

midwest
mania[®]
fitness pro convention

October 2-4, 2026
Hilton Rosemont/Chicago O'Hare
Rosemont, IL

Moving Fitness Forward →



2026

SCW



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Welcome to Midwest Mania!®

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



Expert Led Sessions

192 sessions (120 Live + 72 Pre-Recorded) and 13 certifications in fitness, wellness, and business, led by top experts and industry icons, to advance your career.



20+ 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.



Right Time. Right Place.

Make this your career defining moment.



Midwest Mania® Fit Pro Convention
October 2-4, 2026
Hilton Rosemont/Chicago O'Hare
5550 North River Road
Rosemont, Illinois 60018



A World of Fitness Knowledge All In One Place!

Midwest Mania® offers a one-of-a-kind experience with 192 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.
- **Reformer Pilates**
A functional Pilates mat experience using props to blend classical and modern approaches for more effective, varied, and progressive classes.
- **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.
- **Aquatic Exercise**
Learn low-impact, full-body workouts that improve strength and flexibility.



Unlimited Options.

Your ultimate fitness weekend! Midwest Mania® delivers sessions, workshops, and specialty certifications all tailored to fuel your professional growth.



192 Sessions and Workshops



Networking Events



13 Specialty Certifications



Recordings Add-On



Expo Exclusives



Flexible Pricing



You'll Fit Right In.

Hosted at the beautiful Hilton Rosemont/Chicago O'Hare, Midwest Mania® offers a modern venue with premium amenities—ideal for three days (or as many as you choose) of learning.

**midwest
mania**®
fitness pro convention

Mania® Convention Sessions & Workshops

October 2-4, 2026
(Fri., Sat., & Sun)

Specialty Certifications

October 1 (Thur.) October 4 (Sun.) 2026
Online Certifications www.scwfit.com/certs

Mania® Discount Deadline:
Save \$60 by registering by
Monday, September 7, 2026



Register Today with
the Earlybird Rate at
scwfit.com/midwest/register



Hilton Rosemont/Chicago O'Hare

5550 North River Road Rosemont, Illinois 60018

- FREE WiFi in room
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\$157 (Reg. \$282) Hotel Discount
Deadline: September 18

Book your discounted room here:
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S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

waterⁱⁿ motion®

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Want to become a sponsor and get the recognition your brand deserves?

Connect with fitness and wellness pros by sponsoring, exhibiting, or advertising at any Mania®. Contact us today at partner@scwfit.com



Accredited Certifications

Our certifications are expert-led in diverse fitness disciplines, empowering pros with hands-on skills and CECs to set you apart.

Certifications Thursday, October 1



SCW Active Aging Certification

Ann Gilbert

Thursday, October 1, 9:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees

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 1, 9:00am-6:00pm

\$199 Mania® attendees

\$259 non-attendees

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



Jani Roberts

Thursday, October 1, 8:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees

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 Reformer Fundamentals Certification



Leslee Bender

Thursday, October 1, 9:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees

Master the transformative power of the Pilates Reformer in this functional certification, ideal for fitness professionals and movement enthusiasts. This hands-on training covers equipment setup, safety protocols, and essential exercises focused on core alignment and breath integration. You will learn expert cueing techniques to deliver engaging, progressive workouts that enhance strength and stability for all fitness levels. Elevate your credentials with the Optional 50-Hour SCW Instructor Academy Assessment. This comprehensive practical track includes 25 hours of class participation, 10 hours of co-teaching, and 10 hours of lead instruction. Candidates must also submit five distinct class format designs. This completely optional journal guarantees that you walk away with the technical skills and professional confidence to inspire clients through the core principles of the Pilates Reformer. Accredited for CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW Pilates Matwork Certification



Amber Toole

Thursday, October 1, 8:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees

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 1, 9:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees

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 (8.0), ACE (0.7), ACSM (8.0), AFAA (8.0), NASM (0.8), SCW (8.0).



WATERinMOTION® Aqua water motion Exercise Certification

Cheri Kulp

Thursday, October 1, 9:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees

FREE for all current WATERinMOTION certified instructors. Enhance your aqua fitness classes with this comprehensive certification program. Begin with a 7-part 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, Strength and Deep. 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 Barre Certification SCW

Billie Wartenberg

Thursday, October 1, 9:00am-5:00pm

\$199 Mania® attendees

\$259 non-attendees

This comprehensive 1-day certification equips you with the skills to teach a fun and challenging barre workout, complete with progressions and regressions for various populations. Combining core conditioning from Pilates, strength training from traditional weights, and flexibility improvements from Yoga, it's perfect for all ages and fitness levels. Clients will enhance stability through isometric exercises using a fixed ballet barre. You'll leave with easy-to-follow, choreographed 60-minute Barre formats, offering creative ways to structure your workouts using equipment like light dumbbells, resistance bands, mini-balls, and more. The certification includes practical training, a comprehensive manual, and an automated online exam. Earn valuable CECs: SCW (7.0), ACE (0.6), ACSM (7.0), AEA (4.0), AFAA (7.0), NASM (0.7).

Certifications Sunday, October 4



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

Ann Gilbert

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

\$199 Mania® attendees

\$259 non-attendees

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. Equip yourself with the tools to launch your SEAT program. 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 SCW

Gail Bannister-Munn

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

\$199 Mania® attendees

\$259 non-attendees

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).



ZUMBA®+ Gold: Dual License Training



Kelly Bullard, MS

Sunday, October 4, 7:15am-4:00pm

\$425 Registration Fee (Use PROMO CODE: YOURMOVE70 to receive a 70% discount) Teach two audiences right away! This training will give you a license to teach both Zumba® and Zumba Gold® classes by learning the foundation of the Zumba® program and how to adapt it for an active older audience. The post-con fee includes Electronic Instructor Manuals, The Ultimate Music & Choreo Video Collection To Launch Your Zumba Gold® Career on ZIN NOW, Fitness Certification Credits (varies by country), Online Videos to Review Basic Steps, and Certificate of Completion. SCW (8.0), ACE (0.9), AFAA (10.0).



Pelvic Core Coaching Certification Course



Taylor Strickland

Sunday, October 4, 8:00am – 4:00pm

\$299 (regularly \$399 — save \$100 for MANIA® attendees or when booking a training at MANIA®) Pelvic Core Coaching is a hybrid certification (one in-person day plus an online component) designed for fitness professionals who want to confidently support women through every stage of life. Rooted in breathwork, pressure management, mobility, and functional strength training, this course teaches coaches to view the core as an integrated system, recognize common dysfunction patterns, and apply evidence-informed strategies that help women build strength, confidence, and resilience, all while staying within their scope of practice. CEC's: NASM/ AFFA (1.4), ACE (1.0), SCW (8.0)



Integrative Meditation



Lisa Greenbaum, E-RYT 500, C-IAYT
Sunday, October 4, 8:00am – 4:00pm

\$199

Explore the science of meditation and its impact on nervous system regulation, stress resilience, and Heart Rate Variability (HRV). Learn foundational meditation techniques, mudras, mantras, and how to confidently guide meditation for individuals and groups. Discover the importance of daily ritual and practice for lasting transformation. Open to anyone looking to learn and deepen their personal practice. Receive a 21-Day Meditation Practice to support ongoing integration and habit formation. Yoga Alliance (8.0), SCW (8.0)



FREE WEBINAR

EXPANDING YOUR TEACHING IMPACT: OPPORTUNITIES FOR 2026 & 2027

Thursday, October 1

7:00 PM ET
6:00 PM CT
5:00 PM MT
4:00 PM PT



The fitness industry continues to evolve, creating exciting new opportunities for instructors, trainers, and coaches to expand their influence and grow their careers. Explore emerging trends and programming opportunities across group fitness, personal training, active aging, mind-body, strength training, recovery, and aquatic fitness. Discover practical strategies to grow your reach, expand your expertise, and thrive in 2026 and 2027.

scwfit.com/webinar



Sara Kooperman, JD



Ann Gilbert



Zoraida (Zory) Sepulveda, MBA



Billie Wartenberg



Melissa Layne, MEd



The Main Event.

Midwest Mania® is back **October 2-4, 2026!** Get inspired, get educated, and take your fitness career further than ever.

Friday, October 2

FR1 Sessions 7:30am - 8:45am

FR1A: Pelvic Core Coaching **NEW!**  
Taylor Strickland

Pelvic Core Coaching equips fitness professionals to help women move confidently at every stage. Learn strength-based core training, breath techniques, and how to address common issues like pelvic floor dysfunction and core instability. Build strong, lasting strength while empowering clients with clarity, confidence, and support they can feel every day.

FR1B: Strong for Life Training **NEW!** 
Jennie Phillips, MS

Aging well means building strength, stability, and confidence. This practical workshop shows how to pause, assess, and move with purpose using bodyweight progressions, resistance bands, and balance work. Learn simple, adaptable strategies that boost independence, improve posture, and build real-world strength clients can feel.

FR1C: Kettlebell Cardio Fusion **NEW!** 
Tara Turner

Fuse explosive kettlebell moves with heart-pounding cardio to torch fat and build total-body strength. Challenge your core, grip, and coordination while boosting endurance and metabolism. Scalable for all levels, this dynamic workout leaves you sweaty, strong, and energized—transform your body with every powerful rep.

FR1D: Elevate Pilates with Partner Training **NEW!** 
Yvonne Taylor, MS

Refresh your Pilates classes with dynamic partner training using balls, bands, and bodyweight. Ignite energy, build connection, and challenge coordination with creative, results-driven sequences. Discover fresh ways to boost engagement, accountability, and fun while giving clients an experience they'll be excited to return for.



FR1E: Pilates Reformer: Sculpted Strength **NEW!**



Amber Toole

New to the Reformer? This session introduces fundamental principles, safety, and movement mechanics in a welcoming, supportive environment. Discover neutral spine, core engagement, breath patterns, and footwork while learning how to progress clients effectively. Perfect for beginners or instructors refining foundational cueing and teaching strategies.

FR1F: Core in the Current **NEW!**

Zoraida (Zory) Sepulveda, MBA

Aqua Pilates blends core-driven Pilates principles with water's natural resistance for a smart, joint-friendly workout. Enhance strength, posture, balance, and flexibility while minimizing impact. Discover effective cueing, alignment, and sequencing to create engaging, results-focused classes for all levels.

FR1G: Client Connection: Motivation Matters **NEW!**

Carrie Karkoska, MEd

Unlock the psychology behind client success. Explore motivation, behavior change, and coaching strategies trainers often overlook. Learn why clients quit, how to tailor coaching to different personality types, and use gamification to boost engagement. Ideal for trainers ready to inspire results and coach beyond workouts. (Lecture)

FR1H: Leading Through Fitness Failures **NEW!**

Ann Gilbert

True fitness leadership is forged through setbacks, adaptation, and bold decisions. Drawing on 42 years of experience, this session shares lessons learned from missteps, trend shifts, and business pivots. Discover how to reframe failure, lead with confidence, and build a resilient, evolving career that inspires both yourself and your team. (Lecture)

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

FR2A: Foundations of Aligned Movement **NEW!**

Amber Toole

Master the fundamentals of form and alignment to help clients move better, feel better, and perform at their best. Learn neutral posture, proper muscle sequencing, and efficient movement patterns through

simple, powerful techniques. Leave with alignment cues that reduce pain, improve control, and elevate every workout with purposeful movement.

FR2B: Foam Roller, Mobility & Strength **NEW!**

Gail Bannister-Munn

Release, strengthen, and move better! This full-body session melts tension, ignites your core, and boosts flexibility. Improve posture, joint health, and movement efficiency while feeling stronger, longer, and more energized in every motion.

FR2C: JUMP! Rebounding Basics **NEW!**

Sabrina Ursaner

Bounce, laugh, and move in this high-energy, low-impact rebounding class on JumpSport mini trampolines! Build strength, balance, and endurance while learning proper form. Sweat, soar, and have a blast—rebounding has never been this FUN!

FR2D: Warrior® Meditation & Sound Healing Journey **NEW!**



Jani Roberts

Experience gentle Warrior® Tai Chi and Qigong-inspired movement combined with breathwork, meditation, and restorative sound healing. This calming session supports nervous system regulation, relaxation, and emotional renewal through mindful movement and soothing vibrations. Appropriate for all levels, participants will leave feeling grounded, restored, balanced, and deeply reconnected.

FR2E: Pilates Reformer: Strong Arms, Shoulders, Back **NEW!**



Leslee Bender

Focus on upper-body strength using the Reformer's unique resistance capabilities. Target arms, shoulders, chest, and backs with purposeful sequences designed to tone and stabilize. Explore creative prop integration and cueing strategies to add variety and challenge while maintaining proper alignment and precision. Sculpt strength with every pull and press.





FR2F: Aqua Punch and Pump **NEW!**

Billie Wartenberg

Give your water workout a PUNCH! Using Liquid Gym Gloves, combine jabs, punches, and kicks to burn fat, tone arms and legs, strengthen your core, and boost coordination and flexibility. This high-energy, water-based class delivers a fun, full-body workout that leaves you strong and energized.

FR2G: Protein Quality, Synthesis, Structure and Deficiency **NEW!**

Melissa Layne, MEd

Discover how protein fuels performance, supports recovery, and builds muscle. Explore amino acid roles, protein structure, and the consequences of deficiency, plus practical strategies to optimize intake for strength, health, and overall wellness. (Lecture)

FR2H: FitPro to Thought Leader **NEW!**

Jennie Phillips, MS

Many fitness professionals feel called to do more. Explore how to expand beyond training into writing, speaking, workshops, or retreats. Gain clarity on your message, define your audience, and build a platform with practical strategies and guided reflection to create opportunities aligned with your expertise and vision. (Lecture)

FR3 Sessions 11:00am - 12:15pm

FR3A: S.E.A.T. BEATS **NEW!**

Zoraida (Zory) Sepulveda, MBA & Jaysa Angles

Feel the rhythm and find your groove in this upbeat, chair-based workout that blends movement with music and fun! Using sticks, shakers, and rhythmic tools, you'll build strength, balance, coordination, and mobility—all from the comfort of a chair. Perfect for every fitness level, it's movement that motivates!



FR3B: 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.



FR3C: LITT: Get Low! **NEW!**

Tara Turner

Low-impact, high-intensity intervals meet targeted strength for a joint-friendly, results-driven session. Protect knees, hips, and ankles while improving endurance, functional strength, and metabolism. Perfect for all fitness levels, this smart workout challenges muscles safely, leaving you feeling strong, capable, and accomplished without the stress of high-impact training.

FR3D: Yin+Restore Yoga **NEW!**

Lisa Greenbaum, E-RYT 500, C-IAYT

This soul-soothing yoga workshop is designed to activate the parasympathetic nervous system, where healing takes place. Through gentle flows and deep stretches, participants will release stagnant energy and chronic tension, creating space for breath, mental clarity, and enhanced stress resilience while calming both mind and body.



FR3E: Pilates Reformer for Female Athletes **NEW!**

Leslee Bender

Unlock the benefits of Pilates Reformer training for female athletes. Learn how to enhance strength, stability, and performance while addressing common imbalances and injury risks. Discover targeted programming to improve core control, mobility, and power, helping athletes move efficiently, recover faster, and perform at their highest level.



FR3F: WATERinMOTION® Original **NEW!**

Cheri Kulp & Billie Wartenberg

Dive into the aquatic program that started it all. WATERinMOTION® Original blends upbeat music, clever choreography patterns, and fluid, full-body training that keeps participants challenged and engaged. With decades of international





success and award-winning leadership behind it, this signature program delivers powerful energy, smart progressions, and an unforgettable aquatic experience that elevates every pool it touches.

FR3G: Train Smarter, Not Harder NEW!

Carrie Karkoska, MEd

Unlock the science behind training that actually works! This hands-on course makes periodization simple with fun analogies, live program-building demonstrations, and ready-to-use templates. Perfect for fitness professionals who want to create programs that deliver real results, maximize client success, and take their training strategies to the next level. (Lecture)

FR3H: Glute Training – Perfect Your Posterior Panel

Sara Kooperman, JD, Gail Bannister-Munn, Melissa Layne, MEd, & Mark Thiesmeyer, MS, MPH

Glute training continues to evolve as research highlights its role in performance, mobility, longevity, and injury prevention. Join leading experts for a dynamic discussion on activating, strengthening, and integrating the glutes and posterior chain using today's most effective coaching strategies, exercise progressions, and evidence-based training methods. (Lecture)

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: Strength & Endurance Training for Women NEW!

Sara Kooperman, JD

Discover how high-repetition, low-weight strength training can safely and effectively build muscle endurance, functional strength, and confidence in women of all ages. Explore the latest research behind this joint-friendly approach, learn how to structure results-driven workouts, and understand why lighter loads can still deliver powerful benefits for women seeking sustainable, long-term fitness success.

FR4C: Supa Dupa Fly NEW!

Kymerlee Helmuth

Supa Dupa Fly™ is Kymerlee's signature dance fitness experience—a high-energy fusion of hip hop, humor, and empowerment. With easy-to-follow

choreography, fierce beats, and contagious fun, this all-levels class leaves participants smiling, sweating, and feeling unstoppable.

FR4F: Balance in the Waves NEW!

Connie Martin, MA

Take balance training to the pool with fun, dynamic choreography that blends cardio, mobility, and stability challenges. Discover creative drills that improve coordination, strengthen movement patterns, and support fall prevention for Active Agers. Help participants build confidence, move better on land, and catch themselves before they fall.

FR4H: Client Connection That Drives Retention NEW!

Dr. Darian Parker, MS, PhD

Go beyond sets and reps to build real client loyalty. Learn a simple Four-Point Check-In to understand each client's social, emotional, mental, and physical state. Discover how to coach with connection, improve communication, and create experiences that keep clients engaged, motivated, and coming back consistently. (Lecture)

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

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

FR4B: Block & Burn: Strength Lab NEW!

Gail Bannister-Munn

This is not your average flow. Block & Burn is a strength-focused workout using yoga blocks as tools for stability, load, and range. Expect lower-body burners, upper-body sculpt, and core that actually works. Loop bands, gliding discs, and dumbbells come together for a functional, athletic session that builds strength through full range motion and control. Sweat first, stretch later.

FR4D: Power Chair Pilates NEW!

Zoraida (Zory) Sepulveda, MBA

Turn a simple chair into your most powerful training tool. This energizing Pilates workout blends strength, balance, and mobility with creative sequencing and dynamic flow. Ignite your core, improve posture, and challenge stability with fresh, results-driven moves you can add to traditional classes or build a fully seated workout.

**Certifications
Thurs Oct 1**

- **SCW Active Aging**
Gilbert • 9am-5pm
- **SCW Pilates Matwork**
Toole • 8am-5pm
- **SCW Barre**
Wartenberg • 9am-5pm
- **SCW Personal Training**
Bannister-Munn • 9am-6pm
- **SCW Pilates Reformer Fundamentals**
Bender • 9am-5pm
- **WATERinMOTION® Aqua Exercise**
Kulp • 9am-5pm
- **SCW Group Exercise**
J. Roberts • 8am-5pm
- **SCW Aquatic Exercise**
Layne • 9am-5pm

Register Here



Indicates session is being recorded at this event or was recently recorded.

Room A Function & Active Aging	Room B Power & Personal Training	Room C Group Programming	Room D Recovery / Mind-Body	Room E Pilates Reformers
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Fri
October 2

FR1	7:30am-8:45am	Pelvic Core Coaching Strickland (NEW)	Strong for Life Training Phillips (NEW)	Kettlebell Cardio Fusion Turner (NEW)	Elevate Pilates with Partner Training Taylor (NEW)	Pilates Reformer: Sculpted Strength Toole (NEW)
FR2	9:00am-10:15am	Foundations of Aligned Movement Toole (NEW)	Foam Roller, Mobility & Strength Bannister-Munn (NEW)	JUMP! Rebounding Basics Ursaner (NEW)	Warrior® Meditation & Sound Healing Journey J. Roberts (NEW)	Pilates Reformer: Strong Arms, Shoulders, Back Bender (NEW)
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	S.E.A.T. Beats Sepulveda & Angles (NEW)	Palango! Strength Ojeda	LITT: Get Low! Turner (NEW)	Yin+Restore Yoga Greenbaum (NEW)	Pilates Reformer for Female Athletes Bender (NEW)
EXPO SHOPPING 12:00pm-2:45pm						
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Strength & Endurance Training for Women Kooperman (NEW) Session 1	Block & Burn: Strength Lab Bannister-Munn (NEW) Session 2	Supa Dupa Fly Helmuth (NEW) Session 1	Power Chair Pilates Sepulveda (NEW) Session 2	Pilates Reformer: Mobility, Flexibility & Recovery Flow Bender (NEW) Session 2
FR5	2:45pm-4:00pm	Ageless Core Bender (NEW)	Bandz & Bounce Haggard (NEW)	SOULkickboxing™ Yasinitsky	Warrior® Tai Chi Yoga J. Roberts (NEW)	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	Bone Strong Gilbert	The Healthy Back Blueprint Thiesmeyer (NEW)	JUMP! Bounce & Barre Ursaner (NEW)	Gentle Yoga for Mobility Kooperman (NEW)	Pilates Reformer: Core Strength and Stability Bender (NEW)
FR7	6:00pm-7:00pm	SCW GOT TALENT! Kooperman, Gilbert & Bannister-Munn		Dance Off! Wartenberg, Palangol, Angles, Haggard & Helmuth	Sound Healing in Yoga Lijewski	

Sat
October 3

SA1	7:30am-8:45am	Anchor Strong Bannister-Munn (NEW)	Fix Dead Butt Syndrome Thiesmeyer (NEW)	JUMP! Trampoline Fun Ursaner (NEW)	Warrior® Workout J. Roberts	Pilates Reformer: Sculpted Strength Toole (NEW)	
EXPO SHOPPING 8:30am-9:15am							
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A					
EXPO SHOPPING 10:30am-11:00am							
SA3	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Competitive Endurance Race Training Bannister-Munn (NEW)	Step Strong Turner (NEW)	Prana Energy Greenbaum (NEW)	Pilates Precision Progressions Hilton (NEW)	
EXPO SHOPPING 12:00pm-2:45pm							
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Rhythmic Flow for Active Agers Sepulveda (NEW) Session 1	Athletic Agility Cardio Training Robinson (NEW) Session 2	Ignite Your Warm-Up Christopher (NEW) Session 1	Ground-Based Mobility That Builds Strength Parker (NEW) Session 2	Pilates Reformer: Fascial Stretch for Athletes Bannister-Munn (NEW) Session 2	
SA5	2:45pm-4:00pm	Life Happens on One Leg Layne (NEW)	Rewiring the Core System Strickland (NEW)	ZUMBA® Bullard	Breathe Powerfully! Craddock (NEW)	Pilates Foundations Refreshed Hilton (NEW)	
EXPO SHOPPING 3:45pm-4:30pm							
SA6	4:15pm-5:30pm	Fall-Proof with Glute Strength Gilbert (NEW)	Unbreakable Shoulders Christopher (NEW)	SOULFusion Angles	Sound Healing: Vibrations for Inner Harmony Lijewski (NEW)	Pilates Reformer: Glutes, Quads & Hamstrings Burn Toole (NEW)	

Sun
October 4

SU1	7:30am-8:45am	Unilateral Training: Stronger One Side Christopher (NEW)	Developing an Intuitive Warm-Up Craddock (NEW)	Palango! Cardio Ojeda	Pilates Power Play Sepulveda (NEW)	Rhythm-Driven Pilates Reformer Bowman (NEW)
SU2	9:00am-10:15am	Unshakable Balance Haggard (NEW)	Joint Friendly: HIIT Robinson (NEW)	BARREfusion™ Experience Yasinitsky	Yoga Balance From Every Angle Kaufman (NEW)	Reformer Fundamentals for Fitness Pros Taylor (NEW)
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
SU3	10:45am-12:00pm	Flex & Power: Hip Mobility Mastery Kulp (NEW)	Core Strength Meets Control Freaks Toole (NEW)	HIIT Factor Turner (NEW)	Embodying Satya in Movement Greenbaum (NEW)	Rhythm Flow Jumpboard Bowman (NEW)
SU4	12:15pm-1:30pm	Functional Fitness Flow Toole (NEW)	Core Training Reinvented Christopher (NEW)	JUMP! Core & Balance Ursaner (NEW)	Tai Chi: Original Group Exercise Craddock (NEW)	Strength Reformer Moore (NEW)

Register Here



Certifications Sun October 4

- **S.E.A.T.**
Gilbert • 8am-4pm
- **SCW Stretching & Flexibility**
Bannister-Munn • 8am-4pm
- **ZUMBA® + Gold**
Bullard • 7:15am-4:00pm

- **Pelvic Core Coaching**
Strickland • 8am-4pm
- **Integrative Meditation**
Greenbaum • 8am-4pm

Indicates session is being recorded at this event or was recently recorded.

		Room F Aqua Ex	Room G Nutrition/ Ex Science	Room H Leadership/ Programming	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	
FR1	7:30am-8:45am	Core in the Current Sepulveda (NEW - Starts in Lecture)	Client Connection: Motivation Matters Karkoska (NEW)	Leading Through Fitness Failures Gilbert (NEW)	Pro Athlete Recovery Robinson	Pilates: Mat to the Max A. Appel	Boost Better Balance Rotschild	Alcohol & Aging- Myths vs. Facts Charlop	
FR2	9:00am-10:15am	Aqua Punch and Pump Wartenberg (NEW - Starts in Pool)	Protein Quality, Synthesis, Structure and Deficiency Layne (NEW)	FitPro to Thought Leader Phillips (NEW)	Basic To Badass: Progressive Training Protocols Chilazi	Ayurveda for Self-Care Jennings-Hill	No Floor Core and Balance Layne	Body Composition 101: Tools & Insights Han	
EXPO SHOPPING 10:00am-11:00am									
FR3	11:00am-12:15pm	WATERinMOTION® Original Kulp & Wartenberg (NEW - Starts in Lecture)	Train Smarter, Not Harder Karkoska (NEW)	Glute Training - Perfect Your Posterior Panel Kooperman, Bannister-Munn, Layne & Thiesmeyer	Mobility Training: Online or In-Person Webb	Sleep Habits: Key to Fitness Layne	Fall Prevention for Fitness Professionals Conti	How To Know If You're Under-Eating Digsby	
EXPO SHOPPING 12:00pm-2:45pm									
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Balance in the Waves Martin (NEW - Starts in Pool) Session 1	Nutrition Strategies to Maximize Vitality Phillips (NEW) Session 2	Client Connection That Drives Retention Parker (NEW) Session 1	Pack Your PT Sessions: Successful Sales Gilbert, Toole, Rothschild, Webb	Gentle Yoga For Mobility Kooperman	Nail The Perfect Warm-up Chilazi	Blood Sugar Blueprint Beyer	
FR5	2:45pm-4:00pm	Aqua Shapes: Total Body Core Martin (NEW - Starts in Lecture)	Strength isn't Born, It's Built Offerdahl (NEW)	Digital Marketing Kickstart Helmuth (NEW)	The Art of Coaching Trione	The Recovery Barre Howe	Dare to Chair Gilbert	Nutrition: Hot Topic Research Layne	
EXPO SHOPPING 3:45pm-4:30pm									
FR6	4:30pm-5:45pm	Liquid Lift Haggard (NEW - Starts in Pool)	What's New in Nutrition? Layne, Toole, Phillips, & Offerdahl (NEW)	Inclusivity in Fitness Spaces Yasinitsky	Strength & Grace: Back to Power Lemons	Pilates Functional Powerhouse George	Total Body Shaping McBee	Mastering Macros Toole	
FR7	6:00pm-7:00pm				Progressive FITT: Functional Tube Training K. Roberts	The Battle for Mobility McCormick	Functional Training with Foam Rollers Garcia	Cancer Exercise & Wellness Conti	
SA1	7:30am-8:45am	Liquid Star Flow Wartenberg (NEW - Starts in Pool)	7 Nutrition Myths that Refuse to Die Layne (NEW)	Supporting Clients on Anti-Obesity Medications Gilbert (NEW)	Intervals Reimagined: Strength - Power - Roll Conti	Agless Pilates Bender	Chair Yoga Spreen-Glick	Shoulder Savior - Conquer Shoulder Pain Fox	
EXPO SHOPPING 8:30am-9:15am									
SA2	9:15am-10:30am	KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A							
EXPO SHOPPING 10:30am-11:00am									
SA3	11:00am-12:15pm	WATERinMOTION® Strength Kulp & Sepulveda (NEW - Starts in Lecture)	Botanical Science for Holistic Wellness Crichtlow (NEW)	The New Fitness Science Kooperman, Christopher, Layne, Toole (NEW)	Hip Mobility for Peak Performance Bannister-Munn	Teaching Restorative Yoga Without Props Ratliff	Tailored Training For Active Agers Toole	Inflammation: The Exercise-Nutrition Nexus Fearheiley	
EXPO SHOPPING 12:00pm-2:45pm									
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Aqua ZUMBA® Bullard (Starts in Pool) Session 1	Lipids: The Skinny on Fat Layne (NEW) Session 1	High-Performance Fitness Culture Karkoska (NEW) Session 2	Creative Core Solutions Madden	Breath Empowerment Craddock	Age Defying Mobility Training: Enhancing Longevity Webb	Preventing Common Fitness Injuries Laskowski	
SA5	2:45pm-4:00pm	WATERinMOTION® Deep Kulp & Sepulveda (NEW - Starts in Lecture)	The Trainer's Edge: Measuring Nutrition Offerdahl (NEW)	Comprehensive Core Training Panel Kooperman, Robinson, Christopher & Thiesmeyer	Glute Training: Beginner to Advanced Johnson	Deconstructing Asanas Ratliff	Dementia Client Strategies for Trainers Rotschild	Solve 30 Training & Nutrition Mistakes Mike	
EXPO SHOPPING 3:45pm-4:30pm									
SA6	4:15pm-5:30pm	Aqua Yoga: Fluid Serenity Lagerhausen (NEW - Starts in Pool)	Stress & Inflammation: Impacts & Outcomes Layne (NEW)	Making Sales Suck Less Robinson (NEW)	Power in the Transverse Plane: How to Become a Rotational Powerhouse Mike	Trauma-Informed Care on the Mat and Beyond Haan	Perfect Programming for Active Agers Toole	Where Healthy Meets Happy Digsby	
SU1	7:30am-8:45am	Aqua Drums Vibes Wartenberg (Starts in Lecture)	Metabolic Disease: The Heavy Impact Offerdahl (NEW)	Visit the Expo Hall or shop sponsor discounts at scwfit.com/midwest/ discounts	The Core 6- Strength & Movement Essentials Bannister-Munn	Stretch-Breath- Recover Spreen-Glick	Functional Fitness for Active Seniors Shuttic	Bringing Medicine and Fitness Together D. Appel	
SU2	9:00am-10:15am	Aqua Core Amour Williams (NEW - Starts in Pool)	Wellness First: The Resilient Trainer Jones (NEW)		Glide & Grind Haggard	Boost Your Pre-Workout & Recovery Ontiveros, Toole, Layne, Lemons	Athletic Aging A. Appel	Healthy Aging Weight Loss Childers-Richmond	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm									
SU3	10:45am-12:00pm	HIIT the Pool! Acosta (NEW - Starts in Lecture)	Viral to Valid Training Robinson (NEW)		Metabolic Disruption Turner	Breathing Meditation Rockit	Open the "Gait" to Fall Prevention Gilbert	Nutrition & the Menopause Journey Layne, Toole, Rothschild, Ontiveros & Rogers	
SU4	12:15pm-1:30pm	Water Warrior: Aquatic Strides Lagerhausen (NEW - Starts in Pool)	Nutritional Needs During Menopause Layne (NEW)	Kettlebell Training for Women P. Ross	Dynamic Stretching Singer	Pickleball Power & Performance Kooperman	Hydrate Before You Dehydrate Saniantan		
					Optimal Overhead Pressing Mike	Meditation is My Medication Haan	Joint Replacements: Returning Triumphant! K. Roberts	Healthy Eating for Active Agers Lemons	



FR4E: Pilates Reformer: Mobility, Flexibility & Recovery Flow **NEW!**

Leslee Bender

This gentle Reformer flow emphasizes lengthening, joint mobility, and nervous system reset. Using slow, mindful movements and breathwork, reduce stiffness and enhance range of motion for active recovery. Ideal for older adults, post-workout cooldowns, or stress relief. Leave feeling balanced, centered, and reconnected to your body.

FR4G: Nutrition Strategies to Maximize Vitality **NEW!**

Jennie Phillips, MS

Nutrition fuels energy, performance, and longevity. This interactive lecture translates science into simple, practical tools for helping clients eat with purpose. Explore key nutrients for bone and muscle health, the power of hydration, and how food supports movement and recovery. Leave confident guiding clients toward sustainable habits that build strength and joy. (Lecture)

FR5 Sessions 2:45pm - 4:00pm

FR5A: Ageless Core **NEW!**

Leslee Bender

Ageless Core offers a safer, systematic approach to core training for active agers, focusing on injury prevention and function. Ditch ineffective crunches and discover strategies that enhance balance,

strength, and mobility. Walk away with practical techniques to help your clients maintain strength and independence for their active lifestyles.

FR5B: 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.

FR5C: 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!

FR5D: Warrior® Tai Chi Yoga **NEW!**

Jani Roberts



Warrior® Tai Chi Yoga fuses Tai Chi and Yoga with energizing music to strengthen the body and calm the mind. This accessible practice improves flexibility, balance, and strength, making it perfect for all levels—no previous experience or knowledge of Chi required.

FR5E: Pilates Reformer: Glutes, Quads & Hamstrings Burn **NEW!**

Amber Toole

Zero in on lower-body power as you activate glutes, quads, hamstrings, and calves with precision. Learn progressive sequences and tempo variations that bring the burn and build functional leg strength. Ideal for athletes, cross-trainers, or clients looking to strengthen and define their lower half.

FR5F: Liquid Lift **NEW!**

Tanisha (Tani) Haggard

Make a splash with serious strength! Using resistance bars in the water, this high-intensity workout targets every major muscle group. Improve endurance, boost stability, and sculpt your core while riding the resistance of the water. Dive in, grab that bar, and feel the power!



FR5G: Strength isn't Born, It's Built **NEW!**



Dr. Tracy Offerdahl, PharmD, FAAO

Measure antioxidants to improve recovery and performance. Explore how cellular antioxidant reserves influence training adaptation, why progress stalls despite well-designed programs, and how measuring status provides objective insights to guide coaching, recovery strategies, and long-term fitness outcomes. (Lecture)

FR5H: Digital Marketing Kickstart **NEW!**

Kymerlee Helmuth

Get the digital marketing boost your fitness business needs! Join marketing expert and fitness entrepreneur Kymerlee Helmuth to learn branding, social media, and engagement strategies that attract clients, boost visibility, and build a powerful online community. (Lecture)

FR6 Sessions 4:30pm - 5:45pm

FR6A: Bone Strong

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: The Healthy Back Blueprint **NEW!**



Mark Thiesmeyer, MS, MPH

Led by a Certified Exercise Physiologist with 25+ years of experience resolving lower back pain, this workshop reveals why your back—and your clients' backs—hurt. Discover the three root-cause misalignments behind most lower back pain and learn practical strategies to reduce discomfort, improve movement, and achieve lasting results with or without equipment.

FR6C: JUMP! Bounce & Barre **NEW!**

Sabrina Ursaner

Experience the ultimate fusion of rebounding and barre! The mini trampoline challenges balance and boosts muscle activation while keeping movement

low-impact and joint-friendly. Pulses, holds, and rhythmic bounce combine for a dynamic workout that sculpts, tones, and energizes from head to toe.

FR6D: Gentle Yoga for Mobility **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.

FR6E: Pilates Reformer: Core Strength and Stability **NEW!**



Leslee Bender

Discover the art of deep core connection on the Reformer through intelligent movement and mindful breath. Explore innovative sequences that integrate the abdominals, obliques, back, and pelvic floor to enhance stability, posture, and total-body coordination. Cue with precision, empowering clients to move with greater strength, balance, and inner awareness.

FR6F: Aqua Shapes: Total Body Core **NEW!**

Connie Martin, MA

Make a splash with creative, full-body water training that blends cardio, strength, and flexibility into dynamic movement patterns. Explore fun new "shapes" that challenge the core, boost stability and mobility, and improve the way clients move, feel, and function both in and out of the water.

FR6G: What's New in Nutrition? **NEW!**

Melissa Layne, MEd, Amber Toole, Jennie Phillips, & Dr. Tracy Offerdahl, PharmD, FAAO

Explore the latest trends shaping nutrition and wellness today. From protein-forward eating and functional foods to personalized nutrition and longevity strategies, this panel delivers practical insights for fitness professionals. Learn what's driving client demand, what's backed by science, and how to confidently integrate emerging trends into your programs. (Lecture)



FR6H: 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. (Lecture)

FR7 Sessions 6:00pm - 7:00pm

FR7A: SCW GOT TALENT!

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

Compete to WIN a presenting spot at the 2027 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. All fitness programs are accepted!
WALK-INS WELCOME!

Each SCW GOT TALENT! Winner receives:

- A position as a Presenter at a future SCW Mania®
- A FREE Mania® Registration for the GOT TALENT! Winner
- A FREE Mania® Registration for a selected friend
- COMPLIMENTARY Invitation to the Presenter for the reception on Saturday night
- A feature in our SCW Spotlite newsletter
- A mentoring experience with one of our GOT TALENT! Judges

FR7C: Mania® DANCE OFF!!

Join the stars of MANIA® in this high-energy celebration of dance fitness! Have a blast with Billie Wartenberg, Palango!, Jaysa Angles with SEAT BEATS, Tani Haggard and Kymberlee Helmuth as you learn fresh choreography, discover innovative teaching ideas, and pick up exciting new moves to elevate your dance classes. Plus, attendees will have the opportunity to win a free certification from one of these outstanding programs. It's going to be a party of epic proportions!

FR7D: Sound Healing in Yoga

Angela Lijewski, MA

Elevate your yoga classes with the power of sound. Discover how crystal bowls, Himalayan bowls, chimes, tuning forks, drums, and other instruments can deepen relaxation, enhance mindfulness, support breathwork, and create unforgettable experiences that leave students feeling grounded, restored, and transformed.

Saturday, October 3

SA1 Sessions 7:30am - 8:45am

SA1A: Anchor Strong **NEW!**

Gail Bannister-Munn

The chair becomes your power base in this smart, functional workout that blends resistance training, balance, and flexibility. Using multi-grip bands, you'll strengthen and stabilize from head to toe with joint-friendly movements designed to help you move better, feel stronger, and build lasting confidence in every rep.

SA1B: Fix Dead Butt Syndrome **NEW!**

Mark Thiesmeyer, MS, MPH

Weak glutes may be the hidden cause of low back pain, knee pain, and performance plateaus when exercise alone isn't enough. Learn simple activation strategies and uncover common causes to improve strength, movement quality, and training effectiveness—fast.



SA1C: JUMP! Trampoline Fun **NEW!**

Sabrina Ursaner

Turn up the energy and bounce your way to a stronger, fitter you! This lively rebounding class on JumpSport mini trampolines boosts cardio, core, and balance—all while moving to upbeat music and having an absolute blast.

SA1D: Warrior® Workout

Jani Roberts

The Warrior® Workout is a powerful, empowerment-driven fitness experience that connects mind and body. Using 5-minute training rounds with active





recovery, this one-hour workout blends martial arts-inspired movement with military-style training to build endurance, strength, agility, flexibility, coordination, and sharp mental focus.

SA1E: Pilates Precision Sculpted Strength **NEW!**



Amber Toole

New to the Reformer? This session introduces fundamental principles, safety, and movement mechanics in a welcoming, supportive environment. Discover neutral spine, core engagement, breath patterns, and footwork while learning how to progress clients effectively. Perfect for beginners or instructors refining foundational cueing and teaching strategies.

SA1F: Liquid Star Flow **NEW!**



Billie Wartenberg

Take your workout or aqua yoga to a new level with Liquid Gym® Liquid Stars. Enhance flexibility, range of motion, balance, and proprioception while engaging the lower body, boosting circulation, and strengthening the core to improve overall stability and functional movement in the water.

SA1G: 7 Nutrition Myths that Refuse to Die **NEW!**

Melissa Layne, MEd

Seven stubborn nutrition myths still influence how people eat, train, and age. Learn why these myths persist, separate hype from evidence, and gain practical, science-backed guidance you can apply immediately with clients or in everyday life. (Lecture)

SA1H: 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)

SA2 Keynote 9:15am - 10:30am

SA2A: Trends In Fitness **NEW!**

Sara Kooperman, JD

Explore the fitness fads, trends, and innovations shaping the future of health and wellness. From boutique studios and tech advancements to creative programming and customer experience, discover what's driving industry success. Join Sara Kooperman for a dynamic look at the latest insights and predictions from top fitness and business sources.

SA3 Sessions 11:00am - 12:15pm

SA3A: S.E.A.T.® Supported Exercise for Ageless Training **NEW!**



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! Equip yourself with the tools to launch your SEAT program.

SA3B: Competitive Endurance Race Training **NEW!**

Gail Bannister-Munn

Experience the ultimate fitness challenge in this high-energy session that combines strength, endurance, and functional training. Learn pacing strategies, efficient movement patterns, and coaching techniques designed to boost performance. Class size is limited—bring your intensity and prepare to push your limits.





SA3C: Step Strong **NEW!**

Tara Turner

Step, lift, and sweat your way to total-body fitness! Energizing step sequences raise your heart rate and sharpen coordination, while strength moves on the step platform sculpt and tone every muscle. Scalable for all levels, this dynamic class combines cardio and resistance for a powerful, well-rounded workout.

SA3D: Prana Energy **NEW!**

Lisa Greenbaum, E-RYT 500, C-IAYT

More than a yoga class, Prana Energy blends movement, breathwork, and meditation to reset and rebalance. Explore powerful breathing techniques, mudras, and mantras in this transformative journey designed to elevate energy and renew the mind, body, and spirit.



SA3E: Pilates Precision Progressions **NEW!**

Kasha Hilton, NCPT

Take your Pilates Reformer teaching to the next level with deeper exploration of movement mechanics, progressions, cueing, and exercise intention. Designed for experienced instructors and seasoned participants, this session refines technique, enhances body awareness, and strengthens your understanding of how to create smarter, safer, and more effective Pilates programming.



SA3F: WATERinMOTION® Strength

Cheri Kulp & Zoraida (Zory) Sepulveda, MBA

WATERinMOTION® Strength makes waves with muscle in this power-packed aqua workout using



dumbbells and the force of water. Harness drag, resistance, and buoyancy to sculpt strength, ignite endurance, and elevate athleticism—without joint strain. Fresh, creative choreography keeps every set challenging and every rep explosive for a bold, high-energy training experience that pushes limits in the pool.

SA3G: Botanical Science for Holistic Wellness **NEW!**



Marie Crichlow, RN, CPT

Dive into the science behind botanical wellness and DMAE for holistic health. Marie Crichlow, RN, CPT, explores herbal activities, plant-based synergy, and practical strategies to support vitality and relief. Come with plenty of questions and learn through experience—leaving with valuable samples and real-world insights you can apply immediately. (Lecture)

SA3H: The New Fitness Science Panel **NEW!**

Sara Kooperman, JD, Paul Christopher, CSCS, Amber Toole, & Melissa Layne, MEd

Explore the latest research driving fitness trends that blend strength training, functional mobility, and mindful movement. Learn how evidence-based programs combine resistance work with targeted stretching and nervous-system regulation to enhance performance, recovery, and long-term well-being. Discover why the mind-body connection is reshaping training for sustainable strength and longevity. (Lecture)

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: Rhythmic Flow for Active Agers **NEW!**

Zoraida (Zory) Sepulveda, MBA

Energize your body and mind with this dynamic workout combining rhythmic movement, functional exercises, and cognitive stimulation. It features interval-based cardio, mobility drills, and a mind-body segment for a well-rounded experience. Easy-to-follow progressions and uplifting beats make it accessible and invigorating for all fitness levels.



SA4C: Ignite Your Warm-Up ■◀

Paul Christopher, CSCS

Stop phoning in the warm-up. Learn a powerful, physiology-driven sequence that primes the nervous system, activates key musculature, boosts mobility, and prepares clients for peak performance. This dynamic session shows you how to transform the warm-up from an afterthought into a performance accelerator—elevating safety, intensity, and overall training impact.

SA4F: Aqua Zumba® **NEW!**

ZUMBA

Kelly Bullard, MS

Dive into a high-energy Aqua Zumba® experience blending Latin-inspired rhythms with the resistance of water. Explore choreography adaptations, musicality, and effective cueing to keep classes safe, joyful, and motivating—perfect for a first taste of Aqua Zumba® or refreshing existing classes for all fitness levels.

SA4G: Lipids: The Skinny on Fat **NEW!** ■◀

Melissa Layne, MEd

Uncover the truth about fats—their role in energy, hormones, and health. Learn to spot healthy versus harmful fats, bust nutrition myths, and use practical strategies to fuel your body, boost performance, and support overall wellness. (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: Athletic Agility Cardio Training **NEW!** ■◀

Dane Robinson

Cardio doesn't have to mean treadmills or running. This dynamic, hands-on session brings athletic agility to life with fast-paced, low-impact drills that elevate heart rate, sharpen coordination, and boost real-world performance. Learn how to design scalable, crowd-pleasing cardio that builds confidence, keeps clients engaged, and delivers serious results at any fitness level.

SA4D: Ground-Based Mobility That Builds Strength **NEW!** ■◀

Dr. Darian Parker, MS, PhD

Restore joint health and “ground-fluency” with the Mobility Matrix. Experience a dynamic flow from

multi-planar standing movement to ground-based patterns that improve real-life function. Then explore simple strategies for fall prevention and resilience, helping you program with confidence and support clients in achieving lifelong functional vitality.

SA4E: Pilates Reformer: Fascial Stretch for Athletes **NEW!** ■◀

YR YOUR REFORMER

Gail Bannister-Munn

Learn how to stretch effectively to move better for life. Expand your understanding of how to improve functional flexibility and structural balance. This session covers the importance of alignment, joint mobility, dynamic eccentric activation, proper breathing, and both verbal and hands-on cueing. You'll gain an elevated understanding of how to improve flexibility and refine teaching skills to apply in private sessions, classes, and personal practice.

SA4H: High-Performance Fitness Culture **NEW!** ■◀

Carrie Karkoska, MEd

Unlock the secrets to leading top-performing fitness teams with transformational and servant leadership. Discover how to build a purpose-driven culture that inspires growth, loyalty, and peak performance. This course empowers fitness professionals to elevate their leadership, ignite team motivation, and create lasting success in their personal training businesses. (Lecture)

SA5 Sessions 2:45pm - 4:00pm

SA5A: Life Happens on One Leg **NEW!** ■◀

Melissa Layne, MEd

Supercharge lower-body and core strength with dynamic single-leg training. Boost balance, prevent falls, and enhance functional movement using evidence-based techniques for everyday activities and peak athletic performance.





SA5F: WATERinMOTION®



Deep **NEW!**

Cheri Kulp & Zoraida (Zory) Sepulveda, MBA

Take your workout to new depths with this exhilarating deep-water program! Using flotation belts and the natural resistance of the water, WATERinMOTION® Deep blends cardio, strength, and core training with chart-topping music and easy-to-follow choreography. Enjoy a total-body, low-impact challenge that boosts endurance, improves balance, and leaves participants feeling weightless, strong, and unstoppable.

SA5B: Rewiring the Core System **NEW!**



Taylor Strickland

Dive into how breath, tension, and coordination shape strength and performance. Learn to spot movement patterns, restore core timing, and use breath-driven strategies that boost resilience, control, and confidence—helping clients move better and feel stronger from the inside out.

SA5C: ZUMBA®



Kelly Bullard, MS

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!

SA5D: Breathe Powerfully! **NEW!**

Joshua Craddock

Breath is the foundation of life, health, and performance. Breath science, training, and interventions are exploding in visibility and popularity- this is no longer esoteric knowledge, but real science. In this session, learn a powerful technique called the 9 Breath Method that oxygenates and heals on every level.

SA5E: Pilates Foundations Refreshed **NEW!**



Kasha Hilton, NCPT

Master the fundamentals of Pilates Reformer training while exploring the “why” behind foundational movement. Perfect for beginners building confidence and experienced instructors refining technique, cueing, and body awareness. Strengthen core principles, improve movement quality, and gain fresh insights into classic exercises for every level.

SA5G: The Trainer's Edge: Measuring Nutrition **NEW!**



Dr. Tracy Offerdahl, PharmD, FAAO

Discover how internal nutrition affects energy, endurance, and performance. Learn to evaluate antioxidant balance using noninvasive measurement methods and explore how cellular health connects to recovery and client success. Gain evidence-based strategies to personalize fitness programming and elevate professionalism through measurable, science-driven insights into body composition and function. (Lecture)

SA5H: Comprehensive Core Training Panel **NEW!**

Sara Kooperman, JD, Dane Robinson, Paul Christopher, CSCS, & Mark Thiesmeyer, MS, MPH

Core training is about far more than visible abs. Join industry experts for an interactive panel discussion exploring the latest strategies for building a strong, functional core. Learn how core stability, breathing, posture, and movement quality impact performance, injury prevention, and long-term health across diverse populations. (Lecture)

SA6 Sessions 4:15pm-5:30pm

SA6A: Fall-Proof with Glute Strength **NEW!**

Ann Gilbert

Ditch the crunches and target the glutes. This workshop teaches how strong, reactive glutes boost balance, power, and fall resilience for clients over 50. Explore multi-plane exercises and coaching techniques that develop functional strength, quicker muscle responses, and safer, more confident movement in everyday life.



SA6B: Unbreakable Shoulders **NEW!**

Paul Christopher, CSCS

Transform how you train one of the body's most powerful and injury-prone joints. This fast-paced workshop dives into dynamic strengthening, mobility tactics, and stability drills that build resilient, high-performing shoulders. Learn the smartest ways to prevent breakdown, boost performance, and keep clients lifting, swinging, and moving confidently.

SA6C: SOULfusion™ EXPERIENCE



Jaysa Angles

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!

SA6D: Sound Healing: Vibrations for Inner Harmony **NEW!**

Angela Lijewski, MA

Experience deep relaxation and energetic balance through sound. This workshop blends the science and ancient wisdom of sound healing with a restorative sound bath, featuring crystal singing bowls, gongs, tuning forks, rattles, ocean drums, and chimes for a truly immersive, harmonious journey.

SA6E: Pilates Reformer: Glutes, Quads & Hamstrings Burn **NEW!**



Amber Toole

Zero in on lower-body power as you activate glutes, quads, hamstrings, and calves with precision. Learn progressive sequences and tempo variations that bring the burn and build functional leg strength. Ideal for athletes, cross-trainers, or clients looking to strengthen and define their lower half.

SA6F: Aqua Yoga: Fluid Serenity **NEW!**

Connie Lagerhausen

Experience the holistic benefits of yoga adapted for the water's weightless environment. By releasing gravity's pull, this low-impact session allows for a greater range of motion and deeper stretches. Whether offered as a great stand-alone class or an

integration into your existing program, participants will improve flexibility and relaxation.

SA6G: Stress & Inflammation: Impacts & Outcomes **NEW!**

Melissa Layne, MEd

Learn how acute and chronic stress affect metabolism and drive the body's inflammatory responses. This session highlights how prolonged stress can worsen inflammation, contributing to heart disease, autoimmune disorders, and mental health challenges. Gain research-backed insights into managing stress for improved health outcomes. (Lecture)

SA6H: Making Sales Suck Less **NEW!**

Dane Robinson

Struggling to sell your fitness services without feeling pushy? Learn a simple six-step sales system that helps turn prospects into loyal, long-term clients. Discover effective marketing strategies, social media tactics, pricing approaches, and proven methods for handling objections without hard closing. Gain the confidence to connect authentically, grow your client base, increase revenue, and build a thriving fitness business in today's competitive marketplace. (Lecture)

Sunday, October 4

SU1 Sessions 7:30am - 8:45am

SU1A: Unilateral Training: Stronger One Side **NEW!**

Paul Christopher, CSCS

Discover why "1 + 1 = 3" in this innovative functional training workshop. Unilateral movement enhances balance, symmetry, core stability, and real-world performance by challenging the body in alternating limb patterns—the way humans naturally move. Learn practical drills and program design strategies that make every client stronger, more coordinated, and more resilient.

SU1B: Developing an Intuitive Warm-Up **NEW!**

Joshua Craddock

During classes or training sessions, do you ever feel like nothing was done to address specific needs or properly prepare for the workout ahead? Discover



how to move beyond the same stale "warm-ups;" develop a personalized, intuitive warm-up that begins with the mind-body connection and Knowledge of Self.

SU1C: 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!



SU1D: Pilates Power Play **NEW!**

Zoraida (Zory) Sepulveda, MBA

Elevate your Pilates practice with dynamic layering, tempo changes, and creative sequencing that keep clients engaged and progressing. Blend precision with athletic flow to build strength, control, and endurance. Walk away with innovative formats, fresh transitions, and coaching cues that bring new energy and results to every class.

SU1E: Rhythm-Driven Pilates Reformer **NEW!**

Mary Ellen Bowman

Experience a high-energy Pilates Reformer workout where movement is driven by the tempo of the music. Using motivating dance tracks and a unique rhythm-based teaching style, participants move in sync through a seamless class flow, creating an engaging, challenging, and exciting group fitness experience that builds strength, control, and connection.



SU1F: Aqua Drums Vibes **NEW!**

Billie Wartenberg

Make waves while you play! Using SAF Aqua Drums Vibes®, combine dynamic rhythms and water-based movements for a fun, full-body workout. Challenge your strength, endurance, and coordination while enjoying an energizing, music-driven aquatic experience that keeps you moving, laughing, and fully engaged in the water.



SU1G: Metabolic Disease: The Heavy Impact **NEW!**

Dr. Tracy Offerdahl, PharmD, FAAO

Metabolic health influences overall wellbeing and longevity beyond cholesterol and blood sugar. This presentation explores why medication use is rising and how nutrition and supplementation can support metabolically healthy lives alongside—or beyond—drug-based approaches. (Lecture)



SU2 Sessions 9:00am - 10:15am

SU2A: Unshakable Balance

Tanisha (Tani) Haggard

Get ready to wobble with purpose! This innovative core and balance session uses stability balls and balance pods to train stability, strength, and control. Build inner strength, sharpen reflexes, and improve posture while laughing through the challenge. All levels welcome—every wobble makes you stronger!

SU2B: Joint Friendly: HIIT **NEW!**

Dane Robinson

Working with clients with injuries, compensations, or new in their fitness journey? This part workout and part lecture session will cover proven strategies of Low Impact Training. Bringing intensity and results to your clients' workouts with joint friendly strength, cardio, & HIIT training methods.

SU2C: BARREfusion™ Experience **NEW!**

Laura Yasinitsky, 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.



SU2D: Yoga Balance From Every Angle **NEW!**

Jenny Kaufman

Design a balanced yoga practice that develops strength, mobility, stability, and flexibility through movement in all planes of motion. Explore sequencing strategies that integrate sagittal, frontal, and transverse plane challenges to improve joint



function, muscular balance, and movement efficiency while creating well-rounded, results-driven classes for every participant. I believe a session like this could make a wonderful contribution to the conference and provide instructors with valuable programming ideas they can immediately apply in their own classes.

SU2E: Reformer Fundamentals for Fitness Pros **NEW!**

Yvonne Taylor

Build a strong foundation in the Pilates Reformer, covering equipment safety, key movement principles, and functional benefits. Discover how Reformer-based training can elevate movement quality and client results while reinforcing scope of practice and the importance of advanced, specialized instructor training.

SU2F: Aqua Core Amour **NEW!**

Steffanie Williams

Aqua Core Armour is a dynamic water-based workout that strengthens the core from every angle using resistance, buoyancy, and controlled movement. Improve balance, posture, and functional strength while protecting joints. This class delivers powerful abdominal training, athletic stability, and total-body integration—perfect for all fitness levels in the pool safely together.

SU2G: Wellness First: The Resilient Trainer **NEW!**

Marie-Antoinette Jones, MA, LPC

This interactive session equips fitness professionals with practical strategies to protect their energy, prevent burnout, and sustain long-term success. It reframes self-care as a performance tool, helping instructors build resilience, restore balance, and create a personal Wellness Pledge to stay strong, energized, and effective for their clients. (Lecture)

SU3 Sessions 10:45am - 12:00pm

SU3A: 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.

SU3B: Core Strength Meets Control Freaks **NEW!**

Amber Toole

Control is the essence of Pilates—but how do you teach it in a mixed-level class? Discover how to cue precision, alignment, and mindful movement while layering exercises for all abilities. Experience a full Essential-to-Intermediate workout with purposeful progressions and props.

SU3C: HIIT Factor **NEW!**

Tara Turner

Blast calories and push your limits with fast-paced intervals that mix explosive cardio with muscle-building moves. This high-intensity, full-body session boosts stamina, speed, and power while keeping your heart rate up long after class. Scalable for every fitness level, it's the ultimate workout for energy and results.

SU3D: Embodying Satya in Movement **NEW!**



Lisa Greenbaum, E-RYT 500, C-IAYT

Discover how teaching from a place of authenticity can transform connection, confidence, and impact in every class you lead. Rooted in the Yogic principle of Satya (truthfulness), this session blends practical coaching tools with a restorative stretch experience to enhance communication, regulate the nervous system, and restore energy throughout the conference.

SU3E: Rhythm Flow Jumpboard **NEW!**



Mary Ellen Bowman

Experience a high-energy Jumpboard Reformer workout powered by music-driven movement. Learn creative choreography, seamless progressions, and coaching strategies that keep participants moving in sync with motivating beats.





This low-impact cardio experience delivers dynamic flow, elevated energy, and a uniquely synchronized group fitness environment.

SU3F: HIIT the Pool! NEW! ■◀

Leigh Acosta

Dive into a high-energy aquatic HIIT workout packed with explosive intervals, cardio bursts, strength training, and core work. Challenge your entire body while improving endurance, building strength, and burning calories in the pool. Enjoy the motivating, low-impact environment that delivers high-energy fun, powerful results, and effective cross-training for every fitness level.

SU3G: Viral to Valid Training NEW! ■◀

Dane Robinson

Viral fitness trends move fast—but credibility matters more. This session gives fitness leaders a framework to evaluate what's trending, separate hype from science, and translate viral workouts into safe, effective programming while protecting brand integrity and positioning coaches as trusted authorities. (Lecture)

SU4 Sessions 12:15pm - 1:30pm

SU4A: Functional Fitness Flow NEW! ■◀

Amber Toole

Get ready for a lively fusion of strength, cardio, and mobility designed for active agers who love to move! Each block builds stability, lifts the heart rate safely, and restores fluid movement. Leave with playful alignment cues, creative modifications, and fresh programming ideas to help older adults feel strong, capable, and energized.

SU4B: Core Training Reinvented NEW! ■◀

Paul Christopher, CSCS

Get ready for core work like you've NEVER experienced. Paul Christopher unleashes innovative, high-intensity exercises that challenge stability, coordination, power, and mental grit. These fresh movement patterns will reshape your programming and push you—and your clients—far beyond traditional core training. Come ready to work; this session is all fire.

SU4C: JUMP! Core & Balance NEW! ■◀

Sabrina Ursaner

Challenge your stability and fire up your core with dynamic rebounding on JumpSport mini trampolines.

Improve balance, coordination, and control while engaging deep stabilizing muscles. This session builds strength from the inside out—delivering a fun, effective workout that enhances performance and movement efficiency.

SU4D: Tai Chi: The Original Group Exercise NEW! ■◀

Jacob Craddock

Tai Chi is widely regarded as the oldest form of group exercise, blending mindfulness, breathwork, slow controlled movement, balance, and mobility into one practice. Emphasizing the collective over the individual, Tai Chi classes move as a unified whole, setting them apart from other fitness modalities.

SU4F: Water Warrior: Aquatic Strides NEW! ■◀

Connie Lagerhausen

Empower students and athletes to bring their "road warrior" spirit to the pool. This workshop provides versatile moves for water walking and running, perfect for stand-alone sessions or integrated routines. Learn to boost cardiovascular fitness and support injury rehabilitation through shallow-water techniques that minimize impact while maximizing results.

SU4E: Strength Reformer NEW! ■◀

Dr. Meg Moore, DPT, PCES

Strength Reformer bridges the precision and control of Pilates with the principles of progressive strength training. Participants will learn to thoughtfully utilize spring resistance to build total-body strength, muscular endurance, power, and stability through creative programming, effective progressions, and purposeful coaching strategies while maintaining the movement quality and core integration that define Pilates.

SU4G: Nutritional Needs During Menopause NEW! ■◀

Melissa Layne, MEd

Explore the nutritional needs of menopause in this research-backed session. Learn key dietary strategies to ease symptoms, support overall well-being, and promote hormone balance. Gain evidence-based insights on micronutrients and bone health, and leave empowered with practical guidance for creating a balanced, nourishing approach to menopause nutrition. (Lecture)



Presenters



LEIGH ACOSTA



JAYSA ANGLES



ABBIE APPEL



DAVE APPEL



GAIL BANNISTER-MUNN



LESLEE BENDER



MARY ELLEN BOWMAN
YOUR REFORMER



KELLY BULLARD, MS
ZUMBA



DR. GREGORY CHARLOP, MD



SIRI CHILAZI
MBA, MA



RAINA CHILDERS-RICHMOND,
MS, RDN, CHC



PAUL CHRISTOPHER,
CSCS



CHRISTINE CONTI,
MED



JOSHUA CRADDOCK



MARIE CRICHLAW,
RN, CPT



SOHAILLA DIGSBY,
MED, RD, LD



AMANDA FEARHEILEY,
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BRENDAN FOX



HERSON GARCIA



LAUREN GEORGE, MS



ANN GILBERT
SCW SEAT



LISA GREENBAUM,
E-RYT 500, C-IAYT



ELIAN HAAN



TANISHA (TANI)
HAGGARD



JOSEPH HAN,
CSM, PMP



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HELMUTH, MS



KASHA HILTON,
NCPT



ASHLYNN HOWE



TRACY JENNINGS-
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GREG JOHNSON, MS



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JENNY KAUFMAN



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water motion SEAT



CHERI KULP



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TRICIA MURPHY
MADDEN



CONNIE MARTIN, MA



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IRENE MCCORMICK,
MS, CSCS



DR. JONATHAN
MIKE, PHD



DR. MEG MOORE,
DPT, PCES
YOUR REFORMER



DR. TRACY OFFERDAHL,
PHARM, FAAO
NUO SKIN



FELIX OJEDA, MS, MB
Palango FITNESS



DANIELLE ONTIVEROS
Health Beauty & Empowerment



DR. DARIAN
PARKER, MS, PHD



JENNIE PHILLIPS



GUSTI RATLIFF,
MED, E-RYT 500,
C-IAYT



JANI ROBERTS
ALIGNMENT ESSENTIALS



KELI ROBERTS



DANE ROBINSON



YURY ROCKIT



DR. RENEE ROGERS,
PHD, FACSM



PHIL ROSS, MS



DEBORAH ROTHSCHILD,
MS, NASM-CPT, ACE-
CPT, AFAA-CGFI



JAYMAR SANIATAN,
RD, CPT



ZORAIDA (ZORY)
SEPULVEDA, MBA



BILL SHUTTIC,
MBA



SHALOM SINGER



KIMBERLY
SPREEN-GLICK



TAYLOR STRICKLAND



YVONNE TAYLOR



MARK THIESMEYER,
MS, MPH
ALIGN ATHLETE



AMBER TOOLE
SCW YOUR REFORMER



JAKE TRIONE



TARA TURNER



SABRINA
URSANER



BILLIE
WARTENBERG
SCW



RUSTON WEBB, MS,
FMS II, TPI-CGFI III



STEFFANIE
WILLIAMS



LAURA YASINITZKY,
MA

For Full Presenter Bios Please Visit: scwfit.com/midwest/presenters
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Registration Options



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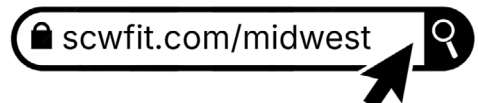
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