

**midwest
mania[®]**
fitness pro convention

October 3-5, 2025
Hilton Rosemont/Chicago O'Hare
Rosemont, Illinois

A Convention Fit For All. ➔



2025

SCW



scwfit.com/midwest



Welcome to Midwest Mania!

Get ready for an unforgettable experience at SCW Midwest Mania® Fit Pro Convention in Chicago Ill! Join fellow fitness pros to learn, connect, and grow through cutting-edge training and workshops.



Expert Led Sessions & Certifications



200 sessions (140 Live + 60 Pre-Recorded) and 17 certifications in fitness, wellness, and business, led by top experts and industry icons, to advance your career.



17 CECs/CEUs



Certifying organizations include:

- ACE
- SCW
- AFAA
- ACSM
- AEA
- NASM



Endless Opportunities



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



A World of Fitness Knowledge All In One Place!

Midwest Mania® offers a one-of-a-kind experience with 140 sessions led by fitness icons from around the world—all in one place!



Topics For Every Pro

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



You'll Fit Right In.

Stay onsite at the Westin Galleria Midwest Hotel and take full advantage of the event from the early morning hours until the late evening.

midwest mania®

fitness pro convention

Mania® Convention Sessions & Workshops

October 3-5, 2025
(Fri, Sat, & Sun)

Certifications

October 2 (Thur.) & October 5 (Sun.) 2025

**Save \$60 when you register by
Monday, September 15th with code:
EARLYBIRD**

Register at:

www.scwfit.com/midwest



Hilton Rosemont/Chicago O'Hare

5550 North River Road Rosemont, Illinois 60018

- 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

**SCW Guaranteed Lowest Rate:
Only \$153 per night (Reg. \$246
Rate until Thursday, September 18, 2025**

Book your discounted room click here!



Certifications

Thursday, Aug 21



SCW Active Aging Certification

Keli Roberts

Thursday, October 2, 9:00am-5:00pm



\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)
Unlock the secrets to aging well with the SCW Active Aging Certification, crafted for fitness professionals committed to enhancing seniors' lives. This dynamic course combines cutting-edge research with practical techniques, focusing on cardiovascular health, strength, flexibility, balance, and mental well-being. Dive into the musculoskeletal changes, physiology, and kinesiology of aging, and discover how exercise can positively impact these areas. Learn functional training strategies for older clients with varying abilities and design safe, effective exercise programs that empower seniors to thrive. Ideal for group fitness instructors, trainers, and program managers, this one-day certification includes hands-on training, a comprehensive manual, and an online exam. Earn valuable CECs: SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).



SCW Personal Training Certification

Gail Bannister-Munn

Thursday, October 2, 9:00am-6:00pm



\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)
Elevate your career with this nationally recognized, science-based certification, designed for aspiring and current fitness professionals. This hands-on program integrates academic excellence with practical application, covering exercise physiology, kinesiology, training principles, program design, health-risk assessment, and physical evaluations. Delve into evidence-based practices and advanced programming alternatives, ensuring a comprehensive understanding of the human body and its potential. The course also includes essential business and marketing strategies to help you succeed in the competitive fitness industry. Through a blend of lecture and hands-on experiences, you'll gain the expertise to empower clients to achieve peak health and performance. Certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.0).



SCW Group Exercise Certification

Manuel Velazquez

Thursday, October 2, 8:00am-4:00pm



\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)
This Nationally Recognized Certification empowers you with the confidence to master impactful teaching skills and successfully lead a group fitness class. Learn essential skills such as proper class sequencing, warm-up progressions, musical phrasing, effective cueing techniques, and choreography development. Gain a thorough understanding of group cardiovascular fitness, muscular endurance, and flexibility training techniques, enabling you to implement them in various class settings. Our cutting-edge Group Exercise Certification provides a balance of theoretical and practical training, ensuring that you are prepared for the newest variety of fitness programming. This includes Hi/Lo impact cardiovascular training, muscle conditioning and sculpting, HIIT programming, and much more. The certification includes hands-on practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW Pilates Matwork Certification

Amber Toole

Thursday, October 2, 8:00am-4:00pm



\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)
This nationally recognized certification offers an in-depth exploration of classical Pilates movements and their modifications, enhancing creativity and expertise. The program emphasizes core stabilization, optimal alignment, and Pilates matwork, blending theory with practical training. Participants master over 40 essential exercises, including variations for spinal dysfunctions and postural imbalances. The course provides choreography variations that are easy to learn and apply, equipping instructors with creative programming options for all ages and abilities. Included are practical training, a comprehensive manual, and an online exam, ensuring participants gain the skills needed to teach effective and innovative Pilates Mat Classes. Whether new to Pilates or deepening expertise, this certification will elevate your teaching credentials. Accredited for CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW Aquatic Exercise Certification

Melissa Layne, MEd

Thursday, October 2, 8:00am-4:00pm

\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)

Dive into the world of water fitness with a nationally recognized certification that provides the essential for anyone looking to teach water exercise. This program covers the benefits of aquatic exercise, anatomy, and kinesiology as applied to water, along with water depth adaptations, movement planes, musicality, and adjustments for special populations. Leadership skills and effective cueing techniques are emphasized through on-site instruction and one-on-one assessments. The certification includes both theoretical and practical training, a comprehensive manual, and an online exam, ensuring you're prepared to lead successful aquatic exercise classes. Accredited for CECs: AEA (7.0), ACE (0.7), ACSM (8.0), AFAA (8.0), NASM (0.8), SCW (8.0).



SCW Anti-Obesity Medication (AOM) Fitness Programming Certification

Ann Gilbert

Thursday, October 2, 9:00am-5:00pm

\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)

This groundbreaking course is designed to equip fitness professionals with the knowledge and skills to approach and train individuals on anti-obesity medications (like GLP-1, Ozempic, and Wegovy) into personal training, small group and large group fitness and wellness strategies. The certification offers a comprehensive understanding of how these medications work, their effects on metabolic health, and how to optimize fitness programs for clients using them. While this course covers a range of essential topics, including the mechanisms of anti-obesity medication and the latest research and clinical trial findings, strategies for tailoring fitness programs for clients on these medications is the focus. An integration of nutrition and a strong focus on behavioral coaching is emphasized. Ethical considerations related to this evolving field are also explored in depth. Accredited for CECs: SCW (8.0), ACE (0.8) AFAA (8.0), NASM (0.8), AEA (4.5), ACSM (8.0).



SCW Chair Yoga Certification

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

Thursday, October 2, 9:00am-5:00pm

\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)

Embark on a transformative journey that empowers yoga instructors to lead creative and effective chair yoga classes for all abilities. This comprehensive training focuses on essential techniques like pose adaptations, movement selection, and coaching methods tailored for special populations. Learn to use chairs for sitting, standing, and supported moves, serving a much-needed demographic. The program also covers verbal and visual cueing, memory-improvement strategies, and active aging principles. Graduates will be equipped to bring the healing power of yoga to diverse communities, creating inclusive, supportive environments. Includes practical training, a comprehensive manual, and an online exam. Earn accredited CECs from ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), AFAA (6.0), Yoga Alliance (8.0), and SCW (7.0).



ToughAgers® Instructor Active Older Adult Fitness

Deborah Rothschild, MS

Thursday, October 2, 9:00am-4:00pm

\$129

Exercise is for everyone, and older adults are no exception. The body responds to how it is trained, so let's equip older adults to ensure their bodies function optimally. Like other age groups, older adults need cardio, balance, resistance, core, and flexibility training. However, since many may not exercise independently, it's essential to provide a fun, supportive, and social environment to encourage participation. This course will equip you with the tools to confidently lead safe, effective fitness sessions for active older adults—whether in a group fitness class, small group training, or one-on-one private training. This training includes a free ToughAgers® Starter Kit royalty-free music playlist. SCW (6.0), ACSM (6.0), AFAA (6.0), ISSA (6.0), NASM (0.6).





LaBlast® Fitness Instructor Certification

Apy Figueroa & Milana Astorino, MS

Thursday, October 2, 8:00am-5:00pm

\$99 early bird registration price through September 25th. \$125 registration price after August 14th.



ZUMBA® Basic 1 Training

Jenna Bostic

Thursday, October 2, 7:30am-4:00pm



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

This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to the four basic Zumba® rhythms (Merengue, Salsa, Cumbia, and Reggaeton), and then you will learn how to put these steps together into a song! The pre-con fee includes The Zumba® Electronic Instructor's Manual, Online Videos to Review Basic Steps and Zumba® Certificate of Completion. SCW (8.0), ACE (0.7), ACSM (8.0), AFAA (5.5).



SCW Menopause Wellness EXPRESS Certification

Melissa Layne, MEd

Thursday, October 2, 4:30pm - 8:30pm

\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259) Unlock vibrant health during menopause with this transformative course that empowers you to guide clients confidently through this life stage. Leverage the latest research to inspire students using evidence-based exercises, nutrition strategies, and holistic practices tailored to their unique needs. Master creative, research-backed approaches to fitness and wellness, enhancing your influence in personal training and group exercise. Develop essential skills to manage symptoms, boost energy, and improve overall well-being, all while refining your business practices. This program includes a comprehensive manual and an online exam, ensuring you are fully equipped to support clients. Accredited for CECs: SCW (7.0), ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), and AFAA (6.0).



SCW Life Coaching EXPRESS Certification

Kimberly Spreen-Glick

Thursday, October 2, 4:30pm - 8:30pm

\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259) Unlock your potential with the exclusive SCW Life Coaching Certification! In just 4 transformative hours, immerse yourself in a cutting-edge program that equips you to coach clients in wellness, fitness, career, relationships, and personal development. This premium course features expert-led instruction, a comprehensive manual, engaging videos, and an automated online exam. Master advanced techniques to build your brand, attract ideal clients, and create meaningful impact in your community. Designed for ambitious professionals, this certification offers unparalleled education and practical tools to elevate your career. Earn elite CECs: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).



Certifications Sunday, August 24, 2025



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

Sara Vandenberg

Sunday, October 5, 8:00am-4:00pm



\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259) This comprehensive program is perfect for Active Aging and Specialty Format Instructors looking to elevate their chair exercise classes. Focusing on the aging process, the course delves into physiology, kinesiology, and the unique needs of students requiring extra support. Learn to use a chair as a base for sitting, standing, and supported movements, enhancing group teaching skills. The program covers effective verbal and visual cueing, memory-improvement strategies, and active aging principles. A full-day practical training session includes choreography routines to improve class sequencing, musical phrasing, and teaching skills, supported by the latest online video resources. Both novice and experienced instructors will benefit through enhanced class structure design, routine creation, and leadership development. The course includes a manual, downloadable PowerPoint, a full-hour workout video, music, flashcards, an automated online exam, and a certificate. Accredited for CECs: ACSM (7.0), ACE (7.0), AEA (7.0), AFAA (7.0), NASM (0.7), and SCW (7.0).

**SCW Stretching & Flexibility Certification**

Gail Bannister-Munn

Sunday, October 5, 8:00am-4:00pm

*\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)*

In this eight hour comprehensive course, review the science of stretching, flexibility and mobility. Acquire the knowledge to assess static and dynamic postures to identify movement quality issues and promote functional activities. Learn multiple flexibility, techniques, and stretching alternatives, including PNF (proprioceptive neuromuscular facilitation), active and dynamic stretching, passive and static options, assisted stretching techniques and more. Gain skill in myofascial release to enhance activation, recovery and regeneration for individuals of all ages and activity levels. Assist athletes to older adults, and distinguish yourself as a stretching expert. Perfect for one on one training, small group, training, and group fitness. This practical, hands-on certification includes a variety of detailed program designs with an easy to execute system. The certification includes practical training, a comprehensive manual, and an online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).

**WATERinMOTION® Aqua Exercise Certification**

Cheri Kulp

Sunday, October 5, 8:00am-4:00pm

*\$159 MANIA® attendees / \$199 non-attendees (Reg. \$259)*

Enhance your aqua fitness classes with this comprehensive certification program. Begin with a 6-part online course, complete with a manual and videos, covering the scientific principles of water exercise, the WATERinMOTION® RIPPLE teaching method, cueing techniques, deck teaching skills, active aging principles, and water-specific strength training. The program culminates in an 8-hour, full-day practical training, where you'll master choreography routines to improve class sequencing, musical phrasing, teaching skills, and full-body toning. Ideal for both aqua and land instructors, this certification ensures enhanced class structure, routine creation, and leadership development. Upon completion, participants earn certification in all three WATERinMOTION® programs: Original, Platinum, and Strength. Instructors on Wautoship can attend the live course for free. This certification is approved for CECs through AEA (8.0), SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), and ACSM (7.0).

**SCW Yoga I Certification**

Manuel Velazquez

Sunday, October 5, 8:00am-4:00pm

\$159 MANIA® attendees / \$199 non-attendees*(regularly \$259)*

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

**PALANGO! Fitness Teacher Training**

Felix Ojeda, MS

Sunday, October 5, 8:00am-4:00pm

*\$123 (Regularly \$199)*

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



The Main Event.

Discover more than 100 sessions at Midwest Mania®, happening October 3-5 and take your fitness career to the next level. All included in your Mania® registration!

Friday, October 3

FR1 Sessions | 7:30 am - 8:45am

FR1A:

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.

FR1B:

Stability Ball Breakthrough **NEW**

Gail Bannister-Munn

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

FR1C:

Cycle Strong, Transfer Life **NEW**

Keli Roberts

This ride trains for life, not just the bike. Use research-based HIIT to boost endurance, FTP, and V02 Max while building real-world fitness and strength. Create classes that transfer to daily movement and lasting results—with intervals that inspire and challenge.

FR1D:

Balls, Blocks, Bands Pilates Fusion **NEW**

Andrea Metcalf

Learn to seamlessly integrate Pilates exercises using a Pilates ball, yoga block, and resistance bands. Explore science-backed choreography and innovative ways to boost strength, flexibility, and balance. Enhance your teaching skills and bring fresh energy to your sessions with creative, effective Pilates-based training techniques.

■ = being recorded

Certs

Thurs Oct 2

→ SCW Active Aging
Roberts • 9am-5pm

→ SCW Pilates Matwork
Toole • 8am-4pm

→ SCW Personal Training
Bannister-Munn • 9am-6pm

→ ZUMBA® Basic 1
Bostic • 7:30am-4pm

Room A Longevity & Function	Room B Power & Personal Training	Room C Cycle / HIIT & Strength	Room D Group Programming	Room E Recovery / Mind-Body
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Register
Here

Fri
Oct 3

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

No Floor Core and Balance Layne ■	Stability Ball Breakthrough Bannister-Munn ■	Cycle Strong, Transfer Life Roberts ■	Balls, Blocks, Bands: Pilates Fusion Metcalf ■	Deconstructing Asanas Ratliff ■
Dare to Chair Gilbert ■	Palango! Strength Ojeda ■	Quiet Chaos, Find Your Rhythm Sherman ■	Do This, Not That! Roberts ■	Human Reformer Pilates Howe ■
EXPO SHOPPING 10:00am-11:00am				
Boost Better Balance Rothschild ■	Power Source: A Core Practice Ratliff ■	Fit for Life: Active Ages Thomson ■	ZUMBA® Bostic ■	somaPWR experience Friedman ■
EXPO SHOPPING 12:00pm-2:45pm				
Master Knee-Pain Reduction Strategies Webb Session 1 ■	Tubing Xpress Spreen-Glick Session 2 ■	Connect With Music, Messaging, Motivation Sherman Session 1 ■	Stretch RX: Feel It, Fix It Bannister-Munn Session 2 ■	Pilates Functional Progressions Velazquez Session 2 ■
Chair Yoga for Mobility & Strength Kooperman ■	SOULkickboxing™ Yasinitzky ■	Glute Goals Thomson ■	Pump Your Peach! Toole ■	Shoulder Pain: Optimize Through Exercise Webb ■
EXPO SHOPPING 3:45pm - 4:30pm				
Bone Strong Gilbert ■	Arms, Butts & Core on the Floor! Bannister-Munn ■	Train Smart & HIIT SMART Goals Williams ■	The Recovery Barre Howe ■	Teaching Restorative Yoga Without Props Ratliff ■
SCW FITNESS STAR SEARCH Kooperman, Gilbert, Bannister-Munn & Kulp Room A			Dance Off! LaBlast®, Palango! Fitness, & Velazquez ■	Stretch-Breathe-Recover Spreen-Glick ■

Sat
Oct 4

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

Flex & Power: Hip Mobility Mastery Kulp ■	Trainer's Toolbox: Timesaving Solutions Roberts ■	Trends in Cycling Sherman ■	No Equipment? No Excuses! Garcia ■	Authentic Mat Pilates Uncovered Toole ■
EXPO SHOPPING 8:30am-9:15am				
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A ■				
EXPO SHOPPING 10:30am-11:00am				
S.E.A.T. Supported Exercise for Ageless Training Gilbert ■	Band Strong: Train Anywhere Power Bannister-Munn ■	HIIT Ratios & Exercise Progression Williams ■	LaBlast® Fitness: Ballroom Blitz Figueroa & Astorino ■	Prana Energy Greenbaum ■
EXPO SHOPPING 12:00pm-2:45pm				
Mobility Training – Online or In-Person Webb Session 1 ■	Group Strength Blueprint Howe Session 2 ■	STRONG HER Thomson Session 1 ■	Palango! Cardio Ojeda Session 2 ■	SOULfusion™ EXPERIENCE Fortier Session 1 ■
Progressive FITT: Functional Tube Training Roberts ■	Conquering Sciatic Pain Garcia ■	Create Rides With AI Sherman ■	Flexibility - Stop Doing It Wrong Metcalf ■	Restorative Stretch Bannister-Munn ■
EXPO SHOPPING 3:45pm - 4:30pm				
Dementia Client Strategies for Trainers Rothschild ■	Pelvic Floor from the Outside In Layne ■	Unlocking the Power of HIIT Williams ■	BARRefusion™ Experience Vandenberg ■	Posture & Alignment with Personal Training Mummy ■

Sun
Oct 5

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

AASK Amber: Anti-Aging Survival Kit Toole	SOULstrength™: A Little OFF BEAT Vandenberg	Sunday Certifications S.E.A.T. Supported Exercise For Ageless Training - Vandenberg 9:00am-4:00pm SCW Stretching & Flexibility - Bannister-Munn 8:00am-4:00pm SCW Yoga 1 Certification Velazquez 8:00am-4:00pm PALANGO! Fitness Teacher Training - Ojeda 8:00am-3:00pm WATERinMOTION® Aqua Exercise - Kulp 8:00am-4:00pm	LaBlast® Fitness for all Ages Figueroa & Astorino	Yin+Restore Yoga Greenbaum
Brain & Body Beats Sepulveda	Next-Level Core Training Garcia		Barreless Barre Howe	Age Defying Mobility Training: Enhancing Longevity Webb
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm	
Comprehensive Active Aging Strategies Rothschild	Bandz & Bounce Haggard		Ankle Mechanics for Peak Performance Garcia	Mat Pilates Choreography Flow Metcalf
LaBlast® Chair Fitness: Pull Up a Seat Solis	Step Up Your Groove Layne		Eliminating Knee Pain Through Joint Stability Metcalf	Intelligent Sequencing Vinyasa Yoga Kaufman

- **SCW Group Exercise** Velazquez • 8am-4pm
- **SCW Aquatic Exercise** Layne • 8am-4pm
- **SCW Life Coaching EXPRESS** Spreen-Glick 4:30pm-8:30pm
- **SCW Chair Yoga** Ratliff • 9:00am-5:00pm
- **ToughAgers® Instructor** Rothschild • 9am-4pm
- **LaBlast® Fitness Instructor** Figueroa & Astorino • 8am-5pm
- **SCW Anti-Obesity Medication (AOM) Fitness Programming** Gilbert • 9:00am-5:00pm
- **SCW Menopause Wellness EXPRESS** Layne • 4:30pm-8:30pm



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Room F Waterworks (Starts in lecture)	Room G Wellness	Room H Leadership
Wave Works Kulp & Velazquez	Mastering Macros Toole	Supporting Clients on Anti-Obesity Medications Gilbert
LaBlast® Splash: Buoyant Ballroom Blitz Figueroa & Astorino	Nutrition: Hot Topic Research Layne	Survival Tactics: Grow Your Business Metcalf
EXPO SHOPPING 10:00am-11:00am		
Liquid Gym Acqua Punch & Pump Velazquez	Symmetry AlignSmart® - Scientific Stretching Mummy	Women's Leadership: Climbing, Creating & Conquering in Fitness Kooperman, Bannister-Munn, Gilbert & Ontiveros
EXPO SHOPPING 12:00pm-2:45pm		
Aqua Power: One Dumbbell Circuit Kulp Session 1	How You Move Matters Laskowski Session 1	Marketing to Active Agers Panel Kooperman, Toole, Rothschild & Gilbert Session 2
Aqua ZUMBA® Boistic	Women: Training Through the Stages Layne	Somatic Integration for Trainers Friedman
EXPO SHOPPING 3:45pm-4:30pm		
Aqua Drums Vibes Kulp	Inclusivity in Fitness Spaces Yasinitsky	Boost Your Pre-Workout & Recovery Kooperman, Ontiveros, Layne & Toole
BUSINESS KEYNOTE: The Fitness Evolution Patrick Mummy Room H		

Pre-Recorded Sessions Personal Training/ Strength	Pre-Recorded Sessions Restore/ Pilates /Tai-Chi	Pre-Recorded Sessions Active Aging/ Functional Training	Pre-Recorded Sessions Nutrition/ Exercise Science
Add an EMOM Merrill	Yoga-Pilates Restore Bannister-Munn	Active Aging Playground Toole	A Wealth of Gut Health Unlocked Fearheiley
Arm Candy Appel	Myofascial Recovery Garcia	Aging Shoulder: Exercise to Function! Aslakson	Art of Food as Fuel Lemons
Athletic Woman: Function & Strength Hughes	Warrior Tai Chi Yoga and Qi Gong Fusion J. Roberts	Athletic Aging Madden	Feed Your Body & Soul: Mindful Eating Pyle
Core Amore Madden	Recovery Through Meditation Rockit	Creative Programming 55+ Wartenberg	Functional Nutrition & Hormones: Healthy Aging Zuleger
Integrated Strength George	Pilates, Power & Poise Lemons	Hip Mobility for Active Aging Bannister-Munn	Fundamentals of Squat Progressions and Variations Mike
Hit The Wall Rockit	Reset and Recharge Spreen-Glick	Strength Training For Longevity & Vitality II Kooperman	Nutrition Panel Layne, Digsby, Toole, Fearheiley
Kickbox N Chaos Turner	Recovery For Longevity Appel	Senior Circuit Haggard	Self-Care For Your Immune System Seti

Aqua Intervals Roulette Vandenberg	How to Avoid Being My Patient Laskowski	Living by Design or Default? Phillips
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A		
EXPO SHOPPING 10:30am-11:00am		
Ageless Aqua Kulp & Velazquez	Physics of Pain & Performance Mummy	Building Your Personal Brand Spreen-Glick
EXPO SHOPPING 12:00pm-2:45pm		
Liquid Gym Acqua Toner Stretch & Tone Kulp Session 2	Debunking Exercise Science Myths Layne Session 1	Strength Training for Active Agers Panel Kooperman, Gilbert, Roberts & Laskowski Session 2
Tides of Power Kulp & Velazquez	Nutrition & the Menopause Journey Layne, Toole, Rothschild, Ontiveros & Rogers	Wellness is the New Fitness Spreen-Glick
EXPO SHOPPING 3:45pm-4:30pm		
Aqua Ease: Flexibility for Active Agers Velazquez	Understanding Exercise and Obesity Medications Rogers	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb, & Metcalf

Strength Courage and Wisdom Freeman	Human Reformer Pilates George	Optimal Mobility: Enhancing Functionality Gilbert	Aging Brains & Bones Layne
Add 160 Recordings Today for Only \$60 More (100 Live / 60 Pre-Recorded) scwfit.com/midwest			
Total Body Strength Richards	The Chakras: Align Your Energy Kaufman	Balance & Coordination for Active Agers Velazquez	Weight-loss Meds & Fad Diet Update Digsby
Ultimate Leg Day Toole	Active Recovery Zuleger	Bone Health Bootcamp Conti	Movement Through Menopause Groves
Step, Stamina & Strength Chilazi	Balls, Blocks, Bands: Pilates Fusion Metcalf	Everyday Strength: Coaching the Active Aging Female K. Roberts	Plyometric Exercise for Older Adults Aslakson
Bringing Back Foundational Strength Training Johnson	TaiChi Flow: Recovery for GXs & PTs Glassmeyer	Active Aging Latin Joyful Mix Sepulveda	Exercise Analysis Mack

AquaZen: Flow, Breathe, Renew Sepulveda	Rethinking Obesity Treatment: Elevate Your Business Rogers	
AQUAHOLIC Layne	Preventing Common Fitness Injuries Laskowski	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm		
Waves Power: Strength & Flow Sepulveda	Pause. Power. Perform. Phillips	
Drip & Drop Haggard	Create Content to Boost Sales Toole	

Effort Mastery: Coaching Peak Performance and Motivation McBee	Forever Pilates Appel	Smart Warm-Ups for Active Aging D'Agati	Sugar, Snacks & Heart Attacks Digsby
Fluid Core Fusion Velazquez	Moving Meditation J. Roberts	Renew & Restore: Flexibility for 50+ Ross	Chain Reaction Biomechanics Hughes
Meet The Hybrid Fitness Professional Esquerre	Tai-Chi Fused Yoga Velazquez	Brain Balance Training Spichal	Building Muscle While Losing Fat Layne
Training the Neurodivergent Client Conti	Pilates 4 Life Kahn	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan	Magnesium: The Mighty Mineral Unveiled Toole



FR1E:

Deconstructing Asanas **NEW**

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

Early yoga progress—like increased flexibility, strength, and balance—comes from improved proprioception and neuromuscular facilitation, especially for seniors and beginners. Learn to use muscular release, precise cueing, and progressive strategies to create balanced, accessible classes that support safe skill development and long-term growth.

FR1F:

Wave Works **NEW**



Cheri Kulp & Manuel Velazquez

Make waves with fresh choreography, expert cueing, and innovative water moves in this high-energy session. Get six detailed routines, creative combos, and exciting music ideas to energize your classes and elevate your teaching. Leave inspired, confident, and ready to captivate your participants!

FR1G:

Mastering Macros **NEW**

Amber Toole

Unlock the science of macronutrients and learn how to guide clients toward better nutrition. Explore how to assess client needs and implement macro-based nutrition for effective weight loss. Attendees will leave with practical strategies to confidently coach clients, stay within scope, and achieve sustainable, balanced results.

FR1H:

Supporting Clients on Anti-Obesity Medications **NEW**

Ann Gilbert

This session explores effective programming for clients using Anti-Obesity Medications (AOM). Learn to tailor movement plans to support weight loss and address potential side effects. Participants will discover how to design sustainable routines that complement AOM treatments, enhancing overall client success and well-being. (Lecture)

FR2 Sessions | 9:00am - 10:15am

FR2A:

Dare to Chair **NEW**



Ann Gilbert

"Dare to Chair" is a seated workout that combines low-impact cardio with functional movement. Designed for those with mobility challenges or seeking a gentler approach, it emphasizes Purpose, Performance, and Population (PPP), offering an accessible, effective fitness solution for older adults and those needing modified exercise options.

FR2B:

Palango! Strength **NEW**



Felix Ojeda, MS, MBA

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

FR2C:

Quiet Chaos, Find Your Rhythm **NEW**



Robert Sherman

Unlock the power of your pedal stroke and nervous system to boost cycling performance. Master cadence, biomechanics, and neuromuscular efficiency through practical drills and strategies. Guide students to their flow state for enhanced workouts, improved leg speed, and better performance outcomes.





FR2D: Do This, Not That! NEW

Keli Roberts

Selecting the right exercises for your client is an art. This workshop explores the biomechanics and kinesiology of popular exercises, offering more effective alternatives. Through hands-on application in an interactive setting, learn how to choose the best exercises to match your client's needs for optimal results.

FR2E: Human Reformer Pilates

Ashlynn Howe, MEd

Experience Pilates reformer benefits—no machine required! Using resistance bands, this mat-based session replicates classic reformer moves to build strength, improve posture, and boost coordination. The Human Reformer method delivers full-body results and fresh strategies to elevate your classes. Suitable for all fitness levels.

FIT PRO
PROGRAMMING

FR2F: LaBlast® Splash: Buoyant Ballroom Blitz

Apy Figueroa & Milana Astorino, MS

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!



FR2G: Nutrition: Hot Topic Research NEW

Melissa Layne, MEd

Research follows trends so what is the current research showing on collagen supplements, creatine for postmenopausal women, caffeine as a preworkout, and many other hot topics? We will also hit on the science as to why or why not these nutritional practices make physiological sense in the human body.

FR2H: Survival Tactics: Grow Your Business NEW

Andrea Metcalf

Master the key performance indicators that drive business success. Explore smart systems, guerrilla marketing tactics, and cost-saving strategies to boost growth and sustainability. Gain practical tools to thrive in today's competitive fitness market and secure long-term success for your studio or business.



FR3 Sessions | 11am - 12:15am

FR3A: Boost Better Balance NEW

Deborah Rothschild, MS

Explore how balance training supports healthy aging. Discover strategies to reduce fall risk, boost neuromuscular health, and improve stability. Gain practical tools to help older adults maintain independence and a high quality of life through effective, functional movement practices.



FR3B: Power Source: A Core Practice NEW

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

We're infusing this yoga practice with energy, stability, and balance by combining yoga with high-intensity training. We'll explore core anatomy and strengthen the core from the inside out. We'll cover the basics, build heat, and have fun! This yoga-hybrid class will bring profound benefits to your practice.

FR3C: Fit for Life: Active Agers NEW

Eric Thomson, MA

Discover how aging impacts performance and why strength training matters at every stage of life. Learn smart, science-backed strategies to boost strength, support independence, and promote vitality—for active agers and the pros who train them.



**FR3D:
ZUMBA®**

Jenna Bostic

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

**FR3E:
somaPWR experience NEW**

Rachel Friedman

Discover a new level of fitness and wellness by exploring the nervous system's critical role in movement. It's time the fitness world embraces a deeper understanding of the body to enhance training, teaching, and results. Unlock the science behind smarter, more effective programming.

**FR3F:
Liquid Gym Acqua Punch & Pump
Manuel Velazquez**

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

**FR3G:
Symmetry AlignSmart®:
Scientific Stretching**

Patrick Mummy

Discover Symmetry's patent-pending AlignSmart® system, designed to measure and correct postural imbalances through customized routines. This session teaches you how to implement targeted stretching techniques that optimize posture before workouts. Ensure precision in your training by assessing first—because if you aren't assessing, you're guessing!

**FR3H:
Women's Leadership: Climbing, Creating &
Conquering in Fitness Panel NEW**

Sara Kooperman, JD, Gail Bannister-Munn, Ann Gilbert, & Danielle Ontiveros

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

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

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

**FR4A:
Master Knee
Pain Reduction Strategies**

Ruston Webb, MS

Learn to reduce knee pain and prevent injuries with targeted exercises. Discover how to boost client performance, retention, and satisfaction—while growing your business. This session gives fitness pros practical tools to deliver results and stand out in the industry. Elevate your training and transform your approach today!

**FR4C:
Connect With Music,
Messaging, Motivation NEW**

Robert Sherman

Unlock the power of music in indoor cycling! Learn how to select tracks that enhance motivation, performance, and engagement. Master the art of blending music with vocal techniques to create immersive, themed rides that inspire and elevate your coaching, leaving participants craving more.

**FR4F:
Aqua Power: One Dumbbell Circuit NEW**

Cheri Kulp

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

**FR4G:
How You Move Matters**

Dr. Edward Laskowski, MD

Learn how proper movement patterns impact both sports performance and resistance training. This session will cover evidence-based strategies to reduce injury risk and enhance performance. Whether you're an athlete or fitness professional, gain practical tools to improve movement mechanics and optimize results. (Lecture)



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

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

FR4B: Tubing Xpress NEW

Kimberly Spreen-Glick

Think exercise tubing is just a piece of rubber? Think again! Lightweight, portable, and cost-effective, it offers incredible full-body workouts in minimal time with endless variety. Join us to explore the power of resistance tubes, have fun, and expand your fitness toolbox with new challenges!

FR4D: Stretch RX: Feel It, Fix It NEW

Gail Bannister-Munn

Tight muscles? Not today. Get hands-on with deep stretch techniques, assisted mobility, and fascia release that leave you feeling looser, lighter, and ready to crush your next workout. Performance recovery never felt this good.

FR4E: Pilates Functional Progressions NEW

Manuel Velazquez

Movement is a full-body experience, not just isolated parts. As life evolves, so does your body's ability to adapt. This Functional Pilates approach enhances balance, control, strength, and flexibility—focusing on the essential movements needed for daily life. Train smarter to move better, every day!

FR4H: Marketing to Active Agers Panel NEW

Sara Kooperman, JD, Ann Gilbert, Amber Toole & Deborah Rothschild, M.S.

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

FR5 Sessions | 2:45pm -4pm

FR5A: Chair Yoga for Mobility & Strength NEW

Sara Kooperman, JD

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

FR5B: SOULKickboxing™

Laura Yasinitsky, MA

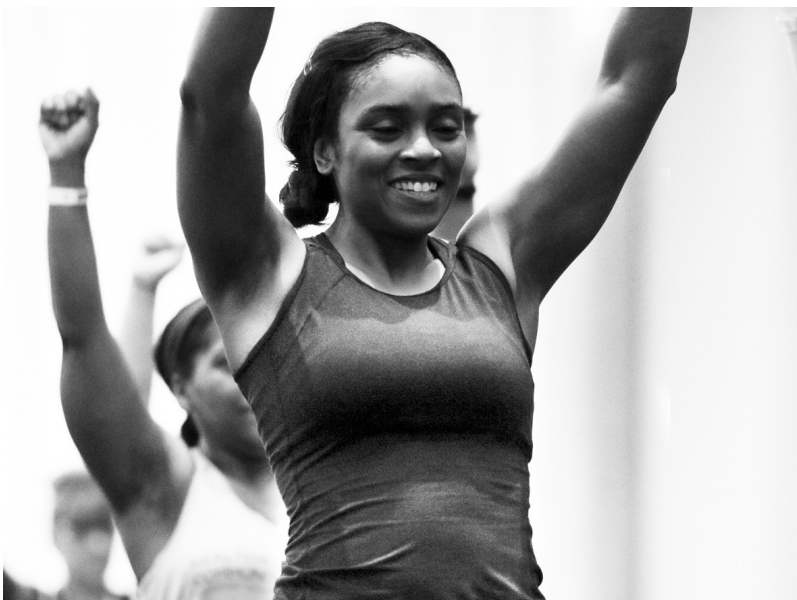
SOULkickboxing™ fuses kickboxing, dance, cardio, balance, and conditioning in our signature FIGHTER FLOW. Set to fun, motivating music, this workout helps you find your FOCUS, your FIGHT, and your FLOW—no equipment needed. Unleash your inner badass and experience the ultimate mind-body sweat session!



FR5C: Glute Goals NEW

Eric Thomson, MA

Explore the science behind glute function, their role in movement, and the cultural influence on glute training. Learn top exercises to build a strong, sculpted, and functional backside that boosts performance and results.





FR5D:
Pump Your Peach! **NEW**

Amber Toole

Ready to transform those “pancakes” into juicy “peaches”? This fun session focuses on glute training for maximum growth! Discover the science behind glute gains, practice effective exercises to sculpt the backside, and learn how to keep your clients motivated with visible results they’ll love.

FR5E:
Shoulder Pain:
OptimizeThrough 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!



FR5F:
Aqua ZUMBA®

Jenna Bostic

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!



FR5G:
Women: Training Through The Stages **NEW**

Melissa Layne, MEd

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

FR5H:
Somatic Integration for Trainers **NEW**



Rachel Friedman

Explore a revolutionary approach to fitness and wellness by diving into the powerful connection between the nervous system and movement. Learn why understanding this system is essential for today’s trainers and educators, and how it can transform the way we teach, train, and achieve results. (Lecture)

FR6 Sessions | 4:30pm - 5:45pm

FR6A:
Bone Strong **NEW**

Ann Gilbert

Osteoporosis isn’t a limit—it’s a call to action. Learn smart, effective training strategies that build bone density, enhance balance, and empower older clients to move with strength and confidence. Help them reduce fracture risk and thrive with a fitness plan that supports lifelong bone health and physical independence.

FR6B:
Arms, Butts & Core On the Floor! **NEW**

Gail Bannister-Munn

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

FR6C:
Train Smart & HIIT SMART Goals **NEW**



Kia Williams, MBA, MS

Boost fitness performance by applying SMART goals to HIIT. This session covers structuring effective intervals, ideal rest and recovery, and science-backed strategies.



Learn the physiological demands of HIIT and how to enhance results through targeted cueing and smart recovery planning. Maximize outcomes with intentional, goal-driven training.

FR6D:**Recovery Barre** NEW

Ashlynn Howe, MEd

The Recovery Barre blends a guided recovery meeting with beginner-friendly barre to support those who are sober, sober-curious, or in recovery. Learn to lead trauma-informed classes using body-neutral cueing, accessible choreography, and community-centered programming that fosters strength, joy, and lasting connection.

**FR6E:****Teaching Restorative Yoga Without Props** NEW

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

Restorative yoga promotes relaxation and stress reduction through release—muscular, mental, and energetic. Focused on peace, it allows compassion, connection, and courage to emerge. With external support providing steadiness (sthira), true ease (sukha) comes from mental and physical softness, fostering deep relaxation and release.

FR6F:**Aqua Drums Vibes**

Cheri Kulp

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.

**FR6G:****Inclusivity in Fitness Spaces** NEW

Laura Yasinitsky, MA

Learn to create inclusive fitness spaces with affirming language, progressive cueing, and culturally sensitive practices. Gain practical strategies to support diverse participants, offer neutral modifications, and foster belonging. Ideal for instructors committed to making every class welcoming and accessible to all.

FR6H:**Boost Your Pre-Workout & Recovery** NEW

Sara Kooperman, JD, Danielle Ontiveros, Melissa Layne, MEd, & AmberToole

Unlock your body's full potential with personalized



pre- and post-workout strategies. In this fireside chat, discover how tweaks in nutrition, supplementation, and hydration can optimize energy, performance, and recovery. Learn what works best for your body type, including tips for HIIT, fasted cardio, and more.

FR7 Sessions | 6pm - 7pm**FR7A:****SCW Fitness Star Search**

Judges: Sara Kooperman, JD, Ann Gilbert, Gail Bannister-Munn, & Cheri Kulp

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

FR7D:**MANIA® DANCE OFF!!**

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

FR7E:**Stretch-Breathe-Recover** NEW

Kimberly Spreen-Glick

Strength isn't just about how hard we push, but how fast we recover. This practice helps reboot the nervous system and promotes recovery between workouts, leaving you feeling rejuvenated. Give yourself the gift of self-care as we reset, recharge, and enjoy a collective exhale together.

**Presenter Information**

For detailed info about each presenter, including their areas of expertise, visit:
scwfit.com/Midwest/presenters



FR7H:
BUSINESS KEYNOTE:
The Fitness Evolution **NEW**

Patrick Mummy

The Fitness Industry is booming, growing 31% faster than any other profession in the U.S., yet it's still among the lowest paid. It's time for a change! Join us to uncover the bold steps that will redefine the future of fitness careers, boosting earning potential while empowering fitness pros to lead the wellness revolution!



Saturday, October 4

SA1 Sessions | 7:30am -8:45am

SA1A:
Flex & Power: Hip Mobility Mastery **NEW**

Cheri Kulp

Unlock strength, flexibility, and mobility with this dynamic functional training session. Combining stretching, hip-opening exercises, and strength moves, you'll enhance flexibility and core stability while boosting overall performance. Perfect for improving functional movement patterns, this session is designed to keep your body balanced, strong, and ready for anything.

SA1B:
Trainer's Toolbox: Timesaving Solutions **NEW**

Keli Roberts

Creating Small Group Training programs can be time-consuming. This hands-on workshop introduces a simple, results-driven system to streamline program design. Explore creative strategies to expand your toolbox and leave with endless ideas to enhance your training sessions.

SA1C:
Trends In Cycling **NEW**

Robert Sherman

Discover cardio cycling's resurgence and its benefits on metabolism, VO2 Max, and health. Learn to use Functional Threshold Power (FTP), gamification, and small group training to boost motivation and revenue. Explore heart rate variability (HRV) and recovery strategies to optimize cardiovascular performance and client results.



SA1D:
No Equipment, No Excuses **NEW**

Herson Garcia

Experience the power of gravity to challenge the mind, body and perseverance, ANYWHERE with the most important piece of equipment, your own body! Explore simple bodyweight movements for home or club to gain mobility, flexibility and balance to feel stronger and EMPOWERED...exercises to make your clients beg for more!

SA1E:
Authentic Mat Pilates Uncovered **NEW**

Amber Toole

Authentic Mat Pilates Uncovered takes you back to the roots of Pilates, where true transformation begins! Dive into Joseph Pilates' original teachings, master essential exercises, and refine your programming. Uncover how modern trends miss the mark—and why staying authentic delivers powerful results for clients of all levels!

SA1F:
Aqua Intervals Roulette **NEW**

Sara Vandenberg, MA

Discover innovative ways to combine HIIT with water resistance for fun, effective aquatic workouts. Learn to design dynamic interval classes that engage all participants, from beginners to seasoned enthusiasts. Leave with tools to create standout sessions that motivate, inspire, and deliver results in every splash.

SA1G:
How to Avoid Being My Patient **NEW**

Dr. Edward Laskowski, MD

Dr. Edward Laskowski, former Co-director of Mayo Clinic Sports Medicine, shares evidence-based strategies to boost health and longevity. Learn practical tools to improve nutrition, lifestyle, cognition, and fitness—plus key screenings and training tips to keep you and your clients thriving and out of the doctor's office. (Lecture)

SA1H:
Living by Design or Default? **NEW**

Jennie Phillips, MS

Live with purpose, not autopilot! Break free from burnout with energizing tools that restore balance and reconnect you to what truly matters. Elevate your own vitality while gaining powerful habits, language, and strategies to ignite lasting change—for yourself and every client you coach, train, or lead. (Lecture)



SA2 Keynote | 9:15am -10:30am

SA2A: The Purpose-Driven Fitness Formula **NEW**

Ruston Webb, MS, FMS II, TPI-CGFI III

Unlock your clients' true potential by uncovering the 3 hidden "filters" that cause self-sabotage and keeps them from recognizing their true purpose. This breakthrough formula dives deep into the mental and emotional barriers that hold clients back. Discover how purpose unlocks lifelong success, boosts adherence, and drives lasting results. Ready to elevate your fitness business and transform lives? Join this EPIC session!



SA3 Sessions | 11am -12:15am

SA3A: S.E.A.T. Supported Exercise for Ageless Training

Ann Gilbert

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



SA3B: Band Strong: Train Anywhere Power **NEW**

Gail Bannister-Munn

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

SA3C: HIIT Ratios & Exercise Progression **NEW**

Kia Williams, MBA, MS

Maximize fitness gains with smart HIIT techniques. Learn ideal work-to-recovery ratios to boost performance and adapt intervals for all fitness levels. Explore week-by-week HIIT progressions to improve endurance, strength, and overall conditioning. Optimize results with personalized recovery strategies that



enhance training effectiveness.

SA3D: LaBlast® Fitness: Ballroom Blitz



Apy Figueroa & Milana Astorino, MS

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!

SA3E: Prana Energy **NEW**

Lisa Greenbaum, E-RYT 500, C-IAYT

More than just a yoga class, Prana Energy is an immersive experience that blends dynamic asana (movement), pranayama (breathwork), and meditations to reset and rebalance your entire being. Learn powerful breathwork techniques, explore mudras (hand gestures), and elevate your energy with mantras (chanting) in this transformative journey of self-renewal.



SA3F: Ageless Aqua **NEW**

Cheri Kulp & Manuel Velazquez

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





SA3G:

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)

SA3H:

Building Your Personal Brand **NEW** ■

Kimberly Spreen-Glick

This lecture covers the essentials of personal branding: what a brand is, the four foundational elements, three stages of community growth, and three keys to attraction marketing. You'll also learn about three types of people who can hinder your success. Discover how to make a more intentional, positive impact!

SA4 (Session 1) | 12:30pm - 1:45pm

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

SA4A:

Mobility Training - Online or In-Person ■



Ruston Webb, MS

Unlock the power of mobility training! Learn to integrate effective mobility sequences into group sessions to boost client results, retention, and revenue. Experience firsthand how these movements elevate performance and tap into a growing fitness trend. Join Ruston and stay ahead in today's competitive market.

SA4C:

STRONG HER **NEW** ■



Eric Thomson

Explore the unique anatomy and hormonal factors affecting women's strength and muscle development. Bust common myths and uncover the science behind muscular growth. Learn why strength training is essential for women's health, how to program effectively, and when to apply gender-specific adjustments for powerful, lasting results.

SA4E:

SOULfusion™ EXPERIENCE ■



Mykala Fortier

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

SA4G:

Debunking Exercise Science Myths **NEW** ■

Melissa Layne, MEd

Discover the truth behind commonly misunderstood topics in fitness. We'll debunk myths about lactate, metabolism, protein synthesis, heart rate variability, the thermic effect of food, and more. Explore the research and gain clarity on these key concepts. Don't miss this informative session! (Lecture)

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

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



**SA4B:****Group Strength Blueprint** NEW **Ashlynn Howe, MEd**

Elevate your classes with the Pumped Up Strength method! Learn to layer rhythmic progressions and dynamic moves that target muscle and fascia.

Gain cueing techniques, adaptable strategies, and science-backed programming to build strength, boost metabolism, and keep participants coming back for more!

**SA4D:****PALANGO! Cardio** NEW **Felix Ojeda, MS, MBA**

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

**SA4F:****Liquid Gym Acqua Toner Stretch & Tone****Cheri Kulp**

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

**SA4H:****Strength Training for Active Agers Panel** NEW**Sara Kooperman, JD, Ann Gilbert, Keli Roberts, & Dr. Ed Laskowski, MD**

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

SA5 Sessions | 2:45pm - 4pm**SA5A:****Progressive FITT: Functional Tube Training** NEW **Keli Roberts**

Resistance tubing offers endless possibilities for improving muscle endurance, posture, balance, and body control. This interactive session goes beyond the basics, teaching critical alignment, movement patterns, and cueing techniques for progressive functional training using tubing, enhancing client performance and results.

SA5B:**Conquering Sciatic Pain** NEW **Herson Garcia**

Explore science-backed strength techniques for adults 50+. Improve mobility, balance, and endurance with effective methods. This panel covers resistance training, functional movement, and progressive overload, offering actionable strategies and real-life samples to help active agers build strength safely, effectively, and confidently.

SA5C:**Create Rides With AI** NEW**Robert Sherman**

Learn how to use AI to create personalized indoor cycling ride formats tailored to your students' unique needs. This session explores how AI can help develop results-driven programming, seamlessly incorporate music, and save time while enhancing the overall cycling experience. Join us for this interactive, future-focused workshop!

**SA5D:****Flexibility - Stop Doing It Wrong** NEW **Andrea Metcalf**

Stop stretching—and start unlocking real flexibility. Discover the science behind effective mobility training by identifying and correcting muscle imbalances. Learn practical assessments and targeted strength exercises that improve range of motion and movement quality. It's time to train smarter and move better—no endless stretching required.

SA5E:**Restorative Stretch** NEW **Gail Bannister-Munn**

Unwind with a gentle blend of yoga, Pilates core work, and Active Isolated stretching. Calm your nervous system, increase mobility, and promote deep



relaxation. Learn to honor your body's limits without pressure. Leave feeling recharged, centered, and connected—restored in both body and mind.

SA5F:**Tides of Power** NEW**Cheri Kulp & Manuel Velazquez**

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

**SA5G:****Nutrition & the Menopause Journey Panel** NEW

Melissa Layne, MEd, Amber Toole, Deborah Rothschild, MS, Danielle Ontiveros, & Renee Rogers, PHD, FACSM Nutrition plays a crucial role in managing menopause, influencing hormone balance, energy, and symptoms like hot flashes and mood swings. As nutritional needs change during perimenopause, menopause, and post-menopause, making informed food choices and using supplements can support bone, heart, and overall health.

SA5H:**Wellness is the New Fitness** NEW**Kimberly Spreen-Glick**

Many fitness professionals focus mainly on the physical, as that's the foundation of our industry. In this lecture, discover a more holistic approach that embraces six aspects of well-being. Learn how to integrate these elements when partnering with clients to help them lead healthier, happier lives. (Lecture)

SA6 Sessions | 4:30pm - 5:45pm**SA6A:****Dementia Client Strategies for Trainers** NEW**Deborah Rothschild, MS**

Learn research-based strategies to train clients with dementia. Discover how to collaborate with caregivers and communicate effectively with this population. Gain practical tips to design safe, beneficial sessions that support cognitive and physical health.

**SA6B:****Pelvic Floor from the Outside In** NEW**Melissa Layne, MEd**

The hip muscles significantly impact pelvic floor health. As research expands, this session explores which exercises, for both males and females, are effective—or detrimental—for improving hypotonic and hypertonic pelvic floors. Learn the latest strategies for optimal pelvic floor function.

SA6C:**Unlocking the Power of HIIT** NEW**Kia Williams, MBA, MS**

Unlock your fitness potential with CORE Health & Fitness' structured HIIT training. Explore anaerobic conditioning methods from power sports like boxing, football, and volleyball to boost performance. Learn to apply HIIT for explosive power, endurance, and strength while elevating your coaching skills for better training outcomes.

**SA6D:****BARREFusion™ Experience****Sara Vandenberg, MA**

A BARRE class for EVERYbody. Not a ballerina? NO WORRIES! BARREFusion™ is designed for the ballerina, the barre enthusiast, or someone with NO barre experience! We combine ballet-inspired movement with athletic moves, cardio bursts, and our signature fuses to accommodate EVERYbody.

**SA6E:****Posture & Alignment with Personal Training****Patrick Mummy**

Proper posture and alignment are key to results and injury prevention, but correcting clients mid-workout can be tricky. Join expert Patrick Mummy to learn top coaching and cueing strategies for improving posture and alignment in personal training and small group settings—helping clients move safely and effectively.

**SA6F:****Aqua Ease: Flexibility for Active Agers** NEW**Manuel Velazquez**

Dive into aquatic exercise and unlock year-round benefits. Discover how water's buoyancy supports the body and enhances flexibility. Join Manuel as he shares his top ten flexibility moves for the pool, plus ideas to create gentle, effective sequences for active aging clients. Refresh your approach to fitness!



SA6G: Understanding Exercise and Obesity Medications **NEW**

Dr. Renee Rogers, PHD, FACSM

Explore how modern obesity medications are reshaping treatment. This session covers current and emerging drugs, their use in aging populations, and key programming adaptations for fitness professionals working with clients on these medications. (Lecture)

SA6H: Stretching Strategies: Flexibility, Recovery, Performance Panel **NEW**

Sara Kooperman, JD, Gail Bannister-Munn, Ruston Webb, MS, Andrea Metcalf

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



Sunday, October 5

SU1 Sessions | 7:30am -8:45am

SU1A: AASK Amber: Anti-Aging Survival Kit **NEW**

Amber Toole
Designed for fitness professionals working with active agers, this session provides essential strategies in nutrition, self-care, and fitness to help clients age with vitality. Discover evidence-based practices to boost well-being, enhance physical performance, and foster a positive mindset, empowering your clients to thrive at any age.

SU1B: SOULstrength™: A Little OFF BEAT **NEW**

Sara Vandenberg, MA

Not your average strength class! Flow through fun, beat-driven combos, then switch it up with offbeat moves to lift heavier and focus on form. It's smart, sweaty, and set to a killer playlist—perfect for those who love to move with purpose (and a little attitude).



SU1D: LaBlast® Fitness for all Ages **NEW**



Apy Figueroa & Milana Astorino, MS

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!

SU1E: Yin+Restore: Stretch & Rebalance **NEW**



LISA GREENBAUM, E-RYT 500, C-IAYT

Relax, release tension, and restore balance with Yin+Restore. This gentle practice blends deep stretching and mindful breathing to ease stress, improve flexibility, and enhance mental clarity. Create space for movement and breath while promoting a balanced nervous system for vitality, longevity, and overall well-being. Perfect for all levels!

SU1F: AquaZen: Flow, Breathe, Renew **NEW**

Zoraida (Zory) Sepulveda, MBA

Relax, move, and recharge with AquaZen! This unique water experience blends yoga-inspired movements, breathwork, and fluid transitions to enhance flexibility and relaxation. The soothing water reduces stress, while rhythmic motions sync with your breath and music. Flow effortlessly, release tension, and renew your energy with every movement!

**SU1G:****Rethinking Obesity Treatment: Elevate your Business** NEW **Dr. Renee Rogers, PHD, FACSM**

obesity is a complex metabolic disease that can't be solved with a one-size-fits-all approach. The fitness industry often chases trends over support. This session explores behavior strategies to better understand client needs and build a more inclusive, effective, and sustainable business model. (Lecture)

SU2 Sessions | 9am - 10:15am**SU2A:****Brain & Body Beats** NEW **Zoraida (Zory) Sepulveda, MBA**

Move to the rhythm of the world! This vibrant, low-impact workout blends global beats, functional fitness, and brain-training drills to boost coordination, memory, and mood—perfect for active agers and young movers alike.

SU2B:**Next-Level Core Training** **Herson Garcia**

Take core training to the next level with full-body exercises using stability balls, bands, and weights. Target your core, glutes, and upper body with fun, effective movements. This session delivers creative training ideas to boost performance and energize your workouts for 2025 and beyond.

SU2D:**Barreless Barre** NEW **Ashlynn Howe, MEd**

Barreless Barre takes your barre classes beyond the barre! Learn to design dynamic, full-body workouts anywhere—studio, outdoors, or online. This workshop explores balance, strength, and coordination using functional movement patterns. Gain a library of barre-inspired combos and progressions that are accessible, effective, and fun for all fitness levels.

FIT PRO
PROGRAMMING**SU2E:****Age Defying Mobility Training: Enhancing Longevity** NEW **Ruston Webb, MS**

Unlock longevity secrets with Age Defying Mobility. This session shows how targeted mobility training improves independence, slows aging, and enhances balance. Learn simple movement sequences that boost client results and retention. Transform aging and stay competitive in the evolving fitness industry with effective mobility training.

**SU2F:****AQUAHOLIC** NEW**Melissa Layne, MEd**

Love moving and grooving in the pool? This workshop delivers fresh choreography using only body weight for resistance and turbulence. Enjoy easy-to-follow breakdowns that suit all ages and fitness levels, while harnessing the power of musical phrasing.

SU2G:**Preventing Common Fitness Injuries** **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)

SU3 Sessions | 10:45am - 12pm**SU3A:****Comprehensive Active Aging Strategies** NEW **Deborah Rothschild, MS**

Discover science-backed techniques to boost cardiovascular fitness, strength, and balance in older adults. Learn practical exercises, programming tips, and choreography to enhance coordination, endurance, and mobility. Help clients age confidently and independently with workouts that build stability, resilience, and functional movement for everyday life.

**SU3B:****Bandz & Bounce** NEW **Tanisha (Tani) Haggard**

Feel the beat and fire it up! This fierce fusion of hip-hop dance and resistance band training sculpts every muscle while keeping your heart rate high. Dance grooves, pulsing rhythms, and strength intervals come together for a total-body burn that's equal parts fun,



fierce, and functional.

SU3D:

Ankle Mechanics for Peak Performance ■◀

Herson Garcia

Discover how ankle pronation and supination impact posture, performance, and injury prevention. Learn to identify and correct imbalances, improve stability, and strengthen the lower body. Leave with practical tools and a clear plan to enhance posture and gain an athletic edge.

SU3E:

Mat Pilates Choreography Flow **NEW** ■◀

Andrea Metcalf

Learn how to transform basic Mat Pilates into memorable, results-driven choreography that keeps clients coming back. This workshop breaks down how to structure flows, add creativity, and maintain alignment and purpose. Leave with fresh ideas to elevate your classes and build a loyal Pilates following. Check out the FLX Foundational Flexibility Certification Here:

SU3F:

Waves Power: Strength & Flow **NEW** ■◀

Zoraida (Zory) Sepulveda, MBA

Unleash your energy with Waves Power! This high-energy workout combines punches, kicks, and dynamic combos with water resistance to build strength, endurance, and coordination. Move with the rhythm, push your limits, and enjoy a fun, empowering full-body workout. Feel the power of the water!

SU3G:

Pause. Power. Perform. **NEW** ■◀

Jennie Phillips, MS

Harness the power of the pause to recharge your energy, crush burnout, and unlock next-level performance. Learn science-backed tools to regulate your nervous system, lead with grit, and create lasting impact. Walk away fired up—with strategies your clients will feel and follow. (Lecture)

SU4 Sessions | 12:15pm - 1:30pm

SU4A:

LaBlast® Chair Fitness: ■◀ Pull up a Seat



Apy Figueroa & Milana Astorino, MS

100% Dance, 100% Fitness, and 100% Seated! Enjoy a low-impact mix of ballroom dances like Jive, Foxtrot, Salsa, and more—all from your chair. No partner needed! Plus, get the ultimate core workout while grooving to your favorite music in this fun, joint-friendly session.

SU4B:

Step Up Your Groove **NEW** ■◀

Melissa Layne, MEd

Get moving with high-low choreography that starts simple and builds intensity. This fun, easy-to-follow routine boosts energy and challenges even seasoned exercisers with optional turns and rhythms. Revamp the retro routine and get ready to sweat with a high-energy, heart-pumping workout that keeps you coming back!



Presenter Information

For detailed info about each presenter, including their areas of expertise, visit:
scwfit.com/Midwest/presenters





SU4D:

Eliminating Knee Pain Through Joint Stability NEW

Andrea Metcalf

Unlock the secret to pain-free knees by targeting the real culprits—hips, lower back, and ankles! Learn how to spot instability with simple tests, then apply powerful exercises and stretches to restore balance. Walk away with game-changing tools to reduce pain, boost mobility, and keep your clients moving strong.



SU4E:

Intelligent Sequencing Vinyasa Yoga NEW

Jenny Kaufman

Safe, practical, and non-dogmatic sequencing for vinyasa yoga practice. Provide practical, tried-and-true information on structuring a practice suitable for any level, without gimmicks.

SU4F:

Drip & Drop NEW

Tanisha (Tani) Haggard

Make waves to a hip-hop beat! This dance-inspired aqua workout turns the pool into a party while delivering a full-body burn. Expressive movement, musicality, and cardio conditioning come together for a fun, soul-lifting experience that fires up coordination, burns calories, and leaves you smiling.

SU4G:

Create Content to Boost Sales NEW

Amber Toole

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. This session empowers you to thrive and skyrocket your fitness business! (Lecture)

Pre-Recorded Sessions

Pre-Recorded - Personal Training/Strength

Add an EMOM

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!

Arm Candy

Abbie Appel

Whether you go heavy or light, overloading the muscles of your upper body is key to experiencing improved strength, movement quality, and the aesthetics your classes and clients desire. Review techniques to challenge your upper body in all directions and all positions. Understand how training your upper body can help you reach total body goals faster.

Athletic Woman: Function & Strength

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!

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.

Integrated Strength

Lauren George, MS

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.

Fluid Core Fusion

Manuel Velazquez

Fluid Core Fusion is the ultimate workout, combining cardio and strengthening segments. Learn specific movements that target the core muscles and dynamic cardio sequences to design your own non-stop cardio-core-strength programming. This session focuses on combining specific core muscle toning moves with functional and dynamic cardio segments to create a complete cardio-core-strength experience.



Hit The Wall

Yury Rockit

Discover the power of your body and a simple wall in this dynamic fitness session! Unleash creativity with diverse movements blending strength, cardio, and mobility exercises. Transform your workout as we utilize the wall for a unique and effective session. Elevate your fitness experience – because everyone needs a wall in their workout!

Kickbox N Chaos

Tara Turner

This workout combines everything (including the kitchen sink) to create complete chaos in your kickbox class. Using drills, weights, and quick power moves, this is sure to get your heart pumping and your mind and body working! Up your game and take your kickboxing program to the next level.

Strength Courage and Wisdom

Amia Freeman

Strength, courage and wisdom are the key components to creating an embodied fitness experience. Using the foundations of fitness fundamentals, combined with mindfulness, moving meditation and a whole-person approach to engaging in their workout; we'll learn the gift of offering our participants a grace-filled way of moving in love.

Total Body Strength

Diva Richards

Total Body Strength mixes resistance training with body weight 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.

Ultimate Leg Day

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!

Step, Stamina & Strength

Siri Chilazi, MBA, MA

Everything you love about Step Aerobics plus seamlessly integrated full-body training to build strength and stamina! This session alternates between classic aerobic step combinations and strength training intervals for a dynamite workout that leaves you sweaty and smiling. Learn to create and deliver this all-levels workout to pack your

classes!

Bringing Back Foundational Strength Training

Greg Johnson, MS

In a world with endless information, many people often skip foundational strength. This session will examine movements for maximum strength, endurance, and hypertrophy. Explore their role in both performance and weight loss as well as clarity as to when and where to focus on the basics.

Effort Mastery: Coaching Peak Performance and Motivation

Sheldon McBee, MS

Effort, achieving peak performance, leveraging recovery, and maintaining motivation. These skills can be applied to HIIT, High Volume Training, Performance Training, and more. Elevate your coaching skills to empower clients for outstanding results.

Fluid Core Fusion

Manuel Velazquez

Fluid Core Fusion is the ultimate workout, combining cardio and strengthening segments. Learn specific movements that target the core muscles and dynamic cardio sequences to design your own non-stop cardio-core-strength programming. This session focuses on combining specific core muscle toning moves with functional and dynamic cardio segments to create a complete cardio-core-strength experience.

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. (Lecture)

Training the Neurodivergent Client

Christine Conti, MEd

This session provides fresh insight on how to best serve the neurodivergent client. Identify the difference between a neurodivergent and neurotypical client and learn safe and effective training, coaching, and communication skills to help them reach their goals. Learn how to better serve this underserved and growing demographic.

Pre-Recorded - Restore/Pilates/Tai-Chi



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.

Myofascial Recovery

Herson Garcia

Experience the latest and greatest in myofascial release with foam rollers and massage sticks. Explore recovery for you and your clients using simple, inexpensive and portable equipment. Leave with new ideas and techniques to implement with your clients and classes.

Warrior® Tai Chi Yoga and Qi Gong Fusion

Jani Roberts

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

Pilates, Power & Poise

Rosie Lemons, MS, ERYT- 200

Combining physical and mental strength through exercise is a work of art. It's a true mind body connection. Enhance core strength and control in tandem with moving mantras in standing flows and practice on the mat. Learn to create an experience your clients rave about!

Reset & Recharge

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 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!

Recovery for Longevity

Abbie Appel

Unlock effective myofascial active recovery techniques in this hands-on workshop. Learn how to use foam rollers and tennis balls for guided muscle care and stretching that benefits all ages. Improve flexibility, mobility, and range of motion while relieving muscle knots, aches, and pains to enhance overall well-being and support long-term movement health.

Human Reformer Pilates

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.

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.

Active Recovery

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.

Balls, Blocks, Bands Pilates Fusion

Andrea Metcalf

Learn how to seamlessly integrate Pilates exercises for enhanced client results using the pilates ball, yoga block and resistance bands. Science and choreography included. Discover innovative ways to incorporate Pilates principles into existing training routines, amplifying strength, flexibility, and balance. Elevate your teaching skills and unlock new dimensions of fitness for your clients.

TaiChi Flow: Recovery for GXs & PTs

Jacob Glassmeyer

This workshop is designed for group exercise instructors & personal trainers who want to incorporate TaiChi into their programming as a powerful recovery tool. Through the principles of TaiChi, participants will learn to facilitate recovery, enhance body awareness, and promote mental clarity. The workshop focuses on the practical application of TaiChi movements, emphasizing relaxation, breath control, and gentle flow, making it an ideal addition to any fitness regimen.



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!

Moving Meditations

Jani Roberts

Moving Meditations™ are short patterns of movement, connected to an emotion and driven by music. They are designed for daily use to realign or amplify energy. You will clearly identify the emotion you are experiencing and shift to a better feeling place, finding more joy.

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.

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.

Pre-Recorded - Active Aging/Functional

Active Aging Playground

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.

Aging Shoulder: Exercise to Function!

Dr. Aaron Aslakson, PhD

Proper function of the glenohumeral joint is crucial

to the activities of daily living in middle age and older adults. This presentation will focus on simple exercises that can provide valuable results to help maintain function of the shoulder and translate this function to their activities of daily living.

Athletic Aging

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.

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.

Hip Mobility for Active Aging

Gail Bannister-Munn

Prolonged sitting and inactivity can reduce lower body function and contribute to discomfort or pain. This session focuses on strategies to improve hip mobility, flexibility, and strength, helping you stay mobile, independent, and pain-free. Learn techniques to prevent lower back pain, knee discomfort, and injuries while enhancing functional movement for daily life activities. Keep your hips healthy and your body moving with confidence and ease!

Strength Training for Longevity & Vitality II

Sara Kooperman, JD

Whether a personal quest or a way to engage the fastest-growing segment of the population, this incredibly creative bodyweight, 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.



Senior Circuit

Tanisha (Tani) Haggard

This balance of cardio and strength fitness is chocked full of fun and folly. Experience this successful senior program direct from Trilogy Adult Living Community which includes a variety of 9 circuit stations where participants target different muscle groups, customized for seniors with moderate and intense bursts of exercise.

Optimal Mobility: Enhancing Functionality

Ann Gilbert

This presentation illuminates the significance of exercise, cognitive stimulation, and social engagement in maintaining independence and vitality. Practical tips and lifestyle adjustments are shared, fostering a holistic approach to aging gracefully with optimal functionality.

Balance & Coordination for Active Agers

Manuel Velazquez

The active aging population grapples with an array of dysfunctions, affecting their capacity to remain steady. Improve balance and coordination and walk out of this session with at least ten movement patterns and a few extra games that are going to positively impact your clients gate stability, "action-reaction" engagement, physical balance, and mental coordination.

Bone Health Boot Camp

Christine Conti, MEd

Are you looking to take proactive steps to prioritize client bone health and well-being? This session is designed to educate and empower fitness professionals to better design and implement programs that serve the needs of aging clients. Learn safe and effective skills to achieve optimal bone strength and vitality!

Everyday Strength: Coaching the Active Aging Female

Keli Roberts

There are many considerations in program design when coaching the ageless female client. This workshop provides essential safety guidelines, regressions, and progressions for critical body alignment. In an interactive hands-on environment, learn endless programming options, ideal for coaching women of a certain age!

Active Aging Latin Joyful Mix

Zoraida Sepulveda

Fire-up your Active Agers with energizing, dynamic Latin-based patterns in a powerfully cultural movement experience. This program incorporates both seated and standing components, cardiovascular

Latin movements, neuroplasticity, core-conditioning, and a total mind-body approach. Perfect for most active aging fitness levels, we enjoy easy-to-follow progressions and transitions.

Smart Warm-Ups for Active Aging

Eric D'Agati

Prepare your body for movement with safe, effective warm-up techniques designed for active aging. Enhance mobility, reduce injury risk, and boost confidence with simple strategies that improve flexibility and strength. Walk away with practical methods to make every workout smoother, safer, and more enjoyable. Stay active, stay strong!

Renew & Restore: Flexibility for 50+

Kylie Ross, MSM, MBA

Move with ease and feel your best! This gentle flexibility session blends modified stretches and functional movements to improve mobility, reduce stiffness, and enhance posture. Designed for adults 50+, it helps you stay active, balanced, and pain-free. Rejuvenate your body and restore flexibility for a healthier, more vibrant life!

Brain Balance Training

Emily Splichal, DPM, MS

The seemingly simple task of balancing on one leg or walking across the room is actually a complex, integrated, sensory experience with stimulation coming from the eyes, ears, joints, and foot. Join Dr. Emily to experience sensory-stacked exercises that will improve body perception, balance, and movement in all clients.

Marketing to Active Agers Panel

Sara Kooperman, JD, Ann Gilbert, Amber Toole & Cosmo Wollan, MA

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

Pre-Recorded NUTRITION/EXERCISE SCIENCE

A Wealth of Gut Health Unlocked

Amanda Fearheiley, RDN, LD, CPT

Unlock the secret to peak performance and rapid recovery by optimizing your gut health! Say goodbye to the cycle of poor gut health as you discover the crucial role of proper fueling and refueling. Get ready



to supercharge your vitality and longevity with expert tips on incorporating powerhouse foods into your diet. This lecture is your gateway to a healthier, more energetic you! (Lecture)

Art of Food as Fuel

Rosie Lemons, MS, ERYT- 200

Your clients may have committed to the physical process, but have they committed in the kitchen? In this dynamic session, learn how to shift their mindset and inspire behavior changes when it comes to fueling the body. Learn what is within your scope of practice as a CPT and how to implement memorable and interactive workshops geared around grocery shopping, social influences, sugar, nutrition labels, food prep and more! Give them the power outside the gym! (Lecture)

Feed Your Body & Soul: Mindful Eating

Jeannette Pyle

There is a positive relationship between mindful eating and healthy eating. Mindfulness is associated with less impulsive eating, reduced calorie consumption, and healthier snack choices. Learn the basics of mindful eating and how it can help you eat to live. (Lecture)

Functional Nutrition & Hormones: Healthy Aging

Dr. Julie Zuleger, PhD

This workshop explores how nutrition, supplements, and hormones impact the aging process. Explore what to take, how the body adapts to aging and what we can do nutritionally to age with energy and grace. Learn evidence-based approaches, strategies, and applications to combat metabolic adaptations to promote healthy aging. (Lecture)

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.

Nutrition Panel

Melissa Layne, MEd, Sohailla Digsby, RDN, LD, Amber Toole & Amanda Fearheiley, RDN, LD, CPT

Come together to explore controversial research. Join the discussion, ask questions, and discover cutting edge options in food and nutrition. Hear from these nutrition experts on how and why they choose to eat the way they do. Leave "feeling full" of ways to make smarter choices when it comes to fueling your body.

Self-Care For Your Immune System

Dr. Candice Seti, Psy.D.

It's always important to take care of yourself, but right now, taking care of your immune system is more important than ever! The good news is that there are lots of healthy and natural ways to take care of yourself, feel good AND strengthen your immune system in the process! (Lecture)

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.

Weight-Loss Meds & Fad Diet Update

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 fad diets from our seasoned dietitian. "Fasting, Keto, and Noom! Oh my! (Lecture)

Movement Through Menopause

Joanne Groves

Amidst generic peri-menopause strategies, this session offers tools for a tailored fitness approach. By understanding your client's feelings and using scientific research, meet the unique goals of each individual. Create experiences clients rave about and solidify your reputation as an expert in this field.

Plyometric Exercise for Older Adults

Aaron Aslakson, PhD

Plyometric and power exercises are not just for athletes, but for all clientele. Learn how to modify traditional plyometric and power exercises for safety and effectiveness in all clientele. The presentation will include variations for all ability levels and provide guidance on implementation and application.

Exercise Analysis

Greg Mack, CPT, CMES

Explore how the body balances, responds to change, and manages stress. Both beginner and veteran personal trainers leave with a clear understanding of essential concepts including stability, physical adaptations and stress over time. Apply this knowledge to create effective exercise plans for athletic youth and older adults alike. (Lecture)



Sugar, Snacks & Heart Attacks

Sohailla Digsby, RDN, LD

Is sugar evil? Addictive? Worth it? Which is worse: sugar or fat? And what about snacks? Should it be fruit, or bars, or shakes? So many questions, and so little time before most people encounter their first (and sometimes fatal and final) heart attack. Get answers! (Lecture)

Chain Reaction Biomechanics

Michael Hughes

Movement therapeutics is not a skill reserved for Physical Therapists. We'll break down the functional anatomy and biomechanics of the body, give you strategies for identifying and reverse engineering the root causes of your clients' pains. (Lecture)

Building Muscle While Losing Fat

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)

Magnesium: The Mighty Mineral Unveiled

Amber Toole

Explore the vital role of magnesium in human health, emphasizing its significance in muscle function, energy metabolism, and overall well-being. Discover how to optimize magnesium intake through dietary choices and supplements for enhanced performance, recovery, and long-term health. (Lecture)

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