

FITNESS PRO CONVENTION



FLORIDA

MYAIA®



SCW

May 20-22  
Orlando, FL

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 Florida MANIA®.



## Letter From Sara Kooperman, JD

Dear Florida MANIACs,

We are excited to be back in sunny Orlando after all this time!  
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 of our MANIA® Conventions. This means that over 50 business seminars with 30 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.

Whether you have been with us for 40 years or are a new member of our SCW family, we commend you for your commitment to fitness education and for allowing SCW to be a part of your success. 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

**May 20-22 - Caribe Royale Orlando**

SCW is an internationally-recognized educational organization that provides hands-on certifications, continuing education courses, and

conventions to fitness professionals in multiple disciplines nationwide. For 40 years, SCW has always been and always will be dedicated to diversity and inclusion. We are 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 8,500 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.



## HEALTH & FITNESS BUSINESS SUMMIT

Partnering with **iHRSA**

**May 20-22 - Caribe Royale Orlando**

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 45 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/florida/BUSINESS](http://www.scwfit.com/florida/BUSINESS)

- 3-days of Elite Education
- 50 Lecture, Workshops & Panels
- 30+ Top Industry Presenters



## Hotel / Convention Location & Date

**FLORIDA MANIA®**  
**FITNESS PRO CONVENTION**  
 MAY 20-22, 2022

**HEALTH & FITNESS BUSINESS SUMMIT**  
 MAY 20-22, 2022

**CERTIFICATIONS**  
 MAY 19 & 22, 2022

### Caribe Royale Orlando

8101 World Center Drive,  
 Orlando, FL 32821  
 (407) 238-8000 (reservations)

### Stay On-Site & Save

**Room Rates** \$169 (Reg. \$228) Double Queen/King Suite  
 We **GUARANTEE the LOWEST Rate!** (when you mention "SCW MANIA")  
 WOW - what a savings! Pay as little as \$41.25 per night when you share a room with three others!

- 2 Queen Beds
- FREE Wifi
- Mini Fridge
- Coffee Maker
- Microwave
- Separate Room with Pull-out Couch
- \$10 Self-Parking / \$13 Valet (plus tax)
- Free Shuttle to Disney World

### HOTEL ROOM DISCOUNT DEADLINE: MAY 5, 2022

Book early, our hotel ALWAYS SELLS OUT!

### Visit Orlando

It's true - Orlando is a magical place. And it's not just because it's home to Cinderella's castle at Walt Disney World. There's an incredible mix of fun things to do in this great city that make it an ideal vacation spot for not only families but young singles, baby boomers, foodies, outdoor adventurous types, luxury shoppers, and international visitors. While the city was built on theme park fame, the number and variety of Orlando attractions have grown to include world-famous restaurants, high-end outlet shopping centers, theatrical performances, and amazing concert and sporting event venues.

### Disney World Special Offer + FREE Courtesy Shuttle

Disney offers specially priced theme park tickets to all SCW MANIA® attendees and their accompanying guests. For more information visit: [www.scwfit.com/florida/hotel/#disney](http://www.scwfit.com/florida/hotel/#disney)

## 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 Tracey Carr directly at [staff@scwfit.com](mailto:staff@scwfit.com) or Text or Call 630-721-5922.



### Text Message Updates / 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

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.



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

Reach 8,500 Fitness Professionals in face-to-face contact, another 74,000 through emails, 62,000 text messages, and 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.



### 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 NOW at [www.scwfit.com/Florida/EXPO](http://www.scwfit.com/Florida/EXPO).

**80**  
SESSION  
RECORDINGS

### 80 Session Recordings - 100+ Hours of Online Education!

Attend LIVE & IN-PERSON and experience 16 sessions - Friday (6 sessions), Saturday (6 sessions) and Sunday (4 sessions) for a total of 20 hours of top-quality face-to-face education.

See ALL 80 activity sessions & nutrition lectures or 100+ hours of recordings for only \$40 for 40 days! Can't attend MANIA® live? Pay \$259 and enjoy all 80 recordings in the privacy and convenience of your own home.



### 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! MAY 20-22**

# HEALTH & FITNESS BUSINESS SUMMIT

Orlando  
May 20-22



Leadership &  
Management



Revenue &  
Retention



Trends &  
Technology



Social Media &  
Marketing



Products &  
Programming



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
- ▶ 50 Lectures, Workshops & Panels
- ▶ 30+ Top Industry Presenters
- ▶ Owners, Managers & Directors
- ▶ Interactive Workshops
- ▶ Exclusive Resources
- ▶ Direct Feedback

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

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

## Sponsor Specials

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

To our Florida 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**

**water**  
**in**  
**motion**

#### Associate Plus Sponsors



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



**ZUMBA**



**STRONG**  
BY ZUMBA

#### Associate Sponsors

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MENTAL HEALTH FOUNDATION

**LaBlast**

**SYMMETRY**

**TAIJIFIT**

**XCO**  
LATIN WORKOUT

# Certifications

## Thursday, May 19

### SCW ACTIVE AGING CERTIFICATION

Ann Gilbert

Thursday, May 19, 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+ 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). If you can't make the Live Certification, take the course online. Visit [www.scwfit.com/store/product/active-aging-online-certification/](http://www.scwfit.com/store/product/active-aging-online-certification/)*



Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACSM (8.0), AEA (4.0). *If you can't make the Live Certification, take the course online. Visit [www.scwfit.com/store/product/personal-training-online-certification/](http://www.scwfit.com/store/product/personal-training-online-certification/)*

### SCW TAIJIFIT CERTIFICATION



David-Dorian Ross

Thursday, May 19, 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). *If you can't make the Live Certification, take the course online. Visit [www.scwfit.com/store/product/taichi-qigong-online-certification/](http://www.scwfit.com/store/product/taichi-qigong-online-certification/)*

### SCW BOXING CERTIFICATION



Diva Richards

Thursday, May 19, 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). If you can't make the Live Certification, take the course online. Visit [www.scwfit.com/store/product/boxing-online-certification/](http://www.scwfit.com/store/product/boxing-online-certification/)*

### SCW PERSONAL TRAINING CERTIFICATION

Keli Roberts

Thursday, May 19, 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).*



### WATERinMOTION® AQUA EXERCISE CERTIFICATION



Mac Carvalho

Thursday, May 19, 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 both the WATERinMOTION® Original program and the WATERinMOTION® Platinum (older adult) program, with the skills to teach your best class, every class! Certification includes a FREE online 5-part course, downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and optional Video Assessment (\$300 value). SCW (7.0), ACE (0.9), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7). *If you can't make the Live Certification, take the course online. Visit [www.waterinmotion.com/onlinecert/](http://www.waterinmotion.com/onlinecert/)*

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



Melissa Layne, MED

Thursday, May 19, 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

# GET CERTIFIED LIVE AT MANIA®

## 15 LIVE CAREER BOOSTING CERTIFICATIONS



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).* **If you can't make the Live Certification, take the course online.** Visit [www.scwfit.com/store/product/practical-nutrition-online-certification/](http://www.scwfit.com/store/product/practical-nutrition-online-certification/)

## SCW ACTIVE AGING NUTRITION CERTIFICATION

Amber Toole

Thursday, May 19, 5:30pm-9:30pm

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

Join Amber as she shares scientific, research-based, current insights on the distinct nutritional needs of your active-aging classes and over 50 clients. Learn practical tips for preserving and increasing lean body mass, enhancing cognition, losing excess body fat, acquiring essential vitamins and minerals and MORE. Explore nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutritional knowledge on aging. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. *SCW (4.0), ACE (0.4), ACSM (4.0), AEA (4.0), AFAA (4.0), NASM (0.4).* **If you can't make the Live Certification, take the course online.** Visit [www.scwfit.com/store/product/active-aging-nutrition-online-certification/](http://www.scwfit.com/store/product/active-aging-nutrition-online-certification/)

## SCW YOGA I CERTIFICATION

Manuel Velazquez

Thursday, May 19, 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).* **If you can't make the Live Certification, take the course online.** Visit [www.scwfit.com/store/product/yoga1-online-certification/](http://www.scwfit.com/store/product/yoga1-online-certification/)

## SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION

Abbie Appel

Thursday, May 19, 7:00am-5:00pm

\$169 early bird registration price through May 2nd.

\$189 registration price after May 2nd.

#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).*

Sunday, May 22

## SCW GROUP EXERCISE CERTIFICATION

Jeff Howard

Sunday, May 22, 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).* **If you can't make the Live Certification, take the course online.** Visit [www.scwfit.com/store/product/group-exercise-online-certification/](http://www.scwfit.com/store/product/group-exercise-online-certification/)

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

Ann Gilbert

Sunday, May 22, 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. Using a chair as your base, 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).* **If you can't make the Live Certification, take the course online.** Visit [www.seatfitness.com/product/online-certification/](http://www.seatfitness.com/product/online-certification/)

# BOOST YOUR CAREER



OVER 150 SESSIONS & CERTIFICATIONS



**SCW BARRE CERTIFICATION****Abbie Appel****Sunday, May 22, 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). *If you can't make the Live Certification, take the course online. Visit [www.scwfit.com/store/product/ballet-barre-online-certification/](http://www.scwfit.com/store/product/ballet-barre-online-certification/)*

**SCW AQUATIC EXERCISE CERTIFICATION****MaryBeth Dziubinski****Sunday, May 22, 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). *If you can't make the Live Stream Certification, take the course online. Visit <https://scwfit.com/store/product/aqua-ex-certification/>*

**ZUMBA® BASIC 1 TRAINING****Jenna Bostic****Sunday, May 22, 7:30am-4:00pm****\$325 Registration Fee (Use PROMO CODE: TSZUMBA60 to receive a 60% discount)**

This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to the four basic Zumba® rhythms (Merengue, Salsa, Cumbia, and Reggaeton), and then 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).

**STRONG NATION™ TRAINING****Kelly Bullard****Sunday, May 22, 7:30am-4:00pm****\$325 Registration Fee (Use PROMO CODE: TSZUMBA60 to receive a 60% discount)**

In this brand-new and highly requested SCW Strong Nation™ combines high-intensity interval training (HIIT) with the science of Synced Music Motivation for a group fitness experience like no other. During an intensive 1-day training, you'll learn the science behind high-intensity cardio and bodyweight training, as well as how to combine moves and patterns with perfectly

synced music, and all about the program's unique progression system used to increase intensity. The training will also touch on topics such as physiology, biomechanics, movement fundamentals, and injury prevention. Price includes Electronic Instructor Training Manual, Training Recap Video – delivered digitally, STRONG Nation™ My First Class™ – 60 minutes of music and moves delivered digitally, E-learning course with the foundational fitness moves and science behind the program, and Certificate of Completion. SCW (8.0), ACE (0.8), ACSM (8.0), AFAA (8.0),

**SEAT**  
SUPPORTED EXERCISE FOR AGELESS TRAINING

With Ann Gilbert

**GET S.E.A.T CERTIFIED**

- 3 Free Certifications
- New Choreo Every 12 Weeks
- Custom Music Every 3 Months
- Marketing & Social Media

**www.SEATFitness.com**

# MANIA® Fitness Pro Convention Course Descriptions

## Friday, May 20

FR1

7:30am-8:45pm

### Fab Women: Fifty+ ◼◼

**Amber Toole**

Training women over 50 requires programming that considers the special aspects of active aging. Delve into the psychology behind this spectacular group of individuals and understand how to create safe and effective workouts that lead them to amazing results!

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

### 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.

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

### 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.

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

### Coaching Core Stability ◼◼

**Sheldon McBee, MS**

The ability to coach core stability beyond expectation will bring you, as a fitness professional, one step closer to aligning concepts and applications. In this session, learn coaching concepts specifically designed to stabilize the spine in a scalable coaching mode.

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

### 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.

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

### 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 Dietician, 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!

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

### Client Health Fitness Happiness

**Lonnie B. Nesbitt, Jr.**



What does your client's HEALTH FITNESS HAPPINESS mean to you and your business? Create your client's roadmap to have the right mindset, understand their core values, and take action in achieving the vision of health they desire. Learn how to apply the HFH roadmap and ultimately reignite you, your clients, and your training business in 2022.

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

### Older Bolder Better!

**Cammy Dennis**



Create, manage, and market effective programs for active aging adults. Older adults should select exercise based on their capabilities, not their age. In addition to physical outcomes, discover how to create market-inspired programs that embrace the multi-dimensions of wellness.

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



# AQUA FOR EVERYONE

16+ AQUA FOCUSED  
SESSIONS & CERTIFICATIONS

# CORE TRAINING THE CENTER OF IT ALL

15+ CORE DRIVEN  
SESSIONS & CERTS

FR2

9:45am-11:00am

## Primal Power for Active Agers

Quincy Henry

Tap into the movement systems of youth. Primal patterns provide the strength to lift our heads, roll, crawl, and feel amazing. Remove the sense of frailty associated with aging, and help older adults stay strong and resilient. Primal movement training can restore vitality and the capacity for true strength and power.

FR2A Friday, 9:45am-11:00am

## Small Group F.I.R.S.T. Progressions

Keli Roberts

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

FR2B Friday, 9:45am-11:00am

## Fascia, ROM, & Flexibility

Manuel Velazquez

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

FR2C Friday, 9:45am-11:00am

## 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.

FR2D Friday, 9:45am-11:00am

## Schwinn®: Master Your One

Abbie Appel

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.

FR2E Friday, 9:45am-11:00am



## Wet N' Workable Intervals

Kelly Bullard

Let drag, inertia, and resistance positively un-complicate your world! Use minimal equipment with simple progressions to challenge your students! Power your workouts with what is around you to get clear results without the baggage.

FR2F Friday, 9:45am-11:00am

## General Population Nutrition Coaching

Amber Toole

Fitness Professionals walk a fine line of "staying in your lane" when helping clients understand healthy eating habits. Nutrition is a large puzzle piece of wellness to achieve client goals. Learn how to properly coach the general population, creating lasting results and doing so within the scope of your practice.

FR2G Friday, 9:45am-11:00am

## Got Muscle? Targeting Hypertrophy

Melissa Layne, MEd

There is a science behind gaining muscle. Take a comprehensive look at hormonal influences, sleep implications, genetically influenced fiber types, and of course, proper training and nutrition.

FR2H Friday, 9:45am-11:00am

## Business Growth Through Staff Retention

Diva Richards

Reduce workforce-related costs by building a good company culture that brings in staff and keeps them. Learn how to create and maintain principles that are the foundation of longevity in business. It is especially important to build a success philosophy to adapt and grow in today's fitness industry.

FR2I Friday, 9:45am-11:00am

FR3

11:15am-12:30pm

## Sit + Stand = F.A.B. (Function & Balance)

Cammy Dennis

Seated exercises are great for improving strength and flexibility. Once initial goals are met, add on standing exercises to train for function and balance. Progress your clients' movement from seated to standing to functional patterns. The equation is simple; sit and stand means your students gain a F.A.B. (Function & Balance) improvement!

FR3A Friday, 11:15am-12:30pm



**Pro Athlete Core Conditioning** **Dane Robinson**

Take your 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!

FR3B Friday, 11:15am-12:30pm

**Namaste Away to a Better Back** **Sara Kooperman, JD**

Enjoy this Vinyasa Yoga class, perfect for all yogi levels, focusing on strengthening and lengthening your back. Review various back ailments, injuries, and techniques for avoiding discomfort now and in the future. Flow gracefully and rhythmically from pose to pose as we select specific verbal cues and posture alternatives. Leave feeling restored and rejuvenated and ready to provide a safe and effective yoga experience for your students and yourself.

FR3C Friday, 11:15am-12:30pm

**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, how and when to progress your movements. Learn when to add 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.

FR3D Friday, 11:15am-12:30pm

**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, 11:15am-12:30pm

**Liquid Star****Yvette Class**

The star is a fun and practical piece of equipment, easy to use, and adaptable for multiple populations. With this small piece of equipment, you can do cardio, strength training, toning, yoga/holistic, and functional workouts. Increase your flexibility & range of motion, improve balance, proprioception, improve blood circulation, core strength, and be stress-free on your joints.

FR3F Friday, 11:15am-12:30pm

**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).

FR3G Friday, 11:15am-12:30pm

**Personal Training Redefined****Sheldon McBee, MS**

In the post-COVID-19 era, clients will be eager to return to training live and in-person but still wish to maintain the flexibility of fitness solutions beyond brick and mortar studios. Explore opportunities to utilize big brand tech solutions to become the central cog in your client's fitness continuum. Discover unique methods to reach clients through multi-channels and prepare for the future of the fitness industry.

FR3H Friday, 11:15am-12:30pm

**Systematic Selling for Greater Conversions****Logan Peters**

Turn your business and staff into selling machines. Learn and apply this systematic approach that meets and beats the national average of 50% sales conversion. Understand essential steps in the selling process and grow your revenue with increased membership fees and improved ancillary sales. Learn what it takes to sell memberships in a post-pandemic world.

FR3I Friday, 11:15am-12:30pm

**FR4 - Lunchtime Session 1 12:45pm-2:00pm**

If you choose this session, then 2:00pm-3:00pm will be your EXPO and lunch break.

**Spine Sparring Core Workshop** **Sheldon McBee, MS**

There is a long-standing obsession with obtaining a flat, six-pack stomach, but many clients are risking their backs trying to achieve this perfect aesthetic. In this session, experience a core workout that focuses on spinal neutral movements and learn to design programming to maximize core development and minimize spinal strain.

FR4B Friday, 12:45pm-2:00pm

**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.

FR4C Friday, 12:45pm-2:00pm

**Nutrition for HIIT & LIIT Sessions** **Melissa Layne, MEd**

HIIT (sympathetic training) is popular on fitness schedules due to its effectiveness and LIIT (parasympathetic training) is also growing. Fitness professionals must understand the nutritional concepts that feed these systems and hormonal effects of overtraining. We will cover these topics as well as timing and macronutrient combinations for training these programs.

FR4G Friday, 12:45pm-2:00pm

**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.

FR4I Friday, 12:45pm-2:00pm

**FR4 - Lunchtime Session 2 1:30pm-2:45pm**

If you choose this session, then 12:30pm-1:30pm will be your EXPO and lunch break.

**LaBlast® Fitness: Active Aging for All** **Apy Figueroa**

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.

FR4A Friday, 1:30pm-2:45pm





# PERSONAL TRAINING PERFECTED

25+ DEDICATED PT SESSIONS & CERTIFICATIONS

## 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.

FR4D Friday, 1:30pm-2:45pm

## Schwinn®: Work. Not Twerk

Alex McLean

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.

FR4E Friday, 1:30pm-2:45pm



## 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!

FR4F Friday, 1:30pm-2:45pm



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

Sara Kooperman, JD, Keli Roberts, Ann Gilbert & Manuel Velazquez

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.

FR4H Friday, 1:30pm-2:45pm



FR5

3:00pm-4:15pm

## Functional Training for Active Ager

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.

FR5A Friday, 3:00pm-4:15pm

## 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.

FR5B Friday, 3:00pm-4:15pm

## Symmetry for Health: AlignSmart™

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.

FR5C Friday, 3:00pm-4:15pm

## Tone Up

Ichell Davis

When you mix music with effective endurance strength, you have a one stop party shop! Tone Up uses easy-to-learn exercises inspired by free-weight training and mixes in a healthy dose of cardio kickboxing. Let the rhythm guide you with defined movements, a strong, solid beat, and plenty of options.

FR5D Friday, 3:00pm-4:15pm

# DANCE

## 10 DANCE SESSIONS & CERTS

LIKE NO  
ONE IS  
WATCHING!

### 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, 3:00pm-4:15pm

### Water Choreo & Knee Adaptations

#### Manuel Velazquez, Mac Carvalho, Sibilla Abukhaled & Billie Wartenberg

Experience a cascade of fresh aqua ideas & leave with six (6), 64-count choreography blocks. Join us for this informative session on the knee & 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, 3:00pm-4:15pm



### 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.

FR5G Friday, 3:00pm-4:15pm



### Function & Feedback for Trainers

#### Maurice Williams, MS, CSCS

As fitpros, we give our clients regular feedback. When was the last time we examined that feedback to see if it works or what our clients need? Explore the various types of feedback, know which ones to use, and when with your clients. Immediately improve your cueing, critiques, and observations concerning your clientele.

FR5H Friday, 3:00pm-4:15pm



### Attention To Retention

#### Dane Robinson

Personal Training businesses, much like any other business, are much more sustainable when client retention is achieved. Explore top-level strategies to inspire, enlighten, encourage, and retain your current community of clients. Keep them constantly engaged & retain the longevity of your training business!

FR5I Friday, 3:00pm-4:15pm



FR6

4:45pm-6:00pm

### Best Practices for Functional Flexibility

#### Maurice Williams, MS, CSCS

There are so many tools & protocols for flexibility work that it can leave us confused. Learn what the latest science says about addressing the most common compensations our clients present. We will consider the five kinetic chain checkpoints, look at the issues, and develop the proper flexibility to help our clients move better.

FR6A Friday, 4:45pm-6:00pm

### 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!

FR6B Friday, 4:45pm-6:00pm

**Functional Pilates** 🎥

**Manuel Velazquez**

Real-life happens from all angles & we move to and from every angle possible as we overcome activities of daily living. Regain awareness, re-ignite your Pilates practice, & learn how to apply the six basic Pilates principles for core stability/mobility that will move you from the mat to anywhere you need to go. Feel more dynamic, powerful, and strong.

FR6C Friday, 4:45pm-6:00pm

**Strength Training 101** 🎥

**Tara Turner**

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.

FR6D Friday, 4:45pm-6:00pm

**Schwinn®: Ride Or Die: Killer Vibe**



**Robert Sherman**

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.

FR6E Friday, 4:45pm-6:00pm

**Acquapole® Strong Circuit**



**Yvette Class**

Turn up your aquatic programming with combinations of large and small Acquapole® equipment! Explore vertical and horizontal movements, cardio, flexibility, & functional training while in the pool. Diversify your aquatic class offerings and utilize flashcards for inspiration!

FR6F Friday, 4:45pm-6:00pm

**How Calories & Fat Tissue Work** 🎥



**Sohailla Digsby, RDN, LD**

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

FR6G Friday, 4:45pm-6:00pm

**Working In Niche Markets Panel**



**Sara Kooperman, JD, David-Dorian Ross, Diva Richards & Abbie Appel**

With more individuals taking charge of their health and fitness, the need for personal trainers, health coaches, and nutritionists is greater than ever before. While exciting for successful business owners, this tremendous growth also means more competition for entrepreneurs. One of the best ways to stand out in this hyper-competitive industry is to niche down. Learn from industry experts the importance of paying extra attention to select groups and setting yourself apart from other trainers in the field.

FR6H Friday, 4:45pm-6:00pm

**Tap Into the Business of Recovery**



**Ronnie Fulton**

We all know nutrition is an important part of fitness. What about adequate sleep, proper hydration, stress management, reducing muscle soreness, and minimizing injuries? Learn how offering recovery strategies and programming in your business can not only increase client retention but can be an additional source of revenue through workshops, group training, and coaching.

FR6I Friday, 4:45pm-6:00pm

FR7

6:15pm-7:15pm

**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 press 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 all SCW press releases
- 1-year FREE SCW OnDemand Membership

FR7A Friday, 6:15pm-7:15pm

**20+ ACTIVE AGING SESSIONS & CERTS**



**ACTIVE AGING**  
FASTEST GROWING POPULATION

**CERTIFICATIONS THURSDAY, MAY 19**

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

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

**TAIJIFIT**  
TAIJIFIT CERTIFICATION  
ROSS • 9:00AM - 5:00PM

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

**water motion**  
WATERINMOTION® AQUA EXERCISE CERTIFICATION  
CARVALHO • 9:00AM - 5:00PM

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

**SCW**  
ACTIVE AGING NUTRITION CERTIFICATION  
TOOLE • 5:30PM - 9:30PM

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

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

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

**A** FUNCTION / ACTIVE AGING      **B** STRENGTH / CORE      **C** YOGA / PILATES / T'AI CHI      **D** BARRE / GX

<b>FRIDAY, MAY 20</b>	<b>FR1</b>	7:30am-8:45am	Fab Women Fifty+ Toole	Armed & Dangerous Carvalho	TaijiFit Original Flow Ross	Coaching Core Stability McBee	
	<b>EXPO SHOPPING 8:30am- 9:45am</b>						
	<b>FR2</b>	9:45am-11:00am	Primal Power for Active Agers Henry	Small Group F.I.R.S.T. Progressions Roberts	Fascia, ROM & Flexibility Velazquez	Anatomy of a Smart Warm-Up Christopher	
	<b>FR3</b>	11:15am-12:30pm	Sit + Stand = F.A.B. (Function & Balance) Dennis	Pro Athlete Core Conditioning D. Robinson	Namaste Away to a Better Back Kooperman	Barre Blueprint Appel	
	<b>FR4</b>	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	LaBlast® Fitness: Active Aging for All Figueroa SESSION 2	Spine Sparing Core Workshop McBee SESSION 1	Muscle Care - Happy Hips & Healthy Backs Fulton SESSION 1	Back, Booty & Core Connection Appel SESSION 2	
	<b>EXPO SHOPPING 12:15pm-3:00pm</b>						
	<b>FR5</b>	3:00pm-4:15pm	Functional Training for Active Agers Gilbert	Move Your Core the Latin Way Rodriguez	Symmetry for Health: AlignSmart™ Mummy	Tone Up Davis	
<b>EXPO SHOPPING 4:00pm-5:00pm</b>							
<b>FR6</b>	4:45pm-6:00pm	Best Practices for Functional Flexibility Williams	How to Handle Hypertrophy D. Robinson	Functional Pilates Velazquez	Strength Training 101 Turner		
<b>FR7</b>	6:15pm-7:15pm	<b>SCW FITNESS IDOL</b> KOOPERMAN, HOWARD, ROBERTS & VELAZQUEZ		5 Seconds To Improved Flexibility Fulton			

<b>SATURDAY, MAY 21</b>	<b>SA1</b>	7:30am-8:45am	Brain Power Dennis	Functional Training: Core Strategy Christopher	Tai Chi + Weights = Iron Fusion Ross	Making Cardio Fun Williams	
	<b>EXPO SHOPPING 8:30am- 9:45am</b>						
	<b>SA2</b>	9:45am-11:00am					
	<b>SA3</b>	11:15am-12:30pm	INDO BOARD for Active Agers Guenther & White	Total Body Reset Turner	Core Forward Pilates J. Howard	Zumba® Bostic	
	<b>EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm</b>						
	<b>SA4</b>	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert SESSION 1	STRONG Nation™ Bullard SESSION 1	Core Yoga Strong J. Howard SESSION 2	LaBlast® Fitness: Dance is Mental & Emotional Health Figueroa SESSION 2	
	<b>SA5</b>	3:00pm-4:15pm	Smart Strength for the Ageless Female Roberts	Arm Candy Appel	Beauty & the Beast: Yoga Power Bar Wartenberg	Back to Business Roselli	
<b>EXPO SHOPPING 4:00pm-5:00pm</b>							
<b>SA6</b>	4:45pm-6:00pm	Better Balance Training Dziubinski	Head Games: Balance & Core Training Sherman	Seated Asanas J. Howard	Rhythm of the Barre Bullard		

<b>SUNDAY, MAY 22</b>	<b>SU1</b>	7:30am-8:45am	Build Better Aging Body Balance Roberts	Stop Hurting Your Shoulders Roselli	Qi Gong For The Ages Glassmeyer	Kickbox N' Chaos Turner	
	<b>SU2</b>	9:00am-10:15am	Where Functional Training Meets Fun Rodriguez	The Missing Link in Strength Training Roselli	Tai Chi + Yoga = Bamboo Fusion Ross	Build a Better Booty Carvalho	
	<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>						
	<b>SU3</b>	10:45am-12:00pm	Recovery Techniques For Active Agers Toole	Getting to the Core Mullins	Yoga-Bata VIIT Malaghan	FitBarre Wartenberg	
	<b>SU4</b>	12:15pm-1:30pm	Redefine Functional Training - Redefine Yourself Mullins	HIIT Me With Your Best Shot Glassmeyer	Body & Mind Yoga Journey Ramos	Drums LIVE! Wartenberg	

**CERTIFICATIONS SUNDAY, MAY 22**

**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




# Florida MANIA® Schedule

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



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

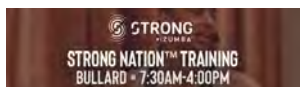
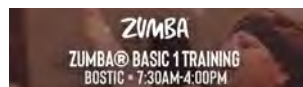
[scwfit.com/business](http://scwfit.com/business)

<b>E</b> CYCLING / BOXING	<b>F</b> AQUA (STARTS IN LECTURE)	<b>G</b> NUTRITION	<b>H</b> EX SCIENCE / LEADERSHIP	<b>I</b> BUSINESS	
Schwinn®: HIIT & Quit It! Roberts	Aqua Ease: Flexibility for Active Agers Velazquez	Abs Made in the Kitchen Digsby ■	Client Health Fitness Happiness Nesbitt, Jr.	Older, Bolder, Better! Dennis	<b>FR1</b>
<b>EXPO SHOPPING 8:30am- 9:45am</b>					
Schwinn®: Master Your One Appel	Wet N' Workable Intervals Bullard	General Population Nutrition Coaching Toole ■	Got Muscle? Targeting Hypertrophy Layne	Business Growth Through Staff Retention Richards	<b>FR2</b>
Fight Night 2.0 Richards	Liquid Star Class	Metabolism Reality Check Digsby ■	Personal Training Redefined McBee	Systematic Selling for Greater Conversions Peters	<b>FR3</b>
Schwinn®: Work. Not Twerk McLean <b>SESSION 2</b>	Turbulence Training Plummentz <b>SESSION 2</b>	Nutrition For HIIT & LIIT Sessions Layne <b>SESSION 1</b> ■	Retired, Not Expired! Strength Training for Mature Adults Panel Kooperman, Roberts, Gilbert, Velazquez <b>SESSION 2</b>	Converting Social Media Content Into Customers Christopher <b>SESSION 1</b>	<b>FR4</b>
<b>EXPO SHOPPING 12:15pm-3:00pm</b>					
Contender Richards	Water Choreo & Knee Adaptations Velazquez, Carvalho, Abukhaled & Wartenberg	Nutrition for Fitness Professionals Layne ■	Function & Feedback for Trainers Williams	Attention to Retention D. Robinson	<b>FR5</b>
<b>EXPO SHOPPING 4:00pm-5:00pm</b>					
Schwinn®: Ride or Die Sherman	Acquapole® Strong Circuit Class	How Calories & Fat Tissue Work Digsby ■	Working in Niche Markets Panel Kooperman, Ross, Richards & Appel	Tap Into the Business of Recovery Fulton	<b>FR6</b>
LaBlast® Splash: Dancing with Aquatic Principles Figueroa	<b>REGISTER FOR MANIA® RECORDINGS AND ENJOY 80 SESSIONS</b>				<b>FR7</b>
Schwinn®: Breathy Not Breathless Appel	H2O Strength Through the Ages Velazquez, Abukhaled, Carvalho	Pros & Cons of Fasting Layne ■	Finding Your Functional Fitness Mullins	Virtual Training Crash Course D. Robinson	<b>SA1</b>
<b>EXPO SHOPPING 8:30am- 9:45am</b>					
<b>EQUIPMENT DEMOS &amp; UNREAL EXPO DEALS!</b>					<b>SA2</b>
<small>VISIT SCWFIT.COM/FLORIDA/EXPO</small>					
Schwinn®: A DJ Saved My Life Sherman	LaBlast® Splash: Dance. Water. Emotional Health. Figueroa	How To Eat Sugar Digsby Layne ■	Language of Coaching Purifoy & Wozniak	Tech Her Out Maurer	<b>SA3</b>
<b>EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm</b>					
Schwinn®: Rock Steady - Recovery Rides Roberts <b>SESSION 1</b>	H2O Total Body Blast Dziubinski <b>SESSION 2</b>	Stopping Inflammation Through Nutrition Layne <b>SESSION 1</b> ■	5 Fundamentals of Elite Personal Trainers <b>SESSION 1</b>	Essential SYSTEMS for Business Success C. Barnes & T. Barnes <b>SESSION 2</b>	<b>SA4</b>
Schwinn®: Polishing Diamonds Sherman	Aqua ZUMBA™ Bostic	Why You Can't Stop Eating Digsby ■	Strong Business Acumen & Presence Kooperman	Building Dynamic Performance Teams Gilbert	<b>SA5</b>
<b>EXPO SHOPPING 4:00pm-5:00pm</b>					
	Acquapole® Liquid Gym Challenge Class	Macros: What You Need to Know L. Howard ■	Stretching for Strength - Flexible Foundations Panel Kooperman, Roberts, Fulton & Velazquez	Successful Active Aging Programming Wartenberg	<b>SA6</b>
Schwinn®: Set the Stage McLean	Aqua Excellence for the Active Ager Velazquez, Abukhaled, Carvalho & Wartenberg	Fuel for Performance L. Howard ■	Superior Program Design Dye & Purifoy	25 Ways To Repurpose Your Content Maurer	<b>SU1</b>
Schwinn®: F.E.A.R. Face Everything & Ride Roberts	Liquid Gym Tool Kit Class & Plummentz	Art of Food as Fuel Malaghan ■	Physics of Pain & Performance Mummy	Five Steps To Your Signature Program Maurer	<b>SU2</b>
<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>					
Kettlebell Krush Turner	AB-Solutely Aqua Carvalho	Micronutrients Broken Down L. Howard ■	Create the Perfect Program Roselli	Master Your Marketing Wozniak	<b>SU3</b>
Circuit Stack Attack! C. Robinson	Swim Up Barre Malaghan	Nutrition Math - Calories, Grams and Size, Oh My! Toole ■	Becoming a Chief Energy Officer Dye	Marketing to the 55+ Population Wollan	<b>SU4</b>

FRIDAY, MAY 20

SATURDAY, MAY 21

SUNDAY, MAY 22



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

**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!  
FR7C Friday, 6:15pm-7:15pm

**LaBlast® Splash: Dancing with Aquatic Principles**



**Apy Figueroa**

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.  
FR7F Friday, 6:15pm-7:15pm

**Saturday, May 21**

**SA1 7:30am-8:45am**

**Brain Power** ■■

**Cammy Dennis**

A fitness class designed to challenge the brain! The multi-tasking exercises in this class combine fitness drills with cognitive challenges. Explore the exciting neuroscience that supports healthy cognitive aging, and how to apply this to group fitness classes. The cognitive challenges focus on attention, memory, reaction time, and executive functioning.  
SA1A Saturday, 7:30am-8:45am

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

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

**Making Cardio Fun** ■■

**Maurice Williams**

The days of clients loving traditional cardio have ended. They want the short and sweet stuff now. In this session, we will cover why & how to use speed, agility, & quickness for cardio. The attendee will walk away from this session with ready-made programming to start using immediately.  
SA1D Saturday, 7:30am-8:45am

**Schwinn®: Breathy Not Breathless**



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

**H2O Strength Through the Ages**



**Manuel Velazquez, Sibilla Abukhaled & Mac Carvalho**

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



**CYCLING THAT SIZZLES**

**10 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)

**SCW**  
**CERTIFICATIONS**

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

**SCWFIT.COM/CERTS**



**Pros & Cons of Fasting** 🎧**Melissa Layne, MEd**

Intermittent fasting and carb cycling are extremely popular in weight loss research. In this session, we will address these topics, along with three other types of fasting: prolonged, dry, and wet. We will explore the effects on weight loss, the immune system, and the life of our cells.

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

**Finding Your Functional Fitness****Kevin Mullins, CSCS**

Finding your Functional Fitness is an extended look at discovering the movements that all people should do regardless of goals, as well as the movements that meet your specific lifestyle.

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

**Virtual Crash Course****Dane Robinson**

This crash course is your fast track to getting online ASAP! Examine the tools necessary to keep your current clients happy and attract new ones. We'll cover all bases, goal and mindset redirection, social media marketing mastery, strategic sales execution, and progressive programming. This all-in-one essential workshop is aimed to get you launched and making sales in 21-30 days!

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

**SA2 - KEYNOTE ADDRESS 9:45am-11:00am****The Parallel Pandemic: Mental & Physical Health** 🎧**Lynne & C. Victor Brick**

Industry veterans Lynne and Victor Brick address the subtle, long-term harm of mental health issues caused by Covid. Discuss the human response to crisis and disaster, and how our reactions relate to mental, emotional, and physical health. Explore how the holistic approaches of exercise, diet, and mind-body practices benefit mental health. Leave inspired and invigorated to integrate these approaches into our fitness practices for a total wellness result.

SA2A Saturday, 9:45am-11:00am

**SA3****11:15am-12:30pm****INDO BOARD for Active Agers** 🎧**Robert Guenther & Kim White**

According to the CDC, approx. 800,000 people over 65 will be injured annually due to falls from a loss of balance. INDO BOARD for Active Agers is a must for the serious professional trainer or group instructor. Learn the keys to thriving with balance-focused fun fitness routines, as demonstrated by amazing Boomers who are currently practicing with INDO BOARDS.

SA3A Saturday, 11:15am-12:30pm

**Total Body Reset** 🎧**Tara Turner**

Challenge your members with a combination of strength movement patterns. This class is perfect for anyone trying to improve their fitness and health. Beginners can work at their level; intermediate and advanced students will be pushed to their limit by this full-body workout.

SA3B Saturday, 11:15am-12:30pm

**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.

SA3C Saturday, 11:15am-12:30pm

**ZUMBA®** 🎧**Jenna Bostic**

Zumba® is perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy, and a serious dose of awesome each time you leave class.

SA3D Saturday, 11:15am-12:30pm

**15+ INTERCONNECTED SESSIONS & CERTS****MIND/BODY THAT'S BEAUTIFUL**

35+ FUNCTIONAL FITNESS  
SESSIONS & CERTS

# FUNCTIONAL TRAINING BEYOND THE NEXT LEVEL

## Schwinn®: A DJ Saved My Life

Robert Sherman



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.

SA3E Saturday, 11:15am-12:30pm

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



Apy Figueroa

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.

SA3F Saturday, 11:15am-12:30pm

## 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?

SA3G Saturday, 11:15am-12:30pm

## Language of Coaching

Jeremy Purifoy & Maddy Wozniak



Communication is the difference maker. If you want breakthroughs with your clients, then you must learn the art of communication. There are five key elements to communication and when you learn to use these effectively it will take your life, and the lives of the people you train, to the next level.

SA3H Saturday, 11:15am-12:30pm

## Tech Her Out

Jessica Maurer



From social posts to emails, women interact differently with marketing and awareness media. Learn the five messages to stop delivering in 2022 and the five updated ways to use marketing materials to reach a wider audience of female clients.

SA3I Saturday, 11:15am-12:30pm

## SA4 - Lunchtime Session 1

12:45pm-2:00pm

If you choose this session, then 2:00pm-3:00pm will be your EXPO and lunch break.

## 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!

SA4A Saturday, 12:45pm-2:00pm

## Strong Nation™

Kelly Bullard



Explore Experience the HIIT workout driven by music that helps students reach — and crush — their fitness goals. Cardio and muscle-conditioning routines are synced to original music customized to match every single move. Every squat, lunge, and burpee is driven by the beat. Instead of counting reps, students can push past their limits, burn more calories, and get results faster.

SA4B Saturday, 12:45pm-2:00pm

## Schwinn®: Rock Steady - Recovery Rides

Keli Roberts



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

SA4E Saturday, 12:45pm-2:00pm

## 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?

SA4G Saturday, 12:45pm-2:00pm

**5 Fundamentals of Elite Personal Trainers**

**Kevin Mullins, CSCS**

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

SA4H Saturday, 12:45pm-2:00pm



**SA4 - Lunchtime Session 2 1:30pm-2:45pm**

If you choose this session, then 12:30pm-1:30pm will be your EXPO and lunch break.

**Core Yoga Strong**

**Jeff Howard**

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

SA4C Saturday, 1:30pm-2:45pm

**LaBlast® Fitness: Dance Is Mental & Emotional Health**



**Apy Figueroa**

Focus 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.

SA4D Saturday, 1:30pm-2:45pm

**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.

SA4F Saturday, 1:30pm-2:45pm

**Essential SYSTEMS for Business Success**

**Travis Barnes & Cyndy Barnes**

Franchises run their business on a playbook of SYSTEMS and succeed 80% of the time. New businesses FAIL in their first year at the SAME RATE. Of those that survive, another 80% fail in the next five years. What is the difference? Come to this session to learn how to create a playbook of systems for YOUR business success.

SA4I Saturday, 1:30pm-2:45pm



**SA5 3:00pm-4:15pm**

**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.

SA5A Saturday, 3:00pm-4:15pm



**KEYNOTE  
LYNNE & VICTOR BRICK**

**THE PARALLEL PANDEMIC  
MENTAL & PHYSICAL HEALTH**

**SAT 9:45AM-11AM**

**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.

SA5B Saturday, 3:00pm-4:15pm

**Beauty & the Beast: Yoga Power Bar** ■◀**Billie Wartenberg**

Move like a beauty while going full beast mode with Yoga Power Bar! Two worlds collide with creative yoga flows mixed with force and power! Elements in this session will include stretching, strengthening, core work, and more!

SA5C Saturday, 3:00pm-4:15pm

**Back To Business** ■◀**Giovanni Roselli**

Our clients are suffering from back pain, likely due to a sedentary desk and office job or the constant care of small children. What are the actual underlying issues of frequent low back pain? Can this pain be alleviated or prevented altogether? Learn unique steps and approaches to managing and handling this common distressing complaint.

SA5D Saturday, 3:00pm-4:15pm

**Schwinn®: Polishing Diamonds****Robert Sherman**

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!!!

SA5E Saturday, 3:00pm-4:15pm

**Aqua ZUMBA™****Kelly Bullard**

Make a splash and experience the refreshing, invigorating Zumba® pool party featuring multiple Latin and International dance rhythms! This unique workout in the water compliments all the muscles and will allow students of all fitness levels, as well as those with disabilities or physical limitations, to join the Zumba® experience!

SA5F Saturday, 3:00pm-4:15pm

**Why You Can't Stop Eating** ■◀**Sohailla Digsby, RDN, LD**

Explore the influence of an obesogenic environment and hyper-palatable foods. Could it be true that the current food culture and accessibility make it almost impossible for us to manage weight and stay healthy, despite how much we work out? Learn from a registered dietitian which foods and triggers set up our downfall, and what to do about it!

SA5G Saturday, 3:00pm-4:15pm

**Strong Business Acumen & Presence****Sara Kooperman, JD**

Learn "how to's" in building your brand. Discover the meaning and desirable steps to develop a strong business model. Whether it be a brick-and-mortar club, virtual studio, or an "on-demand" platform, get key takeaways if you wish to continue to grow and thrive. Examine how to market effectively and explore branding your business through various mediums. Investigate ways to take your business to the next level with strategic and inexpensive marketing.

SA5H Saturday, 3:00pm-4:15pm

**Building Dynamic Performance Teams****Ann Gilbert**

Study the keys to creating your "we culture"; a team of dynamic performance-based employees. Understand the importance of clearly defining roles and recognizing all successes. Discuss your role as manager in creating a community of like-minded professionals working in an environment of trust.

SA5I Saturday, 3:00pm-4:15pm

SA6

4:45pm-6:00pm

**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.

SA6A Saturday, 4:45pm - 6:00pm

**Head Games: Balance & Core Training** ■◀**Robert Sherman**

Understand how the nervous system and muscles work together to function. Learn strategies and programming progressions to bring balance and stability to your clients. Experience a system that will always uncover positive change.

SA6B Saturday, 4:45pm - 6:00pm

**Seated Asanas** ■◀**Jeff Howard**

Chair yoga doesn't have to lack intensity! In this session, learn to transition yoga poses to chair-accessible asanas. Blend into salutations involving creative strength building and movements to improve flexibility, perfect for clients of all fitness levels. Leave with innovative programming sure to receive a "seated" ovation from all of your active aging clients!

SA6C Saturday, 4:45pm - 6:00pm

**Rhythm of the Barre** ■◀**Kelly Bullard**

Use the power of music to raise your barre "attitude" to a higher level and engage your students as they get lost in the music! Experiment with various pieces of music, rhythms, tempo, and song structures to bring a more emotional and intellectual connection to barre. Boost more than just their mood!

SA6D Saturday, 4:45pm - 6:00pm

**Acquapole® Liquid Gym Challenge****Yvette Class**

Challenge yourself to a unique aquatic workout with four stations of Acquapole® Fitness equipment. Experience functional exercise without burdening the joints using the Acquapole®. Activate muscles for stability and mobility with the Liquid Jump trampoline. Increase cardio levels, working the lower core muscles with the Liquid Energy bike. Increase coordination with the Runisphere treadmill. One fun and very active workshop you cannot miss.

SA6F Saturday, 4:45pm - 6:00pm

**Macros: What you Need to Know** ■◀**Larry Howard, MS, CSCS**

Basic Nutrition Tracking can be overwhelming, especially without specific goals. This session will provide the ins and outs, define each macronutrient category, and align that to their function within the human body.





# NUTRITION TO FEED YOUR MIND

10+ SESSIONS & CERTIFICATIONS

Whatever your nutritional goal, learn what you need to know to start and track your way to success!

SA6G Saturday, 4:45pm - 6:00pm

### Stretching For Strength - Flexible Foundations Panel

Sara Kooperman, JD, Ronnie Fulton  
Keli Roberts, & Manuel Velazquez



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.

SA6H Saturday, 4:45pm - 6:00pm

### Successful Active Aging Programming

Billie Wartenberg



Take your active aging program to a new level! This session is packed with information to guide you in implementing dynamic offerings, ways to make money, and an all-around successful program! Leave with programming options, scheduling recommendations, instructor recruitment strategies, class management protocols, equipment selection suggestions, and more.

SA6I Saturday, 4:45pm - 6:00pm

## Sunday, May 22

SU1

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.

SU1A Sunday, 7:30am-8:45am

### Stop Hurting Your Shoulders!

Giovanni Roselli

The shoulder is one of the most complex and most injured joint systems in the body. In this live session, dive into the function of the shoulder, common

mistakes when training it, and best practices to maintain optimal shoulder function and health.

SU1B Sunday, 7:30am-8:45am

### Qi Gong for the Ages

Jacob Glassmeyer

Qi means energy, Gong means to transform. Let us guide the rivers of energy running through our body with rhythmic breathing and slow-flowing movement, giving way to cultivating and balancing your Qi with this ancient discipline.

SU1C Sunday, 7:30am-8:45am

### Kickbox N' Chaos

Tara Turner

This workout combines everything and the kitchen sink to create complete chaos in a class. Using kickboxing drills, weights, and quick power moves, this is sure to get your heart pumping and your body working!

SU1D Sunday, 7:30am-8:45am

### Schwinn®: Set the Stage

Alex McLean



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.

SU1E Sunday, 7:30am-8:45am

### Aqua Excellence for the Active Ager

Manuel Velazquez, Sibilla Abukhaled,  
Mac Carvalho, & Billie Wartenberg



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!

SU1F Sunday, 7:30am-8:45am

### Fuel for Performance

Larry Howard, MS, CSCS



Are you looking for a competitive edge in nutrition? This lecture will highlight performance nutrition for beginner, novice, and elite athletes. Learn strategies



for carbohydrate loading, pre/post competition hydration, and proper protein allotment for optimal recovery. You can't compete unless you eat!

SU1G Sunday, 7:30am-8:45am

**Superior Program Design**

**Cameron Dye & Jeremy Purifoy**

There are seven essential principles to create a successful program design. Come to this presentation to learn these principles, how to implement them, and create an amazing workout. After this presentation you will be able to create periodized programs that deliver superior results.

SU1H Sunday, 7:30am-8:45am



**25 Ways to Repurpose Your Content**

**Jessica Maurer**

Are you struggling to create new social media posts, blogs, training plans, offerings, or programs? Understand how to repurpose your already created content to craft new and exciting enticements for your business and marketing strategy. Learn what tools and technology you will need for quick transitions and a simple method to help you store & reuse all future content.

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



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

**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!

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



**The Missing Link in Strength Training**

**Giovanni Roselli**

Deadlift...you probably think of lifting a heavy barbell to hip height. With a myriad of benefits, something important is missing from a typical deadlift protocol. Most real-life deadlifts demand moving submaximal load from an unstable posture in multiple directions. Explore techniques including dead starts, dead shifting, and ground-to-standing, & help your clients develop functional strength for life and sport.

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

**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.

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



**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.

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

**Schwinn®: F.E.A.R. Face Everything & Ride**

**Keli Roberts**

Bring a never-quit conviction and discover your true grit in this workshop where Schwinn® takes it to the MAX. Numbers don't lie. Power is the indicator of intensity. Learn what POWER is, find your true max, and learn coaching techniques to motivate in a variety of ways. When you marry truth and intensity, you unlock your riders' greatest potential.

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



**Liquid Gym Tool Kit**

**Yvette Class & Irene PluimMentz**

Experience awesome exercises utilizing five different "tools" and take your workout into a new realm. Equipment can be combined or used individually to create unique classes. Work on upper body, lower body, and core with specific movements that increase coordination, flexibility, balance, stability, and strength. Refine your posture and alignment. Have fun!

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



**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!

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



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**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.

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



**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!

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

**Five Steps to Your Signature Program**

**Jessica Maurer**

Ready to create your transformational program that will stand above the rest? Learn a systematic method of program creation in five simple steps. Create endless program sessions based on adaptable design, & learn techniques to help you automate your program, making it easier to run multiple sessions per year.

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



**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 FitBarre.

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

**Kettlebell Krush**

**Tara Turner**

This class will guide participants as they learn how to improve strength, endurance, and enhance overall fitness in an exciting and dynamic training environment.

SU3E Sunday, 10:45am-12:00pm

**SU3 10:45am-12:00pm**

**Recovery Techniques for Active Agers**

**Amber Toole**

Fitness is crucial for aging well, but so is recovery! This interactive session will provide a variety of techniques to encourage recovery, flexibility, and mobility in active aging clients. Go beyond just stretching to move better and recover, & get better results from your fitness program.

SU3A 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 ensure participant success regardless of the exercise experience. A practical section that focuses on progressions and regressions is included in this session. We will also focus on many of the core routines from WATERinMOTION®.

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



**Getting to the Core**

**Kevin Mullins, CSCS**

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

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

**Micronutrients Broken Down**

**Larry Howard, MS, CSCS**

Within the fitness Scope of Practice, learn the definitions, details, and applications for various vitamins and minerals necessary for human function and improved human performance. Discover the values you need, based on your fitness regimen, to ensure you deliver the Recommended Daily Allowances you require.

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



**EXERCISE SCIENCE**  
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## Create The Perfect Program

Giovanni Roselli

With so many different methods, techniques, and tools on the market, it can be overwhelming to "fit it all in." In this session, learn how to take EVERY system, tool, and piece of equipment out there and structure it for optimal programming solutions.

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



## Master Your Marketing

Maddy Wozniak

Do you know what the 6 top forms of marketing are? In addition to these components, there are 15 more styles of marketing that you could be using to grow your fitness business. Marketing is also about developing additional revenue streams in your facility. If you want more members and more revenue, come to this session!

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



SU4

12:15pm-1:30pm

## Redefine Functional Training - Redefine Yourself

Kevin Mullins, CSCS

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

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

## HIIT Me with Your Best Shot

Jacob Glassmeyer

MMA-style martial arts techniques mixed with HIIT create a high-energy cardio kickboxing combat session. Learn simple, authentic techniques to bring back to your class, guaranteed to bring sweat to your soul for serious results!

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

## Body & Mind Yoga Journey

Bianco Ramos

This unique yoga class focuses on raising your energy level, aligning your chakras, while practicing mindfulness, and being present. It is a gentle physical practice including deep stretches & deep relaxation while focusing on stepping into a place of profound inner peace.

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

## Drums LIVE!

Billie Wartenberg

All ages and abilities can do Drums LIVE! It's a FUN way to exercise the entire body & a powerful tool for stress reduction and mental balance. Come experience the joy of music, movement, and rhythm and feel like a rock star!

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

## Circuit Stack Attack!

Creation Robinson

Take charge of your interval training with this user-friendly yet challenging circuit workout, executed with tools for all ages and levels. Great for small groups and easy to apply to families, youth, schools, and corporate environments, this "mix & match" programming has limitless variations and options for space and participation.

SU4E Sunday, 12:15pm-1:30pm

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**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 fusioMnN of yoga, barre, and joint mobility.

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

**Nutrition Math - Calories, Grams and Size, Oh My!**

Amber Toole

The types and quantities of food we eat are a huge piece of the nutrition puzzle, but calculating individual caloric and macro needs can be confusing. Learn how to determine the proper nutritional needs of your clients for greater results that can be maintained for life.

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



**Becoming a Chief Energy Officer**

Cameron Dye

Create ENERGY in your life and ENERGY in your sessions. Energy is an essential ingredient in all successful training programs, but it does not just happen; it is created. Learn strategies and tactics to transform the energy of your sessions and transform yourself.

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



**Marketing to the 55+ Population**

Cosmo Wollan

The 55+ population is an overlooked, undervalued market. Baby Boomers need to be engaged in ways that are organic to their tastes. We explore the pitfalls of relying on contemporary "digital" marketing to attract the 55+ members and discuss options that better connect with this all-important target demographic.

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



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Cyndy Barnes



Travis Barnes



Jenna Bostic  
ZUMBA



C. Victor Brick, MEd



Lynne Brick, RN, MA



Kelly Bullard, MS  
STRONG NATION



Mac Carvalho  
water motion



Paul Christopher



Yvette Class  
INDIGO AQUATICS



Ichell Davis



Cammy Dennis



Sohailla Digsby, RDN, LD



Cameron Dye



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**Ann Gilbert**  
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**Quincy Henry**



**Jeff Howard**



**Larry Howard, MS, CSCS**



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**Melissa Layne, MEd**



**Rosie Malaghan MS, ERYT-200**



**Jessica Maurer**



**Sheldon McBee, MS**



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**Irene PluimMentz**  
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**Jeremy Purifoy**



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**Diva Richards**



**Keli Roberts**  
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**Creation Robinson**



**Dane Robinson**



**Jackie Rodriguez**  
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**Giovanni Roselli**



**David-Dorian Ross**  
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**Robert Sherman**  
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**Amber Toole**



**Tara Turner**



**Manuel Velazquez**  
water motion



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