Small Group Trainers
- Mind/Body Experts
- Cyclists
- Aqua Instructors
- Health Care Providers



160+ RECORDINGS - 200+ HOURS OF ONLINE EDUCATION... ONLY \$60 FOR 60 DAYS!



Experience over 160 activity sessions, nutrition & business seminars, and lectures with 200+ hours of recorded content for just \$60 for 60 days. Watch the live action of 100 workshops plus 60 recorded sessions for a total of 200 hours of education on your time and at your convenience and earn 20 hours of CECs.



SPONSOR/EXHIBIT/ADVERTISE...PARTNER WITH "THE BEST"

Reach 64,000 via Emails, 58,000 through Text Messages, and 300,000 through Social Media as well as face-to-face contact at our 7 conventions. Our hotels are Non-Union (no drayage fees), providing exhibit booths with tables, chairs, and carpet at no additional cost, located in foyers directly outside Activity Rooms..



For more information, please visit: www.scwfit.com/partner
www.scwfit.com/rockyourbrand or email partner@scwfit.com.

You can also schedule a meeting with our CEO, Sara Kooperman, JD, through calendly.com/SCWFIT



Featured at Midwest MANIA®

October 4-6

FREE for All MANIA® Attendees

The Fittest Minds in the Business.



Attend the SCW Business Summit exclusively, or integrate it with your full MANIA® attendance all for one small price.

This affordable, convenient and intimate Business Summit is a captivating 3-day event featuring 40 hours of elite education with dynamic presenters consisting of industry experts, club owners and managers and boutique studio leaders.

Enjoy lively and informative discussions that delve deep into the latest business trends and topics. This Summit promises to enlighten, explore and inspire! Perfectly suited for both the budding and veteran club owner and manager.

40+ Hours of Mentoring

Business Topics Include:

- Retention
- Technology
- Finances
- Management
- Programming
- Social Media
- Marketing
- Trends
- Sales



scwfit.com/business



MICHAEL SCOTT SCUDDER SCHOLARSHIP

In honor of the life and esteemed career of Michael Scott Scudder, SCW is offering a complimentary attendance to the MANIA® Convention & Business Summit for an enthusiastic club owner, ambitious manager, or emerging entrepreneur. This scholarship opportunity is available to individuals who embody the same high standards and determination for success in the fitness industry that Michael Scott Scudder

exemplified, while also demonstrating financial need. To apply for a scholarship, please visit: www.scwfit.com/SCUDDER.



ATCHARA SEESAWAT SCHOLARSHIP

To honor the life of Atchara Seesawat, SCW is providing a **FREE** admission to the MANIA® Convention for a Personal Trainer who is trying to better their client experience and expand their ability to help others but does not have the financial means to attend an educational conference. This scholarship is available to both experienced individuals or new trainers who strive to maintain the high-quality of personal training

and dedication to excellence that Atchara Seesawat demonstrated throughout her life. Atchara was a dear friend of Sara Kooperman's who passed away all too soon from pancreatic cancer. To apply for a scholarship, please visit: www.scwfit.com/ATCHARA.



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ASSOCIATE SPONSORS



EDUCATIONAL SUPPORTERS



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SPONSORS!

**SCHWINN®**

Schwinn's commitment to authenticity and quality extends seamlessly into indoor cycling, where we bring the essence of the road through our industry-leading expertise and education.
www.corehandf.com

**GRAB THE GOLD®**

Stay ahead of the pack with Grab The Gold. Energy snack bars and supplements made with simple, honest ingredients that help you live life to the fullest!
www.grabthegold.com

**GYMNAZO**

Gymnazo combines the best of traditional training and physical therapy to improve optimal movement and health, so you can get back to doing more of what you love.
www.gymnazo.com

**WATERinMOTION®**

WATERinMOTION® is the premier water exercise program that is sweeping the nation! Our Original, Platinum & Strength programs guarantee your members a safe, structured, and creative class!
www.waterinmotion.com

**ALTERNATIVE BALANCE®**

Working with over 750 services in the health, beauty, fitness & wellness industries, Alternative Balance offers full liability insurance & business tools whether you work online or in-person.
www.alternativebalance.com

**STICK MOBILITY**

Increase Flexibility, Strength, and Joint Mobilization with Stick Mobility Training! We aim to help coaches, athletes, and medical practitioners reach their full potential.
www.stickmobility.com

**TIGER TAIL®**

Tiger Tail's amazing tools massage your whole body from head to toe, helping to relieve sore muscles, soothe stress, and tension, and aid in recovery. Trusted by million-dollar muscles worldwide!
www.tigertailusa.com

**SOULFUSION™**

SOULfusion™ is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music.
www.soulfusionfit.com

**SOULBODY FITNESS**

SoulBody's programs are a suite of mindfully-intense, athletic-style workouts that develop strength, stamina and physical grace. We use innovative choreography set to motivating music.
www.soulbody.fitness

**ZUMBA®**

Get fit, stay fit. Burn calories while having fun at the best exercise class ever or become a dance fitness instructor and change lives. Discover the happier healthier you in a fun and easy way!
www.zumba.com/en-US

**INDIGO AQUATICS**

Providing a wave of aquatic products in the United States, Canada, Latin America and Caribbean market. Shallow, deep and transitional equipment to enhance your aquatic programs.
www.indigoaquatics.com

**EXERCISE CONNECTION**

Join parents and professionals around the world experiencing new success as their students, clients, and children achieve the exercise connection.
www.exerciseconnection.com

**S.E.A.T. (SUPPORTED EXERCISE FOR AGELESS TRAINING)**

S.E.A.T. is a ready-made, award-winning, chair-based fitness program that strengthens the body and mind, while improving balance & flexibility through functional fitness.
www.seatfitness.com

**SYMMETRY FOR HEALTH**

Symmetry is a postural assessment system designed to improve your client's posture, relieve their pain & improve their function using their proprietary AlignSmart technology program.
www.symmetryalignsmart.com

**TOUGHAGERS®**

ToughAgers® workouts are designed to provide everything you need for overall fitness including low-impact cardiorespiratory, interval, balance, resistance, core, and flexibility training.
www.toughagers.com

**STANDOUT FIT-PRO**

Start and grow your business online with the Fit Pro Client Connection, the all-in-one tool for staying connected with your clients, delivering your programs and making the income you deserve!
www.standoutfitpro.com

**GYMFIT FINANCIAL**

Gymfit Financial guides gym owners and fitness pros to master their finances, streamline operations, and amplify profits. Maximize & monetize your time & resources necessary to make a change!
www.gymfitfinancial.com

**FIT PRO PROGRAMMING**

Fit Pro Programming was born out of the dream of constructing programming that caters to the needs of the instructor, considering them as co-creators of this caring mission of health.
www.fitproprogramming.com

**THE MOBILITY RECIPE**

Adding mobility training is one of the biggest assets to your fitness business because it is the difference between simply being successful & monopolizing the market – Get certified today!
www.themobilityrecipe.com

**LABLAST®**

LaBlast® Fitness, created by Emmy-nominated choreographer & Dancing with the Stars pro, Louis van Amstel, is a partner-free dance fitness program using music from every era & genre.
www.lablastfitness.com

**HEALTH ONE**

Health One is a team of professionals and the creators of health improvement solutions that help provide the programs that best meet the needs of your community and organization.
www.hnthealth.com

**MENTAL WELLING ASSOCIATION**

The world's first mental well-being certification specifically designed for fitness professionals, grounded in evidence-based research and self care practices,
www.mentalwellbeingassociation.org

**BOQ FITNESS®**

BOQUA (Body Aquatics) programs are designed for all ages and fitness levels and utilize exercises and movements incorporated in sports and sports performance.
www.boqfitness.com



To learn more and get amazing discounts from our sponsors please visit
scwfit.com/midwest/discounts-offers



CERTS

that go further

ACCREDITED CERTIFICATIONS

THURSDAY, OCTOBER 3

SCW PERSONAL TRAINING CERTIFICATION



Keli Roberts

Thursday, October 3, 9:00am-6:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

This nationally recognized personal training certification provides a solid foundation for a rewarding career in the fitness industry. The course combines lecture and hands-on activities to cover academic foundations, training principles, program design, exercise physiology, kinesiology, health-risk assessment, physical evaluations, and programming alternatives. Additionally, it introduces basic business and marketing skills. By completing this full-day course, you will acquire the necessary knowledge and skill sets to guide and inspire individuals in achieving their health, fitness, and performance goals. The certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.0).

SCW ACTIVE AGING CERTIFICATION



Ann Gilbert

Thursday, October 3, 9:00 am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

As we all age, staying physically, mentally, and socially active is the key to maintaining quality of life. Cutting-edge research reveals there's no one secret to aging well; but by focusing on cardiovascular conditioning, strength training, flexibility, balance, and mental health, we can slow the aging process. Discover ways to empower seniors, not just teach them. Group fitness instructors, trainers, and managers overseeing active aging programming will enjoy this one-day course that combines relevant research and proven practical approaches to training the bodies and brains of 50+ year-old participants. The certification includes practical training, comprehensive manual, and online examination. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).

SCW GROUP EXERCISE CERTIFICATION



Manuel Velazquez

Thursday, October 3, 8:00am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

If you've always dreamed of becoming a group fitness instructor, look no further! This Nationally Recognized Certification will give you the confidence to demonstrate impactful teaching skills and successfully lead a group fitness class. Throughout the certification, you will learn essential skills such as proper class sequencing, warm-up progressions, musical phrasing, effective cueing techniques, and choreography development. By mastering these practical skills, you'll be equipped to deliver exceptional classes every time. Additionally, you'll 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 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 CHAIR YOGA CERTIFICATION



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

Thursday, October 3, 9:00am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Embark on a transformative journey with our Chair Yoga Certification Program, equipping you to skillfully lead both private and group chair yoga classes. This comprehensive training empowers yoga instructors to shape their unique mission, making yoga inclusive for all abilities. Dive into individual and group exercises, delving into essential tools and techniques for teaching chair yoga. Special emphasis on adapting benefits for special populations ensures you graduate ready to bring the healing power of yoga to diverse communities. The certification includes practical training, a comprehensive manual, and an online examination. SCW (7.0), ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), AFAA (6.0), YA (8.0).

WATERINMOTION® AQUA EXERCISE CERTIFICATION



Cheri Kulp

Thursday, October 3, 9:00am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing techniques, deck teaching skills, and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation, and leadership development. Leave certified in WATERinMOTION® Original program and WATERinMOTION® Platinum (older adult) program, as well as the new WATERinMOTION® Strength program. Finish with the skills to teach your best class, every class! Certification includes downloadable choreography video, one-hour music CD, flash cards, and optional Video Assessment (\$300 value). SCW (7.0), ACE (0.9), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).

SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION



Melissa Layne, MEd

Thursday, October 3, 9:00am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Unlock the secrets to vibrant health during menopause in our comprehensive fitness and wellness workshop, supported by cutting-edge research. Join us for an empowering journey to embrace this transformative phase with confidence and vitality. Our expert instructor will guide you through evidence-based exercises, nutrition strategies, and holistic practices tailored to menopausal needs. Discover how to manage symptoms, boost energy, and maintain overall well-being. Connect with like-minded fitness professionals, and gain practical tools for a healthier, more fulfilling

menopausal journey. Don't miss this opportunity to take control of your health and thrive during this unique life stage. The certification includes a comprehensive manual and an online examination. SCW (7.0), ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), AFFA (6.0).

SCW LIFE COACHING CERTIFICATION



Kimberly Spreen-Glick

Thursday, October 3, 10:00am-4:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

The landscape of the health and fitness industry has changed forever. So, how can you expand your current role and stay relevant in an industry you're passionate about, serving a community you love? There is a need now more than ever for solid online life coaches. The great news is that, with the right education, guidance, structure and a talent for leadership, every trainer and instructor have the opportunity to become a successful life coach! In this certification, you learn what life coaching really is, the categories it encompasses, and how to create a strong foundation for serving your clients. Discover various pathways for delivering your coaching and how to create an authentic brand that will attract your ideal clients. If you're feeling called to make a bigger difference in the world, here's your chance! Certification includes practical training, comprehensive manual, and online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

SCW ACTIVE AGING NUTRITION CERTIFICATION



Amber Toole

Thursday, October 3, 5:30pm-9:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Join Amber as she shares scientific, research-based, current insights on the distinct nutritional needs of your active-aging classes and over 50 clients. Learn practical tips for preserving and increasing lean body mass, enhancing cognition, losing excess body fat, acquiring essential vitamins and minerals and MORE. Explore nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutritional knowledge on aging. Certification includes practical training, comprehensive manual, and on-line examination. SCW (4.0), ACE (0.4), ACSM (4.0), AEA (4.0), AFAA (4.0), NASM (0.4).

SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION



Jennifer Hogg, MA

Thursday, October 3, 7:00am-5:00pm

\$199 early bird registration price through September 5th.

\$299 registration price after September 5th.

Unleash the power of Authenticity and learn to #RideRight with Schwinn - the industry's most up-to-date, respected, and progressive indoor cycling instructor training course. Get the tools you need to become a successful and sought-after instructor on any brand of bike in one power-packed day. This critically acclaimed certification, based on the proprietary Schwinn® Cycling Coach's Pyramid™, allows you to work smart, connect to the masses, get results for your riders, and shine bright in the studio. This course also covers proper bike fit, cycling science, class design, music, communication skills and motivation techniques.

Takeaways include:

- Schwinn® Cycling Signature Music
 - Seven complete class design plans
 - A comprehensive manual & Certificate of Completion post event
- SCW (9.0), ACE (0.9), AFAA (9.0), NASM (0.9)

TOUGHAGERS® INSTRUCTOR-ACTIVE OLDER ADULT FITNESS



Deborah Rothschild, MS, NASM-CPT, ACE-CPT, AFAA-CGFI

Thursday, October 3, 9:00am-4:00pm

\$129

Exercise is for everyone, and older adults are no exception. The body will do what it is trained to do, so let's train older adults so their bodies function optimally. Like all other age groups, older adults need: cardio, balance, resistance, core, and flexibility training. Since most of them will not

exercise on their own, let's provide a fun, supportive, and social environment for them to do so. This course will give you the tools to confidently lead a safe, effective, active older adult fitness class, small group training, or private training session. SCW (6.0), AFAA (6.0), NASM (0.6).

ONLINE EXCLUSIVE: THE MENTAL WELLBEING CERTIFICATION FOR FITNESS PROFESSIONALS



C. Victor Brick & Lynne Brick, RN, MA

Was \$499 Now only \$299.40

Save 40% when you register with Discount Code SCW40

The certification is a 20 hour virtual course.

Introducing the groundbreaking Mental Wellbeing Association (MWA) Certification, tailored for fitness professionals. Built on robust research and self-care principles, it integrates a psychological lens into exercise, nutrition, connection, and mindfulness. By bridging fitness and mental health, we empower professionals to enhance their impact on clients, staff, and communities. Tomorrow's leaders prioritize mental well-being, making this certification essential for career growth. Elevate your credibility, enrich your services, and propel your career forward with this transformative certification. The certification includes a 1-year (MWA) membership. SCW (8.0), ACE (2.0), AFAA (15.0), canfitpro (4.0), NASM (1.9).

SUNDAY, OCTOBER 6

S.E.A.T. - SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION



Sara Vandenberg, MS

Sunday, October 6, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

The S.E.A.T. Fitness Certification (Supported Exercise for Ageless Training) is the perfect program for Active Aging and Specialty Format Instructors to take their chair classes to the next level. This comprehensive training includes an effective analysis of the aging process addressing the physiology, kinesiology, and specific needs of students requiring extra support. Use a chair as your base and incorporate sitting, standing, and supported moves needed to enhance your group dynamic teaching skills. Verbal and visual cueing techniques, inspirational and effective memory-improvement strategies, and active aging principles are all included. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Both expert and novice group exercise and small group instructors benefit from S.E.A.T. Fitness through class structure design, routine creation, and leadership development. Leave with a demographically diverse program you can teach to anyone, including active agers, rehab patients, overweight or special-needs participants. The certification includes practical training, a comprehensive manual, downloadable choreography video, music, educational materials, flash cards, and online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

SCW PILATES MATWORK CERTIFICATION



Abbie Appel

Sunday, October 6, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Experience the classical series of movements and modifications based on the timeless methods of Joseph Pilates in this Nationally Recognized Certification. Principles of core stabilization, optimal alignment, and Pilates matwork create the foundation for this intensive blend of theoretical and practical training. Learn proper execution, form, and technique of over 40 essential Pilates exercises. Modifications and variations are included to address common spinal dysfunction and postural imbalances. Leave with multiple levels of programming options and the skills necessary to teach a Pilates Mat Class as they apply to training all ages and abilities. The certification includes practical training, comprehensive manual, and online examination. SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



ONLINE *discounted* CERTIFICATIONS

SCW GROUP EXERCISE
 SCW AQUATIC EXERCISE
 SCW PERSONAL TRAINING
 SCW PILATES MATWORK
 SCW FUNCTIONAL PILATES
 SCW YOGA I
 SCW BARRE
 SCW ACTIVE AGING
 SCW FLOWING YOGA
 SCW BOXING
 SCW AQUATIC PERSONAL TRAINING
 SCW AQUA BARRE
 SCW NUTRITION COACHING FOR FITNESS PROFESSIONALS
 SCW HIIT
 SCW GROUP STRENGTH
 SCW STRETCHING & FLEXIBILITY
 SCW T'AI CHI
 SCW MEDITATION
 SCW LIFE COACHING
 SCW FALL PREVENTION

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 FREE LIVE
 CERT
 WITHIN
 A YEAR!**

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\$100
 Norm. \$359

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scwfit.com/certifications

SCW AQUATIC EXERCISE CERTIFICATION



Billie Wartenberg

Sunday, October 6, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this comprehensive Nationally Recognized Certification serves as an essential first step into the field of teaching water exercise. Learn the benefits of aquatic exercise and gain practical skill mastery in the unique environment of water. The principles of aquatic training, as they apply to general anatomy, kinesiology, water depth, movement planes, cueing skills, musicality, and special population adaptations, are thoroughly addressed. Professionalism, leadership skills, and legal considerations are reinforced. Experience on-site coaching and one-on-one assessment of teaching skills to successfully develop and deliver effective water programming. The certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (9.0), AFAA (8.0), NASM (0.8).

SCW YOGA 1 CERTIFICATION



Manuel Velazquez

Sunday, October 6, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Ready to take the next step to becoming a Yoga Instructor? Experience a comprehensive theoretical and practical approach to hands-on yoga instruction with this Nationally Recognized Certification. Learn different Hatha Yoga postures suitable for varying clientele – young or old, fit, or de-conditioned, competitive or recovering athlete. Understand the latest scientific research about yoga and discover a simple, systematic approach to program design and effective cueing techniques. Seasoned and novice participants leave confident and qualified to passionately lead a successful yoga class and yoga-inspired recovery & cool-down. Certification includes practical training, comprehensive manual, and online examination. SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).

SYMMETRY POSTURAL MEASUREMENT CERTIFICATION



Patrick Mummy

Sunday, October 6, 7:30am-3:30pm

\$199 MANIA® attendees / \$359 non-attendees

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

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

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

ZUMBA® JUMP START GOLD TRAINING



Kelly Bullard, MS

Sunday, October 6, 7:15am-3:30pm

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

https://www.zumba.com/en-US/training/2024-10-06_JSG_Rosemont_US_Zumba_Convention

Teach two audiences right away! This training will give you a license to teach both Zumba® and Zumba Gold® classes by learning the foundation of the Zumba® program and how to adapt it for an active older audience. The post-con fee includes Electronic Instructor Manuals, The Ultimate Music & Choreo Video Collection To Launch Your Zumba Gold® Career on ZIN NOW, Fitness Certification Credits (varies by country), Online Videos to Review Basic Steps, and Certificate of Completion. SCW (8.0), ACE (0.9), AFAA (10.0).

it all STARTS here



MANIA® FITNESS PRO CONVENTION COURSE DESCRIPTIONS

FRIDAY, OCTOBER 4

FR1
7:30am-8:45am

NO FLOOR CORE AND BALANCE **NEW!**

Melissa Layne, MEd

Elevate the active aging journey in a standing core and balance workshop! Discover tailored exercises that strengthen the core and improve balance, enhancing stability in everyday activities. Join us for a fun and engaging session that promotes confidence, mobility, and well-being, all from a standing position.

FR1A Friday, 7:30am-8:45am

"DON'T JUST SIT THERE!" - CHAIR YOGA **NEW!**

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

Anyone can do Chair Yoga, including traditional yoga practitioners! Come and experience the possibilities of introducing chair yoga in studios, at work, seminars or any place where getting onto the floor may not be practical. Enjoy the chair yoga alternative.

FR1B Friday, 7:30am-8:45am

ADD AN EMOM **NEW!**

Kari Merrill

Get ready to spice up your workouts with EMOMs—every minute on the minute exercises that add a thrilling twist to your routine! Discover creative ways to keep your classes fresh and engaging, and leave with a ton of new ideas for your next strength session. Don't miss out!

FR1C Friday, 7:30am-8:45am

GENTLE YOGA FOR MOBILITY **NEW!**

Manuel Velazquez

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

FR1D Friday, 7:30am-8:45am

WAVES ON FIRE: ACTIVE AGERS **NEW!**

Connie Martin, MA

Baby Boomers Unite! Heat up your water workouts and burn calories, shape, and strengthen your body in a great movement environment—the pool. Stoke the fire of your internal furnace using ability-based, low-impact, and multi-joint movements. Learn to stabilize your core while benefiting from improved stability and mobility.

FR1F Friday, 7:30am-8:45am

10 STEPS TO ULTIMATE WEIGHT LOSS EXPERIENCE **NEW!**

Eduardo Netto, MS

Discover how to enhance and diversify your programming by integrating multiple layers of training elements, crafting optimal experiences in every routine for clients pursuing weight loss. This distinctive session emphasizes the systematic application of science to a weight loss plan. (Lecture)

FR1G Friday, 7:30am-8:45am

OPERATING A PROFITABLE BOUTIQUE STUDIO **NEW!**

Ann Gilbert

Explore the secrets of opening and successfully managing a profitable boutique studio. This 40-year business owner shares her secrets to success. Loving what you do requires living with frustrations and failures. Discover ways to create loyal and productive teams, rise above inflation, and grow your business. (Business Summit Lecture)

FR1H Friday, 7:30am-8:45am

FR2
9:00am-10:15am

KILLER CORE **NEW!**

Abbie Appel

There's a thin line between love and hate with Core Training! Tune up your teaching techniques, alter intensity variables and add innovation to standard exercises that train your clients and classes to love Core Training. Discover how mixing slow, controlled movements with speed and tempo changes will heighten body awareness, build core strength, enhance spinal stabilization and add challenge for your most demanding class participants.

FR2A Friday, 9:00am-10:15am

ACTIVE AGING PLAYGROUND **NEW!**

Amber Toole

Explore dynamic game-based training methods designed specifically for active agers. Discover how to infuse playfulness into fitness routines, promoting social engagement, mobility, and health. Learn the art of adapting traditional games and creating new ones to make exercise enjoyable and effective for older adults.

FR2B Friday, 9:00am-10:15am

INTO THE RING  **NEW!****Kimberly Spreen-Glick**

Attention Kickboxers! You're invited to step "into the ring" to experience a fierce workout that incorporates kickboxing combinations, functional strength training, core challenges and an extended stretch to make sure you experience an effective, complete workout. Learn how to feel fierce while having a sweaty good time.

FR2C Friday, 9:00am-10:15am**TIGER TAIL® GOODBYE BACK PAIN**  **NEW!****Dr. Julie Zuleger, PhD**

Say good-bye to back pain in this master-led class. Lower body mechanics can contribute to common pain complaints in the low back pain. Learn how to address these issues with your clients using guided muscle care, myofascial release methods, corrective exercises, and unique and effective stretching techniques.

FR2D Friday, 9:00am-10:15am**SCHWINN®: BEAST MODE**  **NEW!****Jenn Hogg, MA**

HIIT workouts are all the rage but not all are done right. This workout is designed to push your limits while honoring the science of true HIIT for real results. We'll show you how to take breathless beast mode. Get ready to Rumble!

FR2E Friday, 9:00am-10:15am**LABLAST® SPLASH: BUOYANT BALLROOM BLITZ**  **NEW!****Apy Figueroa & Donna Tomassi**

LaBlast® Splash is an aqua dance fitness program created by "Dancing with the Stars" pro, Louis van Amstel. Experience a diverse mix of famous ballroom dances set to your favorite music in the water. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more!

FR2F Friday, 9:00am-10:15am**CHAIN REACTION BIOMECHANICS**  **NEW!****Michael Hughes**

Movement therapeutics is not a skill reserved only for physical therapists. We'll break down the functional anatomy and biomechanics of the body and provide you with strategies to identify and reverse engineer the root causes of your clients' pain. (Lecture)

FR2G Friday, 9:00am-10:15am**START & GROW YOUR BUSINESS**  **NEW!****Sara Kooperman, JD, Brandi Clark, Ruston Webb, MS, Erica Day & Lindsey Lessard, MA**

Explore your options for guaranteed financial and personal success as a Personal Trainer and/or Business Owner. Painlessly grow your business attracting new clients and retaining valuable customers. Expansion and retention are key. Examine affordable marketing automations (social media, emails, text messages), surveys & feedback, loyalty rewards and simple payment processing to grow your client base and revenue. All necessary and extremely affordable.

FR2H Friday, 9:00am-10:15am**FR3****11:00am-12:15pm****ATHLETIC WOMAN: FUNCTION & STRENGTH**  **NEW!****Michael Hughes**

You need strength, stamina, flexibility and power for the tasks of everyday life. Functional fitness improves your ability to run a marathon and walk your dog, to lift a barbell and lift your laundry. For whatever life brings you, train like the well-rounded female athlete that you are!

FR3A Friday, 11:00am-12:15pm**SITTING PRETTY: STRENGTH & SUPPORT** **Ann Gilbert**

Get fit while you sit! In this session, learn innovative sequences that can be performed from a seated position for a total body workout. Perfect for virtual training sessions or accommodating multiple demographics in a gym setting, this low-impact workout provides total body sculpting for all participants. Improve strength, mobility, and balance for clients of every ability.

FR3B Friday, 11:00am-12:15pm**BARREFUSION™ EXPERIENCE**  **NEW!****Lindsey Coleman & Sara Vandenberg, MS**

A BARRE class for EVERYbody. Not a ballerina? NO WORRIES! BARREFusion™ is designed for ballerinas, barre enthusiasts, and those with no barre experience! We combine ballet-inspired movements with athletic moves, cardio bursts, and our signature fusions to accommodate EVERYbody.

FR3C Friday, 11:00am-12:15pm**SYMMETRY: SCIENTIFIC STRETCHING** **Patrick Mummy**

Ever wish you had a quantifiable system for measuring the success and outcome of corrective exercise? In this session, you will learn, practice, and implement the AlignSmart™ system to measure and create custom corrective exercise routines. Leave ready to assist, mentor, coach, and guide clients through their journey to be pain-free and performance-ready.

FR3D Friday, 11:00am-12:15pm**SCHWINN®: RHYTHM ROADTRIP**  **NEW!****Abbie Appel**


Discover how to capture and captivate your riders by tapping into the emotion and hidden beats of a well curated playlist. Learn how to create magical, memorable rides with incredible musicality that drive performance for real results.

FR3E Friday, 11:00am-12:15pm**AQUA BOOT CAMP BOQ-STYLE**  **NEW!****Tom Ford**

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

FR3F Friday, 11:00am-12:15pm**SUPPORTING CLIENTS****ON ANTI-OBESITY MEDICATION**  **NEW!****Raina Childers-Richmond, MS, RDN, CHC**

Interest in Anti-Obesity Medications (AOMs) is exploding. By learning more and confidently offering: A: Activity Guidance, O: Optimized Nutrition, M: Management of Symptoms, and S: Support to those who choose to use medication in their weight loss journey, we can increase their chances of long-term success in health improvement. (Lecture)

FR3G Friday, 11:00am-12:15pm**GET "CERTIFIED" TO RUN YOUR FITNESS BUSINESS!**  **NEW!****Erica Day**

Whether you're just starting out as a personal trainer or have been running a studio for over a decade, you must invest 75 minutes in this session that guarantees to provide you with the tools needed to succeed. We'll teach you the exact system we use with our six-figure clients to grow your business, increase profits, easily understand your cash flow, and pay bills on time—so you can pay yourself what you deserve! Get 'certified' in creating profits and level up your financial game today!

FR3H Friday, 11:00am-12:15pm

FR4 - LUNCHTIME SESSION 1 12:30pm-1:45pm

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

INTEGRATED STRENGTH **FIT PRO**
PROGRAMMING**Lauren George, MS & Kari Merrill**

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

FR4A Friday, 12:30pm-1:45pm**ATHLETIC FLOW**  **NEW!****STICK MOBILITY****Jeff McMullen**

Boost Your Athletic Performance: Elevate your conditioning sessions with dynamic exercises using Training Stick(s). Enhance flexibility, mobility, and injury resilience. Discover innovative sequences, optimize movement patterns, and ensure lasting results. Leave with a Monday-ready class design, primed to invigorate your training regime!

FR4C Friday, 12:30pm-1:45pm**SCHWINN®: PRIDE - ROAR INTO YOUR RIDE** **NEW!****SCHWINN**
FITNESS SYSTEMS**Tatiana Kolovou, MBA**

The Power of Authenticity. When coaches unleash an unapologetic sense of self, a powerful purpose steps into the light. Your personal truth, combined with cycling moments of elevation, are what turn exercise into an unforgettable experience. Are you ready to ROAR into your next ride?

FR4E Friday, 12:30pm-1:45pm**BUILDING MUSCLE WHILE LOSING FAT**  **NEW!****Melissa Layne, MEd**

Join this transformative workshop and unlock the secrets of building muscle while torching unwanted fat. Explore science-backed strategies, personalized workouts, and nutrition tips to achieve a balanced, strong, and lean physique. Elevate your fitness journey and build your dream body. (Lecture)

FR4G Friday, 12:30pm-1:45pm**FR4 - LUNCHTIME SESSION 2 1:15pm-2:30pm**

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

DEMENTIA CLIENT STRATEGIES FOR TRAINERS **FITNESS**
TOUGHAGERS**Deborah Rothschild, MS**

Fitness training has been shown to benefit the 1 in 10 older Americans who are diagnosed with a dementing illness. Learn how to work with their support team members and how to interact and communicate with this population effectively. Come away with tips on how to create beneficial training sessions based on research and well-documented best practices.

FR4B Friday, 1:15pm-2:30pm**TRUE POWER YOGA** **NEW!** **Kimberly Spreen-Glick**

Enjoy a feel good vinyasa flow yoga practice with a special focus on freedom and acceptance. Give yourself the opportunity to move, strengthen and stretch your body and mind with no judgments. Complete this practice of creative movement patterns with deep release postures to tap into your inner self.

FR4D Friday, 1:15pm-2:30pm**LIQUID GYM ACQUA PUNCH & PUMP** **NEW!****INDIGO**
AQUATICS**Manuel Velazquez**

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks all in the water using Liquid Gym Gloves! Add Liquid Gym Acqua Tone Loops for the extra leg work to energize your whole body with less stress on your joints.

FR4F Friday, 1:15pm-2:30pm**RETENTION STRATEGIES:
UNLOCKING THE KEY TO CUSTOMER LOYALTY**  **NEW!****BUSINESS**
SUMMIT**Eduardo Netto, MS**

Customer retention is vital for business success, necessitating behavior analysis, personalized experiences, and effective engagement tactics such as loyalty programs. Key strategies include collecting feedback, building trust-based relationships, leveraging CRM technology, tracking retention metrics, studying case studies, and staying ahead of industry trends to maintain customer loyalty.

FR4H Friday, 1:15pm-2:30pm**COLLECTIVE**
Zen

**CERTIFICATIONS
THURSDAY,
OCTOBER 3**



SCW PERSONAL TRAINING CERTIFICATION
Roberts
9:00am-6:00pm



SCW ACTIVE AGING CERTIFICATION
Gilbert
9:00am-5:00pm



SCW GROUP EXERCISE CERTIFICATION
Velazquez
8:00am-5:00pm



SCW CHAIR YOGA CERTIFICATION
Ratliff
9:00am-5:00pm



SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION
Layne • 9am-3:30pm



SCW LIFE COACHING CERTIFICATION
Spreen-Glick
10:00am-4:00pm



SCW ACTIVE AGING NUTRITION CERTIFICATION
Toole
5:30pm-9:30pm

**MIDWEST
MANIA®**

FIT PRO CONVENTION

A
HIIT / CORE / STRENGTH

B
FUNCTION / ACTIVE AGING

C
GX / DANCE /
SMALL GROUP TRAINING

D
RECOVERY / MIND BODY

E
CYCLE

FRIDAY, OCTOBER 4

FR1

7:30am-8:45am

NO FLOOR CORE AND BALANCE
Layne

"DON'T JUST SIT THERE!" CHAIR YOGA
Ratliff

ADD AN EMOM
Merrill

GENTLE YOGA FOR MOBILITY
Velazquez

FR2

9:00am-10:15am

KILLER CORE
Appel

ACTIVE AGING PLAYGROUND
Toole

INTO THE RING
Spreen-Glick

TIGER TAIL® GOODBYE BACK PAIN
Zuleger

SCHWINN®: BEAST MODE
Hogg

EXPO SHOPPING 10:00am-11:00am

FR3

11:00am-12:15pm

ATHLETIC WOMAN: FUNCTION & STRENGTH
Hughes

SITTING PRETTY: STRENGTH & SUPPORT
Gilbert

BARREFUSION™ EXPERIENCE
Coleman & Vandenberg

SYMMETRY SCIENTIFIC STRETCHING
Mummy

SCHWINN®: RHYTHM ROADTRIP
Appel

EXPO SHOPPING 12:00pm-2:45pm

FR4

SESSION 1
12:30pm-1:45pm
SESSION 2
1:15pm-2:30pm

INTEGRATED STRENGTH
George & Merrill
SESSION 1

DEMENTIA CLIENT STRATEGIES FOR TRAINERS
Rothschild
SESSION 2

ATHLETIC FLOW
McMullen
SESSION 1

TRUE POWER YOGA
Spreen-Glick
SESSION 2

SCHWINN®: ROAR INTO YOUR RIDE
Kolovou
SESSION 1

FR5

2:45pm-4:00pm

MOBILITY TRAINING - ONLINE OR IN-PERSON
Webb

STRENGTH TRAINING FOR LONGEVITY & VITALITY II
Kooperman

SOULBODY YOGA SCULPT
Miles

HUMAN REFORMER PILATES
George

SCHWINN®: ROCK & ROLL RIDE
Roberts

EXPO SHOPPING 3:45pm-4:30pm

FR6

4:30pm-5:45pm

CORE TRAINING: FOUNDATIONS OF PERFORMANCE
Taggart

TIME WITH TISSUE
Gilbert

ULTIMATE LEG DAY
Toole

YOGA TOUCH
Kooperman

SCHWINN®: TRANSCEND CYCLE FLOW
Hogg

FR7

6:00pm-7:00pm

FITNESS IDOL
Kooperman, Gilbert,
Esquerre & Toole

DANCE OFF!
LaBlast®, ZUMBA®, Haggard, Wartenberg
& Velazquez

MIND BODY BEAUTIFUL
Spreen-Glick

SATURDAY, OCTOBER 5

SA1

7:30am-8:45am

FOREVER PILATES
Appel

CREATIVE PROGRAMMING 55+
Wartenberg

PROP POWER: AMP UP YOUR BARRE WORKOUTS
George & Madden

THE CHAKRAS: ALIGN YOUR ENERGY
Kaufman

FASCIAL INTEGRATION OF THE FOOT, CORE AND DIAPHRAGM
Splichal

EXPO SHOPPING 8:30am-9:15am

SA2

9:15am-10:30am



KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD

ROOM B

EXPO SHOPPING 10:30am-11:00am

SA3

11:00am-12:15pm

SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE
Webb

TOUGHAGERS® ACTIVE OLDER ADULT FITNESS
Rothschild

LABLAST® FITNESS: BALLROOM BLITZ
Figueroa & Tomassi

SOULBODY CARDIO SCULPT
Syverson

SCHWINN®: BIKER BARRE
Appel

EXPO SHOPPING 12:00pm-2:45pm

SA4

SESSION 1
12:30pm-1:45pm
SESSION 2
1:15pm-2:30pm

POSTURE & ALIGNMENT WITH PERSONAL TRAINING
Mummy
SESSION 2

S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING
Gilbert
SESSION 1

SOULKICKBOXING™
Coleman
SESSION 2

FUSION REVOLUTION
McMullen
SESSION 1

SCHWINN®: KETTLE & PEDAL
Roberts
SESSION 1

SA5

2:45pm-4:00pm

DEEP CORE AND PELVIC FLOOR
Layne

MASTER KNEE-PAIN REDUCTION STRATEGIES
Webb

ALL ABOUT THE ANKLE
Splichal

TIGER TAIL® RECOVERY FOR LONGEVITY
Zuleger

SCHWINN®: NOWHERE TO HIDE
Kolovou

EXPO SHOPPING 3:45pm-4:30pm

SA6

4:30pm-5:45pm

FULL BODY 3D HIIT-CIRCUIT
Hughes

TAILORED TRAINING FOR ACTIVE AGERS
Toole

ZUMBA®
Bullard

TAI-CHI FUSED YOGA
Velazquez

SCHWINN®: MODE MAGIC
Roberts

SUNDAY, OCTOBER 6

SU1

7:30am-8:45am

FLEX LIKE A BOSS
Haggard

GET A GRIP! HEALTHY HANDS FOR STRENGTH AND LONGEVITY
Splichal

STRENGTHEN & SUPPORT
McMullen

SOULFUSION™ EXPERIENCE
Coleman

SU2

9:00am-10:15am

BULLETPROOF YOUR FEET
Splichal

AGING BRAINS & BONES
Layne

KICKBOXING GROOVE
Haggard

FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY
Hughes

EXPO SHOPPING 10:00am-1:00pm

SU3

10:45am-12:00pm

HUSTLE & FLOW
Haggard

LABLAST® CHAIR FITNESS: PULL UP A SEAT
Figueroa & Tomassi

BARRE HARD CORE
Madden

SOULBODY RESTORE
Syvester

SU4

12:15pm-1:30pm

SPORT SCIENCE: UNLEASHING ATHLETIC POTENTIAL
O. Clark

ATHLETIC AGING
Madden

LABLAST® FITNESS FOR ALL AGES
Figueroa & Tomassi

MOVE AND FLOW
Taylor

get certified
FOR ONLY \$199
scwfit.com/midwest/certifications

**CERTIFICATIONS
SUNDAY,
OCTOBER 6**



SCW YOGA 1 CERTIFICATION
Velazquez
7:30am-3:30pm



SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION
Vandenberg • 7:30am-3:30pm



SCW PILATES MATWORK CERTIFICATION
Appel
7:30am-3:30pm



SYMMETRY POSTURAL MEASUREMENT CERTIFICATION
Mummy • 7:30am-3:30pm



ZUMBA® JUMP START GOLD
Bullard
7:15am-3:30pm



SCW AQUATIC EXERCISE CERTIFICATION
Wartenberg
7:30am-3:30pm

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F AQUA (STARTS IN LECTURE)	G NUTRITION / EX. SCIENCE	H BUSINESS
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PRE-RECORDED PERSONAL TRAINING	PRE-RECORDED RESTORE / PILATES / TAI-CHI	PRE-RECORDED AQUA EXERCISE	PRE-RECORDED
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WAVES ON FIRE: ACTIVE AGERS Martin	10 STEPS TO ULTIMATE WEIGHT LOSS EXPERIENCE Netto	OPERATING A PROFITABLE BOUTIQUE STUDIO Gilbert
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ Figueroa & Tomassi	CHAIN REACTION BIOMECHANICS Hughes	START & GROW YOUR BUSINESS Kooperman, B. Clark, Webb, Day, & Lessard

GAME YOUR CORE Velazquez	YOGA-PILATES RESTORE Bannister-Munn	H2O RAPID RESISTANCE Kulp	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS McBee
HIIT 'EM UP STYLE DANCE JAM Turner	NO (DOWNWARD FACING) DOGS ALLOWED Fulton	AQUA ARTICULATIONS AND CARDIO Pyle	PUBLIC RELATIONS FOR FITNESS PROS DaCosta

EXPO SHOPPING 10:00am-11:00am

AQUA BOOT CAMP BOQ-STYLE Ford	SUPPORTING CLIENTS ON ANTI-OBESITY MEDICATIONS Childers-Richmond	GET "CERTIFIED" TO RUN YOUR FITNESS BUSINESS! Day
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ALL TIME HIITS Appel	FLOW FREE & BE Spreen-Glick	AQUA YOGA BARRE Wartenberg	YOUR FINANCIAL HEALTH Ross
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EXPO SHOPPING 12:00pm-2:45pm

LIQUID GYM ACQUA PUNCH & PUMP Velazquez SESSION 2	BUILDING MUSCLE WHILE LOSING FAT Layne SESSION 2	RETENTION STRATEGIES: UNLOCKING THE KEY TO CUSTOMER LOYALTY Netto SESSION 1
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TOTAL BODY STRENGTH Richards	ELEVATED: NEXT LEVEL ACTIVE RECOVERY Robinson	CORE FUSION H2O Vandenberg	GROWTH: MUST OR BUST Kooperman, Ball, Clark, Ross & Dennis
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AQUA INNOVATE Martin	PREVENTING COMMON FITNESS INJURIES Laskowski	FIND & ENROLL CLIENTS USING SOCIAL MEDIA B. Clark
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73 WAYS TO HIT THE GLUTES Groves	QIGONG & SELF HEALING Craddock	WHEN BREATH MEETS WATER: AQUA YOGA Lemons	THE NUTS & BOLTS OF BUSINESS Esquerre
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EXPO SHOPPING 3:45pm-4:30pm

BUOY, OH BUOY, OH BUOY! Velazquez, Kulp & Vandenberg	UNDERSTANDING EXERCISE & ANTI-OBESITY MEDICATIONS Rogers	PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL Esquerre
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PLANKS WITH PROPS Esau	POPPIN' BOOTY PILATES Stys	POOL PERSONAL TRAINING Lagerhausen	SMALL BUSINESS GRASSROOTS MARKETING Kahn
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KEYNOTE & COCKTAILS:
FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME - Brandi Clark • Room: H

CORE AMORE Madden	YOGA GROOVES Brasher	H2O STRENGTH Kulp	BUILD A HIGH PERFORMANCE TEAM Gilbert
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H2O RAPID RESISTANCE Kulp	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Esquerre
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SEXY, SMART STRENGTH FOR WOMEN McCormick	BEAUTY & THE BEAST: YOGA POWER BAR Wartenberg	TABATA AQUA RUNNING & CONDITIONING Haggard	BUILDING A FINANCIALLY SUCCESSFUL GYM Kleckner
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EXPO SHOPPING 8:30am-9:15am

KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD | ROOM B

GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE
(filmed at previous SCW Conventions) when you Add Midwest MANIA® 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!

EXPO SHOPPING 10:30am-11:00am

AQUA ZUMBA® Bullard	PHYSICS OF PAIN & PERFORMANCE Mummy	FIND YOUR NEXT 50 LEADS B. Clark
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LEG CIRCUIT BLAST FOR POWER Williams	BY ANY STRETCH Appel	FRONT & CENTER H2O Gilbert	FILL YOUR SMALL GROUP TRAINING Varol
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EXPO SHOPPING 12:00pm-2:45pm

AQUA DRUMS VIBES Wartenberg SESSION 2	RETHINKING OBESITY TREATMENT: ELEVATE YOUR BUSINESS Rogers SESSION 2	PACK YOUR PT SESSIONS: SUCCESSFUL SALES Kooperman, Toole, Rothschild & Hughes SESSION 1
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BALANCE YOUR HIIT Lenart	PILATES 4 LIFE Kahn	AQUA YOGA FOR ARTHRITIS Fairbrother	SIGNATURE SAUCE FOR SIX-FIGURE SUCCESS Diggs
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AQUATIC EQUIPMENT INNOVATIONS Ford	TRENDING DIETS & WEIGHT LOSS MEDS Digsby	NAVIGATING LEGAL PITFALLS IN FITNESS Kooperman & Lessard
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FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Mike	HANDS ON STRETCHING Bannister-Munn	WARM WATER STRONG McCormick	STOP SELLING & CREATE CULTURE Gilbert
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EXPO SHOPPING 3:45pm-4:30pm

SILVER TSUNAMI Kulp, Wartenberg, Carvalho & Vandenberg	HOW YOU MOVE MATTERS Laskowski	PERSONAL TRAINER PROGRAMMING & PROFITS C. Gilbert
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COACHING CORE ENGAGEMENT Chilazi	THE BATTLE FOR MOBILITY McCormick	WAVES COMBAT: BEATS AND POWER MOVES Sepulveda	NEGOTIATION STRATEGIES FOR FITNESS PROS Thews
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LIQUID GYM ACQUA TONER STRETCH & TONE Kulp	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	EMPOWERING DISABILITY FITNESS VENTURES Geslak
RIDE THE WAVE Kulp & Carvalho	KITCHEN MAKEOVER FOR FOOD LOVERS Digsby	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman

BODY WEIGHT MILITIA Garland	FLEXIBILITY - STOP DOING IT WRONG Metcalf	CIRQUE DU SUSPEND: IMPACT-FREE AQUA EXERCISE Gili	BUSINESS BLUEPRINT FOR 2023 Robinson
BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING Rockit	PILATES: MAT TO THE MAX Appel	AQUA STRIDES & STRENGTH Dziubinski	5 STAR MANAGEMENT Spreen-Glick

EXPO SHOPPING 10:00am-1:00pm

WATER FIESTA: LATIN RHYTHMS FOR ACTIVE AGERS Sepulveda	THRIVING DURING PERI/MENOPAUSE MADNESS Childers-Richmond	SYSTEMS THINKING FOR HEALTH & FITNESS Stangel
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LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY Chilazi	YOGA-BATA VIIT Lemons	AQUA CORE SENIOR STYLE Kulp	CLUB, STUDIO & CLIENT RETENTION Kooperman
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AQUA ZEN Sepulveda	THE GUT - SLEEP NETWORK EFFECT Layne	WORKPLACE STRATEGIES FOR HEALTHY LIFESTYLES Griffith
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Access to pre-recorded sessions can be found at scwfit.com/midwest

RECORDED SESSIONS are filmed live at this MANIA® Convention and are only available online after the event at \$60 for 60 days with unlimited access.

FR5

2:45pm-4:00pm

MOBILITY TRAINING: ONLINE OR IN-PERSON  **NEW!****Ruston Webb, MS**

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

FR5A Friday, 2:45pm-4:00pm**STRENGTH TRAINING FOR LONGEVITY & VITALITY II**  **NEW!****Sara Kooperman, JD**

Whether a personal quest or a way to engage the fastest-growing segment of the population, this incredibly creative bodyweight, light hand weight and foam rolling 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.

FR5B Friday, 2:45pm-4:00pm**SOULBODY YOGA SCULPT**  **NEW!****Melissa Miles**

Experience a dynamic total-body workout integrating yoga-inspired vinyasa flows, cardio bursts, and sculpting exercises to burn calories, boost endurance, and cultivate mindfulness. Adapt intensity levels to individual preferences, making this class accessible and empowering for all fitness levels.

FR5C Friday, 2:45pm-4:00pm**HUMAN REFORMER PILATES**  **NEW!****Lauren George, MS**

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

FR5D Friday, 2:45pm-4:00pm**SCHWINN®: ROCK & ROLL RIDE**  **NEW!****Keli Roberts**

The 'peaks' of training get all the attention – we often tweak the work to be more challenging, while overlooking the important part our 'valleys' play in proper programming. Learn the secrets to dialing in effective recovery strategies both inside and outside the cycling studio while creating rides you'll relish like classic rock and roll.

FR5E Friday, 2:45pm-4:00pm**AQUA INNOVATE**  **NEW!****Connie Martin, MA**

This energizing workout combines functional training and core exercises in the pool, accompanied by fun music and unique choreography suitable for all fitness levels. Learn how to effortlessly introduce regressions or progressions of new movement combinations, using innovative tools to help participants discover and awaken their inner athlete, striving to become the best version of themselves.

FR5F Friday, 2:45pm-4:00pm**PREVENTING COMMON FITNESS INJURIES**  **NEW!****Dr. Edward Laskowski, MD**

This session will discuss common fitness and sports injuries seen in a sports medicine practice. Evidence based strategies for recognizing and preventing these injuries in your training population will also be discussed. (Lecture)

FR5G Friday, 2:45pm-4:00pm**FIND & ENROLL CLIENTS USING SOCIAL MEDIA**  **NEW!****Brandi Clark**

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

FR5H Friday, 2:45pm-4:00pm

FR6

4:30pm-5:45pm

CORE TRAINING: FOUNDATIONS OF PERFORMANCE  **NEW!****Tad Taggart, RDN, ACSM-PT**

Explore essential core training principles through biomechanics and performance frameworks in this course. Perfect for exercise professionals seeking to enhance their core training repertoire with innovative programming and exercises. Walk away with practical insights and fresh ideas to elevate your clients' core strength and fitness goals.

FR6A Friday, 4:30pm-5:45pm**TIME WITH TISSUE**  **NEW!****Ann Gilbert**

Practice mobility exercises to optimize agility as you move through your fitness age. Improve ROM, increase vitality & get moving with this easy-to-follow mobility sequence. Leave with a clear understanding of how we, as fit Pros, can contribute to movement that can transfer to advanced activities of daily living. This session is for all clients 20-90 years of age.

FR6B Friday, 4:30pm-5:45pm**ULTIMATE LEG DAY**  **NEW!****Amber Toole**

Leg day enthusiasts, this one's for you! Supercharge your lower-body training with effective programming for sculpting strong legs and glutes. Learn injury prevention, nutrition tips, and workout variations. Elevate your lower-body game and help your clients get amazing results!

FR6C Friday, 4:30pm-5:45pm**YOGA TOUCH**  **NEW!****Sara Kooperman, JD**

Enjoy this yoga class, which balances strength and stretch, earth and sun, power, and grace. Learn valuable techniques to touch your students physically and verbally. Using body weight and light manual touching, experience ways to connect with your students to motivate them to better posture, proper alignment, and greater challenge all within the effective environment of a yoga class.

FR6D Friday, 4:30pm-5:45pm**SCHWINN®: TRANSCEND CYCLE FLOW**  **NEW!****Jenn Hogg, MA**

When you cycle in and yoga out, the result is a body that is balanced, strong and ready for living. It's the perfect pairing of functional fitness formulas that center around breath to break the mold of cycling fusion.

FR6E Friday, 4:30pm-5:45pm

BUOY, OH BUOY, OH BUOY! **Manuel Velazquez, Cheri Kulp, & Sara Vandenberg, MS**

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

FR6F Friday, 4:30pm-5:45pm**UNDERSTANDING EXERCISE AND ANTI-OBESITY MEDICATIONS** **Dr. Renee Rogers, PHD, FACS**

Obesity medicine has been transformed by the introduction of contemporary anti-obesity medications, which are highly effective. This session will cover new and developing medications, including their prescription, indications, and medical management. Additionally, programming considerations and necessary adaptations for working with clients using these medications will be discussed. (Lecture)

FR6G Friday, 4:30pm-5:45pm**PT 2024:****MEET THE HYBRID FITNESS PROFESSIONAL** **Bob Esquerre, MA, NSCA-CPT**

How many weekly PT Sessions can we deliver before nearing burn-out? How much can we keep increasing our prices before we hit that "price-ceiling"? Join Bob as he reviews the new skills that Personal Trainers will need to grow our businesses beyond 1-on-1 Training Sessions.

FR6H Friday, 4:30pm-5:45pm**FR7****6:00pm-7:00pm****FITNESS IDOL****Judges: Sara Kooperman, JD, Ann Gilbert, Bob Esquerre, MA, NSCA-CPT, & Amber Toole**

Do you have what it takes to become the next SCW Fitness Idol? As the winner of this prestigious title, not only will you receive coverage in 2024 SCW newsletters, but you'll get a chance to show off your skills as a featured presenter at the 2025 SCW MANIA® Convention of your choice! Each 2024 SCW Fitness Idol Winner receives:

- A slot as a presenter at a future SCW MANIA®
- FREE SCW Online Certification of your choice
- Coverage in a SCW Newsletter
- 1-year FREE SCW OnDemand Membership

FR7B Friday, 6:00pm-7:00pm**MANIA® DANCE OFF!**

Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with LaBlast®, Zumba®, Manuel Velazquez & Billie Wartenberg 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!

FR7C Friday, 6:00pm-7:00pm**MIND BODY BEAUTIFUL** **Kimberly Spreen-Glick**

A long, full day of focus, movement, and learning with like-minded professionals is exhilarating but exhausting. Reboot after your full day of MANIA® and feel rejuvenated once again. Show up for this peaceful presence practice and give yourself the gift of self-care as we enjoy a collective exhale together to reset and recharge!

FR7D Friday, 6:00pm-7:00pm**KEYNOTE & COCKTAILS: FITNESS BUSINESS****STRATEGIES FOR IMPACT & INCOME** **Brandi Clark**

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

FR7H Friday, 6:00pm-7:00pm**SATURDAY, OCTOBER 5****SA1****7:30am-8:45am****FOREVER PILATES** **Abbie Appel**

Pilates is for everyone! Develop your Pilates program to help your active agers feel great and continue moving functionally to live their best life. Experience a Pilates mat program with 15 movement modifications and progressions that increase mobility, balance and muscular endurance. Learn how proper postural movements will improve function and overall confidence to help your clients continue doing the things they love!

SA1A Saturday, 7:30am-8:45am**CREATIVE PROGRAMMING 55+** **Billie Wartenberg**

Americans age 55+ are feeling more alive and active than ever! In fact, this age group makes up the largest segment of our population going to fitness facilities. Don't just give them boring fitness programming – get creative and make your fitness classes fun, energizing and engaging! It will not only meet their needs for an active lifestyle, but it will keep them coming back for more.

SA1B Saturday, 7:30am-8:45am**PROP POWER: AMP UP YOUR BARRE WORKOUTS** **Lauren George, MS & Tricia Madden**

Take your barre classes to new heights and captivate your clients with this brand new workshop for 2024! Discover innovative ways to integrate resistance bands, exercise balls, weights, and gliding discs at the barre, elevating the intensity and enjoyment of your workouts. These dynamic props will add variety and challenge, keeping your clients motivated and eager to return week after week.

SA1C Saturday, 7:30am-8:45am**THE CHAKRAS: ALIGN YOUR ENERGY** **Jenny Kaufman**

Discover a modern adaptation of ancient chakra concepts for today's wellness. This session provides a practical, no-nonsense guide to using the chakra system as an energetic map for enhancing overall wellness in every aspect of life.

SA1D Saturday, 7:30am-8:45am**FASCIAL INTEGRATION OF THE FOOT, CORE AND DIAPHRAGM** **Dr. Emily Spichal, DPM, MS**

To increase awareness of the integration between foot stability and core strength, and how this relationship affects client movement and injury patterns, it's important to address the often-overlooked disconnect between our foot foundation and center of gravity. This disconnect can lead to delayed stabilization of the glutes and other pelvic structures. Join Dr. Emily as she explores ways to optimize the fascial connection between our breath, pelvic floor, and feet.

SA1E Saturday, 7:30am-8:45am

H2O RAPID RESISTANCE **Cheri Kulp**

The age old adage “use it or lose it” definitely applies whenever we refer to balance, agility, and power. According to the CDC (Centers for Disease Control), one adult over the age of 65 is treated in the emergency room for a fall every 18 seconds. Agility training improves flexibility, balance, and control, all of which can reduce the risk of falling for our aging population. This session uses water resistance and support to enhance this training without the fear of falling. Use the natural resistance of water, lever length, surface space, along with aqua noodles and tubing for a refreshing new workout.

SA1F Saturday, 7:30am-8:45am**MYOFASCIAL RELEASE: THE VAGUS NERVE** **Dr. Julie Zuleger, PhD**

The vagus nerve is the main nerve of the parasympathetic nervous system which calms the body after stress. Discover its untapped potential in this session that focuses on the science and connection of fascia and the vagus nerve. Experience the vagus nerve's impact on performance and well-being. Learn myofascial release techniques and strategies for stimulating and reducing stress to unlock client success. (Lecture)

SA1G Saturday, 7:30am-8:45am**SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP!** **Bob Esquerre, MA, NSCA-CPT**

The Selling Concept has been one of the most terrifying experiences for FitPros! It's terrifying because we don't understand it. Join Bob as he “strips-bare” the selling mystique by talking about Emotion, Value & Trust instead of traditionally aggressive sales tactics! (Lecture)

SA1H Saturday, 7:30am-8:45am**SA2 KEYNOTE****9:15am-10:30am****WHERE HEALTHY MEETS HAPPY** **Sohailla Digsby, RDN, LD**

It is absolutely possible to fully enjoy life's indulgences and maintain long-term fitness simultaneously! Sohailla will unveil the blueprint that will guide you to the intersection of lasting health and happiness, leaving guilt behind. Once the secret formula is uncovered, you'll realize that relentless, stressful efforts are not required to strike your life-giving balance.

SA2B Saturday, 9:15am-10:30am**SA3****11:00am-12:15pm****SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE**  **Ruston Webb, MS**

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

SA3A Saturday, 11:00am-12:15pm**TOUGHAGERS® ACTIVE OLDER ADULT FITNESS** **Deborah Rothschild, MS**

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

SA3B Saturday, 11:00am-12:15pm**LABLAST® FITNESS: BALLROOM BLITZ** **Apy Figueroa & Donna Tomassi**

LaBlast® is a dance fitness program created by “Dancing with the Stars” pro, Louis van Amstel. Experience a diverse mix of famous ballroom dances set to your favorite music. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more!

SA3C Saturday, 11:00am-12:15pm**SOULBODY CARDIO SCULPT** **Lyndsay Syverson**

SoulBody Cardio Sculpt is a high-energy, low-impact class that combines cardio combinations and strength training routines, working the entire body. It is designed to focus on cardiovascular endurance, helping to build stamina and keep the body healthy and thriving.

SA3D Saturday, 11:00am-12:15pm**SCHWINN®: BIKER BARRE - KILLER CYCLING COCKTAIL** **Abbie Appel**

Indoor Cycling meets Barre in a fusion design that satisfies every fitness taste. Amazing cardio combos on the bike flow into elongating, strength-based barre training on the floor. Belly up to the barre and get ready to quench your workout thirst.

SA3E Saturday, 11:00am-12:15pm**AQUA ZUMBA®** **Kelly Bullard, MS**

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

SA3F Saturday, 11:00am-12:15pm**PHYSICS OF PAIN & PERFORMANCE** **Patrick Mummy**

Utilize physics as it pertains to musculoskeletal compensations and pain planes of motion to get your clients proactive and compliant with corrective exercises. Employ postural analysis pre- and post-workout to reinforce healthy daily habits, and ultimately increase athletic performance. (Lecture)

SA3G Saturday, 11:00am-12:15pm**FIND YOUR NEXT 50 LEADS** **Brandi Clark**

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

SA3H Saturday, 11:00am-12:15pm**SA4 - LUNCHTIME SESSION 1 12:30pm-1:45pm**

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

S.E.A.T.® SUPPORTED EXERCISE FOR AGELESS TRAINING **Ann Gilbert**

It's time to take aging sitting down! Discover how incorporating a chair can increase access to your fitness offerings by catering to clients of all abilities. Perfect for deconditioned clients or those overcoming injuries, you'll learn how to design seat-based programming that doesn't lack intensity or fun, guaranteed to get a “seated” ovation from all of your students!

SA4B Saturday, 12:30pm-1:45pm

FUSION REVOLUTION **Jeff McMullen**

Transform Your Classes: Revolutionize your stretch, yoga, and Pilates sessions with dynamic mobility stick training. Explore progressions, regressions, and mobility principles for enhanced strength, flexibility, and core stability. Embrace the versatility and simplicity of stick training—your key to unlocking class excellence!

SA4D Saturday, 12:30pm-1:45pm**SCHWINN®: KETTLE & PEDAL** **Keli Roberts**

Functional training at its finest. Base building cardio and neuromuscular power join forces in this dynamic fusion that trains for high performance. Go hard, go heavy, go home. One and done.

SA4F Saturday, 12:30pm-1:45pm**PACK YOUR PT SESSIONS: SUCCESSFUL SALES** **Sara Kooperman, JD, Amber Toole, Deborah Rothschild, MS, & Michael Hughes**

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

SA4G Saturday, 12:30pm-1:45pm**SA4 - LUNCHTIME SESSION 2 1:15pm-2:30pm**

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

POSTURE & ALIGNMENT WITH PERSONAL TRAINING **Patrick Mummy**

Almost all workouts require good posture and alignment to maximize results while minimizing injury. However, it is difficult to assess our clients and ensure all participants are stretched and moving properly before and during a workout. Join our resident expert on posture, alignment, evaluation and stretching, Patrick Mummy, as he discusses the best coaching and cueing strategies for alignment and posture and how to do it effectively in personal training and a small group environment.

SA4A Saturday, 1:15pm-2:30pm**SOULKICKBOXING™** **Lindsey Coleman**

SOULkickboxing™ is a creative fusion of kickboxing, dance, inspired-cardio, balance, and the ultimate in conditioning sequences, all in our signature FIGHTER FLOW. Set to crazy, fun and motivating music, SOULkb guarantees that you find your FOCUS, find your FIGHT, and find your FLOW! No equipment needed! Time to bring out your inner BADASSERY!

SA4C Saturday, 1:15pm-2:30pm**AQUA DRUMS VIBES** **Billie Wartenberg**

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

SA4F Saturday, 12:30pm-1:45pm**RETHINKING OBESITY TREATMENT: ELEVATE YOUR BUSINESS** **Dr. Renee Rogers, PHD, FACSM**

Obesity is a complex metabolic disease that typically cannot be addressed with a one-size-fits-all program. The fitness industry has cycled through generations of weight loss trends, often providing solutions rather than creating supportive environments. This session focuses on using behavior strategies to enhance your business approach. (Lecture)

SA4G Saturday, 1:15pm-2:30pm**SA5****2:45pm-4:00pm****DEEP CORE AND PELVIC FLOOR** **Melissa Layne, MEd**

Join an inclusive workshop focusing on deep core and pelvic floor health for all genders. Discover exercises and techniques to strengthen and support these vital muscle groups, promoting better posture, balance, better bladder function, and overall wellness. Take control of your core and pelvic floor health in this informative and empowering session.

SA5A Saturday, 2:45pm-4:00pm**MASTER KNEE-PAIN REDUCTION STRATEGIES** **Ruston Webb, MS**

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

SA5B Saturday, 2:45pm-4:00pm**ALL ABOUT THE ANKLE** 

NABOSO

Dr. Emily Splichal, DPM, MS

From dorsiflexion to plantarflexion, the ankle joint plays a crucial role in how we load and transfer energy during walking, running, or jumping. Join functional podiatrist and Naboso founder Dr. Emily as she explores the ankle joint complex and some of the most common compensation patterns observed in clients. In this dynamic session, you'll learn how to assess, mobilize, and improve ankle joint function!

SA5C Saturday, 2:45pm-4:00pm**TIGER TAIL® RECOVERY FOR LONGEVITY** **Dr. Julie Zuleger, PhD**

Discover great myofascial active recovery techniques in this Happy Muscles! 365 workshop. Learn guided muscle care and stretching techniques for all ages using best-in-class Tiger Tail massage sticks and balls. Improve flexibility, mobility, and ROM, as well as reduce muscle knots, aches, and pains while using these affordable, portable and FUN stretch-recovery tools.

SA5D Saturday, 2:45pm-4:00pm**SCHWINN®: NOWHERE TO HIDE** **Tatiana Kolovou, MBA**

Results = Intensity + Science + Execution. Want your riders to get results? It's all about intensity and staying true to the science of authentic cycling executed in a masterful class design that follows this simple set of rules. When you ride right, you always get results.

SA5E Saturday, 2:45pm-4:00pm**AQUATIC EQUIPMENT INNOVATIONS** **Tom Ford**

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

SA5F Saturday, 2:45pm-4:00pm**TRENDING DIETS & WEIGHT LOSS MEDS** **Sohailla Digsby, RDN, LD**

"Ozempic, Xenical, Victoza! Oh my!" Are you on the pulse of the latest developments in the ever-evolving weight management space? Uncover the effectiveness, safety, and potential pitfalls of weight loss medications and receive fresh insights on diets from our seasoned dietitian. "Fasting, Keto, and Noom! Oh my!" (Lecture)

SA5G Saturday, 2:45pm-4:00pm

electrify AND INSPIRE

NAVIGATING LEGAL PITFALLS IN FITNESS

Fireside Chat with Sara Kooperman, JD & Lindsey Lessard, MA

Safeguard your well-being, family, and business from potential lawsuits. Gain valuable insights on fitness insurance gaps, high defense cost claims, and effective client communication. Join Lindsay Lessard and Sara Kooperman for a crucial discussion on pitfalls for Group Instructors, Personal Trainers, and Business Owners. Leave with a liability waiver sample and essential risk awareness. (Business Summit Lecture)

SA5H Saturday, 2:45pm-4:00pm

SA6

4:30pm-5:45pm

FULL BODY 3D HIIT - CIRCUIT



Michael Hughes

Most workout programs take place in the sagittal plane with a focus on muscle splitting. This kind of programming massively misses out on the body's full movement training potential. We have programmed a functional full body circuit workout that intentionally incorporates and balances out all three planes of motion.

SA6A Saturday, 4:30pm-5:45pm

TAILORED TRAINING FOR ACTIVE AGERS

Amber Toole

This session is all about safe and effective workout routines for Active Agers. Discover personalized training strategies that cater to the unique needs of older adults, promoting mobility, strength, and overall well-being. Learn how to empower your senior clients to age gracefully and healthily.

SA6B Saturday, 4:30pm-5:45pm

ZUMBA®



Kelly Bullard, MS

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

SA6C Saturday, 4:30pm-5:45pm

TAI-CHI FUSED YOGA

Manuel Velazquez

Focus on flexibility and balance both internally and externally to improve overall wellness in this Tai Chi Yoga fusion program. Yoga develops the foundation of internal support for stability and strength, while Tai Chi connects the fundamental and dynamic applications of functional mobility and dynamic stability using movements that connect into forms and sequences. The result is a greater sense of balance, self-body awareness, range of motion and muscular strength.

SA6D Saturday, 4:30pm-5:45pm

SCHWINN®: MODE MAGIC - RIDE OR DIE RIDES



Keli Roberts

Tap into the unique ways your team wants to ride – ONLY with the Z-power console from Schwinn. Whether it's RPM, Max HR, or FTP – we've got a ride for everyone. Build it and they will come. Real results, every time, with your ride or die. Let's go!

SA6E Saturday, 4:30pm-5:45pm

SILVER TSUNAMI



Cheri Kulp, Billie Wartenberg, Mac Carvalho, Sara Vandenberg, MS

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

SA6F Saturday, 4:30pm-5:45pm

HOW YOU MOVE MATTERS

Dr. Edward Laskowski, MD

This session will discuss the importance of ensuring proper movement patterns when performing sports activities as well as when training with resistance. Evidence based strategies to protect from injury as well as optimize performance will be outlined. (Lecture)

SA6G Saturday, 4:30pm-5:45pm

PERSONAL TRAINER PROGRAMMING & PROFITS



C. Scott Gilbert

Dive into the intricacies of creating training regimens for individual clients, assigning workout tasks, building revenue streams, and monitoring client progress from anywhere in the world! Keep your clients engaged and motivated with reminders and alerts. Create an automatic fitness journey log to ensure your client sees the value of working with you. Retain clients longer, earn more money, and be set-up to automatically reconnect with them any time, any where.

SA6H Saturday, 4:30pm-5:45pm

SUNDAY, OCTOBER 6

SU1

7:30am-8:45am

FLEX LIKE A BOSS

Tanisha (Tani) Haggard

This total body strength class includes 8 blocks of work advancing each exercise from (easy, med, hard) to a final "Boss up" challenge testing your strength. The goal is to improve your muscular power and endurance with both light and heavy weights along with kettlebells and resistance bands.

SU1A Sunday, 7:30am-8:45am

GET A GRIP! HEALTHY HANDS FOR STRENGTH AND LONGEVITY

NABOSO

Dr. Emily Splichal, DPM, MS

Strong hands are just as important as strong feet. Join Naboso founder Dr. Emily as she guides you through a three-step program for healthy hands, focusing on strength, mobility, and sensory stimulation. You'll leave with simple and innovative strategies to optimize client performance and function.

SU1B Sunday, 7:30am-8:45am

STRENGTHEN & SUPPORT

)(STICK MOBILITY

Jeff McMullen

Elevate Your Training Game: Transform your sessions with Stick Mobility. Use custom-designed training sticks for both group and small-group training. Enhance strength, joint range of motion, muscle activation, coordination, and body awareness across all fitness levels. Build a solid foundation from the ground up with our innovative Stick Mobility techniques.

SU1C Sunday, 7:30am-8:45am

SOULFUSION™ EXPERIENCE



Lindsey Coleman

Athletic mind-body movement set to crazy fun music! Experience a SOULfusion masterclass and dive deeper into the importance of music and how it connects to movement. Walk away with easy-to-learn, easy-to-teach, fun-to-take choreography to use in your classes right away. SOULfusion is a blend of yoga-inspired moves, flexibility, mobility training, and cardio bursts designed for EVERYbody. It's more than a class, it's an EXPERIENCE!

SU1D Sunday, 7:30am-8:45am

LIQUID GYM ACQUA TONER STRETCH & TONE



Cheri Kulp

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

SU1F Sunday, 7:30am-8:45am

NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION



Sohailla Digsby, RDN, LD

Are the bold claims of health headlines and the skimpy evidence of pseudoscience keeping you and your clients confused? In a world full of conflicting dietary advice, join our expert dietician to explore current nutrition myths. Empower yourself with evidence-based knowledge for informed choices in an increasingly complex nutritional landscape. (Lecture)

SU1G Sunday, 7:30am-8:45am

EMPOWERING DISABILITY FITNESS VENTURES



David Geslak

Those with autism & disabilities are often excluded from exercise programs due to lack of training among fitness professionals. With insightful training and evidence-based strategies, professionals & clubs are embracing this untapped opportunity. Working with this community will improve your income and will inspire you to help more with each successful outcome.

SU1H Sunday, 7:30am-8:45am

SU2

9:00am-10:15am

BULLETPROOF YOUR FEET

NABOSO

Dr. Emily Splichal, DPM, MS

With over 29 muscles in our feet, there are important daily steps we can take to ensure they stay strong and healthy. Join podiatrist and Naboso founder Dr. Emily as she explores her three pillars of healthy feet: awareness, strength, and recovery. Learn simple exercises and techniques that

you can share with your clients and integrate into their daily routines.
SU2A Sunday, 9:00am-10:15am

AGING BRAINS & BONES

Melissa Layne, MEd

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

SU2B Sunday, 9:00am-10:15am

KICKBOXING GROOVE

Tanisha (Tani) Haggard

Kickboxing with a twist and a little shake. In this class you will kick and punch your way through a fat blasting total body toning workout. The music will have you flowing through a non-stop workout with heart pumping dance jams.

SU2C Sunday, 9:00am-10:15am

FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY



Michael Hughes

Restoration is an essential part of any fitness regimen, but it can be hard to get clients to buy into it. This is why we've created a simple integrated 3-part restoration group class that combines foam rolling, stretching, and moving and leaves clients feeling so good and rejuvenated.

SU2D Sunday, 9:00am-10:15am

RIDE THE WAVE



Cheri Kulp & Mac Carvalho

Exploding with choreo options, this workout led by our team of experts, takes you on a water experience like no other. Fresh combinations, expert cuing, new music and moves combine to leave you inspired and riding the wave of new combos. Leave with choreo notes perfect for your class revival Monday morning.

SU2F Sunday, 9:00am-10:15am

KITCHEN MAKEOVER FOR FOOD LOVERS



Sohailla Digsby, RDN, LD

Is your kitchen your happy place, or does it work against your goals? Join our fit-pro dietician to learn what to stock in your fridge and pantry, which gadgets are must-haves, go-to recipes for active people, perfect snack-stashes, meal-prep tips, and practical kitchen rules to live by. (Lecture)

SU2G Sunday, 9:00am-10:15am

FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE



Sara Kooperman, JD

Being a leader seems glamorous. We all think it gives us freedom, extra income and power. In reality, leadership and management are draining, exhausting, and often leave you wanting to pull the covers over your head. Discover how to lead for maximum performance using simple tricks to provide you the success you deserve, the time you so desperately need and the fulfillment that makes your career worth pursuing!

SU2H Sunday, 9:00am-10:15am

SU3

10:45am-12:00pm

HUSTLE & FLOW

Tanisha (Tani) Haggard

This total body workout gives you the best of both worlds to improve your cardiovascular endurance and get those muscles pumping! Tone all muscle groups in a session that magically blends intense cardio bursts while focusing on slow motion strength exercises. Hustle up and enjoy the flow!

SU3A Sunday, 10:45am-12:00pm

LABLAST® CHAIR FITNESS: PULL UP A SEAT  **NEW!****Apy Figueroa & Donna Tomassi**

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

SU3B Sunday, 10:45am-12:00pm**BARRE HARD CORE** **Tricia Madden**

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

SU3C Sunday, 10:45am-12:00pm**SOULBODY RESTORE**  **NEW!****Marissa Sylvester**

Experience a recovery class that complements your group class offerings. SoulBody Restore gently warms the body with unique yoga flows, enhances mobility through dynamic stretching, and employs restorative techniques to release fascial tension, delivering a relaxed and centered feeling.

SU3D Sunday, 10:45am-12:00pm**WATER FIESTA: LATIN RHYTHMS FOR ACTIVE AGERS** **NEW!****Zoraida (Zory) Sepulveda**

Zest your Active Agers experience with Latin energy in every move under the water! Combine water fitness moves with dance steps inspired by Latin beats. This session promotes cardiovascular health, improves coordination, and enhances muscle tone, all in a low-impact aquatic environment. Experience the Joy of Movement with Water Fiesta!

SU3F Sunday, 10:45am-12:00pm**THRIVING DURING PERI/MENOPAUSE MADNESS**  **NEW!****Raina Childers-Richmond, MS, RDN, CHC**

As a woman, 'that time of life' can be challenging. However, we are learning more about the physical and mental implications of hormonal changes with aging and how to address them. Discover strategies for managing symptoms through nutrition and lifestyle changes, whether for yourself or your clients.

Let's remove the taboo surrounding this topic! (Lecture)

SU3G Sunday, 10:45am-12:00pm**SYSTEMS THINKING FOR HEALTH & FITNESS**  **NEW!****Garrett Stangel, MA**

Dive into content marketing strategies and create a month's worth of content during the session. Learn content creation, SEO, social media, and email marketing tactics. Walk away with actionable content ready to drive sales!

SU3H Sunday, 10:45am-12:00pm**SU4****12:15pm-1:30pm****SPORT SCIENCE: UNLEASHING ATHLETIC POTENTIAL**  **NEW!****Owen Clark**

Discover cutting-edge techniques to elevate athletes' performance. This session delves into elite training methods tailored for sport-specific athletes, ensuring you meet clients' unique needs and stay ahead in the ever-evolving world of athletics. Perfect for trainers aiming to maximize their clients' potential.

SU4A Sunday, 12:15pm-1:30pm**ATHLETIC AGING**  **NEW!****Tricia Madden**

Unveiling the "Perfect 60-Minute Challenge" – a groundbreaking exercise regimen meticulously crafted for the specific needs of physically active adults over the age of 45. This dynamic workout is designed to strengthen bodies at any age, offering a straightforward format, this challenge makes consistent workouts easily achievable, empowering your members.

SU4B Sunday, 12:15pm-1:30pm**LABLAST® FITNESS FOR ALL AGES**  **NEW!****Apy Figueroa & Donna Tomassi**

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

SU4C Sunday, 12:15pm-1:30pm**MOVE AND FLOW**  **NEW!****Yvonne Taylor**

Yoga and Pilates are ever increasing in popularity and participation. Experience how to teach a class combining both with seamless flow from one exercise pose to another. Address and enjoy techniques and queuing tips for each discipline.

SU4D Sunday, 12:15pm-1:30pm**AQUA ZEN** **NEW!****Zoraida (Zory) Sepulveda**

Aqua Zen combines yoga techniques and mindful breathing in a serene aquatic setting. This session is designed to improve flexibility, reduce stress, and promote an overall sense of well-being. With smooth, controlled movements and a focus on connecting breath with motion, you'll achieve greater body awareness and mental relaxation. Breathe deeply and sigh: 'Aqua-ahhhhh...

SU4F Sunday, 12:15pm-1:30pm**THE GUT - SLEEP NETWORK EFFECT**  **NEW!****Melissa Layne, MEd**

Uncover the hidden secrets of how sleep profoundly influences your gut microbiome and how your gut biome affects your slumber in this enlightening workshop. Delve into the intricate relationship between quality sleep and a thriving gut ecosystem. Gain practical insights into optimizing your sleep habits to promote gut health and vice versa for overall vitality. (Lecture)

SU4G Sunday, 12:15pm-1:30pm**WORKPLACE STRATEGIES FOR HEALTHY LIFESTYLES**  **NEW!****April Griffith, MS**

In this workshop, explore missed opportunities for collaboration between fitness professionals and businesses to enhance workplace wellness. Learn how to expand your reach, benefit from business partnerships, and implement a simple framework to kickstart wellness initiatives. Maximize your expertise and impact by partnering effectively with businesses.

SU4H Sunday, 12:15pm-1:30pm

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PRE-RECORDED COURSE DESCRIPTIONS

GAME YOUR CORE

Manuel Velazquez

Move over traditional sit-ups and crunches, we're shaking things up and gamifying core work! In this session, learn fun games that inspire friendly competition amongst your clients while sculpting, toning and strengthening the body's center of power. Clients will stay for the laughs and return for the results!

YOGA-PILATES RESTORE

Gail Bannister-Munn

Yoga-Pilates Restore consists of a fusion of yoga, Pilates based core work, Active Isolated (A-I) stretching, & flexibility training. Develop an understanding of strengths and limitations to either move beyond or stay within your boundaries, all while bringing energy in, and feeling successful in a non-competitive environment.

H2O RAPID RESISTANCE

Cheri Kulp

The adage "use it or lose it" applies to balance, agility, and power. With one adult over 65 treated for a fall every 18 seconds, agility training is crucial. This session uses water resistance and support to improve flexibility, balance, and control, reducing fall risk. Experience a refreshing workout with aqua noodles and tubing.

MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS

Sheldon McBee, MS

Discover how to cater to clients' desires for longevity and overall well-being. Learn the art of blending passive and active rejuvenation services to create profitable revenue models. Walk away inspired, armed with the knowledge to craft enticing service offerings and implement successful practices. Join us in revolutionizing the fitness industry.



HIIT 'EM UP STYLE DANCE JAM

Tara Turner

Boot camp or Booty shake? Why not have both? Combine dance movements and HIIT. Glide between high- and low-intensity dance to get your heart rate up and boost cardio endurance. Integrate dance styles of salsa, merengue, reggaeton, soca, and hip-hop to launch that party mood that will get em' Hoppin!

NO (DOWNWARD FACING) DOGS ALLOWED

Ronnie Fulton

This session involves an entirely restorative style yoga practice without being asked to do a single downward facing dog. In fact, this slower style Yin Yoga session includes all long-held, relaxing floor poses designed to target your deep connective tissues including your fascia, ligaments, joints and bones.



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AQUA ARTICULATIONS AND CARDIO**Jeannette Pyle**

We will articulate our joints producing synovial fluid making movement easier for those with arthritis and other ailments. The cardio in the class is gentle enough for those with chronic conditions, but vigorous enough to elevate your heart rate and warm your body. Motion is the lotion!

PUBLIC RELATIONS FOR FITNESS PROS**Trish DaCosta**

Amplify your message by learning the fundamentals of public relations (PR) for your fitness business. In this session, you'll learn how PR works, how to pitch media, and work with press to increase brand awareness and attract clients. Walk away with practical information to secure media opportunities for your business.

**ALL TIME HIITS****Abbie Appel**

Add dimension to your HIIT training routines and conditioning classes. Identify and break down traditional work to rest ratios, discover the true qualities of HIIT and why recovery, passive and active, are equally as important as the work. Walk away with 4 different HIIT timing Challenges to be taught alone or mixed-and-matched to maximize workouts.

FLOW FREE & BE**Kimberly Spreen-Glick**

Enjoy an uplifting, dynamic yoga practice focused on freedom and acceptance. Get ready to move, strengthen, and stretch your body and mind without judgment; then finish feeling present and centered tapping into the ease within. Leave behind expectations and open your mind to an inspiring good time!

AQUA YOGA BARRE**Billie Watenberg**

Nourish your soul with this Ballet-inspired Aqua Yoga/Barre workout. A favorite at conferences, explore various ideas for a functional flow in the water. Attendees will learn choreography and how to apply the sequences to design a seamless, fluid Yoga/Barre class.

YOUR FINANCIAL HEALTH**Kylie Ross, MS, MBA**

Learn simple, effective, and necessary techniques to build your financial freedom both personally and professionally in language you will understand and can apply. Analyze websites that focus on growth, discover industry-driven 3rd-party platforms fueled by automation and understand federal and state legal compliance and how it affects your financial health. Grow (or start) your fitness business worry-free!

**TOTAL BODY STRENGTH****Diva Richards**

Total Body Strength mixes resistance training with bodyweight exercises to absolutely challenge every muscle in your body – upper, lower, and core. Sculpt your way to a stronger, leaner physique. Unique combinations of exercises make this one killer workout.

ELEVATED: NEXT LEVEL ACTIVE RECOVERY**Dane Robinson**

Restore. Re-energize. Reward! Discover new elevated mobility techniques, along with an easy 3-step program to integrate and make active recovery an exciting addition into your GX class, SGT program, PT session and/or virtual training!

CORE FUSION H2O**Sara Vandenberg, MS**

This innovative workshop leaves you with 6 inspired core routines filled with uniquely creative strength training workouts focused on the abs, backs, and hips. Enjoy powerful music adapted specifically to the water in a 64-count format. Walk away with flashcards ready to use Monday morning!

GROWTH: MUST OR BUST**Sara Kooperman, JD, Miriam Ball, Brandi Clark, Kylie Ross, MS & Nick Dennis**

Take an insightful look at marketing, sales and growth and how they intertwine to expand your influence and financial success. Leave with practical solutions to grow, get more clients and expand your client base. Enjoy a candid conversation on what to watch out for and implement for guaranteed success as a Group Instructor, Personal Trainer and Business Owner and Manager.

**73 WAYS TO HIT THE GLUTES****Joanne Groves**

Joanne offers a workshop on designing 73 glute-targeting exercises. Mixing biomechanics, energy escape, fatigue management, and fun, she provides invaluable tips for an exceptional glute workout. Elevate your Instagram with dynamic solutions. Warning: you'll feel the burn!

QIGONG AND SELF-HEALING**Joshua Craddock**

In Traditional Chinese Medicine, "Qi" is the vital life force or energy that exists within all living things. "Gong" roughly translates to practice or cultivation. Qigong, then, is an ancient Chinese healing practice that uses breath, posture, movement, and the mind to affect positive changes on our energy and physiology.



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WHEN BREATH MEETS WATER: AQUA YOGA**Rosie Lemons, MS, ERYT 200**

Aqua Yoga is an accessible practice that supports your body and your soul. This session will review asanas (poses), breathwork (pranayama), and creative ways to bring this practice into the water. Whether you are adding aqua yoga to existing classes or creating a program to bring in new clients, consider rooting your Tree Pose in the pool.

**THE NUTS & BOLTS OF BUSINESS****Bob Esquerre, MA, NSCA-CPT**

Join Bob as he reviews "game-changing" strategies, tactics and best practices that will change how you manage-up your businesses. Tailored for fitness, health & wellness entrepreneurs, he reviews live case studies that really work and shows how & why you will succeed in a very competitive fitness market.

PLANKS WITH PROPS**Mindy Esau**

Planks are incredibly effective and accessible for whole body training and easily manipulated to increase, or decrease, challenges. Adding in various props can allow us to purposefully impact the workload and feedback. Let's explore the advantages of skillfully adding props into your programming to accommodate your diverse populations next week.

POPPIN' BOOTY PILATES**Rachel Stys**

The glutes are a crucial part of the core, so let's get them poppin'! No part of the booty will be left untouched, so you'll walk away (or crawl out) with fun ideas for your class participants!

POOL PERSONAL TRAINING**Connie Lagerhausen**

Work one-on-one with athletes of any level in the pool. Using both vertical and horizontal aqua fitness, create appropriate progressions in intensity, complexity, and movement suitable for every conditioning level. From moms to marathoners, create sports-specific workouts using buoyancy, sequencing, and the physical aspects of training and conditioning. Get your feet wet in pool personal training.

SMALL BUSINESS GRASSROOTS MARKETING**June Kahn**

In this lecture, you will learn how to market your boutique studio effectively. Topics covered include: understanding your target market, creating a unique selling proposition, developing an effective marketing plan, social media tricks & tips, and measuring your results for big profits for your small gym.

**CORE AMORE****Tricia Madden**

Discover the power of your core! Instead of solely concentrating on effective core exercises in your classes and sessions, why not empower your clients to truly appreciate their core? Gain valuable insights on cultivating core strength that extends beyond fitness and unlock a plethora of innovative ideas for designing engaging core-focused programs.

YOGA GROOVE**Kenyetta Brasher**

Yoga Groove combines traditional yoga with a dynamic twist. Start by centering with breath, then flow into standing balance. Add a fun twist of yoga dance, and finish with a calming, fluid savasana. Experience a revitalizing blend of movement and relaxation in every session!

H2O STRENGTH**Cheri Kulp**

WATERinMOTION® Strength takes advantage of aqua dumbbells to build muscular endurance, power, and overall tone in a fat-blasting 45-minute workout. Combine the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Enhance your workout choreography by using just one dumbbell or both dumbbells enmeshed or as under-arm flotation devices. This creative choreographed



program refreshes your dated routines with fantastic music, inspiring moves and powerful programming. Leave with a full choreo handout to improve your sequencing and fun-factor in your aqua strength workouts.

BUILD A HIGH PERFORMANCE TEAM**Ann Gilbert**

Study a proven system designed to give you the tools to recruit, educate and supervise a high performance wellness team. Study how management has changed over the last 35 years from a seasoned fit pro who lives in the world of leggings and leadership.

**SEXY, SMART STRENGTH FOR WOMEN****Irene McCormick, MS, CSCS**

Today's woman needs strength training to be and look lean and healthy. What's more important, she needs Volume Training, which is a combination of load, tension, frequency, intensity and type to reap the multitude of health benefits from strength training. Learn BEST PRACTICES for strength training women with limited equipment options that can be replicated in home or gym.

BEAUTY & THE BEAST: YOGA POWER BAR**Billie Wartenberg**

Move like a beauty while going full beast mode with Yoga Power Bar! Two worlds collide with creative yoga flows mixed with force and power! Elements in this session will include stretching, strengthening, core work, and more!

TABATA AQUA RUNNING & CONDITIONING**Tanisha (Tani) Haggard**

Are you interested in making the move to a gym owner, but not sure where to start? Join Dan Kleckner to discover the steps you need to take to build a financially successful and sustainable training gym that will allow you to control your time and provide financial freedom.

BUILDING A FINANCIALLY SUCCESSFUL GYM**Dan Kleckner**

Are you interested in making the move to a gym owner, but not sure where to start? Join Dan Kleckner to discover the steps you need to take to build a financially successful and sustainable training gym that will allow you to control your time and provide financial freedom.

**LEG CIRCUIT BLAST FOR POWER****Maurice Williams, MS, CSCS**

What is missing from your clients programming is a solid power-based leg circuit. Explore the principles of using power to develop leg circuit programming. From body weight, to plyometrics and a few other modalities in between, we will give your clients the best leg workout ever!

BY ANY STRETCH**Abbie Appel**

Flexibility allows us to move freely in our daily life. What's more, a balance of mobility and stability in each joint helps prevent injury. In this hands-on session, review the science of "contract-relax" stretching. Experience multiple one-on-one stretching exercises and leave with a proven technique and system to grow your business and help your clients move better and smarter.

FRONT & CENTER H2O**Ann Gilbert**

Training in the Frontal Plane is vital for strong stable hips. Target the adductors and learn how important they are in their role of supporting hip stabilization and their synergistic relationship to pelvic floor tone. Combinations of challenging exercises are designed to keep you Front and Center!

FILL YOUR SMALL GROUP TRAINING**Dr. Ashley Varol, PhD**

Small group training is the best option for making more money and serving more clients. This session walks through effective and profitable strategies from the beginning to the end of the small group training cycle. Review how to get clients, keep them around, ensure they repeat, and recommend their friends!



BALANCE YOUR HIIT**Elizabeth Lenart, MEd**

You'll want to HIIT it all over again after we flirt with ways to use softer surfaces for balance training. If you've had issues with your tissues, the use of a platform brings the floor closer to you & assists with stretching. If you think you can't HIIT it anymore, let us introduce you to your newest fitness fling.

PILATES 4 LIFE**June Kahn**

Pilates is a significant contributor for enhancing core strength, movement quality for life function & managing back pain. It improves posture, alignment & spinal mobility. Gain an understanding of its purpose with modifications and challenges for all. Experience why Pilates has endured as an effective form of training for decades.

AQUA YOGA FOR ARTHRITIS**Christa Fairbrother, MA, ERYT 500**

Aqua yoga is a unique modality to benefit people living with arthritis. It combines yoga with the properties of aquatic exercise to increase the benefits and access to yoga. If you want to add yoga tidbits to your aquatics programs that serve audiences with arthritis, come get some easily applicable ideas.

SIGNATURE SAUCE FOR SIX-FIGURE SUCCESS**Joy Diggs, MS, CPT, RD, LD**

Learn the secrets to creating a personal training business that truly stands out! Join this empowering presentation where personal trainers uncover their authentic selves, conquer fears and self-doubt, and confidently attract ideal clients for six-figure success. Become THE go-to expert to bring the business to you!

**FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS****Dr. Jonathan Mike, PhD**

This combination of scientific lecture and hands-on movements will address and identify the biomechanics and technical intricacies of the box squat. Practical information on progressions and variations combines with practical cues to help trainers and coaches better understand the squat & its execution.

HANDS ON STRETCHING**Gail Bannister-Munn**

This workshop shows you how important stretching is and demonstrates how easy it is to stretch your clients on a table or the floor. Learn stretches with clear, step-by-step practical applications to increase your skills. Trainer-assisted stretching, as part of each training session, will help your clients improve their flexibility while keeping you within the scope of a personal trainer.

WARM WATER STRONG**Irene McCormick, MS, CSCS**

Warm water strength & endurance training is a great fitness solution for many populations. It is possible to use the properties of water to increase load, practice breathless efforts, improve flexibility & mobility. Use noodles and hand buoys to create overload for improved health, increased strength, bone density & endurance in shallow, warm water pools.

**STOP SELLING & CREATE CULTURE****Ann Gilbert**

Unlock the secrets to building a thriving hybrid fitness business. Discover how to harness the power of technology, marketing strategies, and community engagement to propel your gym, studio, or fitness venture to new heights. By offering both in-person and online classes, you'll create a winning formula for business success.

COACHING CORE ENGAGEMENT**Siri Chilazi, MBA, MA**

Engaging the core correctly is essential in every workout, but getting people to "get it" is hard. Drawing on the latest science and best practices from fitness, Pilates, and yoga, this workshop equips you with strategies, exercises, and cues to coach your students to discover their core for maximum impact.

THE BATTLE FOR MOBILITY**Irene McCormick, MS, CSCS**

The relationship between flexibility, mobility and stability includes components that are largely misunderstood. Mobility is about the joint, flexibility is about soft tissue, and stability is a major influencer. This session explores the science of flexibility and mobility, how to care for your fascia for greater mobility, and spinal stability.

WAVES COMBAT: BEATS AND POWER MOVES**Zoraida (Zory) Sepulveda**

Combine energetic rhythms with powerful cardio-kickboxing moves. Incorporating punches, kicks, and dynamic combinations underwater, this experience improves cardiovascular health, builds strength, and enhances coordination. Enjoy the low-impact benefits of water resistance as you groove to the beat and unleash your inner fighter. Spice-up your participants with this high-energy, rhythm-infused workout.

NEGOTIATION STRATEGIES FOR FITNESS PROS**Doris Thews**

Fitness Professionals struggle when it comes to negotiating their worth and services. In this session learn how to flex your negotiation muscles to meet your financial needs and enhance your quality of life. Learn the three most important words in fitness while supporting your life goals.

**BODY WEIGHT MILITIA****Bishop Garland**

Body Weight creativity galore, this military inspired session will have you on a euphoric (sweaty) movement high like no other. Influenced by an extremely wide range of fitness modalities, this course is designed to help you show up and show out as you take it to the next level and beyond.

FLEXIBILITY - STOP DOING IT WRONG**Andrea Metcalf**

Stop stretching to gain flexibility and discover the keys to effective flexibility training. Learn to pinpoint and address muscle imbalances that hinder flexibility. Gain insights into targeted strengthening exercises to unlock your body's full range of motion. Learn assessments, target exercises and the science behind flexibility training.

CIRQUE DU SUSPEND: IMPACT-FREE AQUA EXERCISE**Dominic Gili**

Cirque du Suspend takes aqua fitness to new heights by captivating and entertaining clients with innovative suspended aqua exercises that harness the unique properties of water for multiple benefits. This program features impact-free movements that are adaptable to various water depths, turning the ability to float into both a challenge and an advantage. The session employs neutral buoyancy equipment, including buoyancy belts, noodles, and hand buoys, to enable dynamic workouts. This equipment supports a full range of motion, allowing participants to challenge themselves while minimizing the risk of injury or strain.

BUSINESS BLUEPRINT**Dane Robinson**

Whether you're 100% virtual, 100% training in person, training one on one, conducting small group training, or all the above, this business workshop will give you the tools to create your very first, or next, client challenge. Develop programming unique to your training style, method, and client base. From branding to program milestones, pricing, and marketing, design a business blueprint to keep your current clients engaged and attract new clients by the end of this DWY (done with you) workshop.



BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING

Yury Rockit

Embark on a skill acquisition journey with Yury, mastering movements like pistol, "sissy," and dragon squat. Embrace Yury's inclusive approach, suitable for all fitness levels. This series is an exploration of balance, strength, mobility, and proprioception, ensuring a rewarding experience for anyone on their fitness journey.

PILATES: MAT TO THE MAX

Abbie Appel

Max out your Pilates Mat class with 10 authentic advanced exercises from the original repertoire. Revisit Pilates principles and optimal alignment to understand what it means to be "advanced"! Dissect each exercise and discover how to modify and progress movements for your intermediate to expert students. Take your Pilates practice up a notch by safely and successfully adding challenges.

AQUA STRIDES & STRENGTH

MaryBeth Dziubinski

Lengthen, strengthen and challenge your lower body in this resistive, shallow water walking class. Striding, gait training and functional movement patterns will be performed to enhance flexibility and balance.

5 STAR MANAGEMENT

Kimberly Spreen-Glick

How do you attract and retain the best talent to ensure you can offer top notch programming and experience for your members? Become the manager your team deserves. Join Kimberly, senior director of group fitness at Life Time for over a decade & talk about what it means to be a 5 Star Manager.



LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY

Siri Chilazi, MBA, MA

Dynamic flexibility is the perfect complement to strength training! Improved range of motion allows for enhanced muscle activation to sculpt a lean, toned physique. Learn the science of dynamic stretching and experience a flexible strength workout. Finish all of your classes feeling strengthened, lengthened, better aligned and breathing more optimally.

YOGA-BATA VIIT

Rosie Lemons, MS, ERYT 200

Hustle and reset. Strengthen and stretch. Participate in this fusion of mind-body disciplines using a variable intensity interval format paired with yoga flow. Dynamic movement includes barre, pilates, mobility training, and more! Walk away with an empowering class format for all levels!

AQUA CORE SENIOR STYLE

Cheri Kulp

Enjoy six different segments of core training exercises for water exercise. This course focuses on working abs, back, obliques, hips and shoulders. Basically, anything core goes! Targeting a senior market demands special emphasis on posture and alignment. Enjoy this session with one of the top aquatic presenters in the world!



CLUB, STUDIO & CLIENT RETENTION

Sara Kooperman, JD

Did you know that 72% of people who stop using your club are new members? It's important to engage these clients within the first 90 days of integrating them into our facilities. In this entertaining and educational session, take a close look at staffing needs, client engagement, marketing options, financial incentives, leadership strategies, and tracking metrics that will all lead to greater retention. Leave with innovative, inexpensive and effective techniques to grow your Club, Personal Training and Group Ex business.



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