

san diego
mania[®]
EXPRESS
fitness pro convention

FEATURED AT THE
Athletic Business.
— SHOW 2025 —

November 6-8, 2025
San Diego Mania[®]
Convention
San Diego, CA

A Convention Fit For All.



2025

SCW



scwfit.com/sandiego



scwfit.com/sandiego

San Diego Mania® / November 6-8

Stronger Together. →

AB Show and SCW bring you
The **ultimate solution-focused event** for athletics,
fitness, recreation and military professionals.

SCW
san diego mania *EXPRESS*
fitness pro convention
featured at **Athletic Business**
SHOW 2025

A Trade Show Designed For Solutions

joining forces with these top organizations

Athletic Business

— SHOW 2025 —





200+ Exhibitors → 2,000 Attendees

actionable insights • innovative strategies • proven solutions



Certifications

November 5 (Wed)

Sessions & Workshops

November 6-8, 2025
(Thur., Fri., & Sat.)

San Diego Convention Center
111 W. Harbor Drive, San Diego, CA 92101

Register at:

www.scwfit.com/sandiego

- Over 160,000+ sq ft of athletic and fitness solutions
- Latest products, equipment, and technology
- Solutions to support and elevate your programs and facilities
- Workout Stage Powered By SCW Fitness!

Hotel Information

- Take advantage of the lowest rates and closest to the action! Exclusive hotel deals for registered attendees abound.
- Find and book the perfect hotel for your stay in San Diego, **with up to 30% off hotels for event visitors.**
<https://hotelmap.com/MPF6R>
- EvolveCon is the ONLY hotel provider for AB Show. As low as **\$149 per night.**





You'll Fit Right In.



Expert Led Sessions & Certifications

50+ live sessions, over 45 pre-recorded sessions, and 6 certifications covering function, active aging, group exercise, recovery, power, and personal training—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.

Topics For Every Pro

- **Functional Fitness**
Training to enhance strength, mobility, and everyday movement.
- **Group Exercise**
Fresh formats, choreography, and instructional skills.
- **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.

Certifications

Wednesday, November 6

Career-elevating certifications led by proven industry experts.



SCW Personal Training Certification

Gail Bannister-Munn

Wednesday, November 6, 8:00am-4:00pm

\$199 MANIA® attendees / \$259 non-attendees (Reg. \$359)(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 Pilates Matwork Certification

Abbie Appel

Wednesday, November 6, 8:00am-4:00pm

\$199 MANIA® attendees / \$259 non-attendees (Reg. \$359) 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 Group Exercise Certification

Manuel Velazquez

Wednesday, November 6, 8:00am-4:00pm

\$199 MANIA® attendees / \$259 non-attendees (Reg. \$359) 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 Active Aging EXPRESS Certification

Ann Gilbert

Wednesday, November 6, 8:00am-4:00pm

\$199 MANIA® attendees / \$259 non-attendees (Reg. \$359) 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 Chair Yoga
EXPRESS Certification**
Manuel Velazquez



Wednesday, November 6, 5:00pm-9:00pm

\$199 MANIA® attendees / \$259 non-attendees (Reg. \$359). 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).



**SCW Stretching & Flexibility
EXPRESS Certification**
Gail Bannister-Munn



Wednesday, November 6, 5:00pm-9:00pm

\$199 MANIA® attendees / \$259 non-attendees (Reg. \$359). 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).



About SCW Fitness Education:

SCW has been a trusted leader in fitness education for over 42 years, offering certifications, continuing education, and events across 40+ disciplines for professionals like Group Instructors, Personal Trainers, and Yoga Teachers.

With 7 annual MANIA® conventions, 5 online summits, and popular programs like WATERinMOTION® and S.E.A.T., SCW reaches over 300,000 fitness pros worldwide. Free webinars and podcasts offer ongoing support to keep the industry thriving.



About SCW Certifications: Live, Online & Live-Stream

SCW Certifications are respected and recognized worldwide, offering 40+ high-quality programs from foundational courses like Group Exercise and Personal Training to specialties like Active Aging, Pilates, and Meditation. All certifications include a FREE live course and are available in Live, Live Stream, and Online formats.

Each course features in-depth manuals, videos, testing, and a downloadable certificate. SCW certifications are accredited by leading organizations such as ACE, AFAA, NASM, and ACSM, providing valuable continuing education credits to advance your fitness career.



The Main Event.

Discover over 100 sessions at San Diego MANIA®, happening November 6–8, and take your fitness career to the next level—all included with your MANIA® registration!

Thursday, November 6

TH1 Sessions | 7:00am-8:00am

TH1A: Creative Programming 55+ ■■

Billie Wartenberg

Adults 55+ are more active than ever and make up the largest group in fitness facilities. Ditch the dull routines—learn to design fun, dynamic classes that energize and engage! Meet their needs for an active lifestyle while boosting retention and promoting long-term well-being.

TH1B: Gentle Yoga for Mobility ■■

Manuel Velazquez

Enhance mobility, stability, and flexibility with gentle yoga focused on joint health, tension release, and mindful alignment through core stability. These accessible movements support functional aging and can easily be integrated into daily life for long-term well-being.

TH1C: Killer Core ■■

Abbie Appel

Transform core training into a workout they'll love to hate! Learn to tweak intensity, add innovation, and combine slow control with tempo changes to boost body awareness, spinal stability, and core strength—perfect for challenging even your toughest participants.

TH2 Sessions | 8:30am-9:45am

TH2A: Hip Mobility for Peak Performance ■■ NEW!

Gail Bannister-Munn

Unlock your potential with targeted strategies to improve hip mobility, flexibility, and strength. Learn techniques to enhance movement efficiency, prevent injury, and boost performance in sport, fitness, and life. Increase range of motion, reduce discomfort, and build a solid foundation for powerful, pain-free movement.

TH2B: Fusing Fitness & Trends ■■ NEW!

Reena Vokoun, MS

Discover seven emerging trends shaping the future of fitness while moving through a dynamic fusion of functional, strength and restorative training. Learn how to integrate wearable tech, personalized nutrition & recovery tools, and mental health support into your workout. This session blends movement with practical, forward-thinking coaching strategies.

TH2C: 5 Common Exercise

Errors and Solutions ■■ NEW!

John Preston, MS, CSCS

Let's explore the biomechanics of five common exercises that may be unsuitable for most clients. Examine five alternative exercise choices that are safer and more effective. Join us to learn how to better support clients' needs and goals, by selecting better exercise options for them.



AB Show Workout Stage Powered By SCW Fitness!

Experience two action-packed days of mini workouts happening every 15 minutes!
Located in the EXPO Ground Floor Booth 2007

Thursday, November 6, 2025	
12:15 PM	Power Pilates - Reena Vokoun, MS
12:30 PM	Posture Perfect: Body Weight Exercises - John Preston, MS
12:45 PM	Core Without Crunches - Christine Conti, MEd
1:00 PM	Total Body Strength - Reena Vokoun, MS
1:15 PM	SOULkickboxing - Michele Park
1:30 PM	Core for Life: Stronger, Safer, Smarter Movement - Tricia Murphy Madden
1:45 PM	Brazily® Dance: Bold, Fun Fitness - Mariana & Andre Santos
2:00 PM	S.E.A.T. Supported Exercise for Ageless Training - Ann Gilbert
2:15 PM	PALANGO! Cardio - Felix Ojeda, MS, MBA
2:30 PM	Athletic Flow - Mary Lou Schell, PhD
2:45 PM	Yin+Restore Yoga - Lisa Greenbaum, E-RYT 500, C-IAYT
3:00 PM	WATERinMOTION: Wave Works - Cheri Kulp
3:15 PM	Breathwork for Mental Health - Lisa Greenbaum, E-RYT 500, C-IAYT
Friday, November 7, 2025	
10:15 AM	PALANGO! Cardio- Felix Ojeda, MS, MBA
10:30 AM	Fusion Revolution - Mary Lou Schell, PhD
10:45 AM	CoreSpring® Pilates for Better Balance - Charlyn Huss, MA, NCPT
11:00 AM	Brazily® Dance Fitness Revolution - Mariana & Andre Santos
11:15 AM	SOULfusion Lower Body Blast - Michele Park
11:30 AM	Human Reformer - Tricia Murphy Madden
11:45 AM	CoreSpring® Pilates: Dynamic Strength - Charlyn Huss, MA, NCPT
12:00 PM	Back to Aerobics - Christine Conti, MEd
12:15 PM	WATERinMOTION: WIM Strength - Cheri Kulp
12:30 PM	Bite-Sized Exercise - Christine Conti, MEd
12:45 PM	S.E.A.T. Supported Exercise for Ageless Training - Ann Gilbert
1:00 PM	Empowered Balance Through Yoga - Lisa Greenbaum, E-RYT 500, C-IAYT

Join in and sample **20+ unique workouts** led by **top instructors**.
Don't miss this **high-energy fitness showcase!**

san diego mania[®]

EXPRESS
fitness pro convention

featured at **Athletic Business**
SHOW 2025

In-Person
Room
A
Function & Active Aging

In-Person
Room
B
Group Exercise & Recovery

Pre-Convention Certifications Wednesday November 5

→ **SCW Pilates Matwork Certification**

Abbie Appel
8:00am – 4:00pm

→ **SCW Group Exercise Certification**

Manuel Velazquez
8:00am – 4:00pm

→ **SCW Personal Training Certification**

Gail Bannister-Munn
8:00am – 4:00pm

→ **SCW Active Aging EXPRESS Certification**

Ann Gilbert
5:00pm – 9:00pm

→ **SCW Chair Yoga EXPRESS Certification**

Manuel Velazquez
5:00pm – 9:00pm

→ **SCW Stretching & Flexibility**

Gail Bannister-Munn
5:00pm – 9:00pm

Thurs

November 6

TH1	7:00am 8:15am
TH2	8:30am 9:45am
TH3	10:00am 11:15am
TH4	11:30am 12:45pm
TH5	2:45pm 4:00pm
TH6	4:15pm 5:30pm

Creative Programming 55+ Wartenberg
NEW! Hip Mobility for Peak Performance Bannister-Munn
How to Handle Hypertrophy Robinson
NEW! Pilates Functional Progressions Velazquez
NEW! Training for Life: Bite-Sized Exercise Conti
Balance Brain and Spine Wartenberg

Gentle Yoga for Mobility Velazquez
NEW! Fusing Fitness & Trends Vokoun
Human Reformer Pilates Madden
NEW! SOULMashup Park
Forever Pilates Appel
Arm Candy Appel

Fri

November 7

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

NEW! Building Strong Foundations Gilbert
NEW! Athletic Aging by Ever Flexed Madden
NEW! X-Train for Active Adults Wartenberg
NEW! Boost Brain & Body Balance Gilbert
Chair Yoga for Mobility & Strength Kooperman
NEW! Palango! Strength Ojeda

NEW! Brazily® Dance Fitness Revolution Santos
SOULstrength™: A Little OFF BEAT Park
NEW! Prana Energy Greenbaum
Fusion Revolution Schell
NEW! SOULfusion™ Flows Park
NEW! CoreSpring® Pilates: Abs & Glutes Huss

Sat

November 8

SA1	7:00am 8:15am
SA2	8:30am 9:45am
SA3	10:00am 11:15am
SA4	12:15pm 1:30pm
SA5	1:45pm 3:00pm

S.E.A.T. Supported Exercise for Ageless Training
NEW! Flex & Power: Hip Mobility Mastery Kulp
Optimal Mobility: Enhancing Functionality Gilbert
Strength Training for Longevity & Vitality Robinson
Strengthen & Support Schell

Athletic Flow Schell
NEW! Palango! Cardio Ojeda
NEW! Healing Trauma Through Movement Greenbaum
NEW! Brazily® Dance: Bold, Fun Fitness Santos
NEW! Next-Level Mobility Warm-Up Strategies Mike

* All Mania® in-person sessions are recorded live and available to add to your registration or buy separately.



Certifications: Nov. 5
Convention: Nov. 6-8
 scwfit.com/sandiego

SCW / AB Show Expo Hours	
Thursday, November 6	12:00pm - 5:00pm
Friday, November 7	10:00am - 2:00pm

In-Person
Room
C
 Power & Personal Training

Pre-Recorded
Personal Training & Strength

Pre-Recorded
Restore, Pilates & Tai Chi

Pre-Recorded
Active Aging & Functional Training

Killer Core <i>Appel</i>
NEW! 5 Common Exercise Errors and Solutions <i>Preston</i>
NEW! Arms, Butts & Core on the Floor! <i>Bannister-Munn</i>
NEW! PureBack: Strengthen, Restore, Thrive <i>Horne</i>
NEW! Core for Life <i>Madden</i>
NEW! Band Strong: Train Anywhere Power <i>Bannister-Munn</i>

4 Quarters of Fitness <i>Robinson</i>
NEW! Core Without Crunches <i>Conti</i>
NEW! Prime Performance for 50+ <i>Robinson</i>
NEW! Joint Friendly: HIIT <i>Robinson</i>
Posture & Alignment with Personal Training <i>Mummy</i>
NEW! Stronger Women <i>Mike</i>

NEW! Trainer's Toolbox: Timesaving Solutions <i>Roberts</i>
Do This, Not That! <i>Robinson</i>
NEW! Master Rotational Power Training <i>Mike</i>
NEW! CoreSpring® Pilates for Strength & Stability
NEW! Progressive FIT: Functional Tube Training <i>Roberts</i>

Can't make it in-person? Get 100+ recordings, 50 from San Diego Mania® + 50 more Pre-Recorded from recent Mania® events (listed below). You can also add them to your in-person registration.

Add an EMOM <i>Merrill</i>
Total Body Shaping <i>McBee</i>
Athletic Woman <i>Hughes</i>
Core Amore <i>Madden</i>
Integrated Strength <i>George</i>

Kickbox N Chaos <i>Turner</i>
Strength & Wisdom <i>Freeman</i>
Total Body Strength <i>Richards</i>
Ultimate Leg Day <i>Toole</i>
Fluid Core Fusion <i>Velazquez</i>
RBB BURN <i>Strachan</i>

POWER: Not One Size <i>Turner</i>
Foundational Strength <i>Johnson</i>
Effort Mastery <i>McBee</i>
The Core 6 <i>Bannister-Munn</i>
Hit The Wall <i>Rockit</i>

Yoga-Pilates <i>Bannister-Munn</i>
Myofascial Recovery <i>Garcia</i>
Meditation for Recovery <i>Rockit</i>
Pilates, Power & Poise <i>Lemons</i>
Reset & Recharge <i>Spreen-Glick</i>

Pair Up with Pilates <i>Toole</i>
Chakras & Energy <i>Kaufman</i>
Active Recovery <i>Zuleger</i>
Pilates Fusion <i>Metcalf</i>
Tai Chi for GX/ PTs <i>Glassmeyer</i>
Breath Empowerment <i>Craddock</i>

Moving Meditation <i>J. Roberts</i>
Tai Chi Yoga Fusion <i>Velazquez</i>
Pilates 4 Life <i>Kahn</i>
Warrior Fusion <i>J. Roberts</i>
Recovery for Longevity <i>Appel</i>

Active Aging Playground <i>Toole</i>
Aging Shoulder <i>Aslakson</i>
Balance for Aging <i>Rothschild</i>
Ageless Pilates <i>Bender</i>
Hip Mobility <i>Bannister-Munn</i>

Senior Circuit <i>Haggard</i>
Optimal Mobility <i>Gilbert</i>
Balance/Coordination <i>Velazquez</i>
Bone Health Bootcamp <i>Conti</i>
Aging Female Strength <i>K. Roberts</i>
Latin Joyful Mix <i>Sepulveda</i>

Smart Warm-Up <i>D'Agati</i>
Renew & Restore 50+ <i>Ross</i>
Brain Balance Training <i>Splichal</i>
Marketing to Active Agers <i>Panel</i>
Functional Balance <i>Rothschild</i>





TH3 Sessions | 10:00am-11:15am

TH3A: How to Handle Hypertrophy ■

Dane Robinson

As our clients age or reach new levels of ability, the way they strength train becomes exponentially important. Learn how to create a smart, solid, and safe program of hypertrophy success that focuses on strengthening primary and accessory musculature through density & volume!

TH3B: Human Reformer Pilates ■

Tricia Madden

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.



TH3C: 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.

TH4 Sessions | 11:30am-12:45pm

TH4A: Pilates Functional Progressions ■ NEW!

Manuel Velazquez

Movement is a full-body experience. This Functional Pilates approach improves balance, strength, flexibility, and control by focusing on essential movements for daily life. As your body evolves, train smarter to move better—every day!

TH4B: SOULmashup ■ NEW!

Michele Park

Experience a high-energy mash-up of SOULstrength, BARREfusion, SOULkickboxing, and SOULfusion FLOW. Learn to blend strength, cardio, and flow with music-driven transitions and easy-to-teach choreography. Leave with tools to boost engagement, deepen connection, and elevate your classes with the magic of movement and music.



TH4C: PureBack:

Strengthen, Restore, Thrive ■ NEW!

Carl Horne

Strengthen your back and fight pain with PureBack! This dynamic class, powered by the TrueTurnPro device, enhances mobility, resilience, and core strength. Designed for all fitness levels, PureBack unlocks your body's potential, improving posture and movement efficiency. Experience the freedom of a pain-free, strong, and active life!

TH5 Sessions | 2:45pm-4:00pm

TH5A: Training for Life:

Bite-Sized Exercise ■ NEW!

Christine Conti, MEd

Discover the power of short, intentional movement sessions to boost strength, mobility, and function. Ideal for clients with chronic conditions, busy lives, or low motivation, this session shares creative programming and scalable progressions to build consistency, confidence, and real-life strength—one movement at a time.



TH5B: Forever Pilates ■

Abbie Appel

Pilates is for everyone! Explore 15 mat-based movement modifications and progressions to boost mobility, balance, and muscular endurance. Learn how posture improves function and confidence—empowering active agers to move better, feel great, and keep doing what they love.





TH5C: Core for Life ■◀ NEW!

Tricia Madden

Discover how core training goes beyond aesthetics to enhance function, balance, and resilience. This 15-minute demo features science-based movement and accessible progressions to help every body move better—on the mat and in life. Leave with smart, ready-to-use core strategies for any class format.



FR1B: Brazily® Dance Fitness Revolution ■◀ NEW!

Andre Santos & Mariana Santos

Today's dance fitness is about more than fun moves—it's about connection, purpose, and challenge. Learn to create bold, empowering experiences that build resilience, spark joy, and foster real community. Plus, experience the energy of Brazily® Dance in action!



TH6 Sessions | 4:15pm-5:30pm

TH6A: Balance Brain and Spine ■◀ NEW!

Billie Wartenberg

Boost balance, brain function, and spine strength with gentle movements, posture work, cognitive challenges, and stability exercises. This fun, functional class enhances coordination, mobility, and confidence perfect for fall prevention and mental sharpness. Bring curiosity and a smile for a session that supports body and mind!

TH6B: 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.

TH6C: Band Strong: Train Anywhere ■◀ 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.

Friday, November 7

FR1 Sessions | 7:00am-8:15am

FR1A: Building Strong Foundations ■◀ NEW!

Ann Gilbert

Explore tailored exercises for osteoporosis with a focus on weight-bearing, resistance, and balance training. Discover creative strategies to boost bone density, reduce fracture risk, and support long-term bone health through consistent, effective movement.

FR1C:4 Quarters of Fitness ■◀

Dane Robinson

Former pro football player Dane shares proven methods to build athletic performance. Learn to design programs that boost mobility, speed, power, and recovery for youth athletes and weekend warriors. Get ready to move, sweat, and elevate your game!

FR2 Sessions | 8:30am-9:45am

FR2A: Athletic Aging by

Ever Flexed ■◀ NEW!

Tricia Madden

Stay strong, mobile, and energized with EverFlexed, a fitness program for active adults 40+. Blend heavy strength, HIIT/VIIT, mobility, and flexibility for a dynamic experience that supports long-term health. Empower yourself to thrive with this perfect mix of fun and functional training for athletic aging.



FR2B: SOULstrength™: A Little OFF BEAT ■◀

Michele Park

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).



FR2C: Core Without Crunches ■◀ NEW!

Christine Conti, MEd

Explore low-impact, effective strategies to strengthen the core—no crunches required. Learn functional movements, posture-based exercises, and stability techniques that safely engage the entire core. Perfect for fitness pros and medical staff, this session offers scalable options for all levels and abilities.





FR3 Sessions | 10:00am-11:15am

FR3A: X-Train for Active Adults ■ NEW!

Billie Wartenberg

Sweat, move, and feel strong with X-Train! This full-body workout combines strength, cardio, and functional movements designed for active adults. Whether maintaining fitness or pushing new limits, this class meets you where you are. Modifications included—motivation guaranteed to keep you moving!

FR3B: 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.

FR3C: Prime Performance for 50+ ■ NEW!

Dane Robinson

For coaches training older adults, this session covers sport-specific programming to keep clients strong, agile, and functional. Learn to design workouts that boost cognitive function, enhance performance, prevent injury, and promote a high quality of life, ensuring longevity in both sport and daily activities.

FR4 Sessions | 1:15pm-2:30pm

FR4A: Boost Brain & Body Balance ■ NEW!

Ann Gilbert

A Dual-Tasking program combines physical exercises with cognitive challenges to enhance both body and mind. Engage in activities like walking while solving puzzles or balancing while recalling words. The program improves coordination, memory, and multitasking abilities. It's designed to reduce fall risks and promote overall well-being in older adults.

FR4B: Fusion Revolution ■

Mary Lou Schell, PhD



Revolutionize your stretch, yoga, and Pilates sessions with dynamic stick training. Learn progressions, regressions, and mobility principles to boost strength, flexibility, and core stability. Simple, versatile, and effective—stick training is your key to elevating class results!

FR4C: 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.

FR5 Sessions | 2:45pm-4:00pm

FR5A: Chair Yoga for Mobility & Strength ■

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: SOULfusion™ Flows ■ NEW!

Michele Park



Get ready to move with purpose! This music-driven session blends functional training with two creative YOGAish flows and a cardio burst. It's fun, sweaty, and smart—perfect for instructors ready to bring fresh choreography and serious vibe to their lineup.

FR5C: Posture & Alignment with Personal Training ■

Patrick Mummy

Maximize results and prevent injury with proper posture and alignment. Learn top coaching and cueing strategies from expert Patrick Mummy to assess and correct clients in both personal training and small group settings—ensuring safe, efficient movement every time.

FR6 Sessions | 4:15pm-5:30pm

FR6A: 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.

FR6B: CoreSpring®

Pilates: Abs & Glutes ■ NEW!

Charlyn Huss, MA, NCPT



Sculpt your core, glutes, quads, and hamstrings with CoreSpring®. This dynamic workout fuses Pilates principles with spring resistance using a free-hand apparatus that moves with you. Build core stability, alignment, and lower-body strength for improved tone and performance—all through personalized, adaptive training.



FR6C: Stronger Women ■ NEW!

Dr. Jonathan Mike, PhD

Discover the truth about women and strength training in this hands-on workshop. Debunk myths, explore science-backed strategies, and gain practical tools to confidently coach female clients with effective programming and movement drills at every stage of fitness. Walk away with real, applicable insights.

Saturday, November 8

SA1 Sessions | 7:00am-8:15am

SA1A: 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! Equip yourself with the tools to launch your SEAT program.

SA1B: Athletic Flow ■

Mary Lou Schell, PhD



Boost Your Athletic Performance: Elevate your conditioning sessions with dynamic exercises using training sticks. Enhance flexibility, mobility, and injury

resilience. Discover innovative sequences to optimize movement patterns and ensure lasting results. You'll leave with a ready-to-use class design, primed to invigorate your training regimen by Monday!

SA1C: 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.

SA2 Sessions | 8:30am-9:45am

SA2A: 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.

SA2B: 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!

SA2C: 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.



Presenter Information

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



SA3 Sessions | 10:00am-11:15am

**SA3A: 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.

**SA3B: Healing Trauma
Through Movement** ■■

Lisa Greenbaum, E-RYT 500, C-IAYT

Explore how trauma impacts the brain and body, and how Yoga and somatic practices can support healing. Reconnect with yourself through breath and movement. Open to all—no Yoga experience needed. Discover practical insights from current trauma research.



SA3C: Master Rotational Power Training ■■ **NEW!**
Dr. Jonathan Mike, PhD

Master the mechanics of rotational power in this hands-on session designed for fitness pros. Learn scalable, science-backed strategies to enhance athletic performance, from elite competitors to everyday clients. Walk away with real-world tools and training techniques to elevate rotational strength, speed, and explosive movement like never before.

SA4 Sessions | 12:15pm-1:30pm

**SA4A:
Strength Training for Longevity & Vitality** ■■
Sara Kooperman, JD

Discover creative, effective tubing techniques designed for the 40+ population. This total-body group strength workout uses multi-joint, rhythmic exercises to build endurance, flexibility, and balance. Learn to train smarter—not harder—for longevity, vitality, and lasting results.

**SA4B: Brazily® Dance:
Bold, Fun Fitness** ■■ **NEW!**
Andre Santos & Mariana Santos



Break out of the ordinary with Brazily® Dance—a high-energy workout inspired by Brazilian rhythms like samba and funk. Perfect for instructors looking to stand out, connect with Gen Z and millennials, and lead joyful, confidence-boosting classes that build courage, community, and fun.

**SA4C: CoreSpring® Pilates
or Strength & Stability** ■■ **NEW!**
Charlyn Huss, MA, NCPT



Strengthen your core and lower body with CoreSpring® Pilates! This low-impact workout uses dynamic spring resistance to enhance stability, balance, and flexibility. Target your abs, glutes, and legs while improving posture and alignment. Enjoy a personalized, joint-friendly session designed to keep you strong, mobile, and active at any age!

SA5 Sessions | 1:45pm-3:00pm

SA5A: Strengthen & Support ■■
Mary Lou Schell, PhD



Elevate your training with Stick Mobility. Using custom-designed sticks, enhance strength, mobility, muscle activation, coordination, and body awareness. Perfect for groups or small teams, this innovative method builds a strong foundation from the ground up—accessible to all fitness levels.

**SA5B: Next-Level Mobility
Warm-Up Strategies** ■■ **NEW!**

Dr. Jonathan Mike, PhD

Unlock powerful warm-up strategies with upper, lower, and full-body mobility patterns. This session equips coaches and trainers with innovative drills, coordination tactics, and real-world applications to boost movement quality, strength, and readiness. Learn how to program effective, dynamic warm-ups that go far beyond the typical treadmill and arm circles.



SA5C: 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.

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!

Total Body Shaping

Sheldon McBee, MS

Old school meets new school! Studios all over the world are creating brilliant programs that feature a combination of functional training, strength training, circuits, metabolic conditioning, yoga, and more. Experience a successful class that focuses on bodybuilding principles designed to develop and shape muscle. Leave this workout with inspiring and effective programming ideas.

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.

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!

POWER: One Size does NOT Fit All

Tara Turner

This is not your average strength class! Utilize hand weights, body weight, and optional plyometric exercises for a personalized and powerful muscle strengthening experience. Because one size does NOT fit all, elevate your heart rate, embrace progressions, enjoy your options, and experience ultimate challenge. All levels welcome!

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.

The Core 6: Strength & Movement Essentials

Gail Bannister-Munn

Master the six key movement patterns—Squat, Hinge, Lunge, Pull, Push, and Carry—in this high-energy class. Build strength, stability, and mobility for daily life and athletic performance. Perfect for all fitness levels, this class helps prevent injury, improve fitness, and empower you to move better, feel stronger, and live healthier!

RBB BURN

Rebekah Strachan

Experience the power of rhythm-based training with RBB BURN! This to-the-beat cardio workout blends functional movements, strength, and cardio for a total-body burn. Move through all planes of motion to energizing music, transforming exercise into an exhilarating fitness party!

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.

Recovery Through Meditation

Yury Rockit

Dive into the essence of meditation in this transformative session. Beyond theory, experience traditional practices to master pranayama skills. Gain tools for immediate integration into your life, client sessions, and classes. Elevate mind and body with authentic techniques, unlocking both physiological and psychological benefits. Empower yourself and others with mindful living.

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.

Pair Up With Pilates

Amber Toole

Discover the powerful fusion of Pilates and weight training to unlock next-level results for your clients! This dynamic session reveals how Pilates principles—core stability, breath control, and alignment—can enhance strength, mobility, and injury prevention, giving you the tools to create stronger, more functional fitness routines.

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.

Breath Empowerment

Joshua Craddock

Uncover the science of breath and its impact on health and dysfunction. Learn how improper breathing may affect clients and explore techniques to build energy (qi). Experience a powerful breathing method that oxygenates, heals, and promotes a heightened sense of qi and overall wellbeing.

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.

Balance Training for Healthy Aging

Deborah Rothschild

Balance and strength are key for healthy aging and overall well-being. With humor and self-compassion, balance training fosters mental and emotional steadiness. Learn balance assessment methods and exercises for personal training, senior classes, yoga, and chair-bound clients, emphasizing steadiness in the midst of change and challenge.

Ageless Pilates

Leslee Bender

Gain a functional approach to Pilates that prioritizes extension and rotation, essential for daily movement. Learn to reduce strain on the spine and neck by avoiding excessive supine flexion. Explore fascial lines and planes of motion, using small equipment to create dynamic, pain-free movement for lifelong health.

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!

Functional Balance Training Circuits

Deborah Rothschild, MS

Explore the science of balance training in this interactive session. Learn and practice techniques to train balance effectively, with four levels of circuits





for clients over 50. Gain skills to progress or regress exercises, ensuring safe and effective workouts tailored to aging clients.

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)

