

FITNESS PRO CONVENTION

# DALLAS FITNESS PRO CONVENTION



August 26 - 28  
Dallas, TX

Featuring:  
**HEALTH & FITNESS  
BUSINESS SUMMIT**  
Partnering  
With **IHRSA**

# IT'S CALLED MANIA® FOR A REASON

An insane amount of fitness education in one weekend.  
Career changing? More like life changing!  
Be a better fitness pro. Attend Dallas MANIA®.



## Letter From Sara Kooperman, JD

Dear Dallas MANIACs,

We are excited to be back in Dallas again! 2022 promises to be our best year yet with limitless fitness pro education options that won't just open doors but kick them down! SCW MANIA® Fitness Pro Conventions are going on their 40th year and we couldn't have made it this far without your tremendous support. Learn from the industry elite while you interact and network with like-minded fitness professionals that lift you and remind you why you started in this industry in the first place. This is the shot of adrenaline you need to motivate, re-energize, and take your career to the next level!

SCW Fitness Education is honored to be offering the Health & Fitness Business Summit at all our MANIA® Conventions. This means that 30 business seminars with 27 top fitness industry leaders are now available to educate and inspire fitness industry Owners, Managers and Directors, making it perfect for networking and growing your small business or leading your larger enterprise. MANIA® is now truly a ONE-STOP-SHOP for our Fitness Community!

Our sincerest gratitude goes out to our event sponsors that help us bring the most innovative programming and education to you - without their dedication and support these amazing events wouldn't be possible.

Thank you for all you have done to support SCW Fitness Education and the MANIA® Conventions.

In Health,

Sara Kooperman, JD  
CEO, SCW Fitness Education



## MANIA® FITNESS PRO CONVENTIONS

SCW is proud to be the fitness education and respected certification company of choice for Personal Trainers, Group Exercise Instructors,

Small Group Training Leaders, Aquatic Exercise Professionals, Cycling Instructors, Mind-Body Experts, Sport-Specific Training Educators, and many more. This outstanding Family of Leaders also supports Managers, Directors, and Owners of clubs and facilities nationwide with our Health & Fitness Business Summit and sessions.

As the largest conference leader in the world, MANIA® offers seven Professional Training Conventions annually in Washington, D.C., California (San Francisco), Florida (Orlando), Atlanta, Dallas, Midwest (Chicago), and Boston — and now, online too with our Live Stream MANIA® Fitness Pro Conventions! SCW serves over 7,000 health and wellness professionals at our events, and we reach more than 300,000 virtually through our SCW OnDemand program, Online Certifications, and Continuing Education Credit (CEC) programming options. Watch for our FREE Webinars that continue to drive the business of fitness forward.



If you want to grow your business and build your career, the 3-day SCW Health & Fitness Business Summit is a must-attend event for you and your team. It's the place for all the education, networking, and tools you need to set yourself apart from the competition and move your business into a more profitable future. Attend 30 Business Sessions focusing on Social Media, Management, Programming, Sales, Retention, Technology, Finances, and Trends! Conveniently build your business and career in your backyard! (Look for the shaded blue/grey box throughout the course descriptions and pull-out chart indicating the SCW Health & Fitness Business Summit sessions.)

For more information visit [www.scwfit.com/dallas/business](http://www.scwfit.com/dallas/business)

- 3-Days of Elite Education
- 30 Lecture, Workshops & Panels
- 27 Top Industry Presenters

### CEC/CEU Providers



### Supporters



## Hotel / Convention Location & Date

**DALLAS MANIA®**  
**FITNESS PRO CONVENTION**  
 AUGUST 26-28, 2022 (FRI., SAT., & SUN.)

**BUSINESS SUMMIT**  
 AUGUST 26-28, 2022 (FRI., SAT., & SUN.)

**CERTIFICATIONS**  
 AUGUST 25 (THUR.) & AUGUST 28 (SUN.) 2022

**WESTIN GALLERIA HOTEL**  
 13340 Dallas Pkwy  
 Dallas TX 75240  
 (972) 934-9494

### Stay On-Site & Save

\$169 (Reg. \$242) single - quad room. We GUARANTEE the lowest Rate! WOW - what a savings! Pay as little as \$42.25 per night when you share a room with three others!

- 2 Queen Beds or 1 King Bed
- FREE Wifi for Marriot Bonvoy Members
- Complimentary On-Site Parking
- Mini-Fridge In Every Room
- Coffee & Tea Maker
- 24 Hour Fitness Center

**Hotel Room Discount Deadline:**  
**Tuesday, August 2, 2022**

**Book early, our hotel ALWAYS SELLS OUT!**  
 Visit: [www.scwfit.com/dallas/hotel](http://www.scwfit.com/dallas/hotel)

### The Convention Is Attached To The Gorgeous Dallas Galleria Mall

This mall offers the best shopping with over 100 stores! Gucci and Louis Vuitton - plus a lululemon, Foot Locker, Green-Biotics, Lush, Ochi Reflexology, MAC, Victoria's Secret, and Sephora will more than keep your interest! Plus a virtual reality amusement park, an indoor ice skating rink, and restaurants galore!

### Don't Forget Downtown Dallas - Only A Short Drive Away!

Visit Downtown Dallas in less than 10 minutes by Uber. Lyft or Taxi. Share a ride and pay as little as \$10!

## Ways to Save on MANIA®



### Be a Staff Assistant - Pay As Little As \$99 + Earn 20 CECs & Save

SCW needs energetic, outgoing, flexible fitness pros to help run our MANIA® Fitness Pro Conventions. Benefits include:

- Save \$160 off the \$259 MANIA® price (Now ONLY \$99)
- Earn up to 20 CECs while staffing (SCW, ACE, ACSM, AEA, AFAA, NASM & more!)
- 2 DAYS FREE when you work 1 day
- 50% OFF all SCW Certifications
- 20% OFF all SCW products
- FREE Event T-shirt
- FREE SCW Staff Dinner & Drinks Party
- FREE Refreshments in the SCW Member Room

For further details on becoming part of the Staff Assistant Team, please visit [www.scwfit.com/staff](http://www.scwfit.com/staff) or contact Denise Johnston directly at [staff@scwfit.com](mailto:staff@scwfit.com) or Text/Call 678-901-9642.



### Receive Discounts

Get the most up-to-date alerts on discounts and MANIA® info by signing up for texts from SCW. To make sure you're on the list and to get our FREE Spotlight eNews, sign up at [www.scwfit.com/info](http://www.scwfit.com/info)



### Become an SCW Member - It Pays For Itself... And Then Some!

- SAVE \$80 off any regular 3-day MANIA® registration (now only \$179, was \$259)
- 1st CHOICE SESSION selection GUARANTEED!
- 20% DISCOUNT on ALL SCW Online Certifications,

- CEC Video Courses and OnDemand
- 20% DISCOUNT on all products at the SCW BOOTH!
- MEMBERS-ONLY ROOM ACCESS - complimentary refreshments all weekend!
- Discounted Insurance

Become a member today at [www.scwfit.com/membership](http://www.scwfit.com/membership)



## MANIA® Offers More!

# 20

CECS/CEUS

### 20 Continuing Education Credits/Units (CECs/CEUs) in 1 Weekend at MANIA®

Live MANIA® Conventions along with our Online Recorded options supply you with over 20 Continuing Education Credits/Units during the 3-day convention! SCW, ACE, ACSM, AEA, AFAA, NASM, and other providers accept MANIA® CECs/CEUs. We are happy

to help you secure Physical Therapy or other CEUs! SCW is committed to excellence and utilizes only presenters who are certified or carry a fitness-related graduate or undergraduate degree. Please check with your individual certification organization to determine the exact number of CECs/CEUs required for credential maintenance. All courses are subject to CEC/CEU approval by your corresponding educational organization.

Learn more at [www.scwfit.com/dallas/cecs](http://www.scwfit.com/dallas/cecs)



### One Excellent Expo - Free To All!

You're going to love the great deals on fitness equipment, exercise videos, activewear, music, fitness resource books, and Online Certifications. The Expo is always FREE and open to the public! Invite your friends, clients & students. Register at

[www.scwfit.com/dallas/expo](http://www.scwfit.com/dallas/expo)

# 100

SESSION RECORDINGS

### 100 Session Recordings - 125 Hours of Online Education!

See 100 activity sessions, nutrition seminars & business lectures for 125 hours of recordings at only \$40 for 40 days (only \$1 a day) when you add it to your In-Person registration. That's the most education for your money! Can't attend MANIA® In-Person?

Watch all the recorded sessions and lectures online for only \$199. That's 100 recordings to enjoy at your convenience - on your own time! All online videos qualify for the maximum amount of 20 CECs/CEUs. Register at

[www.scwfit.com/dallas/register](http://www.scwfit.com/dallas/register)



### Sponsor / Exhibit / Advertise Partner with the Best

**Fitness Professionals are within reach with SCW!**

- 7,000 face-to-face connections
- 61,000 through emails
- 55,000 text messages
- 300,000 through organic virtual connections

All of our events are held at Non-Union Hotels and include exhibit booths with tables, chairs, and carpet at no added expense. Move-in and out without crazy drayage fees! Offer sessions at our conference! Our MANIA® attendees will use your products, try your programs, and experience your offerings! Host MANIA® certifications and workshops, provide inserts for the Welcome Bag, publish Articles with Ads in our Newsletter, promote your business through our SCW Webinars, and receive Discount Coupons in our Emails. Visit: [www.scwfit.com/PARTNER](http://www.scwfit.com/PARTNER), email [partner@scwfit.com](mailto:partner@scwfit.com) or Call or Text our Partnership Director, Beth Kahny 402-649-9700. For more visit [www.scwfit.com/partner](http://www.scwfit.com/partner)



### Michael Scott Scudder Scholarship

To honor the life and professional career of Michael Scott Scudder, SCW offers a FREE MANIA® Convention attendance to a budding instructor or trainer, passionate club owner, success-driven manager, or a promising business. This scholarship is open to those who reflect the passion, high-standards

and desire to succeed in the fitness industry set forth by Michael Scott Scudder while demonstrating financial need. To apply for a scholarship, please visit [www.scwfit.com/scudder](http://www.scwfit.com/scudder)

# MANIA® EXPO



**FREE & OPEN TO THE PUBLIC! AUGUST 26-28**

# HEALTH & FITNESS BUSINESS SUMMIT

Dallas  
August 26-28



DREW MYERS

Leadership &  
Management

KIMBERLY SPREEN-GLICK

Social Media &  
Marketing

DIVA RICHARDS

Trends &  
Technology

NICHOLAS LAMBE

Revenue &  
Retention

DANE ROBINSON

Products &  
Programming

SARA KOUPERMAN, JD

Sales &  
Growth

## Work **ON** your fitness business. Not just **IN** it.

Attend the SCW Health & Fitness Business Summit and **give your fitness business the attention it deserves.** The perfect place for Managers, Owners, & Directors to take their Clubs & Studios to the next level.

- ▶ 3-Days of Elite Education
- ▶ 30 Lectures, Workshops, & Panels
- ▶ 27 Top Industry Presenters
- ▶ Owners, Managers, & Directors
- ▶ Interactive Workshops
- ▶ Exclusive Resources
- ▶ Direct Feedback

Learn from Industry Experts,  
Colleagues and Leaders just like you.

**Learn More  
& Register:**

[www.scwfit.com/business](http://www.scwfit.com/business)



## Sponsor Specials

### A HUGE Thanks To Our MANIA® Sponsors!

To our Dallas MANIA® Sponsors - thank you for taking the time and energy to invest in our vision and in our event; your sponsorship allows us to bring the highest level of fitness pro education to our attendees.

#### Co-Sponsors



**SCHWINN**



#### Associate Plus Sponsors



#### Associate Sponsors



## Certifications

### Thursday, August 25

#### SCW ACTIVE AGING CERTIFICATION

Ann Gilbert

Thursday, August 25, 9:00am-5:00pm

**\$179 MANIA® Attendees / \$199 Non-Attendees**

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+ year-old participants. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM, (0.7).

#### SCW PERSONAL TRAINING CERTIFICATION

Keli Roberts

Thursday, August 25, 8:00am-5:00pm

**\$179 MANIA® Attendees / \$199 Non-Attendees**

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), ACSM (8.0), AEA (4.0).

#### SCW YOGA I CERTIFICATION

Manuel Velazquez

Thursday, August 25, 8:00am-5:00pm

**\$179 MANIA® Attendees / \$199 Non-Attendees**

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, competitive or recovering athlete. Understand the latest scientific research about yoga and discover a simple, systematic approach to program design and effective cueing techniques. Seasoned and novice participants leave qualified to passionately lead a successful yoga class and yoga-inspired recovery & cool-down. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).

#### SCW PILATES MATWORK CERTIFICATION

Abbie Appel

Thursday, August 25, 8:00am-5:00pm

**\$179 MANIA® Attendees / \$199 Non-Attendees**

Experience the classical series of movements and modifications based on the timeless methods of Joseph Pilates in this Nationally Recognized Certification. Principles of core stabilization, optimal alignment, and Pilates matwork create the foundation for this intensive blend of theoretical and practical training. Learn proper execution, form, and technique of over 40 essential Pilates exercises. Modifications and variations are

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), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).

#### WATERinMOTION® AQUA EXERCISE CERTIFICATION

Cheri Kulp

Thursday, August 25, 9:00am-5:00pm

**\$179 MANIA® Attendees and/or Instructor at a WATERinMOTION® licensed facility / \$199 Non-Attendees**

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



# GET CERTIFIED LIVE AT MANIA®



16 LIVE CAREER BOOSTING CERTIFICATIONS

## SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, & METABOLISM CERTIFICATION

Melissa Layne, MEd

Thursday, August 25, 9:00am-3:30pm

\$179 MANIA® Attendees / \$199 Non-Attendees

This practical program provides participants with cutting-edge information on nutrition, hormones, and metabolism. In easy-to-understand terms, learn how each macronutrient operates within energy pathways and how digestive and reproductive hormones affect metabolism. The body's adaptations to an incomplete diet and/or disease and the physiological consequences during various exercise regimes will be addressed during this session. You receive a handout detailing simple nutritional calculations and recommendations that Fitness Professionals can incorporate into a nutritional counseling session while remaining within the scope of practice.

This comprehensive certification also provides information pertaining to Nutritional Health History Forms with prescriptive dietary suggestions that can be used immediately. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (8.0), NASM (0.8).

## SCW BOXING CERTIFICATION

Diva Richards

Thursday, August 25, 9:00am-4:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

Prepare to shock your students and their bodies with this outstanding boxing certification. Whether you are looking to start or grow your own boxing program, or bring it to your studio or club, we will provide you with the tools you need. Learn to implement the basics of boxing, address the science behind the sport, and leave with the knowledge and confidence to empower others - from novices to well-trained fighters. This certification explores three learning styles, auditory, visual, and tactile, and provides you with several authentic workouts that are taught at a traditional boxing gym or independent studio. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACSM (7.0), AEA (4.0), AFAA (7.0), NASM (0.7).



## SCW CORRECTIVE EXERCISE & COACHING TECHNIQUES CERTIFICATION

Fabio Comana, MA, MS

Thursday, August 25, 5:30pm-9:30pm

\$99 MANIA® Attendees / \$129 Non-Attendees

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).

## SCW LIFE COACHING CERTIFICATION

Kimberly Spreen-Glick

Thursday, August 25, 12:00pm-6:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

The landscape of the health and fitness industry has changed forever. So, how can you expand your current role and stay relevant in an industry you're passionate about, serving a community you love? Well, there is a need now more than ever for solid online life coaches to lift us from this pandemic. The great news is that, with the right education and guidance as well as a solid structure and a talent for leadership, every trainer and instructor has the opportunity to become a successful life coach! In this certification, you will learn about what life coaching really is, the categories it encompasses, and how to create a strong foundation for serving your clients. You'll also learn about various pathways for delivering your coaching and how to create an authentic brand that will attract your ideal clients. If you're feeling called to make a bigger difference in the world, here's your chance! Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).



## TAIJIFIT TAI CHI CERTIFICATION

David-Dorian Ross

Thursday, August 25, 9:00am-5:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

Some claim that T'ai Chi Chuan 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 Tai 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), ACE (0.7), ACSM (8.0), AEA (7.0), AFFA (8.0), NASM (0.8).

## SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION

Doris Thews

Thursday, August 25, 7:00am-5:00pm

\$175 early bird registration price through August 8th. \$199 registration price after August 8th.

#RideRight anywhere & everywhere with the industry's most up to date, respected and progressive indoor cycling instructor training course. Experience the AC Power Bike and accurate power provided by the 4iiii Powermeter! 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.

Takeaways include:

- Power Music® Schwinn® Cycling Signature Music
- Eight complete class design plans
- A comprehensive manual & Certificate of Completion

SCW (9.0), ACE (0.8), AFAA (8.0), NASM (0.8), ACSM (9.0)



# BOOST YOUR CAREER



OVER 150 SESSIONS & CERTIFICATIONS



# Get S.E.A.T. Certified Online at **50% OFF!** Only \$99 Norm. \$199

S.E.A.T. (Supported Exercise for Ageless Training) is a brand new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility so your aging clients get the most out of life.

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

## Online Certification Includes:

- Full Course Manual
- Music, Video & Choreo Notes
- 7 CECs/CEUs
- Teach this program without any club licensing



Sign up at: [SEATfitness.com](https://www.seatfitness.com)

## Certifications Sunday, August 28

### SCW GROUP EXERCISE CERTIFICATION

Jeff Howard

Sunday, August 28, 8:00am-4:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

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), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).

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

Ann Gilbert

Sunday, August 28, 8:00am-4:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

The S.E.A.T. Fitness Certification (Supported Exercise for Ageless Training) is the perfect program for Active Aging and Specialty Format Instructors to take their chair classes to the next level. This comprehensive training includes an effective analysis of the aging process addressing the physiology, kinesiology, and specific needs of students requiring extra support. Use a chair as your base and incorporate sitting, standing, and supported moves needed to enhance your group dynamic teaching skills. Verbal and visual cueing techniques, inspirational and effective memory-

improvement strategies, and active aging principles are all included. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Both expert and novice group exercise and small group instructors benefit from S.E.A.T. Fitness through class structure design, routine creation, and leadership development. Leave with a demographically diverse program you can teach Monday morning to anyone, including active agers, rehab patients, overweight or special-needs participants. Certification includes a comprehensive manual, downloadable choreography video, music CD, educational materials, flash cards, and online examination. (\$300 value). SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

### SCW BARRE CERTIFICATION

Abbie Appel

Sunday, August 28, 8:00am-4:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

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), ACE (0.6), ACSM (7.0), AEA (4.0), AFAA (7.0), NASM (0.7).

### SCW AQUATIC EXERCISE CERTIFICATION

MaryBeth Dziubinski

Sunday, August 28, 8:00am-4:00pm

\$179 MANIA® Attendees / \$199 Non-Attendees

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this comprehensive Nationally Recognized Certification serves as an essential first step into the field of teaching water exercise. Learn the benefits of aquatic exercise and gain practical skill mastery in the unique environment of water. The principles of aquatic training, as they apply to general anatomy,

kinesiology, water depth, movement planes, cueing skills, musicality, and special population adaptations, are thoroughly addressed. Professionalism, leadership skills, and legal considerations are reinforced. Experience on-site coaching and one-on-one assessment of teaching skills to successfully develop and deliver effective water programming. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (9.0), AFAA (8.0), NASM (0.8).

### ZUMBA® BASIC 1 TRAINING

Kelly Bullard, MS

Sunday, August 28, 7:30am-4:00pm

\$399 Registration Fee (Use PROMO CODE:

TSZUMBA60 to receive a 60% discount)

[https://www.zumba.com/en-US/training/2022-08-28\\_B1\\_Dallas\\_US\\_Zumba\\_Convention](https://www.zumba.com/en-US/training/2022-08-28_B1_Dallas_US_Zumba_Convention)

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

## Can't Make A Live SCW Certification?



Take the same  
course online at:  
[scwfit.com/certs](https://www.scwfit.com/certs)

# MANIA® Fitness Pro Convention Course Descriptions

## Friday, August 26

FR1

7:30am-8:45am

### Functional Training for Active Agers

Ann Gilbert

Increasing functionality is just one of the benefits of offering small group options for aging clients. 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 actions to get you started creating your new branded option.

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



### Teach Clients to Load & Lift Smarter

Sarah Apgar

Over the past five years, we've redefined how to load the body and grip, lift safely and effectively, and move better with weight. Learn how well-researched Imbalanced Load Training (IRT) improves strength, power, grip, stability, and coordination. Implement this optimal way to move and lift into your programs using imbalanced weights. Experience the evidence-based FitFighter Approach from Founder & CEO Sarah Apgar.

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

FitFighterPro

### Flowing Yoga For Chakra Balancing

Manuel Velazquez

Take a deeper look into the fundamentals of Yoga instruction from an authentic, fitness-appropriate perspective. This condensed course serves as the next level of the Hatha Yoga postures discussed in Yoga Fundamentals I addressing the eight limbs of yoga, detailed pranayama study, partner yoga, inversions, chanting, and chakras.

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

### LIT 101 (Low Impact Training)

Dane Robinson

Working around the struggle to add the intensity, but looking out for clients with injuries, compensations, or new in their fitness journey? This part workout, part lecture session will cover the proven strategies of Low Impact Training to bring the intensity and results to your clients' workouts with joint friendly strength, cardio, & HIIT methods.

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

### Schwinn®: HIIT & Quit It!

Keli Roberts

HIIT is still a hit! Fusion workouts are still on-trend. This workshop explores ways to give members everything they want in a 30-minute workout that works! Fast, fresh fitness. Are you ready to HIIT it & QUIT it!

FR1E Friday, 7:30am-8:45am



### Smart Sets For Aqua Dumbbells

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.

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



### LaBlast® Splash: Mental Health Benefits from Dancing

Louis van Amstel

Get out of your head and get into the pool to experience the mental health benefits of Ballroom Dancing. The skill of dance & all genres of music combined with the aquatic principles create a workout for the mind, body, and soul.

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



### Nutrient Timing

Fabio Comana, MA, MS

We focus heavily upon movement prep, the exercise bout and muscle recovery, but ignore the impact of nutrient and fluid intake on performance, recovery, and muscle adaptation. Why train hard when you should train smart? This session



# AQUA FOR EVERYONE

32 AQUA FOCUSED  
SESSIONS & CERTIFICATIONS



# PERSONAL TRAINING PERFECTED

35 DEDICATED PT SESSIONS & CERTIFICATIONS

discusses the carbohydrate, protein, and fluid intake (timing, type, quantity) before, during, and following exercise.

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

## Your Future...Your Options

**Bob Esquerre**

Get a taste of "Career Path Reality" from one of the most successful fitness consultants in the fitness industry, who started out teaching Aerobics. Bob has "blazed" the career trail for Group Exercise Instructors, Personal Trainers, and Club Managers since 1988.

FR1I Friday, 7:30am-8:45am



## Successfully Build Your Member Base

**Jared Williams**

Join Jared and learn how to successfully build your member base by defining key goals along with short and long-term targets. Review how to balance your plan of execution and understand the potential ROI when you accomplish these principles.

FR1J Friday, 7:30am-8:45am



FR2

9:00am-10:15am

## Strength Training For Longevity & Vitality

**Sara Kooperman, JD**

Whether a personal quest or way to engage the fastest growing segment of the population, this incredibly creative tubing workout presents effective and manageable training techniques for the 40+ population. Led by an icon in the fitness industry, Sara takes you through this Group Strength Class using unique multi-joint, rhythmic exercises for a total body strength workout. Endurance, flexibility and balance are the lenses we use when analyzing our programming. It's not about how long or hard you train; it's about exercising smart for longevity and vitality.

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

## Pro Athlete Core Conditioning

**Dane Robinson**

Take core training for your clients to a PRO level in this performance-based core training workout. As a former professional football player, Dane will help you utilize range of motion, stability, and power core training principles from the world of professional athletics!

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

## Symmetry: Advanced Corrective Exercise

**Patrick Mummy**

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

FR2C Friday, 9:00am-10:15am



## LaBlast® Dance Fitness:

### Dance Is Mental & Emotional Health

**Louis van Amstel**

Focusing on mental and emotional health is needed now more than ever. In this LaBlast® session, you will experience the healing power of Ballroom Dancing: physically, mentally, and emotionally from the inside out. This session includes weight training, interval training, and stretching.

FR2D Friday, 9:00am-10:15am



## Schwinn®: A DJ Saved My Life

**Abbie Appel**

Where did you get that song? Schwinn® has the secrets to sourcing music for playlists that rock every ride. Learn where to find the tunes and uncover new apps and programs to remix and customize your own tracks. You're going to want a backstage pass to this show! Become your own DJ and the savior of savvy playlists.

FR2E Friday, 9:00am-10:15am



## Liquid Gym® Acqua Box Combat

**Paula Raphael**

Liquid Gym® Acqua Box Combat is an optimum energy-fostering training program for the whole body: Kicks, punches, jumps and varied boxing techniques to strengthen the stomach, legs and glutes. Stamina, coordination, agility, elegance of movement, and command of the body are trained using the Liquid Gloves.

FR2F Friday, 9:00am-10:15am



## HIIT the Wall

**Ann Gilbert**

Box it, push it, pull it, and kick it to the limit in this new HIIT aquatic program. Partners don't have to be human! Clever movements while connecting to the pool's wall will ensure you maximize your HIIT training. HIIT the Wall - without hitting the wall!

FR2G Friday, 9:00am-10:15am

**Nutrition For Fitness Professionals** **Melissa Layne, MEd**

This session will incorporate the basics of the latest nutrition research, trends, and fads such as carb cycling, intermittent fasting, ketosis, and other diets. What can a fitness professional provide in nutritional guidance and stay within the scope of practice? We will also debunk nutrition myths and review the basics of weight loss and metabolism.

FR2H Friday, 9:00am-10:15am

**Energy Pathways & Ketones****Fabio Comana, MA, MS**

'Keto-everything' is a popular term, but is it safe, effective and even sustainable? Put aside the marketing claims and understand the real science of ketones, metabolism, weight loss, and performance. Join this session to learn metabolic science and the role of ketones in weight loss and exercise.

FR2I Friday, 9:00am-10:15am

**Annual GroupX Marketing Calendar** **Ellen de Werd**

The old adage "failing to plan means planning to fail" rings true. Giving significant forethought to your GroupX annual marketing calendar will make for a more powerful, dynamic, and successful program. Learn how to maximize impact while saving time and energy by planning for special events, holidays, and quarterly schedule launches.

FR2J Friday, 9:00am-10:15am

**FR3****11:00am-12:15pm****S.E.A.T.®****Supported Exercise For Ageless Training** **Ann Gilbert**

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

FR3A Friday, 11:00am-12:15pm

**Move Your Core The Latin Way****Jackie Rodriguez**

Xco® means Excellent CORE! The combination of movement patterns and Latin rhythms activate and invigorate your entire body - with special emphasis on the CORE!! Swing throughout the class in three dimensional movements while the shifting mass generates a reactive impact which activates your CORE.

FR3B Friday, 11:00am-12:15pm

**TaijiFit Original Flow** **David-Dorian Ross**

This program gently guides you through a simple Tai Chi workout, emphasizing continuity, connection, and your feeling of FLOW. Perfect for beginners, seniors, and those with Parkinson's, fibromyalgia, peripheral neuropathy, diabetes, or obesity. Enjoy this Tai Chi practice of continuity without interruption.

FR3C Friday, 11:00am-12:15pm

**How to Handle Hypertrophy** **Dane Robinson**

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

FR3D Friday, 11:00am-12:15pm

**Fight Night 2.0****Diva Richards**

Gloves on. Hands up. Chin down. Time to work! Learn the numbers of each punch, the body position for best reach, and the combinations to make them count. It's YOU vs. the bag!

FR3E Friday, 11:00am-12:15pm

**H2O Strength Through the Ages****Cheri Kulp, Mac Carvalho & Manuel Velazquez**

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 of 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. [www.waterinmotion.com/strength/](http://www.waterinmotion.com/strength/)

FR3F Friday, 11:00am-12:15pm

**LaBlast® Splash: Dancing with Aquatic Principles** **Louis van Amstel**

Just another dance fitness program in the water? NO! LaBlast Splash® is Ballroom Dancing in the water! This program highlights the aquatic principles put forth by the Aquatic Exercise Association & focuses on creatively applying these principles to Ballroom Dancing.

FR3G Friday, 11:00am-12:15pm

**Abs Are Made In The Kitchen** **Sohailla Digsby, RDN, LD**

What can you do for 10 minutes a day (or an hour each weekend) that would impact what you end up putting in your mouth? Learn from a Registered Dietitian, Cookbook Author, and mom of 3, that it doesn't have to be so hard: streamline your meal prep, grocery time, and kitchen set up!

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

**Exercise, Stress, Hormones, & Inflammation****Fabio Comana, MA, MS**

Exercise may be a good stress (eustress), but life is filled with harmful stress (distress) that alters hormonal levels, health, and inflammation. How does exercise impact these effects and balance stress? Join us for a deeper dive into understanding these concepts and applications and learn how to expand your programming for success.

FR3I Friday, 11:00am-12:15pm

**Building Your Wellness Brand** **Kimberly Spreen-Glick**

Expand your role from 'fitness pro' to 'online wellness leader'. We'll discuss 4 elements that build a solid brand, 3 stages of audience growth, and 3 people who could stop you from succeeding if you let them. Come discover how you can make a great living doing what you love!

FR3J Friday, 11:00am-12:15pm

**FR4 - Luchtime Session 1****12:30pm-1:45pm**

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

**Chair Yoga For The Young At Heart** **Sara Kooperman, JD**

This creative workshop focuses on yoga postures done with the support of a chair. Seated and Standing work poses are beautifully blended into asanas encompassing a creative strength building and flexibility promoting workout. A union of mind, body, and spirit are at the heart of this program with special attention focused on activities of daily living and the ability to rise, fall, and flow by oneself. Supported by a group of like-minded individuals, this program has far-reaching positive effects on aging exercisers of all shapes and sizes, building communities with a mindful attention to self-awareness.

FR4C Friday, 12:30pm-1:45pm



# CORE TRAINING THE CENTER OF IT ALL

**25 CORE DRIVEN  
SESSIONS & CERTS**

## **Swexy™ & Fit Polga- Pole Yoga** ■■

**Carla Gilfry, MA**

Do you want to learn how incorporating the fitness pole can bring some “spice” to your workouts while becoming stronger and more flexible? Polga (pole yoga) has over 100 poses that can be done using the vertical barre (fitness pole). This session will introduce you to the “sexier/dancer” side of Polga (pole yoga).

FR4D Friday, 12:30pm-1:45pm



and relaxation to reset the mind and body. Come join us and take away ideas to incorporate into your very next resistance band workout.

FR4A Friday, 1:15pm-2:30pm

## **Drag Me Into The Water**

**Irene PluimMentz**

The Aqua-Ω ultimate water exerciser adds exciting opportunities to many aquatic exercise formats. Spice up your water aerobics, boot camp, warm water, rehab, and personal training sessions by adding resistance to arms, legs, and core. The Aqua-Ω effortlessly adjusts for size and resistance level. Come check it out!

FR4F Friday, 12:30pm-1:45pm



## **Back, Booty & Core Connection** ■■

**Abbie Appel**

The connection among the glutes, back, and core is profound. They must all be strong enough to stabilize the spine and pelvis, support movement, and generate force. We will evaluate core training and the relationship between the posterior chain, including the fascial slings. Learn ten complex booty, back, and core moves and discover techniques to train for greater function, as well as fabulous aesthetics for your backside.

FR4B Friday, 1:15pm-2:30pm

## **Top it Off: Aqua Style**

**Melissa Layne, MEd**

With or without equipment, the water is a fantastic medium for effectively building upper body muscular endurance and strength. Jump in for focused choreography and specialized drills to top off a strong, healthy, functional body at any age or fitness level!

FR4G Friday, 12:30pm-1:45pm

## **Schwinn®: Master Your One - Rule Yourself & Rock Your Room**



**Jenn Hogg**

An extraordinary cycle class is artfully crafted with thoughtful and intentional moments of emotion and excitement delivered with great music and dynamic coaching. Lean into your strengths and the personality of your room to unleash the power of connection. YOU hold the key. Rule yourself and unlock the potential of your room.

FR4E Friday, 1:15pm-2:30pm

## **Transformation of Fitness Professionals**

**Gail Bannister-Munn**

This lecture will show you how to transform your skill sets, cross-promote, and build your base. Go from PT into GX classes to broaden your client base, or GX into the PT/small group business. Learn how to maximize it all to cross the bridge, build your marketability, & grow your profitability.

FR4I Friday, 12:30pm-1:45pm

## **Ending Your Clients' Exercise Self Sabotage** ■■

**Dr. Candice Seti, Psy.D.**

Self-sabotage is especially common with personal training clients who miss appointments, overeat after sessions, or talk down to themselves and convince themselves they will never meet their goals. Learn the most effective tips and tricks to help your clients overcome destructive behavior and skyrocket to success!

FR4H Friday, 1:15pm-2:30pm

**FR4 - Lunchtime Session 2 1:15pm-2:30pm**

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

## **Boogie, Band & Balance** ■■

**Cheri Kulp**

This class begins with simple but effective steady state cardio work to increase heart rate and movement in all three planes. We will continue the workout using resistance tubing to strengthen the core with functional movement patterns challenging balance and integrated body coordination for overall body training. Of course, no workout would be complete without a time of stretch

## **Business Blueprint For 2022** ■■

**Dane Robinson**

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

FR4J Friday, 1:15pm-2:30pm



# DANCE

LIKE NO ONE IS WATCHING



## 15 DANCE SESSIONS & CERTIFICATIONS



FR5

2:45pm-4:00pm

### Better Balance Training ■◀

MaryBeth Dziubinski

This land-based session utilizes an evidence-based approach containing dynamic, static, and somatosensory exercises to address balance dysfunction in the older adult population. Learn how to incorporate functional movement patterns into your programming and improve the mobility, strength, and balance of your aging clients.

FR5A Friday, 2:45pm-4:00pm

### SOULstrength™ EXPERIENCE ■◀

Michele Park

SOULstrength™ is a creative blend of rhythmic resistance, cardio conditioning, manageable mobility, and core strength exercises set to crazy FUN music.

This workshop will take you through a SOULstrength™ class and leave you with actionable tips to create an amazing class experience.

FR5B Friday, 2:45pm-4:00pm



### WARRIOR Rhythm™ ■◀

Ellen de Werd

Ever wish you loved yoga? WARRIOR Rhythm™ is the bridge between classic group exercise and traditional yoga. With its rebel vibe, edgy playlists, and unconventional flows, this format will rock your world! Intertwine mindfulness, yoga, weightlifting, and HIIT training into an extraordinary experience. We are where woo-woo meets WAAHOOOOO!

FR5C Friday, 2:45pm-4:00pm



### Anatomy of a Smart Warm-Up ■◀

Paul Christopher

From observation in the landscape of fitness, it has become evident that thorough preparation before intense exercise has been fundamentally lacking. It's not that complicated to follow a logical path of physiology for a proper warm-up to ensure a safe and effective workout.

FR5D Friday, 2:45pm-4:00pm

### Contender

Diva Richards

Time to bring out the inner warrior in your students. Create a hybrid format of boxing & kickboxing moves to sculpt, build confidence, and increase their mental focus to unleash the Champion within them!

FR5E Friday, 2:45pm-4:00pm

### Water Works

Manuel Velazquez, Mac Carvalho, & Cheri Kulp

Experience a cascade of fresh aqua ideas & leave with six (6), 64-count choreography blocks. Join us for this informative session on the knee with a focus on choreography. Discuss the basic components and common issues we hear from our class participants, learn how to utilize the pool environment to recover, cross-train, and work effectively while being kind to this hinge joint

FR5F Friday, 2:45pm-4:00pm



### Get Fit With Aqua Stand Up®

Eric Vandendriessche

AQUA STAND UP® is a high-energy paddleboard workout specially designed for all ages and fitness levels. Be ready to burn a lot of calories, get stronger and make waves! No experience is needed!

FR5G Friday, 2:45pm-4:00pm



### How To Eat Sugar ■◀

Sohailla Digsby, RDN, LD

Should you avoid sugar like it's the devil, or eat as much of it as you want - with plans to just "work it off?" How much is a reasonable amount to allow? What are the consequences if you have too much? Is it possible to eat it strategically so it does not control you?

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

**Grow Your Business**

**Bob Esquerre**

Join Bob, aka "The Green Thumb", as he reviews the 22 DNA components that will help you establish, strengthen and grow your fitness business. Who should attend?: Group X Instructors, Personal Trainers, PT Managers, Group X Managers and Club & Studio Managers.

FR5I Friday, 2:45pm-4:00pm



**Make Financial Decisions With More Confidence**

**Katie Swanson, CPA, CVA**

Profitability and financial fitness are paramount to your success as a fitness business owner. Learn how to interpret financial forecasts and implement financial plans from a certified public accountant. Leave with financial know-how and confidence you can take to the bank!

FR5J Friday, 2:45pm-4:00pm



**Warm Beginnings & Cool Endings**

**Keli Roberts**

Review warm up elements beyond elevating core temperature to comprehend essential mobility and stability. Learn two different approaches to warming up your clients: Athletic and Ddynamic. Finish by practicing two unique cool downs: Static passive stretching with PNF and self-myofascial release.

FR6C Friday, 4:30pm-5:45pm

**Arm Candy**

**Abbie Appel**

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

FR6D Friday, 4:30pm-5:45pm

**Schwinn®: Polishing Diamonds – How to Create a Successful Cycling Mentoring Program**



**Doris Thews**

The foundation of a great cycling program is your talent, and like diamonds, talented instructors need to be polished to bring out their full luster. Schwinn® will share comprehensive evaluation tools, tried & true teach-back techniques, and "user-friendly" feedback forums that will help you get more from your staff and more butts in seats. Build it & they will come!!!

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

**Liquid Gym® Liquid Stars**



**Paula Raphael**

Liquid Gym® Liquid Stars equipment takes your workout or aqua yoga session into a new realm by increasing flexibility and range of motion and improving balance and proprioception. Works on the lower body by improving blood circulation and an abdominal workout to maintain the stability of the body

FR6F Friday, 4:30pm-5:45pm

**FR6 4:30pm-5:45pm**

**Agility Ability**

**Melissa Layne, MEd**

The ability to react and change direction isn't only important to athletes. Agility helps the body to maintain proper alignment and posture during movement as well as preventing injuries. Join us for agility research, program design, and FUN, UNUSUAL drills with minimal equipment.

FR6A Friday, 4:30pm-5:45pm

**Build a Better Booty**

**Mac Carvalho**

Does your rearview need a makeover? Are you looking to create a strong, firm, & toned butt? Learn creative ways to target your lower body muscles and utilize incredibly effective exercises for your group fitness classes.

FR6B Friday, 4:30pm-5:45pm

**30 ACTIVE AGING SESSIONS & CERTS**



**ACTIVE AGING FASTEST GROWING POPULATION**

**CERTIFICATIONS THURSDAY, AUG. 25**

*waters@motion*  
WATERINMOTION® AQUA EXERCISE CERTIFICATION  
KULP - 9:00AM - 5:00PM

**SCW ACTIVE AGING CERTIFICATION**  
GILBERT - 9:00AM - 5:00PM

**SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, AND METABOLISM**  
LAYNE - 9:00AM - 3:30PM

**SCW PERSONAL TRAINING CERTIFICATION**  
ROBERTS - 8:00AM - 5:00PM

**SCW BOXING CERTIFICATION**  
RICHARDS - 9:00AM - 4:00PM

**TAIJIFIT TAI CHI CERTIFICATION**  
ROSS - 9:00AM - 5:00PM

**SCW YOGA 1 CERTIFICATION**  
VELAZQUEZ - 8:00AM - 5:00PM

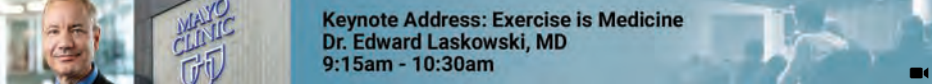
**SCW LIFE COACHING CERTIFICATION**  
SPREEN-GLICK - 12:00PM - 6:00PM

**SCHWINN® SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION**  
THEWS - 7:00AM - 5:00PM

■ Indicates session is both Live (In-Person) & Recorded

<b>A</b> FUNCTION & ACTIVE AGING	<b>B</b> STRENGTH & CORE	<b>C</b> MIND/BODY & RECOVERY	<b>D</b> BARRE & GX	<b>E</b> CYCLE & BOXING
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<b>FRIDAY, AUG. 26</b>	<b>FR1</b>	7:30am-8:45am	Functional Training for Active Agers Gilbert ■	Teach Clients to Load & Lift Smarter Appar ■	Flowing Yoga For Chakra Balancing Velazquez ■	LIT 101 (Low Impact Training) Robinson ■	Schwinn®: HIIT & Quit it! Roberts	
	<b>FR2</b>	9:00am-10:15am	Strength Training for Longevity & Vitality Kooperman ■	Pro Athlete Core Conditioning Robinson ■	Symmetry: Advanced Corrective Exercise Mummy ■	LaBlast® Fitness: Dance is Mental & Emotional Health van Amstel ■	Schwinn®: A DJ Saved My Life Appel	
	<b>EXPO</b>		<b>EXPO SHOPPING 10:00am-11:00am</b>					
	<b>FR3</b>	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert ■	Move Your Core the Latin Way Rodriguez ■	TaijiFit Original Flow Ross ■	How to Handle Hypertrophy D. Robinson ■	Fight Night 2.0 Richards	
	<b>FR4</b>	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Boogie, Band & Balance Kulp Session 2 ■	Back, Booty & Core Connection Appel Session 2 ■	Chair Yoga for the Young at Heart Kooperman Session 1 ■	"Swexy" & Fit Polga - Pole Yoga Gilfry Session 1 ■	Schwinn®: Master Your One Hogg Session 2	
	<b>EXPO</b>		<b>EXPO SHOPPING 12:00pm-2:45pm</b>					
	<b>FR5</b>	2:45pm-4:00pm	Better Balance Training Dziubinski ■	SOULstrength™ EXPERIENCE Park ■	WARRIOR Rhythm™ de Werd ■	Anatomy of a Smart Warm-Up Christopher ■	Contender Richards	
	<b>EXPO</b>		<b>EXPO SHOPPING 3:45pm - 4:30pm</b>					
<b>FR6</b>	4:30pm-5:45pm	Agility Ability Layne ■	Build a Better Booty Carvalho ■	Warm Beginnings & Cool Endings Roberts ■	Arm Candy Appel ■	Schwinn®: Polishing Diamonds Thews		
<b>FR7</b>	6:00pm-7:00pm	<b>SCW FITNESS IDOL</b> KOOPERMAN, HOWARD, ROBERTS & VELAZQUEZ		Flow Free & Be Spreen-Glick ■	Muscle Care - Happy Hips & Healthy Backs Fulton ■			

<b>SATURDAY, AUG. 27</b>	<b>SA1</b>	7:30am-8:45am	Build Better Aging Body Balance Roberts ■	The Bare Essential - Strength Training 101 Bannister-Munn ■	Core Forward Pilates J. Howard ■	Killer Cardio Richards ■	Schwinn®: Dry-Tri: Beast Mode Hogg	
	<b>SA2</b>	9:15am-10:30am						
	<b>EXPO</b>		<b>EXPO SHOPPING 10:00am-11:00am</b>					
	<b>SA3</b>	11:00am-12:15pm	WARRIOR Strength™: Put FUN in Functional de Werd ■	Functional Training: Core Strategy Christopher ■	5 Seconds To Improved Flexibility Fulton ■	Strike! Kickboxing Spreen-Glick ■	Schwinn®: Rock Steady-Recovery Rides Roberts	
	<b>SA4</b>	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Where Functional Training Meets Fun Rodriguez Session 1 ■	Lower Body Burnout J. Howard Session 1 ■	SOULfusion™ EXPERIENCE Park Session 2 ■	Barre Blueprint Appel Session 1 ■	Fight Club Richards Session 2	
	<b>EXPO</b>		<b>EXPO SHOPPING 12:00pm-2:45pm</b>					
	<b>SA5</b>	2:45pm-4:00pm	LaBlast® Fitness: Active Aging for All van Amstel ■	SL@T - Strengthen, Lengthen & Tone J. Howard ■	Tai Chi + Weights = Iron Fusion Ross ■	Creative Training Design Appar ■	Schwinn®: Breathy Not Breathless Appel	
	<b>EXPO</b>		<b>EXPO SHOPPING 3:45pm - 4:30pm</b>					
<b>SA6</b>	4:15pm-5:30pm	Hot Crossed Buns J. Howard ■	Use of Manual Resistance With Clients Christopher ■	Hands On Stretching: The Bannister Method™ Bannister-Munn ■	Myofascial Recovery Garcia ■	Schwinn®: Set the Stage: Perfect Ride Vanderburg		

<b>SUNDAY, AUG. 28</b>	<b>SU1</b>	7:30am-8:45am	Pre-Hab for Older Adults Wartenberg ■	Kinesiotherapy 4 Body Strong Therapy Infusion Wise ■	Tai Chi + Yoga = Bamboo Fusion Ross ■	Best of Polga - Pole Yoga Gilfry ■	Schwinn®: Ride or Die: Killer Vibe Vanderburg	
	<b>SU2</b>	9:00am-10:15am	Functional Training With Foam Rollers Garcia ■	WARRIOR Strength™ de Werd ■	Yoga Restore: The Bannister Method™ Bannister-Munn ■	BARREfusion™ EXPERIENCE Park ■	Schwinn®: Work. Not Twerk Vanderburg	
	<b>EXPO</b>		<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>					
	<b>SU3</b>	10:45am-12:00pm	Smart Strength for the Ageless Female Roberts ■	Functional Core Training Garcia ■	Fascia, ROM & Flexibility Velazquez ■	FitBarre Wartenberg ■		
	<b>SU4</b>	12:15pm-1:30pm	Move Active Agers With Music Finley-Norwood ■	Armed & Dangerous Carvalho ■	Yoga-Bata VIIT Malaghan ■	Got Back Pain? Garcia ■		

**CERTIFICATIONS SUNDAY, AUG. 28**

**SCW GROUP EXERCISE CERTIFICATION**  
HOWARD - 8:00AM - 4:00PM

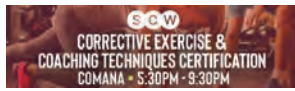
**SCW S.E.A.T. CERTIFICATION**  
GILBERT - 8:00AM - 4:00PM


**SCW BARRE CERTIFICATION**  
APPEL - 8:00AM - 4:00PM

**SCW AQUATIC EXERCISE CERTIFICATION**  
DZIUBINSKI - 8:00AM - 4:00PM



# Dallas MANIA® Schedule

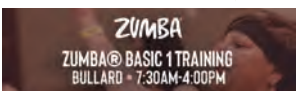


<b>F</b> AQUA (STARTS IN LECTURE)	<b>G</b> AQUA (STARTS IN POOL)	<b>H</b> NUTRITION	<b>I</b> EXERCISE SCIENCE & LEADERSHIP	<b>J</b> BUSINESS		
Smart Sets for Aqua Dumbbells Kulp	LaBlast® Splash: Mental Health Benefits from Dancing van Amstel	Nutrient Timing Comana	Your Future...Your Options Esquerre	Successfully Build Your Member Base J. Williams	7:30am-8:45am	FR1
Liquid Gym® Acqua Box Combat Raphael	HIIT the Wall Gilbert	Nutrition for Fitness Professionals Layne	Energy Pathways & Ketones Comana	Annual GroupX Marketing Calendar de Werd	9:00am-10:15am	FR2
EXPO SHOPPING 10:00am-11:00am			EXPO SHOPPING 10:00am-11:00am		EXPO	
H2O Strength Through the Ages Kulp, Carvalho & Velazquez	LaBlast® Splash: Dancing with Aquatic Principles van Amstel	Abs Are Made In The Kitchen Digsby	Exercise, Stress, Hormones & Inflammation Comana	Building Your Wellness Brand Spreen-Glick	11:00am-12:15pm	FR3
Drag Me Into the Water PlumMentz Session 1	Top it Off: Aqua Style Layne Session 1	Ending Your Clients' Exercise Self Sabotage Seti Session 2	Transformation of Fitness Professionals Bannister-Munn Session 1	Business Blueprint For 2022 Robinson Session 2	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	FR4
EXPO SHOPPING 12:00pm-2:45pm			EXPO SHOPPING 12:00pm-2:45pm		EXPO	
Water Works Velazquez, Kulp & Carvalho	Get Fit With AQUA STAND UP® Vandendriessche	How To Eat Sugar Digsby	Grow Your Business Esquerre	Make Financial Decisions With More Confidence Swanson	2:45pm-4:00pm	FR5
EXPO SHOPPING 3:45pm - 4:30pm			EXPO SHOPPING 3:45pm - 4:30pm		EXPO	
Liquid Gym® Liquid Stars Raphael	Take it to the Water Dziubinski	Eating Disorders vs. Disordered Eating Seti	Stretching for Strength - Flexible Foundations Panel Kooperman, Velazquez, Bannister-Munn, Fulton & Ross	Converting Social Media Content Into Customers Christopher	4:30pm-5:45pm	FR6
REGISTER FOR MANIA RECORDINGS AND ENJOY 100 SESSIONS SCWFIT.COM/DALLAS					6:00pm-7:00pm	FR7
Cheeks for Weeks Gilbert	Aqua Ease: Flexibility for Active Agers Velazquez	Diet vs. Exercise: Food Choices Always Win Fearheiley	Sleep-Recovery-Adaptation-Client Results Lambe	Unique Programming for Boutique Gyms Gilfry	7:30am-8:45am	SA1
 <b>Keynote Address: Exercise is Medicine</b> Dr. Edward Laskowski, MD 9:15am - 10:30am					9:15am-10:30am	SA2
EXPO SHOPPING 10:00am-11:00am			EXPO SHOPPING 10:00am-11:00am		EXPO	
Ups & Downs of Aqua Carvalho	Refresh with AQUA STAND UP® Yoga Vandendriessche	Metabolism Reality Check Digsby	Physics of Pain & Performance Mummy	So They'll Open Your Email Atkinson	11:00am-12:15pm	SA3
LaBlast® Splash: Dance. Water. Emotional Health. van Amstel Session 2	Aqua Yoga Barre Wartenberg Session 2	Hormone Panel Layne, Digsby, Fearheiley & Seti Session 1	Perfect Practice Makes Perfect Laskowski Session 2	Inexpensive Marketing For Growth & Profitability Kooperman - Session 1	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	SA4
EXPO SHOPPING 12:00pm-2:45pm			EXPO SHOPPING 12:00pm-2:45pm		EXPO	
SAF AQUA® Drums Vibes Raphael	Swim Up Barre Malaghan	Building Bone Layne	Retired Not Expired Panel Kooperman, Velazquez, Wartenberg, Patrick & Roberts	5 Star Management Spreen-Glick	2:45pm-4:00pm	SA5
EXPO SHOPPING 3:45pm - 4:30pm			EXPO SHOPPING 3:45pm - 4:30pm		EXPO	
Splish Splash Calorie Smash Malaghan	H2O Total Body Blast Dziubinski	Putting an End to Stress Eating Seti	Live the List Myers	Retention: The Other 334 Days Patrick	4:15pm-5:30pm	SA6
SAF AQUA® Pelvic Floor Raphael	Aquatic Kickboxing: Out of the Box Layne	Art of Food as Fuel Malaghan	Fix 7 Menopause Symptoms With Exercise Atkinson	What's in Your Retention Toolbox? Melkerson-Granryd	7:30am-8:45am	SU1
Aqua Excellence for the Active Ager Velazquez, Wartenberg & Kulp	Turbulence Training PlumMentz	Functional Foods For A Fantastic You Fearheiley	Circadian Biology: Why Timing Matters Lambe	Developing Diverse & Inclusive Programming Wise	9:00am-10:15am	SU2
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm		EXPO	
AB-Solutely Aqua Carvalho	Aqua Stand Up® Circuit Training Vandendriessche	How Calories & Fat Tissue Work Digsby	Know Body, Client & Soul Malaghan	Fitness Business Fixes Logan	10:45am-12:00pm	SU3
Aqua Running & Conditioning Wartenberg	Barracuda Booty Kulp	Stopping Inflammation Through Nutrition Layne	Building Blocks of Successful Leaders Patrick	Create a Service Culture Gorsline	12:15pm-1:30pm	SU4

FRIDAY, AUG. 26

SATURDAY, AUG. 27

SUNDAY, AUG. 28



Register at: [www.scwfit.com/Dallas](http://www.scwfit.com/Dallas)

**Take It To The Water****MaryBeth Dziubinski**

Aquatic one-on-one training is a great way to expand your career as a fitness professional. This course will introduce you to the different types of training you can offer, and programming factors related to exercise program adherence for best results. These guidelines are based on the American College of Sports Medicine guidelines and aquatic industry standards.

Session Type: Aqua, Personal Training

FR6G Friday, 4:30pm-5:45pm

**Eating Disorders Vs. Disordered Eating****Dr. Candice Seti, Psy.D.**

We are seeing a rise in disordered eating behavior. This session will focus on identifying the differences between disordered eating and eating disorders and letting professionals know when there is cause for concern.

FR6H Friday, 4:30pm-5:45pm

**Stretching For Strength: Flexible Foundations Panel****Sara Kooperman, JD, Manuel Velazquez, Gail Bannister-Munn, David-Dorian Ross, & Ronnie Fulton**

Stretching is an integral part of any exercise program, yet there is immense inconsistency and uncertainty surrounding the practice. Join our panel of experts as they discuss both the art and the science of flexibility training and specific routines that will allow your clients to develop maximal strength gains safely and quickly.

FR6I Friday, 4:30pm-5:45pm

**Converting Social Media Content Into Customers****Paul Christopher**

There's never been a more direct path than now to leverage and merge fitness knowledge with social media avenues, in hopes of attracting customer lead generation. During this informative lecture, we'll demonstrate how to maximize digital highways to client conversion.

FR6J Friday, 4:30pm-5:45pm



FR7

6:00pm-7:00pm

**Fitness Idol****Judges: Sara Kooperman, JD, Jeff Howard, Keli Roberts & Manuel Velazquez**

Do you have what it takes to become the next SCW Fitness Idol? As the winner of this prestigious title, not only will you receive coverage in 2023 SCW newsletterspress releases, but you'll get a chance to show off your skills as a featured presenter at the 2023 SCW MANIA® Convention of your choice!

**Each 2022 SCW Fitness Idol Winner receives:**

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

FR7A Friday, 6:00pm-7:00pm

**Flow Free & Be****Kimberly Spreen-Glick**

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

FR7C Friday, 6:00pm-7:00pm

**Muscle Care for Happy Hips and Healthy Backs****Ronnie Fulton**

Chronic back pain and "tight" hips will undoubtedly stand in the way of your clients achieving their fitness goals. Unhealthy fascia and overactive muscles in this region can affect the quality of movement. Discover the most effective ways to combine foam rollers, therapy balls, and active isolated stretching to minimize pain and improve mobility in the lumbopelvic hip complex.

FR7D Friday, 6:00pm-7:00pm



# CYCLING THAT SIZZLES

11 CYCLING SESSIONS  
& CERTIFICATIONS

# SCW ONLINE CERTIFICATIONS.

## A STRONG DECISION.

RELIABLE. RESPECTED. RECOGNIZED.



- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL TRAINING

- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR AND STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFE COACHING

- LIFESTYLE/ BEHAVIORAL COACHING
- MARKETING & SALES FOR PERSONAL TRAINERS
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES AND METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING

- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERINMOTION®
- WEIGHT MANAGEMENT
- YOGA I (BEGINNER)
- YOGA II (ADVANCED)

RECOGNIZED & APPROVED BY: SCW, AFAA, ACE, ACSM, NASM & AEA

**SCW**  
**CERTIFICATIONS**

RECOGNIZED BY

AFAA

ACE  
APPROVED  
PROVIDER



AMERICAN COLLEGE  
OF SPORTS MEDICINE

NASM

AEA

**INCLUDES FREE  
LIVE CERTIFICATION  
WITHIN A YEAR!**

**SCWFIT.COM/CERTS**



Saturday, August 27

SA1

7:30am-8:45am

**Build Better Aging Body Balance** ■■

Keli Roberts

Comprehensively examine stability/mobility relationships of the aging body to provide a foundation that enhances and respects this precise equilibrium. Learn effective methods to increase core stability while developing mobility in key areas to improve gait efficiency. Apply strategies for fall prevention through effectively training key areas for dynamic balance.

SA1A Saturday, 7:30am-8:45am

**The Bare Essential - Strength Training 101** ■■

Gail Bannister-Munn

Many strength training classes use a variety of props and equipment. This total body conditioning class incorporates the bare minimum yet creates incredible results. New instructors will take home a strong coaching baseline complete with progressions for every fitness level.

SA1B Saturday, 7:30am-8:45am

**Core Forward Pilates** ■■

Jeff Howard

Light up every muscle with this core-forward Pilates class that sets traditional moves to today's rhythms, adding energy and excitement. Through the use of continuous choreography, electrify your burn, strength, and flexibility. Join this total-body sculpting class that blends lightweight training, Pilates, and core strengthening exercise.

SA1C Saturday, 7:30am-8:45am

**Killer Kardio** ■■

Diva Richards

Get ready to leave your comfort zone and push yourself to reach new boundaries challenging your strength and endurance. Learn to perfectly combine conditioning, strength, and power into your programming to keep your clients on their toes!

SA1D Saturday, 7:30am-8:45am

**Schwinn®: Dry-Tri: Beast Mode Fusion**

Jenn Hogg

Fusion workouts are all the rage & this daring trifecta is designed to push your limits. Let Schwinn® show you how to do it right while taking your workout to the next level. Bring your beast mode to heart-pounding cardio modalities with smart muscle conditioning for strong, balanced bodies ready for any challenge. It's time to dig deep and throw down like a true warrior.

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

**Cheeks for Weeks**

Ann Gilbert

Focus on glute-specific training in innovative ways in all three planes. Discuss progressions and regressions for all students and build the backside of the body. Discover how you can train cheeks for weeks n' weeks!

SA1F Saturday, 7:30am-8:45am

**Aqua Ease: Flexibility for Active Agers**

Manuel Velazquez

Aquatic exercise provides many benefits, including an ideal environment to exercise throughout the year. The buoyancy of the water supports a portion of your body weight, making it easier to move in the water and improving your flexibility. Join Manuel to review and experience at least ten of his favorite flexibility moves for the water environment and get ideas to develop sensitive sequences ideal for active aging clients.

SA1G Saturday, 7:30am-8:45am

**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 while staying within your scope of practice.

SA1H Saturday, 7:30am-8:45am

**Sleep-Recovery-Adaptation-Client Results**

Nicholas Lambe

Sleep is a missing link in an industry where nearly half the population struggles with the availability of few practical options. This course will provide a

18 INTERCONNECTED  
SESSIONS & CERTSMIND / BODY  
THAT'S BEAUTIFUL

30 FUNCTIONAL FITNESS  
SESSIONS & CERTS



# FUNCTIONAL TRAINING BEYOND THE NEXT LEVEL

framework to improve sleep for those you work with. From assessment to coaching systems while maintaining your scope of practice.

SA1I Saturday, 7:30am-8:45am

## Unique Programming For Boutique Gyms

Carla Gilfry

Own a boutique style gym? Want to add boutique style classes to your existing gym, yoga studio, or fitness facility? Learn how incorporating "alternative" fitness classes & "parties" can increase customer base & bring in new clients to your facility. Delve into trends that bring "fresh & fun" ideas to gyms. Client "experience" taught by "Exertainers" is the name of the game!

SA1J Saturday, 7:30am-8:45am



## SA2 - KEYNOTE ADDRESS

9:15am-10:30am

## Exercise is Medicine

Dr. Edward Laskowski, MD

If there was a medicine that contained all of the physical and psychological benefits of exercise, it would be the most effective and best-selling medicine in history. This lecture delves in-depth into the voluminous evidence-based reasons why exercise is such a powerful, yet largely not prescribed, medicine.

SA2A Saturday, 9:15am-10:30am



## SA3

11:00am-12:15pm

## WARRIOR Strength™: Put FUN in Functional

Ellen de Werd

Let's face it. Sometimes working out feels arduous, tedious, and monotonous, even for the most motivated. With exercise psychology in mind, this session will look at creative ways to generate engagement, camaraderie, and FUN with WARRIOR Strength™!

SA3A Saturday, 11:00am-12:15pm



## Functional Training: Core Strategy

Paul Christopher

As fitness professionals, it's generally accepted that we should incorporate trunk or "core" prescribed exercises into our training. Examine in detail what the core is, and what role it plays in daily function. Then journey through the core anatomy and training principles to structure a winning functional workout.

SA3B Saturday, 11:00am-12:15pm

## 5 Seconds to Improved Flexibility

Ronnie Fulton

Tired of the same old static stretches? Learn how to liven up and improve your flexibility training with Active Isolated Stretching. By activating the targeted muscle while holding the stretch for no more than five seconds, this type of dynamic stretching provides maximum benefits in the shortest amount of time. A perfect session to end your day!

SA3C Saturday, 11:00am-12:15pm

## Strike! Kickboxing

Kimberly Spreen-Glick

Strike! is a fierce, full-body interval workout that blends traditional kickboxing combinations with controlled weight-bearing strikes and blocks using a weighted bar & inspired by martial arts stick fighting. This class is strategically delivered in "rounds", creating a non-stop flow of energy and sweat. This is NOT your typical kickboxing class!

SA3D Saturday, 11:00am-12:15pm

## Schwinn®: Rock Steady - Recovery Rides That Drive Results

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 maximum training effect. Discover ways to effectively work these necessary rides into your training protocols. Time to Rock Steady!

SA3E Saturday, 11:00am-12:15pm



## Ups & Downs Of Aqua

Mac Carvalho

Looking to turn up your creativity in the pool but don't know where to start? In this session, learn how to serve that extra spice with creative Warm-Ups & Cool Downs to make your Aqua Programs hot, hot, hot! You will leave this session with inspired ideas to improve, implement, and ignite every aqua class with pizzazz, passion, and purpose!

SA3F Saturday, 11:00am-12:15pm

## Refresh with Aqua Stand Up® Yoga

Eric Vandendriessche

AQUA STAND UP® YOGA is a mindful paddle board workout incorporating elements of yoga and Pilates ending with sound meditation. Be ready to refresh your mind! No experience is needed!

SA3G Saturday, 11:00am-12:15pm



**Metabolism Reality Check** ■◀

Sohailla Digsby, RDN, LD

Is there anything you can do to impact your metabolism? Can you prevent plateaus in progress? How can you increase your energy level? Learn which factors you can control (this may require a reality check) and which ones you can't (this may require some acceptance of a new normal).

SA3H Saturday, 11:00am-12:15pm

**Physics of Pain & Performance**

Patrick Mummy



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

SA3I Saturday, 11:00am-12:15pm

**So They'll Open Your Email** ■◀

Debra Atkinson, MS, CSCS



10 Tricks to get them to open your emails at a higher rate. If they open the email, they can read your offer. If they read your offer they can say yes. If they say yes, you can help them and build a business you love. A stranger on Facebook is a less likely sale, and more and more expensive to advertise to every day. When they get on your email they've said yes. Create a smarter way to boost your open rate. If you win at this you'll win at everything. Hands on workshop. Be ready to write your next 10 emails!

SA3J Saturday, 11:00am-12:15pm

**SA4 - Lunchtime Session 1****12:30pm-1:45pm**

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

**Where Functional Training Meets Fun**

Jackie Rodriguez



Latin rhythms and athletic movements perfectly combine in the most extraordinary, intense, dynamic, and fun group fitness class on the market. Each movement pattern is designed to develop mobility & endurance with emphasis on the CORE.

Burn up to 39% more calories than other conventional cardio workouts. It is not dance, not choreography, it's a LIFESTYLE!

SA4A Saturday, 12:30pm-1:45pm

**Lower Body Burnout** ■◀

Jeff Howard

This complete lower body workout targets the glutes, quads, and hamstrings to tone and tighten these muscle groups, targeting the abdominal and lower back muscles for conditioning and improved flexibility. Learn easily implementable progressions and modifications to train your mature clients in a safe, fun way that will have them cheering for more.

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

**Barre Blueprint** ■◀

Abbie Appel

With so many effective movements in Barre, it's often challenging to sequence the moves for maximum effectiveness. Understand how to put "it" together better, also how and when to progress your movements. Learn when to add in new moves and where to add those "pulses" for the best results. Discover new ways to program workouts & make planning classes simple for you and class participants.

SA4D Saturday, 12:30pm-1:45pm

**Hormone Panel** ■◀

Melissa Layne, MEd, Sohailla Digsby, RDN, LD,  
Amanda Fearheiley, RDN, LD, CPT & Dr. Candice Seti, Psy.D.

Confused about how your insulin levels affect fat metabolism? Approaching middle age and seeing changes in reproductive hormones? Looking to lower chronic cortisol levels? Bring all your uncertainties to this all-inclusive question and answer hormone panel led by registered dietitians, an exercise physiologist and a psychologist.

SA4H Saturday, 12:30pm-1:45pm

KEYNOTE



EXERCISE IS MEDICINE

**DR. EDWARD  
LASKOWSKI, MD**  
**SAT 9:15AM-10:30AM**



MAYO CLINIC

**Inexpensive Marketing For Growth & Profitability**

Sara Kooperman, JD

Examine how to market effectively and efficiently while remaining profitable. Explore branding your business through various media driving it to success. Discover your unique market position, develop pop-ups, postcards, social media posts, email, text messages, eNewsletters, and expand your social media presence. Learn from this entrepreneur who started from a 3rd floor walk-up and created a multi-million-dollar enterprise. Leave with plenty of FREE advice and resources.

SA4J Saturday, 12:30pm-1:45pm

**SA4 - Lunchtime Session 2 1:15pm-2:30pm**

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

**SOULfusion™ EXPERIENCE**

Michele Park

SOULfusion™ combines yoga-inspired FLOWS, cardio bursts, mobility, & bodyweight training into one magical experience. In this workshop, we will take you through a SOULfusion™ class and teach you how to connect music to movement & create an amazing experience for your students.

SA4C Saturday, 1:15pm-2:30pm

**Fight Club**

Diva Richards

Condition and train like an old fighter while achieving maximum results. Kick, jab, punch, & push yourself with heavy bag pad work, agility, and strength training. Take your fitness to the absolute extreme!

SA4E Saturday, 1:15pm-2:30pm

**LaBlast® Splash: Dance. Water. Emotional Health**

Louis van Amstel

Focus on mental and emotional health is needed now more than ever. In this LaBlast® Splash session, you will experience the healing power of Ballroom Dance and fitness from the inside out, using aquatic principles.

SA4F Saturday, 1:15pm-2:30pm

**Aqua Yoga Barre**

Billie Wartenberg

Nourish your soul with this Ballet-inspired Aqua Yoga/Barre workout. The session will provide you with many ideas for a functional flow in the water. Attendees will learn choreography and how to apply sequences to design a seamless, fluid Yoga/Barre class.

SA4G Saturday, 1:15pm-2:30pm

**Perfect Practice Makes Perfect**

Dr. Edward Laskowski, MD

It's not practice that makes perfect...it's perfect practice. Movement patterns have been identified that can predispose us to musculoskeletal injury. This lecture discusses the role of movement analysis in detecting and correcting movement flaws to help protect people from injury during sports and exercise activities.

SA4I Saturday, 1:15pm-2:30pm

**SA5****2:45am-4:00pm****LaBlast® Fitness: Active Aging for All**

Louis van Amstel

LaBlast® Fitness is the perfect blend of dance & fitness for every age. Experience multiple variations within each interchangeable movement pattern and learn to teach in a way that every participant can choose their level of intensity and feel successful. This session includes weight training, interval training, and stretching.

SA5A Saturday, 2:45pm-4:00pm

**SL@T - Strengthen, Lengthen & Tone**

Jeff Howard

We all love HIIT!! Just as important as hard work is recovery. Slow down and allow your body to rejuvenate and regenerate. Follow L.I.S.S. (LOW INTENSITY STEADY STATE) protocol and reap greater benefits of HIIT. Easy to teach, SL@T explores different muscle conditioning and cardio moves combined to help your participants make the whirlwind transformations they crave.

SA5B Saturday, 2:45pm-4:00pm

**Tai Chi + Weights = Iron Fusion**

David-Dorian Ross

Fusion classes are structured to blend Tai Chi with another movement modality that one cannot distinguish where one modality begins or ends within the choreography. Iron Fusion is a combination of Tai Chi and weights.

SA5C Saturday, 2:45pm-4:00pm

**Creative Training Design**

Sarah Apgar

Nothing surpasses the exhilaration of building and leading strength training that is creative, powerful, and inspiring. Join FitFighter Founder and CEO Sarah Apgar to learn how to use evidence-based movement, training and free weight applications that will invigorate your GX students, semi-private training, and PT clients pushing your programming to the next level.

SA5D Saturday, 2:45pm-4:00pm

**Schwinn®: Breathy Not Breathless - Base Building Threshold Training**

Abbie Appel

HIIT may be here to stay but, there are times to HIIT it and then QUIT it! Building your threshold without going breathless is a powerful way to train. Learn methods for creating more variety with your aerobic intervals and steady aerobic work through thoughtful programming with science to back it up.

SA5E Saturday, 2:45pm-4:00pm

**SAF AQUA® Drums Vibes**

Paula Raphael

SAF AQUA® Drums Vibes is a combination of drum rhythms and new equipment. Join in this fun new approach to water training! Play drums in the water, where every move you make will be even more effective!

SA5F Saturday, 2:45pm-4:00pm

**Swim Up Barre**

Rosie Malaghan, MS, ERYT-200

Swim-up to the barre baby! This low impact, full-body workout has a high impact on range of motion, posture, and mind-body. Join Rosie and learn how to create aqua yoga barre classes to meet the needs of your clients, at all levels and abilities, using a fusion of yoga, barre, and joint mobility.

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

**Building Bone**

Melissa Layne, MEd

Osteoporosis can make seemingly mundane activities of daily life risky. Explore the science behind building and losing bone, the importance of sleep to build bone, and the specific diet recommendations to help clients maintain bone density. We will also review studies related to program designs for clients without increasing fracture risk.

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

**Retired Not Expired! Strength Training for Mature Adults Panel**

Sara Kooperman, JD, Manuel Velazquez, Billie Wartenberg, Steven J. Patrick &amp; Keli Roberts

Though most American seniors are active, vibrant, and live independently, many fitness professionals treat them as if they are frail. Learn from our active aging experts how to conduct fitness assessments for seniors, and design programming to increase strength, power, balance, agility, and speed.

SA5I Saturday, 2:45pm-4:00pm



# NUTRITION TO FEED YOUR MIND

**17 SESSIONS & CERTIFICATIONS**

**5 Star Management** ■

**Kimberly Spreen- Glick**



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

SA5J Saturday, 2:45pm-4:00pm

**SA6** **4:15am-5:30pm**

**Hot Crossed Buns** ■

**Jeff Howard**

Hot Crossed Buns is the perfect experience for a mature client! This complete lower body workout targets the glutes, quads, and hamstrings. Tone and strengthen these muscle groups, targeting the abdominal and lower back muscles for conditioning and improved flexibility. Learn easily implemented progressions and modifications to train your mature clients in a safe, fun way that will have them cheering for more!

SA6A Saturday, 4:15pm-5:30pm

**Use Of Manual Resistance With Clients** ■

**Paul Christopher**

There's a profound benefit to being "connected" physically to your clients. From gauging their performance capacity directly to providing resistance to areas where equipment cannot isolate, you'll learn the key concepts of why manual resistance can and should be a key tool utilized by every Personal Trainer.

SA6B Saturday, 4:15pm-5:30pm

**Hands On Stretching: The Bannister Method™** ■

**Gail Bannister-Munn**

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

SA6C Saturday, 4:15pm-5:30pm

**Myofascial Recovery** ■

**Herson Garcia**

Using foam rollers, balls, and massage sticks explore the various ways to experience the best in myofascial release. Recovery for you and your clients is available using simple, inexpensive and portable equipment. Leave with new ideas and techniques to implement with your clients and classes.

SA6D Saturday, 4:15pm-5:30pm

**Schwinn®: Set the Stage - Planning The Perfect Ride Every Time**



**Helen Vanderburg**

K.I.S.S. the class design blues away & create thoughtful, physiologically sound classes that provide RESULTS! Simplify the process to save time & set riders up for success. Unlock the secret of the Schwinn® Coach's Pyramid & 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.

SA6E Saturday, 4:15pm-5:30pm

**Splish Splash Calorie Smash**

**Rosie Malaghan, MS, ERYT-200**

Get on board with this phenomenal cross-training option, aqua run & conditioning. Take advantage of the Power of Water! With a little imagination, you can adapt land-loving patterns of movement and resistance and use them in the water, reducing joint wear and tear and injuries. Walk away with countless ideas for empowering programming for your clients, from athletes to active agers!

SA6F Saturday, 4:15pm-5:30pm

**H2O Total Body Blast**

**MaryBeth Dziubinski**

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

SA6G Saturday, 4:15pm-5:30pm

**Putting An End To Stress Eating** ■

**Dr. Candice Seti, Psy.D.**

Stress Eating can affect us all - trainers, clients, even nutritionists. We naturally turn to food in moments of stress to self-soothe without realizing we are doing it. However, this doesn't have to be the way. Learn how to identify triggers for stress eating and replace them with healthier, more beneficial behaviors.

SA6H Saturday, 4:15pm-5:30pm

**Live the List**

**Drew Myers**



A simple writing prompt changed Drew Myers' life. He was encouraged to make a list of 101 things to do in 1,001 days. It turned into so much more. This engaging address captures the power of putting your goals, dreams, and aspirations in the spotlight and living for a purpose.

SA6I Saturday, 4:15pm-5:30pm



**Retention: The Other 334 Days** 🎥

Steven J. Patrick



So many gyms and clients are packed in January but fall off the next month. Join this in-depth discussion about employee and client retention past the first month & how to keep them coming back the rest of the year. Learn how to build employee loyalty, retain happy clients, and financial prosperity.  
SA6J Saturday, 4:15pm-5:30pm

**Sunday, August 28**

**SU1 7:30am-8:45am**

**Pre-Hab for Older Adults** 🎥

Billie Wartenberg

"Pre-Hab so you don't need to Re-Hab". This class will help members improve mobility, sit, stand, reach, & practice daily activities to enhance their quality of daily life. Pre-Hab will focus on key moments to improve strength, stability, balance, and more! Pre-Hab can be more like "Pre-Fab"!  
SU1A Sunday, 7:30am-8:45am

**Kinesiotherapy 4 Body Strong Therapy Infusion** 🎥

Brittainye Wise

Kinesiotherapy is a physical and mental therapy-infused full-body workout uniquely designed to keep you whole, healed, and happy! Healthy is the goal in this fun, fiery, workout! 4 Body Strong is our concept with a spiritual, mental, emotional, and physical workout that includes cardio dance, toning, core strengthening, balance training, self-confidence improvement, coordination, and more!  
SU1B Sunday, 7:30am-8:45am

**Tai Chi + Yoga = Bamboo Fusion** 🎥



David-Dorian Ross

Bamboo Fusion is the blending of Tai Chi, and Hatha yoga! Seen as the marriage of water and wood, the water element will help you discover a deeper level of FLOW. 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.  
SU1C Sunday, 7:30am-8:45am

**Best Of Polga - Pole Yoga** 🎥



Carla Gilfrey

Be introduced to "the best of pole yoga". Featuring some of the best "vertical barre" exercises that can be used to achieve a stronger, more flexible body. Polga combines pole fitness with yoga to create an unbelievably fun workout. Join us and be one of the first trained in Polga (pole yoga), because Polga is NEW and here to stay.  
SU1D Sunday, 7:30am-8:45am

**Schwinn®: Ride Or Die - Killer Vibe To Connect With Your Tribe**



Helen Vanderburg

When you are with your tribe, you will ride ANY stage, drill with them, or die trying. Learn techniques to get into your riders' heads, pushing them further than they thought possible. Understand the importance of creating that connection, not only to the work, but to each other, to harness the power of a team. You can be strong alone, but you will be stronger together.  
SU1E Sunday, 7:30am-8:45am

**SAF AQUA® Pelvic Floor**



Paula Raphael

SAF AQUA® Pelvic Floor is a program designed to bring awareness to the anatomy, function, and effective exercises of the pelvic floor. Using an aquatic environment and the Liquid Gym® Star, this program will help promote pelvic floor health, strength, and prevention of incontinence.  
SU1F Sunday, 7:30am-8:45am

**Aquatic Kickboxing: Out of the Box**

Melissa Layne, MEd

Aqua kickboxing doesn't have to mean standing in one place and throwing repetitive jabs and stationary kicks. How about some combinations to move you through the water and up the calorie burn? Front, side, back, diagonal and even in a circle. It's past time to take your kickboxing out of the box and into the entire pool!  
SU1G Sunday, 7:30am-8:45am

**ART OF FOOD AS FUEL** 🎥

Rosie Malaghan, MS, ERYT-200

Your clients may have committed to the physical process, but have they committed in the kitchen? Learn how to shift their mindset and inspire behavior changes when it comes to fueling the body. Implement interactive workshops geared around grocery shopping, social influences, sugar, nutrition labels, food prep, and more! Give them the power outside of the gym!  
SU1H Sunday, 7:30am-8:45am

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**Fix 7 Menopause Systems With Exercise**

**Debra Atkinson**

Menopause Symptoms are either hurt or helped with exercise. Identify 34 major symptoms of menopause, 13 supported by exercise, and dive deep into the research on 7 unique symptoms you can improve. Learn how to identify these obstacles for participation and turn them into marketing to grow business and client transformation.

SU1I Sunday, 7:30am-8:45am

**What's in Your Retention Toolbox?**

**Michele Melkerson-Granryd, MEd**

Loyalty and retention don't happen by accident. From this session take home action items that you will be able to implement on Monday morning that will make your clients and members love you even more than they do already!

SU1J Sunday, 7:30am-8:45am



**SU2 9:00am-10:15am**

**Functional Training With Foam Rollers**

**Herson Garcia**

Foam Rolling is not just for flexibility anymore. Integrate exercises perfect to promote mobility, proper posture, integrated strength, and core stability. Learn simple strategies to effectively assess your clients, promoting total body conditioning. Utilize traditional foam rollers as well as the new smaller rollers perfect for all demographics.

SU2A Sunday, 9:00am-10:15am

**WARRIOR Strength™**

**Ellen de Werd**

Are you tired of spending time memorizing choreography? Looking for creative functional training that you can change frequently? Want to incorporate more of a coaching style into some of your sessions? If you nodded even once, this session is for you! WARRIOR Strength™ has a fresh approach to the basics.

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



**Yoga Restore: The Bannister Method™**

**Gail Bannister-Munn**

"The Bannister Method" consists of a fusion of yoga, Pilate's based core, Active Isolated (A-I) stretching, & flexibility training. Develop an understanding of limitations to either move beyond or stay within their boundaries, all while bringing energy in, & feeling like goals are accomplished in a non-competitive environment.

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

**BARREfusion™**

**Michele Park**

BARREfusion™ is a low-impact, total body workout inspired by ballet. We offer a unique approach to barre training with cardio bursts and our signature fuses. This fusion format offers the benefits of rhythmic movement, high repetition strength work, athletic dance moves in an easy to learn, easy to teach, fun to take barre training. BARREfusion™ improves overall fitness levels while bringing out your inner ballerina!

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



**Schwinn®: Work. Not Twerk - Results With Rhythm**

**Helen Vanderburg**

Rhythm rides don't need smoke and mirrors or unnecessary distractions. It is time to stop the madness. Discover how to capture and captivate your riders the RIGHT way. Learn how to program a Rhythm Ride to create a magical, memorable workout that gets REAL results.

SU2E Sunday, 9:00am-10:15am



**Aqua Excellence for the Active Ager**

**Manuel Velazquez, Billie Wartenberg & Cheri Kulp**

Make a splash with these exciting WATERinMOTION® Platinum-inspired routines. Experience six (6) 64-count choreography blocks of captivating, low-impact aqua sequences and discover why moving in water is natural for our senior population. Comprehensive choreography notes are provided to enhance your teaching skills and movement mastery. Inspire active aging adults to safely improve cardiovascular endurance, balance, strength, and flexibility. Stay current with these fresh ideas!

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



**Turbulence Training**

**Irene PluimMentz**

Let's create some turbulence to spice up your water aerobics, boot camp, warm water, rehab, and personal training sessions. Explore how the Aqua-Ohm can add resistance to arms and legs and challenge the core. This piece of equipment effortlessly adjusts for size and resistance level. Come check it out!!

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



**EXERCISE SCIENCE**  
**BACKED IN RESEARCH**

**18 EXERCISE SCIENCE SESSIONS & CERTIFICATIONS**

**Functional Foods For A Fantastic You** **Amanda Fearheiley, RDN, LD, CPT**

Functional foods do more than provide your body with essential nutrients; they promote optimal health and help reduce the risk of disease. Learn how to elevate your nutrition and start eating your way to long-lasting health!

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

**Circadian Biology: Why Timing Matters****Nicholas Lambe**

Circadian biology is one of the largest growing fields of research, with demonstrated correlations in health, performance, and well-being. We will review the practical takeaways around timing that can be gleaned from this research and applied to your clients.

SU2I Sunday, 9:00am-10:15am

**Developing Diverse & Inclusive Programming** **Brittany Wise**

Develop a diverse and inclusive experience for all in the industry, including staff, members, and clients. This course will educate on how to improve and implement diversity in fitness facilities, designing programs that provide a welcoming experience for all types of people, and things to consider when operating an inclusive facility.

SU2J Sunday, 9:00am-10:15am



SU3

10:45am-12:00pm

**Smart Strength for the Ageless Female** **Keli Roberts**

Smart strength training strategies to help your female clients age less! Birthdays are just a number: it's 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.

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

**Functional Core Training** **Herson Garcia**

Learn unique and effective exercises to train the core from the inside out. Integrate stability balls and a variety of bands along with weighted body movements, to experience challenging exercises that utilize the hips, abs, back, glutes, and chest. This is truly a workout for 2022!

SU3B Sunday, 10:45am-12:00pm

**Fascia, ROM, & Flexibility** **Manuel Velazquez**

Good flexibility and range of motion are essential for healthy 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.

SU3C Sunday, 10:45am-12:00pm

**FitBarre** **Billie Wartenberg**

FitBarre is a low impact class to strengthen, lengthen, and tone your entire body with the fluidity of movement using various bands, balls, and light weights. Members will improve posture and core strength in this fusion Barre class.

SU3D Sunday, 10:45am-12:00pm

**AB-Solutely Aqua****Mac Carvalho**

This WATERinMOTION® inspired workshop will explore the benefits and challenges of working our core in an aquatic environment. Discuss ways to



use progressions and regressions to ensure participant success regardless of the exercise experience.

SU3F Sunday, 10:45am-12:00pm

**Aqua Stand Up® Circuit Training****Eric Vandendriessche**

AQUA STAND UP® CIRCUIT TRAINING is a fun and effective way to get back on track using boards, accessories, and water resistance. Be ready to get wet and make waves! No experience is needed!

SU3G Sunday, 10:45am-12:00pm

**How Calories & Fat Tissue Work** **Sohailla Digsby, RDN, LD**

What's more important, calories, macros, or the nutrient profile of foods? Can you make any impact on where fat tissue loss occurs? Is weight maintenance really a numbers game, or is there more to it? Are some people just unable to manage their weight? Find out in this session!

SU3H Sunday, 10:45am-12:00pm

**Know Body, Client & Soul****Rosie Malaghan, MS, ERYT-200**

Encourage the heart and train the body with play! Join Rosie as she helps formulate new game plans for fun, confidence boosting programming for active agers and create the ultimate wellness experience! Discuss trainer approach and implementation along with new research and strategies that will ensure your clients conquer functional movement and cognitive challenges.

SU3I Sunday, 10:45am-12:00pm

**Fitness Business Fixes** **Micah Logan**

Delve into the five business mistakes fitness professionals make that can cost time, money, and sanity. Learn how to identify and fix these mishaps, allow your business to cope with challenges efficiently, and maintain or increase profits as it grows. Give your business a solid foundation and watch it thrive.

SU3J Sunday, 10:45am-12:00pm



SU4

12:15am-1:30pm

**Move Active Agers With Music** **Rachel Finley-Norwood**

Too old to workout? Never! Many participants in this brain and body fitness program are between 70-100 years young. Learn how YOU can reach active agers with engaging music, choreography, and instruments to motivate participants to think & move!

SU4A Sunday, 12:15pm-1:30pm

**Armed & Dangerous** **Mac Carvalho**

Are you looking for stronger, toned, & sculpted arms? Join Mac & discover creative ways to target upper body muscles and show your arms some love! Leave this session armed with everything you need for your group exercise classes or personal training clients.

SU4B Sunday, 12:15pm-1:30pm

**Yoga-Bata VIIT** **Rosie Malaghan, MS, ERYT-200**

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

SU4C Sunday, 12:15pm-1:30pm

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### Got Back Pain?

**Herson Garcia**

Are you ready to take control of your back pain or help your clients take control of theirs? 80% of Americans will experience low back pain at some point in their lives. Learn simple exercises and lifestyle changes that can help your clients become PAIN FREE, leading to more consistency with training and exceeding training goals.

SU4D Sunday, 12:15pm-1:30pm

### Aqua Running & Conditioning

**Billie Wartenberg**

Join the newest Aqua Craze! We all know the many benefits of running, so now is the time to take your workouts to a new depth! This cardio/strength water workout will combine high-intensity and low-intensity exercises with little impact while strengthening muscles and improving joint function. Combine running, traveling, Tabata intervals, strength, and more!

SU4F Sunday, 12:15pm-1:30pm

### Barracuda Booty

**Cheri Kulp**

Enjoy this aquatic session that focuses on core, gluteals, and lower extremity training. Build power and strength along with flexibility and fluidity of movement in the comfortable environment of the pool. Explore standing, anchoring, moving, and floating options to train the booty to be your best ASSet!

SU4G Sunday, 12:15pm-1:30pm

### Stopping Inflammation Through Nutrition

**Melissa Layne, MED**

Disease states such as cancer, diabetes, and autoimmune conditions flourish in an acidic inflamed body. We will address the science behind inflammation, both acute and chronic states, and the changes that occur as the pH of the body decreases. What foods are highly acidic? What foods are the most alkaline to decrease inflammation?

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

### Building Blocks of Successful Leaders

**Steven J. Patrick**

This in-depth discussion will delve into the building blocks needed to establish a strong culture for employee retention, staff training, and financial success. Review how staff relationships matter and how positive momentum + progress = happiness.

SU4I Sunday, 12:15pm-1:30pm



### Create a Service Culture

**Lisa Gorsline**

In this session you will learn how to build a retention culture through innovative programming ideas, developing service standards, hiring processes, and employee recognition programs. Discover how to create a fun environment that will keep your members coming back.

SU4J Sunday, 12:15pm-1:30pm



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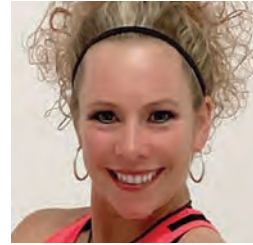
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