

FITNESS PRO CONVENTION



# MIDWEST MANIA



SCW

Sept. 30 - Oct. 2, 2022  
Chicago, IL

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 Midwest MANIA®.



## Letter From Sara Kooperman, JD

Dear Midwest MANIACs,

We are excited to be back in our hometown, Chicago again!!

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

SCW Fitness Education is honored to be offering the Health & Fitness Business Summit at all of our MANIA® Conventions. This means that 16 business seminars with 17 top fitness industry leaders are now available to educate and inspire fitness industry Owners, Managers and Directors, making it perfect for networking and growing your small business or leading your larger enterprise. MANIA® is now truly a ONE-STOP-SHOP for our Fitness Community!

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

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

In Health,

Sara Kooperman, JD  
CEO, SCW Fitness Education



## MANIA® FITNESS PRO CONVENTIONS

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 7,000 health and wellness professionals at our events, and we reach more than 300,000 virtually through our SCW OnDemand program, Online Certifications, and Continuing Education Credit (CEC) programming options. Watch for our FREE Webinars that continue to drive the business of fitness forward.



If you want to grow your business and build your career, the 3-day SCW Health & Fitness Business

Summit is a must-attend event for you and your team. It's the place for all the education, networking, and tools you need to set yourself apart from the competition and move your business into a more profitable future. Attend 50 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.)

- 3-days of Elite Business Focused Education
- 16 Lecture, Workshops & Panels
- 17 Top Industry Presenters

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

### CEC/CEU Providers



### Supporters



## Hotel / Convention Location & Date

**MIDWEST MANIA®**  
**FITNESS PRO CONVENTION**  
 SEPT. 30 - OCT. 2, 2022 (FRI., SAT., & SUN.)

**BUSINESS SUMMIT**  
 SEPT. 30 - OCT. 2, 2022 (FRI., SAT., & SUN.)

**CERTIFICATIONS**  
 SEPT. 29 (THUR.) & OCT. 2, 2022 (SUN.)

### THE WESTIN O'HARE HOTEL

6100 N RIVER Rd  
 Rosemont, IL 60018  
 (847) 698-6000

### Stay On-Site & Save

\$148 (Reg. \$224) single - quad room. **GUARANTEED LOWEST DISCOUNT HOTEL RATE!** Pay as little as \$37 per night when you share a room with three others!

- Mini-Fridge
- 24-hour Fitness Center
- Coffee/Tea Maker
- FREE Wi-Fi for Marriott Bonvoy Members

### HOTEL ROOM DISCOUNT DEADLINE:

**Wednesday, September 7, 2022**

For the Special Discount, reference "SCW MANIA."  
 Visit [www.scwfit.com/Midwest/Hotel](http://www.scwfit.com/Midwest/Hotel)

### Visit Chicago

Take the short walk from the hotel to the Blue Line "EL" train to get to the city or Parkway Bank Park, Allstate Arena or the Fashion Outlets of Chicago easily throughout your stay. Fashion Outlets of Chicago is a shopping center including Gucci, Prada, Tory Burch, Burberry, Michael Kors, not to forget Nike, Asics, Champion, Under Armor, Puma, and 130 stores at up to 75% off. Just 4 minutes from the hotel!

A short ride away you can shop The Magnificent Mile, visit Navy Pier, Millennium Park, John Hancock Building, and Willis Tower. Or make it a museum experience and visit the Museum of Science and Industry, Shedd Aquarium, The Field Museum, Museum of Contemporary Art Chicago and many more!

## Ways to Save on MANIA®



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

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

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

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



### Receive Discounts

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



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

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

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

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



## MANIA® Offers More!

**20**  
CECS/CEUS

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

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.



### One Excellent Expo - Free To All!

You're going to love the great deals on fitness equipment, exercise videos, activewear, music, fitness resource books, and Online Certifications. The Expo is always FREE and open to the public! Invite your friends, clients & students. Register at [www.scwfit.com/midwest/expo](http://www.scwfit.com/midwest/expo)

**100**  
SESSION  
RECORDINGS

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

See ALL 100 activity sessions, nutrition seminars & business lectures for 125 hours of recordings at only \$40 for 40 days when you add it to your In-Person registration. That's the most education for your money!

Can't attend MANIA® In-Person? Watch all the recorded sessions and lectures online for only \$199. That's 100 recordings to enjoy at your convenience - on your own time! All online videos qualify for the maximum amount of 20 CECs/CEUs.

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

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

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

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



### 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! SEPT. 30 - OCT. 2**

# HEALTH & FITNESS BUSINESS SUMMIT

Chicago  
Sept. 30 - Oct. 2



DR. DAN RITCHIE, MS, PhD

Leadership &  
Management

KATIE SWANSON, CPA, CVA

Revenue &  
Retention

DIVA RICHARDS

Trends &  
Technology

KIMBERLY SPREEN-GLICK

Social Media &  
Marketing

MICHAEL STACK, CSCS

Products &  
Programming

SARA KOOPERMAN, JD

Sales &  
Growth

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

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

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

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

**Learn More  
& Register:**  
[scwfit.com/business](http://scwfit.com/business)



## Sponsor Specials

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

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

#### Co-Sponsors



**SCHWINN**



#### Associate Plus Sponsors



#### Associate Sponsors



# Certifications

## Certifications

Thursday, September 29

### SCW Personal Training Certification

Keli Roberts

Thursday, September 29, 8:00am-5:00pm

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

This Nationally Recognized Personal Training Certification is led by one of the top Presenters/Trainers in the country. Combine lecture and activity to address academic foundations, training principles, and hands-on program design. Acquire the necessary skill sets and critical knowledge to guide and inspire individuals to achieve their health, fitness, and performance goals. Explore the essentials of exercise physiology and kinesiology, health-risk assessment, physical evaluations, programming alternatives for cardio, strength and flexibility advancement, and an introduction to facilitating behavior change in addition to basic business and marketing skills in this full-day course. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACSM (8.0), AEA (4.0).

### SCW Pilates Matwork Certification

Abbie Appel

Thursday, September 29, 8:00am-5:00pm

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

Experience the classical series of movements and modifications based on the timeless methods of Joseph Pilates in this Nationally Recognized Certification. Principles of core stabilization, optimal alignment, and Pilates matwork create the foundation for this intensive blend of theoretical and practical training. Learn proper execution, form, and technique of over 40 essential Pilates exercises. Modifications and variations are provided to address common spinal dysfunction and postural imbalances. Leave with multiple levels of programming options and the skills necessary to teach a Pilates Mat Class as they apply to training all ages and abilities. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE

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

### SCW Practical Guide To Nutrition, Hormones, & Metabolism Certification

Melissa Layne, MEd

Thursday, September 29, 9:00am-3:30pm

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

This practical program provides participants with cutting-edge information on nutrition, hormones, and metabolism. In easy-to-understand terms, learn how each macronutrient operates within energy pathways and how digestive and reproductive hormones affect metabolism. The body's adaptations to an incomplete diet and/or disease and the physiological consequences during various exercise regimes will be addressed during this session. You receive a handout detailing simple nutritional calculations and recommendations that Fitness Professionals can incorporate into a nutritional counseling session while remaining within the scope of practice. This comprehensive certification also provides information pertaining to Nutritional Health History Forms with prescriptive dietary suggestions that can be used immediately. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (8.0), NASM (0.8).

### SCW Life Coaching Certification

Kimberly Spreen-Glick

Thursday, September 29, 12:00pm-6:00pm

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

The landscape of the health and fitness industry has changed forever. So, how can you expand your current role and stay relevant in an industry you're passionate about, serving a community you love? Well, there is a need now more than ever for solid online life coaches to lift us from this pandemic. The great news is that, with the right education and guidance as well as a solid structure and a talent for leadership, every trainer and instructor has the opportunity to become a successful life coach! In this certification, you will learn about what life coaching really is, the categories it encompasses, and how to create a strong foundation for serving

your clients. You'll also learn about various pathways for delivering your coaching and how to create an authentic brand that will attract your ideal clients. If you're feeling called to make a bigger difference in the world, here's your chance! Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

### Schwinn® Cycling: Indoor Cycling Certification

Jenn Hogg, MA

Thursday, September 29, 7:00am-5:00pm

**\$175 early bird registration price through Sept 12.**

**\$199 registration price after Sept.12.**

#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)

### Taijifit Tai Chi Certification

David-Dorian Ross

Thursday, September 29, 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

# GET CERTIFIED LIVE AT MANIA®



14 LIVE CAREER BOOSTING CERTIFICATIONS

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).



### The RAMP Method Fundamentals Course

**Alison Robbins & Bryan Sobolewski**  
Thursday, September 29, 2022, 8:00am-4:00pm  
\$199

Want to bring a whole new way of programming for clients and group participants who need better movement patterns? This course focuses on the learning (and unlearning) of movement patterns along myofascial meridians, instead of simply looking at muscles. The creators of the RAMP Method have developed one of the most effective turn-key training systems that aligns with this narrative and conforms to the work of many movement specialists who have researched ways to improve stability, coordination, and resolve stubborn compensations found in posture and movement patterns.

This fundamentals course introduces key principles that help guide individuals toward understanding their baseline and making improvements. There are five key training strategies that embody these principles and they occur in phases: assessment, restore, align, maintain and progress. Learn about each of these phases, practice some of the key programming, and begin building a plan for clients and group participants who can benefit from this programming.

With The RAMP Method, we advocate for making a difference in the way your clients/group participants move... because this is the very thing that can change lives for the better. SCW (10.0), ACE (1.6), ACSM (1.8), AFAA (10.0), NASM (1.0)

### BareFit Suspension System Training Certification



**Karli Taylor**  
Thursday, 5:00pm-9:00pm  
\$179 MANIA® Attendees/\$199 Non Attendees

Do you want to learn more about suspension system training? Are you interested in adding suspension exercises to your client or class programming? This comprehensive course is for you! In just 4 hours you

will learn:

- why, when and how to incorporate suspension system training into your programming for both one on one and group clients
- how to set up and properly use the suspension system in various environments
- how to train the whole body safely and effectively without added weights
- how to progress and regress movements safely and smartly

Price includes a PDF manual and the opportunity to buy a suspension system of your own for only \$49. SCW (2.0), ACE (0.2), AFFA (2.0), NASM (0.2)

## Certifications Sunday, October 2, 2022

### SCW Group Exercise Certification

**Jeff Howard**  
Sunday, October 2, 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).

### SCW Active Aging Certification

**Keli Roberts**  
Sunday, October 2, 7:00am-3:00pm  
\$179 MANIA® Attendees / \$199 Non-Attendees

As millions of baby-boomers enter their golden years, staying mentally, socially, and physically active is

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

### SCW Barre Certification

**Abbie Appel**  
Sunday, October 2, 8:00am-4:00pm  
\$179 MANIA® Attendees / \$199 Non-Attendees

This one-day Nationally Recognized Certification does not require a dance background and enables each participant to teach Barre to his or her clients and implement programming in any type of facility using a fixed ballet barre. Barre training combines the core conditioning of Pilates with the flexibility of Yoga while increasing stability by using isometric exercises. Leave with an easy-to-follow, flexible, choreographed routine for a 60-minute Barre class that includes a plethora of variations enabling you to discover creative ways to structure your own Barre workouts for months to come. Equipment options include light dumbbells, flat resistance bands, and mini balls. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. Video and music support available. SCW (7.0), ACE (0.6), ACSM (7.0), AEA (4.0), AFAA (7.0), NASM (0.7).

### SCW Aquatic Exercise Certification

**MaryBeth Dziubinski**  
Sunday, October 2, 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

# BOOST YOUR CAREER



OVER 150 SESSIONS & CERTIFICATIONS



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

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



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

### Online Certification Includes:

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



Sign up at: [SEATfitness.com](http://SEATfitness.com)

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).

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).

### S.E.A.T. - Supported Exercise for Ageless Training Certification

Ann Gilbert

Sunday, October 2, 8:00am-4:00pm

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

The S.E.A.T. Fitness Certification (Supported Exercise for Ageless Training) is the perfect program for Active Aging and Specialty Format Instructors to take their chair classes to the next level. This comprehensive training includes an effective analysis of the aging process addressing the physiology, kinesiology, and specific needs of students requiring extra support. Use a chair as your base and incorporate sitting, standing, and supported moves needed to enhance your group dynamic teaching skills. Verbal and visual cueing techniques, inspirational and effective memory-improvement strategies, and active aging principles are all included. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Both expert and novice group exercise and small group instructors benefit from S.E.A.T. Fitness through class structure design, routine creation, and leadership development. Leave with a demographically diverse program you can teach Monday morning to anyone, including active agers, rehab patients, overweight or special-needs participants. Certification includes a comprehensive manual, downloadable choreography video, music CD, educational materials, flash cards, and online examination. (\$300 value). SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

### WATERinMOTION® Aqua Exercise Certification

Chris Henry

Sunday, October 2, 7:00am-3:00pm

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

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



### SCW Boxing Certification

Diva Richards

Sunday, October 2, 8:00am-3:00pm

\$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



## Can't make a Live SCW Certification?



Take the same course online at: [scwfit.com/Certs](http://scwfit.com/Certs)



## MANIA® CONVENTIONS ARE BUILT FOR YOU.

Rise up and make the commitment to better yourself and your community by becoming a more qualified and connected fitness pro.

Join us at MANIA® in a city near you and watch your career soar!



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

# MANIA® Fitness Pro Convention Course Descriptions

## Friday, September 30

**FR1**
**7:30am-8:45pm**

### Functional Training for Active Agers ■◀

**Ann Gilbert**

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

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


### Planks in all Three Planes ■◀

**Siri Chilazi, MBA, MA**

Training our bodies in all three planes of motion is critical for function and longevity. But are you utilizing all three planes in your planks? Discover how you can make 3D plank training effective and accessible for all fitness levels and leave with a boatload of plank programming ideas. (Lecture)

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

### Warm Beginnings & Cool Endings ■◀

**Keli Roberts**

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

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

### LaBlast® Dance Fitness:

#### Dance Is Mental & Emotional Health ■◀

**Apy Figueroa**

Focusing on mental and emotional health is needed now more than ever. In this LaBlast® session, you will experience the healing power of Ballroom Dancing:



physically, mentally, and emotionally from the inside out. This session includes weight training, interval training, and stretching.

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

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


**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.

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

### Build a Better Booty

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

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.

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

### Smart Sets For Aqua Dumbbells

**Cheri Kulp**

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

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

### 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). (Lecture)

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


# AQUA FOR EVERYONE

## 17 AQUA FOCUSED SESSIONS & CERTIFICATIONS



# PERSONAL TRAINING PERFECTED

40 DEDICATED PT SESSIONS & CERTIFICATIONS

## Biggest Secrets in Personal Training Sales Success



Jon Baraglia

Learn how to build a Personal Training Program that creates a culture of sales success in your facility. Set the right expectations. Provide the necessary training and tools. Create accountability with key metric tracking and daily conversations. Most importantly, build value with a word class experience.

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

FR2

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!

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

## 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.

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

## Chair Yoga for The Young at Heart

Sara Kooperman, JD

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

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

## Improve Your Rear View



Karli Taylor

It's easy to focus our training on what we see in the mirror, but neglecting the back side of our bodies can lead to imbalance and injury. Add suspension system and resistance band work to your glute training toolbox for a stronger posterior chain.

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

## 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!

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

## Hip It. Hip It Good.



Alison Robbins & Bryan Sobolewski

Core muscles stabilize best when the hips are in full extension—something that many lack! Learn from the creators of a unique training system called The RAMP Method, on how to fix this through key restoration and body alignment programming—you will activate dormant muscles and reach greater strength!

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

## 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.

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

## Feasting & Fasting?

Melissa Layne, MEd

Feasting and Fasting - and everything in between! What does the research show, as far as the various patterns of nutrient timing? How does the thermic effect of food raise our metabolism & for how long? What are the proven benefits of time-restricted feeding & why do they occur? Get all your questions answered! (Lecture)

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

**Attracting and Keeping Great Fitness Talent** 

Jon Baraglia

Learn different ways to attract top talent to your organization through marketing your positions properly, offering the right benefits, and creating a clear career path. Learn how to keep top talent through awards and recognition, incentives, a fun work environment and most importantly, create success.

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



FR3

11:00am-12:15pm

**Functional Core Training** 

Herson Garcia

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

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

**SOULstrength™ EXPERIENCE** 

Michele Park

SOULstrength™ is a creative blend of rhythmic resistance, cardio conditioning, manageable mobility, and core strength exercises set to crazy FUN music. This workshop will take you through a SOULstrength™ class and leave you with actionable tips to create an amazing class experience.

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

**Flow Free & Be** 

Kimberly Spreen-Glick

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

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

**Swexy™ & Fit Polga- Pole Yoga** 

Carla Gilfry, MA

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

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

**Fight Night 2.0**

Diva Richards

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

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

**Boats, Bands and Battle Ropes™**

SGT Ken®

Boats, Bands and Battle Ropes: The Rowing and Resistance Training Trilogy™ with SGT Ken® is an extraordinary exercise program that combines the WaterRower, Strength Bands, and Battle Ropes. Come experience rowing and resistance training in a super circuit that will test your strength and charge your spirit like never before! #WaterRowerFitness.

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

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

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

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

**Art of Food as Fuel** 

Rosie Malaghan, MS, ERYT-200

Your clients may have committed to the physical process, but have they committed themselves to 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! (Lecture)

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

**Stretching For Strength - Flexible Foundations Panel** 

Sara Kooperman, JD, Siri Chilazi, MBA, MA, Abbie Appel &amp; Keli Roberts

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.

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

**FR4 - Lunchtime Session 1**

12:30pm-1:45pm

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

**Boogie, Band & Balance** 

Cheri Kulp

This class begins with simple but effective steady state cardio work to increase heart rate and movement in all three planes. We will continue the workout using resistance tubing to strengthen the core with functional movement patterns challenging balance and integrated body coordination for overall body training. Of course, no workout would be complete without a time of stretch and relaxation to reset the mind and body. Come join us and take away ideas to incorporate into your very next resistance band workout.

FR4A Friday, 12:30pm-1:45pm

**Discover a Teaching Vacation** 

Suzelle Snowden &amp; Siri Chilazi, MBA, MA

Discover the secret thousands of instructors have known for over 30 years! The Fit Bodies, Inc. team will immerse you in a guided meditation and sensory experience and show you how you can find yourself teaching and vacationing at over 80 luxury all-inclusive resorts across the Caribbean, Central & South America, and Asia.

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

**Armed & Dangerous**

Diva Richards

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.

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

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

Sara Kooperman, JD, Keli Roberts, Dr. Dan Ritchie, MS, PhD, &amp; Ann Gilbert

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.

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



# CORE TRAINING THE CENTER OF IT ALL

25 CORE-DRIVEN  
SESSIONS & CERTS

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

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

### 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.

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

### Fabulous Feet ■◀

Katrina Foe

Do you or your clients have "supportive" footwear? Has it made their feet better? Of course not! Let's really address it with specific exercises to do with your clients in any setting & lead them to happy feet land where they can buy whatever shoes they want!

FR4D Friday, 1:15pm-2:30pm

### Schwinn®: Work. Not Twerk - Results With Rhythm ■◀ SCHWINN

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, 1:15pm-2:30pm

### Take to Go - Aqua Tabata

Kelly Bullard, MS

Keeping Tabata simple with foundational moves that can become more challenging in the pool using the water's properties! 8 rounds means 8 chances for progressions! No equipment other than one's own body needed to get a booty-kicking workout! Come to play and teach it the next day!

FR4G Friday, 1:15pm-2:30pm

### Five Fat-Burning Hormones ■◀

Melissa Layne, MEd

Is a calorie truly a calorie? Not in the presence of hormones! What five hormones play a major role in the body's metabolic pathways & how can we maximize (or minimize) these hormones? Get the low down on these lipolytic hormones to start dropping fat stores. (Lecture)

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

## FR5

2:45pm-4:00pm

### Better Balance Training ■◀

MaryBeth Dziubinski

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

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

### 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.

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

### WARRIOR Rhythm™ ■◀

Ellen de Werd

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

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

### Barre Bang ■◀

Abbie Appel

Amp "it" Up. Barre Bang explodes with new ideas on how to add challenges to your barre classes. Understand the principles that drive intensity and simple strategies to push the limits of your participants. Want to add speed, power and greater range of motion? Discover the most effective places in your workout to add these elements, and how to progress the moves for all of your students.

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

### Contender

Diva Richards

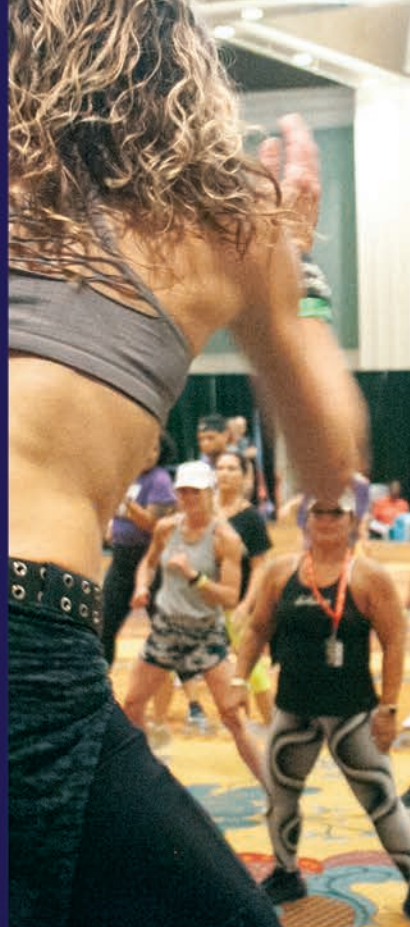
Time to bring out the inner warrior in your students. Create a hybrid format of boxing & kickboxing moves to sculpt, build confidence, and increase their mental focus to unleash the Champion within them!

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



# DANCE

LIKE NO ONE IS WATCHING



## 15 DANCE SESSIONS & CERTIFICATIONS



### Long, Strong, Sculpted: Dynamic Flexibility

Siri Chilazi, MBA, MA

Dynamic flexibility is a great add-on to strength training to sculpt a lean, toned physique with improved range of motion. Learn the science of dynamic stretching, experience a flexible strength workout, and walk away prepared to leave all your classes strengthened, lengthened, better aligned, and breathing more optimally.

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

### H2O Strength Through the Ages

Cheri Kulp

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

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

### How Calories & Fat Tissue Work

Sohailla Digsby, RDN, LD

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

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

### Profitable Training With Clients 55+

Dr. Dan Ritchie, MS, PhD

The most profitable clients are the ones that can afford to pay, stay for years and refer their friends who can pay even more! You need more Boomers and Seniors training in your clubs in small groups and 1-1. They have a huge need for training and a huge ability to pay, the time to commit regularly & really are the best clients in every way!

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



FR6

4:30pm-5:45pm

### G.R.I.T. - Strength Training For The Ager

(Grown-up resistance training focusing on intensity and timing)

Ann Gilbert

Grown-up Resistance/Intensity Training is the center focus! Learn programming secrets for periodization and modifications to improve muscular tone and body composition. Discover the true "GRIT" of active agers in this must-attend session for those who train, coach or instruct seniors.

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



### Coaching Core Engagement

Siri Chilazi, MBA, MA

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

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

### Yoga Restore

Sara Kooperman, JD

Yoga Restore consists of a fusion of yoga, Pilate's based core, Active Isolated (A-I) stretching, & flexibility training. Develop an understanding of limitations to either move beyond or stay within their H2Oboundaries, all while bringing energy in, & feeling like goals are accomplished in a non-competitive environment.

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

**Strike! Kickboxing** 🎥

Kimberly Spreen-Glick

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

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

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

Jenn Hogg, MA

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, 4:30pm-5:45pm

**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.

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

**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.

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

**Nutrition Panel** 🎥

Melissa Layne, MEd, Sohaila Digsby, RDN, LD, Rosie Malaghan, MS, ERYT-200 & Keli Roberts - Moderator

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

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

**Functional Fitness Assessments** 🎥  
**For Mature Adults**



Dr. Dan Ritchie, MS, PhD

Many fitness assessments are simply not designed with the 75-year-old person in mind, or someone with a joint replacement, or even a young person with a functional limitation. Learn a variety of evaluation tools perfect for your facility, club, studio, or client. Take away multiple ways to appraise, gauge and design programs for all levels of functional abilities.

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

FR7

6:00pm-7:00pm

**Fitness Idol** 🎥



Judges: Sara Kooperman, JD, Jeff Howard, Keli Roberts & Kimberly Spreen-Glick

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 newsletters, but you'll get a chance to show off your skills as a featured presenter at the 2023 SCW MANIA® Convention of your choice!

Each 2022 SCW Fitness Idol Winner receives:

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

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

**25+ ACTIVE AGING SESSIONS & CERTS**



**ACTIVE AGING**  
 FASTEST GROWING POPULATION

**CERTIFICATIONS THURSDAY, SEPT. 29**

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

**SCW**  
TAJIFIT CERTIFICATION  
ROSS • 9:00AM - 5:00PM

**SCW**  
PILATES MATWORK CERTIFICATION  
APPEL • 8:00AM-5:00PM

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

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

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

**SCW**  
BAREFIT SUSPENSION SYSTEM TRAINING CERTIFICATION  
TAYLOR • 5:00PM-9:00PM

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

**A**  
FUNCTION & ACTIVE AGING

**B**  
STRENGTH / CORE

**C**  
MIND/BODY & RECOVERY

**D**  
BARRE / GX

FRIDAY, SEPT. 30	FR1	7:30am-8:45am	Functional Training for Active Agers Gilbert	Planks in all Three Planes Chilazi	Warm Beginnings & Cool Endings Roberts	LaBlast® Fitness: Dance is Mental & Emotional Health Figueroa	
	FR2	9:00am-10:15am	Where Functional Training Meets Fun Rodriguez	Arm Candy Appel	Chair Yoga for the Young at Heart Kooperman	Improve Your Rear View Taylor	
	EXPO SHOPPING 10:15am-11:00am						
	FR3	11:00am-12:15pm	Functional Core Training Garcia	SOULstrength™ EXPERIENCE Park	Flow Free & Be Spreen-Glick	Swexy & Fit Polga - Pole Yoga Gilfry	
	FR4	SESSION 1 12:15pm-1:45pm SESSION 2 1:15pm-2:30pm	Boogie, Band & Balance Kulp Session 1	Strength Training 101 Turner Session 2	Discover a Teaching Vacation Snowden & Chilazi Session 1	Fabulous Feet Foe Session 2	
	EXPO SHOPPING 12:00pm-2:45pm						
	FR5	2:45pm-4:00pm	Better Balance Training Dziubinski	Coaching Core Stability McBee	WARRIOR Rhythm™ de Werd	Barre Bang Appel	
EXPO SHOPPING 3:45pm-4:30pm							
FR6	4:30pm-5:45pm	G.R.I.T. - Strength Training For The Ager Gilbert	Coaching Core Engagement Chilazi	Yoga Soul Kooperman	Strike! Kickboxing Spreen-Glick		
FR7	6:00pm-7:00pm	<b>SCW FITNESS IDOL</b> KOOPELMAN, HOWARD, ROBERTS & SPREEN-GLICK		Myofascial Recovery Garcia			

SATURDAY, OCT. 1	SA1	7:30am-8:45am	Smart Strength for the Ageless Female Roberts	Coconut Beach Camp by Fit Bodies, Inc Snowden & Chilazi	Core Forward Pilates J. Howard	Rhythm of the Barre Bullard	
	EXPO SHOPPING 8:45am-9:15am						
	SA2	9:15am-10:30am					
	EXPO SHOPPING 10:30am-11:00am						
	SA3	11:00am-12:15pm	LaBlast® Fitness: Active Aging for All Figueroa	WARRIOR Strength™ de Werd	Hands On Stretching Appel	Best of Polga - Pole Yoga Gilfry	
	SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Best Practices for Functional Flexibility Williams Session 1	Move Your Core the Latin Way Rodriguez Session 2	Pilates Concepts for Personal Trainers Foe Session 1	BareFit Super Circuits Taylor Session 2	
	EXPO SHOPPING 12:00pm-2:45pm						
SA5	2:45pm-4:00pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Back, Booty & Core Connection Appel	SOULfusion™ EXPERIENCE Park Dumbbells	Hot Crossed Buns J. Howard		
EXPO SHOPPING 3:45pm-4:30pm							
SA6	4:15pm-5:30pm	Sitting Pretty: Strength & Support Gilbert	ABSolutely Core Training Williams	Flexibility for the Inflexible Roberts	Got Back Pain? Garcia		

SUNDAY, OCT. 2	SU1	7:30am-8:45am	Functional Training With Foam Rollers Garcia	Slide Into Your Stronger Self Taylor	Empower Yoga Students in Group Classes Davis	Make Your Brain Sweat Robbins & Sobolewski	
	SU2	9:00am-10:15am	WARRIOR Strength™: Put FUN in Functional de Werd	Core OFF the Floor Zahab	Better Breath, Better Core Foss	FitBarre Wartenberg	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
	SU3	10:45am-12:00pm	Landing With a Roll Foss	Core Connection Turner	Beauty & the Beast: Yoga Power Bar Wartenberg	BARREfusion™ EXPERIENCE Park	
SU4	12:15pm-1:30pm	Pre-Hab for Older Adults Wartenberg	Spine Sparing Core Workshop McBee	What's Cool About Cooling Down Varol	Power Walking - The Forgotten Workout Zahab		

**CERTIFICATIONS SUNDAY, OCT. 2**

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

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

**SCW**  
ACTIVE AGING CERTIFICATION  
ROBERTS • 7:00AM - 3:00PM

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



# Midwest MANIA® Event & Certification Schedule



**SCW Health & Fitness Business Summit**  
Give your fitness business the attention it deserves.

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

<b>E</b> CYCLING / BOXING	<b>F</b> SMALL GROUP / ROWING	<b>G</b> AQUA (STARTS IN LECTURE)	<b>H</b> NUTRITION / EXERCISE SCIENCE	<b>I</b> BUSINESS			
Schwinn®: Master Your One Appel	Build a Better Booty Malaghan,	Smart Sets for Aqua Dumbbells Malaghan	Metabolism Reality Check Digsby	Biggest Secrets in Personal Training Sales Success Baraglia	FR1	FRIDAY, SEPT. 30	
Schwinn®: HIIT & Quit it! Roberts	Hip It. Hip It Good. Robbins & Sobolewski	Wet N' Workable Intervals Bullard	Feasting & Fasting? Layne	Attracting and Keeping Great Fitness Talent Baraglia	FR2		
EXPO SHOPPING 10:15am-11:00am							
Fight Night 2.0 Richards	Boats, Bands and Battle Ropes™ SGT Ken®	LaBlast® Splash: Dancing with Aquatic Principles Figueroa	Art of Food as Fuel Malaghan	Stretching for Strength - Panel: Kooperman, Chilazi, Appel & Roberts	FR3		
Schwinn®: Work. Not Twerk McLean Session 2	Armed & Dangerous Richards Session 1	Take to Go - Aqua Tabata Bullard Session 2	Five Fat- Burning Hormones Layne Session 2	Retired, Not Expired! Panel: Kooperman, Roberts, Ritchie & Gilbert Session 1	FR4		
EXPO SHOPPING 12:00pm-2:45pm							
Contender Richards	Long, Strong, Sculpted: Dynamic Flexibility Chilazi	H2O Strength Through the Ages Kulp	How Calories & Fat Tissue Work Digsby	Profitable Training With Clients 55+ Ritchie	FR5		
EXPO SHOPPING 3:45pm-4:30pm							
Schwinn®: Ride or Die: Killer Vibe Hogg	Kettlebell Krush Turner	H2O Total Body Blast Dziubinski	Nutrition Panel Roberts- Moderator, Digsby, Layne & Malaghan	Functional Fitness Assessments For Mature Adults - Ritchie	FR6		
REGISTER FOR MANIA® RECORDINGS AND ENJOY 100 SESSIONS					FR7		
Schwinn®: Breathy Not Breathless Appel	Making Cardio Fun Williams	Water Works Kulp	Abs Made in the Kitchen Digsby	Building Your Wellness Brand Spreen-Glick	SA1		
EXPO SHOPPING 8:45am-9:15am							
Keynote Address: Mastering The Game Of Growth™ Powered by WaterRower® SGT Ken® 9:15am - 10:30am					SA2		
EXPO SHOPPING 10:30am-11:00am							
Schwinn®: F.E.A.R. Face Everything & Ride Roberts	Movement Training: Keeping it RAW! Robbins & Sobolewski	Turbulence Training PlumMentz	How To Eat Sugar Digsby	Make Financial Decisions With More Confidence - Swanson	SA3	SATURDAY, OCT. 1	
Schwinn®: Rock Steady-Recovery Rides Roberts Session 2	Row, Recover, Roll and Repeat™ SGT Ken® Session 1	LaBlast® Splash: Dance. Water. Emotional Health. Figueroa Session 2	Stopping Inflammation Through Nutrition Layne Session 2	Future of Group Ex & PT Panel: Kooperman, Richards, Appel, de Werd & J. Howard Session 1	SA4		
EXPO SHOPPING 12:00pm-2:45pm							
Fight Club Richards	Kickbox N Chaos Turner	Take it to the Water Dziubinski	Micronutrients Broken Down L. Howard	Inexpensive Marketing For Growth & Profitability Kooperman	SA5		
EXPO SHOPPING 3:45pm-4:30pm							
Schwinn®: Dry-Tri: Beast Mode Hogg	Lower Body Burnout J. Howard	Aqua Excellence for the Active Ager Kulp	Nutrition for Fitness Professionals Layne	New Client Retention McBee	SA6		
EXPO SHOPPING 10:00am-1:00pm							
Schwinn®: A DJ Saved My Life McLean	Drums LIVE! Wartenberg	Splish Splash Calorie Smash Malaghan	Food Insecurity & Fitness Varol	Financial Success in your Career Esquerre	SU1	SUNDAY, OCT. 2	
Schwinn®: Set the Stage: Perfect Ride McLean	The WaterRower® Games™ SGT Ken®	Strong & Stable Aqua Layne	Fuel for Performance L. Howard	Grow Your Business through Retentions & Conversions - Esquerre	SU2		
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm							
	WARRIOR Rhythm: The Guts to Stand Out de Werd	AB-Solutely Aqua Kulp	Low Insulin Diet - How Hormones Affect Weight Loss Foe	Retention: The Other 334 Days Kooperman	SU3		
	Total Body Reset Turner	Swim Up Barre Malaghan	Macros: What You Need to Know L. Howard	Building a Healthcare Bridge for Fitness Business Growth Stack	SU4		

water motion  
WATERINMOTION® AQUA EXERCISE CERTIFICATION  
HENRY • 7:00AM - 3:00PM

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

SCW  
BOXING CERTIFICATION  
RICHARDS • 8:00AM-3:00PM

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

**Myofascial Recovery** ■

Herson Garcia

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

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

**Saturday, October 1**

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

**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.

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

**Coconut Beach Camp by Fit Bodies, Inc.** ■

Suzelle Snowden & Siri Chilazi, MBA, MA



Participate in this lively, Caribbean-inspired work out and get instantly transported to a tropical beach! Using coconuts and other 'resort-type' equipment, this easy-to-teach-anywhere class combines multiple training modalities including Cardio, Core, Strength, Yoga and Stretch. Discover how you can create this fun, effective and engaging workout experience with your participants.

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

**Core Forward Pilates** ■

Jeff Howard

Light up every muscle with this core-forward Pilates class that sets traditional moves to today's rhythms, adding energy and excitement. Through the use of

continuous choreography, electrify your burn, strength, and flexibility. Join this total-body sculpting class that blends lightweight training, Pilates, and core strengthening exercise.

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

**Rhythm of the Barre** ■

Kelly Bullard, MS

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!

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

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



Abbie Appel

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

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

**Making Cardio Fun**

Maurice Williams, MS, CSCS

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.

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

**Water Works**



Cheri Kulp

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

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



**CYCLING THAT SIZZLES 11 CYCLING SESSIONS & CERTIFICATIONS**

# SCW ONLINE CERTIFICATIONS.

## A STRONG DECISION.

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- 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)

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**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! (Lecture)  
SA1H Saturday, 7:30am-8:45am

**Building Your Wellness Brand** ■■

Kimberly Spreen-Glick

Expand your role from 'fitness pro' to 'online wellness leader'. We'll discuss 4 elements that build a solid brand, 3 stages of audience growth, and 3 people who could stop you from succeeding if you let them. Come discover how you can make a great living doing what you love!  
SA1I Saturday, 7:30am-8:45am



**SA2 - KEYNOTE ADDRESS 9:15am-10:30am**

**Mastering the Game of Growth™** ■■

SGT Ken®

Mastering the Game of Growth™ is a highly interactive workshop that uncovers the undeniable difference between doing a lot instead of getting a lot done. Developed by University of Pennsylvania Master Resilience Trainer and decorated combat veteran Ken Weichert (aka SGT Ken®), this program features seven superior strategies to master a growth mindset, abolish anxiety, enhance excitement, restore resilience, and to turn adversities into advantages so that you will challenge your limits instead of limiting your challenges.



**SA3 11:00am-12:15pm**

**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.

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

**WARRIOR Strength™** ■■

Ellen de Werd

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

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



**Hands On Stretching** ■■

Abbie Appel

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

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

**Best Of Polga - Pole Yoga** ■■

Carla Gilfry

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

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



**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 and 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.

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



15+ INTERCONNECTED SESSIONS & CERTS



**MIND / BODY THAT'S BEAUTIFUL**

15+ FUNCTIONAL FITNESS  
SESSIONS & CERTS

# FUNCTIONAL TRAINING BEYOND THE NEXT LEVEL

## Movement Training: Keeping it RAW!

Alison Robbins & Bryan Sobolewski



Make a sudden move and... OUCH. The withdrawal reflex works, but did the right movement patterns get you through that reflex safely? Join the creators of The RAMP Method and learn how they use RAW (resources, adduction, and withdrawal). You'll walk away with powerful programming you can use on Monday!

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

## Turbulence Training

Irene PlumMentz



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!!

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

## 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? (Lecture)

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

## Make Financial Decisions With More Confidence

Katie Swanson, CPA, CVA



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

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

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

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

## 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.

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

## Pilates Concepts for Personal Trainers

Katrina Foe



Personal trainers are seeing great results when using Pilates methods with their clients. Take it a step further and learn insider Pilates secrets you can take back to your clients on Monday morning!

SA4C Saturday, 12:30pm-1:45pm

## Row, Recover, Roll and Repeat™

SGT Ken®



Row, Recover, Roll and Repeat™ with SGT Ken® is a beautiful blend of robust WaterRower races combined with yoga and foam rolling. Come experience how specific strength and stability movements followed by myofascial release will effectively expand your range of motion and create a climate of restoration, rejuvenation, and physical resilience. #WaterRowerFitness

SA4F Saturday, 12:30pm-1:45pm

## The Future Of Group Ex Panel

Sara Kooperman, JD, Diva Richards,  
Abbie Appel, Ellen de Werd & Jeff Howard



The landscape of group fitness & personal training has been forever changed by the current world health crisis. Join these top MANIA® presenters as they guide you through what lies ahead for group fitness & your personal training clients. Take away invaluable, effective solutions to pressing questions to set yourself up for success moving forward in the new normal for fitness. Group participation is encouraged, so please bring questions with you.

SA4I Saturday, 12:30pm-1:45pm

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

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

## 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.

SA4B Saturday, 1:15pm-2:30pm

**BareFit Super Circuits** ■◀

Karli Taylor

Learn to create efficient and effective superset based workouts for small or large groups using bodyweight and suspension system exercises.

SA4D Saturday, 1:15pm-2:30pm

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

Keli Roberts

In all disciplines, recovery &amp; 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, 1:15pm-2:30pm

**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.

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

**Stopping Inflammation Through Nutrition** ■◀

Melissa Layne, MEd

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

SA4H Saturday, 1:15pm-2:30pm

SA5

2:45pm-4:00pm

**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!

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

**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.

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

**SOULfusion™ EXPERIENCE** ■◀

Michele Park

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

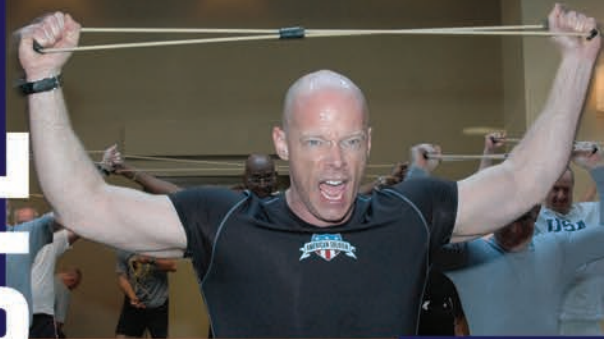
SA5C Saturday, 2:45pm-4:00pm

**Hot Crossed Buns** ■◀

Jeff Howard

Hot Crossed Buns is the perfect experience for a mature client! This complete lower body workout targets the glutes, quads, and hamstrings. Tone and strengthen these muscle groups, targeting the abdominal and lower back muscles for conditioning and improved flexibility. Learn easily implemented

KEYNOTE



MASTERING THE GAME OF GROWTH™

POWERED BY WATERROWER®

SAT. 9:15AM-10:30AM

SGT. KEN®



progressions and modifications to train your mature clients in a safe, fun way that will have them cheering for more!

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

### Fight Club

**Diva Richards**

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

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

### 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!

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

### Take It To The Water

**MaryBeth Dziubinski**

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

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

### 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. (Lecture)

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

### Inexpensive Marketing For Growth & Profitability

**Sara Kooperman, JD**

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

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



SA6

4:15pm-5:30pm

### Sitting Pretty: Strength & Support

**Ann Gilbert**

Get fit while you sit! Learn low impact innovative sequences that can be performed from a seated position for total body conditioning. Perfect for virtual training sessions or social distancing in a gym setting. Improve strength, mobility and balance for clients of every ability.

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



### Absolutely Core Training

**Maurice Williams**

Prepare to dive deep into the anatomy, function & aesthetics of the core. You'll not only learn what muscles make up the core, but also the best exercises for stabilization, corrective exercise, sports & how to achieve the washboard abs look our clients want. Leave with ready-made programming tailored for the middle, but that will put you on top!

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

### Flexibility for the Inflexible

**Keli Roberts**

Immobility and inflexibility increases movement inefficiencies creating postural imbalances leaving the body prone to pain and overuse injuries. In an interactive setting, learn the science behind myofascial release and corrective flexibility training techniques. Apply smart movement strategies to target the stability/mobility relationships that balance the body's structures.

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

### Got Back Pain?

**Herson Garcia**

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

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

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

**Jenn Hogg, MA**

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

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



### Lower Body Burnout

**Jeff Howard**

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

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

### Aqua Excellence for the Active Ager

**Cheri Kulp & Mac Carvalho**

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!

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



### 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. (Lecture)

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

### New Client Retention

**Sheldon McBee, MS**

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

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





# NUTRITION TO FEED YOUR MIND

16 SESSIONS & CERTIFICATIONS FROM REGISTERED & LICENSED DIETITIANS, UNIVERSITY PROFESSORS & MORE!

Sunday, October 2

SU1

7:30am-8:45am

## Functional Training With Foam Rollers ■■

Herson Garcia

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

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

## Slide Into Your Strongest Self ■■



Karli Taylor

Sliding and stability don't sound like they go together, right? Wrong! Keeping the trunk still while the limbs are moving is more of a core workout than you might think. Learn how to use sliding discs to improve the structural stability of your body and increase the effectiveness of your workouts.

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

## Empower Yoga Students in Group Classes ■■

Ansley Davis, RYT500, CPT

Teaching a multi-leveled class experience can feel daunting for many wellness professionals. Learn tools and techniques that empower students of all levels and abilities to find their edge while teaching group classes with ease and confidence. Learn the value of leading postures through the lens of accessibility.

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

## Make Your Brain Sweat ■■



Alison Robbins & Bryan Sobolewski

One of the most effective ways to hydrate fascia is to move the body in unconventional ways. Learn new programming from the creators of The RAMP Method: they'll share various multiple-joint-action exercises that will not only get the body heated, but will make your brain "sweat" with all the coordination training.

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

## Schwinn®: A DJ Saved My Life



Alex McLean

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.

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

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

## Splish Splash Calorie Smash

Rosie Malaghan, MS, ERYT-200

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

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

## Food Insecurity & Fitness ■■

Dr. Ashley Varol, PhD

We preach the importance of healthy eating for performance and success in fitness programming. Unfortunately, over 38 million Americans experience food insecurity, which is deeply connected to their ability to regularly participate in exercise programming. Learn the research and the ways we in the industry can do something about it. (Lecture)

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

## Financial Success in your Career ■■



Bob Esquerre

Get a taste of "Career Path Reality" from one of the most successful fitness consultants in the industry. Learn how to approach the ups and downs of your profession focusing on your passion while remaining profitable. Explore strategies for financial success and security, and learn how to create, market, and sell dynamic programming that keeps clients coming back.

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

SU2

9:00am-10:15am

## WARRIOR Strength™: Put Fun In Functional ■■



Ellen de Werd

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

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



**Core Off The Floor** ■

Sarah Zahab

We need our core muscles to stabilize us seated and standing, not just supine. We often stick to crunches, planks, and bugs but more can be done off the floor. Join us and walk away with functional, purposeful, and effective core work that your clients and participants will benefit from.  
 SU2B Sunday, 9:00am-10:15am

**Better Breath, Better Core** ■

Elise Foss, MS

We often think about the importance of a strong core, but having local muscles engage in a timely manner is important to avoid injury. The diaphragm, our primary breathing muscle, is part of our core musculature. Therefore the way this muscle moves influences our core stability.  
 SU2C 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.  
 SU2D Sunday, 9:00am-10:15am

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



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

**The WaterRower® Games™**



SGT Ken®

The WaterRower® Games™ with SGT Ken® is an extremely exciting multi-event athletic challenge utilizing a unique combination of calisthenics and rowing races for live or virtual environments! Crews of four each endure several stations of strength and stamina drills for 60 seconds, followed by 60 seconds of recovery. Repetitions and meters achieved are added during the recovery periods and totaled at the end of the games. Gold, Silver, and Bronze medals are awarded at live events! #WaterRowerFitness  
 SU2F Sunday, 9:00am-10:15am

**Strong & Stable Aqua**

Melissa Layne, MEd

Fusion workouts are more than a trend as they continue to pull members into the pool. As we age, we all need to increase strength and work on stabilization to minimize fall risk. Using common aqua moves and basic equipment, learn a dozen fusion progressions to keep us strong and stable.  
 SU2G Sunday, 9:00am-10:15am

**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! (Lecture)  
 SU2H Sunday, 9:00am-10:15am

**Grow Your Business Through Retentions & Conversions** ■



Bob Esquerre

Grow Your Business through Retentions & Conversions  
 Join Bob, aka "The Green Thumb", as he reviews the 22 DNA components that will help you establish, strengthen, and grow your fitness business. Review cost-effective and results-driven strategies that will leverage your time, increase your income and ultimately help more people. This interactive and entertaining lecture is perfect for Group X Instructors, Personal Trainers, Managers, and Club & Studio Owners.  
 SU2I Sunday, 9:00am-10:15am

SU3

10:45am-12:00pm

**Landing With a Roll**

Elise Foss, MS

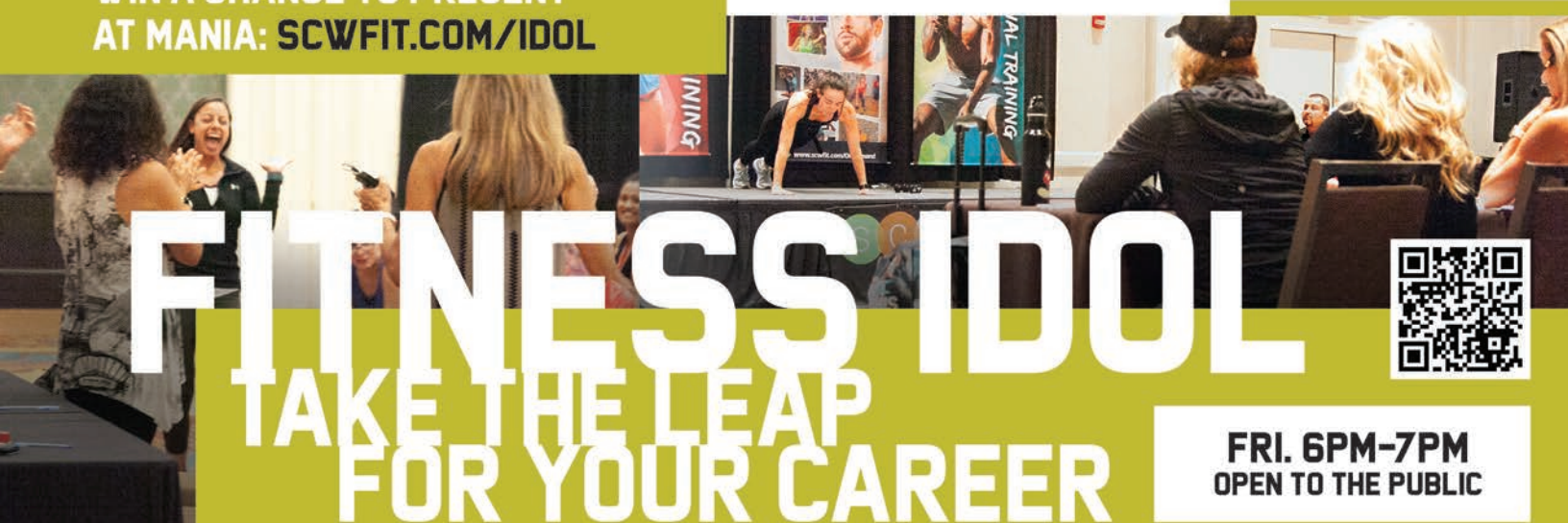
We are aware of the ill effects of a fall. However, even with care and training, falls occur. Just knowing how to correctly land to minimize injury is not enough. Learn a three-dimensional approach from Somatic practices that can help integrate the needed information so the body responds quickly and properly to a fall.  
 SU3A Sunday, 10:45am-12:00pm

**Core Connection** ■

Tara Turner

Core work is not just crunches and focusing on abs alone will never get the results desired. This class is designed to work all aspects of your core using strength and cardio to scorch your abs and provide what common misconceptions we should be debunking with our clients to lead to sustainable success.  
 SU3B Sunday, 10:45am-12:00pm

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

**BARREfusion™ Experience** ■◀**Michele Park**

BARREfusion™ is a low-impact, total body workout inspired by ballet. We offer a unique approach to barre training with cardio bursts and our signature fuses. This fusion format offers the benefits of rhythmic movement, high repetition strength work, athletic dance moves in an easy to learn, easy to teach, fun to take barre training course. BARREfusion™ improves overall fitness levels while bringing out your inner ballerina!  
 SU3D Sunday, 10:45am-12:00pm

**WARRIOR Rhythm: The Guts To Stand Out****Ellen de Werd**

Want to stand out? Spark your desire to be different! Dare to intertwine yoga flows with bursts of HIIT training and weight lifting. Feel rebel vibes coursing through your veins and renew the thrill of teaching group fitness as you experience WARRIOR Rhythm.  
 SU3F Sunday, 10:45am-12:00pm

**Ab-Solutely Aqua****Cheri Kulp**

This WATERinMOTION® inspired workshop will explore the benefits and challenges of working our core in an aquatic environment. Discuss ways to use progressions and regressions to ensure participant success regardless of the exercise experience.  
 SU3G Sunday, 10:45am-12:00pm

**Low Insulin Diet - How Hormones Affect Weight Loss** ■◀**Katrina Foe**

Stubborn baby lbs that won't come off no matter how much exercise you do? Many women struggle with extra pounds even though they do all the "right" things! Review the roles of our hormones & their effect on weight loss. Discuss several significant factors that can block the process & how to tell if those are the issues for your clients. Leave with the confidence to help your clients successfully implement these strategies and expand your reach! (Lecture)  
 SU3H Sunday, 10:45am-12:00pm

**Retention: The Other 334 Days****Sara Kooperman, JD**

So many gyms and clients are packed in January but fall off the next month. Join this in-depth discussion about employee and client retention past the first month & how to keep them coming back the rest of the year. Learn how to build employee loyalty, retain happy clients, and financial prosperity.  
 SU3I Sunday, 10:45am-12:00pm

**SU4****12:15pm-1:30pm****Pre-Hab For Older Adults** ■◀**Billie Wartenberg**

"Pre-Hab so you don't need to Re-Hab". This class will help members improve mobility, sit, stand, reach & practice daily activities to enhance their quality of daily life. Pre-Hab will focus on key moments to improve strength, stability, balance, and more! Pre-Hab can be more like "Pre-Fab"!  
 SU4A Sunday, 12:15pm-1:30pm

**Spine Sparing 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.  
 SU4B Sunday, 12:15pm-1:30pm

**What's Cool About Cooling Down** ■◀**Dr. Ashley Varol, PhD**

The most forgotten part of an exercise routine may in fact be the most important. Review the current research, brainstorm the many formats of cooling down, try a few new cool down games and discuss the additional benefits gained with proper cool down time.  
 SU4C Sunday, 12:15pm-1:30pm

**Power Walking - The Forgotten Workout** ■◀**Sarah Zahab**

Outdoor classes are currently a huge trend, and power walking can be an excellent idea to incorporate into your programming. Power walking can be an effective cardiovascular exercise that's low impact, functional and invigorating! We'll cover race walking and power walking techniques to increase speed, intensity, and fun!  
 SU4D Sunday, 12:15pm-1:30pm



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

## Swim Up Barre

Rosie Malaghan, MS, ERYT-200

Swim-up to the barre baby! This low impact, full-body workout has a high impact on range of motion, posture, and mind-body. Join Rosie and learn how to create aqua yoga barre classes to meet the needs of your clients, at all levels and abilities, using a fusion of yoga, barre, and joint mobility.  
SU4G Sunday, 12:15pm-1:30pm

## 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. Whatever your nutritional goal, learn what you need to know to start and track your way to success! (Lecture)  
SU4H Sunday, 12:15pm-1:30pm

## Building A Healthcare Bridge For Fitness Business Growth

Michael Stack, CSCS

This lecture will teach fitness professionals a tangible framework for developing strong, trusting, and collaborative relationships with physicians. Through using a very specific model that operationalizes the know, like, and trust framework fitness pros can build lasting relationships with doctors & wellness professionals that will allow them to become part of the healthcare delivery system, improve public health, and build sustainable businesses.  
SU4I Sunday, 12:15pm-1:30pm



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**JON BARAGLIA**



**KELLY BULLARD, MS**



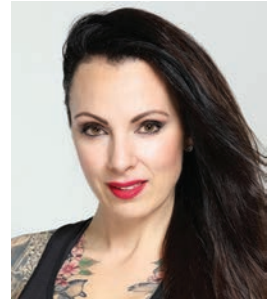
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