



Atlanta
MANIA[®]
FITNESS PRO CONVENTION



July 19-21

STRONGER

Together



scwfit.com/ATLANTA



AS REAL

as it gets



LETTER FROM SARA

Dear Atlanta MANIACs,

It's 2024 and we are ready for change... so let's look forward and plan now! More classes, more recordings, and more options to uplift and energize your programming and inspire YOU, our loyal, dedicated fitness family.

Join us as we celebrate our 41st year, rebrand our business and update your events. We thank you for your support and bring YOU a new look and feel for fitness education.

Revitalize and rejuvenate your personal fitness community by powering up your programming with 200 sessions, 70+ presenters, and over 160 recorded sessions, all this happening in our 8 activity and lecture rooms! NOBODY offers you more, nobody changes faster, and nobody cares more... about YOU.

Get off your computer, rise out of the Internet, and experience the sweat and smell of like-minded fitness professionals and industry elites who remind you why you entered fitness in the first place.

Come to MANIA® and experience the change!

In Health,
Sara Kooperman, JD
CEO, SCW Fitness Education

Just Released!
SARA'S NEW BOOK:
FIT FOR BUSINESS
IS NOW AVAILABLE ON
AMAZON!
Purchase Today!

CEC/CEU PROVIDERS



SUPPORTERS



ATLANTA MANIA® FITNESS PRO CONVENTION

July 19-21, 2024 (Fri., Sat., & Sun.)

SCW BUSINESS SUMMIT

July 19-21, 2024 (Fri., Sat., & Sun.)

ACCREDITED LIVE CERTIFICATIONS

July 18 (Thur.) & July 21 (Sun.) 2024

LOCATION / VENUE

Grand Hyatt Atlanta Buckhead
3300 Peachtree RD NE
Atlanta, GA 30305
(888) 421-1442 (Reservations)



LEARN ABOUT OUR VENUE

WHAT IS A MANIA® FITNESS PRO CONVENTION?

MANIA® is a three-day Fitness Education Conference featuring world-renowned Fitness Educators leading 200 sessions on such topics as:

- Personal Training
- Functional Training
- Active Aging
- Core/Strength Training
- Nutrition
- Mental Health & Wellness
- Exercise Science
- Cycle
- Stretching/Flexibility
- Recovery/Myofascial Release
- HIIT
- Group Exercise
- Yoga
- Boot Camp
- Circuits
- Chair Exercise
- Pilates
- Business
- Sales/Retention
- Marketing
- Social Media
- Aqua
- And Much More!

MANIA® is not just a Fitness Convention; it's a destination where the fitness community gathers to gain education, inspiration, and renewed energy! With its affordability, MANIA® caters to both aspiring exercise professionals and seasoned fitness veterans. Interact with your favorite presenters, both local and international, explore the Expo, and embrace the sense of belonging to a vibrant health and wellness community. It's like a shot of adrenaline that propels your fitness career to new heights, sustaining its impact throughout the entire year! MANIA® is a cornerstone in driving the fitness industry forward, providing a platform for learning, growth, and connection.



20
CEC/CEUs
OFFERED

75+
ELITE
PRESENTERS

200
UNIQUE
SESSIONS

16
SPECIALTY
CERTS



STAY ON-SITE AT ATLANTA MANIA® AND SAVE BIG!

Grand Hyatt Atlanta Buckhead
3300 Peachtree RD NE
Atlanta, GA 30305
(888) 421-1442 (Reservations)

GUARANTEED LOWEST DISCOUNT HOTEL RATE!

\$179 Single/Double/Quad (Reg. \$294)

What a savings! Pay as little as \$44.75 per night when you share a room with three others!

STAY AT THE CONVENTION HOTEL AND GET MORE!

- FREE Wi-Fi in your room
- FREE Coffee Maker
- FREE Mini-Fridge
- 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



HOTEL ROOM DISCOUNT DEADLINE: TUESDAY, JULY 2ND, 2024

Book early, our hotel ALWAYS SELLS OUT!

Visit www.scwfit.com/atlanta/hotel to reserve your room online.



Book Now!



PARKING

Enjoy Self-Parking and easy access to the event for only \$10.



AIRPORT TRANSPORTATION

Atlanta's MARTA runs to and from Hartsfield-Jackson Airport. Fares are \$2.50 each way. From the airport, Grand Hyatt Atlanta guests should board Northbound trains (N. to North Springs). Exit at the Buckhead Station N7 onto Peachtree Road S. which is 2 blocks from the hotel.



VISIT ATLANTA

This vibrant metropolis, steeped in artistry and roots with culturally diverse food, entertainment for every curiosity, game-changing developments, and Southern charm, is sure to delight beyond your expectations. World-class restaurants, festive nightlife, professional sports teams, and an abundance of attractions and events help make Atlanta the center for entertainment in the South. Visitors can experience a diverse and thriving cultural scene at the city's many theaters, museums, galleries, and concert halls. Explore the Atlanta History Center, National Center for Civil and Human Rights, and the Martin Luther King, Jr. National Historical Park. Experience Atlanta's Centennial Olympic Park, an expansive green space with features commemorating the 1996 Summer Olympics. Tour and catch games at Truist Park, home of the 2021 World Series Champion Atlanta Braves. Marvel at the Georgia Aquarium, and taste iconic flavors at the World of Coca-Cola. Explore the city's diverse culinary scene and see why shoppers love Atlanta!



ONE EXCELLENT EXPO: FREE TO ALL!

Shop deals on fitness equipment, exercise videos, activewear, music, nutrition, fitness resource books, and Online Certifications. The EXPO is always **FREE and open to the public!** Invite your friends, clients, & students! scwfit.com/atlanta/expo

UNITED WE *move*



JOIN THE MANIA® SUPPORT STAFF AND SAVE \$240 OFF YOUR REGISTRATON AND GET 20 CEC/CEUS

SCW is seeking energetic, outgoing, flexible fitness pros to help run our MANIA® Conventions & Business Summit.



- **Work 1 day, get the other 2 days FREE!**
- **Earn 20 CECs** while staffing (SCW, AFAA, ACE, NASM, ACSM, AEA & more!)
- **Save \$240** off the \$399 Registration Price (now only \$159)

- **\$200 OFF** all Live SCW Certifications (was \$359, now \$159)
- **50% OFF** all SCW Apparel
- **50% OFF** all SCW Equipment & Accessories
- **FREE** Event T-shirt
- **FREE** SCW Staff dinner party
- **FREE** Evening Masterclass
- **FREE** Refreshments in the SCW Member Room!

Please email Denise Johnston at denise.johnston@scwfit.com or text/call 678-901-9642 for more information.

REGISTRATION HOURS

Thursday, July 18: 6:30am - 8:00pm	Friday, July 19: 6:45am - 6:00pm	Saturday, July 20: 6:45am - 6:00pm
Sunday, July 21: 7:00am - 10:45pm		

EXPO SHOPPING HOURS

Friday, July 19: 10:00am - 11:00am 12:00pm - 2:45pm 3:45pm - 4:30pm	Saturday, July 20: 8:30am - 9:15am 10:30am - 11:00am 12:00pm - 2:45pm 3:45pm - 4:30pm	Sunday, July 21: 10:00am - 1:00pm (Closeout Shopping)
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BECOME AN SCW MEMBER FOR ONLY \$109!

Your Full-Year SCW Membership pays for itself... and then some!



scwfit.com/membership

- **\$150 OFF** any regular 3-day MANIA® registration (was \$399 / now only \$249)
- **FIRST CHOICE** class selection guaranteed at MANIA® Fitness Conventions & Business Summits
- **FREE** Subscription to SCW OnDemand (value \$199)
- **50% OFF** Equipment purchased at the SCW MANIA® booth
- **50% OFF** Activewear at the SCW booth
- **\$100 OFF** Online Certifications (was \$359, now \$259)
- **20% OFF** Online CEC/CEU Video Courses (was \$40 now \$31.96)
- **\$20 OFF** In-Person Certifications
- **FREE** Webinar Attendance & Recordings
- **FREE** eNewsletters (Spotlite, Business, Aqua)
- **Members-Only Room** at MANIA® (**FREE** Coffee, Fruit & Snack Bars)
- Sign up at www.scwfit.com/membership



MANIA® REGISTRATION DEADLINE: MONDAY, JUNE 17TH, 2024

Avoid late fees! Register by Monday, June 17th, 2024 and lock in your lowest price, saving you \$60 off the \$399 registration fee. Pay only \$339 and receive all your class selections!

RISE

with us



MANIA®
PREMIER
 ELEVATE YOUR MANIA® EXPERIENCE

INTRODUCING MANIA® PREMIER!
 Join us for this One-of-a-Kind, 1st Class MANIA Experience:

- Friday, Saturday & Sunday Breakfast & Lunch in the SCW Private Presenter Suite
- 1st choice sessions guarantee
- Early check-in & no waiting in lines for session changes
- 1st Space Session Admission
- Private invitation to the SCW Sponsor & Presenter Saturday Night Dinner Party
- Personal Welcome Bag
- Exclusive Event T-Shirt




MICHAEL SCOTT SCUDDER SCHOLARSHIP

In honor of the life and esteemed career of Michael Scott Scudder, SCW is offering a complimentary attendance to the MANIA® Convention & Business Summit for an enthusiastic club owner, ambitious manager, or emerging entrepreneur. This scholarship opportunity is available to individuals who embody the same high standards and determination for success in the fitness industry that Michael Scott Scudder



exemplified, while also demonstrating financial need. To apply for a scholarship, please visit: www.scwfit.com/SCUDDER.



ATCHARA SEESAWAT SCHOLARSHIP

To honor the life of Atchara Seesawat, SCW is providing a **FREE** admission to the MANIA® Convention for a Personal Trainer who is trying to better their client experience and expand their ability to help others but does not have the financial means to attend an educational conference. This scholarship is available to both experienced individuals or new trainers who strive to maintain the high-quality of personal training



and dedication to excellence that Atchara Seesawat demonstrated throughout her life. Atchara was a dear friend of Sara Kooperman's who passed away all too soon from pancreatic cancer. To apply for a scholarship, please visit: www.scwfit.com/ATCHARA.



MANIA STUDENT SCHOLARSHIP

SCW will be awarding 100 scholarships to the MANIA® Conventions Support Staff positions in 2024. This scholarship is designed to support College and University students who aspire to focus on a Fitness and/or Wellness career but do not have the finances to pursue this path. Individuals who demonstrate exceptional dedication and potential in the field of Fitness and Wellness will receive a complimentary



registration to the SCW Support Staff Program for the Live MANIA® Convention of their choice. This award also includes a half-price Live SCW Certification in your selected field of study. To find out more about the SCW Support Staff Program, please visit: www.scwfit.com/STAFF.

40+ Hours of Mentoring

Business Topics Include:

- Retention
- Technology
- Finances
- Management
- Programming
- Social Media
- Marketing
- Trends
- Sales



Featured at Atlanta MANIA®
July 19-21
FREE for All MANIA® Attendees



The Fittest Minds in the Business.

Attend the SCW Business Summit exclusively, or integrate it with your full MANIA® attendance all for one small price.

Learn from club owners, boutique studio managers and experts in programming, finances, and successful business strategies.



160+ RECORDINGS - 200+ HOURS OF ONLINE EDUCATION... ONLY \$60 FOR 60 DAYS!

Experience over 160 activity sessions, nutrition & business seminars, and lectures with 200+ hours of recorded content for just \$60 for 60 days. Watch the live action of 100 workshops plus 60 recorded sessions for a total of 200 hours of education on your time and at your convenience and earn 20 hours of CECs.



20 CONTINUING EDUCATION CREDITS/ UNITS (CEC/CEUs) IN 1 WEEKEND (FOR BOTH LIVE & RECORDED OPTIONS)

Live MANIA® Conventions, along with our Online Recorded options, provide you with over 20 Continuing Education Credits/Units during the three-day convention! MANIA® CECs/CEU for SCW, ACE, AEA, ACSM, AFAA, NASM, and other providers. We are also available to assist you in obtaining Physical Therapy or other CEUs as needed.



WHO SHOULD ATTEND A MANIA® FITNESS CONVENTION AND THE BUSINESS SUMMIT?

Any fitness professional or enthusiast who wants to up-skill their concentration or expand their knowledge about other areas of fitness education should attend a MANIA® event and our Business Summit!

- Personal Trainers
- Group Fitness Instructors
- Health & Wellness Directors
- Club Owners & Managers
- Nutrition & Lifestyle Coaches
- Small Group Trainers
- Mind/Body Experts
- Cyclists
- Aqua Instructors
- Health Care Providers



SPONSOR/EXHIBIT/ADVERTISE...PARTNER WITH "THE BEST"

Reach 64,000 via Emails, 58,000 through Text Messages, and 300,000 through Social Media as well as face-to-face contact at our 7 conventions. Our hotels are Non-Union (no drayage fees), providing exhibit booths with tables, chairs, and carpet at no additional cost, located in foyers directly outside Activity Rooms..



For more information, please visit: www.scwfit.com/partner
www.scwfit.com/rockyourbrand or email partner@scwfit.com.

You can also schedule a meeting with our CEO, Sara Kooperman, JD, through calendly.com/SCWFIT

CO-SPONSORS



ASSOCIATE PLUS SPONSORS



ASSOCIATE SPONSORS



EDUCATIONAL SUPPORTERS



thanks to our **SPONSORS!**



S.E.A.T. (SUPPORTED EXERCISE FOR AGELESS TRAINING)

S.E.A.T. is a ready-made, award-winning, chair-based fitness program that strengthens the body and mind, while improving balance & flexibility through functional fitness.

www.seatfitness.com



GRAB THE GOLD

Stay ahead of the pack with Grab The Gold. Energy snack bars and supplements made with simple, honest ingredients that help you live life to the fullest!

www.grabthegold.com



GYMNAZO

Gymnazo combines the best of traditional training and physical therapy to improve optimal movement and health, so you can get back to doing more of what you love.

www.gymnazo.com



CLUB AUTOMATION

At Club Automation, we provide you with digital tools to support sales and acquisition efforts, drive and engage leads, simplify member management and reduce admin tasks.

www.clubautomation.com



ALTERNATIVE BALANCE

Working with over 750 services in the health, beauty, fitness & wellness industries, Alternative Balance offers full liability insurance & business tools whether you work online or in-person.

www.alternativebalance.com



COUNTRY FUSION

Country Fusion is not just a workout program; it is a lifestyle! Participants attend a 50-minute class, where they can burn about 500 calories in a LIIT-based line dance workout.

www.countryfusion.net



TIGER TAIL

Tiger Tail's amazing tools massage your whole body from head to toe, helping to relieve sore muscles, soothe stress, and tension, and aid in recovery. Trusted by million-dollar muscles worldwide!

www.tigertailusa.com



ALIGNMENT ESSENTIALS

Find more peace, balance, and joy in your life while discovering your purpose and power. Begin living the life you deserve with a simple step-by-step practice to guide you on this journey.

www.alignmentessentials.com



SOULBODY FITNESS

SoulBody's programs are a suite of mindfully-intense, athletic-style workouts that develop strength, stamina and physical grace. We use innovative choreography set to motivating music.

www.soulbody.fitness



LABLAST

LaBlast® Fitness, created by Emmy-nominated choreographer & Dancing with the Stars pro, Louis van Amstel, is a partner-free dance fitness program using music from every era & genre.

www.lablastfitness.com



INDIGO AQUATICS

Providing a wave of aquatic products in the United States, Canada, Latin America and Caribbean market. Shallow, deep and transitional equipment to enhance your aquatic programs.

www.indigoaquatics.com



VK PROFESSIONAL

VK Professional Services provides many offerings such as tax preparation, bookkeeping, website design, notary, website maintenance, and business counseling.

www.vkprofessional.net



MENTAL WELLING ASSOCIATION

The world's first mental well-being certification specifically designed for fitness professionals, grounded in evidence-based research and self care practices,

www.mentalwellbeingassociation.org



SCHWINN®

Schwinn's commitment to authenticity and quality extends seamlessly into indoor cycling, where we bring the essence of the road through our industry-leading expertise and education.

www.corehandf.com



SYMMETRY FOR HEALTH

Symmetry is a postural assessment system designed to improve your client's posture, relieve their pain & improve their function using their proprietary AlignSmart technology program.

www.symmetryalignsmart.com



WATERinMOTION®

WATERinMOTION® is the premier water exercise program that is sweeping the nation! Our Original, Platinum & Strength programs guarantee your members a safe, structured, and creative class!

www.waterinmotion.com



STAND OUT FITPRO

Start and grow your business online with the Fit Pro Client Connection, the all-in-one tool for staying connected with your clients, delivering your programs and making the income you deserve!

www.standoutfitpro.com



EXERCISE PROFESSIONAL EDUCATION

Representing almost 30 years of professional work in muscle science and personal training, we provide fresh and exciting educational content that supports your exercise professional career.

www.exerciseproed.com



SUBFLOW

Break past the limits of traditional programs and quickly build digital subscriptions that generate more recurring revenue, save hours every week, and streamline client communications.

www.subflow.com



THE MOBILITY RECIPE

Adding mobility training is one of the biggest assets to your fitness business because it is the difference between simply being successful & monopolizing the market – Get certified today!

www.themobilityrecipe.com



FLX® STRETCH TRAINING

At FLX®, we are committed to promoting improved health, strength, and overall wellness to people through safe and effective stretching and flexibility training.

www.flxstretchtraining.com



BODYLOGIC SOLUTIONS

BodyLogicMD has been setting the standard in anti-aging and integrative wellness industries since 2003. This isn't a new fad for us; it's our passion and our business.

www.bodylogicmd.com



GYMFIT FINANCIAL

Gymfit Financial guides gym owners and fitness pros to master their finances, streamline operations, and amplify profits. Maximize & monetize your time & resources necessary to make a change!

www.gymfitfinancial.com



BOQ FITNESS

BOQUA (Body Aquatics) programs are designed for all ages and fitness levels and utilize exercises and movements incorporated in sports and sports performance.

www.boqfitness.com



FIT PRO PROGRAMMING

Fit Pro Programming was born out of the dream of constructing programming that caters to the needs of the instructor, considering them as co-creators of this caring mission of health.

www.fitproprogramming.com



ZUMBA

Get fit, stay fit. Burn calories while having fun at the best exercise class ever or become a dance fitness instructor and change lives. Discover the happier healthier you in a fun and easy way!

www.zumba.com/en-US



CERTS

that go further

ACCREDITED CERTIFICATIONS

CERTIFICATIONS THURSDAY, JULY 18

SCW PERSONAL TRAINING CERTIFICATION



Gail Bannister-Munn

Thursday, July 18, 9:00am-6:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

This nationally recognized personal training certification provides a solid foundation for a rewarding career in the fitness industry. The course combines lecture and hands-on activities to cover academic foundations, training principles, program design, exercise physiology, kinesiology, health-risk assessment, physical evaluations, and programming alternatives. Additionally, it introduces basic business and marketing skills. By completing this full-day course, you will acquire the necessary knowledge and skill sets to guide and inspire individuals in achieving their health, fitness, and performance goals. The certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACSM (8.0), AEA (4.0).

SCW ACTIVE AGING CERTIFICATION



Ann Gilbert

Thursday, July 18, 9:00am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

As we all age, staying physically, mentally, and socially active is the key to maintaining quality of life. Cutting-edge research reveals there's no one secret to aging well; but by focusing on cardiovascular conditioning, strength training, flexibility, balance, and mental health, we can slow the aging process. Discover ways to empower seniors, not just teach them. Group fitness instructors, trainers, and managers overseeing active aging programming will enjoy this one-day course that combines relevant research and proven practical approaches to training the bodies and brains of 50+ year-old participants. The certification includes practical training, comprehensive manual, and online examination. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).

SCW GROUP EXERCISE CERTIFICATION



Manuel Velazquez

Thursday, July 18, 8:00am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

If you've always dreamed of becoming a group fitness instructor, look no further! This Nationally Recognized Certification will give you the confidence to demonstrate impactful teaching skills and successfully lead a group fitness class. Throughout the certification, you will learn essential skills such as proper class sequencing, warm-up progressions, musical phrasing, effective cueing techniques, and choreography development. By mastering these practical skills, you'll be equipped to deliver exceptional classes every time. Additionally, you'll 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 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 LIFE COACHING CERTIFICATION



Amber Toole

Thursday, July 18, 9:00am-3:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

In today's ever-changing health and fitness industry, there is a growing need for online life coaches. This certification equips trainers and instructors with the necessary education, guidance, and leadership skills to become successful life coaches. You will learn about the various categories of life coaching, creating a strong foundation for serving clients, delivering coaching sessions, and developing an authentic brand that attracts ideal clients. If you are passionate about making a bigger difference in the world, this certification is your chance to expand your role and stay relevant. The certification includes practical training, a comprehensive manual, and an online examination. CECs: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

WATERINMOTION® AQUA EXERCISE CERTIFICATION



Autumn Hammer

Thursday, July 18, 9:00am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

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

SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION



Melissa Layne, MEd

Thursday, July 18, 9:00am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Unlock the secrets to vibrant health during menopause in our comprehensive fitness and wellness workshop, supported by cutting-edge research. Join us for an empowering journey to embrace this transformative phase with confidence and vitality. Our expert instructor will guide you through

evidence-based exercises, nutrition strategies, and holistic practices tailored to menopausal needs. Discover how to manage symptoms, boost energy, and maintain overall well-being. Connect with like-minded fitness professionals, and gain practical tools for a healthier, more fulfilling menopausal journey. Don't miss this opportunity to take control of your health and thrive during this unique life stage. The certification includes practical training, a comprehensive manual, and an online examination. SCW (7.0), AEA (7.0).

SCW CHAIR YOGA CERTIFICATION



Gusti Ratliff, MEd, E-RYT 500, C-IAYT

Thursday, July 18, 9:00am-5:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Embark on a transformative journey with our Chair Yoga Certification Program, equipping you to skillfully lead both private and group chair yoga classes. This comprehensive training empowers yoga instructors to shape their unique mission, making yoga inclusive for all abilities. Dive into individual and group exercises, delving into essential tools and techniques for teaching chair yoga. Special emphasis on adapting benefits for special populations ensures you graduate ready to bring the healing power of yoga to diverse communities. SCW (7.0).

SCW MEDITATION CERTIFICATION



Yury Rockit

Thursday, July 18, 5:00pm-9:00pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Whether you are a fitness professional or simply an individual who is interested in understanding meditation, this certification will offer methods that you can share with clients, apply when teaching classes or use them for your own practice. Learn the background to traditional tenets of Eastern meditation from principles to prana to practices. Fuse theory and practical meditation techniques to gain a deeper sense of self and consciousness. Learn mindful skills that gradually progress with the potential to develop into a lifelong practice for yourself and others. Movement enhances our physical body; meditation improves our mental and emotional states. This vibrant program is suitable for any Fitness Professional with no experience required. Acquire new skills to start your own meditation class or simply implement aspects of meditation into your current recovery programs. Strengthen your emotional balance, stimulate clearer thinking, and enhance your personal and professional creativity with this course that encourages deeper sleep, reduced anxiety and increased self-confidence. Certification includes practical training, comprehensive manual, and online examination. SCW (4.0), ACE (0.4), ACSM (4.0), AEA (4.0), AFAA (4.0), NASM (0.4).

SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION



Robert Sherman

Thursday, July 18, 7:00am-5:00pm

\$199 early bird registration price through June 27th. \$299 registration price after June 27th.

Unleash the power of Authenticity and learn to #RideRight with Schwinn - the industry's most up-to-date, respected, and progressive indoor cycling instructor training course. Get the tools you need to become a successful and sought-after instructor on any brand of bike in one power-packed day. This critically acclaimed certification, based on the proprietary Schwinn® Cycling Coach's Pyramid™, allows you to work smart, connect to the masses, get results for your riders, and shine bright in the studio. This course also covers proper bike fit, cycling science, class design, music, communication skills and motivation techniques.

Takeaways include:

- Schwinn® Cycling Signature Music
 - Seven complete class design plans
 - A comprehensive manual & Certificate of Completion post event
- SCW (9.0), ACE (0.9), AFAA (9.0), NASM (0.9)

CERTIFICATIONS SUNDAY, JULY 21

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



Ann Gilbert

Sunday, July 21, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

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

SCW STRETCHING & FLEXIBILITY TRAINING CERTIFICATION



Abbie Appel

Sunday, July 21, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

In 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).

SCW PILATES MATWORK CERTIFICATION



Manuel Velazquez

Sunday, July 21, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Experience the classical series of movements and modifications based on the timeless methods of Joseph Pilates in this Nationally Recognized Certification. Principles of core stabilization, optimal alignment, and Pilates matwork create the foundation for this intensive blend of theoretical and practical training. Learn proper execution, form, and technique of over 40 essential Pilates exercises. Modifications and variations are included to address common spinal dysfunction and postural imbalances. Leave with multiple levels of programming options and the skills necessary to teach a Pilates Mat Class as they apply to training all ages and abilities. The certification includes practical training, comprehensive manual, and online examination. SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



ONLINE *discounted* CERTIFICATIONS

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

SCW GROUP EXERCISE

SCW PERSONAL TRAINING

SCW AQUATIC EXERCISE

SCW PILATES MATWORK

WATERINMOTION

SCW YOGA I

SCW ACTIVE AGING

SCW BARRE

SCW FUNCTIONAL PILATES

SCW FLOWING YOGA

SCW BOXING

SCW LIFE COACHING

SCW NUTRITION & HORMONES

SCW TAI CHI

SCW GROUP STRENGTH

SCW MEDITATION

SCW GROUP STEP

SCW HIIT

SCW NUTRITION COACHING

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CERT
WITHIN
A YEAR!**

Save
\$100
Norm. \$359

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scwfit.com/certifications

SYMMETRY POSTURAL MEASUREMENT CERTIFICATION



Patrick Mummy

Sunday, July 21, 7:30am-3:30pm

\$199 MANIA® attendees / \$359 non-attendees

This is an introductory course to Symmetry'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).

WARRIOR® TAI CHI YOGA INSTRUCTOR CERTIFICATION



Jani Roberts

Sunday, July 21, 7:30am-3:30pm

\$199 MANIA® Attendees / \$359 Non-Attendees

Introducing the Warrior® Tai Chi Yoga Certification, a journey into a transformative fusion of movement and music. Crafted for those navigating challenges like self-love, confidence, anxiety, depression, or grief, this unique practice unlocks a pathway to inner peace. Set to powerful music, it offers a grounded life experience, harnessing the energy (Chi) of life. Designed for all levels, and no previous experience in Tai Chi or Yoga is required. Participants gain benefits ranging from structural and internal system rejuvenation to stress relief, improved concentration, flexibility, strength, and balance. Elevate your teaching repertoire with this certification, guiding individuals toward a harmonious integration of mind, body, and spirit. SCW (7.0).

ZUMBA® BASIC 1 TRAINING



Eric Santana

Sunday, July 21, 7:15am-3:30pm

\$399 Registration Fee (Use PROMO CODE: TSZUMBA65 to receive a 65% discount) https://www.zumba.com/en-US/training/2024-07-21_B1_Atlanta_US_Zumba_Convention

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

ONLINE EXCLUSIVE: THE MENTAL WELLBEING CERTIFICATION FOR FITNESS PROFESSIONALS



C. Victor Brick & Lynne Brick, RN, MA

Was \$499 Now only \$299.40

Save 40% when you register with Discount Code SCW40

The certification is a 20 hour virtual course.

Introducing the groundbreaking Mental Wellbeing Association (MWA) Certification, tailored for fitness professionals. Built on robust research and self-care principles, it integrates a psychological lens into exercise, nutrition, connection, and mindfulness. By bridging fitness and mental health, we empower professionals to enhance their impact on clients, staff, and communities. Tomorrow's leaders prioritize mental well-being, making this certification essential for career growth. Elevate your credibility, enrich your services, and propel your career forward with this transformative certification. The certification includes a 1-year (MWA) membership. SCW (8.0), ACE (2.0), AFAA (15.0), canfitpro (4.0), NASM (1.9).

Register for this ONLINE Certification here:
www.mentalwellbeingassociation.org/fitness

it all STARTS here



MANIA® FITNESS PRO CONVENTION COURSE DESCRIPTIONS

FRIDAY, JULY 19

FR1
7:30am-8:45am

PRO ATHLETE CORE CONDITIONING II **NEW!**

Dane Robinson

In this sequel, expand and combine next level concepts to the original Pro Athlete Core Conditioning program. Leave with new options to coach to your clients and train your classes in this sport called "life".

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

TAILORED TRAINING FOR ACTIVE AGERS **NEW!**

Amber Toole

This session is all about safe and effective workout routines for Active Agers. Discover personalized training strategies that cater to the unique needs of older adults, promoting mobility, strength, and overall well-being. Learn how to empower your senior clients to age gracefully and healthily.

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

BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING **NEW!**

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.

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

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.

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

RIDE THE WAVE **NEW!**

Manuel Velazquez & Autumn Hammer

Exploding with choreo options, this workout led by our team of experts, takes you on a water experience like no other. Fresh combinations, expert cuing, new music and moves combine to leave you inspired and riding the wave of new combos. Leave with choreo notes perfect for your class revival Monday morning.

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


HOW TO CREATE A MENTAL WELL-BEING CULTURE **NEW!**

C. Victor Brick & Lynne Brick, RN, MA

Explore self-care's link to health care, harness positive stress for resilience, and discover the D.O.S.E. of Happiness. Learn to foster a mental well being culture, gaining staff buy-in, enhancing sales and boosting retention for a healthier, happier workplace. (Lecture)

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


BUILD THE FINANCIAL FUTURE OF YOUR DREAMS **NEW!**

Erica Day

Learn how to pay yourself what you deserve, plan for your future, and earn the rewards of your efforts. Whether a Personal Trainer or Club Owner, gain insights on making successful strategic business decisions: home office deductions, 50+ small business tax write offs, while writing & evaluating a successful business plan. (Business Summit Lecture)

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

FR2
9:00am-10:15am

ATHLETIC WOMAN: FUNCTION & STRENGTH **NEW!**

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!

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


SITTING PRETTY: STRENGTH & SUPPORT

Ann Gilbert

Get fit while you sit! In this session, learn innovative sequences that can be performed from a seated position for a total body workout. Perfect for virtual training sessions or accommodating multiple demographics in a gym setting, this low impact workout provides total body sculpting for all participants! Improve strength, mobility and balance for clients of every ability.

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


SOULBODY BARRE+LIIT  **NEW!****Stacey Vandiver**

Experience two of SoulBody's dynamic programs in one session! We will fuse together SoulBody's signature barre class, that is more athletic in approach, with SoulBody LIIT, a class that creates strength with functional body weight exercises as well as endurance with low impact intervals, moving the body smarter, not harder!

FR2C Friday, 9:00am-10:15am**TIGER TAIL® GOODBYE BACK PAIN**  **NEW!****Dr. Julie Zuleger, PhD**

Say good-bye to back pain in this master-led class. Lower body mechanics can contribute to common pain complaints in the low back pain. Learn how to address these issues with your clients using guided muscle care, myofascial release methods, corrective exercises, and unique and effective stretching techniques.

FR2D Friday, 9:00am-10:15am**SCHWINN®:****BIKER BARRE – KILLER CYCLING COCKTAIL**  **NEW!****Abbie Appel**

Indoor Cycling meets Barre in a fusion design that satisfies every fitness taste. Amazing cardio combos on the bike flow into elongating, strength-based barre training on the floor. Belly up to the barre and get ready to quench your workout thirst.

FR2E Friday, 9:00am-10:15am**LABLAST® SPLASH: BUOYANT BALLROOM BLITZ**  **NEW!****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!

FR2F Friday, 9:00am-10:15am**MAGNESIUM: THE MIGHTY MINERAL UNVEILED**  **NEW!****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)

FR2G Friday, 9:00am-10:15am**START & GROW YOUR BUSINESS**  **NEW!****Sara Kooperman, JD, Ruston Webb, MS, Miriam Ball, Brandi Clark, Erica Day & Elizabeth Mooney**

Explore your options for guaranteed financial and personal success as a Personal Trainer and/or Business Owner. Painlessly grow your business attracting new clients and retaining valuable customers. Expansion and retention are key. Examine affordable marketing automations (social media, emails, text messages), surveys & feedback, loyalty rewards and simple payment processing to grow your client base and revenue. All necessary and extremely affordable. (Business Summit Lecture)

FR2H Friday, 9:00am-10:15am**FR3****11:00am-12:15pm****MOBILITY TRAINING: ONLINE OR IN-PERSON**  **NEW!****Ruston Webb, MS**

Discover the untapped potential of mobility training. Integrate mobility into group sessions, enhancing client retention and results while boosting your revenue. Experience firsthand the movement sequences that unlock the body. Don't miss out on this growing trend in the fitness industry. Join Ruston and stay ahead in the competitive market.

FR3A Friday, 11:00am-12:15pm**NO FLOOR CORE AND BALANCE**  **NEW!****Melissa Layne, MEd**

Elevate the active aging journey in a standing core and balance workshop! Discover tailored exercises that strengthen the core and improve balance, enhancing stability in everyday activities. Join us for a fun and engaging session that promotes confidence, mobility, and well-being, all from a standing position.

FR3B Friday, 11:00am-12:15pm**EXERCISE AND PAIN: A PARADIGM SHIFT**  **NEW!****Greg Mack**

This course will review the relationship between the motor and sensory systems and their relationship to pain. This creative session introduces fitness pros to innovative ways to think about, create, and implement exercise with clients who report pain and discomfort and find themselves moving in unsatisfactory ways.

FR3C Friday, 11:00am-12:15pm**SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE**  **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.

FR3D Friday, 11:00am-12:15pm**SCHWINN®:****SAVVY CYCLING FOR REAL RESULTS**  **NEW!****Robert Sherman**

Riders want results and we know how to get them. When you simplify your class designs, and program like a personal trainer, you work smarter, and your riders get stronger. Learn how to create ride profiles in a way that allows you to track, progress and program like a pro. Get more mileage from your rides with work that works.

FR3E Friday, 11:00am-12:15pm**LIQUID GYM ACQUA PUNCH & PUMP**  **NEW!****Manuel Velazquez**

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks all in the water using Liquid Gym Gloves! Add Liquid Gym Acqua Tone Loops for the extra leg work to energize your whole body with less stress on your joints.

FR3F Friday, 11:00am-12:15pm**NAVIGATING NUTRITION OVERWHELM:****FACT VS. FICTION**  **NEW!****Sohailla Digsby, RDN, LD**

Are the bold claims of health headlines and the skimpy evidence of pseudoscience keeping you and your clients confused? In a world full of conflicting dietary advice, join our dietitian expert to explore current nutrition myths. Empower yourself with evidence-based knowledge for informed choices in an increasingly complex nutritional landscape. (Lecture)

FR3G Friday, 11:00am-12:15pm**FIND YOUR NEXT 50 LEADS**  **NEW!****Brandi Clark**

Forgetting to follow up with people results in thousands of dollars left on the table. Generating, organizing, and following up with new leads is often neglected simply because there is no organization or process that feels easy and simple. Learn how to simplify and organize the process, so you never leave another prospective client behind. (Business Summit Lecture)

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

FR4 - LUNCHTIME SESSION 1 12:30pm-1:45pm

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

**LABLAST® KIDS FITNESS:
CREATIVE MOVEMENT REVOLUTIONIZED**  **NEW!****Louis van Amstel**

Experience the newest LaBlast® Fitness format, Kids Fitness...a perfect balance of dance, fitness and FUN, designed for children ages 5 and up. This 'workout in disguise' gets kids moving to dances like the Jive, Foxtrot, Viennese Waltz, Salsa & more! Change lives and share the gift of movement with the youth of the world!

FR4C Friday, 12:30pm-1:45pm**THE WARRIOR® WORKOUT**  **NEW!****Jani Roberts**

The Warrior® Workout is an empowerment practice that is designed to teach you a very strong mind-body connection. It is a fusion of martial arts and functional fitness based on military training. Powerful music will drive you deeper into your practice. Quiet your mind, empower your body.

FR4D Friday, 12:30pm-1:45pm**SCHWINN®: ROCK & ROLL RIDE** **NEW!****Robert Sherman**

The 'peaks' of training get all the attention – we often tweak the work to be more challenging, while overlooking the important part our 'valleys' play in proper programming. Learn the secrets to dialing in effective recovery strategies both inside and outside the cycling studio while creating rides you'll relish like classic rock and roll.

FR4E Friday, 12:30pm-1:45pm**SIX ROOT CAUSES OF DECREASED LONGEVITY**  **NEW!****Melissa Layne, MEd**

Unlock the six secrets to a longer, healthier life in this longevity workshop. Explore evidence-based practices to reduce premature mortality and enhance well-being. Dive into nutrition, exercise, stress management, and lifestyle changes that promote vitality and longevity. Empower yourself to live a fulfilling, extended life. (Lecture)

FR4G Friday, 12:30pm-1:45pm**FR4 - LUNCHTIME SESSION 2 1:15pm-2:30pm**

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

2 LEGIT 2 HIIT  **NEW!****Abbie Appel**

Mastering the art of HIIT program design is simple when you understand how hard the human body can work and how much recovery is needed. Experience this essential session that briefly reviews the energy systems, appropriate HIIT work-to-rest ratios and a mind-blowing workout that applies the true science of HIIT.

FR4A Friday, 1:15pm-2:30pm**BRING THE TOYS!** **Gail Bannister-Munn**

Discover how myofascial restorative bodywork will release stress and regain vitality. Familiarize yourself with fascia and understand which toys will release restrictions in specific structures that cause misalignment, compensation patterns, aches and pains, and loss of range of motion. Leave with the ability to breathe more easily, increase circulation, balance hormones, and relieve the stress and strains of everyday life.

FR4B Friday, 1:15pm-2:30pm**COUNTRY FUSION® AQUATICS**  **NEW!****Elizabeth Mooney**

A new, fun, aqua program that fuses together the dance styles of Country Line Dance, Salsa, Cha-Cha, Belly Dance, Swing, Samba, and Hip-Hop. Learn new dances and choreography that will keep you and your clients engaged in a fitness routine that will greatly improve brain function, balance, posture and most importantly, overall health.

FR4F Friday, 1:15pm-2:30pm**FIT FOR BUSINESS:****LEADING FOR MAXIMUM PERFORMANCE**  **NEW!****Sara Kooperman, JD**

Being a leader seems glamorous. We all think it gives us freedom, extra income and power. In reality, leadership and management are draining, exhausting, and often leave you wanting to pull the covers over your head. Discover how to lead for maximum performance using simple tricks to provide you the success you deserve, the time you so desperately need and the fulfillment that makes your career worth pursuing! (Business Summit Lecture)

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

COLLECTIVE
Zen



FR5

2:45pm-4:00pm

HIT THE WALL  **NEW!****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!

FR5A Friday, 2:45pm-4:00pm**ATHLETIC AGING**  **NEW!****Abbie Appel**

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.

FR5B Friday, 2:45pm-4:00pm**BALLS, BLOCKS, BANDS: PILATES FUSION**  **NEW!****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.

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

FR5D Friday, 2:45pm-4:00pm**SCHWINN®: HEAR US ROAR**  **NEW!****Jenn Hogg & Leigh Johnson, MA**

The Power of Authenticity. When coaches unleash an unapologetic sense of self, a powerful purpose steps into the light. Your personal truth, combined with cycling moments of elevation, are what turn exercise into an unforgettable experience. Are you ready to ROAR into your next ride?

FR5E Friday, 2:45pm-4:00pm**AQUA DRUMS VIBES**  **NEW!****Billie Wartenberg**

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

FR5F Friday, 2:45pm-4:00pm**THE GUT – SLEEP NETWORK EFFECT**  **NEW!****Melissa Layne, MEd**

Uncover the hidden secrets of how sleep profoundly influences your gut microbiome and how your gut biome affects your slumber in this enlightening workshop. Delve into the intricate relationship between quality sleep and a thriving gut ecosystem. Gain practical insights into optimizing your sleep habits to promote gut health and vice versa for overall vitality. (Lecture)

FR5G Friday, 2:45pm-4:00pm**EFFECTIVE GX & PT SALES STRATEGIES PANEL** **Sara Kooperman, JD, Brandi Clark, Dane Robinson & Michael Hughes**

The ability to sell is a key skill that all fitness professionals need, whether you have years of experience or just starting out in your career. Join our interactive panel as they delve into common misconceptions around sales in our industry, effective strategies that can be adapted to different demographics, and how you can build long term value based on world class experience.

(Business Summit Lecture)

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

FR6

4:30pm-5:45pm

BAND CAMP **Gail Bannister-Munn**

This full body strength workout using resistance bands will strengthen your muscles as effectively as traditional weights. Target your entire body - upper, lower and core to enhance coordination, increase muscle endurance and rehab injured fibers. Experience a workout that creatively tones and builds strength without the use of heavy equipment.

FR6A Friday, 4:30pm-5:45pm**"DON'T JUST SIT THERE!"**  **NEW!****Gusti Ratliff, MEd, E-RYT 500, C-IAYT**

Anyone can do Chair Yoga, including traditional yoga practitioners! Come and experience the possibilities of introducing chair yoga in studios, at work, seminars or any place where getting onto the floor may not be practical. Enjoy the chair yoga alternative.

FR6B Friday, 4:30pm-5:45pm**STRENGTH TRAINING FOR LONGEVITY & VITALITY II**  **NEW!****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.

FR6C Friday, 4:30pm-5:45pm**BY ANY STRETCH**  **NEW!****Abbie Appel**

Flexibility allows us to move freely in our daily life. What's more, a balance of mobility and stability in each joint helps prevent injury. In this hands-on session, review the science of "contract-relax" stretching. Experience multiple one-on-one stretching exercises and leave with a proven technique and system to grow your business and help your clients move better and smarter.

FR6D Friday, 4:30pm-5:45pm**WARRIOR® RIDE**  **NEW!****Jani Roberts**

The Warrior® Ride is designed to enable participants to energetically shift from where they are, to where they want to be. If you're having a frustrating day, join us! We will leave your frustration on the road and replace it with confidence and resilience. You are stronger than you know!

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

AQUA BOOT CAMP BOQ-STYLE **Manuel Velazquez**

Swing, Punch and Run in a "completely" new aquatic workout! Experience a truly unique session utilizing movements from many different sports and using resistive aquatic exercise equipment. This explosive, intense and fun workout will strengthen your core, tone your arms and legs, all while improving your coordination and balance.

FR6F Friday, 4:30pm-5:45pm**KEYNOTE & COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME** **Brandi Clark**

Explore cutting-edge strategies, emerging trends, and innovative technologies tailored for fitness professionals seeking long-lasting client impact and income. Let's redefine your success! (Business Summit Lecture)

FR7H Friday, 6:00pm-7:00pm**SATURDAY, JULY 20****SA1****7:30am-8:45am****PERSONAL TRAINING: A LIFELONG CAREER** **Michael Hughes**

Personal Training has been stereotyped and stigmatized as a "hobby job" where burnout rates are HIGH and the chances of turning fitness into a career are low. Michael Hughes breaks down the 7 skills every trainer needs to know to create a long-term sustainable career in the fitness industry. (Business Summit Lecture)

FR6H Friday, 4:30pm-5:45pm**FR7****6:00pm-7:00pm****FITNESS IDOL** **Judges: Sara Kooperman, JD, Amber Toole, Ann Gilbert & Dane Robinson**

Do you have what it takes to become the next SCW Fitness Idol? As the winner of this prestigious title, not only will you receive coverage in 2024 SCW newsletters, but you'll get a chance to show off your skills as a featured presenter at the 2025 SCW MANIA® Convention of your choice! Each 2024 SCW Fitness Idol Winner receives:

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

FR7B Friday, 6:00pm-7:00pm**MANIA® DANCE OFF!!** 

Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with LaBlast®, Zumba®, Country Fusion®, Manuel Velazquez & Billie Wartenberg 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!

FR7C Friday, 6:00pm-7:00pm**RECOVERY THROUGH MEDITATION** **Yury Rockit**

Dive into the essence of meditation in this transformative session. Beyond theory, experience traditional practices to master pranayama skills. Gain tools for immediate integration into your life, client sessions, and classes. Elevate mind and body with authentic techniques, unlocking both physiological and psychological benefits. Empower yourself and others with mindful living.

FR7D Friday, 6:00pm-7:00pm**BBB WORKOUT – BALL, BAND, BAR** **Gail Bannister-Munn**

Experience the unique Ball, Band, and Bar workout, a fusion of strength training, balance, and flexibility. Utilizing a stability ball, resistance bands, and a weighted bar, you'll enhance core stability, target muscle groups, and elevate your fitness game. Join us for a dynamic, full-body workout that delivers results.

SA1A Saturday, 7:30am-8:45am**TIME WITH TISSUE** **Ann Gilbert**

Practice mobility exercises to optimize agility as you move through your fitness age. Improve ROM, increase vitality & get moving with this easy-to-follow mobility sequence. Leave with a clear understanding of how we, as fit Pros, can contribute to movement that can transfer to advanced activities of daily living. This session is for all clients 20-90 years of age.

SA1B Saturday, 7:30am-8:45am**BARRE HARD CORE** **Abbie Appel**

Legs may get all the glory in a barre class but do you know what part of your body is the real winner? YOUR CORE! Barre focus on balance, core stability, and maintaining a neutral pelvis, make it a killer core workout from start to finish without requiring a single crunch.

SA1C Saturday, 7:30am-8:45am**SOULBODY YOGA SCULPT** **Becca Voelpel**

A total-body, yoga-infused workout with vinyasa flows, cardio surges, and sculpting work designed to incinerate calories, build endurance, and promote mindfulness. The class allows space for almost everyone to dial up their intensity, or turn it down based on individual needs.

SA1D Saturday, 7:30am-8:45am**SCHWINN®: CYCLE A LA MODE** **Robert Sherman**

Tap into the unique ways your team wants to ride – ONLY with the Z-power console from Schwinn. Whether it's RPM, Max HR, or FTP – we've got a ride for everyone. Build it and they will come. Real results, every time, with your ride or die. Let's go!

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

**CERTIFICATIONS
THURSDAY,
JULY 18**

SCW PERSONAL TRAINING CERTIFICATION
Bannister-Munn
9:00am-6:00pm

SCW ACTIVE AGING CERTIFICATION
Gilbert
9:00am-5:00pm

SCW GROUP EXERCISE CERTIFICATION
Velazquez
8:00am-5:00pm

SCW LIFE COACHING CERTIFICATION
Toole
9:00am-3:00pm

SCW MEDITATION CERTIFICATION
Rockit
5:00pm-9pm

SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION
Sherman • 7:00am-5:00pm

WATERMOTION® AQUA EXERCISE CERTIFICATION
Hammer • 9am-5pm

**ATLANTA MANIA®
FIT PRO CONVENTION**

A
HIIT / CORE / STRENGTH

B
FUNCTION / ACTIVE AGING

C
GX / DANCE /
SMALL GROUP TRAINING



D
RECOVERY / MIND BODY

E
CYCLE

FRIDAY, JULY 19

FR1	7:30am-8:45am	PRO ATHLETE CORE CONDITIONING II Robinson	TAILORED TRAINING FOR ACTIVE AGERS Toole	BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING Rockit	YOGA-PILATES RESTORE Bannister-Munn	
FR2	9:00am-10:15am	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	SOULBODY BARRE+LIT Vandiver	TIGER TAIL® GOODBYE BACK PAIN Zuleger	SCHWINN®: BIKER BARRE Appel
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	MOBILITY TRAINING - ONLINE OR IN-PERSON Webb	NO FLOOR CORE AND BALANCE Layne	EXERCISE AND PAIN: A PARADIGM SHIFT Mack	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE Mummy	SCHWINN®: SAVVY CYCLING Sherman
EXPO SHOPPING 12:00pm-2:45pm						
FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	2 LEGIT 2 HIIT Appel SESSION 2	BRING THE TOYS! Bannister-Munn SESSION 2	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED van Amstel SESSION 1	THE WARRIOR® WORKOUT Roberts SESSION 1	SCHWINN®: ROCK & ROLL RIDE Sherman SESSION 1
FR5	2:45pm-4:00pm	HIT THE WALL Rockit	ATHLETIC AGING Appel	BALLS, BLOCKS, BANDS: PILATES FUSION Metcalf	TAI-CHI FUSED YOGA Velazquez	SCHWINN®: HEAR US ROAR Hogg & L. Johnson
EXPO SHOPPING 3:45pm-4:30pm						
FR6	4:30pm-5:45pm	BAND CAMP Bannister-Munn	"DON'T JUST SIT THERE!" Ratliff	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	BY ANY STRETCH Appel	WARRIOR® RIDE J. Roberts
FR7	6:00pm-7:00pm		FITNESS IDOL Kooperman, Toole, Gilbert & Robinson	DANCE OFF! LaBlast®, ZUMBA®, Country Fusion®, Wartenberg & Velazquez	RECOVERY THROUGH MEDITATION Rockit	

SATURDAY, JULY 20

SA1	7:30am-8:45am	BBB WORKOUT - BALL, BAND, BAR Bannister-Munn	TIME WITH TISSUE Gilbert	BARRE HARD CORE Appel	SOULBODY YOGA SCULPT Voelpel	SCHWINN®: CYCLE A LA MODE Sherman
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am			KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD ROOM B		
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	FULL BODY 3D HIIT-CIRCUIT Hughes	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert	LABLAST® FITNESS: BALLROOM BLITZ van Amstel	TIGER TAIL® RECOVERY FOR LONGEVITY Zuleger	SCHWINN®: BEAST MODE Hogg
EXPO SHOPPING 12:00pm-2:45pm						
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	DEEP CORE AND PELVIC FLOOR Layne SESSION 2	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb SESSION 1	ELIMINATING BACK PAIN WITH DEADLIFTS Bongelli SESSION 1	WARRIOR® TAI CHI YOGA AND QI GONG FUSION Roberts SESSION 2	SCHWINN®: R.I.S.E. & #RIDERIGHT Hogg SESSION 1
SA5	2:45pm-4:00pm	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy & Bannister-Munn	COUNTRY FUSION® 2024 Mooney	ULTIMATE LEG DAY Toole	YOGA TOUCH Kooperman	SCHWINN®: RHYTHM ROADTRIP Appel
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Mike	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	ZUMBA® Santana	FLEXIBILITY - STOP DOING IT WRONG Metcalf	SCHWINN®: CYCLE MIXOLOGY Appel

SUNDAY, JULY 21

SU1	7:30am-8:45am	CORE BY 4 Wartenberg	BONE HEALTH BOOT CAMP Conti	RETRO AEROBICS Aktzi	SOULBODY RESTORE Voelpel		
SU2	9:00am-10:15am	ACTIVE STRENGTHENING WITH STRETCH Ross	ACTIVE AGING PLAYGROUND Toole	TRAINING THE NEURODIVERGENT CLIENT Conti	THE BATTLE FOR MOBILITY McCormick		
EXPO SHOPPING 10:00am-1:00pm							
SU3	10:45am-12:00pm	OPTIMAL OVERHEAD PRESSING Mike	LABLAST® CHAIR FITNESS: PULL UP A SEAT van Amstel	BRINGING BACK FOUNDATIONAL STRENGTH TRAINING G. Johnson	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Hughes		
SU4	12:15pm-1:30pm	POWER IN THE TRANSVERSE PLANE Mike	CREATIVE PROGRAMMING 55+ Wartenberg	GLUTE TRAINING - BEGINNER TO ADVANCED G. Johnson	HEAT UPS & FINISHERS McCormick		

**CERTIFICATIONS
SUNDAY,
JULY 21**

WARRIOR® TAI CHI YOGA INSTRUCTOR CERTIFICATION
Roberts • 7:30am-3:30pm

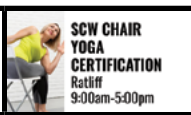


SCW PILATES MATWORK CERTIFICATION
Velazquez
7:30am-3:30pm

SCW STRETCHING & FLEXIBILITY TRAINING CERTIFICATION
Appel • 7:30am-3:30pm

SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION
Gilbert • 7:30am-3:30pm

SYMMETRY POSTURAL MEASUREMENT CERTIFICATION
Mummy • 7:30am-3:30pm

ZUMBA® BASIC 1 TRAINING
Santana
7:15am-3:30pm

 SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION Layne • 9am-3:30pm	 SCW CHAIR YOGA CERTIFICATION Ratliff 9:00am-5:00pm	 THE MENTAL WELLBEING CERTIFICATION FOR FITNESS PROFESSIONALS C. Brick and L. Brick <i>Online Exclusive</i>	 get discounted ONLINE CERTS View them at scwfit.com/certs \$100 OFF Code: MANIA100
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Pre-Recorded Sessions

F AQUA (STARTS IN LECTURE)	G NUTRITION / EX. SCIENCE	H BUSINESS 
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PRE-RECORDED PERSONAL TRAINING	PRE-RECORDED RESTORE / PILATES / TAI-CHI	PRE-RECORDED AQUA EXERCISE	PRE-RECORDED 
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RIDE THE WAVE Velazquez & Hammer	HOW TO CREATE A MENTAL WELL-BEING CULTURE V. Brick & L. Brick	BUILD THE FINANCIAL FUTURE OF YOUR DREAMS Day
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ van Amstel	MAGNESIUM: THE MIGHTY MINERAL UNVEILED Toole	START & GROW YOUR BUSINESS Kooperman, Clark, Webb, Mooney, Day & Ball
EXPO SHOPPING 10:00am-11:00am		
LIQUID GYM ACQUA PUNCH & PUMP Velazquez	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	FIND YOUR NEXT 50 LEADS Clark
EXPO SHOPPING 12:00pm-2:45pm		
COUNTRY FUSION® AQUATICS Mooney SESSION 2	SIX ROOT CAUSES OF DECREASED LONGEVITY Layne SESSION 1	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman SESSION 2
AQUA DRUMS VIBES Wartenberg	THE GUT – SLEEP NETWORK EFFECT Layne	EFFECTIVE CX & PT SALES STRATEGIES PANEL Kooperman, Robinson, Roberts & Hughes
EXPO SHOPPING 3:45pm-4:30pm		
AQUA BOOT CAMP BOQ-STYLE Velazquez	PREVENTING COMMON FITNESS INJURIES Laskowski	PERSONAL TRAINING: A LIFELONG CAREER Hughes
 KEYNOTE & COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME - Brandi Clark • Room H		

STABILITY BALL BREAKTHROUGH Bannister-Munn	HAPPY HIPS & HEALTHY BACKS Fullton	AQUA YOGA FLOW Warasila	INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY Kooperman
7 GAME-CHANGING GLUTE TRAINING TIPS Tumminello	HIGH ROLLER - FOAM ROLLER PILATES Appel	AQUA HIIT THE BEAT Fowler	FIRESIDE CHAT WITH MARK HARRINGTON JR. Kooperman & Harrington
SMART STRENGTH FOR THE AGELESS FEMALE Roberts	CORE YOGA STRONG Howard	AB- ARSENAL Gilbert	SUCCESSFULLY BUILD YOUR MEMBER BASE Williams
TOTAL BODY RESET Turner	LOWER BODY SELF CARE Bettendorf	MIX-MATCH AQUA MOVES TO THE MAX Howard	RETIRED, NOT EXPIRED! STRENGTH TRAINING FOR MATURE ADULTS PANEL Kooperman, Roberts, Ritchie & Gilbert
REDEFINE FUNCTIONAL TRAINING: REDEFINE YOURSELF Mullins	ADAPTIVE TAI CHI: MOVING DESPITE LIMITATIONS Glassmeyer	AQUA BRAIN POWER Gilbert	RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS Hoff
LOWER BODY BURNOUT Howard	FOGA - FOAM ROLLING AND YOGA Zahn	BARRACUDA BOOTY Kulp	THE PERFECT VIRTUAL SOLUTION Madden
CORE TRAINING METHODS Mullins	CORE FORWARD PILATES Howard	10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING McCormick	BIGGEST SECRETS IN PERSONAL TRAINING SALES SUCCESS Baraglia

WATER RUNNING Rockit	HOW YOU MOVE MATTERS Laskowski	YOUR FINANCIAL HEALTH Ross
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD ROOM B		
EXPO SHOPPING 10:30am-11:00am		
AQUATIC EQUIPMENT INNOVATIONS Ford	PHYSICS OF PAIN & PERFORMANCE Mummy	NAVIGATING LEGAL PITFALLS IN FITNESS Ball & Kooperman
EXPO SHOPPING 12:00pm-2:45pm		
AQUA ZUMBA® Melendez SESSION 2	TRENDING DIETS & WEIGHT LOSS MEDS Digsby SESSION 2	STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL Kooperman, Appel, Metcalf & Bannister-Munn SESSION 1
BUOY, OH BUOY, OH BUOY! Velazquez, Wartenberg & Hammer	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger	FIND & ENROLL CLIENTS USING SOCIAL MEDIA Clark
EXPO SHOPPING 3:45pm-4:30pm		
4 FUNCTIONAL AQUA CIRCUITS Layne	WHEN EXERCISE MAKES CLIENTS WORSE Mack	INCREASE REVENUE, GAIN HEALTHIER CLIENTS Landa

ROCK BOTTOMS! BANDED BOOTY STRENGTH McDonald	TAI CHI + WEIGHTS = IRON FUSION Ross	POWER TO THE POOL Dziubinski	CLUB, STUDIO & CLIENT RETENTION Kooperman
GAIN ACCESS TO THESE 60 PRE-RECORDED SESSIONS ONLINE (filmed at previous SCW Conventions) when you Add Atlanta MANIA® 2024 Recordings... 160 RECORDED SESSIONS IN TOTAL!			
CONTENDER Richards	YOGA SOUL Kooperman	CHEEKS FOR WEEKS - H2O Gilbert	PROFITABLE TRAINING WITH CLIENTS 55+ Ritchie
SL@T - STRENGTHEN, LENGTHEN & TONE Howard	FUNCTIONAL PILATES Velazquez	AQUA YOGA FOR ARTHRITIS Fairbrother	CONVERTING SOCIAL MEDIA CONTENT INTO CUSTOMERS Christopher
PLANKS IN ALL THREE PLANES Chilazi	SHOULDERS: PROTECTION & PERFORMANCE Christopher	H2O TAP OUT Cofield	BUILDING SUCCESSFUL HYBRID BUSINESSES Vokoun
CREATIVE COMPOUNDS Gavigan	FOREVER PILATES Appel	EASY-GRIP AQUA DUMBBELL WORKOUT Kulp	PURPOSEFUL PROGRAMMING Madden

KNOCKOUT AQUA WITH HIIT McCormick	SUGAR, SNACKS & HEART ATTACKS Digsby	FROM STRUGGLING TO STREAMING Bongelli
SILVER TSUNAMI Wartenberg & Hammer	SOLVE 3D TRAINING & NUTRITION MISTAKES Mike	INDIVIDUALIZED SEMI-PRIVATE TRAINING G. Johnson
EXPO SHOPPING 10:00am-1:00pm		
LIQUID GYM ACQUA TONER STRETCH & TONE Wartenberg	KITCHEN MAKEOVER FOR FOOD LOVERS Digsby	MONETIZE YOUR BOTTOM LINE McCormick
STRONG & STABLE AQUA Layne	MINDSET MAGIC: GUIDING NUTRITION MASTERY Toole	ATTRACT, MOTIVATE & RETAIN CLIENTS WITH CHRONIC ILLNESS Conti

TOP-TIER CORE CONDITIONING Robinson	THE ART OF FLOW: YOGA BASICS Conti	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Velazquez	NEW CLIENT RETENTION McBee
G.R.I.T. - STRENGTH TRAINING FOR THE AGER Gilbert	SMR: FUNCTIONAL FASCIA TECHNIQUES Gavigan	LIQUID LEVELS Pinkowski	ENTREPRENEURSHIP & OPENING Sheppard
CORE OFF THE FLOOR Zahab	YIN TO MY YANG Malaghan	TAB-AQUA QUICKIES Howard	BUILDING YOUR BUSINESS Stevenson
Access to pre-recorded sessions can be found at scwfit.com/atlanta			

 **RECORDED SESSIONS** are filmed live at this MANIA® Convention and are only available online after the event at \$60 for 60 days with unlimited access.

WATER RUNNING **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.

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

HOW YOU MOVE MATTERS **Dr. Edward Laskowski, MD**

This session will discuss the importance of ensuring proper movement patterns when performing sports activities as well as when training with resistance. Evidence based strategies to protect from injury as well as optimize performance will be outlined. (Lecture)

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

YOUR FINANCIAL HEALTH **Kylie Ross, MS, 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! (Business Summit Lecture)

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

**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!

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

**TIGER TAIL® RECOVERY FOR LONGEVITY** **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.

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

**SCHWINN® INDOOR CYCLING: BEAST MODE** **Jenn Hogg**

HIIT workouts are all the rage but not all are done right. This workout is designed to push your limits while honoring the science of true HIIT for real results. We'll show you how to take breathless beast mode. Get ready to Rumble!

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

**AQUATIC EQUIPMENT INNOVATIONS** **Tom Ford**

Discover the various uses and differences between assistive and resistive Aquatic exercise equipment and how they integrate into creative and effective programming options. Learn the materials used and the properties they possess. Understand the pros and cons of each and the fact they both have an exciting and innovative place in aquatic exercise.

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

**PHYSICS OF PAIN & PERFORMANCE** **Patrick Mummy**

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

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

**NAVIGATING LEGAL PITFALLS IN FITNESS** **Fireside Chat with Miriam Ball and Sara Kooperman**

Safeguard your well-being, family, and business from potential lawsuits. Gain valuable insights on fitness insurance gaps, high defense cost claims, and effective client communication. Join Miriam Ball and Brandi Clark for a crucial discussion on pitfalls for Group Instructors, Personal Trainers, and Business Owners. Leave with a liability waiver sample and essential risk awareness. (Business Summit Lecture)

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

**SA4 - LUNCHTIME SESSION 1 12:30pm-1:45pm**

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

MASTER KNEE-PAIN REDUCTION STRATEGIES **Ruston Webb, MS**

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 to revolutionize your fitness strategy!

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

**SA2 KEYNOTE**

9:15am-10:30am

WHERE HEALTHY MEETS HAPPY **Sohailla Digsby, RDN, LD**

It is absolutely possible to fully enjoy life's indulgences and maintain long-term fitness simultaneously! Sohailla will unveil the blueprint that will guide you to the intersection of lasting health and happiness, leaving guilt behind. Once the secret formula is uncovered, you'll realize that relentless, stressful efforts are not required to strike your life-giving balance.

SA2B Saturday, 9:15am-10:30am

**SA3**

11:00am-12:15pm

FULL BODY 3D HIIT- CIRCUIT **Michael Hughes**

Most workout programs take place in the sagittal plane with a focus on muscle splitting. This kind of programming massively misses out on the body's full movement training potential. We have programmed a functional full body circuit workout that intentionally incorporates and balances out all three planes of motion.

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

**S.E.A.T.® SUPPORTED EXERCISE FOR AGELESS TRAINING** **Ann Gilbert**

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

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



ELIMINATING BACK PAIN WITH DEADLIFTS  **NEW!****Craig Bongelli**

Discover the secrets of deadlifting in this interactive session with former pro strongman and world's strongest man coach Craig Bongelli. Strengthen your glutes, abs and functional strength while bidding farewell to stubborn back pain. Unlock your potential for massive progress and transform your fitness journey.

SA4C Saturday, 12:30pm-1:45pm**SCHWINN®: R.I.S.E. & #RIDERIGHT** **Jenn Hogg**

Results = Intensity + Science + Execution. Want your riders to get results? It's all about intensity and staying true to the science of authentic cycling executed in a masterful class design that follows this simple set of rules. When you ride right, you always get results.

SA4E Saturday, 12:30pm-1:45pm**STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL** **Sara Kooperman, JD, Abbie Appel, Andrea Metcalf & Gail Bannister-Munn**

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

SA4H Saturday, 12:30pm-1:45pm**SA4 - LUNCHTIME SESSION 2 1:15pm-2:30pm**

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

DEEP CORE AND PELVIC FLOOR  **NEW!****Melissa Layne, MEd**

Join an inclusive workshop focusing on deep core and pelvic floor health for all genders. Discover exercises and techniques to strengthen and support these vital muscle groups, promoting better posture, balance, better bladder function, and overall wellness. Take control of your core and pelvic floor health in this informative and empowering session.

SA4A Saturday, 1:15pm-2:30pm**WARRIOR® TAI CHI YOGA AND QI GONG FUSION**  **NEW!****Jani Roberts**

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.

SA4D Saturday, 1:15pm-2:30pm**AQUA ZUMBA®****Guillermo Melendez**

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

SA4F Saturday, 12:30pm-1:45pm**TRENDING DIETS & WEIGHT LOSS MEDS**  **NEW!****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 diets from our seasoned dietitian. "Fasting, Keto, and Noom! Oh my!" (Lecture)

SA4G Saturday, 1:15pm-2:30pm**SA5****2:45pm-4:00pm****POSTURE & ALIGNMENT WITH PERSONAL TRAINING**  **NEW!****Patrick Mummy & Gail Bannister-Munn**

Almost all workouts require good posture and alignment to maximize results while minimizing injury. However, it is difficult to assess our clients and ensure all participants are stretched and moving properly before and during a workout. Join our resident experts on posture, alignment, evaluation and stretching, Patrick Mummy and Gail Bannister-Munn, as they discuss the best coaching and cueing strategies for alignment and posture and how to do it effectively in personal training and a small group environment.

SA5A Saturday, 2:45pm-4:00pm**COUNTRY FUSION® 2024**  **NEW!****Elizabeth Mooney**

Learn actual line dances for a skill you can showcase and extend your workout beyond the gym into local nightlife and country music venues. Fuse country, and four other dance styles. Boost muscle endurance, shed fat, enhance core strength, and improve coordination. Suitable for all ages and levels, Country Fusion® is new for 2024.

SA5B Saturday, 2:45pm-4:00pm**ULTIMATE LEG DAY**  **NEW!****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!

SA5C Saturday, 2:45pm-4:00pm**YOGA TOUCH**  **NEW!****Sara Kooperman, JD**

Enjoy this yoga class, which balances strength and stretch, earth and sun, power, and grace. Learn valuable techniques to touch your students physically and verbally. Using body weight and light manual touching, experience ways to connect with your students to motivate them to better posture, proper alignment, and greater challenge all within the effective environment of a yoga class.

SA5D Saturday, 2:45pm-4:00pm**SCHWINN®: RHYTHM ROADTRIP- MASTERING CYCLING MUSICALITY** **NEW!****Abbie Appel**

Discover how to capture and captivate your riders by tapping into the emotion and hidden beats of a well curated playlist. Learn how to create magical, memorable rides with incredible musicality that drive performance for real results.

SA5E Saturday, 2:45pm-4:00pm**BUOY, OH BUOY, OH BUOY!** **NEW!****Manuel Velazquez, Billie Wartenberg & Autumn Hammer**

Take advantage of aqua dumbbells to build muscular endurance, power, and overall tone. Build lean muscle through the creative use of drag, resistance, and buoyancy by using just one aqua dumbbell or both dumbbells enmeshed, or as under-arm flotation devices. Recharge, refresh and revive your water workouts using hand buoys like never before.

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

electrify AND INSPIRE



MYOFASCIAL RELEASE: THE VAGUS NERVE **NEW!**

Dr. Julie Zuleger, PhD

The vagus nerve is the main nerve of the parasympathetic nervous system which calms the body after stress. Discover its untapped potential in this session that focuses on the science and connection of fascia and the vagus nerve. Experience the vagus nerve's impact on performance and well-being. Learn myofascial release techniques and strategies for stimulating and reducing stress to unlock client success. (Lecture)

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



FLEXIBILITY - STOP DOING IT WRONG **NEW!**



Andrea Metcalf

Stop stretching to gain flexibility and discover the keys to effective flexibility training. Learn to pinpoint and address muscle imbalances that hinder flexibility. Gain insights into targeted strengthening exercises to unlock your body's full range of motion. Learn assessments, target exercises and the science behind flexibility training.

SA6D Saturday, 4:30pm-5:45pm

FIND & ENROLL CLIENTS USING SOCIAL MEDIA **NEW!**

Brandi Clark

If you want to create a name and following for yourself, you need to stand out on social media, and that can be difficult. In this course you will learn the 4 simple steps for standing out so you can enroll more clients, make more money, and have a larger impact! This session is perfect for both instructors, personal trainers, and studio owners and managers. (Business Summit Lecture)

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



SCHWINN®: CYCLE MIXOLOGY: CURATING KILLER PLAYLISTS **NEW!**



Abbie Appel

Where did you get that song! We're sharing the secret to sourcing music for playlists that rock every ride. Learn where to find the tunes and uncover new apps and programs to remix and customize your own tracks. Become your own mixologist and discover the recipe for savage playlists.

SA6E Saturday, 4:30pm-5:45pm

4 FUNCTIONAL AQUA CIRCUITS **NEW!**

Melissa Layne, MEd

Dive into vitality with our aquatic circuit workshop! Designed for enhancing daily life functionality, this pool-based session guides you through a series of exercises targeting strength, flexibility, and balance. Experience the therapeutic benefits of water while improving your everyday activities. Leave with four comprehensive class designs to incorporate into your classes immediately.

SA6F Saturday, 4:30pm-5:45pm

WHEN EXERCISE MAKES CLIENT'S WORSE **NEW!**

Greg Mack

This course provides an overview of Homeostasis, Allostasis, and Allostatic Load, offering clear definitions and insightful descriptions. Tailored for exercise professionals, it emphasizes practical applications, equipping them with knowledge to understand and manage physiological responses in clients, optimizing their training regimes for peak performance and well-being. (Lecture)

SA6G Saturday, 4:30pm-5:45pm



FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS

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.

SA6A Saturday, 4:30pm-5:45pm

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!

SA6B Saturday, 4:30pm-5:45pm

ZUMBA® **NEW!**



Erick Santana

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

SA6C Saturday, 4:30pm-5:45pm

INCREASE REVENUE, GAIN HEALTHIER CLIENTS **NEW!**



Dr. Jennifer Landa, MD

Join BodyLogicMD for strategic insights in boosting your bottom line while enhancing client well-being. Discover our proven solutions, including tailored nutritional offerings, wellness programs, and client-centric testing. Elevate your business & client satisfaction today! (Business Summit Lecture)

SA6H Saturday, 4:30pm-5:45pm

SUNDAY, JULY 21

SU1

7:30am-8:45am

CORE BY 4  **NEW!****Billie Wartenberg**

Everyone wants a strong core and everyone is at different levels to reach that goal. In this one unique program, reach 4 different types of members: pre-hab, gentle, moderate and vigorous while targeting 4 core muscles for results you can be proud of!

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

BONE HEALTH BOOT CAMP  **NEW!****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!

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

RETRO - AEROBICS  **NEW!****Aktzi Mushin**

Get ready for a dynamic, high-energy workout that's a blast from the past. Join us for a fun-filled session of choreographed moves from low to high impact, set to nostalgic beats. Improve coordination, focus, and groove your way to unexpected joy!

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

SOULBODY RESTORE  **NEW!****Becca Voelpel**

Experience a recovery class that is a great addition to group class offerings. SoulBody Restore gently warms the body through unique yoga flows, creates mobility through dynamic stretching and uses restorative techniques to release fascial tension, delivering a relaxed and centered feel.

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

KNOCKOUT AQUA WITH HIIT **NEW!****Irene McCormick, MS, CSCS**

Apply water principles to HIIT and BOXING moves to create an aqua workout that is a knockout! Learn the physiology of glycogen depletion and HOW to achieve this in a HIIT and BOXING program in the pool. Experience time-based drills for a challenging, exciting, and high-effort aqua workout.

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

SUGAR, SNACKS & HEART ATTACKS  **NEW!****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)

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

FROM STRUGGLING TO STREAMING  **NEW!****Craig Bongelli**

Join Craig in an exhilarating session where he unveils his proven strategies honed from working with top athletes and renowned brands, featuring on Netflix. Learn to become the go-to expert, attract dream clients, effortlessly create captivating content, and stay ahead of industry trends. Transform your business and life. (Business Summit Lecture)

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



SU2

9:00am-10:15am

ACTIVE STRENGTHENING WITH STRETCH **Kylie Ross, MS, MBA**

Discover the perfect blend of strength, conditioning, and flexibility with this innovative workout program. Learn to integrate traditional bodyweight exercises with inventive stretching methods, using chairs, resistance bands, and Pilates balls. Achieve a comprehensive fitness routine that enhances everyday movements while promoting agility and muscle development.

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

ACTIVE AGING PLAYGROUND  **NEW!****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.

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

TRAINING THE NEURODIVERGENT CLIENT  **NEW!****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.

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

THE BATTLE FOR MOBILITY  **NEW!****Irene McCormick, MS, CSCS**

The relationship between flexibility, mobility and stability includes components that are largely misunderstood. Mobility is about the joint, flexibility is about soft tissue, and stability is a major influencer. This session explores the science of flexibility and mobility, how to care for your fascia for greater mobility, and spinal stability.

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

SILVER TSUNAMI **NEW!****Billie Wartenberg & Autumn Hammer**

Enjoy a tsunami of creativity with these senior-inspired routines. Leave with six (6) 64-count choreography blocks of captivating aqua sequences. Manual dexterity, ankle mobility, balance options, and neuroplasticity games are all integrated to improve your aqua aging programming. Comprehensive choreography handouts enhance your movement mastery. Stay current with purpose!

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

SOLVE 30 TRAINING & NUTRITION MISTAKES  **NEW!****Dr. Jonathan Mike, PhD**

Discover the 30 most common training and nutrition pitfalls in this enlightening presentation. This session will help you gain strategies to circumvent these difficulties and optimize your health and fitness performance. Join Dr. Mike and learn about the science and real-world practical solutions to maximize your training and nutrition. (Lecture)

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

INDIVIDUALIZED SEMI-PRIVATE TRAINING  **NEW!****Greg Johnson, MS**

Understand how to program and train multiple clients while creating a balance of the fun social aspects of group fitness, while still being able to create individually focused workouts depending on each client's goals and abilities. We will also discuss pricing, business strategies and marketing. (Business Summit Lecture)

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



SU3**10:45am-12:00pm****OPTIMAL OVERHEAD PRESSING** **Jonathan Mike, PhD**

This hands-on session discusses and identifies the mechanics, technical intricacies, and execution of the overhead press addressing variations for personal trainers and coaches. Review the importance of optimal technique from an implementation, training, and application perspective.

SU3A Sunday, 10:45am-12:00pm**LABLAST® CHAIR FITNESS: PULL UP A SEAT**  **NEW!****Louis van Amstel**

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!

SU3B Sunday, 10:45am-12:00pm**BRINGING BACK FOUNDATIONAL STRENGTH TRAINING**  **NEW!****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.

SU3C Sunday, 10:45am-12:00pm**FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY**  **NEW!****Michael Hughes**

Restoration is an essential part of any fitness regimen, but it can be hard to get clients to buy into it. This is why we've created a simple integrated 3-part restoration group class that combines foam rolling, stretching, and moving and leaves clients feeling so good and rejuvenated.

SU3D Sunday, 10:45am-12:00pm**LIQUID GYM ACQUA TONER STRETCH & TONE** **NEW!****Billie Wartenberg**

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

SU3F Sunday, 10:45am-12:00pm**KITCHEN MAKEOVER FOR FOOD LOVERS**  **NEW!****Sohaila Digsby, RDN, LD**

Is your kitchen your happy place, or does it work against your goals? Join our fit-pro dietitian to learn what to stock in your fridge and pantry, which gadgets are must-haves, go-to recipes for active people, perfect snack-stashes, meal-prep tips, and practical kitchen rules to live by. (Lecture)

SU3G Sunday, 10:45am-12:00pm**MONETIZE YOUR BOTTOM LINE**  **NEW!****Irene McCormick, MS, CSCS**

Learning to monetize your fitness programs is very important for any fitness professional who wants to grow their business and income. Many factors affect the profitability of fitness programs, including positioning, marketing, packaging, delivery, target market, etc. And all this must be consistent, despite changes in talent and management. Creating and delivering amazing fitness programs is both art and science, but making money is the bottom line.

SU3H Sunday, 10:45am-12:00pm**SU4****12:15pm-1:30pm****POWER IN THE TRANSVERSE PLANE: HOW TO BECOME A ROTATIONAL POWERHOUSE**  **NEW!****Dr. Jonathan Mike, PhD**

Want to increase real life rotational power for clients and athletes? Every program out there should be utilizing fundamental rotational power. This presentation examines the science of and real-life and unique application and hands-on session with many practical and useful movements to employ to enhance rotational power.

SU4A Sunday, 12:15pm-1:30pm**CREATIVE PROGRAMMING 55+**  **NEW!****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.

SU4B Sunday, 12:15pm-1:30pm**GLUTE TRAINING: BEGINNER TO ADVANCED**  **NEW!****Greg Johnson, MS**

All hail the king of athletic performance! The glutes are finally getting their well-deserved place in the gym, despite our quad-driven fitness world. From glute activation, isolation and enhancement to correction, strength, power, and hypertrophy, you will learn the best exercises for all clients and goals.

SU4C Sunday, 12:15pm-1:30pm**HEAT UPS & FINISHERS**  **NEW!****Irene McCormick, MS, CSCS**

Research shows individuals who do not heat up before training are 30% more likely to be injured! Getting the body ready requires muscle activation, heat, and specific joint movement, in a variety of planes of motion. The finishers are challenging and motivating. Learn to offer an amazing first and last impression.

SU4D Sunday, 12:15pm-1:30pm**STRONG & STABLE AQUA****Melissa Layne, MEd**

With multi-foci and modalities, fusion workouts are more than a trend, they are the future of fitness. More members are drawn to the pool as we age to increase strength and work on stabilization to minimize fall risk. Using common aqua moves and basic equipment, learn a dozen fusion progressions to keep our muscles strong and joints stable.

SU4F Sunday, 12:15pm-1:30pm**MINDSET MAGIC: GUIDING NUTRITION MASTERY**  **NEW!****Amber Toole**

Discover the secrets to empowering your clients with the right mindset for nutrition success. Uncover the mind-body connection, conquer limiting beliefs, and learn practical coaching techniques that will transform your clients' relationship with food. (Lecture)

SU4G Sunday, 12:15pm-1:30pm**ATTRACT, MOTIVATE & RETAIN CLIENTS WITH CHRONIC ILLNESS**  **NEW!****Christine Conti, MEd**

Those with chronic illness are often living with physical, cognitive, and emotional challenges such as fatigue, pain, balance issues, muscle spasms, vision/hearing challenges, tremors, memory loss, depression, anxiety, and more. Because these health issues are chronic, these challenges don't go away, and often are progressive and worsen over time. In this session, learn appropriate communication tools, exercises, and marketing techniques to attract, motivate and retain this growing demographic.

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

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PRE-RECORDED COURSE DESCRIPTIONS

STABILITY BALL BREAKTHROUGH

Gail Bannister-Munn

The Stability Ball Workout is multi dimensional training that incorporates stability, improves balance & flexibility and strengthens the core to enhance total body training. This is a versatile, effective and FUN workout, exercising all the major and supportive muscle groups with a focus on proper form and execution. Let's explore new exercises and drills that will keep you and your clients ahead of the rest in functional training.

HAPPY HIPS & HEALTHY BACKS

Ronnie Fulton

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

AQUA YOGA FLOW

Connie Warasila

Slip into the pool and experience a relaxing yoga-inspired aqua session. You will journey to a place of deep physical and mental relaxation while practicing breathing techniques, vinyasas, and balance postures. Come and wash away the day's tension and stress. You will float away refreshed, renewed, and calm.

INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY

Sara Kooperman, JD

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

7 GAME CHANGING GLUTE TRAINING TIPS

Nick Tumminello

The best glute training goes beyond just doing squats, deadlifts, hip thrusts, and band shuffles. From this workshop, you'll walk away with 7 glute training techniques. Immediately get more out of your glute exercises and learn moves that will become staples of your lower-body training program.

HIGH ROLLER - FOAM ROLLER PILATES

Abbie Appel

Foam rollers have an illustrious history in the fitness industry for good reason. The research tells us that foam rollers help to loosen tight muscles and activate inhibited ones. It's also known to be the perfect tool to add a balance challenge and improve alignment. By blending the advantages of foam rolling with your Pilates' routine, you can create one amazing workout. Discover this three-step program and see how you can bring new life to your Pilates' classes or your client's training sessions.



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AQUA HIIT THE BEAT**Jewell Fowler, MA**

Experience the ultimate fusion of HIIT training and the infectious rhythm of dance in this dynamic session. Perfectly tailored for those who have a love for music but may feel less confident in their dance skills. Experience a carefully crafted series of simple, yet powerful, movements that will have your heart racing and your body moving to the beat.

FIRESIDE CHAT WITH MARK HARRINGTON, JR.**Mark Harrington, Jr. & Sara Kooperman, JD**

Join fitness industry icon Mark Harrington Jr, President of Healthworks Fitness, GymIt and Republic Fitness for a fireside chat. Mark has been instrumental in the company's growth, which today includes more than 25,000 members and 500 plus employees. Dedicated to innovation, team development, and holistic well-being, Mark explores how to grow your team, enhance your member experience and effectively use data. Come with plenty of questions to grow your business and expand your influence with this generous leader in fitness and wellness.

SMART STRENGTH FOR THE AGELESS FEMALE**Keli Roberts**

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

CORE YOGA STRONG**Jeff Howard**

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

AB ARSENAL**Ann Gilbert**

Check out this innovative core format that will make you rethink your ab favorites. Take beloved tried n' true and turn them into a treasured brand new. Great for athletic abilities of all levels, these aquatic playground exercises will quickly become the first choice for effective off-season training.

SUCCESSFULLY BUILD YOUR MEMBER BASE**Jared Williams**

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

TOTAL BODY RESET**Tara Turner**

This interval training class uses steps, dumbbells, and good old fashion body weight to create a full body workout. When that buzzer sounds, burst into a cardio action, and then enjoy active recovery using strength moves. Beginners work at their level; intermediate and advanced students are pushed to their limit.

RETIRED, NOT EXPIRED!**STRENGTH TRAINING FOR MATURE ADULTS PANEL****Sara Kooperman, JD, Keli Roberts, Dr. Dan Ritchie, MS, PhD & Ann Gilbert**

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

LOWER BODY SELF CARE**Brian Bettendorf, MSM, MA**

If mobility, strength, or pain is limiting your ability to train or move the way you want, this session will provide practical options that can be used to identify opportunities & improvement in the hips, legs, and feet.

MIX-MATCH AQUA MOVES TO THE MAX**Jeff Howard**

Most of us experience some form of burnout after teaching multiple aqua classes. Build pyramid intervals to combat boredom! Incorporate muscle conditioning into timed patterns of HIIT & leave with a workout to propel you UPWARD! Just six simple rules give you more ideas, progressions, and energy to push your moves to the max!

REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF**Kevin Mullins, CSCS**

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



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ADAPTIVE TAICHI: MOVING DESPITE LIMITATIONS

Jacob Glassmeyer

This workshop will empower those with limitations to find creative ways to move through TaiChi. Explore ways of moving through an adaptive approach using the ancient discipline of Yang style TaiChi. Learn how to implement this process and provide programming to progress and regress through assisted movement.

AQUA BRAIN POWER

Ann Gilbert

This innovative workout session is filled with brain power challenges, improving mind and memory function. Experience this neuroplasticity-focused class, which is directed towards problem-solving skills that you can integrate easily into your current aqua program. Aqua brain power is important for all water participants of varying ages and fitness levels.

RETAIN & ENGAGE YOUR PERSONAL TRAINING CLIENTS

Marissa Hoff, MED

Long-term clients are essential to a successful fitness business. They are the best source of new business through referrals. Studies show that acquiring a new client can cost five times more than retaining an existing one. In this session, learn best practices to engage training clients for increased retention, referrals, and revenue.

LOWER BODY BURNOUT

Jeff Howard

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

FOGA - FOAM ROLLING AND YOGA

Rose Zahnn

FOGA is the recovery and rejuvenation your body needs! Experience a feel-good class that includes foot rolling, yoga, stretching and foam rolling. You'll walk away feeling like you just had a great massage, and you'll have the tools to take care of your body whenever needed.

BARRACUDA BOOTY

Cheri Kulp

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

THE PERFECT VIRTUAL SOLUTION

Tricia Madden

Whether you are looking to launch a video-on-demand or live stream service—or a hybrid of the two—this workshop will help you establish your business goals and launch the perfect virtual solution. Leave with technical solutions, programming strategies, staffing requirements, budgeting, and marketing ideas for either starting or revamping your virtual experiences.

CORE TRAINING METHODS

Kevin Mullins, CSCS

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

CORE FORWARD PILATES

Jeff Howard

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

10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING

Irene McCormick, MS, CSCS

Consider the aquatic environment for finding new and challenging ways to mix up your 1:1 training sessions. Adding water to a strength or HIIT workout can provide different challenges by dialing down the impact of moves without decreasing the intensity. The H2O serves as resistance training and cardio challenges without the DOMS or the impact.

BIGGEST SECRETS IN PERSONAL TRAINING SALES SUCCESS

Jon Baraglia

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

ROCK BOTTOMS! BANDED BOOTY STRENGTH

Linda McDonald

This workshop will give group fitness instructors specific exercises to strengthen the hips and thighs using bands. Learn how to add variety and FUNction to target the large, as well as small, intrinsic muscles. Learn the science behind concentric and eccentric loading, and why the band contributes to eccentric loading.

TAI CHI + WEIGHTS = IRON FUSION

David-Dorian Ross

Immerse yourself in the seamless integration of Tai Chi and another captivating movement practice in our fusion classes. Experience the harmonious flow where the boundaries between modalities become indistinguishable within the choreography. Discover the empowering synergy of Tai Chi and weights in our invigorating Iron Fusion class. Join us for a transformative journey that transcends traditional boundaries and unlocks new dimensions of fitness.

POWER TO THE POOL

MaryBeth Dziubinski

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

CLUB, STUDIO & CLIENT RETENTION

Sara Kooperman

Did you know that 72% of people who stop using your club are new members? It's important to engage these clients within the first 90 days of integrating them into our facilities. In this entertaining and educational session, take a close look at staffing needs, client engagement, marketing options, financial incentives, leadership strategies, and tracking metrics that will all lead to greater retention. Leave with innovative, inexpensive and effective techniques to grow your Club, Personal Training and Group Ex business. (Business Summit Lecture)

CONTENDER

Diva Richards

Unleash the warrior spirit within your clients as they embark on a transformative journey. Fuse the power of boxing and kickboxing in a dynamic hybrid format that ignites their inner strength. Seamlessly transition to sculpting exercises that build confidence and enhance mental focus. Empower your clients to embrace their inner champion and unleash their full potential!

CHEEKS FOR WEEKS - H2O

Ann Gilbert

Focus on glute-specific training in the aquatic environment to build muscular endurance and strength. Using all three planes of motion in innovative and unique routines, leave this novel session with new choreography and exciting options. Discuss progressions and regressions for all students and build the backside of the body. Discover how you can train cheeks for weeks n' weeks!

PROFITABLE TRAINING WITH CLIENTS 55+

Dr. Dan Ritchie, MS, PhD

Maximize your business's profitability by attracting clients who possess the ideal combination of financial stability, long-term commitment, and strong referral potential. Targeting Boomers and Seniors for small group and one-on-one training in your clubs is the key. Don't miss out on the opportunity to work with the best clients who bring value to your fitness community.

YOGA SOUL

Sara Kooperman, JD

Fill your soul in this Vinyasa Yoga class perfect for beginners and active agers. Flow gracefully and rhythmically from pose to pose with the greatest hits of Motown and other popular music as our guide. Focus on posture exploration while we blissfully drift through a journey of transformation and development. Leave feeling restored and rejuvenated while integrating strength and flexibility.

SL@T - STRENGTHEN, LENGTHEN & TONE

Jeff Howard

While HIIT workouts are loved by many, it's crucial to prioritize recovery alongside intense effort. Slow down and let your body recharge and restore. Embrace the power of the L.I.S.S. (LOW INTENSITY STEADY STATE) protocol to enhance the advantages of HIIT. SL@T, an easily instructable class, blends various muscle conditioning and cardio exercises to support participants in achieving the transformative results they desire.

FUNCTIONAL PILATES

Manuel Velazquez

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

AQUA YOGA FOR ARTHRITIS

Christa Fairbrother, MA, ERYT 500

Aqua yoga is a unique modality to benefit people living with arthritis. It combines yoga with the properties of aquatic exercise to increase the benefits and access to yoga. If you want to add yoga tidbits to your aquatics programs that serve audiences with arthritis, come get some easily applicable ideas.

CONVERTING SOCIAL MEDIA CONTENT INTO CUSTOMERS

Paul Christopher, CSCS

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

PLANKS IN ALL THREE PLANES

Siri Chilazi, MBA, MA

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

SHOULDERS: PROTECTION & PERFORMANCE

Paul Christopher, CSCS

In this workshop, address the best way to protect the shoulder which is one of the most frequently injured and complex joint systems in the body. Delve into why and how to train the shoulders for maximum strength and flexibility avoiding injury and accelerating performance.

H2O TAP OUT

Harley Cofield

This class is a unique blend of kickboxing and martial arts. Gain new skills as you improve your endurance, agility and coordination, as well as balance and core stability. We will be combining strength training with self-defense motions, including kick variations. Expect a high intensity, power-packed circuit that fosters strength and grace.

BUILDING SUCCESSFUL HYBRID BUSINESSES

Reena Vokoun, MS

Unlock the secrets to building a thriving hybrid fitness business. Discover how to harness the power of technology, marketing strategies, and community engagement to propel your gym, studio, or fitness venture to new heights. By offering both in-person and online classes, you'll create a winning formula for business success.

CREATIVE COMPOUNDS

Andrew Gavigan

Are your clients getting tired of the usual push and pull, single plane, single joint moves that they've been doing for years? Come learn a variety of fun, easy to teach, multi-joint and multi-plane compound exercises to implement into your sessions. Progressions, regressions, and cueing will all be explored.

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!

EASY-GRIP AQUA DUMBBELL WORKOUT

Cheri Kulp

Say goodbye to concerns about arthritis and hand discomfort during your water workouts with aqua dumbbells. Join this session and discover innovative techniques that eliminate the need to grip the handle and strain the shoulders. Experience an invigorating workout that incorporates unique patterns using single, meshed, and independent aqua dumbbells. Take your traditional cardio and toning workouts to the next level.

PURPOSEFUL PROGRAMMING

Tricia Madden

Discover the keys to successful group fitness programming that leaves your members feeling motivated, connected, and accomplished. Learn the art of developing a well-rounded schedule tailored to your members' needs and goals. Delve into techniques to grow your membership and gain valuable insights and practical strategies to create a balanced and productive GX calendar.

TOP TIER CORE CONDITIONING

Dane Robinson

Coaches, are you ready to challenge your clients with advanced but effective core training dynamics? In this workshop, learn how to target the core without doing a single crunch and take your client's core training into a higher gear!

THE ART OF FLOW: YOGA BASIC

Christine Conti, MEd

Immerse yourself in a fluid Vinyasa Yoga experience that safely incorporates fluid bodyweight poses to improve strength, balance, and flexibility. Seamlessly flow through asanas, use your breath as a guide, and feel rejuvenated and relaxed by the end of class. Indulge your senses in this full mind-body experience. Perfect for ALL fitness levels!

AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS

Manuel Velazquez

Dive into the world of aquatic exercise and unlock benefits that last all year round. Experience the perfect environment that water provides, where buoyancy supports body weight and enhances flexibility. Join Manuel as he shares his top ten favorite flexibility moves tailored for the water. Discover inspiring ideas to create gentle and effective sequences designed specifically for active aging clients and revolutionize your fitness routine!

NEW CLIENT RETENTION

Sheldon McBee, MS

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

G.R.I.T. -

STRENGTH TRAINING FOR THE AGER

Ann Gilbert

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

SMR: FUNCTIONAL FASCIA TECHNIQUES

Andrew Gavigan

Learn techniques and up-to-date theories on Self Myofascial Release using multiple tools like foam rollers and massage balls. Experience these new techniques yourself then take them home to your clientele where you can apply to personal training, small groups recovery sessions, or large group x warm ups.

LIQUID LEVELS

Jessica Pinkowski

Take your aqua classes to the next level! Workouts in the water are one of the most therapeutic activities one can take part in. Shallow water aerobics builds cardio and strength while being easy on the joints in a high energy atmosphere. Liquid Levels incorporates a variety of movements at different levels, starting from the ground up.

ENTREPRENEURSHIP & OPENING

Doug Sheppard

Becoming a studio owner is not a natural step in the evolution of a trainer. You must learn a new set of skills to be successful. Create your own roadmap to becoming an exceptional operator by examining several key questions. Discover your ideal clients, personal assets, time management skills, leadership talents and marketing choices.

CORE OFF THE FLOOR

Sarah Zahab

It's key to include seated and standing core work in our programming. Whether your clients are physically unable to get on the floor or if you're looking for more functional upright core variations, this session will provide numerous examples. Walk away with functional, beneficial, purposeful and effective core work.

YIN TO MY YANG

Rosie Malaghan, MS, ERYT- 200

We live in the Yang - the fast-paced everyday flow that is active, ambitious, maybe even restless, with a training focus on muscles and intensity. Slow down, relax, turn inward, and learn how to find balance through Yin, a slow-paced practice, focused on the hips, pelvis, and spine. Gain a greater understanding of class format, asanas, and purpose as we target deep connective tissues, joint protection, and energy flow to compliment strength training.

TAB-AQUA QUICKIES

Jeff Howard

Tab-Aqua Quickies is the exciting new component of Tab-Aqua Bootcamp. Work HARD for 30 seconds, HARDER for 20 seconds, and HARDEST for 10 seconds for six cycles, then rest 10 seconds. Let the music guide you without worrying about watching the clock. Get motivated with aquatic moves that produce results fast.

BUILDING YOUR BUSINESS

Chris Stevenson, CSCS

There is nothing better than doing what you love and making a living doing it. In this interactive session, learn everything you need to know to create and launch your own fitness business. Be prepared to leave with a detailed action plan to implement right away.

Partner



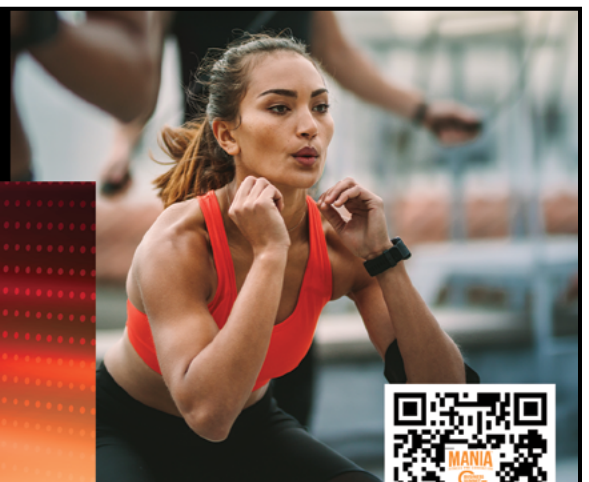
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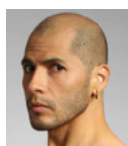
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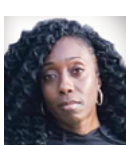
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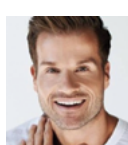
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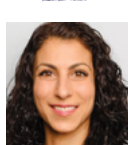
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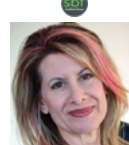
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