

SCW

**LIVE STREAM**

**MANIA**



**FEBRUARY 26-28, 2021**

- **126 Sessions**
- **82 Presenters**
- **16 Certifications**
- **20 CEC/CEUs** (Continuing Education Credits)
- **30 Days Recorded Sessions**
- **Flexible Payment Options**

[LiveStreamMANIA.com/February](https://LiveStreamMANIA.com/February)

## PRE-CON CERTIFICATIONS

Wednesday, February 24

**Active Aging Certification**  
Roberts  
9:00am-5:00pm CST

**Barre Certification**  
Appel  
9:00am-5:00pm CST

**Tai Chi Certification**  
Ross  
9:00am-5:00pm CST

**Meditation Certification**  
Warasila  
5:30pm-9:30pm CST

## PRE-CON CERTIFICATIONS

Thursday, February 25

**Personal Training Certification**  
Roberts  
9:00am-5:00pm CST

**Pilates Matwork Certification**  
Appel  
9:00am-6:00pm CST

**Schwinn® Indoor Cycling Instructor Certification**  
Thews & Hogg  
8:00am - 5:00pm CST

**Group Exercise Certification**  
Howard  
9:00am-6:00pm CST



Download & Print  
Schedule Here >>

**A**  
ACTIVE AGING/  
RECOVERY/MIND BODY

**B**  
FUNCTION / PT

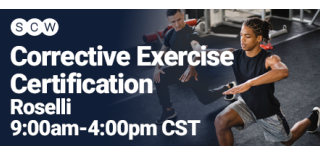
**C**  
GX / PT  
(PRE-RECORDED)

**D**  
CYCLE/HIIT/GX

FRIDAY, FEBRUARY 26	FR1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	<b>NEW!</b> Get A Head Start On Aging Gilbert	<b>NEW!</b> Coaching Core Engagement Chilazi	5 Fundamentals of Elite Personal Trainers Mullins	Schwinn®: It's All About the Base Sherman
	FR2	10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST	<b>NEW!</b> Let's FACE It Together™ 101 Conti	Let's Get Unconventional Roselli	All Time HIITS Appel	Welcome to the Jungle (Gym) - HIIT Hogg
	FR3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	<b>NEW!</b> Parasetter® for Rest & Recovery Kahn	<b>NEW!</b> Fight Night D. Richards	Blast Your Glutes Roberts	<b>NEW!</b> Schwinn®: H2W2 - Simplify & Amplify Mylrea
	VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST					
	FR4	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	<b>NEW!</b> Pilates Fit + Strong Kahn	The Kinetic Core Roberts	Functional Pilates Vanderburg	<b>NEW!</b> JUST2SWEAT Charles
	FR5	4:00pm-5:15pm EST 3:00pm-4:15pm CST 1:00pm-2:15pm PST	Active Aging No Floor Core Layne	<b>NEW!</b> Muscle Doesn't Build Itself McCormick NEW	Butts & Guts Thomson	Making Cardio Fun M. Williams
SATURDAY, FEBRUARY 27	FR6	5:35pm-6:50pm EST 4:35pm-5:50pm CST 2:35pm-3:50pm PST	<b>NEW!</b> Yin & Yang Yoga Journey M. Velazquez NEW	Getting to the Core: Core Training Methods Mullins	How to Be Fluent in Exercise Language Christopher	Schwinn®: Pimp My Play List! Appel
	SA1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Stop Hurting Your Shoulders! Roselli	<b>NEW!</b> Build A Functional Warm-Up Boettcher	The Mother Hood Maurer	Toning is NOT a Thing Appel
	SA2	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	Soul Yoga Kooperman	Straight to the Core Robinson	Butt Blaster & More Howard	BIIT: Barre Intensity Interval Training O'Dell
	SA3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	<b>NEW!</b> Smart Strength for the Ageless Female Roberts	Maximize Your Sessions With Cluster Circuits M. Williams	Redefine Functional Training - Redefine Yourself Mullins	Schwinn®: Set the Stage: Plan the Perfect Ride McLean
	VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST					
	SA4	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	<b>NEW!</b> Fascia, ROM & Flexibility M. Velazquez	<b>NEW!</b> Small Group F.I.R.S.T. Progressions Roberts	Floorless Core Hagan	POUND® - ROCKOUT. WORKOUT. C-Rad
SUNDAY, FEBRUARY 28	SA5	4:00pm-5:15pm EST 3:00pm-4:15pm CST 1:00pm-2:15pm PST	Tai-Chi + Yoga = Bamboo Fusion Carbo	<b>NEW!</b> Complete Guide To Metabolic Flexibility Roselli	Activated Body Thomson	<b>NEW!</b> Bodyweight Booty Appel
	SA6	5:35pm-6:50pm EST 4:35pm-5:50pm CST 2:35pm-3:50pm PST	<b>NEW!</b> Fire & Ice Yoga Spreen-Glick	Flex Your Own Way Leachman	Ultimate One-Dumbbell Workout M. Velazquez	<b>NEW!</b> Driveway Bootcamp Warasila
	SU1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Core Yoga Strong Howard	Glute Training for Strength & Performance Bryce	Perfect Powerful PLYOMETRIC Performance! Twist	<b>NEW!</b> TRX Beyond The Basics Quelch
	SU2	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	<b>NEW!</b> Pilates Magic Appel	Building Better Butts Mullins	<b>NEW!</b> Small Group Programming for Active Agers Gilbert	<b>NEW!</b> Killer Cardio D. Richards
	VIRTUAL EXPO BREAK: 11:50am-12:50pm EST • 10:50am-11:50am CST • 8:50am-9:50am PST					
	SU3	12:50pm - 2:05pm EST 11:50am - 1:05pm CST 9:50am - 11:05am PST	<b>NEW!</b> Functional Training for Active Agers Gilbert	<b>NEW!</b> Get POWR'd Circuit Training Silvas	Metabolic Mixer Appel	<b>NEW!</b> The Bare Essential: Strength Training 101 Bannister-Munn
	SU4	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	Social Media Certification Maurer 9:00am-5:00pm CST	Soul Power Freeman	Strength Training for Longevity & Vitality Kooperman	Schwinn®: Rock Steady - Recovery Rides Roberts



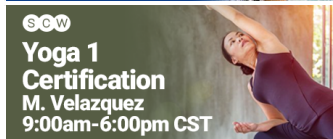
**SCW**  
**Aqua Ex Certification**  
Howard  
9:00am-6:00pm CST



**SCW**  
**Corrective Exercise Certification**  
Roselli  
9:00am-4:00pm CST

**SCW**  
**LIVE STREAM**  
**MANIA**

**CERTIFICATIONS + SESSIONS SCHEDULE**




**SCW**  
**Yoga 1 Certification**  
M. Velazquez  
9:00am-6:00pm CST



**SCW**  
**Nutrition Coaching For Fitness Pros Certification**  
Layne  
9:00am-5:00pm CST



**SCW**  
**Virtual Training: Lights, Camera, Action Certification**  
Maurer  
1:00pm-5:00pm CST



**SCW**  
**Functional Training Certification**  
Mullins  
9:00am-5:00pm CST

**E**  
**AQUA (ON LAND)**

**F**  
**NUTRITION/ EXERCISE SCIENCE/ WELLNESS**

**G**  
**BUSINESS (MARKETING / REVENUE)**

**H**  
**BUSINESS (MANAGEMENT/MEDIA)**

<b>NEW!</b>	H2O Total Body Blast Dziubinski	<b>NEW!</b>	Nutritional Detox - What Your Clients Need to Know Ruani	<b>NEW!</b>	Maximize Revenue Post Pandemic Bailey	<b>NEW!</b>	Virtual Group Training - The New Normal Purifoy, Case & Dye	<b>FR1</b>	FRIDAY, FEBRUARY 26
	Acquapole Boxing Manfredi (PRE-RECORDED)	<b>NEW!</b>	Growth of a Muscle Cell Layne	<b>NEW!</b>	Stop Chasing Clients L. Richards	<b>NEW!</b>	GRX Streaming to Success Howard	<b>FR2</b>	
	Cool Pool Moves: 8 Tools to Remember Warasila	<b>NEW!</b>	Slowing the Aging Process with Nutrition Charlop (PRE-RECORDED)	<b>NEW!</b>	Preschool Fitness: The Untapped Market Silence	<b>NEW!</b>	Coaching Mindset in a Mind-Upset World Gegg	<b>FR3</b>	
VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST									
<b>NEW!</b>	Aqua Yoga Zen Irby		Diet vs. Exercise: Food Choices Always Win Fearheiley		Strategic Thinking - Personally & Professionally McBride		Transform Social Media Fans Into Paying Clients Plamondon-Thomas	<b>FR4</b>	FRIDAY, FEBRUARY 26
	Platinum - Silver Tsunami M. Velazquez	<b>NEW!</b>	Chakra Healing for Optimal Wellness Sebring		Future of Group Ex Panel Kooperman, Howard, Kahn & Spreen- Glick	<b>NEW!</b>	Virtual Training: Equipment Essentials Lange	<b>FR5</b>	
<b>NEW!</b>	Aqua Core Senior Style Kulp	<b>NEW!</b>	Food Is & Prevents Medicine Silverman	<b>NEW!</b>	Build an Unbeatable Digital Marketing Strategy Polson		Delegation & Automation for Social Media Maurer	<b>FR6</b>	
<b>NEW!</b>	Aqua ROM Training for Mature Adults Gilbert	<b>NEW!</b>	Overcoming Overeating & Food Addiction Ruani (PRE-RECORDED)	<b>NEW!</b>	Crushing the Competition With Service Ebeling	<b>NEW!</b>	Virtual Training Business Essentials Quelch	<b>SA1</b>	SATURDAY, FEBRUARY 27
	Liquid Gym Acqua Tone Manfredi	<b>NEW!</b>	Mental Health: The Parallel Pandemic L. Brick & V. Brick		New Client Retention McBee	<b>NEW!</b>	Fitness Business Growth Through Technology Vokoun	<b>SA2</b>	
<b>NEW!</b>	Aqua PPE Warasila	<b>NEW!</b>	Let's FACE It Together™ Special Populations Conti		Design Your Business to Run Itself C. Barnes & T. Barnes	<b>NEW!</b>	I'm So Bad with Technology Plamondon-Thomas	<b>SA3</b>	
VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST									
	WATERinMOTION Strength Kulp	<b>NEW!</b>	Drink Up! The Future of Real Milk Lubin		Trends for 2021 & Growth Panel Kooperman, T. Barnes, McBride & Stevenson		Create a Thriving Virtual Studio! Gray (LECTURE)	<b>SA4</b>	SATURDAY, FEBRUARY 27
	SAF Aqua Drums Vibes A. Velazquez	<b>NEW!</b>	Exercise Research 101: Facts Vs. Fake News Chilazi	<b>NEW!</b>	The It Factor- Build a Brand L. Richards		Social Media Panel Conti, Maurer, Hoff, & K. Williams	<b>SA5</b>	
<b>NEW!</b>	Double Trouble: Bad Boys Of Aqua Howard & M. Velazquez	<b>NEW!</b>	Better Sleep For Active Agers Silverman	<b>NEW!</b>	GET KID-FIT! Silence		Live Streaming Like A Boss K. Williams	<b>SA6</b>	
<b>NEW!</b>	Luscious Limbs: From Top to Bottom Gilbert	<b>NEW!</b>	Treating Obesity Effectively Galanto		Be Your Unique Selling Point McWaine		Small Group Training Success Robinson	<b>SU1</b>	SUNDAY, FEBRUARY 28
<b>NEW!</b>	Power to the Pool Dziubinski	<b>NEW!</b>	The Best Supplements for Performance Charlop	<b>NEW!</b>	From CPT to CEO Brookbush	<b>NEW!</b>	Opportunities Within the Health & Fitness Industry McBride	<b>SU2</b>	
VIRTUAL EXPO BREAK: 11:50am-12:50pm EST • 10:50am-11:50am CST • 8:50am-9:50am PST									
<b>NEW!</b>	Smart Sets For Aqua Dumbbells Kulp	<b>NEW!</b>	Nutrition Panel Layne, Silverman, Ruani & Charlop	<b>NEW!</b>	Leading Diversity & Inclusion In Fitness Chilazi	<b>NEW!</b>	Keys to a Successful Program Launch Hoff	<b>SU3</b>	
	<b>water@motion</b> Aqua Exercise Certification Warasila • 9:00am-5:00pm CST		Intermittent Fasting - Fact or Fiction? Roth		Small Group Training Profits & Programs Stevenson	<b>NEW!</b>	Easy Social Media Management for Fit Pros Morrison	<b>SU4</b>	SUNDAY, FEBRUARY 28

## LIVE STREAM MANIA® • FEBRUARY 26-28

Join us for an action-packed weekend of inspiring and informative sessions, with real-time access to top MANIA® presenters, streamed LIVE in the convenience and safety of your home. Included is a fully interactive Live Expo. This exciting 3-day Live Streaming Fitness Professional Convention is for Group Fitness Instructors, Personal Trainers, Aquatic Exercisers, Mind-Body Experts, Nutrition Specialists, Facility Managers, Directors, Owners and more!

### LIVE ONLY

(Was \$259)

**Now Only \$159**

### LIVE + ALL ACCESS

(Was \$299)

**Now Only \$199**

## CERTIFICATIONS

### WEDNESDAY, FEB. 24 CERTIFICATIONS

#### SCW ACTIVE AGING CERTIFICATION

**Keli Roberts**

**Wednesday, February 24, 10:00am-6:00pm EST**  
**\$99**

As millions of baby-boomers enter their golden years, staying mentally, socially and physically active is the key to maintaining quality of life. Cutting-edge research reveals there's no secret to aging well. By focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention and balance, we can slow the aging process. Discover ways to empower seniors, not just teach them. Group fitness instructors, trainers and managers overseeing active aging programming will enjoy this one-day course that combines relevant research and proven practical approaches to training brains and bodies of 50+ participants. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (7.0), ACE (0.7), AEA (4.0), NASM (0.7), ACSM (8.0), NFPT (1.6).

If you can't make the Live Stream Certification, take the course online. Visit

[scwfit.com/store/product/active-aging-online-certification/](http://scwfit.com/store/product/active-aging-online-certification/)



#### SCW AQUATIC EXERCISE CERTIFICATION

**Jeff Howard**

**Wednesday, February 24, 10:00am-7:00pm EST**  
**\$99**

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this nationally recognized comprehensive certification serves as an essential first step into the field of teaching water exercise. Learn the benefits of aquatic exercise and gain practical skill mastery in the unique environment of water. The principles of aquatic training, as they apply to general anatomy, kinesiology, water depth, movement planes, cueing skills, musicality and special population adaptations, are thoroughly addressed. Professionalism, leadership skills, and legal considerations are reinforced. Experience on-site coaching and one-on-one assessment of teaching skills to successfully develop and deliver effective water programming.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (8.0), ACE (0.7), NASM (0.8), AEA (9.0), ACSM (8.0), NFPT (1.6). If you can't make the Live Stream Certification, take the course online.

Visit [scwfit.com/store/product/aqua-ex-certification/](http://scwfit.com/store/product/aqua-ex-certification/)





## SCW BARRE CERTIFICATION

**Abbie Appel**

**Wednesday, February 24, 10:00am-6:00pm EST**

**\$99**

This one-day nationally recognized certification does not require a dance background and enables each participant to teach Barre to his or her clients and implement programming in any type of facility using a fixed ballet barre. Barre training combines the core conditioning of Pilates with the flexibility of Yoga while increasing stability by using isometric exercises. Leave with an easy-to-follow, flexible, choreographed routine for a 60-minute Barre class that includes a plethora of variations enabling you to discover creative ways to structure your own Barre workouts for months to come. Equipment options include light dumbbells, flat resistance bands, and mini-balls.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. Video and music support available. SCW (7.0), AFAA (7.0), ACE (0.6), AEA (4.0), NASM (0.7), ACSM (7.0), NFPT (1.4).

If you can't make the Live Stream Certification, take the course online. Visit

[scwfit.com/store/product/ballet-barre-online-certification/](http://scwfit.com/store/product/ballet-barre-online-certification/)

## SCW CORRECTIVE EXERCISE CERTIFICATION

**Giovanni Roselli**

**Wednesday, February 24, 10:00am-5:00pm EST**

**\$99**

In this comprehensive course, learn to conduct and interpret key movement screens and implement a corrective exercise program to restore the body's proper biological design. Discover how to effectively coach the five movement patterns to perform any exercise safely and effectively without the risk of injury. Acquire the skills of a movement specialist and present prehab exercises to prevent the necessity of rehab. As exercise-related injuries continue to increase in fitness, it is time to revisit and understand the foundational concepts of movement, the relationship of stability and mobility throughout the kinetic chain and how they function in exercise and movement. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), AFAA (6.0), ACE (0.6), AEA (6.5), NASM (0.6), ACSM (7.0), NFPT (1.4). If you can't make the Live Stream Certification, take the course online.

Visit

[scwfit.com/store/product/small-group-training-certification/](http://scwfit.com/store/product/small-group-training-certification/)

## SCW MEDITATION CERTIFICATION

**Connie Warasila**

**Wednesday, February 24, 6:30pm-10:30pm EST**

**\$99**

Learn the background to traditional tenets of Eastern meditation from principles to prana to practices. Fuse theory and practical meditation techniques to gain a deeper sense of self and consciousness. Learn mindful skills that gradually progress with the potential to develop into a lifelong practice for yourself and others. Movement enhances our physical body; meditation improves our mental and emotional states. This vibrant program is suitable for any Fitness Professional with no experience required. Acquire new skills to start your own meditation class or simply implement aspects of meditation into your current recovery programs. Strengthen your emotional balance, stimulate clearer thinking, and enhance your personal and professional creativity with this course that encourages deeper sleep, reduced anxiety and increased self-confidence. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), AFAA (4.0), NASM (0.4), ACSM (4.0), NFPT (0.8). If you can't make the Live Stream Certification, take the course online. Visit

[scwfit.com/store/product/meditation-online-certification/](http://scwfit.com/store/product/meditation-online-certification/)

## SCW T'AI CHI CERTIFICATION

**David-Dorian Ross**

**Wednesday, February 24, 10:00am-6:00pm EST**

**\$99**

Some claim that T'ai Chi is one of the oldest forms of group exercise on the planet. Learn exercises from Qi Gong, which can be done in any order, at any time of the day and without equipment. These exercises are also known as the age-old Yang Short Form of T'ai Chi. Teach your clients to feel more invigorated, more energized, and more balanced from this natural choreographic flow of wellness. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (8.0), ACE (0.7), NASM (0.8), ACSM (8.0), NFPT (1.6). If you can't make the Live Stream Certification, take the course online. Visit

[scwfit.com/store/product/taichi-qigong-online-certification/](http://scwfit.com/store/product/taichi-qigong-online-certification/)

# THURSDAY, FEB. 25 CERTIFICATIONS

## SCW FUNCTIONAL TRAINING CERTIFICATION



**Kevin Mullins, CSCS**

**Thursday, February 25, 10:00am-6:00pm EST**

**\$99**

Expand your reach as a Personal Trainer to attract and retain more clients through the use of functional training. Learn dozens of new exercises, refine the positions you and your clients train in, and develop a program that delivers results consistently without risk. Discover and assess how to effectively train your muscles to work together. Explore the training techniques that drive life, sport, and health. Improve human function and performance through this digestible, hands-on, practical course. Leave with a full list of new exercises and practical modifications including regressions and progressions that you can integrate today into your training programs. Grow your training business through this expert functional training course developing both your personal and small group offerings. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACSM (7.0), NFPT (1.4).

## SCW GROUP EXERCISE CERTIFICATION



**Jeff Howard**

**Thursday, February 25, 10:00am-7:00pm EST**

**\$99**

Have you always wanted to be a group fitness instructor? Learn proper class sequencing, warm-up progressions, musical phrasing, effective cueing techniques, choreography development and all of the practical skills required to deliver your best class, every class. Leave this Nationally Recognized Certification with confidence in your ability to demonstrate impactful teaching skills and successfully lead a group fitness class. Understand group cardiovascular fitness, muscular endurance and flexibility training techniques with one of our industry's finest. The balance of theoretical and practical training makes this cutting-edge Group Exercise Certification perfect to prepare you for the newest variety of fitness programming. Learn components of Hi/Lo impact cardiovascular training, muscle conditioning and sculpting, HIIT programming and more. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (8.0), NASM (0.8), AEA (4.5), ACSM (8.0), NFPT (1.6). If you can't make the Live Stream Certification, take the course online. Visit

[scwfit.com/store/product/group-exercise-online-certification/](http://scwfit.com/store/product/group-exercise-online-certification/)

## SCW VIRTUAL TRAINING: LIGHTS, CAMERA, ACTION!



**Jessica Maurer**

**Thursday, February 25, 2:00pm-6:00pm EST**

**\$99**

Learn how to successfully run a virtual Group Ex class, Personal Training session and progressive program. Everything from start-up to sign off will be addressed to take your training to the next level. Understand the ins and outs of lighting, camera selection, clothing and make up. Develop a successful strategy for exercise selection and program development. Discover techniques for proper business structuring, online queuing, music integration, money collection and legal responsibilities. Explore the latest and greatest social media marketing, email and texting strategies to build your program and fill your sessions. Leave with a blueprint for successful execution for all of your online, virtual programming.

- Integrating Music
- Lighting Techniques
- Taking Online Payments
- Marketing & Promotion
- Legal Documents
- Affordable Equipment Recommendations
- Structuring Your Classes
- And So Much More!

CECS: SCW (4.0), ACE (0.4), AFAA (4.0), AEA (4.0), NASM (0.4), ACSM (4.0), NFPT (0.8)

If you can't make the Live Stream Certification, take the course online. Visit

[scwfit.com/store/product/virtual-training-online-certification/](http://scwfit.com/store/product/virtual-training-online-certification/)

## SCW NUTRITION COACHING FOR FITNESS PROFESSIONALS CERTIFICATION



**Melissa Layne, MEd**

**Thursday, February 25, 10:00am-6:00pm EST**

**\$99**

In this brand-new and highly requested SCW Certification, learn practical and safe techniques, plans and programs to provide sound nutritional coaching to guide your clients to reach their goals. Review your scope of practice and examine what can and should be discussed with clients to forge a strong, practical and healthy Client-Coach relationship. Review the foundations of nutrition and metabolism, and educate your clients about the principles of quality nutrition programs through Resting Metabolic Rate (RMR) and weight loss calculations. Examine the three most controversial food label concepts. Analyze organic, genetically modified organisms (GMOs) and food additives in a comprehensive yet usable fashion. Meal templates are included in addition to various behavior modification models and tools to improve

dietary choices. Leave this certification confident and competent to coach your clients to long-term habitual success.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), AFAA (7.0), ACE (0.7), AEA (7.0), NASM (0.7), ACSM (7.0), NFPT (1.4). If you can't make the Live Stream Certification, take the course online. Visit

[scwfit.com/store/product/nutrition-coaching-for-fitness-professionals/](http://scwfit.com/store/product/nutrition-coaching-for-fitness-professionals/)

## SCW PERSONAL TRAINING CERTIFICATION



**Keli Roberts**

**Thursday, February 25, 10:00am-6:00pm EST**

**\$99**

This Nationally Recognized Personal Training Certification is led by one of the top Presenters/Trainers in the country. Combine lecture and activity to address academic foundations, training principles and hands-on program design. Acquire the necessary skill sets and critical knowledge to guide and inspire individuals to achieve their health, fitness and performance goals. Explore the essentials of exercise physiology and kinesiology, health-risk assessment, physical evaluations, programming alternatives for cardio, strength and flexibility advancement, and an introduction to facilitating behavior change in addition to basic business and marketing skills in this full-day course.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), AEA (4.0), ACSM (8.0), NFPT (1.6).

If you can't make the Live Stream Certification, take the course online. Visit

[scwfit.com/store/product/personal-training-online-certification/](http://scwfit.com/store/product/personal-training-online-certification/)

## SCW PILATES MATWORK CERTIFICATION



**Abbie Appel**

**Thursday, February 25, 10:00am-7:00pm EST**

**\$99**

Experience the classical series of movement and modifications based on the timeless methods of Joseph Pilates in this Nationally Recognized Certification. Principles of core stabilization, optimal alignment and Pilates matwork create the foundation for this intensive blend of theoretical and practical training. Learn proper execution, form and technique of over 40 essential Pilates exercises. Modifications and variations are provided to address common spinal dysfunction and postural imbalances. Leave with multiple levels of programming options and the skills necessary to teach a Pilates Mat Class as they apply to training all ages and abilities.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW

(8.0), AFAA (8.0), ACE (0.8), NASM (0.8), AEA (4.5), ACSM (8.0), NFPT (1.6). If you can't make the Live Stream Certification, take the course online. Visit

[scwfit.com/store/product/pilates-matwork-online-certification/](http://scwfit.com/store/product/pilates-matwork-online-certification/)

## SCW YOGA I CERTIFICATION



**Manuel Velazquez**

**Thursday, February 25, 10:00am-7:00pm EST**

**\$99**

Ready to take the next step to becoming a Yoga Instructor? Get certified by the #1 Yoga Certification in the U.S. Experience a comprehensive, theoretical and practical approach to hands-on yoga instruction. Learn different Hatha Yoga postures suitable for varying clientele – young or old, fit or de-conditioned, competitor or recovering athlete. Understand the latest scientific research about yoga and discover a simple, systematic approach to program design and effective cueing techniques. Seasoned and novice participants leave qualified to passionately lead a successful yoga class and yoga-inspired recovery and cool-down. Price includes training manual and testing fee (\$59 value) Manuals will be emailed from SCW Fitness Education. SCW (8.0), AFAA (7.0), ACE (0.8), NASM (0.7), AEA (4.0), ACSM (8.0), NFPT (1.6). If you can't make the Live Stream Certification, take the course online. Visit

<https://scwfit.com/store/product/yoga1-online-certification/>

## SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION



**Doris Thews & Jenn Hogg**

**Thursday, February 25, 9:00am-6:00pm EST**

**\$159 early bird registration price through February 12th. \$179 registration price after February 12th.**

#RideRight anywhere & everywhere with the industry's most up to date, respected and progressive indoor cycling instructor training course. Get the tools you need to become a successful and sought-after instructor on any brand of bike in one, power packed day. This critically acclaimed certification, based on the Schwinn® Cycling Coach's Pyramid™, allows you to work smart, break through, fill your room and shine in the studio.

Course also covers proper bike fit, cycling science, class design, music, communication skills, motivation techniques and much. Takeaways include: Eight complete class design plans A comprehensive manual and Certificate of Completion. SCW (9.0), ACE (0.8), AFAA (8.0), NASM (0.8), ACSM (9.0)

# SUNDAY, FEB. 28 CERTIFICATIONS

## SCW SOCIAL MEDIA CERTIFICATION



**Jessica Maurer**

**Sunday, February 28, 10:00am-6:00pm EST**

**\$99**

Grow your social media following and build your personal and professional influence. Improve your image and increase your reach. Explore simple, usable and effective social media tricks and marketing tips. Join us for this 8-hour certification to learn how to launch your own online classes or expand your virtual studio. Address new ways to start your own live streaming personal training business or perfect your current programming. Review effective and ever-changing ways to master Instagram, Facebook, and LinkedIn with actionable items to start immediately to organize and create content quickly and successfully. This course is created to provide you with tools, techniques, and solutions to take your online life to the next level. Social Media is constantly changing and we continually update this course, so that whether you are new to social media or a seasoned veteran, you will receive the latest and greatest information.

Price includes training manual and testing fee (\$59 value) Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACSM (7.0), NFPT (1.4). If you can't make the Live Stream Certification, take the course online. Visit [scwfit.com/store/product/social-media-online-certification/](http://scwfit.com/store/product/social-media-online-certification/)

## WATERinMOTION® AQUA EXERCISE CERTIFICATION



**Connie Warasila**

**Sunday, February 28, 10:00am-6:00pm EST**

**\$59**

This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing techniques, deck teaching skills, and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation, and leadership development. Leave certified in both the WATERinMOTION® Original program and the WATERinMOTION® Platinum (older adult) program, with the skills to teach your best class, every class! Certification includes a FREE online 5-part course, downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and optional Video Assessment (\$300 value). SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), AEA (8.0), ACSM (7.0), NFPT (1.4).

If you can't make the Live Stream Certification, take the course online. Visit [waterinmotion.com/onlinecert/](http://waterinmotion.com/onlinecert/)



# SESSIONS

## FRIDAY, FEBRUARY 26

### FR1 - FRIDAY SESSION 1

**9:00am-10:15am EST**

**8:00am-9:15am CST**

**6:00am-7:15am PST**

### GET A HEAD START ON AGING

**Ann Gilbert**

Exercise has been proven to slow cognitive decline associated with aging. Learn how exercise influences the body's biological systems and functions to keep brains healthy and sharp! Practice innovative movements and techniques, complete with tons of options for clients of all fitness levels, and update your active aging training sessions today!

**FR1A Friday, 9:00am-10:15am EST**

### COACHING CORE ENGAGEMENT

**Siri Chilazi**

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

**FR1B Friday, 9:00am-10:15am EST**

### 5 FUNDAMENTALS OF ELITE PERSONAL TRAINERS

**Kevin Mullins, CSCS**

Develop your craft and evolve into one of the best trainers in your region by learning the 5 things that all great trainers do. Learn from an industry veteran, with almost twenty-thousand training sessions, and experience how to build rapport, create change, become memorable, and elevate your brand to elite status.

**FR1C Friday, 9:00am-10:15am EST**

### SCHWINN® CYCLING: IT'S ALL ABOUT THE BASE

**Robert Sherman**

It's official - The fitness world has crowned HIIT as the only way to get fit and see results. No doubt - HIIT is a super effective way to train. But, according to research, it should only comprise approximately 20% of total weekly training volume. What's a cycle coach to do with the other 80%? The answer is simple: endurance-based training. Learn the secrets of creating and delivering Anti-HIIT workout stages and classes sure to delight every rider in the room!

**FR1D Friday, 9:00am-10:15am EST**

### H2O TOTAL BODY BLAST

**MaryBeth Dziubinski**

This session focuses on 3 aquatic training modalities for total body conditioning, utilizing the physical properties of the water, as well as intensity and directional variations to achieve optimal client outcomes. Learn each move, progressions and methods to safely increase intensity to strengthen the entire body.

**FR1E Friday, 9:00am-10:15am EST**

### NUTRITIONAL DETOX - WHAT YOUR CLIENTS NEED TO KNOW

**Alex Ruani**

Detoxification is all the rage in health and wellness, but are juice fasts, colon cleanses and other popular products really living up to the hype? This session covers what exactly a toxin is, modern toxic load, and the multiple biological systems that constantly clear the body of harmful toxins. Leave with the knowledge to empower your clients with clear, scientific-based research on toxins. (LECTURE).

**FR1F Friday, 9:00am-10:15am EST**

### MAXIMIZE REVENUE POST PANDEMIC

**Ollie Bailey**

The ongoing global pandemic has forever changed the landscape of the fitness industry. Pre-pandemic business models for reaching, engaging and retaining clients are no longer effective. In this lecture, learn from Ollie Bailey, founder of Gymcatch, how to effectively review your current business model and appropriate optimization for actionable plans to ensure success in the post-pandemic era. (Lecture)

**FR1G Friday, 9:00am-10:15am EST**

**CORE**  
HEALTH & FITNESS

The Health Sciences  
ACADEMY

**GymCATCH**

## **VIRTUAL GROUP TRAINING - THE NEW NORMAL**

**Jeremy Purifoy, Jeff Case & Cameron Dye**

The truth is that the world of fitness has changed & the demand from people who want to workout at home has increased. Do you have a plan to meet those demands, set up a virtual training studio, or a SYSTEM for providing extraordinary group training sessions via ZOOM? Learn how to establish yourself as a fitness professional in the world of virtual training. (Lecture)

**FR1H Friday, 9:00am-10:15am EST**

## **FR2 - FRIDAY SESSION 2**

**10:35am-11:50am EST**

**9:35am-10:50am CST**

**7:35am-8:50am PST**

## **LET'S FACE IT TOGETHER™ 101**

**Christine Conti**



Let's FACE It Together(TM) facial exercise and rehabilitation is designed to strengthen facial and neck muscles, increase oral/motor skills, facial expression, prolong the onset of disease and reduce signs of aging. LFIT is perfect for in-person or virtual one-on-one or group training. Learn how to infuse LFIT into your current fitness programs to grow your business by expanding your reach.

**FR2A Friday, 10:35am-11:50am EST**

## **LET'S GET UNCONVENTIONAL**

**Giovanni Roselli**

With so many different pieces of equipment, with many claiming functional superiority, it becomes challenging to select the best direction for our clients. In this session, Giovanni looks past traditional equipment to make sense out of popular unconventional training tools, providing indications, contraindications, and programming recommendations to be applied to your current clients, immediately!

**FR2B Friday, 10:35am-11:50am EST**

## **ALL TIME HIITS**

**Abbie Appel**

AMRAP, EMOM, Tabata....another language? No, all killer HIIT timing protocols commonly used to add dimension to our training routine and our conditioning classes. In this session, identify and breakdown traditional work to rest ratios, to effectively train all of our clients. Discover the true qualities of HIIT and why recovery, passive and active, are equally as important as the work. Walk away with 4 different HIIT timing

challenges that can be taught alone or mixed-and-matched to maximize workouts.

**FR2C Friday, 10:35am-11:50am EST**

## **WELCOME TO THE JUNGLE (GYM) - HIIT**

**Jenn Hogg**

Bring your beast mode! Journey into the many ways you can monkey around with HIIT. Experience multiple modalities. Discover techniques for optimizing effort. Learn how to tweak time and organize effective work intervals to lend to greater client or member success.

**FR2D Friday, 10:35am-11:50am EST**



## **ACQUAPOLE® BOXING**

**Stefania Manfredi**



Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks all in the water!

**FR2E Friday, 10:35am-11:50am EST**

## **GROWTH OF A MUSCLE CELL**

**Melissa Layne, MEd**

Hypertrophy or hyperplasia? Protein isolate before or after the workout? Why is leucine so important? What other amino acids help? What hormones ramp up the process? Melissa addresses answers to these important questions in an easy to understand science! (Lecture)

**FR2F Friday, 10:35am-11:50am EST**

## **STOP CHASING CLIENTS**

**Lisa Simone Richards**

How do fitness professionals stand out and magnetically attract their ideal client in a highly saturated industry packed with millions of other fitpros? Learn how to easily fill your programs and build a waitlist of clients without spending big bucks on marketing and advertising. (Lecture)

**FR2G Friday, 10:35am-11:50am EST**

## **GRX STREAMING TO SUCCESS**

**Jeff Howard**

Learn the ins and outs of how to live stream your workouts. Whether you offer yoga, cardio, dance, or another program, online video is a valuable service to maintain your client relationships and grow memberships. Leave with essential recommendations on how to take your business to the next level. Live stream videos can provide additional revenue. So, what are you waiting for? (Lecture)

**FR2H Friday, 10:35am-11:50am EST**

## FR3 - FRIDAY SESSION 3

**12:10pm-1:25pm EST**

**11:10am-12:25pm CST**

**9:10am-10:25am PST**

### PARASETTER® FOR REST & RECOVERY

PHYSICALMIND INSTITUTE®

**June Kahn**

Meet The Parasetter®, a unique roller system that supports the body comfortably. Developed by a PT known for work in Dance Medicine, helping counterbalance the stresses of life that lead to compressive loading effects resulting in back pain and more. The series of exercises leave you feeling relieved and rejuvenated.

**FR3A Friday, 12:10pm-1:25pm EST**

### FIGHT NIGHT

**Diva Richards**

Learn how to shadow box and train for the fight and body of your life! This heart-pumping sweat dripping session will give you a full body workout and the confidence you never knew you had. You are your only competition during this fight night session!

**FR3B Friday, 12:10pm-1:25pm EST**

### BLAST YOUR GLUTES

**Keli Roberts**

Going beyond aesthetics, this workshop comprehensively reviews lower body function and how to enhance muscular strength endurance. Through interactive practical application, learn how to structure a program utilizing a small ball, gliding discs, bands and dumbbells. Form follows function; get a better butt by building a better program!

**FR3C Friday, 12:10pm-1:25pm EST**

### SCHWINN® CYCLING: H2W2 - SIMPLIFY & AMPLIFY

**CORE**  
HEALTH & FITNESS

**Mindy Mylrea**

It's time to take HOW to build a results driven ride and WOW your room every time to the next level. We're letting YOU in on the secret. Learn how to stand out with Schwinn in the incredible lane of Group Fitness.

**FR3D Friday, 12:10pm-1:25pm EST**

### COOL POOL MOVES: 8 TOOLS TO REMEMBER

water  
motion

**Connie Warasila**

In this workshop, experience a cascade of fresh aqua ideas. Leave with six (6), 64-count choreography blocks that you can effortlessly incorporate into your next aqua workout. Take home detailed choreography notes to ensure easy preparation of sequences and successful delivery of low-impact, dynamic, total body WATERinMOTION® inspired moves. All fresh and ALL new!

**FR3E Friday, 12:10pm-1:25pm EST**

### SLOWING THE AGING PROCESS WITH NUTRITION

**Dr. Gregory Charlop, MD**

You have more control over aging than you thought. Thanks to recent discoveries from Harvard, MIT, and UCLA, we now know what foods, supplements, and lifestyle choices aid in disease prevention, boost our brainpower, and keep us young. Discover how you can help your middle-aged clients turn back the clock. (Lecture)

**FR3F Friday, 12:10pm-1:25pm EST**

### PRESCHOOL FITNESS: THE UNTAPPED MARKET

KID-FIT

**Michele Silence**

Learn why fitness professionals have largely ignored teaching preschool children. Why is it critical to start teaching exercise during the preschool years? Find out the many benefits children reap from appropriate fitness programming. Discover the potential in this untapped market, wide open for fitness pros. (Lecture)

**FR3G Friday, 12:10pm-1:25pm EST**

### COACHING MINDSET IN A MIND-UPSET

The  
MIMO  
Method

**Gretchen Gegg, MEd**

Virtual fitness is at an all time high and not going anywhere! The online culture keeps clients busy with exercise, but with little personal interaction and a lot of loneliness. Learn 5 strategies to disrupt this cycle and make a change in a world that desperately needs it. (Lecture)

**FR3H Friday, 12:10pm-1:25pm EST**

## FR4 - FRIDAY SESSION 4

**2:25pm-3:40pm EST**

**1:25pm-2:40pm CST**

**11:25am-12:40pm PST**

### PILATES FIT + STRONG

**June Kahn**

Pilates Fit + Strong aims to offset musculoskeletal imbalances through sensory awareness, bringing a whole new dimension to your Pilates routine. Each series is designed to be time efficient, targeting deep core musculature, aiming to rebalance your body efficiently. A challenge worth exploring, leaving you with a plethora of ideas for your classes.

**FR4A Friday, 2:25pm-3:40pm EST**

### THE KINETIC CORE

**Keli Roberts**

From the ground up, the kinetic chain is linked through the core: a missing component for many. Form follows function: if you train to enhance function, you'll not only look better, but also improve posture and alignment. Learn multi-level strategies from the ground up and an integrative approach to core training.

**FR4B Friday, 2:25pm-3:40pm EST**

### FUNCTIONAL PILATES

**Helen Vanderburg**

Functional Training continues to be a top trend. Discover how Pilates techniques enhance functional training methods. Built on a foundation of science and movement mechanics, acquire strategies and techniques to develop functional movement programs and explore the principles in order to access movements that create conscious habits for effective results.

**FR4C Friday, 2:25pm-3:40pm EST**

### JUST2SWEAT

**Nike Charles**

This circuit-based, Bootcamp training session is guaranteed to encourage you to do more than JUST2SWEAT! You'll learn important movement modifications that will allow your clients to engage in a group exercise setting of all different levels, without clients having to sacrifice intensity or motivation. This fully interactive program will teach you the skills to motivate, support and inspire your clients to challenge themselves to see real results.

**FR4D Friday, 2:25pm-3:40pm EST**

### AQUA YOGA ZEN

**Mary Irby**

This aquatic yoga session combines the movements and principles of land-based yoga practices and adapts them for the water. Learn sequences and progressions for full range of motion, deep stretching and total body strengthening.

**FR4E Friday, 2:25pm-3:40pm EST**

### DIET VS. EXERCISE:

#### FOOD CHOICES ALWAYS WIN

**Amanda Fearheiley, RDN, LDN, CPT**

Studies suggest that nutrition is more important than exercise for achieving weight loss and maintaining a healthy weight. Learn the science behind why popular diets fail and specific training-based nutritional needs. Leave with the knowledge to help your clients reach their goals, all while staying within your scope of practice. (Lecture)

**FR4F Friday, 2:25pm-3:40pm EST**

### STRATEGIC THINKING -

#### PERSONALLY AND PROFESSIONALLY

**Bill McBride**

We will discuss how to think strategically for personal and professional success. We will revisit Stephen Covey's 7 Habits of Highly Effective People as a framework, as well as other framing tools. This will encompass a modern day paradigm with the reality of constant change & the use of technology and social media. (Lecture)

**FR4G Friday, 2:25pm-3:40pm EST**

### TRANSFORM SOCIAL MEDIA FANS INTO PAYING CLIENTS

**Nathalie Plamondon-Thomas**

You get lots of followers on Social Media, but somehow it doesn't translate into money in your bank account. Learn from 8 times No.1 International Bestselling Author 10 steps to a successful business, and walk away with a concrete plan and proven strategies. (Lecture)

**FR4H Friday, 2:25pm-3:40pm EST**

THINK  
Yourself<sup>®</sup>  
ACADEMY



## FR5 - FRIDAY SESSION 5

**4:00pm-5:15pm EST**

**3:00pm-4:15pm CST**

**1:00pm-2:15pm PST**

### ACTIVE AGING NO FLOOR CORE

**Melissa Layne, MEd**

As we age, the core, proprioception and balance become more important to prevent falls, maintain proper gait and keep us active. With core work often comes floor work, which can be uncomfortable for the aging population. This session is jam packed with muscular core facts, activity ideas and core exercises off the floor!

**FR5A Friday, 4:00pm-5:15pm EST**

### MUSCLE DOESN'T BUILD ITSELF

**Irene McCormick, MS, CSCS**

Learn the most important myths many consumers hold about using heavy weights. Understand best practices to build lean muscle mass through diet, nutrient timing and cardiovascular efforts. Examine the relationship between hormones and lean mass, menopause, manopause, and muscle. Gain insight into the fascinating, updated information regarding longevity and function, and exactly how you too can get lean and strong, no matter your age.

**FR5B Friday, 4:00pm-5:15pm EST**

### BUTTS & GUTS

**Eric Thomson**

In the day and age of the "Dad Bod", men and women both want to keep it high and tight. Furthermore, they want the waist that goes with it. We will discuss and practice movement that builds, tones, and tightens the lower half and keeps the client mobile and successful.

**FR5C Friday, 4:00pm-5:15pm EST**

### MAKING CARDIO FUN

**Maurice Williams**

The days of clients loving traditional cardio have ended. They want the short and sweet stuff now. In this session, we will cover why & how to use speed, agility & quickness for cardio. The attendee will walk away from this session with ready made programming to start using immediately.

**FR5D Friday, 4:00pm-5:15pm EST**

### PLATINUM - SILVER TSUNAMI

**Manuel Velazquez**

Make a splash with these brand new WATERinMOTION® Platinum-inspired routines. Experience six 64-count choreography blocks of captivating, low-impact aqua sequences and discover why moving in water is natural for our silver population. Comprehensive choreography notes are provided to enhance your teaching skills and movement mastery and inspire active aging adults to safely improve cardiovascular endurance, balance, strength and flexibility. Stay current with these fresh ideas!

**FR5E Friday, 4:00pm-5:15pm EST**

### CHAKRA HEALING FOR OPTIMAL WELLNESS

**Nicole Sebring**

Join Nicole on a journey into the healing powers of aligning our 7 chakras. Learn how to tap into each one through movement & diet to begin the path of enlightenment. Review ways in which chakra benefits common issues such as insomnia, anxiety and stress & how anatomy is affected positively when its corresponding chakra is aligned. (Lecture)

**FR5F Friday, 4:00pm-5:15pm EST**

### FUTURE OF GROUP EX PANEL

**Sara Kooperman, JD, Jeff Howard, June Kahn & Kimberly Spreen-Glick**

The landscape of group fitness has been forever changed by the current world health crisis. Join these top MANIA presenters as they guide you through what lies ahead for group fitness. Take away invaluable solutions, answers to pressing questions, and effective solutions to set yourself up for success moving forward in the new normal for Group Ex. (Lecture)

**FR5G Friday, 4:00pm-5:15pm EST**

### VIRTUAL TRAINING: EQUIPMENT ESSENTIALS

**Lukas Lange**

Virtual and Live Streaming have become the most popular modalities of fitness deliverance since the global pandemic began, but these modalities are here to stay. Knowing where and how to find the right tools is vital to your success. Join the professionals from AV NOW and discover which microphones, cameras, mixers & lighting are best suited for virtual instruction from your home or the gym. Virtual content creation is your thing, but making it look and sound great is ours! (Lecture)

**FR5H Friday, 4:00pm-5:15pm EST**



## FR6 - FRIDAY SESSION 6

**5:35pm-6:50pm EST**

**4:35pm-5:50pm CST**

**2:35pm-3:50pm PST**

### YIN & YANG YOGA JOURNEY

**Manuel Velazquez**

Take your students into a smooth journey between two Yoga styles in one practice. The Yang is based on the use of asana sequence - developing muscular strength, stamina and flexibility. Enjoy a slower pace where poses are passively held for longer, working on the deep dense YIN connective tissues and joints in your body. Experience and understand how opposite forces may actually be complementary.

**FR6A Friday, 5:35pm-6:50pm EST**

### GETTING TO THE CORE: CORE TRAINING METHODS

**Kevin Mullins, CSCS**

The core is vital for spinal stabilization and for the transfer of movements from the limbs. Discover how the core is supposed to function, the methods of function, and how to train your body to have the strongest, most impressive core of your life.

**FR6B Friday, 5:35pm-6:50pm EST**

### HOW TO BE FLUENT IN EXERCISE LANGUAGE

**Paul Christopher**

When do you realize you became fluent in a new language? .....when you begin to think or dream in that language. True indicators of fitness professional knowledge, is the ability to speak "Fitglish" or "Exercisese" movement language. This session is designed to enhance the fitness fluency for the new Personal Trainer and also re-affirm the veteran colleague of their thought patterns. By learning this "new language" a Fit Pro can become unlimited in their capacity to assess, program, and train their clientele. (Lecture)

**FR6C Friday, 5:35pm-6:50pm EST**

### SCHWINN® CYCLING: PIMP MY PLAYLIST

**Abbie Appel**

In all disciplines, recovery & regeneration are key to making performance gains. Learn tried and true techniques for creating a ride that delivers solid work and efficient recoveries for maximal training effect. Discover ways to effectively work these necessary rides into your training protocols. Time to Rock Steady.

**FR6D Friday, 5:35pm-6:50pm EST**

**CORE**  
HEALTH & FITNESS

StarMaster  
Schwinn  
Schwinn  
Schwinn  
Schwinn  
Schwinn

### AQUA CORE SENIOR STYLE

**Cheri Kulp**

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

**FR6E Friday, 5:35pm-6:50pm EST**

### FOOD IS & PREVENTS MEDICINE

**Tricia Silverman RD, LDN, MBA**

Many Americans suffer from common chronic diseases, yet many of these diseases are preventable, as they are often linked to poor diet and lifestyle choices. Learn about food and nutrition strategies to prevent heart disease, cancer, diabetes, Alzheimer's and other chronic health issues. See why food truly is medicine, and how eating strategically may help keep the doctor and medicine away. (Lecture)

**FR6F Friday, 5:35pm-6:50pm EST**

### BUILD AN UNBEATABLE DIGITAL MARKETING STRATEGY

**Billy Polson**

Now, more than ever, a digital presence is vital to your success, but if your business isn't growing, your marketing may need a makeover! Assess your current marketing and learn digital marketing strategies and practices of the most successful fitness brands to implement today to generate growth and revenue. (Lecture)

**FR6G Friday, 5:35pm-6:50pm EST**

### DELEGATION & AUTOMATION FOR SOCIAL MEDIA

**Jessica Maurer**

Delegation and automation can help you create a seamless online business life so you can focus on your leadership responsibilities. Find out what you should automate or delegate immediately in your online life. By eliminating these tasks, you gain time to focus on your vision, team, and goals. (Lecture)

**FR6H Friday, 5:35pm-6:50pm EST**

# SATURDAY, FEBRUARY 27

## SA1 - SATURDAY SESSION 1

**9:00am-10:15am EST**

**8:00am-9:15am CST**

**6:00am-7:15am PST**

### STOP HURTING YOUR SHOULDERS!

**Giovanni Roselli**

The shoulder is one of the most complex, and most injured, joint systems in the body. In this live session, dive into the function of the shoulder, common mistakes when training it, and best practices to maintain optimal shoulder function and health.

**SA1A Saturday, 9:00am-10:15am EST**

### BUILD A FUNCTIONAL WARM-UP

**David Boettcher, MS**



Get away from traditional warmups and learn how to build a more refined and individualized movement prep to improve performance! This course will provide strategies to get your clients moving and feeling better, all while addressing movement dysfunction and optimizing movement.

**SA1B Saturday, 9:00am-10:15am EST**

### THE MOTHER HOOD

**Jessica Maurer**

Learn what women want in this session where we discuss the typical strengths and weaknesses of a postnatal client. Explore motherhood from the ground up, learn to speak their language, and find out key components of building a stronger mama clientele.

**SA1C Saturday, 9:00am-10:15am EST**

### "TONING" IS NOT A THING. WORK IS PART OF WORKOUT

**Abbie Appel**



Survey says, "I want to lose weight and tone up". "Oh, and I want to do it quickly without too much effort or sacrifice". UGH! What's worse, there are workouts on every corner that promises just that! This interactive workshop will review the science and latest research behind the trends (and false promises) vs. tested strategies while providing exercise program design to deliver the results clients want.

**SA1D Saturday, 9:00am-10:15am EST**

### AQUA ROM TRAINING FOR MATURE ADULTS

**Ann Gilbert**

With one-on-one training on the rise, combined with more aquatic centers re-opening, reviewing training techniques is more important than ever. Discuss movements to increase range of motion and incorporate deep stretching techniques to utilize in aqua programs.

**SA1E Saturday, 9:00am-10:15am EST**

### OVERCOMING OVEREATING & FOOD ADDICTION

**Alex Ruani**

You may hear clients say: "I give up! I'm hungry all the time... I can't stop eating". But is overeating a choice? A character fault? A lack of self-control? Or something else? Discover the science behind our brain on food and support clients who are struggling with food addiction. (Lecture)

**SA1F Saturday, 9:00am-10:15am EST**



### CRUSHING THE COMPETITION WITH SERVICE

**Hank Ebeling**

How do you compete in today's highly competitive fitness business landscape? The answer? Delivering outstanding customer service and an outstanding customer experience. Learn all the proper tactics and strategies to do this and crush the competition! It doesn't matter if you are a studio owner, manager or instructor, this talk will be your gameplan to success! (Lecture)

**SA1G Saturday, 9:00am-10:15am EST**



### VIRTUAL TRAINING BUSINESS ESSENTIALS

**Fraser Quelch**

Bullet proof your business and differentiate yourself from the masses with this essential session. As the world embraces virtual training the opportunity has never been greater but nor has the competition. Learn how to differentiate yourself from large, well financed competitors, set your operation up for success and evolve your business to stay ahead of the crowd. (Lecture)

**SA1H Saturday, 9:00am-10:15am EST**



## SA2 - SATURDAY SESSION 2

**10:35am-11:50am EST**

**9:35am-10:50am CST**

**7:35am-8:50am PST**

### SOUL YOGA

**Sara Kooperman, JD**

Fill your soul in this Vinyasa Yoga class that flows gracefully and rhythmically from posture to pose with the greatest hits of Motown as our guide. Focus on pose exploration while we blissfully drift through a journey of transformation and development. Leave with 15 seamless yoga sequences and music inspiration to rejuvenate and invigorate your classic vinyasa sessions.

**SA2A Saturday, 10:35am-11:50am EST**

### STRAIGHT TO THE CORE

**Dane Robinson**

Are your core workouts just featuring crunches? Ready to elevate your clients' core training into an integrative system and approach? This session combines lecture and activity to coach you on the fundamentals of core training and how to create stellar core programming for private and small group clients!

**SA2B Saturday, 10:35am-11:50am EST**

### BUTT BLASTER & MORE

**Jeff Howard**

The most common exercises for the butt, hips and thighs are the big three — squats, lunges, and deadlifts. But there are tons more! Join Jeff to discover how to take traditional lower body exercises and change them using the basic principles of stability and mobility. Adding on linearly sequencing to take your clients to the next level.

**SA2C Saturday, 10:35am-11:50am EST**

### BIIT: BARRE INTENSITY INTERVAL TRAINING

**Mica O'Dell**

Looking for ways to increase intensity for your most demanding Barre students? Learn the BIIT formula with a fresh interpretation of classic barre exercises fused with cardio intervals for an enhanced, high energy class. Move beyond rhythmic movements and experience targeted circuits that make teaching not only fun, but easy on Monday morning.

**SA2D Saturday, 10:35am-11:50am EST**



### LIQUID GYM ACQUA TONE

**Stefania Manfredi**



Experience awesome resistance exercises with Liquid Gym Acqua Toner Bands and Bar to take your aqua workout into a new realm. Combine the power of strength resistance training and the resistance/hydrostatic properties of water to give your workout a whole new release. Increase flexibility, muscle tone and range of motion while improving proprioception and blood circulation.

**SA2E Saturday, 10:35am-11:50am EST**

### MENTAL HEALTH: THE PARALLEL PANDEMIC

**Lynne & C. Victor Brick**

Industry veterans Lynne and Victor Brick address the subtle, long-term harm of mental health issues caused by Covid. They discuss the human psychological response to crisis and disaster, and how that response relates to the dual continuums of mental wellness; that being the horizontal, pathogenic (health care) continuum and the vertical, salutogenic (self-care) continuum. Finally, they discuss how holistic approaches, such as exercise, diet, and mind-body practices, benefit mental health. (Lecture)

**SA2F Saturday, 10:35am-11:50am EST**

### NEW CLIENT RETENTION

**Sheldon McBee, MS**

It is well documented that a 5% increase in client retention translates into an income increase of 25%, which is why a smart retention strategy is paramount to your success. In this session, learn how and where to successfully invest your time, effort and money to create an optimal client experience at the point of sale. Convert more potential clients into long term clients and leave with actionable plans and tips to advance your Personal Training business. (Lecture)

**SA2G Saturday, 10:35am-11:50am EST**

### FITNESS BUSINESS GROWTH THROUGH TECHNOLOGY

**Reena Vokoun, MS**



This course will educate fitness professionals on the best ways to grow & sustain their fitness businesses using technology & digital media, which is important in these challenging times. This session will cover 5 key elements including livestream classes, social media, email newsletters, an optimized website & digital advertising campaigns. (Lecture)

**SA2H Saturday, 10:35am-11:50am EST**



## SA3 - SATURDAY SESSION 3

**12:10pm-1:25pm EST**

**11:10am-12:25pm CST**

**9:10am-10:25am PST**

### SMART STRENGTH FOR THE AGELESS FEMALE

**Keli Roberts**

Smart strategies for strength training to help your female clients age-less! Chronological aging is just a number: its function that counts! Interactively review critical principles for functionally training the female client. Learn essential body alignment, precise cueing and movement strategies to provide smart strength training for the ageless female.

**SA3A Saturday, 12:10pm-1:25pm EST**

### MAXIMIZE YOUR SESSIONS WITH CLUSTER CIRCUITS

**Maurice Williams**

Getting more done in less time is pivotal in today's busy world. Learn how "tri" & "quad" sets aka: CLUSTERS can give your clients what they want and need in as little as 30 minutes. Feel the difference between traditional circuit training and this ready-made model that you can start using with your clients immediately! You'll walk away from this session with programming for three different types of client goals.

**SA3B Saturday, 12:10pm-1:25pm EST**

### REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF

**Kevin Mullins, CSCS**

Change the word functional in your mind forever! Learn the methods of elite personal trainers that lead to best programs, the best results, and an exciting business. Experience functional training firsthand as Kevin leads you through a challenging workout that incorporates every movement pattern, your core, and your cardiovascular fitness.

**SA3C Saturday, 12:10pm-1:25pm EST**

### SCHWINN®: SET THE STAGE: PLAN THE PERFECT RIDE

**Alex McLean**

K.I.S.S. the class design blues away! Learn how to create thoughtful, physiologically sound classes that provide RESULTS! We simplify the process to save you time while setting riders up for success. Unlock the secret of the Schwinn Coach's Pyramid and set the stage for powerful performances! Whether you're a seasoned pro or rookie of the year, this workshop will change your mindset on class design.

**SA3D Saturday, 12:10pm-1:25pm EST**

**CORE**  
HEALTH & FITNESS

### AQUA PPE

#### (PERSONAL PROTECTION EQUIPMENT)

**Connie Warasila**

More than any other fitness environment, the aquatic environment can be less than favorable for exercise instruction, especially instruction from the pool deck. Learn the PPE (Personal Protection Equipment) that can assist in teaching while protecting the instructor. Experience practical use of PPE and how to make the most of your aquatic teaching environment for safe and engaging classes.

**SA3E Saturday, 12:10pm-1:25pm EST**

### LET'S FACE IT TOGETHER™ SPECIAL POPULATIONS

**Christine Conti**

Let's FACE It Together™ Facial exercise and rehabilitation is designed to strengthen facial and neck muscles, increase oral/motor skills, facial expression, prolong the onset of disease and reduce signs of aging. This workshop will focus on the benefits of LFIT for special populations such as: Parkinson's, Alzheimer's, MS, stroke, paralysis, Bell's Palsy and more. Marketing tips also included! (Lecture)

**SA3F Saturday, 12:10pm-1:25pm EST**

### DESIGN YOUR BUSINESS TO RUN ITSELF

**Travis Barnes & Cyndy Barnes**

You started your business to make an impact in your community, but now you feel like you may never enjoy the fruits of your labor. It's time to work smarter, NOT harder! Learn secrets on how to design your business with a fresh perspective to run profitably and enjoy more free time. (Lecture)

**SA3G Saturday, 12:10pm-1:25pm EST**

### I'M SO BAD WITH TECHNOLOGY

**Nathalie Plamondon-Thomas**

Do you get frustrated with technology sometimes? "Online" may be the new norm. Learn quick tips to use technology to your advantage as you transition your business to virtual. Save time with apps and shortcuts, become more efficient, organized, work faster, smarter and get stuff done! (Lecture)

**SA3H Saturday, 12:10pm-1:25pm EST**

**CONTI**  
FIT

THINK  
Yourself  
ACADEMY

## SA4 - SATURDAY SESSION 4

**2:25pm-3:40pm EST**

**1:25pm-2:40pm CST**

**11:25am-12:40pm PST**

### FASCIA, ROM & FLEXIBILITY

**Manuel Velazquez**

Good flexibility and range of motion are essential for good posture and reducing the risks of injury. Discover this dynamic approach and learn how movement sequence patterns enhance mobility and range of motion. Explore the concept of working directly with myofascial meridians and anatomy training for self-care, flexibility and muscle tension release.

**SA4A Saturday, 2:25pm-3:40pm EST**

### SMALL GROUP F.I.R.S.T. PROGRESSIONS

**Keli Roberts**

Functional Integrated Resistance Strength Training Progressions go beyond basics and examine methods and techniques that functionally strengthen. Utilize exercise progressions and partner drills that involve integration, coordination and balance, ideal for your Small Group Training classes. Learn fun, effective, interactive partner training drills that allow social distancing. A winning solution!

**SA4B Saturday, 2:25pm-3:40pm EST**

### FLOORLESS CORE

**Maureen (Mo) Hagan**

We know that core training is our foundation, however the floor does not need to be the only place where core training takes place. In this session, discover how much core is at the center of most resistance training exercises. Reinvent the way you design core training to make it more functional in nature. Challenge your core and more with no need to get down to the floor!

**SA4C Saturday, 2:25pm-3:40pm EST**

### POUND® - ROCKOUT. WORKOUT

**Amy C-Rad**

Unleash your inner Rockstar in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, whether you're a conditioned athlete or a beginner, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out!

**SA4D Saturday, 2:25pm-3:40pm EST**



### WATERinMOTION® STRENGTH

**Cheri Kulp**



WATERinMOTION® Strength takes advantage of the aqua environment to build muscular endurance, power and overall tone in a 45-minute workout using aqua dumbbells. Combine the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power. Experience WATERinMOTION®'s unique choreographed formula to keep your training fresh, new, and challenging.

<https://waterinmotion.com/strength/>

**SA4E Saturday, 2:25pm-3:40pm EST**

### DRINK UP! THE FUTURE OF REAL MILK



**Manny Lubin**

Slate Milk has reinvented chocolate milk for the modern athlete. Learn about the nutritional benefits that come from real milk products and how you and your clients can improve athletic performance by including this nutritional source in your diet. Join Manny Lubin, Co-creator of Slate Milk, and discuss the benefits of protein rich and lactose free healthy eating habits. (Lecture)

**SA4F Saturday, 2:25pm-3:40pm EST**

### TRENDS FOR 2021 & GROWTH PANEL

**Sara Kooperman, JD, Travis Barnes, Bill McBride & Chris Stevenson**

Learn what's in store for the Industry in 2021 from our panel of diverse and experienced fitness leaders. They will discuss what to expect for club & boutique owners and operators, program directors, instructors & trainers in this ever-changing industry. Take advantage of the coming trends to grow appropriately in your business and role. (Lecture)

**SA4G Saturday, 2:25pm-3:40pm EST**

### CREATE A THRIVING VIRTUAL STUDIO!



**Trina Gray**

Want an easy way to get online in fitness? Create a simple virtual group fitness studio. In this cutting-edge session, learn to combine your skills and talents to create a fun, thriving online community. The state of the industry has changed and savvy instructors and trainers will pivot with it. Get the details on using your expertise to partner with Team Beachbody's programs, technology and marketing to build your own wildly popular virtual group fitness studio. (Lecture)

**SA4H Saturday, 2:25pm-3:40pm EST SA4**

## SA5 - SATURDAY SESSION 5

**4:00pm-5:15pm EST**

**3:00pm-4:15pm CST**

**1:00pm-2:15pm PST**

### TAI CHI + YOGA = BAMBOO FUSION

**Marcus Carbo**



Bamboo Fusion is “the blending of two ancient mind-body practices”, tai chi and hatha yoga! Also seen as the marriage of water and wood. The water element will help you discover a deeper level of FLOW, giving you a great infusion of qi energy. The wood element is expressed by the flexible movements of hatha yoga. Experience the principle of surrender, helping you extend and stretch your body and mind.

**SA5A Saturday, 4:00pm-5:15pm EST**

### COMPLETE GUIDE TO METABOLIC FLEXIBILITY

**Giovanni Roselli**

High Intensity Interval Training is all the rage in various training circles. Excessive high intensity training comes at a cost to long term health & repetitive stimulus becomes less effective. That's where Metabolic Flexibility comes in, a training approach that promotes Variable Metabolic Conditioning to enhance our ability to switch efficiently between different energy systems to meet the demands of tasks in life and sport.

**SA5B Saturday, 4:00pm-5:15pm EST**

### ACTIVATED BODY

**Eric Thomson**

In this seminar we explore levels of iso and dynamic activation that will drive results for clients before, during, and even after they leave the gym. Gone are the days of jumping on the treadmill for 5 and diving into any kind of training. Time to ditch the warm up and get that body activated.

**SA5C Saturday, 4:00pm-5:15pm EST**

### BODYWEIGHT BOOTY

**Abbie Appel**

Train your booty anywhere, anytime with zero equipment! Learn tricks to fire up the glutes, drive performance and function and shape the biggest muscle of your body. Utilize multiple positions, spicy and staple moves and perfectly designed sequences....with so many different intensity variables, you'll have endless new ideas to challenge your glutes every time.

**SA5C Saturday, 4:00pm-5:15pm EST**

### BODYWEIGHT BOOTY

**Abbie Appel**

Train your booty anywhere, anytime with zero equipment! Learn tricks to fire up the glutes, drive performance and function and shape the biggest muscle of your body. Utilize multiple positions, spicy and staple moves and perfectly designed sequences....with so many different intensity variables, you'll have endless new ideas to challenge your glutes every time.

**SA5D Saturday, 4:00pm-5:15pm EST**

### SAF AQUA DRUMS VIBES



**Andrea Velazquez**

Play the drums in the water! Combine unique rhythms and moves using the innovative SAF Aqua Drums Vibes® equipment & enjoy a challenging new way to get yourself fit and have fun in the water.

**SA5E Saturday, 4:00pm-5:15pm EST**

### EXERCISE RESEARCH 101:

#### FACTS VS. FAKE NEWS

**Siri Chilazi**

Exercise science research findings are frequently misrepresented in the media. Join Siri, a Harvard researcher, to become fluent at interpreting studies and parsing fact from fiction. Learn about RCTs, sample bias, representativeness, the peer review process and more to become a credible source of knowledge to your clients and students. (Lecture)

**SA5F Saturday, 4:00pm-5:15pm EST**

### THE IT FACTOR - HOW TO BUILD A BRAND

**Lisa Simone Richards**

How are popular fitness brands able to charge \$30+ for a class and still have a waitlist? There may be a similar studio down the street doing the exact same thing, for less money, but they're barely half-full? They have The IT Factor. Join Lisa for this informative session & learn how to build an In-Demand brand. (Lecture)

**SA5G Saturday, 4:00pm-5:15pm EST**

### SOCIAL MEDIA PANEL

**Christine Conti, Jessica Maurer, Marisa Hoff & Kia Williams**

Come join social media gurus and fitness marketing experts as they explore ways to wade through the white noise of Digital and Social Media Marketing like our finest millennials. Discuss the dos and don'ts, myths and misconceptions, and learn how to use the diversity of Social Media for yourself, your business and your clients. (Lecture)

**SA5H Saturday, 4:00pm-5:15pm EST**

## SA6 - SATURDAY SESSION 6

**5:35pm-6:50pm EST**

**4:35pm-5:50pm CST**

**2:35pm-3:50pm PST**

### FIRE & ICE YOGA

**Kimberly Spreen-Glick**

Experience a dynamic balance between effort and ease... challenge and release..."fire" and "ice". Push yourself...and surrender to yourself, all while honoring yourself every step of the way. Be encouraged to say farewell to the expectations you may have and open your mind to an inspiring good time!

**SA6A Saturday, 5:35pm-6:50pm EST**

### FLEX YOUR OWN WAY

**Michelle Leachman**

If we don't move it, we lose it. In this workshop, you will learn how to meet your body's specific needs from a mechanical perspective. Learn your own strengths first, the movement techniques, bodywork related modalities and coaching cues to create a safe and lasting impact.

**SA6B Saturday, 5:35pm-6:50pm EST**

### ULTIMATE ONE-DUMBBELL WORKOUT

**Manuel Velazquez**

Experience and learn how to design and effectively perform a one dumbbell workout allowing you and your clients to get familiar with unilateral movements, preventing your body from compensating with the stronger side. This helps isolate and correct muscle imbalances as it requires you to utilize your core muscles more than you would with bilateral exercises.

**SA6C Saturday, 5:35pm-6:50pm EST**

### DRIVEWAY BOOTCAMP

**Connie Warasila**

Create exercise experiences from home! The demand for outdoor movement options has exploded! Outdoor space affords the setting for safe exercise gatherings. Learn strategies to design an outdoor exercise program that attracts local and distant contacts. Understand equipment and exercise choice, music usage, business requirements, financial arrangements, broadcasting, and alternatives for bad weather.

**SA6D Saturday, 5:35pm-6:50pm EST**

### DOUBLE TROUBLE: BAD BOYS OF AQUA

**Jeff Howard & Manuel Velazquez**

Enjoy this fantastic workshop with two of our Maniac men of Aqua! The pool will never look the same once you experience this tidal wave of energy, creativity and enthusiasm. Manuel and Jeff will focus on different styles/formats of aquatic fitness techniques, pushing you to the next level. Leave with a flood of new ideas to make a big splash in your own water fitness sessions.

**SA6E Saturday, 5:35pm-6:50pm EST**

### BETTER SLEEP FOR ACTIVE AGERS

**Tricia Silverman RD, LDN, MBA**

Learn how sleeping well helps active-agers control weight and revitalize their minds and bodies. See how sleep impacts hormones, which can affect hunger, appetite, glucose regulation, muscle mass and more. Find out about the foods, nutrients, and healthy habits that set the stage for better sleep in the active-aging years. (Lecture)

**SA6F Saturday, 5:35pm-6:50pm EST**

### GET KID-FIT!

**Michele Silence**

Interested in working with preschool/kindergarten children? Join us to learn more about this special population. Experience a full-length KID-FIT preschool P.E. class and find out how to start your own preschool classes through a KID-FIT virtual studio. See how fun it is and how easy it is to get started!

**SA6G Saturday, 5:35pm-6:50pm EST**



### LIVE STREAMING LIKE A BOSS

**Kia Williams**

The future is ONLINE. Learn simple broadcasting and production tricks and tips to improve your cueing for online fitness videos, instructor toolbox, and consumer experience. This lecture-based workshop is an exploration and examination of best practices and presentation skills for producing online and live streaming fitness video content. (Lecture)

**SA6H Saturday, 5:35pm-6:50pm EST**



# SUNDAY, FEBRUARY 28

## SU1 - SUNDAY SESSION 1

**9:00am-10:15am EST**

**8:00am-9:15am CST**

**6:00am-7:15am PST**

### CORE YOGA STRONG

**Jeff Howard**

Yoga Strong is a flowing, powerful sequence that will focus on strengthening the powerhouse of the body: The Core! Not just the superficial "6 pack" ab muscles; this includes the deep stabilizing muscles and back muscles that support the spine in every movement on and off your mat. You will be asked to step outside of your comfort zone to truly transform your mind and body. Be ready to sweat, laugh, and grow!

**SU1A Sunday, 9:00am-10:15am EST**

### GLUTE TRAINING FOR STRENGTH & PERFORMANCE

**Alex Bryce, MSE, CSCS**

If your body is a car, the glutes are definitely the engine. Rev up your understanding of gluteal anatomy/function, and learn important implications for program design. Apply these key concepts to improve the strength, power, and performance of the most important muscle group in the body. (Lecture)

**SU1B Sunday, 9:00am-10:15am EST**



### PERFECT POWERFUL PLYOMETRIC PERFORMANCE!

**Peter Twist**

Plyometrics are a powerful exercise method combining conditioning, strength, power and function. Perfect for both virtual and in-person training, this session comprehensively examines drill intensity, from prep to peak, key regressions and progressions to meet your clients at their current level of fitness and the most effective cues to guide their action. Learn these drills by viewing the included plyo videos, to implement plyometrics into your training sessions now. (Lecture)

**SU1C Sunday, 9:00am-10:15am EST**

### TRX BEYOND THE BASICS

**Fraser Quelch**

Redefine what you know about TRX Suspension Training! This session provides a deep dive into the performance and coaching nuances of a series of highly effective TRX move-

**TRX**

ments and combinations. Apply these impactful TRX sequences and coaching methods immediately and watch your suspension training evolve to the next level.

**SU1D Sunday, 9:00am-10:15am EST**

### LUSCIOUS LIMBS: FROM TOP TO BOTTOM

**Ann Gilbert**

Need more upper body exercises? Do your clients crave the latest conditioning and toning workout that focus on arms, shoulders, chest and back? Structure your upper body muscle workout to include new innovative moves and sequences. This session provides a great complement when scheduled before the popular Luscious Limbs lower body workout.

**SU1E Sunday, 9:00am-10:15am EST**

### TREATING OBESITY EFFECTIVELY

**Daniel Galanto**

Fitness professionals like to treat obesity with exercise and diet and we all know, ultimately, that is the solution. Yet, we fail a majority of our clients by ONLY addressing this rather than the root cause: The cause behind the need for exercise and diet. (Lecture)

**SU1F Sunday, 9:00am-10:15am EST**

### BE YOUR UNIQUE SELLING POINT

**Courtney McWaine**

Do you feel the fitness industry is saturated and you want to create a brand that stands apart from the masses? Courtney will guide you through a personality driver questionnaire highlighting your unique characteristics that separate you from your competitors. Moreover, unlock simple strategies to incorporate these unique selling points into your business brands. (Lecture)

**SU1G Sunday, 9:00am-10:15am EST**

### SMALL GROUP TRAINING SUCCESS

**Dane Robinson**

Do you want to train more people in less time and earn more income? Yes please! But without a signature class, dynamic cueing and coaching, or a sound price structure this great idea can quickly turn into a nightmare. Learn how to avoid these obstacles, and understand the EXACT blueprint Dane used (and still uses) to scale a small group training brand for a major health club. This session is perfect if you're ready to take your training online, too! (Lecture)

**SU1H Sunday, 9:00am-10:15am EST**

## **SU2 - SUNDAY SESSION 2**

**10:35am-11:50am EST**

**9:35am-10:50am CST**

**7:35am-8:50am PST**

### **PILATES MAGIC**

**Abbie Appel**

Learn fun, new ideas on how to build intensity and develop quality movements in both your Pilates and traditional strength classes. The Pilates Magic Circle is a great tool to make movements more challenging, but most importantly create body awareness to maximize effectiveness of each exercise. Discuss muscular interconnection and how using the Magic Circle can assist activation of deep muscles your clients didn't know they had. Review a variety of unique exercises and fresh techniques to create a memorable and "magical" experience with each class.

**SU2A Sunday, 10:35am-11:50am EST**

### **BUILDING BETTER BUTTS**

**Kevin Mullins, CSCS**

Stop wasting your time working your butt everyday and getting nowhere. Learn how to put science, the proper lifts, and the benefit of progressive overload on your side. This class is part lecture, part hands-on coaching, and part workout. You'll leave feeling confident in your ability to have and give the best backside.

**SU2B Sunday, 10:35am-11:50am EST**

### **SMALL GROUP PROGRAMMING FOR ACTIVE AGERS**

**Ann Gilbert**

In this session learn how to design a socially distanced small group programming option for the aging populations. Rethink regressions and progressions, the need for social interaction, personalized assessments and the functional patterns that will keep them coming back for more.

**SU2C Sunday, 10:35am-11:50am EST**

### **KILLER KARDIO**

**Diva Richards**

Leave excuses at the door and get ready to be pushed past your limits! Combine high energy and bodyweight movements for the perfect blend of power, cardio and strength conditioning. Learn modifications for all fitness levels and leave begging for more!

**SU2D Sunday, 10:35am-11:50am EST**

### **POWER TO THE POOL**

**MaryBeth Dziubinski**

Harness the power of the pool! In this session, learn how to effectively implement aquatic training principles, cycles of strength, endurance and high-speed training into your aquatic programming. Discuss movement patterns and progressions to maximize power development and improve activities of daily living performance. Experience aqua power like never before!

**SU2E Sunday, 10:35am-11:50am EST**

### **THE BEST SUPPLEMENTS FOR PERFORMANCE**

**Dr. Gregory Charlop, MD**

There's a lot of misinformation out there about supplements. In today's lecture, a leading physician breaks down the science and shares which supplements your clients need and which to avoid. We'll also look at how age and exercise goals influence supplement choice. (Lecture)

**SU2F Sunday, 10:35am-11:50am EST**

### **FROM CPT TO CEO**

**Dr. Brent Brookbush**

Join Dr. Brookbush and learn about the "Top 10" tips for every professional looking to take the next steps towards building a business. This lecture will focus on how to grow from nothing, day to day tasks, ownership, and beyond. Bring your questions and discuss ways to develop ideas to start you on your way of constructing your business plans. (Lecture)

**SU2G Sunday, 10:35am-11:50am EST**



### **OPPORTUNITIES WITHIN THE HEALTH & FITNESS INDUSTRY**

**Bill McBride**

As the world around us evolves and changes, we must adapt and look for opportunities to thrive with our business approach and models. Being a relevant and integral part of our member's lives will distinguish the winners from the losers. Be a part of a discussion about the macro trends occurring world-wide, the challenges facing our industry in the near term and an exploration of how our present actions can play a significant role in our success not only today, but tomorrow. (Lecture)

**SU2H Sunday, 10:35am-11:50am EST**

## **SU3 - SUNDAY SESSION 3**

**12:50pm-2:05pm EST**

**11:50am-1:05pm CST**

**9:50am-11:15am PST**

### **FUNCTIONAL TRAINING FOR ACTIVE AGERS**

**Ann Gilbert**

Increasing functionality is just one of the benefits of offering small group options for the aging client. Discuss not only the science, but the need for socialization, camaraderie, and accountability when training the group. Study how introducing positive competition and even dance movement will enhance results, and address retention. Experience and practice specific joint action to get you started creating your new branded option.

**SU3A Sunday, 12:50pm-2:05pm EST**

### **GET POWR'D CIRCUIT TRAINING**

**Jacquese Silvas**

Give your clients a workout that they are guaranteed to love. Learn how to put together an explosive workout that incorporates the lower body, upper body, and core through HIIT and strength training. It's functional training at its best - move through all the planes for a total body workout. Get POWR'd to empower your clients to participate in a group fitness class that brings fun to the table while increasing aerobic capacity, strength, and muscular endurance.

**SU3B Sunday, 12:50pm - 2:05pm EST**

### **METABOLIC MIXER**

**Abbie Appel**

Bring your stopwatch because this impactful workshop is timed-to-perfection!! If you're looking for more ways to challenge your clients and classes to improve their metabolism, then experience this workshop that reviews staple HIIT (High Intensity Interval Training) timing protocols and dives into new ones. Discuss the science of metabolic conditioning and how each timed workout uniquely trains the metabolism. Walk away with 4 fresh, exciting ideas on how to expand HIIT programs.

**SU3C Sunday, 12:50pm - 2:05pm EST**

### **THE BARE ESSENTIAL - STRENGTH TRAINING 101**

**Gail Bannister-Munn**

Most strength training classes have so many props and toys. This is a total body conditioning class using few props while creating incredible results. This class will teach new instructors a strong coaching baseline in how to coach a great strength class, complete with progressions for every fitness level.

**SU3E Sunday, 12:50pm - 2:05pm EST**

### **SMART SETS FOR AQUA**

**Cheri Kulp**

This workshop will review the basic considerations for using Aqua Dumbbells safely and effectively for a full body workout. Participants will learn the benefits and challenges for using one vs. two dumbbells along with various ways to position them allowing for breaks on the upper body (hands, wrists, shoulders). Participants will also have the opportunity to develop some simple combinations to teach to their classes.

**SU3E Sunday, 12:50pm - 2:05pm EST**

### **NUTRITION PANEL**

**Melissa Layne, MEd, Tricia Silverman, RD, LDN, MBA, Alex Ruani & Gregory Charlop, MD**

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

**SU3F Sunday, 12:50pm - 2:05pm EST**

### **LEADING DIVERSITY & INCLUSION IN FITNESS**

**Siri Chilazi**

Heard recently about things like allyship, bias, (in)equity, and microaggressions? Wondering how this applies to YOU as a fitness professional? Discover how you can lead the way and deliver next-level inclusive and impactful exercise experiences to ALL of your clients regardless of gender, gender identity, race, body size, (dis)ability, etc. (Lecture)

**SU3G Sunday, 12:50pm - 2:05pm EST**

### **KEYS TO A SUCCESSFUL PROGRAM LAUNCH**

**Marisa Hoff**

The need to increase revenue outside of club membership has become increasingly important. Your programming can help raise revenue, increase referrals and raise retention. Although we may have great ideas for programs, we don't always execute the launch properly thus never reaching their full potential. The key component in effective programming is a strategic launch. Discover the key elements in planning a successful launch to your club programs. (Lecture)

**SU3H Sunday, 12:50pm - 2:05pm EST**

## **SU4 - SUNDAY SESSION 4**

**2:25pm-3:40pm EST**

**1:25pm-2:40pm CST**

**11:25am-12:40pm PST**

### **SOUL POWER**

**Khalid Freeman**

Soul Clap Fitness brings 60s, 70s and 80s Soul music to the dance floor while strengthening the Mind, Body and Soul with fundamental dance cardio movement. Test your rhythm without the music by adding elements of body percussion like stomps, claps and polyrhythms. This session is guaranteed to add some flavor to your fitness!

**SU4B Sunday, 2:25pm-3:40pm EST**

### **STRENGTH TRAINING FOR LONGEVITY & VITALITY**

**Sara Kooperman, JD**

Whether a personal quest or way to engage the fastest growing segment of the population, this workout presents effective and manageable training techniques for the 50+ population. Led by an icon in the fitness industry, Sara takes you through this Group Strength Class using simple exercises and portable equipment for a total body workout. Strength, endurance, flexibility and balance are the lenses we use when analyzing our programming. It's not about how long or hard you train, it's about exercising smart for longevity and vitality.

**SU4C Sunday, 2:25pm-3:40pm EST**

### **SCHWINN® CYCLING: ROCK STEADY - RECOVERY RIDES**

**Keli Roberts**

In all disciplines recovery & regeneration are key to making performance gains. Learn tried and true techniques for creating a ride that delivers solid work and efficient recoveries for maximal training effect. Discover ways to effectively work these necessary rides into your training protocols. Time to Rock Steady.

**SU4D Sunday, 2:25pm-3:40pm EST**

**CORE**  
HEALTH & FITNESS

### **INTERMITTENT FASTING - FACT OR FICTION?**

**Sam Roth, MA**

An increasingly common trend in current diets is Intermittent Fasting (IF). Many claims have been made about this as a dietary choice, ranging from fat loss and increased energy, all the way to combating cancer and diabetes while increasing longevity. If these prove to be true, Intermittent Fasting is potentially a powerful dietary intervention and should be considered. Join Sam for his insights on this promising development in dietary science. (Lecture)

**SU4F Sunday, 2:25pm-3:40pm EST**

### **SMALL GROUP TRAINING PROFITS & PROGRAMS**

**Chris Stevenson**

Small Group Training is growing rapidly and for good reason. From a client's standpoint it is fun, interactive, results driven and cost effective. From a personal trainer's standpoint, it is a great way to leverage time, increase income and ultimately help more people. In this interactive session, learn how to create, market, sell and execute dynamic small group training that keeps clients coming back for more. Explore tangible tips and tools that can be easily implemented for massive impact on your small group training. (Lecture)

**SU4G Sunday, 2:25pm-3:40pm EST**

### **EASY SOCIAL MEDIA MANAGEMENT FOR FIT PROS**

**Liz Morrison**

Tired of staring at your phone trying to figure out what to post, getting stressed out, frustrated, and giving up? Learn to create engaging content and systems for automation and management. Leave with the knowledge to effectively manage your social media and free up time to spend on other aspects of your business. (Lecture)

**SU4H Sunday, 2:25pm-3:40pm EST**





## 82 PRESENTERS

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# PRESENTERS

## **ABBIE APPEL**

Abbie Appel is the owner and CEO of Abbiefit Consulting, Appel Programming Solutions and the Program Director at Fitspace Studios. As an award-winning fitness educator, Abbie develops and delivers programs for Power Systems, Schwinn Cycling and many other organizations. She created the SCW Pilates and SCW Barre Certifications and has received SCW's "Best Presenter" award. Abbie has produced and starred in over 30 fitness videos and contributes to fitness publications such as Self, Shape, and Prevention.



## **OLLIE BAILEY**

Ollie founded the industry's leading booking and customer management software company Gymcatch in 2015 with the aim of making participation in fitness easier for all. As founder, Ollie has served as CEO since Gymcatch's inception. Outside of the office, Ollie enjoys travelling, playing and watching cricket and spending time with his young family. He supports a number of charities focused on increasing physical participation.



## **GAIL BANNISTER-MUNN**

Gail works as Flexibility, FST coach with the NY Jets Football Team, and Pro Hoops Basketball, focusing on skill sets that can help players improve in all areas of defense and offense. She currently holds certifications in several different disciplines, including NASM, Fascial Stretch Therapist L3, ECIT, Yoga Fit, AFAA, STOTT PILATES® Mat 1 & 2, Powerhouse Mat Pilates and is an NASM/AFAA Continuing Education Provider.

## **CYNDY BARNES**

Cyndy Barnes and her husband, Travis Barnes, are the owners of Journey 333, a booming company with five locations and franchises throughout the country. Starting her thriving company with an unemployment check has landed Cyndy on NBC News and led to Shape magazine naming her as one of the 50 most inspiring women of all time. Cyndy is the co-author of Journey Fitness and the best-selling 52 Amazing Journeys. Authentic and courageous, she will make you believe in the beauty of your dreams.

## **TRAVIS BARNES**

Travis Barnes is the CEO and with his wife, Cyndy Barnes, co-owns Journey 333 with several locations in New York. He is the co-author of the bestselling book "Results Fitness" written with Rachel and Alwyn Cosgrove, co-author of 52 Amazing Journeys and author of Journey Fitness with forward written by Todd Durkin. Travis is a dynamic international presenter, franchisor and teacher of FitBiz Mastery with a passion to teach fit pros how to systemize their business for success.

## **DAVID BOETTCHER, MS**

David is a professor in kinesiology, the director of education for the National Personal Training Institute (NPTI), and workshop manager and lecturer for the Brookbush Institute. His teaching and leading abilities have allowed David to lecture across the globe on movement and performance. He currently holds advanced certifications with the Brookbush Institute, the National Academy of Sports Medicine and the National Personal Training Institute.



## **C. VICTOR BRICK**

C. Victor Brick, M.Ed., is the co-founder/CEO of Planet Fitness Growth Partners, which owns and operates 80 health clubs in the United States and Australia. He is the founder of the John W. Brick Mental Health Foundation, whose mission is to change the way the world treats mental health. Victor sits on the Advisory Board of the Global Wellness Summit and, along with his wife, Lynne, was the 2020 recipient of the Debra Simon Award for Leadership in Furthering Mental Wellness.

## **LYNNE BRICK**

Lynne Brick, BS.R.N., is an international health and fitness presenter, consultant and author. She has been featured in a dozen exercise videos and is the 1990 IDEA International Instructor of the Year. She's also the co-owner, with her husband, Victor, of Brick Bodies and Planet Fitness Growth Partners, totaling 80 clubs in the US and Australia. She is also the co-founder of the John W. Brick Mental Health Foundation and the 2020 recipient of the Global Wellness Summit Debra Simon Leadership in Mental Wellness Award.

## **BRENT BROOKBUSH, DPT**

Dr. Brookbush has been an impassioned human movement professional since 1998 and educator since 2004. Developing a clear and engaging presentation style, he has been a resource for New York Sports Clubs, Equinox, NASM, Beach Body, Concordia University, and more. As the CEO of the Brookbush Institute, he continues to optimize the delivery of human movement education through student-centered learning and evidence-based education. Dr. Brookbush continues to consult and practice as a physical therapist.



## **ALEX BRYCE, MSE, CSCS**

Bryce is the Co-Founder and Head Coach at Electrum Performance, Director of Performance at JiuJiteiro, Head Strength Coach at Atos JiuJitsu HQ, and is a Certified Strength and Conditioning Specialist with Distinction (CSCS) from the National Strength and Conditioning Association (NSCA). He currently resides in San Diego, CA, operating Electrum Performance Headquarters and earned his Master's Degree in Exercise Science (MSE) from the University of Kansas, as well as his Bachelor's Degree in Strength and Conditioning with a Minor in Sport Nutrition from the University of Connecticut. Coach Bryce has a unique blend of academic knowledge and real-world experience, working with a number of world champion athletes across a variety of sports.



## **AMY C-RAD**

Amy C Rad has a Masters degree in Kinesiology from San Jose State University and a Bachelor degree in Chemical Engineering from University of Waterloo. Amy's professional experience includes over 25 years in Group Fitness Instruction, over 15 years in Personal Training, and co-founded BMI Fitness Studio in Santa Clara, CA. She is a Pound ICON and lead trainer for World of Dance U-Jam Fitness. She has presented at IDEA World Fitness Convention, CanFitPro, SCW Mania, Fit Expo Events, and has appeared on home workout DVDs and online workouts. Amy is passionate about music, movement, and helping her clients and new fitness instructors achieve their full potential.



## **MARCUS CARBO**

Marcus, the founder of Tai Chi with Marcus and The ChiCast podcast host, is a public advocate for wellness, veteran issues, and mental health. An OIF/OEF disabled combat veteran himself, Marcus serves other veterans through his positions as Veteran Services Outreach Officer with TaijiFit and as VA Coordinator for the Community Care Tai Chi Program. Marcus is the premier Tai Chi instructor of the Delaware Valley and has hosted several prestigious Tai Chi events.



## **JEFF CASE**

Jeff Case is a Journey 333 franchise owner and co-author of 52 Amazing Journeys, a weekly inspirational book. He has over 15 years of experience in the fitness industry and is an ACE certified trainer and motivational speaker. After a weight loss journey of 100 pounds, Jeff found his purpose in large group personal training with a coaching passion for changing lives.

## **NIKE CHARLES**

Nike Charles is the owner of JUST2SWEAT, a place where faith and fitness transform lives! She holds a Bachelor's of Science Degree in Kinesiology and a Minor in Sports Medicine. She is also a Can Fit Pro Certified Personal Trainer who has been into fitness her entire life. Nike is a wife and a mother to two young children who are actively into Rep sports. She thrives on seeing people living healthy and active lives and is a motivator who will positively impact your life to bring out the best in you. Her energy is infectious and her passion for health and fitness will inspire you along your fitness journey.

## **DR. GREGORY CHARLOP, MD**

Featured on ABC, CBS, and FOX, Dr. Gregory Charlop is one of the leading experts in health & wellness. He is a physician, author, and anti-aging coach for retired athletes and middle-aged professionals.

Dr. Charlop is the author of Why Doctors Skip Breakfast: Wellness Tips to Reverse Aging, Treat Depression, and Get a Good Night's Sleep.

## **SIRI CHILAZI**

Siri is an SCW, ACE and AFAA-certified group fitness professional with nearly 15 years of experience in the fitness industry and a background in ballet and jazz dance. She is a master trainer for Cardio Yoga® and RAQ THE BARRE® by RAQISA®, and her other specialty certifications include Pilates, Barre Above® and Balletone®. She teaches a variety of classes ranging from Step and Kickboxing to HIIT with the goal of motivating people to lead their healthiest, most fabulous lives. Outside the gym, Siri is an academic expert on behavioral science and gender equality in organizations.

## **PAUL CHRISTOPHER**

Paul Christopher is an established fitness professional operating in the Boca Raton area for over 20 years. A graduate of the University of Central Florida in 2000, Paul possesses credentials as a Certified Athletic Trainer (NATA-ATC), Certified Strength and Conditioning Coach (NSCA), and Certified Personal Trainer (NASM). His experience is a blend of orthopedic rehabilitation, sports performance, and personal training. In 2009, Paul founded the fitness brand/concept Gravity + Oxygen as a grassroots off-season conditioning program for South Florida's professional beach volleyball players. In 2015, Gravity + Oxygen Fitness opened its tangible doors for the first time. Located in East Boca Raton, the "GO House" aims to provide an experience that exceeds customer expectations. In over 5 years of existence, G + O has helped hundreds of clients reach their desired fitness goals.

## **CHRISTINE CONTI**

Christine is an international fitness presenter, educator, and speaker. She is CEO of Conti Fitness LLC., has over 20 years in the industry and created Let's FACE It Together™, facial exercise and rehabilitation. She co-hosts Two Fit Crazies & a Microphone Podcast, and co-founded TFC Productions. Post-2 rounds of chemo for an autoimmune diagnosis, Christine completed 36 marathons, 2 tris, and 2 IRONMANS. Christine is an active member of the Women In Fitness Assoc., MedFit Network, and PFP.



## **CAMERON DYE**

Cameron Dye is an ACE-certified personal trainer with a degree in Kinesiology. He is head of Program Design at Journey 333 and a varsity assistant coach with his local high school football team. Cameron has a reputation for being high energy and helping his members take their fitness to the next level.

## **MARYBETH DZIUBINSKI**

MaryBeth is a highly respected, global fitness industry leader with over 30 years experience in group exercise programming. She is a Senior Fitness Specialist and a former National Trainer with the SilverSneakers Fitness Program with advanced training in older adult exercise. MaryBeth is an R.Y.T. and the co-creator of YOQUA™. As a skilled health and wellness professional, she inspires others to commit to long-term health and fitness goals.

## **HANK EBELING**

Hank Ebeling is a small-business entrepreneur and the founder and owner of H4 Training gyms in Illinois. He's built his career on a passion for customer service and customer experience, and shares his insights in interviews and conversations with a range of other small-business owners in his popular Success Trails Podcast. Hank is also the author of the book "Crushing The Competition With Service".



## **AMANDA FEARHEILEY, RDN, LD, CPT**

Amanda Fearheiley, RDN, LD, CPT, has been a registered and licensed dietitian for over 20 years and has been immersed in the fitness field for over 15 years. Her passion is helping others learn how to use food as fuel and food for improving health. She has worked with both day to day athletes as well as pro athletes. She currently resides in the Austin, TX, area with her husband and 3 children.

## **KHALID FREEMAN**

Khalid Freeman is the Creator of Soul Clap Fitness & one of the world's most electrifying and innovative steppers. He has been to 46 countries on 17 world tours as a professional dancer, teacher and choreographer. Credits include: Beatles LOVE by Cirque Du Soleil, Michael Jackson Immortal world tour by Cirque Du Soleil, Stomp (Off-Broadway), Stomp the Yard (feature film), Dancing with the Stars, Latin Grammys, Eminem and Super Bowl 50.

## **DANIEL GALANTO**

Dan has been involved with exercise science since 2006. He has had the opportunity to view health from a variety of different perspectives including medicine, fitness, public health, and exercise science. He is a full-time epidemiologist studying the prevention of non-communicable disease such as obesity. In the fitness field, Dan has been certified as a personal trainer, strength and conditioning specialist, and special populations specialist since 2007. He also teaches personal training and speaks on various aspects of fitness.

## **GRETCHEN GEGG, MEd**

Gretchen Gegg, M.Ed. is a highly experienced fitness instructor, educator and presenter. Her experience with various populations, and their need for more than just fitness, led her to create The MiMo Method™. This virtual wellness platform supports clients as they learn to re-frame their thoughts around food, activity and body image. As 2020 brought along changes in the fitness industry, her business expanded to include a Virtual Yoga Studio and On-Demand fitness.





## **ANN GILBERT**

Ann Gilbert is an owner and operator of two Shapes Fitness for Women franchises in the Tampa Bay area. She oversees the operations of over 50 Group Fitness professionals and 25 certified Personal Trainers, and coordinates fee-based group personal training programs. Ann is a faculty member of The Shapes Fitness Academy leading educational workshops for the franchise chain nationwide & teaches the popular launch program designed to mentor new trainers into the growing business of Personal Training. She was awarded ACE / IHRSA Personal Trainer of the Year and has been a popular speaker at Club Industry, SCW MANIA®, IAFC and IHRSA Conventions for decades. Ann has written for Fitness magazines, Club Success, Club Solutions, and AKWA, and has been viewed as Tampa's Fitness Expert on Fox 13's, Good Day Tampa Bay, for the past 5 years. Ann acts as an educational expert for SCW Fitness Education by teaching the following Certifications: Active Aging, The Fundamentals of Aquatic Fitness, The Fundamentals of Group Fitness, and WATERinMOTION®.

## **TRINA GRAY**

Trina Gray is recognized worldwide as a passionate leader in the fitness industry. She is a successful health club owner, business mentor, and IDEA presenter. Trina has owned Bay Athletic Club, a medical-based health club, and Bay Urban Fitness, a large group training studio, for more than a decade. She also founded Team Rockstar Fit, an online coaching team of thousands of fitness professionals who partner with Beachbody®. She is the recipient of the first-ever IDEA Fitness Leader of the Year award, the Top 10 Small Business of the Year award in Michigan, the CEO Award from Beachbody and the Outstanding Community Service Award from IHRSA. She is a savvy entrepreneur who loves sharing business and life lessons with fitness professionals.

TEAM  **ROCKSTAR** FIT

## **MAUREEN (MO) HAGAN**

Maureen (Mo) Hagan is chief operating officer for Canfitpro - Canada's leading fitness authority. She is a global fitness ambassador and has been recognized for her work in fitness that spans over three decades. Mo is one of Canada's 2020 Top 10 power women, a #1 best-selling author, member of the Board of Directors for Prescription to Get Active, and a Reebok sponsored athlete.

## **MARISA HOFF**

Marisa Hoff has successfully managed Stevenson Fitness since its inception in 2010. She has worked to build a membership base of nearly 2000 members with high retention rates and customer satisfaction scores. Hoff has ensured that the club has been profitable since Day 1 and the club continues to thrive under her leadership. She has shared strategies for fitness business success at various conferences throughout the country.

## **JENN HOGG**

Jenn Hogg is a driving force in the Fitness Community. This 5-time US National Aerobic Gymnastics Champion knows there is no easy button, but strives to help everyone be their own hero and fearlessly live the life of their dreams. As Associate Director of Group Exercise for East Bank Club and Master Trainer for CORE Health & Fitness while representing brands such as Schwinn Indoor Cycling, StairMaster HIIT, Nautilus Strength, Star Trac Cardio, and Throwdown, her mission is to level up programming and mentor instructors around the world. She co-founded H.E.R.O. Fitness in Chicago with her husband to Help Everyone Reach Optimal Fitness by defining fitness on their own terms.

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## **JEFF HOWARD**

Jeff Howard is a world-renowned fitness presenter and the Promotional Director of Fitness for Baptist Health and Milestone Wellness Center. As a celebrity trainer, he was a pioneer instructor at the Golden Door Spa, starred in numerous fitness videos, educated fitness professionals at conventions worldwide for more than a decade, and has appeared on several national TV shows. As a Group Fitness Director, Jeff has managed award-winning fitness programs from Equinox in Chicago to Virgin Active in South Africa. He is currently a member of SCW Fitness Education Faculty, as well as the health and fitness columnist for The Voice Tribune. Jeff can be seen every Monday on Great Day Live in his segment "Motivational Monday" giving fitness tips and advice.

## **MARY IRBY**

Mary Irby is a Certified Yoga Therapist with IAYT and an E-RYT 500. She studied yoga in India and has extensive experience in aqua yoga. She is the Director of White Crow Yoga's YA approved Registered Yoga School. Mary has trained yoga instructors via RYS200 and RYS300 programs for over a decade and has led YACEP trainings. She holds a graduate degree in Education from Colorado State University and an undergraduate degree from MTSU with a double emphasis, one of which is in Health, Physical Education and Recreation.

## **JUNE KAHN**

June Kahn is an internationally recognized Fitness/ Pilates leader and educator. Recipient of 2009 World IDEA Fitness Instructor of the Year, Pilates Rehab Specialist & owner of Center Your Body Pilates, an award-winning Pilates studio in Louisville CO. June is best known for bridging the gap between classical Pilates and the fitness industry. June is Master Trainer for Body Bar™ Systems, the 2017 Master Trainer of the Year for Savvier Fitness, developers of Barre Above™ & Tabata Boot Camp™ & Cardio Yoga™. A published author, well known industry presenter, expert subject writer for the ACE exam, an Affiliate to the PhysicalMind Institute Pilates, and serves on the program selection committee for ACSM.

## **SARA KOOPERMANN, JD**

Sara, CEO of SCW Fitness Education and WATERinMOTION®, is a visionary leader that has transformed the fitness education community. A successful business owner and advisor, she is a keynote speaker, published author, podcast presenter and sought-after industry trail-blazer. Sara has a unique ability to share her passion and devotion towards fitness education through her humor, enthusiasm and her effervescent no-nonsense personality. She serves on the Gold's Gym Think Tank, was on the Women in Fitness Association Board of Directors and is a proud inductee into the National Fitness Hall of Fame. Sara currently serves on IHRSA's Headlight Committees for Facility Standards and has left an indelible mark on the fitness industry as a whole.

## **CHERI KULP**

Cheri Kulp has been a certified instructor for over 30 years. She holds a degree in special education and has previously taught for 18 years. Cheri has been a WATERinMOTION® champion for a decade and is the choreographer for the new aqua dumbbell program, WATERinMOTION® Strength. Her areas of expertise include presenting at SCW MANIA® conferences for 4 years, personal trainer, ARC lifeguard, swim instructor and Les Mills instructor. She has appeared in over 25 videos.

## **LUKAS LANGE**

Lukas Lange is the Lead A/V Sales Engineer at AV Now Fitness Sound. He started with AV Now in 2015 and continues to create state-of-the-art sound and lighting systems for the fitness industry. He holds several industry-standard audio certifications and studied at San Francisco State University within the BECA Division in the media arts and studied the theory and practice of Television, Video, Audio, Radio, Digital Production, and Content delivery. He also produces live events during his spare time. His Audio-Visual expertise has established innovative virtual streaming product options to deliver superior audio and video teaching from the home or the gym.

## **MELISSA LAYNE, Med**

Melissa is a Kinesiology Department faculty member at the University of North Georgia. She has 30 years of experience in the fitness industry and a Master's Degree in Exercise Physiology. She taught elementary PE and coordinated fitness programs for Royal Caribbean, Home Depot, and orthopedic surgeons. Melissa is the author of WATER EXERCISE (Human Kinetics 2015), a member of the SCW educational faculty & has been featured in numerous fitness education and training videos. She is an expert at organizing complicated material into easily understood pieces.

## **MICHELLE LEACHMAN**

Michelle earned her degrees in the health and exercise field, at the University of Idaho. She travels the country educating as a former Asst. Professor, current Master Trainer, and manager at the American Council on Exercise. Michelle has overcome three shoulder reconstruction surgeries as a former OCR World Ranked athlete, for which she has written in her published works. Her expertise lies within fitness promotion, human movement and performance, and management.

## **MANNY LUBIN**

Manny Lubin is a Co-Founder of Slate Milk, a lower sugar, higher protein line of lactose free chocolate milks. After being a multi-sport all-state athlete in high school, Manny developed a passion for fitness during his undergrad time at Northeastern University in Boston, MA. His love for sports, fitness and chocolate milk collided in 2018, when he teamed up with now Co-Founder Josh Belinsky to start building Slate, which appeared on ABC's Shark Tank.

## **STEFANIA MANFREDI**

Stefania Manfredi hails from Turin, Italy and is the co-inventor of the Acquapole® method. Stefania has a degree in Physical Education with a Masters in Sport Psychology. She has managed fitness instructors in a swimming facility in Turin, Italy for over 10 years and is a synchronized swimming team coach. Stefania owns a pilates center, specializing in pilates classes and personal training. Since 2010 she has overlooked and developed Acquapole worldwide trainings and events. Stefania personally tests all Acquapole® protocols and has trained more than 1000 aqua fitness instructors.

## **JESSICA MAURER**

Jessica H. Maurer finds a passion in fitness education, and she concentrates her energy in program development and social media. Jessica is the social media and online manager for several top and well-known fitness personalities and brands. She has designed, created, and implemented websites, blogs, and fitness programs for large and private studios and individuals.

## **SHELDON MCBEE, MS**

Sheldon McBee has a Master's Degree in Human Nutrition, is an ACE certified Personal Trainer, and has over 18 years of experience in health and fitness. Sheldon is an experienced international presenter, lecturer, business consultant, fitness content developer, and training director. Sheldon is also a passionate and dynamic presenter, and he has been featured in numerous fitness education and training videos. Sheldon is the Personal Training Director for Universal Athletic Club based in Lancaster, PA.

## **BILL MCBRIDE**

Bill is a health club industry veteran with over 25 years of experience leading and managing all aspects of commercial health clubs, medical fitness centers, residential, community, multi-tenant, and corporate fitness sites. He co-founded Active Wellness, LLC and owns a health club consultancy - BMC3. Bill has served as Chairman of the International Health Racquet & SportsClub Association (IHRSA) Board of Directors, President of the Mid-Atlantic Club Management Association (MACMA), and served on the Industry Advisory Board for the American Council of Exercise (ACE).

## **IRENE MCCORMICK, MS, CSCS**

Irene McCormick is the former Senior Director of Fitness for Orangetheory Fitness. She is an IDEA Fitness Instructor of the Year, a twice-published author for Human Kinetics, and an award-winning conference educator and keynote speaker. Irene holds an MS in Exercise Physiology from Iowa State University and serves as an SCW Fitness faculty member. Irene is the creator of the SCW Foam Roller certification and presents several SCW Fitness certifications. She is also the Lead Conference Educator for WaterRower®, Master Instructor for TRX®, and Master Trainer for Savvier Fitness. As a RYKA FitPro and Subject Matter Expert for Orangetheory, NASM, and ACE, her certifications include ACSM Fitness Leader, NSCA-CSCS, ACE CPT, ACE GFI ACE LWM, NASM CPT, AFAA Group Ex, TRX, and AEA.

## **ALEX MCCLEAN**

Alex McLean has been teaching group fitness since 1995. He started as a dancer and master class presenter for the Reebok Performance Team and Nike Culture Shock, and is currently an educator for multiple world-class brands, including Schwinn® Cycling and Strong Nation™. He has appeared in video and print projects and as a professional dancer and acrobat. Alex has been in commercials for Facebook and Joy Mangano Home Products. He has also danced with LeAnn Rimes, Disney, Universal Studios and the NBA/WNBA. Certifications: ACE, AFAA, NASM.

## **COURTNEY MCWAIN, MBA**

Courtney McWaine is a Transformational Wellness and Life Transition Speaker, Podcaster, and Career Strategist. She is a trauma survivor turned Queen of Thriving During Major Life Transitions. She has utilized her experience as an Operations Manager in corporate Supply Chain and as an avid Fitness Professional to promote mind evolution and transformation. Courtney was named as one of Oxygen Magazine's individuals on the Future of Fitness list. She was propelled toward her life passion of empowering others to make long-term change following her survival of a near fatal car crash. She overcame her life altering experience with the attitude that anything is possible and now encourages others to live the same way!

## **LIZ MORRISON**

Liz is a branding and marketing strategist and designer, and teaches fitness and wellness professionals, trainers, and coaches how to streamline their marketing, make more money, and save time while doing it. As a former fitness competitor with 10+ years in corporate and agency marketing experience, she has become known for her relatable, humorous messaging, refreshing style of digital and experiential marketing, and down-to-earth demeanor. Liz is reshaping attitudes on fitness culture, lifestyle expectations, how to live well, and has been recognized as a Trailblazer by VoyageATL.

## **KEVIN MULLINS, CSCS**

Kevin Mullins, CSCS, is a fitness professional, educator, and author who has coached over twenty-thousand personal training sessions and group fitness classes in the last decade. He is the author of best-selling Personal Training book - Day by Day: The Personal Trainer's Blueprint. The creator of SCW's Functional Training Certification, Kevin leverages his degree in Kinesiology from the University of Maryland as well as accreditation through the PPSC, USAW, Precision Nutrition, EQUINOX, NSCA, Trigger Point Therapy, ISSA, and Schwinn Cycle to every event.

## **MINDY MYLREA**

Mindy is a PFP Trainer of the Year, CanFitPro Specialty Presenter of the Year, Fitness Presenter of the Year, CanFitPro International Presenter of the Year, International Fitness Instructor of the Year, a National and World Aerobic Champion, and a five-star presenter. Mindy is an advisory board member for Oxygen Magazine, an international presenter, author, motivational speaker, video personality, and CEC provider for SCW, ACE and AFAA. Mindy is also a Boston MANIA® Presenter of the Year award recipient.

## **MICA O'DELL**

Mica started her career in fitness at age 16 and is now the Fitness Director at the Fayetteville Athletic Club in Arkansas. In addition to her Kinesiology degree, Mica has constantly been expanding her fitness knowledge and holds certifications in Personal Training, Cycling, Pilates, 7 Les Mills Programs, and Barre Intensity.

## **NATHALIE PLAMONDON-THOMAS**

The EXPERT with a PROVEN SYSTEM to get you transformational results. Nathalie is the international No.1 Bestselling Author of eleven books on success and wellness. She has empowered over 100,000 audience members and thousands of clients internationally to get rid of their negative self-talk. She combines over 10 years of experience in human resources, 25 years in sales, and over 30 years in the fitness industry. In 2007, she was the "Fitness Instructor of the Year" for Canada.

## **BILLY POLSON**

Billy Polson, is a nationally recognized fitness entrepreneur, presenter, and business consultant. In 2004, looking to build an unparalleled training facility and a community of the Bay Area's leading independent coaches, Billy founded DIAKADI Fitness, awarded San Francisco's 'Top Trainers/Gym' for 13 straight years. Three successful fitness brands later, he launched The Business Movement, a fitness entrepreneur education program, which has assisted hundreds of fitness business owners with developing powerful brands and maximizing their success.

## **JEREMY PURIFOY**

Jeremy is the Chief Operating Officer and owner of one of Journey 333's five locations. He cultivated profit margins above 30% to grow his business from scratch to 430 members. He co-authored the best-selling book "52 Amazing Journeys" and has been featured on NBC News to share his knowledge and passion for fitness. Jeremy, an ACE-CPT with a degree in health science, utilizes his skill and experience to inspire coaches to rise to their next level.

## **FRASER QUELCH**

This internationally renowned expert is a founder of the revolutionary training company TRX® and an award winning presenter who's been featured at conferences and events all over the world including an appearance on the TEDx stage. Fraser combines an animated, entertaining style with his knowledge and gift to motivate and inspire. His provocative presentations have been known to stretch the minds of his audiences and provide relevant and effective training solutions in a practical setting.

## **DIVA RICHARDS**

Diva Richards is one of the top rising motivational life coaches within the east coast region with over 15 years experience within the entrepreneurship sector. As the Founder and President of Hard Work No Excuses, LLC., which includes the 10,000+ sq foot Hard Work No Excuses Fitness Facility located in Marlton, NJ, Hard Work No Excuses fitness apparel line, The Do Work Method Motivational & Life Coaching Program and You vs You Production company, Diva brings real-life success and experienced guidance to her clients and followers.

## **LISA SIMONE RICHARDS**

Lisa Simone Richards is a publicist for online coaches who want to be featured in magazines, on stages, TV, podcasts and other major media. She helps them go from invisible to in-demand with strategies that help build business by leveraging the audiences of oth-



ers. Lisa helps her clients get the kind of credibility that has people running to work with them. When she's not shooting national TV segments or working with editors on magazine features, you can find her swinging a kettlebell, exploring local restaurants and petting every dog she walks by.

## **KELI ROBERTS**

Keli Roberts, the owner of Keli's Real Fitness, Inc., is the recipient of the IDEA International Fitness Instructor of the Year award, Best Female Presenter and Lifetime Achievement OBOW Award. Keli was inducted into the esteemed National Fitness Hall of Fame. Additionally, she was also honored as Presenter of the Year as well as Inspiration Award for Empower! Conventions. Keli is an ACSM CEP and holds certifications through ACE as a GFI, HC, and CPT. Furthermore, she is an SCW Faculty Member, a BOSU Elite Presenter, Schwinn® Senior Master Trainer and Ryka, WIFA, and Athleta Ambassador.

## **DANE ROBINSON**

Dane is a certified fitness professional through the National Academy of Sports Medicine and has held almost every job in the fitness industry, from training to regional management. After spending 10+ years working his way to the top, outside of training group classes and private clients in Atlanta, GA, Dane impacts 100's of people in private and group training classes and 1000's of people across the country as a fitness coach on the episodic on-demand show "Daily Burn 365" in New York City. Dane also serves as an on-demand trainer with Total Gym, as part of their "Total Gym TV" series and can be routinely found as a Total Gym Master Coach on the QVC Network.

## **GIOVANNI ROSELLI**

Giovanni was recently voted SCW Fitness' 2020 August Live Stream MANIA® Best Male Presenter. As a highly sought-after personal trainer and group fitness instructor, he is also a Master Instructor for both the Institute Of Motion and ViPR PRO. He has a lengthy history creating content for companies such as Nike, 24 Hour Fitness, and Equinox where he won the Educational Excellence by A Trainer Award and was nominated for Group Fitness Program of The Year. As a man of many talents, this former WWE Superstar has also professionally acted alongside some of the world's top actors.

## **DAVID-DORIAN ROSS**

David-Dorian Ross has introduced more students to Tai Chi than any other teacher in America. He is the founder and CEO of TaijiFit, the creator of the TaijiFit method, and is the #1 best-selling author and creator of 150 Tai Chi educational DVDs and television programs. He is also the National Coordinator for the VA's Tai Chi for Veterans program.

## **SAM ROTH, MA**

Samuel J. Roth, MA, is a PhD candidate in Bioinformatics and Systems Biology at the University of California, San Diego in Dr. Christopher Benner's lab. His research specializes in using next-generation sequencing technologies to understand gene regulation. He received his Master's Degree at Wesleyan University in 2014 while working with Dr. Michael Weir on developing genome-wide peptide detection techniques. Sam is also a lifelong athlete with two personal training certifications. He was the captain of his college track and field and cross-country teams while earning multiple All New England honors and currently practices Brazilian jiu jitsu under famed world champion Andre Galvao.

## **ALEX RUANI**

Alex Ruani is a UCL doctoral researcher and chief science educator at The Health Sciences Academy, where she leads a team of accomplished scientists and PhDs on large education projects helping 150,000+ working and aspiring nutrition professionals succeed in their careers. Her expertise is sharing what's new and what's actually working in the field of nutrition, giving learners the tools they need to stay on top of evidence-based advice and get ahead of the curve.

## **NICOLE SEBRING**

Nicole Sebring, Founder of Haus of Show, was inspired to create a health & wellness community offering fun & innovative outdoor fitness classes aimed to build confidence in one's inner strength and bring awareness to important causes. As a yogi, surfer and active member in her beach community, Nicole & her Haus Babes are changing the way we view fitness. Together, they are changing their community for the better and most importantly changing the way females of all ages view themselves. As a brand ambassador for Grab The Gold, Nicole keeps her energy levels high & sugar intake low. She stays fit on & off her board and mat with Grab The Gold snacks & supplements.

## **ROBERT SHERMAN**

Robert Sherman has been named one of the top 100 fitness trainers in America by Men's Journal and Allure Magazine. He was also selected by the Washington Post as a best fitness instructor in the Washington D.C. area and recognized as a top local "Power Trainer" by Capitol File Magazine. Robert inspires and his compassion and knowledge lead to success.

## **MICHELE SILENCE, MA**

Michele Silence, M.A. is a fitness professional, trainer, educator, studio owner and freelance writer serving as an advisory board member for P.E. Central. Her articles have appeared in Fitness Management, The IDEA Journal, The DietChannel.com and numerous Op-Ed news columns. She is the President and CEO of Aerobic Fitness Consultants, and the creator of KID-FIT, P.E. classes for preschoolers. Michele recently created the KID-FIT Virtual Studio and has developed a preschool music and workout site

## **JACQUESE SILVA**

Tricia is a registered dietitian, fitness instructor, and wellness coach. She is an international virtual and live presenter, and the author of the award-winning international Amazon Bestseller, Healthy Dividends: Investments in Nutrition, Movement, and Healthy Habits that Pay Off. She developed and leads the SCW Nutrition for Active Aging Certification. Tricia teaches Nutrition Entrepreneurship and Healthy Aging for Northeastern University, and serves as the Faculty Lead, where she helps oversee the Applied Nutrition Program and the Certificate in Integrative Health and Wellness.

## **KIMBERLY SPREEN-GLICK**

Kimberly has over 25 years of experience teaching and presenting on fitness and yoga, as well as professional and personal development. She served as the senior director of group fitness at LifeTime for over 10 years and is an IDEA Program Director of the Year award recipient. Her primary focus is helping fitness professionals bridge the gap between physical fitness and complete well-being so they can live their own best lives while being Difference Makers for others.

## **CHRIS STEVENSON**

Chris Stevenson is the founder of Stevenson Consulting, a full-service consulting firm helping businesses and entrepreneurs of all types maximize potential. His expertise stems from his hands-on experience in all aspects of the health club industry. For almost 20 years, Chris and his team successfully owned and operated Stevenson Fitness, a full-service boutique health club in Southern California. The club's success was based on providing an unparalleled member experience, centered on proper staffing, systematic operations, and world-class leadership. This success was reflected in the club's NPS, which was consistently in the 90s (industry average is in the 40s). Chris is an international speaker who regularly presents at SCW, IHRSA, Club Industry, IDEA and others. He also sits on the board of directors of IHRSA and the Customer Engagement Academy.

## **DORIS THEWS**

Doris Thews is an 35 + year fitness Industry veteran and an International award winning Fitness Educator, including 2019 World IDEA Fitness Instructor of the Year. She is the CEO of Team Thews Fitness where she consults, leads & presents for several leading brands on business, program development and executive strategy. Doris is a Senior Master Trainer and Global Mentor for Schwinn and is on the International Development Master Trainer team for BOSU and Hedstrom Fitness, as well as a RYKA Fit-Pro Ambassador. In addition to presenting and lecturing internationally, she is also a Keynote speaker well known for her motivational and athletic coaching style.

## **ERIC THOMSON**

Eric is an energetic and charismatic fitness instructor and personal trainer recognized for his motivational coaching and results driven programming. As Master Trainer for Core Health & Fitness and SCHWINN® Indoor Cycling, Eric has also presented at EMPOWER! and LifeTime Fitness' signature programming. He co-owns Avenger Fitness and teaches for EQUINOX, is certified by NASM and ACE, and can be seen in projects with Beachbody, Spartan Strong, and AFAA.

## **PETER TWIST**

A Sport Scientist and Performance Coach for 700 pro athletes, Twist coached in the NHL for 11 years before partnering with the China government helping modernize summer and winter Olympic training. A pioneer of functional training creating the industry's first functional certifications, Twist today innovates how we can activate both brain + body and improve our human vehicle. TWIST University certifies trainers in sport performance and sports medicine. Twist's leadership and methods have been harnessed by Under Armour, IMG, Nike, Beijing Sport University, American Council on Exercise, IDEA World, Virgin Active, Equinox, and trainers in 33 countries who studied TWIST sport education courses. A Stage 4 cancer survivor and thriver, Twist's mission shares positive energy, inspiration and education across the spectrum from restoring health to highest peak physical and mental performance.

## **ANDREA VELAZQUEZ**

Andrea Velazquez has been immersed in Aquatics for over 20 years. She is a Recreation Supervisor for the City of Yonkers and Master Trainer for numerous aquatic specialties including AcquaPole®, Aquastrength® and SAF aqua Drums Vibes®. She is a Lecture Presenter at professional conferences including NYS Parks/Recreation Conferences, Association of Aquatic Professionals, as well as her alma mater SUNY Cortland. She holds numerous certificates in aquatics including AEA Professional, Medically Based Aquatics, AquaVida Floating Yoga.

## **MANUEL VELAZQUEZ**

Manuel is a proud SCW Fitness Education Faculty Member and a WATERinMOTION® National Trainer. He is a valued trainer for BOSU®, Tabata Bootcamp and Barre Above, and a recipient of the NYC All-Around International Presenter of the Year award and has been presenting at fitness conferences worldwide for over two decades. Manuel is a continuing education faculty member for SCW, ACE, AFAA, ACSM, AEA, and WATERinMOTION® and stars in over 50 Fitness Instructor Training Videos. He is also an RYT-200 Yoga certified and an AFAA Team Pro and Examiner. Manuel is a former Lead Instructor at the Golden Door Spa in Puerto Rico and now is a head instructor at Rancho La Puerta in Tecate, Mexico, outside of San Diego.

## **HELEN VANDERBURG**

Helen is the owner of Heavens Elevated Fitness Club and Fusion Fitness Training™ in Calgary. She is the recipient of many industry awards including IDEA Instructor of the Year and CanFitPro Presenter of the Year. She is also an elite athlete as a former World Champion synchronized swimmer and honored member of the Sports Hall of Fame. Helen is a master trainer and educational program developer for SCHWINN® and the author of Fusion Workouts.

## **REENA VOKOUN**

Reena Vokoun, Founder & CEO of Passion Fit, is an entrepreneur, writer, public speaker, content creator, media spokesperson and certified health & wellness expert through AFAA & ACE. She graduated with a B.B.A. in Marketing & Management from the University of Wisconsin-Madison and an M.S. in Advertising & Communications from Boston University. She spent several years in corporate America working in digital marketing, sales & business development for Google, Yahoo, Reebok, CNET, GE & Grokker.

## **CONNIE WARASILA**

Connie is the choreographer for WATERinMOTION®, faculty member of SCW Fitness Education, and certified by ACE, AEA, AFAA, Balanced Body, The Braining Center, Yoga Fit, Schwinn®, Reebok Cycle, and Moms in Motion. Awarded the Aquatic Exercise Association Fitness Professional of the Year, Connie has over 30 years of teaching experience in the USA and abroad. She enjoys traveling around the world presenting new and creative workshops to make fitness more accessible, professional, and fun.

## **KIA WILLIAMS**

Kia Williams, MS, E-RYT 200, is an experienced group fitness instructor and personal trainer who holds several specialty certifications and teaches multiple formats including barre, yoga, and others. Kia is a master trainer for Barre above®, Fluid Strength™, and Balltone™. Kia has managed fitness and wellness programs and facilities across the country and is committed to helping others

