atlanta mania®
fitness pro convention

July 25-27, 2025
Grand Hyatt Atlanta in Buckhead
Atlanta, GA

A Convention Fit For All.



2025
SCW

scwfit.com/atlanta

Welcome to Atlanta Mania®!

Get ready for an unforgettable experience at SCW Atlanta Mania® Fit Pro Convention in Atlanta GA! Join fellow fitness pros to learn, connect, and grow through cutting-edge training and workshops.



Expert Led Sessions & Certifications

200 sessions (140 Live + 60 Pre-Recorded) and 15 certifications in fitness, wellness, and business, led by top experts and industry icons, to advance your career.



20 CECs/CEUs

Certifying organizations include:

- ACE
- SCW
- AFAA
- ACSM
- AEA
- NASM



Endless Opportunities

Join passionate, driven fitness pros who share your commitment and energy, creating endless opportunities to connect and collaborate.

A World of Fitness Knowledge All In One Place!

Atlanta Mania® offers a one-of-a-kind experience with 200 sessions led by fitness icons from around the world—all in one place!



Topics For Every Pro

- **Functional Fitness**
  Training to enhance strength, mobility, and everyday movement.
- **Group Exercise**
  Fresh formats, choreography, and instructional skills.
- **Nutrition and Wellness**
  Holistic approaches to diet, mental wellness, and recovery.
- **Personal Training**
  Latest techniques, science and client engagement strategies.
- **Mind-Body**
  Classes on yoga, Pilates, meditation, and mental resilience.
- **Recovery**
  Techniques for healing, injury prevention, and optimal performance.
- **Active Aging**
  Programs designed to support overall physical and mental wellness for older adults.
- **Cycling**
  Energizing cycle workouts that tones the body and boosts endurance.
- **Aquatic Exercise**
  Learn low-impact, full-body workoust that improve strength and flexibility.
- **Business of Fitness**
  Marketing, sales, management, and retention strategies for studio owners and trainers.

You'll Fit Right In.

Hosted at the beautiful Grand Hyatt Atlanta Hotel in Atlanta Georgia, Atlanta Mania® offers a modern venue with premium amenities —ideal for three days (or as many as you choose) of learning.

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fitness pro convention

Mania® Convention Sessions & Workshops
July 25-27, 2025
(Fri, Sat, & Sun)

Certifications
July 24 (Thur) & July 27 (Sun) 2025

Save $60 when you register by June 30th 2025 with code: EARLYBIRD

Register at:
www.scwfit.com/atlanta



Grand Hyatt Atlanta Buckhead

3300 Peachtree RD NE Atlanta, GA 30305

- FREE Wi-Fi in your room
- FREE Coffee Maker
- FREE Mini-Fridge
- Blow dryer
- Roll-Away Bed
- State of the Art 24 hour Fitness Center
- Sauna & Steam Room
- Outdoor Heated Pool
- Japanese Zen Garden
- Cassis Restaurant, Onyx Coffee Bar & Lounge

SCW Guaranteed Lowest Rate: $179 *(Reg. $294)*
Hotel Discount Deadline: Tuesday, July 1st, 2025.

Book your discounted room click here!

Certifications

Career-elevating certifications led by proven industry experts.

scwfit.com/atlanta

Certifications Thursday, July 24



SCW Personal Training Certification

Gail Bannister-Munn

Thursday, July 24, 9am-6pm

$159 Mania® attendees / $199 non-attendees

Elevate your career with this nationally recognized, science-based certification, designed for aspiring and current fitness professionals. This hands-on program integrates academic excellence with practical application, covering exercise physiology, kinesiology, training principles, program design, health-risk assessment, and physical evaluations. Delve into evidence-based practices and advanced programming alternatives, ensuring a comprehensive understanding of the human body and its potential. The course also includes essential business and marketing strategies to help you succeed in the competitive fitness industry. Through a blend of lecture and hands-on experiences, you'll gain the expertise to empower clients to achieve peak health and performance. Certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.0).



SCW Active Aging Certification

Keli Roberts

Thursday, July 24, 9am-5pm

$159 Mania® attendees / $199 non-attendees

Unlock the secrets to aging well with the SCW Active Aging Certification, crafted for fitness professionals committed to enhancing seniors' lives. This dynamic course combines cutting-edge research with practical techniques, focusing on cardiovascular health, strength, flexibility, balance, and mental well-being. Dive into the musculoskeletal changes, physiology, and kinesiology of aging, and discover how exercise can positively impact these areas. Learn functional training strategies for older clients with varying abilities and design safe, effective exercise programs that empower seniors to thrive. Ideal for group fitness instructors, trainers, and program managers, this one-day certification includes hands-on training, a comprehensive manual, and an online exam. Earn valuable CECs: SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).



SCW Pilates Matwork Certification Certification

Amber Toole

Thursday, July 24, 8am-4pm

$159 Mania® attendees / $199 non-attendees

This nationally recognized certification offers an in-depth exploration of classical Pilates movements and their modifications, enhancing creativity and expertise. The program emphasizes core stabilization, optimal alignment, and Pilates matwork, blending theory with practical training. Participants master over 40 essential exercises, including variations for spinal dysfunctions and postural imbalances. The course provides choreography variations that are easy to learn and apply, equipping instructors with creative programming options for all ages and abilities. Included are practical training, a comprehensive manual, and an online exam, ensuring participants gain the skills needed to teach effective and innovative Pilates Mat Classes. Whether new to Pilates or deepening expertise, this certification will elevate your teaching credentials. Accredited for CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW Group Exercise Certification

Manuel Velazquez

Thursday, July 24, 9am-5pm

$159 Mania® attendees / $199 non-attendees

This Nationally Recognized Certification empowers you with the confidence to master impactful teaching skills and successfully lead a group fitness class. Learn essential skills such as proper class sequencing, warm-up progressions, musical phrasing, effective cueing techniques, and choreography development. Gain a thorough understanding of group cardiovascular fitness, muscular endurance, and flexibility training techniques, enabling you to implement them in various class settings. Our cutting-edge Group Exercise Certification provides a balance of theoretical and practical training, ensuring that you are prepared for the newest variety of fitness programming. This includes Hi/Lo impact cardiovascular training, muscle conditioning and sculpting, HIIT programming, and much more. The certification includes hands-on practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



SCW Aquatic Exercise Certification

Melissa Layne, MEd

Thursday, July 24, 8am-4pm

$159 Mania® attendees / $199 non-attendees

Dive into the world of water fitness with a nationally recognized certification that provides the essential for anyone looking to teach water exercise. This program covers the benefits of aquatic exercise, anatomy, and kinesiology as applied to water, along with water depth adaptations, movement planes, musicality, and adjustments for special populations. Leadership skills and effective cueing techniques are emphasized through on-site instruction and one-on-one assessments. The certification includes both theoretical and practical training, a comprehensive manual, and an online exam, ensuring you're prepared to lead successful aquatic exercise classes. Accredited for CECs: AEA (7.0), ACE (0.7), ACSM (8.0), AFAA (8.0), NASM (0.8), SCW (8.0).



ToughAgers® Instructor Active Older Adult Fitness

Deborah Rothschild, MS, NASM-CPT, ACE-CPT, AFAA-CGFI

Thursday, July 24, 9am-4pm

Only $129. Exercise is for everyone, and older adults are no exception. The body responds to how it is trained, so let's equip older adults to ensure their bodies function optimally. Like other age groups, older adults need cardio, balance, resistance, core, and flexibility training. However, since many may not exercise independently, it's essential to provide a fun, supportive, and social environment to encourage participation.This course will equip you with the tools to confidently lead safe, effective fitness sessions for active older adults—whether in a group fitness class, small group training, or one-on-one private training. SCW (6.0), ACSM (6.0), AFAA (6.0), ISSA, (6.0), NASM (0.6).



LaBlast® Fitness Instructor Certification

Laura Mikszan

Thursday, July 24, 8am-5pm

$99 early bird price thru 4/17 ($125 after 4/17)

Becoming a LaBlast® instructor will set you apart from the crowd by joining the only dance fitness program that perfectly blends ballroom dance and fitness physically, mentally, and emotionally. Our one-day certification dives into the 10 dances of LaBlast®, teaches the unique LaBlast® movement philosophy and provides the tools needed to lead your own LaBlast® classes in no time. SCW (8.0), ACE (0.8), AFAA (8.0), NASM (8.0).



ZUMBA® Basic 1 Training

Erick Santana

Thursday, July 24, 7:30am-4pm

$399 Registration Fee (Use Promo Code: TSZUMBA65 to receive a 65% discount)

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

The pre-con fee includes The Zumba® Electronic Instructor's Manual, Online Videos to Review Basic Steps and Zumba® Certificate of Completion. SCW (8.0), ACE (0.7), ACSM (8.0), AFAA (5.5).



SCW Meditation EXPRESS Certification

Yury Rockit

Thursday, July 24, 4:30pm - 8:30pm

$159 MANIA attendees / $199 non-attendees

Learn core Eastern meditation principles and practical techniques to enhance mindfulness and self-awareness. This 4-hour express live course offers 8-hours of focused education, equipping you to lead meditation classes or cool-downs, support recovery, or deepen personal practice. Improve sleep, reduce anxiety, and foster confidence through simple, effective methods. Includes video lectures, activity sessions, a comprehensive manual, and an online exam. Designed to save you time, money, and stress, this certification is ideal for all levels and helps boost mental clarity and emotional balance effectively and efficiently. Earn elite CECs: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).



SCW Menopause Wellness EXPRESS Certification

Melissa Layne, MEd

Thursday, July 24, 4:30pm - 8:30pm

$159 MANIA® attendees / $199 non-attendees (Reg. $259)

(SCW LOGO)

Unlock vibrant health during menopause with this transformative course that empowers you to guide clients confidently through this life stage. Leverage the latest research to inspire students using evidence-based exercises, nutrition strategies, and holistic practices tailored to their unique needs. Master creative, research-backed approaches to fitness and wellness, enhancing your influence in personal training and group exercise. Develop essential skills to manage symptoms, boost energy, and improve overall well-being, all while refining your business practices. This program includes a comprehensive manual and an online exam, ensuring you are fully equipped to support clients. Accredited for CECs: SCW (7.0), ACE (0.7), AEA (7.0), ACSM (7.0), NASM (0.6), and AFAA (6.0).



SCW Yoga I EXPRESS Certification

Manuel Velazquez

Thursday, July 24, 4:30pm - 8:30pm

$159 MANIA® attendees / $199 non-attendees (Reg. $259)

Begin your journey as a yoga instructor with a comprehensive program that blends theoretical and practical hands-on instruction. This nationally recognized certification covers a wide range of Yoga postures, suitable for diverse clientele, including young or old, fit or de-conditioned, and competitive or recovering athletes. The course integrates the latest scientific research with systematic program design and effective cueing techniques. Both seasoned and novice participants will gain the confidence and qualifications needed to lead successful yoga classes and recovery sessions. The certification includes practical training, a comprehensive manual, and an online examination, ensuring you are equipped to teach yoga to a wide range of participants. Accredited for CECs: ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7), and SCW (8.0).

ABOUT SCW FITNESS EDUCATION:

42 Years of Excellence
SCW is a globally recognized leader in fitness education, offering hands-on certifications, continuing education, and conventions for fitness professionals across 40+ disciplines. For 42 years, SCW has been the trusted choice for Group Exercise Instructors, Personal Trainers, Aquatic Pros, Yoga Teachers, and more.

As the largest conference leader worldwide, SCW hosts 7 MANIA® conventions annually in top cities and 5 online summits, serving over 4,000 fitness professionals and reaching 300,000 virtually. SCW also offers trusted certifications, including across Personal Training, Group Exercise, Active Aging,Business, Aqua and more. SCW's WATERinMOTION® and S.E.A.T. programs empower independent health clubs, boutiques, and senior living communities worldwide. Don't miss our FREE Webinars and Podcasts that keep fitness businesses thriving.

ABOUT SCW CERTIFICATIONS: LIVE, ONLINE & LIVE-STREAM

SCW Certifications are Reliable, Respected, and Recognized worldwide. With 40+ high-quality certifications, SCW offers a comprehensive range from foundational programs like Group Exercise, Personal Training, and Aqua, to specialized courses in Active Aging, Pilates, and Meditation.

Each Online Certification includes a FREE LIVE COURSE, ensuring an interactive learning experience. Our courses are available in Live, Live Stream, and Online formats with in-depth manuals, comprehensive videos, automated testing, and downloadable certificates suitable for framing.

SCW certifications are accredited by top organizations including ACE, AFAA, NASM, ACSM, AEA, and more, giving you access to continuing education credits (CECs/CEUs) that support your career growth and keep you at the forefront of the fitness industry.

Certifications
Sunday, July 27



S.E.A.T.
Supported Exercise For Ageless Training Certification

Ann Gilbert

Sunday, July 27 8:00am-4:00pm

$159 Mania® attendees / $199 non-attendees

This comprehensive program is perfect for Active Aging and Specialty Format Instructors looking to elevate their chair exercise classes. Focusing on the aging process, the course delves into physiology, kinesiology, and the unique needs of students requiring extra support. Learn to use a chair as a base for sitting, standing, and supported movements, enhancing group teaching skills. The program covers effective verbal and visual cueing, memory-improvement strategies, and active aging principles. A full-day practical training session includes choreography routines to improve class sequencing, musical phrasing, and teaching skills, supported by the latest online video resources. Both novice and experienced instructors will benefit through enhanced class structure design, routine creation, and leadership development. The course includes a manual, downloadable PowerPoint, a full-hour workout video, music, flashcards, an automated online exam, and a certificate. Accredited for CECs: ACSM (7.0), ACE (7.0), AEA (7.0), AFAA (7.0), NASM (0.7), and SCW (7.0).



SCW Mobility, Flexibility, and Myofascial Release Techniques Certification

Gail Bannister-Munn

Sunday, July 27, 8:00am-4:00pm

$159 Mania® attendees / $199 non-attendees

MIn this eight hour comprehensive course, review the science of stretching, flexibility and mobility. Acquire the knowledge to assess static and dynamic postures to identify movement quality issues and promote functional activities. Learn multiple flexibility, techniques, and stretching alternatives, including PNF (proprioceptive neuromuscular facilitation), active and dynamic stretching, passive and static options, assisted stretching techniques and more. Gain skill in myofascial release to enhance activation, recovery and regeneration for individuals of all ages and activity levels. Assist athletes to older adults, and distinguish yourself as a stretching expert. Perfect for one on one training, small group, training, and group fitness. This practical, hands-on certification includes a variety of detailed program designs with an easy to execute system. The certification includes practical training, a comprehensive manual, and an online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7).



WATERinMOTION® Aqua Exercise Certification

Billie Wartenberg

Sunday, July 27, 8:00am-4:00pm

$159 Mania® attendees / $199 non-attendees

Enhance your aqua fitness classes with this comprehensive certification program. Begin with a 6-part online course, complete with a manual and videos, covering the scientific principles of water exercise, the WATERinMOTION® RIPPLE teaching method, cueing techniques, deck teaching skills, active aging principles, and water-specific strength training. The program culminates in an 8-hour, full-day practical training, where you'll master choreography routines to improve class sequencing, musical phrasing, teaching skills, and full-body toning. Ideal for both aqua and land instructors, this certification ensures enhanced class structure, routine creation, and leadership development. Upon completion, participants earn certification in all three WATERinMOTION® programs: Original, Platinum, and Strength. Instructors on Wautoship can attend the live course for free. This certification is approved for CECs through AEA (8.0), SCW (7.0), AFAA (7.0), ACE (0.9), NASM (0.7), and ACSM (7.0).



AlignSmart® Postural Measurement Certification

Patrick Mummy

Sunday, July 27, 8:00am-4:00pm

$159 Mania® attendees / $199 non-attendees

This is an introductory course to AlignSmart's patented postural measurement system called AlignSmart®. Learn how to use the Postural Alignment Kit (PAK) to quantify 20 skeletal landmarks to explain compensation patterns that cause dysfunction and pain. In this course, you will learn:

- How to measure postural misalignments using the PAK
- How to quantify these measurements to explain compensation and pain
- The difference between Corrective Exercise and Postural Corrective Exercise

How to use the AlignSmart software to create corrective routines for your clients

SCW (8.0), ACE (1.8), AFAA (6.0), NASM (0.6), NCBTMB (4.0)



scwfit.com/atlanta

The Main Event.

Discover more than 100 sessions at Atlanta Mania®, happening July 25-27 and take your fitness career to the next level. All included in your Mania® registration!

Friday, July 25

FR1 Sessions | 7am - 8:45am

FR1A:
Functional Fitness for all Levels NEW
Bill Shuttic, MBA, CPT
Discover functional fitness made for everyone! This empowering bodyweight workout builds strength, balance, and confidence with movements tailored to improve daily living. Perfect for beginners and seniors, this session delivers practical, effective exercises to achieve a healthier, stronger you—inside and out!

FR1B:
Pump Your Peach! NEW
Amber Toole
Ready to transform those “pancakes” into juicy “peaches”? This fun session focuses on glute training for maximum growth! Discover the science behind glute gains, practice effective exercises to sculpt the backside, and learn how to keep your clients motivated with visible results they'll love.

FR1C:
Quiet Chaos, Find Your Rhythm NEW
Robert Sherman
Unlock the power of your pedal stroke and nervous system to enhance cycling performance.Learn to optimize cadence and leg speed by mastering biomechanics and neuromuscular efficiency. With practical drills and strategies, you’ll gain tools to guide students to their flow state, enhancing workouts and performance outcomes.

FR1D:
Pro Athlete Recovery NEW
Dane Robinson
Join pro athlete Dane Robinson for an experiential dive into recovery-focused programming. Learn how to design intentional recovery workouts that go beyond rest days. This session offers key insights and a practical blueprint for smarter recovery strategies that you can implement with your clients for optimal performance.

atlanta mania®
fitness pro convention

= being recorded

Certs
Thurs July 24

- SCW Active Aging — Roberts • 9am-5pm
- SCW Personal Training — Bannister-Munn • 9am-6pm
- SCW Pilates Matwork — Toole • 8am-4pm
- ZUMBA® Basic 1 — Santana • 7:30am-4pm

		Room A Longevity & Function	Room B Power & Performance	Room C Cycle / HIIT & Strength	Room D Group Programming	Room E Recovery & Pilates
Fri July 25						
FR1	7:30am-8:45am	Functional Fitness for All Levels Shuttic	Pump Your Peach! Toole	Quiet Chaos, Find Your Rhythm Sherman	Pro Athlete Recovery Robinson	Joint Replacements: Returning Triumphant! Roberts
FR2	9:00am-10:15am	Dementia Client Strategies for Trainers Rothschild	Everyday Strength: Coaching the Active Aging Female Roberts	Ride the Rhythm: Mastering Music & Choreography Smith	Group Strength Blueprint George	Ayurveda for Self-Care Jennings-Hill
		EXPO SHOPPING 10:00am-11:00am				
FR3	11:00am-12:15pm	Master Knee-Pain Reduction Strategies Webb	Arms, Butts & Core On the Floor! Bannister-Munn	Trends In Cycling Sherman	ZUMBA® Santana	Symmetry AlignSmart® - Scientific Stretching Mummy
		EXPO SHOPPING 12:00pm-2:45pm				
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Prime Performance for 50+ Robinson Session 1	Intervals Reimagined: Strength – Power Roll Conti Session 2	Fit for Life: Active Agers Thomson Session 2	Step it Up! Turner Session 1	Human Reformer Pilates – George Session 1
FR5	2:45pm-4:00pm	Dare to Chair Gilbert	Kettlebell Krush Turner	Full Body Fusion: Balanced HIIT Williams	Bodyfit:Tips on Modifications K. Ross	Shoulder Pain: Optimize Through Exercise Webb
		EXPO SHOPPING 3:45pm - 4:30pm				
FR6	4:30pm-5:45pm	Aging Brains & Bones Layne	Beyond Squat: Unconventional Lower Body Training Rockit	Awaken Athleticism in HIIT Sessions Brightwell	Stretch Savvy: Hands-On Techniques Bannister-Munn	Pilates Functional Progressions George
FR7	6:00pm-7:00pm	Dance Off! LaBlast®, Wartenberg, Turner, & Haggard	SCW Fitness Star Search Kooperman, Robinson, Gilbert, Bannister-Munn		Bounce Back Stronger with Kangoo Jumps! Brokenborough	Breathing Meditation Rockit
Sat July 26						
SCW Fitness Star Search Kooperman, Robinson, Gilbert,						
SA1	7:30am-8:45am	Athletic Aging by Ever Flexed George	Don't Forget Your Unilateral Exercises Lemons	Connect With Music, Messaging, Motivation Sherman	SOULkickboxing™ Coleman	Hip Mobility for Peak Performance Bannister-Munn
		EXPO SHOPPING 8:30am-9:15am				
SA2	9:15am-10:30am	KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A				
		EXPO SHOPPING 10:30am-11:00am				
SA3	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Welcome to the Terrordome Turner	HIIT Ratios & Exercise Progression Williams	Barreless Barre - No Barre, No Limits George	Prana Energy Greenbaum
		EXPO SHOPPING 12:00pm-2:45pm				
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	ToughAgers® Active Older Adult Fitness Rothschild Session 1	Full Body Workout with BillyStix™ Shuttic Session 2	Glute Goals Thomson Session 1	LaBlast® Fitness: Ballroom Blitz Van Amstel Session 2	SOULfusion™ EXPERIENCE Coleman Session 2
SA5	2:45pm-4:00pm	Mobility Training - Online or In-Person Webb	The Core 6: Strength & Movement Essentials Bannister-Munn	Create Rides With AI Sherman	Yoga-Bata VIIT Lemons	Posture & Alignment with Personal Training Mummy
		EXPO SHOPPING 3:45pm - 4:30pm				
SA6	4:30pm-5:45pm	Pelvic Floor from the Outside In Layne	HIIT Dance Jam Turner	Strong Her Thomson	Step 'N Sweat Holtsclaw	Pair Up With Pilates Toole
Sun July 27						
SU1	7:30am-8:45am	Forever Fit: Flexibility, Strength, Flow Conti	SOULstrength™ EXPERIENCE Coleman	Certification: S.E.A.T. Supported Exercise For Ageless Training - Gilbert 8:00am-4:00pm	LaBlast® Fitness for all Ages Mikszan	Yin+Restore Yoga Greenbaum
SU2	9:00am-10:15am	Age Defying Mobility Training: Enhancing Longevity Webb	Strength & Grace: Back to Power Lemons	SCW Stretching & Flexibility Bannister-Munn 8:00am-4:00pm	BARREfusion™ Experience Coleman	Authentic Mat Pilates Uncovered Toole
		EXPO CLOS		Symmetry Postural Measurement - Mummy 8:00am-12:00pm	0am-1:00pm	
SU3	10:45am-12:00pm	AASK Amber: Anti-Aging Survival Kit Toole	Step Up Your Groove Layne	SCW Group Exercise Roberts 8:00am-4:00pm	FitLife: Inclusive Fitness Miksan	Yin to my Yang Lemons
SU4	12:15pm-1:30pm	LaBlast® Chair Fitness: Pull Up a Seat Mikszan	Flex Like a Boss Haggard	WATERinMOTION® Aqua Exercise - Kulp 8:00am-4:00pm	Kardio Kenpo Shuttic	Dynamic Stretching Singer

→ **ToughAgers® Instructor**
Rothschild • 9am-4pm

→ **SCW Aquatic Exercise**
Layne • 8am-4pm

→ **LaBlast® Fitness Instructor**
Mikszan • 8am-5pm

→ **SCW Meditation EXPRESS**
Rockit • 4:30-8:30pm

→ **SCW Yoga 1 EXPRESS**
Velazquez • 4:30pm-8:30pm

→ **SCW Menopause Wellness EXPRESS**
Layne • 4:30pm-8:30pm

Room F **Waterworks** (Starts in lecture)	Room G **Wellness**	Room H **Business**
Aqua Intervals Wartenberg	Debunking Exercise Science Myths Layne	Build a High-Performance Team Gilbert
Wave Works (WIM Original) Wartenberg & Haggard	How to Avoid Being My Patient Laskowski	Women's Leadership: Climbing, Creating & Conquering in Fitness Kooperman, Bannister-Munn, Conti, Toole, Gilbert & Ontiveros
EXPO SHOPPING 10:00am-11:00am		
LaBlast® Splash: Buoyant Ballroom Blitz van Amstel	Supporting Clients on Anti-Obesity Medications Gilbert	Start & Grow Your Business Kooperman, Toole, Ross, & Robinson
EXPO SHOPPING 12:00pm-2:45pm		
Water Running Rockit Session 2	Nutrition: Hot Topic Research Layne Session 1	Marketing to Active Agers Panel Kooperman, Gilbert,Rothschild & Toole Session 2
Aqua Disco Haggard	Body Composition Scales For Teachers & Trainers Han	Making Sales Suck Less- Robinson
EXPO SHOPPING 3:45pm-4:30pm		
Liquid Gym Acqua Toner Stretch & Tone Wartenberg	Chair Yoga for Mobility & Strength Kooperman	Mastering Macros Toole
BUSINESS KEYNOTE: The Fitness Evolution Mummy Room H		

Pre-Recorded Sessions **Personal Training/ Strength**	Pre-Recorded Sessions **Restore/ Pilates /Tai-Chi**	Pre-Recorded Sessions **Active Aging/ Functional Training**	Pre-Recorded Sessions **Nutrition/ Exercise Science**
Add an EMOM Merrill	Yoga-Pilates Restore Bannister-Munn	Active Aging Playground Toole	A Wealth of Gut Health Unlocked Fearheiley
Arm Candy Appel	Myofascial Recovery Garcia	Aging Shoulder: Exercise to Function! Aslakson	Art of Food as Fuel Lemons
Athletic Woman: Function & Strength Hughes	Warrior Tai Chi Yoga and Qi Gong Fusion J. Roberts	Athletic Aging Madden	Feed Your Body & Soul: Mindful Eating Pyle
Core Amore Madden	Recovery Through Meditation Rockit	Creative Programming 55+ Wartenberg	Functional Nutrition & Hormones: Healthy Aging Zuleger
Integrated Strength George	Pilates, Power & Poise Lemons	Hip Mobility for Active Aging Bannister-Munn	Fundamentals of Squat Progressions and Variations Mike
Hit The Wall Rockit	Reset and Recharge Spreen-Glick	Strength Training For Longevity & Vitality II Kooperman	Nutrition Panel Layne, Digsby, Toole, Fearheiley
Kickbox N Chaos	Recovery For Longevity Appel	Senior Circuit Haggard	Self-Care For Your Immune System Seti

Ageless Aqua Haggard & Wartenberg	Women: Training Through The Stages Layne	Your Financial Health Ross	
EXPO SHOPPING 8:30am-9:15am			
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A			
EXPO SHOPPING 10:30am-11:00am			
Aquatic Strength Training PluimMentz	Body Composition 101: Tools & Insights Han	Marketing Mastery Conti	
EXPO SHOPPING 12:00pm-2:45pm			
Aqua Drums Vibes Wartenberg Session 1	Physics of Pain & Performance Mummy Session 1	Strength Training for Active Agers Kooperman, Robinson, Gilbert & Laskowski Session 2	
Liquid Gym: Star Workout Wartenberg	Boost Your Pre-Workout & Recovery Kooperman, Ontiveros, Layne & Toole	The Sold-Out Class Strategy Robinson	
EXPO SHOPPING 3:45pm-4:30pm			
Tides of Power Haggard & Wartenberg	Fall Prevention for Fitness Professionals Conti	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb & Laskowski	

Strength Courage and Wisdom Freeman	Human Reformer Pilates George	Optimal Mobility: Enhancing Functionality Gilbert	Aging Brains & Bones Layne

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Total Body Strength Richards	The Chakras: Align Your Energy Kaufman	Balance & Coordination for Active Agers Velazquez	Weight-loss Meds & Fad Diet Update Digsby
Ultimate Leg Day Toole	Active Recovery Zuleger	Bone Health Bootcamp Conti	Movement Through Menopause Groves
Step, Stamina & Strength Chilazi	Balls, Blocks, Bands: Pilates Fusion Metcalf	Everyday Strength: Coaching the Active Aging Female K. Roberts	Plyometric Exercise for Older Adults Aslakson
Bringing Back Foundational Strength Training Johnson	TaiChi Flow: Recovery for GXs & PTs Glassmeyer	Active Aging Latin Joyful Mix Sepulveda	Exercise Analysis Mack

All-Inclusive Aquatics PluimMentz	Balancing the Burn - Managing Inflammation Lemons	Nutrition for Healthy Aging Charlop	
AQUAHOLIC Layne	Preventing Common Fitness Injuries Laskowski	Client to Competitor Singer	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
Soca Splash Haggard	Alcohol & Aging: Myths vs. Facts Charlop	Hydrate Before You Dehydrate Saniatan	
Aqua Boost Cardio Splash Holtsclaw	Stress & Inflammation: Impacts & Outcomes Layne	Create Content to Boost Sales Toole	

Effort Mastery: Coaching Peak Performance and Motivation McBee	Forever Pilates Appel	Smart Warm-Ups for Active Aging D'Agati	Sugar, Snacks & Heart Attacks Digsby
Fluid Core Fusion Velazquez	Moving Meditation J. Roberts	Renew & Restore: Flexibility for 50+ Ross	Chain Reaction Biomechanics Hughes
Meet The Hybrid Fitness Professional Esquerre	Tai-Chi Fused Yoga Velazquez	Brain Balance Training Splichal	Building Muscle While Losing Fat Layne
Training the Neurodivergent Client Conti	Pilates 4 Life Kahn	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan	Magnesium: The Mighty Mineral Unveiled Toole

FR1E:
Joint Replacements: Returning Triumphant! NEW
Keli Roberts
Help clients transition from physical therapy to full function in daily life and sports. With 3.2 million joint replacements performed annually, understanding hip, knee, and shoulder procedures is essential. Learn key strategies and hands-on techniques to design safe, effective pre- and post-surgery programs within your scope of practice.

FR1F:
Aqua Intervals NEW
Billie Wartenberg
Make a splash with high-intensity aqua intervals that boost endurance, strength, and cardio in one powerful pool session. Alternate bursts of effort with recovery using water's natural resistance to torch calories, sculpt muscle, and keep joints happy. Dive into this total-body training that's anything but basic.

FR1G:
Debunking Exercise Science Myths NEW
Melissa Layne, MEd
Discover the truth behind commonly misunderstood topics in fitness. We'll debunk myths about lactate, metabolism, protein synthesis, heart rate variability, the thermic effect of food, and more. Explore the research and gain clarity on these key concepts. Don't miss this informative session! (Lecture)



FR1H:
Build a High-Performance Team NEW
Ann Gilbert
Explore a proven system to recruit, educate, and lead a top-tier wellness team. Learn how management has evolved over 35 years from a seasoned fitness pro who thrives in both leggings and leadership. Gain the tools to build a successful, high-performance team. (Lecture)

FR2 Sessions | 9am - 10:15am

FR2A:
Dementia Client Strategies for Trainers NEW
Deborah Rothschild, MS
Fitness training has been shown to benefit the 1 in 10 older Americans who are diagnosed with a dementing illness. Learn how to work with their support team members and how to interact and communicate with this population effectively. Come away with tips on how to create beneficial training sessions based on research and well-documented best practices.

FR2B:
Everyday Strength: Coaching the Active Aging Female NEW
Keli Roberts
There are many considerations in program design when coaching the ageless female client. This workshop provides essential safety guidelines, regressions, and progressions for critical body alignment. In an interactive hands-on environment, learn endless programming options, ideal for coaching women of a certain age!

FR2C:
Ride the Rhythm: Mastering Music & Choreography NEW
Vynessa Smith
Transform your rhythm cycling classes by mastering the art of music-driven movement! Learn how to select powerful tracks, sync choreography seamlessly, and elevate your energy to create an unforgettable ride. This session shows you how to amplify connection, motivation, and results—one beat at a time. Get ready to turn up the volume and lead with impact!

FR2D:
Group Strength Blueprint NEW
Lauren George, MS
Group Strength Blueprint helps you elevate your strength classes with the Pumped Up Strength method. Learn to layer rhythmic progressions and dynamic movements that target muscle and fascia for maximum results. Gain cueing techniques, adaptable strategies, and science-backed programming to build strength, boost metabolism, and keep participants coming back!

FR2E:
Ayurveda for Self-Care NEW

Tracy Jennings-Hill, E-RYT 500, C-IAYT

Discover the transformative power of Ayurveda Yoga in this dynamic workshop! Dive into the three doshas—pitta, vata, and kapha—and learn how to weave these ancient principles into your self-care and client yoga practices. Experience a vibrant mix of theory and meditation to invigorate and enhance your holistic well-being.

FR2F:
Wave Works (WIM Original) NEW

Billie Wartenberg & Tanisha (Tani) Haggard

Experience a tidal wave of fresh choreography, expert cuing, and innovative water moves in this high-energy session. Explore creative combinations and exciting music selections designed to energize your programming and elevate your teaching skills. Leave with six new comprehensive choreographed routines, all meticulously detailed and ready for immediate use. Invigorate your classes, captivate your participants, and leave with the confidence to make waves in your next session.

FR2G:
How to Avoid Being My Patient NEW

Dr. Edward Laskowski, MD

Dr. Edward Laskowski, former Co-director of Mayo Clinic Sports Medicine, shares evidence-based strategies to optimize health and longevity. Learn practical interventions for improving diet, lifestyle, cognitive function, and fitness, along with essential screening tests and effective training to keep you and your clients healthy and out of the doctor's office. (Lecture)

FR2H:
Women's Leadership: Climbing, Creating & Conquering in Fitness Panel NEW

Sara Kooperman, JD, Gail Bannister-Munn, Christine Conti, MEd, Amber Toole, Ann Gilbert & Danielle Ontiveros

Unlock real-world strategies for women to succeed in the fitness industry. Learn how to get promoted, lead in corporate settings, and launch your own business. This empowering session shares direct tools for building confidence, commanding respect, and accelerating your career path—whether you're climbing the ladder or building one of your own. (Lecture)



FR3 Sessions | 11am - 12:15am

FR3A:
Master Knee-Pain Reduction Strategies NEW

Ruston Webb, MS, FMS II, TPI-CGFI III

Unlock the secrets to mitigating knee pain and preventing injuries through targeted exercises. As a fitness professional, you'll learn to optimize performance for your clients, enhancing satisfaction and profitability. Elevate your training approach to foster remarkable results, greater retention, and a thriving business. Join us and revolutionize your fitness strategy!

FR3B:
Arms, Butts & Core On the Floor! NEW

Gail Bannister-Munn

Discover the Power of Ground-Based Strength Training! Join us for an engaging session where you'll learn to lead a comprehensive strength class using floor-based exercises. Master advanced techniques, exercises, and progressions designed to maximize muscle engagement and intensity. Expand your training repertoire and elevate your fitness approach with this dynamic method!

FR3C:
Trends In Cycling NEW
Sherman
Stay Ahead of the Curve: Explore the resurgence of cardio cycling and its impact on metabolism, VO2 Max, and overall health. Learn how to leverage Functional Threshold Power (FTP) to boost motivation and generate revenue through small group training and gamification. Dive into heart rate variability (HRV) and recovery strategies to optimize cardiovascular health in cycling.

FR3D:
ZUMBA®
Erick Santana
Zumba® is perfect for everybody and everybody! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

FR3E:
Symmetry AlignSmart® Scientific Stretching NEW
Patrick Mummy
Ever wish you had a quantifiable system for measuring the success and outcome of corrective exercise? In this session, you will learn, practice, and implement the AlignSmart™ system to measure and create custom corrective exercise routines. Leave ready to assist, mentor, coach, and guide clients through their journey to be pain-free and performance-ready.

FR3F:
LaBlast® Splash: Buoyant Ballroom Blitz
Louis van Amstel
LaBlast® Splash is an aqua dance fitness program created by "Dancing with the Stars" pro, Louis van Amstel. Experience a diverse mix of famous ballroom dances set to your favorite music in the water. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more!

FR3G:
Supporting Clients on Anti-Obesity Medications
Ann Gilbert
This session explores effective programming for clients using Anti-Obesity Medications (AOM). Learn to tailor movement plans to support weight loss and address potential side effects. Participants will discover how to design sustainable routines that complement AOM treatments, enhancing overall client success and well-being. (Lecture)

FR3H:
Start & Grow Your Business NEW
Sara Kooperman, JD, Amber Toole, Kylie Ross, MSM, MBA & Dane Robinson
Learn how group exercise instructors can start or grow a successful business—online or in-person. Explore options for selling products, personal training, and more to achieve financial and individual success. Attract and retain clients effortlessly with affordable tools for marketing automation, client feedback, loyalty rewards, and easy payment processing, ensuring steady growth, expanded revenue, and a loyal customer base.

FR4 (Session 1) | 12:30pm - 1:45pm

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

FR4A:
Prime Performance for 50+
Dane Robinson
For coaches training older adults, this session covers sport-specific programming to keep clients strong, agile, and functional. Learn to design workouts that boost cognitive function, enhance performance, prevent injury, and promote a high quality of life, ensuring longevity in both sport and daily activities.

FR4D:
Step it Up! NEW
Tara Turner
Step is dead? We are bringing it back with this workout! This class combines step choreography with intervals of strength training. Whether you are an athletic or dance stepper, this class is the perfect in between. Break out your leg warmers because we are about to step it up!

FR4E:
Human Reformer Pilates NEW
Lauren George, MS
Experience the powerful benefits of Pilates reformer workouts without the need for a reformer! Using one or two resistance bands, this class adapts classic reformer moves directly onto the mat. Suitable for all fitness levels, the session focuses on building functional strength, enhancing posture, and improving coordination. The Human Reformer method allows you to perform full Pilates reformer movements while discovering new methods and strategies for your classes.

FR4G:
Nutrition: Hot Topic Research NEW

Melissa Layne, MEd

Research follows trends so what is the current research showing on collagen supplements, creatine for postmenopausal women, caffeine as a preworkout, and many other hot topics? We will also hit on the science as to why or why not these nutritional practices make physiological sense in the human body. (Lecture)

FR4 (Session 2) | 1:15pm - 2:30pm

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

FR4B:
Intervals Reimagined: Strength – Power – Roll NEW

Christine Conti, MEd

Discover how seamlessly integrating pressure point techniques into interval training enhances physical, emotional, and cognitive benefits. Learn key pressure points to boost focus, memory, circulation, and reduce stress. Elevate your fitness routines for enhanced recovery, vitality, and overall wellness.

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FR4C:
Fit for Life: Active Agers NEW

Eric Thomson, MA

Discover how aging impacts the body and why strength training is essential for older adults. Explore science-backed strategies to design programs that build strength, enhance quality of life, and support independence and long-term vitality.



FR4F:
Water Running NEW

Yury Rockit

Dive into the benefits of water-based running techniques, fostering better land movement adaptations. This session challenges participants to enhance efficiency, mindful form, muscle activation, and breathing, all while minimizing joint stress. Embrace the fluidity of natural movement.

FR4H:
Marketing to Active Agers Panel NEW

Sara Kooperman, JD, Ann Gilbert, Deborah Rothschild, MS, & Amber Toole

Discover effective strategies to engage the growing 50+ market. Learn how to craft compelling messaging, leverage social media, utilize referral programs, and create community-driven experiences. This panel explores proven techniques, successful samples, and actionable strategies to attract, retain, and inspire active aging adults while positioning your business for long-term success. (Lecture)

FR5 Sessions | 2:45pm -4pm

FR5A:
Dare to Chair NEW

Ann Gilbert

"Dare to Chair" introduces an innovative seated workout that blends low-impact cardiovascular exercises with functional movements. Perfect for those with mobility challenges or seeking a gentler approach, this program focuses on Purpose, Performance, and Population (PPP), offering a tailored solution for the aging population and anyone needing a more accessible fitness option.

FR5B:
Kettlebell Krush

Tara Turner

Using an age-old piece of equipment, improve strength, endurance, and enhance overall fitness in an exciting and dynamic training environment. This kettlebell program incorporates unique layering techniques along with safe and effective execution cues. Leave with creative patterns and a strong balance of power & endurance.



FR5C:

Full Body Fusion: Balanced HIIT NEW

Kelli Brightwell

This session focuses on balancing the anterior and posterior chains to prevent injuries and address asymmetry. Participants will explore the planes of motion to enhance functional movement and gain practical skills through a full-body, multiplanar HIIT workout that boosts strength, coordination, and overall functional movement.

FR5D:

Bodyfit: Tips on Modifications NEW

Kylie Ross, MSM, MBA

Join this total body workout to get your blood flowing and release endorphins! Discover effective high and low-intensity movements that relieve tension and build lean muscle for active aging and post-op recovery clients. Utilize the chair and floor for core, leg, back, and arm variations to enhance strength and protect your joints.

FR5E:

Shoulder Pain: Optimize Through Exercise NEW

Ruston Webb, MS

Step up your fitness game by mastering exercises that alleviate shoulder pain and prevent injuries. This course empowers fitness professionals to enhance client satisfaction and results, increasing retention and profit. Learn to optimize performance through pain-reducing strategies, and watch your business thrive. Don't miss this opportunity to elevate your expertise!

FR5F:

Aqua Disco - NEW

Tanisha (Tani) Haggard

Leave your high-heeled platforms at home and strap on those water slides for a little disco and a splash. Bring in the funk with this low impact, high energy dance class to l stimulate your brain and challenge your muscles. Take a dive at our disco party!

FR5G:

Body Composition Scales For Teachers & Trainers NEW

Joseph Han, CSM, PMP

Discover the true value of body composition scales that go beyond weight to measure heart rate, body fat, and more. Explore various scale types and learn how to apply this data to optimize results for personal training clients and group fitness members. Unlock a full-spectrum view of fitness progress.

FR5H:

Making Sales Suck Less NEW

Dane Robinson

Struggling to sell your fitness services without feeling pushy? Boost your sales closing percentage and more importantly, your sales confidence using a six steps recipe. Plus, learn how to handle objections easily and strategically without hard closing. Gain the skills to connect with clients authentically and make sales suck less! (Business Summit Lecture)

FR6 Sessions | 4:30pm - 5:45pm

FR6A:

Aging Brains & Bones NEW

Melissa Layne, MEd

Discover the age-related changes that occur in the brain and bones, explore the causes behind these changes, and learn what we can do to slow the process. Experience a workout that includes activities targeting neuroplasticity and osteoporosis prevention. We'll wrap up the session with two large group games to keep everyone laughing.

FR6B:

Beyond Squat: Unconventional Lower Body Training

Yury Rockit

Embark on a skill acquisition journey with Yury, mastering movements like pistol, "sissy," and dragon squat. Embrace Yury's inclusive approach, suitable for all fitness levels. This series is an exploration of balance, strength, mobility, and proprioception, ensuring a rewarding experience for anyone on their fitness journey.

FR6C:
Awaken Athleticism in HIIT Sessions NEW

Kelli Brightwell

Discover how to unleash athletic potential in every client. This session explores a multiplanar approach to speed, power, and locomotive drills—complete with progressions and regressions—proving that athleticism is for all fitness levels, not just athletes.

FR6D:
Stretch Savvy: Hands-On Techniques NEW

Gail Bannister-Munn

Enhance your training sessions with hands-on stretching techniques for the table and floor. Learn step-by-step assisted stretches to improve client flexibility while staying within your scope as a personal trainer. This practical workshop equips you with effective, easy-to-apply methods to elevate your skills and support client mobility.

FR6E:
Functional Pilates Powerhouse NEW

Lauren George, MS

Fuse Pilates precision with functional training in this dynamic session! Explore unilateral moves, anti-rotation drills, and standing sequences that challenge core stability, balance, and total-body control. Take your clients beyond the mat with purposeful movement that builds real-world strength and coordination.

FR6F:
Liquid Gym Acqua Toner Stretch & Tone

Billie Wartenberg

Experience the incredible resistance exercises with Liquid Gym Acqua Toner Bands and Bar, and elevate your aqua workout to a new level. Combine the power of strength resistance training with the resistance and hydrostatic properties of water to transform your exercise routine. Increase flexibility, muscle tone, and range of motion; improve proprioception and blood circulation. Conclude with a stretch routine using the Liquid Stars.

FR6G:
Chair Yoga for Mobility & Strength NEW

Sara Kooperman, JD

This workshop, designed for yoga teachers and mobility practitioners alike and combines seated and standing chair postures to build strength, flexibility, and functional movement. Focused on daily activities—such as rising, sitting, and flowing—it enhances balance and overall well-being, making it ideal for aging populations seeking greater independence, longevity and vitality.

FR6H:
Mastering Macros NEW

Amber Toole

Unlock the science of macronutrients and learn how to guide clients toward better nutrition. Explore how to assess client needs and implement macro-based nutrition for effective weight loss. Attendees will leave with practical strategies to confidently coach clients, stay within scope, and achieve sustainable, balanced results. (Lecture)

FR7 Sessions | 6pm - 7pm

FR7A:
Dance Off!

Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with LaBlast®, Billie Wartenberg,Tara Turner & Tanisha (Tani) Haggard and learn tons of new moves to drive your dance programs to the next level. You even can win a free certification from one of these amazing programs. It's going to be a party of epic proportions!

FR7B:
SCW Fitness Star Search

Judges: Sara Kooperman, JD, Dane Robinson, Ann Gilbert & Gail Bannister-Munn

Compete to WIN a presenting spot at the 2026 MANIA® Conference on your chosen topic! Showcase a 3-minute highlight from your favorite class, demonstrating your energy, creativity, and ability to inspire. Our expert judges evaluate your routine and leadership skills. Share your expertise, gain recognition, and shape the future of fitness. Step into the spotlight and claim your place at MANIA®!

FR7D:
Bounce Back Stronger with Kangoo Jumps!

LaWanda Brokenborough

Strap in, lace up, and get ready to fly! Torch up to 20 calories a minute and slash joint impact by 80% with Kangoo Jumps rebound boots. This high-energy, joint-happy workout builds cardio power and muscular strength through fun, bouncy moves anyone can follow. No rhythm? No problem. Just bounce, smile, and sweat!



Presenter Information

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

FR7E:
Breathing Meditation NEW
Yury Rockit
"Those who breathe together, meditate together." The moment we begin to pay attention to our breath, we uncover a valuable treasure that's been right in front of us—and depending on our nose—all along. Observing the patterns of your breath not only deepens your awareness of your physical body, but also reveals insight into your emotional state.

FR7H:
BUSINESS KEYNOTE: The Fitness Evolution NEW
Patrick Mummy
The Fitness Industry is booming, growing 31% faster than any other profession in the U.S., yet it's still among the lowest paid. It's time for a change! Join us to uncover the bold steps that will redefine the future of fitness careers, boosting earning potential while empowering fitness pros to lead the wellness revolution!

Saturday, July 26

SA1 Sessions | 7:30am -8:45am

SA1A:
Athletic Aging by Ever Flexed NEW
Lauren George, MS
Athletic Aging by Ever FLEXED empowers adults 45+ with strength, HIIT/VIIT, mobility, and flexibility training. Learn to design fun, functional classes that support longevity, build confidence, and foster connection. Walk away with fresh programming ideas and coaching strategies to help participants stay strong, move well, and feel amazing!

SA1B:
Don't Forget Your Unilateral Exercises NEW
Rosie Lemons, MS, ERYT-200
Everyday movements often rely on one limb or one side—are your clients prepared? This session covers how unilateral training enhances strength, corrects imbalances, improves balance, and incorporates multidirectional movement. Learn to safely and effectively integrate these powerful exercises in both group fitness and gym-floor programming.

SA1C:
Connect With Music, Messaging, Motivation NEW
Robert Sherman
Unlock the power of music in indoor cycling! Learn how to select tracks that enhance motivation, performance, and engagement. Master the art of blending music with vocal techniques to create immersive, themed rides that inspire and elevate your coaching, leaving participants craving more.

SA1D:
SOULkickboxing™ NEW
Lindsey Coleman, MA
SOULkickboxing™ is a creative fusion of kickboxing, dance, inspired-cardio, balance, and the ultimate in conditioning sequences, all in our signature FIGHTER FLOW. Set to crazy, fun and motivating music, SOULkb guarantees that you find your FOCUS, find your FIGHT, and find your FLOW! No equipment needed! Time to bring out your inner BADASSERY!

SA1E:
Hip Mobility for Peak Performance NEW
Gail Bannister-Munn
Unlock your full potential with targeted strategies to enhance hip mobility, flexibility, and strength. This session explores techniques to optimize movement efficiency, prevent injuries, and boost athletic performance. Improve range of motion, reduce discomfort, and build a powerful foundation for peak performance in sport, fitness, and daily movement.

SA1F:
Ageless Aqua NEW
Billie Wartenberg & Tanisha (Tani) Haggard
Dive into six 64-count choreography blocks that flow seamlessly for active agers. These routines integrate balance, mobility, and dexterity, while neuroplasticity games make waves in cognitive health. Take home comprehensive handouts to create a current of engaging, functional, and refreshing aqua programming for your classes

SA1G:
Women: Training Through The Stages NEW
Melissa Layne, MEd
Learn how hormonal shifts impact strength, endurance, and recovery in women. This session explores evidence-based strategies for optimizing training at every life stage, offering insights into tailored exercise, recovery protocols, and supplementation. Empower women with smarter, science-backed approaches for long-term health and performance. (Lecture)

SA1H:

Your Financial Health
Kylie Ross, MSM, MBA
Learn simple, effective, and necessary techniques to build your financial freedom both personally and professionally in language you will understand and can apply. Analyze websites that focus on growth, discover industry-driven 3rd-party platforms fueled by automation and understand federal and state legal compliance and how it affects your financial health. Grow (or start) your fitness business worry-free! (Lecture)

SA2 Keynote | 9:15am -10:30am

SA2A:
The Purpose-Driven Fitness Formula NEW
Ruston Webb, MS, FMS II, TPI-CGFI III
Unlock your clients' true potential by uncovering the 3 hidden "filters" that cause self-sabotage and keeps them from recognizing their true purpose. This breakthrough formula dives deep into the mental and emotional barriers that hold clients back. Discover how purpose unlocks lifelong success, boosts adherence, and drives lasting results. Ready to elevate your fitness business and transform lives? Join this EPIC session!

SA3 Sessions | 11am -12:15am

SA3A:
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!

SA3B:
Welcome to the Terrordome NEW
Tara Turner
Test your strength, cardio, and balancing skills by performing exercises that will motivate and challenge you. From using your body weight to incorporating fitness props, you will perform intervals of cardio and strength movements creating an intense workout. So come through with no fear, refusing to lose...here's your ticket.... hear the drummer get wicked!

SA3C:
HIIT Every Energy System NEW
Kelli Brightwell
Explore how to target all energy systems by adjusting intensity, duration, and work-to-rest ratios. This session delivers practical strategies to program with purpose, helping clients train smarter, boost performance, and maximize results across every metabolic pathway.
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SA3D:
Barreless Barre - No Barre, No Limits NEW
Lauren Georege, MS
Barreless Barre takes your barre classes beyond the barre! Learn to design dynamic, full-body workouts anywhere—studio, outdoors, or online. This workshop explores balance, strength, and coordination using functional movement patterns. Gain a library of barre-inspired combos and progressions that are accessible, effective, and fun for all fitness levels.

SA3E:
Prana Energy NEW
Lisa Greenbaum, E-RYT 500, C-IAYT
More than just a yoga class, Prana Energy is an immersive experience that blends dynamic asana (movement), pranayama (breathwork), and meditations to reset and rebalance your entire being. Learn powerful breathwork techniques, explore mudras (hand gestures), and elevate your energy with mantras



(chanting) in this transformative journey of self-renewal.

SA3F:
Aquatic Strength Training NEW

Irene PluimMentz, PT

Debunk the myth—show your participants they CAN build muscle and improve functionality through aquatic exercise. We'll discuss key factors for your target group, equipment options (if any), and how to use them safely and effectively for optimal results in strength training.

SA3G:
Body Composition 101: Tools & Insights NEW

Joseph Han, CSM, PMP

Explore the evolving science of body composition and learn what metrics truly matter in fitness and wellness. Compare today's leading technologies and measurement systems. Evaluate devices, data and insights for PTs and GXIs. Understand key performance outcomes based on science, use-case and outcome potential that drive real-world results. (Lecture)

SA3H:
Marketing Mastery NEW

Christine Conti, MEd

Bring your smartphone and join Christine Conti for a hands-on session filled with top marketing and branding strategies! Discover proven techniques to expand your reach and enhance your presence. Leave with fresh social media content and innovative ideas to take your business to the next level! (Business Summit Lecture)



SA4 (Session 1) | 12:30pm - 1:45pm

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

SA4A:
ToughAgers® Active Older Adult Fitness NEW

Deborah Rothschild, MS

Neuromotor Exercise Training—What is it, what are the benefits, and how can it be applied to fitness training for active older adults? This science-based total-body program includes cardiorespiratory, balance, resistance, core, and flexibility training. Leave with program suggestions, choreography, and strength training systems supporting Tough Agers!

SA4C:
Glute Goals NEW

Eric Thomson, MA

Explore the science behind glute function, their role in movement, and the cultural influence on glute training. Learn top exercises to build a strong, sculpted, and functional backside that boosts performance and results.

SA4F:
Aqua Drums Vibes NEW

Billie Wartenberg

Dive into the rhythm of water drumming! Experience the exhilaration of SAF Aqua Drums Vibes® as you blend unique rhythms and movements for a challenging and fun aquatic workout. Discover a fresh and dynamic way to achieve fitness goals while enjoying the water.

SA4G:
Physics of Pain & Performance NEW

Patrick Mummy

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

SA4 (Session 2) | 1:15pm - 2:30pm

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

SA4B:
Full Body Workout with BillyStix™ NEW
Bill Shuttic, MBA, CPT
Get ready for a dynamic full-body workout with BillyStix™—weighted sticks designed to challenge strength, coordination, and cardio. Energize your group fitness offerings with creative moves that build core stability, balance, and endurance. This session will leave you inspired and ready to elevate your training!

SA4D:
LaBlast® Fitness: Ballroom Blitz
Louis van Amstel
LaBlast® is a dance fitness program created by "Dancing with the Stars" pro, Louis van Amstel. Experience a diverse mix of famous ballroom dances set to your favorite music. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more!

SA4E:
SOULfusion™ EXPERIENCE NEW
Lindsey Coleman, MA
Athletic mind-body movement set to crazy fun music! Experience a SOULfusion masterclass and dive deeper into the importance of music and how it connects to movement. Walk away with easy-to-learn, easy-to-teach, fun-to-take choreography to use in your classes right away. SOULfusion is a blend of yoga-inspired moves, flexibility, mobility training, and cardio bursts designed for EVERYbody. It's more than a class, it's an EXPERIENCE!

SA4H:
Strength Training for Active Agers Panel NEW
Sara Kooperman, JD, Dane Robinson, Ann Gilbert & Dr. Edward Laskowski, MD
Explore effective strengthening techniques designed for the 50+ population. Learn how to improve mobility, balance, and muscle endurance with science-backed methods. This panel covers resistance training, functional movement, and progressive overload strategies, providing successful samples and actionable approaches to help active agers build strength safely and effectively. (Lecture)

SA5 Sessions | 2:45pm - 4pm

SA5A:
Mobility Training - Online or In-Person
Ruston Webb, MS
Unlock the untapped potential of mobility training. Integrate mobility exercises into group sessions to enhance client retention, achieve better results, and increase your revenue. Experience firsthand the movement sequences that unlock the body's potential. Don't miss out on this burgeoning trend in the fitness industry. Join Ruston and stay ahead in this competitive market.

SA5B:
The Core 6: Strength & Movement Essentials NEW
Gail Bannister-Munn
Master the six key movement patterns—Squat, Hinge, Lunge, Pull, Push, and Carry—in this high-energy class. Build strength, stability, and mobility for daily life and athletic performance. Perfect for all fitness levels, this class helps prevent injury, improve fitness, and empower you to move better, feel stronger, and live healthier!

SA5C:
Create Rides With AI NEW
Robert Sherman
Learn how to use AI to create personalized indoor cycling ride formats tailored to your students' unique needs. This session explores how AI can help develop results-driven programming, seamlessly incorporate music, and save time while enhancing the overall cycling experience. Join us for this interactive, future-focused workshop!

SA5D:
Yoga-Bata VIIT NEW
Rosie Malaghan, MS, ERYT
Hustle and reset. Strengthen and stretch. Participate in this fusion of mind-body disciplines using a variable intensity interval format paired with yoga flow. Dynamic movement includes barre, pilates, mobility training, and more! Walk away with an empowering class format for all levels!

SA5E:
Posture & Alignment with Personal Training NEW
Patrick Mummy
Proper posture and alignment are crucial for maximizing workout results and preventing injury. Yet, assessing and correcting clients during a workout can be challenging. Join expert Patrick Mummy as he shares top coaching and cueing strategies for effective posture and alignment in personal training and small

group settings. Learn how to ensure your clients move safely and efficiently.

SA5F:
Liquid Gym: Star Workout NEW
Billie Wartenberg
Power up your pool time! This dynamic aqua session blends boxing and strength moves using Liquid Stars to maximize drag, resistance, and results. Finish strong with deep stretches to boost flexibility and range of motion. Get ready to make waves and feel the burn!

SA5G:
Boost Your Pre-Workout & Recovery NEW
Sara Kooperman, JD, Danielle Ontiveros, Amber Toole & Melissa Layne, MEd
Unlock your body's full potential with personalized pre- and post-workout strategies. In this fireside chat, discover how tweaks in nutrition, supplementation, and hydration can optimize energy, performance, and recovery. Learn what works best for your body type, including tips for HIIT, fasted cardio, and more. (Lecture)

SA5H:
The Sold-Out Class Strategy NEW
Dane Robinson
Struggling with low attendance, boredom, or burnout? Discover the psychology behind packed classes, rave reviews, and excited participants. Based on the same research used to create Hollywood blockbusters, this session will teach you proven strategies to fill your classes and keep your students coming back for more! (Lecture)

SA6 Sessions | 4:30pm - 5:45pm

SA6A:
Pelvic Floor from the Outside In - NEW
Melissa Layne, MEd
The hip muscles significantly impact pelvic floor health. As research expands, this session explores which exercises, for both males and females, are effective—or detrimental—for improving hypotonic and hypertonic pelvic floors. Learn the latest strategies for optimal pelvic floor function.

SA6B:
HIIT Dance Jam NEW
Tara Turner
Boot camp or Booty shake? Why not have both? Combine dance movements and HIIT. Glide between high- and low-intensity dance to get your heart rate up and boost cardio endurance. Integrate dance styles of salsa, merengue, reggaeton, soca, and hip-hop to launch that party mood that will get em' hoppin!

SA6C:
Strong Her NEW
Eric Thomson, MA
Explore the unique anatomy and hormonal factors affecting women's strength and muscle development. Bust common myths and uncover the science behind muscular growth. Learn why strength training is essential for women's health, how to program effectively, and when to apply gender-specific adjustments for powerful, lasting results.

SA6D:
Step 'N Sweat NEW
Amanda Holtsclaw
Get ready to elevate your heart rate and energy with Step 'N Sweat! This high-energy class blends dynamic step choreography with interval training, offering a fun, full-body workout. Designed for all fitness and stepper levels, it's the perfect mix of cardio, coordination, and sweat-inducing moves!

SA6E:
Pair Up With Pilates NEW
Amber Toole
Discover the powerful fusion of Pilates and weight training to unlock next-level results for your clients! This dynamic session reveals how Pilates principles—core stability, breath control, and alignment—can enhance strength, mobility, and injury prevention, giving you the tools to create stronger, more functional fitness routines.

SA6F:
Tides of Power NEW
Billie Wartenberg & Tanisha (Tani) Haggard
Revitalize your water workouts with innovative uses of aqua dumbbells! Harness drag, resistance, and buoyancy to build strength, muscular endurance, power, and tone. Explore creative techniques with single or paired dumbbells, including flotation options, to recharge your routine and unlock new strength and energy in the pool.

SA6G:
Fall Prevention for Fitness Professionals NEW
Christine Conti, MEd
What are you doing to educate your clients about fall prevention? In this session, you will explore the most effective fall risk assessments and best practices to reduce falls at any age. Learn valuable techniques to aid in overcoming the fear of falling as well as how to get up from a fall. (Lecture)

SA6H:
Stretching Strategies: Flexibility, Recovery,

Performance Panel NEW

Sara Kooperman. JD, Gail Bannister-Munn, Ruston Webb, MS, FMS II, TPI-CGFI III, & Dr. Edward Laskowski, MD

Enhance your knowledge on effective stretching techniques with our expert-led Stretching Panel. Discover methods to improve flexibility, prevent injuries, and optimize recovery. This session will cover dynamic, static, and PNF stretching, offering insights for all fitness levels to incorporate safe, impactful stretches into any routine. (Lecture)

Sunday, July 27

SU1 Sessions | 7:30am -8:45am

SU1A:
Forever Fit: Flexibility, Strength, Flow NEW

Christine Conti, MEd

Discover fresh ideas for exercise programming tailored to active agers. This session explores safe, effective ways to combine light weights, breathwork, flexibility, and balance into accessible, easy-to-follow sequences. Designed for all fitness levels, these techniques support mobility, strength, and overall well-being, keeping participants moving confidently and comfortably.

SU1B:
SOULstrength™ EXPERIENCE NEW

Lindsey Coleman, MA

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. Get your SOUL on!

SU1D:
LaBlast® Fitness for all Ages NEW

Laura Mikszan

LaBlast® Fitness for All Ages offers inclusive ballroom fitness programs that make staying active fun for everyone, regardless of age or fitness level. Enjoy the joy of dancing with cardio and strength training, set to various music genres, with no partner needed. Perfect for all, from young to old!

SU1E:
Yin+Restore Yoga NEW

Lisa Greenbaum, E-RYT 500, C-IAYT

This soul-soothing yoga workshop is designed to activate the parasympathetic nervous system, where healing takes place. Through gentle flows and deep stretches, participants will release stagnant energy and chronic tension, creating space for breath, mental clarity, and enhanced stress resilience while calming



both mind and body.

SU1F:
All-Inclusive Aquatics NEW

Irene PluimMentz, PT

Learn to adapt your aquatic programming for all participants, covering conditions such as stroke, obesity, fibromyalgia, Parkinson's, amputations, and arthritis. Discover ways to ensure safe participation and take time to discuss your specific clients, finding inclusive solutions tailored to their needs.

SU1G:
Balancing the Burn - Managing Inflammation - NEW

Rosie Lemons, MS, ERYT-200

Learn the dual role of inflammation in exercise, highlighting strategies to support muscle repair and prevent chronic inflammation. Explore how balanced training, diet, and recovery can harness inflammation's benefits while avoiding its pitfalls for optimal health, performance, and sustainable fitness results. (Lecture)

SU1H:
Nutrition for Healthy Aging NEW

Gregory Charlop, MD

Discover how nutritional needs change with age and how to fuel your body for strength, energy, and longevity. Learn key strategies to maintain muscle mass, support bone health, and optimize digestion. Get practical tips to enhance vitality and well-being through smart, age-appropriate dietary choices. (Lecture)

SU2 Sessions | 9am - 10:15am

SU2A:
Age Defying Mobility Training: Enhancing

Longevity NEW

Ruston Webb, MS

Unlock the secrets to longevity with Age Defying Mobility. This session reveals how targeted mobility training can enhance functional independence, slow aging, and improve balance. Learn practical, easy-to-follow movement sequences that boost client retention, results, and youthfulness. Don't miss this chance to transform aging with mobility training and stay competitive in the evolving fitness landscape.

SU2B

Strength & Grace: Back to Power NEW

Rosie Lemons, MS, ERYT-200

Unlock the power of a strong, resilient back! Learn how to design effective programs that improve posture, relieve pain, and prevent injuries. Gain expert insights into common back conditions and refine your skills to help clients move with confidence. Build strength, stability, and flexibility for lifelong wellness!

SU2D:

BARREfusion™ Experience NEW

Lindsey Coleman, MA

A BARRE class for EVERYbody. Not a ballerina? NO WORRIES! BARREfusion™ is designed for the ballerina, the barre enthusiast, or someone with NO barre experience! We combine ballet-inspired movement with athletic moves, cardio bursts, and our signature fuses to accommodate EVERYbody.

SU2E:

Authentic Mat Pilates Uncovered NEW

Amber Toole

Authentic Mat Pilates Uncovered takes you back to the roots of Pilates, where true transformation begins! Dive into Joseph Pilates' original teachings, master essential exercises, and refine your programming. Uncover how modern trends miss the mark—and why staying authentic delivers powerful results for clients of all levels!

SU2F:

AQUAHOLIC NEW

Melissa Layne, MEd

Love moving and grooving in the pool? This workshop delivers fresh choreography using only body weight for resistance and turbulence. Enjoy easy-to-follow breakdowns that suit all ages and fitness levels, while harnessing the power of musical phrasing.

SU2G:

Preventing Common Fitness Injuries NEW

Dr. Edward Laskowski, MD

This session will discuss common fitness and sports injuries seen in a sports medicine practice. Evidence based strategies for recognizing and preventing these injuries in your training population will also be discussed. (Lecture)

SU2H:

Client to Competitor NEW

Shalom Singer

Want your clients to rave about their results? Take it up a notch—get them stage-ready! As personal trainers, we already help clients reduce body fat, build muscle, improve nutrition, and boost confidence. Why not showcase that transformation with a bodybuilding competition? Let their success be your strongest testimonial. (Lecture)

SU3 Sessions | 10:45am - 12pm

SU3A:

AASK Amber: Anti-Aging Survival Kit NEW

Amber Toole

Designed for fitness professionals working with active agers, this session provides essential strategies in nutrition, self-care, and fitness to help clients age with vitality. Discover evidence-based practices to boost well-being, enhance physical performance, and foster a positive mindset, empowering your clients to thrive at any age.

SU3B:

Step Up Your Groove NEW

Melissa Layne, MEd

Get moving with high-low choreography that starts simple and builds in complexity. This fun, easy-to-follow routine will boost your energy and challenge seasoned fitness enthusiasts with optional turns and rhythms. Get ready to sweat, push yourself, and revamp the retro routine for a high-energy, heart-pumping workout!

SU3D:

FitLife:
Adapted Fitness for Special Abilities NEW

Laura Miksan

Experience an uplifting blend of movement and motivation in this activity-based session designed to support individuals of all abilities, including children and adults with developmental disabilities. Discover how adaptive workouts can enhance confidence, foster social connection, and improve overall well-being. Leave with practical tools, creative programming ideas, and inspiring success stories to help you create inclusive fitness experiences that truly make a difference.

SU3E:
Yin to my Yang NEW
Rosie Lemons, MS, ERYT- 200
We live in the Yang—fast-paced, active, and intense, with a focus on muscles and ambition. Slow down, turn inward, and find balance through Yin, a slower practice targeting the hips, pelvis, and spine. Explore class format, asanas, and techniques to protect joints, enhance energy flow, and complement strength training.

SU3F:
Soca Splash NEW
Tanisha (Tani) Haggard
This high-energy Aqua Dance class mixes HIIT and strength with a sexy twist. Wind up that body with the sweet sounds of Soca while we build strength, power-up the legs and build a beautiful booty. Welcome to the Islands! Get ready to dance aqua style!

SU3G:
Alcohol & Aging: Myths vs. Facts NEW
Gregory Charlop, MD
Is moderate alcohol consumption helpful or harmful as we age? Explore the latest research on alcohol's effects on brain health, metabolism, and overall well-being. Learn how to make informed choices that support longevity, cognitive function, and a balanced, healthy lifestyle. (Lecture)

SU3H:
Hydrate Before You Dehydrate NEW
Jaymar Saniatan, RD, CPT
Unlock the power of hydration! This dynamic session dives into the science of dehydration, highlighting its impact on performance and health. Discover practical tips to stay hydrated, prevent dehydration, and boost your energy. Get ready to hydrate like a pro and keep your body at its best! (Lecture)

SU4 Sessions | 12:15pm - 1:30pm

SU4A:
LaBlast® Chair Fitness: Pull Up a Seat NEW
Laura Mikszan
100% Dance, 100% Fitness and 100% Seated. A perfect balance of dance and fitness with little impact on the joints. Experience a diverse mix of famous ballroom dances set to your favorite music AND the ultimate core workout. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more...all from the comfort of your chair!

SU4B:
Flex Like a Boss NEW
Tanisha (Tani) Haggard
This total body strength class includes 8 blocks of work advancing each exercise from (easy, med, hard) to a final "Boss up "challenge testing your strength. The goal is to improve your muscular power and endurance with both light and heavy weights along with kettlebells and resistance bands.

SU4D:
Kardio Kenpo NEW
Bill Shuttic, MBA, CPT
Step into the dojo for a high-energy kickboxing session! Perfect your punches, kicks, and cardio while building strength and coordination. No dance moves here—just straightforward, powerful techniques to unleash your inner fighter and level up your workout. Are you ready to rumble?



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



SU4E:

Dynamic Stretching NEW

Shalom Singer

Kickstart your client's session with dynamic stretching and unlock serious benefits—think better mobility, faster recovery, fewer injuries, and less stress. By customizing stretches to their tight spots and goals, you'll prime their body to perform and crush workouts. It's the ultimate warm-up with purpose and power.

SU4F:

Aqua Boost Cardio Splash NEW

Amanda Holtsclaw, MA

Make waves and boost your heart rate with this fun, no-impact aqua cardio session! Aqua Boost combines energizing moves and water resistance to deliver a heart-pumping workout that's easy on the joints but big on results. Perfect for all levels looking for a splash of intensity!

SU4G:

Stress & Inflammation: Impacts & Outcomes NEW

Melissa Layne, MEd

Learn how acute and chronic stress affect metabolism and drive the body's inflammatory responses. This session highlights how prolonged stress can worsen inflammation, contributing to heart disease, autoimmune disorders, and mental health challenges. Gain research-backed insights into managing stress for improved health outcomes. (Lecture)

SU4H:

Create Content to Boost Sales NEW

Amber Toole

Dive into content marketing strategies and create a month's worth of content during the session. Learn content creation, SEO, social media, and email marketing tactics. Walk away with actionable content ready to drive sales. This session empowers you to thrive and skyrocket your fitness business! (Business Summit Lecture)

Pre-Recorded Sessions

Pre-Recorded - Personal Training/Strength

Add an EMOM

Kari Merrill

Get ready to spice up your workouts with EMOMs—every minute on the minute exercises that add a thrilling twist to your routine! Discover creative ways to keep your classes fresh and engaging, and leave with a ton of new ideas for your next strength session. Don't miss out!

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.

Athletic Woman: Function & Strength

Michael Hughes

You need strength, stamina, flexibility and power for the tasks of everyday life. Functional fitness improves your ability to run a marathon and walk your dog, to lift a barbell and lift your laundry. For whatever life brings you, train like the well-rounded female athlete that you are!

Core Amore

Tricia Madden

Discover the power of your core! Instead of solely concentrating on effective core exercises in your classes and sessions, why not empower your clients to truly appreciate their core? Gain valuable insights on cultivating core strength that extends beyond fitness and unlock a plethora of innovative ideas for designing engaging core-focused programs.

Integrated Strength

Lauren George, MS

Group fitness students love a total-body workout, but fitting it into a 50-minute class can be challenging. This session will show you how it's done. Learn how to engage the core, lower body, and upper body simultaneously, all while moving dynamically to the beat. Walk away with the tools to create classes that deliver the most effective workout of your students' week.

Fluid Core Fusion

Manuel Velazquez

Fluid Core Fusion is the ultimate workout, combining cardio and strengthening segments. Learn specific movements that target the core muscles and dynamic cardio sequences to design your own non-stop cardio-core-strength programming. This session focuses on combining specific core muscle toning moves with functional and dynamic cardio segments to create a complete cardio-core-strength experience.

Hit The Wall
Yury Rockit
Discover the power of your body and a simple wall in this dynamic fitness session! Unleash creativity with diverse movements blending strength, cardio, and mobility exercises. Transform your workout as we utilize the wall for a unique and effective session. Elevate your fitness experience – because everyone needs a wall in their workout!

Kickbox N Chaos
Tara Turner
This workout combines everything (including the kitchen sink) to create complete chaos in your kickbox class. Using drills, weights, and quick power moves, this is sure to get your heart pumping and your mind and body working! Up your game and take your kickboxing program to the next level.

Strength Courage and Wisdom
Amia Freeman
Strength, courage and wisdom are the key components to creating an embodied fitness experience. Using the foundations of fitness fundamentals, combined with mindfulness, moving meditation and a whole-person approach to engaging in their workout; we'll learn the gift of offering our participants a grace-filled way of moving in love.

Total Body Strength
Diva Richards
Total Body Strength mixes resistance training with body weight exercises to absolutely challenge every muscle in your body - upper, lower, and core. Sculpt your way to a stronger, leaner physique. Unique combinations of exercises make this one killer workout.

Ultimate Leg Day
Amber Toole
Leg day enthusiasts, this one's for you! Supercharge your lower-body training with effective programming for sculpting strong legs and glutes. Learn injury prevention, nutrition tips, and workout variations. Elevate your lower-body game and help your clients get amazing results!

Step, Stamina & Strength
Siri Chilazi, MBA, MA
Everything you love about Step Aerobics plus seamlessly integrated full-body training to build strength and stamina! This session alternates between classic aerobic step combinations and strength training intervals for a dynamite workout that leaves you sweaty and smiling. Learn to create and deliver this all-levels workout to pack your classes!

Bringing Back Foundational Strength Training
Greg Johnson, MS
In a world with endless information, many people often skip foundational strength. This session will examine movements for maximum strength, endurance, and hypertrophy. Explore their role in both performance and weight loss as well as clarity as to when and where to focus on the basics.

Effort Mastery: Coaching Peak Performance and Motivation
Sheldon McBee, MS
Effort, achieving peak performance, leveraging recovery, and maintaining motivation. These skills can be applied to HIIT, High Volume Training, Performance Training, and more. Elevate your coaching skills to empower clients for outstanding results.

Fluid Core Fusion
Manuel Velazquez
Fluid Core Fusion is the ultimate workout, combining cardio and strengthening segments. Learn specific movements that target the core muscles and dynamic cardio sequences to design your own non-stop cardio-core-strength programming. This session focuses on combining specific core muscle toning moves with functional and dynamic cardio segments to create a complete cardio-core-strength experience.

Meet The Hybrid Fitness Professional
Bob Esquerre, MA, NSCA-CPT
How many weekly PT Sessions can we deliver before nearing burn-out? How much can we keep increasing our prices before we hit that “price-ceiling”? Join Bob as he reviews the new skills that Personal Trainers will need to grow our businesses beyond 1-on-1 Training Sessions. (Lecture)

Training the Neurodivergent Client
Christine Conti, MEd
This session provides fresh insight on how to best serve the neurodivergent client. Identify the difference between a neurodivergent and neurotypical client and learn safe and effective training, coaching, and communication skills to help them reach their goals. Learn how to better serve this underserved and growing demographic.

Pre-Recorded - Restore/Pilates/Tai-Chi

Yoga-Pilates Restore
Gail Bannister-Munn
Yoga-Pilates Restore consists of a fusion of yoga, Pilates based core work, Active Isolated (A-I) stretching, & flexibility training. Develop an understanding of strengths and limitations to either move beyond or stay within your boundaries, all while bringing energy in, and feeling successful in a non-competitive environment.

Myofascial Recovery
Herson Garcia
Experience the latest and greatest in myofascial release with foam rollers and massage sticks. Explore recovery for you and your clients using simple, inexpensive and portable equipment. Leave with new ideas and techniques to implement with your clients and classes.

Warrior® Tai Chi Yoga and Qi Gong Fusion
Jani RobertsS
Warrior® Tai Chi Yoga and Qi Gong Fusion uniquely combines Tai Chi, Yoga and Qi Gong with powerful music designed to quiet the mind. Benefits of a regular practice range from increased flexibility, strength, balance and stress relief to rejuvenation, repair of structural and internal body systems and improved concentration.

Pilates, Power & Poise
Rosie Lemons, MS, ERYT- 200
Combining physical and mental strength through exercise is a work of art. It's a true mind body connection. Enhance core strength and control in tandem with moving mantras in standing flows and practice on the mat. Learn to create an experience your clients rave about!

Reset & Recharge
Kimberly Spreen-Glick
A long, full day of focus, movement, and learning with like-minded professionals is exhilarating; but exhausting. Reboot after your full day of MANIA® and rejuvenated once again. Show up for this peaceful presence practice and give yourself the gift of self-care as we enjoy a collective exhale together to reset and recharge!

Recovery for Longevity
Abbie Appel
Unlock effective myofascial active recovery techniques in this hands-on workshop. Learn how to use foam rollers and tennis balls for guided muscle care and stretching that benefits all ages. Improve flexibility, mobility, and range of motion while relieving muscle knots, aches, and pains to enhance overall well-being and support long-term movement health.

Human Reformer Pilates
Lauren George, MS
Experience the powerful benefits of Pilates reformer workouts without the need for a reformer! Using one or two resistance bands, this class adapts classic reformer moves directly onto the mat. Suitable for all fitness levels, the session focuses on building functional strength, enhancing posture, and improving coordination. The Human Reformer method allows you to perform full Pilates reformer movements while discovering new methods and strategies for your classes.

The Chakras: Align Your Energy
Jenny Kaufman
Discover a modern adaptation of ancient chakra concepts for today's wellness. This session provides a practical, no-nonsense guide to using the chakra system as an energetic map for enhancing overall wellness in every aspect of life.

Active Recovery
Dr. Julie Zuleger, PhD
Discover great myofascial active recovery techniques in this Happy Muscles! 365 workshop. Learn guided muscle care and stretching techniques for all ages using best-in-class Tiger Tail massage sticks and balls. Improve flexibility, mobility, and ROM, as well as reduce muscle knots, aches, and pains while using these affordable, portable and FUN stretch-recovery tools.

Balls, Blocks, Bands Pilates Fusion
Andrea Metcalf
Learn how to seamlessly integrate Pilates exercises for enhanced client results using the pilates ball, yoga block and resistance bands. Science and choreography included . Discover innovative ways to incorporate Pilates principles into existing training routines, amplifying strength, flexibility, and balance. Elevate your teaching skills and unlock new dimensions of fitness for your clients.

TaiChi Flow: Recovery for GXs & PTs
Jacob Glassmeyer
This workshop is designed for group exercise instructors & personal trainers who want to incorporate TaiChi into their programming as a powerful recovery tool. Through the principles of TaiChi, participants will learn to facilitate recovery, enhance body awareness, and promote mental clarity. The workshop focuses on the practical application of TaiChi movements, emphasizing relaxation, breath control, and gentle flow,

making it an ideal addition to any fitness regimen.

Forever Pilates
Abbie Appel
Pilates is for everyone! Develop your Pilates program to help your active agers feel great and continue moving functionally to live their best life. Experience a Pilates mat program with 15 movement modifications and progressions that increase mobility, balance and muscular endurance. Learn how proper postural movements will improve function and overall confidence to help your clients continue doing the things they love!

Moving Meditations
Jani Roberts
Moving Meditations™ are short patterns of movement, connected to an emotion and driven by music. They are designed for daily use to realign or amplify energy. You will clearly identify the emotion you are experiencing and shift to a better feeling place, finding more joy.

Tai-Chi Fused Yoga
Manuel Velazquez
Focus on flexibility and balance both internally and externally to improve overall wellness in this Tai Chi Yoga fusion program. Yoga develops the foundation of internal support for stability and strength, while Tai Chi connects the fundamental and dynamic applications of functional mobility and dynamic stability using movements that connect into forms and sequences. The result is a greater sense of balance, self-body awareness, range of motion and muscular strength.

Pilates 4 Life
June Kahn
Pilates is a significant contributor for enhancing core strength, movement quality for life function & managing back pain. It improves posture, alignment & spinal mobility. Gain an understanding of its purpose with modifications and challenges for all. Experience why Pilates has endured as an effective form of training for decades.

Pre-Recorded - Active Aging/Functional

Active Aging Playground
Amber Toole
Explore dynamic game-based training methods designed specifically for active agers. Discover how to infuse playfulness into fitness routines, promoting social engagement, mobility, and health. Learn the art of adapting traditional games and creating new ones to make exercise enjoyable and effective for older adults.

Aging Shoulder: Exercise to Function!
Dr. Aaron Aslakson, PhD
Proper function of the glenohumeral joint is crucial to the activities of daily living in middle age and older adults. This presentation will focus on simple exercises that can provide valuable results to help maintain function of the shoulder and translate this function to their activities of daily living.

Athletic Aging
Tricia Madden
Unveiling the "Perfect 60-Minute Challenge" – a groundbreaking exercise regimen meticulously crafted for the specific needs of physically active adults over the age of 45. This dynamic workout is designed to strengthen bodies at any age, offering a straightforward format, this challenge makes consistent workouts easily achievable, empowering your members.

Creative Programming 55+
Billie Wartenberg
Americans age 55+ are feeling more alive and active than ever! In fact, this age group makes up the largest segment of our population going to fitness facilities. Don't just give them boring fitness programming – get creative and make your fitness classes fun, energizing and engaging! It will not only meet their needs for an active lifestyle, but it will keep them coming back for more.

Hip Mobility for Active Aging
Gail Bannister-Munn
Prolonged sitting and inactivity can reduce lower body function and contribute to discomfort or pain. This session focuses on strategies to improve hip mobility, flexibility, and strength, helping you stay mobile, independent, and pain-free. Learn techniques to prevent lower back pain, knee discomfort, and injuries while enhancing functional movement for daily life activities. Keep your hips healthy and your body moving with confidence and ease!

Strength Training for Longevity & Vitality II
Sara Kooperman, JD
Whether a personal quest or a way to engage the fastest-growing segment of the population, this incredibly creative bodyweight, light hand weight and foam rolling workout presents effective and manageable training techniques for the 50+ population. Led by an icon in the fitness industry, Sara takes you through this Group Strength Class using unique multi-joint, rhythmic exercises for a total body strength workout. Endurance, flexibility, and balance are the lenses we use when analyzing our programming. It's not about how long or hard you train; it's about exercising smart for longevity and vitality.

Senior Circuit
Tanisha (Tani) Haggard
This balance of cardio and strength fitness is chocked full of fun and folly. Experience this successful senior program direct from Trilogy Adult Living Community which includes a variety of 9 circuit stations where participants target different muscle groups, customized for seniors with moderate and intense bursts of exercise.

Optimal Mobility: Enhancing Functionality
Ann Gilbert
This presentation illuminates the significance of exercise, cognitive stimulation, and social engagement in maintaining independence and vitality. Practical tips and lifestyle adjustments are shared, fostering a holistic approach to aging gracefully with optimal functionality.

Balance & Coordination for Active Agers
Manuel Velazquez
The active aging population grapples with an array of dysfunctions, affecting their capacity to remain steady. Improve balance and coordination and walk out of this session with at least ten movement patterns and a few extra games that are going to positively impact your clients gate stability, "action-reaction' engagement, physical balance, and mental coordination.

Bone Health Boot Camp
Christine Conti, MEd
Are you looking to take proactive steps to prioritize client bone health and well-being? This session is designed to educate and empower fitness professionals to better design and implement programs that serve the needs of aging clients. Learn safe and effective skills to achieve optimal bone strength and vitality!

Everyday Strength: Coaching the Active Aging Female
Keli Roberts
There are many considerations in program design when coaching the ageless female client. This workshop provides essential safety guidelines, regressions, and progressions for critical body alignment. In an interactive hands-on environment, learn endless programming options, ideal for coaching women of a certain age!

Active Aging Latin Joyful Mix
Zoraida Sepulveda
Fire-up your Active Agers with energizing, dynamic Latin-based patterns in a powerfully cultural movement experience. This program incorporates both seated and standing components, cardiovascular Latin movements, neuroplasticity, core-conditioning, and a total mind-body approach. Perfect for most active aging fitness levels, we enjoy easy-to-follow progressions and transitions.

Smart Warm-Ups for Active Aging
Eric D'Agati
Prepare your body for movement with safe, effective warm-up techniques designed for active aging. Enhance mobility, reduce injury risk, and boost confidence with simple strategies that improve flexibility and strength. Walk away with practical methods to make every workout smoother, safer, and more enjoyable. Stay active, stay strong!

Renew & Restore: Flexibility for 50+
Kylie Ross, MSM, MBA
Move with ease and feel your best! This gentle flexibility session blends modified stretches and functional movements to improve mobility, reduce stiffness, and enhance posture. Designed for adults 50+, it helps you stay active, balanced, and pain-free. Rejuvenate your body and restore flexibility for a healthier, more vibrant life!

Brain Balance Training
Emily Splichal, DPM, MS
The seemingly simple task of balancing on one leg or walking across the room is actually a complex, integrated, sensory experience with stimulation coming from the eyes, ears, joints, and foot. Join Dr. Emily to experience sensory-stacked exercises that will improve body perception, balance, and movement in all clients.

Marketing to Active Agers Panel
Sara Kooperman, JD, Ann Gilbert, Amber Toole & Cosmo Wollan, MA
Discover effective strategies to engage the growing 50+ market. Learn how to craft compelling messaging, leverage social media, utilize referral programs, and create community-driven experiences. This panel explores proven techniques, successful samples, and actionable strategies to attract, retain, and inspire active aging adults while positioning your business for long-term success. (Lecture)

Pre-Recorded NUTRITION/EXERCISE SCIENCE

A Wealth of Gut Health Unlocked
Amanda Fearheiley, RDN, LD, CPT
Unlock the secret to peak performance and rapid recovery by optimizing your gut health! Say goodbye to the cycle of poor gut health as you discover the crucial role of proper fueling and refueling. Get ready

to supercharge your vitality and longevity with expert tips on incorporating powerhouse foods into your diet. This lecture is your gateway to a healthier, more energetic you! (Lecture)

Art of Food as Fuel

Rosie Lemons, MS, ERYT- 200

Your clients may have committed to the physical process, but have they committed in the kitchen? In this dynamic session, learn how to shift their mindset and inspire behavior changes when it comes to fueling the body. Learn what is within your scope of practice as a CPT and how to implement memorable and interactive workshops geared around grocery shopping, social influences, sugar, nutrition labels, food prep and more! Give them the power outside the gym! (Lecture)

Feed Your Body & Soul: Mindful Eating

Jeannette Pyle

There is a positive relationship between mindful eating and healthy eating. Mindfulness is associated with less impulsive eating, reduced calorie consumption, and healthier snack choices. Learn the basics ofmindful eating and how it can help you eat to live. (Lecture)

Functional Nutrition & Hormones: Healthy Aging

Dr. Julie Zuleger, PhD

This workshop explores how nutrition, supplements, and hormones impact the aging process. Explore what to take, how the body adapts to aging and what we can do nutritionally to age with energy and grace. Learn evidence-based approaches, strategies, and applications to combat metabolic adaptations to promote healthy aging. (Lecture)

Fundamentals of Squat Progressions and Variations

Dr. Jonathan Mike, PhD

This combination of scientific lecture and hands-on movements will address and identify the biomechanics and technical intricacies of the box squat. Practical information on progressions and variations combines with practical cues to help trainers and coaches better understand the squat & its execution.

Nutrition Panel

Melissa Layne, MEd, Sohailla Digsby, RDN, LD, Amber Toole & Amanda Fearheiley, RDN, LD, CPT

Come together to explore controversial research. Join the discussion, 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.

Self-Care For Your Immune System

Dr. Candice Seti, Psy.D.

It’s always important to take care of yourself, but right now, taking care of your immune system is more important than ever! The good news is that there are lots of healthy and natural ways to take care of yourself, feel good AND strengthen your immune system in the process! (Lecture)

Aging Brains & Bones

Melissa Layne, MEd

Discover the age-related changes that occur in the brain and bones, explore the causes behind these changes, and learn what we can do to slow the process. Experience a workout that includes activities targeting neuroplasticity and osteoporosis prevention. We'll wrap up the session with two large group games to keep everyone laughing.

Weight-Loss Meds & Fad Diet Update

Sohailla Digsby, RDN, LD

“Ozempic, Xenical, Victoza! Oh my!” Are you on the pulse of the latest developments in the ever-evolving weight management space? Uncover the effectiveness, safety, and potential pitfalls of weight loss medications and receive fresh insights on fad diets from our seasoned dietitian. “Fasting, Keto, and Noom! Oh my! (Lecture)

Movement Through Menopause

Joanne Groves

Amidst generic peri-menopause strategies, this session offers tools for a tailored fitness approach. By understanding your client’s feelings and using scientific research, meet the unique goals of each individual. Create experiences clients rave about and solidify your reputation as an expert in this field.

Plyometric Exercise for Older Adults

Aaron Aslakson, PhD

Plyometric and power exercises are not just for athletes, but for all clientele. Learn how to modify traditional plyometric and power exercises for safety and effectiveness in all clientele. The presentation will include variations for all ability levels and provide guidance on implementation and application.

Exercise Analysis

Greg Mack, CPT, CMES

Explore how the body balances, responds to change, and manages stress. Both beginner and veteran personal trainers leave with a clear understanding of essential concepts including stability, physical adaptations and stress over time. Apply this knowledge to create effective exercise plans for athletic youth and older adults alike. (Lecture)

Sugar, Snacks & Heart Attacks

Sohailla Digsby, RDN, LD

Is sugar evil? Addictive? Worth it? Which is worse: sugar or fat? And what about snacks? Should it be fruit, or bars, or shakes? So many questions, and so little time before most people encounter their first (and sometimes fatal and final) heart attack. Get answers! (Lecture)

Chain Reaction Biomechanics

Michael Hughes

Movement therapeutics is not a skill reserved for Physical Therapists. We'll break down the functional anatomy and biomechanics of the body, give you strategies for identifying and reverse engineering the root causes of your clients' pains. (Lecture)

Building Muscle While Losing Fat

Melissa Layne, MEd

Join this transformative workshop and unlock the secrets of building muscle while torching unwanted fat. Explore science-backed strategies, personalized workouts, and nutrition tips to achieve a balanced, strong, and lean physique. Elevate your fitness journey and build your dream body. (Lecture)

Magnesium: The Mighty Mineral Unveiled

Amber Toole

Explore the vital role of magnesium in human health, emphasizing its significance in muscle function, energy metabolism, and overall well-being. Discover how to optimize magnesium intake through dietary choices and supplements for enhanced performance, recovery, and long-term health. (Lecture)

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