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scwfit.com/florida





## LETTER FROM SARA

Dear Florida 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 7 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 likeminded fitness professionals and industry elites who remind you why you entered fitness in the first place.

Come to MANIA® and experience the change!

Sau Koor

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



#### **CEC/CEU PROVIDERS**









SUPPORTERS









## FLORIDA MANIA® FITNESS PRO CONVENTION

May 3-5, 2024 (Fri., Sat., & Sun.)

## **SCW BUSINESS SUMMIT**

May 3-5, 2024 (Fri., Sat., & Sun.)

## **ACCREDITED LIVE CERTIFICATIONS**

May 2 (Thur.) & May 5 (Sun.) 2024

## **LOCATION / VENUE**

**Caribe Royale Orlando Hotel** 8101 World Center Drive Orlando, Florida 32821 (407) 238-8000 (Reservations)



## 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 · Boot Camp
- Exercise Science
- Recovery/Myofascial Release
- Group Exercise
- Yoga

- Chair Exercise
- Pilates
- Business
- Sales/Retention
- Marketing
- Social Media
- Aqua

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.



- Stretching/Flexibility
- HIIT
- - Circuits







## PARKING

Self-Parking \$15 Valet Parking for \$20 (+ tax) for Hotel guests Valet Parking \$25 (+tax) for Non-hotel guests



### **AIRPORT TRANSPORTATION**

Uber or Lyft - approx. \$27 Taxis - approx. \$45



## **VISIT ORLANDO!**

It's true - Orlando is a magical place. And it's not just because it's home to Cinderella's castle at Walt Disney World. There's an incredible mix of fun things to do in this great city that make it an

ideal vacation spot for not only families but young singles, baby boomers, foodies, outdoor adventurous types, luxury shoppers, and international visitors.

While the city was built on theme park fame, the number and variety of Orlando attractions have grown to include worldfamous restaurants, high-end outlet shopping centers, theatrical performances, and amazing concert and sporting event venues.



## ONE EXCELLENT EXPO: FREE TO ALL!

You're going to love the great 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! www.scwfit.com/florida/expo



## STAY ON-SITE AT FLORIDA MANIA® AND SAVE BIG!

Caribe Royale Orlando Hotel 8101 World Center Drive Orlando, Florida 32821 (407) 238-8000 (Reservations)

#### **GUARANTEED LOWEST DISCOUNT HOTEL RATE!**

\$175 Single/Double/Quad (Reg. \$293) What a savings! Pay as little as \$43.75 per night when you share a room with three others!

Onsite Starbucks

#### STAY AT THE CONVENTION HOTEL AND GET MORE!

- FREE Wi-Fi
- FREE Coffee Maker
- FREE Mini-Fridge
- FREE Microwave

Convenient Grab & Go Market

• FREE Shuttle to Disney World,

Onsite Restaurants & Poolside Bars

**Disney Springs & Premium Outlets** 



### HOTEL ROOM DISCOUNT DEADLINE: THURSDAY, APRIL 18<sup>th</sup>, 2024

Book early, our hotel ALWAYS SELLS OUT! Visit www.scwfit.com/florida/hotel to reserve your room online.









# 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, May 2:** 6:30am - 8:00pm

JN HUUKS 2: Friday, May 3:

**Saturday, May 4:** 6:45am - 6:00pm

Sunday, May 5:

(Closeout Shopping)

10:00am - 1:00pm

**Sunday, May 5:** 7:00am - 12:45pm

## **EXPO SHOPPING HOURS**

**Friday, May 3:** 10:00am – 11:00am 12:00pm - 2:45pm 3:45pm – 4:30pm Saturday, May 4: 8:30am - 9:15am 10:30am - 11:00am 12:00pm - 2:45pm 3:45pm - 4:30pm

## 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)





MEMBERSHIP

### MANIA® REGISTRATION DEADLINE: MONDAY, APRIL 8<sup>th</sup>, 2024

Avoid late fees! **Register by Monday, April 8th, 2024** and lock in your lowest price, saving you \$60 off the \$399 registration fee. Pay only \$339 and receive all your class selections!

## Friday, May 3: Sat 6:45am - 6:00pm 6:4









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.





## ADVANCE YOUR CAREER AND EXPAND YOUR BUSINESS.

The SCW Business Summit is an ideal platform for education, networking, and tools to steer you to a more lucrative future. Join us for 17 Business Sessions and 16 recorded sessions, totaling 40+ hours of invaluable education focused on:

Sales

- Retention
   Management
- Technology Trends
- Finances / Programming
- Marketing

Social Media

BUSINESS SUMMIT COM MAY 3-5



### 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. When you include the recordings in your In-Person registration, you'll have access for 60 days. Enhance your 1, 2, or 3-day registration by adding these valuable resources.

It's the best value for your educational investment! If you're unable to attend MANIA® In-Person, don't worry! You can still get your 20 CECs and benefit from all the sessions and lectures online (Now Only \$339, was \$399). Watch the live action of 100 workshops plus 60 recorded sessions for a total of 160 recordings on your time and at your convenience. Enjoy them on your own schedule and still earn 20 CECs/CEUs.



## 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

Dance Instructors

Aquatic Teachers

Club Owners, Managers, & Directors

about other areas of fitness education should attend a MANIA® event and our Business Summit!

- Personal Trainers
- Group Fitness Instructors
- Facility Managers
- Health & Wellness Directors
- Small Group Trainers
- Mind/Body Experts
- Nutrition CoachesWellness Coaches
- Physical Therapists

With 200 sessions, 7 sessions every hour, 100 being recorded LIVE, and 60 having been pre-recorded, MANIA® guarantees a fun experience that will leave all attendees well-equipped to return to work on Monday.



## 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/CEUs are accepted by 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. SCW is dedicated to maintaining excellence and only features presenters who are certified or hold a fitness-related graduate or undergraduate degree.



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

Reach 64,000 via emails, 58,000 through text messages, and 300,000 through organic virtual connections as well as 400-800 fitness professionals through face-toface contact at one of our 7 conventions. Our hotels are Non-Union, providing exhibit booths with tables, chairs, and carpet at no additional cost, located directly outside Activity Rooms. Enjoy hassle-free move-in and out with NO drayage fees! Teach your sessions, workshops, and

give lectures allowing MANIA® attendees to engage with your products and try your programs. Host your certifications, provide inserts for the Welcome Bag, and publish articles with ads in our newsletter. Promote your business through our SCW webinars and podcasts, and send discount coupons in our emails, and text messages.

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-SPONSOR**



## ASSOCIATE PLUS SPONSORS







## **ASSOCIATE SPONSORS**



#### EDUCATIONAL SUPPORTERS









## ACCREDITED CERTIFICATIONS CERTIFICATIONS **THURSDAY, MAY 2**

### **SCW PERSONAL TRAINING CERTIFICATION**



Thursday, May 2, 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 GROUP EXERCISE CERTIFICATION**

Manuel Velazguez

#### Thursday, May 2, 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 ACTIVE AGING CERTIFICATION**

Ann Gilbert

#### Thursday, May 2, 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 LIFE COACHING CERTIFICATION**

### Amber Toole Thursday, May 2, 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).

## SCW AQUATIC EXERCISE CERTIFICATION

#### MaryBeth Dziubinski Thursday, May 2, 8:00am-4:00pm

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

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







cueing skills, musicality, and special population adaptations, are thoroughly addressed. Professionalism, leadership skills, and legal considerations are reinforced. Experience on-site coaching and one-on-one assessment of teaching skills to successfully develop and deliver effective water programming. The certification includes practical training, a comprehensive manual, and an online examination. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (9.0), AFAA (8.0), NASM (0.8).

## SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION



SCW

SCW

SCW

#### Melissa Layne, MEd Thursday, May 2, 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 likeminded 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. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0).

### SCW AQUATIC PERSONAL TRAINING CERTIFICATION

#### Rosie Malaghan, MS, ERYT-200

Thursday, May 2, 9:00am-3:00pm

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

This newly developed Aquatic Personal Training Certification is your ideal choice to take your aquatic training to the next level. Combine lecture and activity to address theoretical foundations, training principles, and hands-on program design. Acquire the necessary skill sets and critical knowledge to train clients 1 on 1 with low-impact aquatic options. Explore the essentials of exercise physiology and kinesiology, theories of water and how they apply to movement, health-risk assessment, physical evaluations, programming alternatives for cardio, strength, and flexibility advancement. Experience an introduction to facilitating behavior change in addition to basic business and marketing skills in this full-day course. Certification includes practical training, comprehensive manual, and online examination. SCW (7.0), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7), ACE (0.8).

### **SCW CHAIR YOGA CERTIFICATION**

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

#### Thursday, May 2, 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



### Thursday, May 2, 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).

## CERTIFICATIONS SUNDAY, MAY 5

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

Sunday, May 5, 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, May 5, 7:30am-3:30pm \$199 MANIA® Attendees / \$359 Non-Attendees



SEAT

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 YOGA I CERTIFICATION**



Sunday, May 5, 7:30am-3:30pm

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

Ready to take the next step to becoming a Yoga Instructor? Experience a comprehensive theoretical and practical approach to hands-on yoga instruction with this Nationally Recognized Certification. Learn different Hatha Yoga postures suitable for varying clientele – young or old, fit, or de-conditioned, competitive or recovering athlete. Understand the latest scientific research about yoga and discover a simple, systematic approach to program design and effective cueing techniques. Seasoned and novice participants leave confident and qualified to passionately lead a successful yoga class and yoga-inspired recovery & cool-down. The certification includes practical training, comprehensive manual, and online examination. SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7).

### SYMMETRY POSTURAL MEASUREMENT CERTIFICATION

#### **Patrick Mummy**

#### Sunday, May 5, 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).

### ZUMBA® BASIC 1 TRAINING

ZUMBA

SCW

SYMMETRY

Jenna Bostic Sunday, May 5, 7:30am-3:30pm

\$399 Registration Fee (Use PROMO CODE: TSZUMBA65 to receive a 65% discount)

#### https://www.zumba.com/en-US/training/2024-05-05\_B1\_Orlando\_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).

## WARRIOR® TAI CHI Yoga Instructor Certification

**E**ALIGNMENT ESSENTIALS

## Jani Roberts

#### Sunday, May 5, 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).



# ONLINE discounted CERTIFICATIONS

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

SCW PERSONAL TRAINING SCW AOUATIC 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





## Use Code: MANIA100 scwfit.com/certifications



## **MANIA® FITNESS PRO CONVENTION COURSE DESCRIPTIONS**

## FRIDAY, MAY 3

FR1

7:30am-8:45am

**Æ**ESSENTIALS

#### STRIKE 🛋 NEW!

#### Jani Roberts

Strike is a HIIT workout musically fusing MMA, Dance, PLYOmetrics, and body weight to give you the workout of a lifetime. Sweaty, Sexy & Strong take this journey and explore your inner ROAR if you dare! FR1A Friday, 7:30am-8:45am

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

### 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! 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.

#### AQUATIC PERSONAL TRAINING NEW!

Rosie Malaghan, MS, ERYT- 200

Facilitating personal training in the water is a game-changer, and will give you the ability to transfer your group exercise aquatic skills into profitable personal training opportunities. This workshop provides you with multiple ways to intentionally program for your clients and deliver one on one training in the perfect environment of the pool. Give yourself the ability to double your income and maximize your expertise. **FR1E Friday, 7:30am-8:45am** 

#### NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION **I** New!



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

#### 

Explore the secrets of opening and successfully managing a profitable boutique studio business. This 40-year business owner shares her secrets to success. Loving what you do requires living with frustrations and failures. Discover ways to create loyal and productive teams, rise above inflation, manage sales and specials, and grow your business to success. (Business Summit Lecture)

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





## 9:00am-10:15am

#### WARRIOR STRENGTH™ | SIMPLE & SERIOUSLY "STICKY" ■ NEW! Ellen de Werd

Seeking a change from choreography-based strength workouts? WAR-RIOR Strength<sup>™</sup> provides the perfect solution. It's creative, FUN, easy to teach, and license free! This program is tailored to fitness pros and classgoers who want to safely and smartly get sweaty and lift weights. Say goodbye to monotonous routines and hello to a fresh fitness approach. FR2A Friday, 9:00am-10:15am

#### SENIOR CIRCUIT

#### Tanisha (Tani) Haggard

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

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

#### ARM CANDY

#### Abbie Appel

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

#### LABLAST® SPLASH: BUOYANT BALLROOM BLITZ NEW! Apy Figueroa

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

#### SIP OR SKIP: ALCOHOL'S TRUE IMPACT (NEW! Melissa Layne, MEd

Delve into the fascinating world of the mind and body with our workshop on alcohol's impact. Explore its effects on the brain, liver, and overall health. Gain insights into moderation and make informed choices for a healthier, more mindful relationship with alcohol. (Lecture) FR2F Friday, 9:00am-10:15am

#### PERSONAL TRAINING: A LIFELONG CAREER **III NEW!** 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) FR2G Friday, 9:00am-10:15am

FR3

## 11:00am-12:15pm

## KILLER CORE NEW! Abbie Appel

There's a thin line between love and hate with Core Training! Tune up your teaching techniques, alter intensity variables and add innovation to standard exercises that train your clients and classes to love Core Training. Discover how mixing slow, controlled movements with speed and tempo changes will heighten body awareness, build core strength, enhance spinal stabilization and add challenge for your most demanding class participants. **FR3A Friday, 11:00am-12:15pm** 

## SITTING PRETTY: STRENGTH & SUPPORT NEW! 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 participantsImprove strength, mobility and balance for clients of every ability.

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

#### THE SOLD-OUT CLASS STRATEGY

#### Dane Robinson

Group instructors deal with low class attendance and burnout minimizing their passion and impact in classes. However, few understand the exact key to sweaty smiles, rave reviews, and sold out classes is in the psychology & system you bring to the workout! Create a replicable class experience without wasting energy.-

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

## SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE

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<sup>™</sup> 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** 

#### RIDE THE WAVE NEW!

#### Manuel Velazquez, Tani Haggard & Sara Vandenberg

Exploding with choreo options, this workout lead 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.

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

#### SUGAR, SNACKS & HEART ATTACKS (NEW! Sohailla Digsby, RDN, LD



water@ motion

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

<u>SEAT</u>



#### GROWTH: MUST OR BUST

#### Brandi Clark, Miriam Ball, Elizabeth Mooney, Erica Day, Maya Evans, MEd, NCSP & Michael Hughes

Take an insightful look at marketing, sales and growth and how they intertwine to expand your influence and financial success. Leave with practical solutions to grow, get more clients and expand your client base. Enjoy a candid conversation on what to watch out for and implement for guaranteed success as a Group Instructor, Personal Trainer and Business Owner and Manager. (Business Summit Lecture)

FR3G 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.

#### FULL BODY 3D HIIT- CIRCUIT 🔳 NEW! 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.

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

#### FREE YOUR FEET: SPONSORED BY VIBRAM FIVEFINGERS 🔳 🔤 Maya Evans, MEd, NCSP

Are you ready to unlock your foot potential? Step in and discover the functional foundations of your feet and toes. Join Vibram FiveFingers athlete, Maya Evans, in this workshop and workout to explore your foot strength, flexibility, and overall balance. All attendees have the opportunity to try on Vibram FiveFingers.

FR4B Friday, 12:30pm-1:45pm

#### LIQUID GYM ACQUA PUNCH & PUMP NEW! Manuel Velazguez

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.

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)

FR4F 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.

#### 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.

#### WARRIOR® TAI CHI YOGA AND QI GONG FUSION 🛋 NEW: ALIGNMENT 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. FR4D Friday, 1:15pm-2:30pm

#### **SELLING WITHOUT SELLING:** IT'S ABOUT THE RELATIONSHIP! Bob Esquerre, MA, NSCA-CPT



The Selling Concept has been one of the most terrifying experiences for Fit-Pros! It's terrifying because we don't understand it. Join Bob as he "stripsbare" the selling mystique by talking about Emotion, Value & Trust instead of traditionally aggressive sales tactics! (Business Summit Lecture) FR4G Friday, 1:15pm-2:30pm

FR5

## 2:45pm-4:00pm

#### FLUID CORE FUSION FLUID CORE FUSION Manuel Velazguez

Fluid Core Fusion is the ultimate workout, combining cardio and strengthening segments. Learn specific movements that target the core muscles and dynamic cardio sequences to design your own non-stop cardio-corestrength programming. This session focuses on combining specific core

muscle toning moves with functional and dynamic cardio segments to create a complete cardio-core-strength experience.

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

#### BODYFIT: TIPS ON MODIFICATIONS NEW: **Kylie Ross**



Join this total body workout to get your blood flowing & release those endorphins! Warm up stretches will get those kinks out of your body and put you on a path to creating lean muscle for your active aging & post-op recovery clients. Use the chair for core, leg, back and arm work variations to create amazing muscle activation and strength while incorporating modified, functional movements that will save your joints.

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

### LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED 🔳 NEW!



Laura Mikszan

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

PILATES: MAT TO THE MAX 🛤 NEW!

#### **Abbie Appel**

Max out your Pilates Mat class with 10 authentic advanced exercises from the original repertoire. Revisit Pilates principles and optimal alignment to understand what it means to be "advanced"! Dissect each exercise and discover how to modify and progress movements for your intermediate to expert students. Take your Pilates practice up a notch by safely and successfully adding challenges.

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





GYMNAZO

BUSINESS

## COUNTRY FUSION® AQUATICS NEW!

#### Elizabeth Moonev



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

## BUILDING MUSCLE WHILE LOSING FAT

#### Melissa Layne, MEd

Join this transformative workshop and unlock the secrets of building muscle while torching unwanted fat. Explore science-backed strategies, personalized workouts, and nutrition tips to achieve a balanced, strong, and lean physique. Elevate your fitness journey and build your dream body. (Lecture) FR5F Friday, 2:45pm-4:00pm

#### **ORGANIZE AND** SIMPLIFY LEAD GENERATION 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 behind. (Business Summit Lecture) FR5G Friday, 2:45pm-4:00pm

## FR6

## 4:30pm-5:45pm

**E**ALIGNMENT ESSENTIALS

#### DEEP CORE AND PELVIC FLOOR 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. FR6A Friday, 4:30pm-5:45pm

#### THE WARRIOR® WORKOUT

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

#### KICKBOX N CHAOS NEW: Tara Turner

This workout combines everything (including the kitchen sink) to create complete chaos in your kickbox class. Using drills, weights, and quick power moves, this is sure to get your heart pumping and your mind and body working! Up your game and take your kickboxing program to the next level. FR6C Friday, 4:30pm-5:45pm

#### "DON'T JUST SIT THERE!"

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.

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

#### AQUA - INTERVELOCITY NEW!

#### MaryBeth Dziubinski

Are you looking to jump start your metabolic system with your students? Learn how to apply the scientific principles of interval training in the aqua environment. Learn the go hard, go easy approach sure to challenge all skill levels.

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

#### HOW YOU MOVE MATTERS **I** NEW!

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

#### **BUILD THE FINANCIAL** FUTURE OF YOUR DREAMS FUTURE OF YOUR DREAMS **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 deuctions, 50+ small business tax write offs, while writing & evaluating a sucessful business plan.

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







**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.

## FR7

## 6:00pm-7:00pm

#### FITNESS IDOL

#### Judges: Amber Toole, Gail Bannister-Munn, 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!!



BUSINESS

SCW

Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with LaBlast®, Zumba®, Country Fusion®, Manuel Velazguez, Tani Haggard & 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

#### **KEYNOTE & COCKTAILS: FITNESS BUSINESS** STRATEGIES FOR IMPACT AND INCOME CINEWS **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) FR7G Friday, 6:00pm-7:00pm

## SATURDAY, MAY 4

## SA1

7:30am-8:45am

#### BAND CAMP Mewi

#### **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. SA1A Saturday, 7:30am-8:45am

#### 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!

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

#### WELCOME II THE TERRORDOME

#### **Tara Turner**

Test your strength, cardio, and balancing skills by performing exercises that will motivate and challenge you. From using your body weight to incorporating fitness props, you will perform intervals of cardio and strength movements creating an intense workout. So come through with no fear, refusing to lose...here's your ticket.... hear the drummer get wicked! SA1C Saturday, 7:30am-8:45am

SUPPORTING YOUR CLIENT'S MENTAL HEALTH JOURNEY

## Maya Evans, MEd, NCSP

Is your client's mental health helping or hindering their fitness goals? Join psychology trainee and fitness trainer Maya Evans in this interactive workshop sponsored by Vibram FiveFingers. Explore the connection between mental health and exercise while learning practical ways to support your client's mental health journey alongside their fitness journey. SA1D Saturday, 7:30am-8:45am

#### **AQUA ZUMBA**®

#### Jenna Bostic

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!

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

#### THE GUT – SLEEP NETWORK EFFECT 🛋 NEW!

#### Melissa Layne, MEd

Kylie Ross, MS, MBA

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)

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

#### YOUR FINANCIAL HEALTH

#### Menore . BUSINESS

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)

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



ZUMBA

## **SA2 KEYNOTE**

#### THE ROLE OF FITNESS PROFESSIONAL IN THE HEALTHCARE SYSTEM (NEW!

#### **Patrick Mummy**

When it comes to repetitive stress and chronic pain, group fitness instructors and personal trainers aren't positioned to be the first line of defense for those seeking help. This lecture will explain why the current 'reactive' healthcare system does not focus on preventative programs, and why the push for group exercise and personal trainer intervention is paramount to changing the system.

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

## SA3

### 11:00am-12:15pm

9:15am-10:30am

SYMMETRY BUSINESS

#### BBB WORKOUT – BALL, BAND, BAR 🛋 NEW!

#### **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.

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

#### ACTIVE AGING PLAYGROUND

#### Amber Toole

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

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

#### LABLAST® FITNESS: BALLROOM BLITZ

#### Apy Figueroa

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

#### 





water@ motion

/aBlast

Ever wish you loved yoga? WARRIOR Rhythm<sup>™</sup> is the bridge between classic group exercise and traditional yoga. With its rebel vibe, edgy playlists, and unconventionally sweaty flows this format will rock your world! We intertwine mindfulness, yoga, weightlifting and even HIIT training into an extraordinary experience. We are where woo-woo meets WAAH00000! SA3D Saturday, 11:00am-12:15pm

#### BUOY, OH BUOY, OH BUOY! NEW!

#### Manuel Velazquez, Cheri Kulp, Tanisha (Tani) Haggard & Sara Vandenberg

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.

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

### 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 wellbeing. Learn myofascial release techniques and strategies for stimulating and reducing stress to unlock client success. (Lecture) **SA3F Saturday, 11:00am-12:15pm** 

## NAVIGATING LEGAL PITFALLS IN FITNESS NEW: Fireside Chat with Miriam Ball and Brandi Clark



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 and Brandi 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)

SA3G 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.

#### ZUMBA®

#### Jenna Bostic

ZUMBA

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.

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

#### MOVING MEDITATIONS

#### Jani Roberts

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

### PHYSICS OF PAIN & PERFORMANCE



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) SA4F 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.

## ATHLETIC WOMAN: FUNCTION & STRENGTH MINEW!

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! SA4A Saturday, 1:15pm-2:30pm

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



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

#### **SILVER TSUNAMI**

#### water motion

SEAT

#### Manuel Velazquez, Cheri Kulp, Billie Wartenberg & Sara Vandenberg

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!

SA4E Saturday, 12:30pm-1:45pm

#### EFFECTIVE GX & PT SALES STRATEGIES PANEL 🔳 NEW!

Brandi Clark, Amber Toole, Ruston Webb, MS



#### & Bill McBride

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

## SA5

### 2:45pm-4:00pm

**BILITY** 

## POSTURE & ALIGNMENT WITH PERSONAL TRAINING NEW! Patrick Mummy

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 moving properly. Join our resident expert on posture, alignment and evaluation, Patrick Mummy, as he discusses 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

#### MASTER KNEE-PAIN REDUCTION STRATEGIES 🔲 NEW!

#### **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! SA5B Saturday, 2:45pm-4:00pm

#### STEP IT UP! NEW!

#### Tara Turner

We will articulate our joints producing synovial fluid making movement easier for those with arthritis and other ailments. The cardio in the class is gentle enough for those with chronic conditions, but vigorous enough to elevate your heart rate and warm your body. Motion is the lotion! SA5C Saturday, 2:45pm-4:00pm

### TIGER TAIL® ACTIVE RECOVERY

### Dr. Julie Zuleger, PhD



Discover great myofascial active recovery techniques in this Happy Muscles! 365 workshop. Learn guided muscle care and stretching techniques for all ages using best-in-class Tiger Tail massage sticks and balls. Improve flexibility, mobility, and ROM, as well as reduce muscle knots, aches, and pains while using these affordable, portable and FUN stretch-recovery tools. **SA5D Saturday, 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. SA5E Saturday, 2:45pm-4:00pm

#### HOW TO KNOW IF YOU'RE UNDER-EATING (NEW!) Sohailla Digsby, RDN, LD

Many gym-goers are focused on eating clean foods and staying in a specific calorie range to support weight control goals. However, our fitness clients are often under-eating, triggering their metabolism to backfire and causing the body to compromise important functions – without even meaning to! Could

you or your clients be under-eating? (Lecture)

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

#### 



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

SA6

## 4:30pm-5:45pm

## FUNCTIONAL CORE TRAINING

#### Herson Garcia

Learn unique and effective exercises to train the core from the inside out. Integrate stability balls and a variety of bands along with weighted body movements, to experience challenging exercises that utilize the hips, abs, back, glutes, and chest. This is truly a modern workout for 2024! SA6A Saturday, 4:30pm-5:45pm

#### TIMELESS MOTION: AGE-DEFYING MOVEMENT 🛋 🔤

#### Ann Gilbert

This presentation outlines unique exercises focusing on flexibility, strength, balance, and cardiovascular health. Emphasizing safety and gradual progression, in this illuminating session, we integrate adaptable routines to defy age-related decline, fostering vitality and overall well-being. SA6B Saturday, 4:30pm-5:45pm

#### 360 PICKLEBALL PERFORMANCE TRAINING

#### **Dane Robinson**

Pickleball is more popular than ever with new clients getting into the game more frequently. And with these new athletes come more injuries. Learn from NASM-PES coach Dane Robinson the "why's" and "how's" of a complete training program for your new Pickleball clientele. SA6C Saturday, 4:30pm-5:45pm

GOLD



#### 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.

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

#### H20 REPORTING FOR DUTY NEW!

#### Tanish (Tani) Haggard

Enjoy this bootcamp program filled with power and energy to give your aqua program a boost. Stand at attention and watch your creativity soar. Try some fun, new obstacle courses in the pool, and leave with 6 new routines to keep your members coming back again and again. SA6E Saturday, 4:30pm-5:45pm

#### NUTRITION PANEL NEW!

## Melissa Layne, MEd, Sohailla Digsby, RDN, LD, Amber Toole & Rosie Malaghan, MS, ERYT-200

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

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

#### STRATEGY, IMPLEMENTATION

## & FINANCIAL MANAGEMENT NEW! Bill McBride

This course is perfect for anyone looking to begin or grow an existing fitness business. Come learn how to analyze the fitness industry, identify market opportunities, and implement a business plan. Attendee's will also learn market segmentation for promotion, how to manage financial resources, and measure the success of their new or existing business. Get started today! (Business Summit Lecture)

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

## **SUNDAY, MAY 5**

## SU1

#### 7:30am-8:45am

### **EFFORT MASTERY:**

## COACHING PEAK PERFORMANCE AND MOTIVATION New: Sheldon McBee, MS

Effort, achieving peak performance, leveraging recovery, and maintaining motivation. These skills can be applied to HIIT, High Volume Training, Performance Training, and more. Elevate your coaching skills to empower clients for outstanding results.

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

#### CREATIVE PROGRAMMING 55+

#### **Billie Wartenberg**

Americans age 55+ are feeling more alive and active than ever! In fact, this age group makes up the largest segment of our population going to fitness facilities. Don't just give them boring fitness programming – get creative and make your fitness classes fun, energizing and engaging! It will not only meet their needs for an active lifestyle, but it will keep them coming back for more. **SU1B Sunday, 7:30am-8:45am** 

#### 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. **SU1C Sunday, 7:30am-8:45am** 

#### MYOFASCIAL RECOVERY

#### Herson Garcia

Experience the latest and greatest in myofascial release with foam rollers and massage sticks. Explore recovery for you and your clients using simple, inexpensive and portable equipment. Leave with new ideas and techniques to implement with your clients and classes. **SU1D Sunday, 7:30am-8:45am** 

#### LIQUID GYM ACQUA TONER STRETCH & TONE NEW!

#### Cheri Kulp

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

#### TRENDING DIETS & WEIGHT LOSS MEDS



#### 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)

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

#### **SOCIAL MEDIA:**

#### STRIKE WHILE THE IRON'S HOT 🗖 NEW! **Brandi Clark**

Make money with FREE, simple, effective, (& somewhat sneaky) social media strategies. Brandi shares her secrets on how she became and continues to be a social media phenomenon with a following on TikTok, IG, Facebook, and YouTube, all while earning a 6-figure income! SU1G Sunday, 7:30am-8:45am

## SU2



STANDOUT

#### WARRIOR COMBAT™ | KEEP FIGHTING ■



WARRIOR Combat is boxing inspired, powerful, and fierce. It has two 30-minute sections distinguished by timed intervals and moves synchronized to music including boxing, HIIT training, total body strength, and aerobic conditioning. Have a set of dumbbells handy and get ready to feel like a confident badass.

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

## LABLAST® CHAIR FITNESS: PULL UP A SEAT 🛋 NEW! 🖉

#### Laura Mikszan

100% Dance, 100% Fitness and 100% Seated. A perfect balance of dance and fitness with little impact on the joints. Experience a diverse mix of famous ballroom dances set to your favorite music AND the ultimate core workout. No partner needed! You will learn to Jive, Foxtrot, Viennese Waltz, Lindy Hop, Salsa & more...all from the comfort of your chair! SU2B Sunday, 9:00am-10:15am

#### PRO ATHLETE ACTIVE RECOVERY

#### Dane Robinson

Training your clients like athletes is one thing. But are you helping elevate their recovery like one too? Apply a 3-step approach that includes deep practical mobility, advanced low-impact bodyweight strength, and active full body stretches that keep personal training clients "in the game". SU2D Sunday, 9:00am-10:15am

#### AOUA POWER BAR NEW!

#### **Billie Wartenberg**

Ignite the inner athlete in your members using a weighted bar in the pool. This innovative program takes your aqua students through various functional exercises to enhance mobility, strength, endurance, core training and much more!! Leave your students stronger, straighter and feeling better than ever...bar none!

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

#### PREVENTING COMMON FITNESS INJURIES

#### Dr. Edward Laskowski, MD

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

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

#### **MONETIZE RECOVERY FOR FACILITIES** & PERSONAL TRAINERS NEW!



#### **Michael Hughes**

Discover how to cater to clients' desires for longevity and overall wellbeing. Learn the art of blending passive and active rejuvenation services to create profitable revenue models. Walk away inspired, armed with the knowledge to craft enticing service offerings and implement successful practices. Join us in revolutionizing the fitness industry. (Business Summit Lecture)

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



12:15pm-1:30pm

## 10:45am-12:00pm

#### TOTAL BODY STRENGTH 🛤 NEW!

#### **Billie Wartenberg**

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

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

#### CARDIO KICKBOXING FOR THE ACTIVE AGER 🔳 🔳

#### Rosie Malaghan, MS, ERYT- 200

Dynamic motion at its most fun! The need for reactive and anticipatory balance, power and agility training is incredibly important as we age. Come sweat, laugh and learn how to facilitate a purposeful cardio kickboxing class that includes whole-body mobility, repetition and coordination. Walk away with class formats to play with, and teach!

SU3B 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

#### **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.

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

#### MAGNESIUM: THE MIGHTY MINERAL UNVEILED

#### Amber Toole

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

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

#### PT 2024:

#### MEET THE HYBRID FITNESS PROFESSIONAL MINEWI Bob Esquerre, MA, NSCA-CPT

How many weekly PT Sessions can we deliver before nearing burn-out? How much can we keep increasing our prices before we hit that "price-ceiling"? Join Bob as he reviews the new skills that Personal Trainers will need to grow our businesses beyond 1-on-1 Training Sessions. (Lecture) **SU3G Sunday, 10:45am-12:00pm** 

### SU4

#### FLEX LIKE A BOSS 🛋 🛛 🕬

#### Tanisha (Tani) Haggard

This total body strength class includes 8 blocks of work advancing each exercise from (easy, med, hard) to a final "Boss up "challenge testing your strength. The goal is to improve your muscular power and endurance with both light and heavy weights along with kettlebells and resistance bands. **SU4A Sunday, 12:15pm-1:30pm** 

#### ACTIVE AGING LATIN JOYFUL MIX 💻 🔳

#### Zoraida Sepulveda

Fire-up your Active Agers with energizing, dynamic Latin-based patterns in a powerfully cultural movement experience. This program incorporates both seated and standing components, cardiovascular Latin movements, neuroplasticity, core-conditioning, and a total mind-body approach. Perfect for most active aging fitness levels, we enjoy easy-to-follow progressions and transitions. **SU4B Sunday**, **12:15pm-1:30pm** 

#### STRENGTH COURAGE AND WISDOM

#### Amia Freeman

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

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

#### GOT BACK PAIN? 🗖 NEW!

#### **Herson Garcia**

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

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

#### BEAUTIFUL BUOYANT BOOTY NEW!



#### Sara Vandenberg

Whether it's a twinge from over-exercising, a post-injury recovery, or arthritis wear and tear, troublesome knees and hips don't have to stand between you and your aqua exercise. In this session, learn practical modifications to implement into your aqua instruction to reduce pain. Then enjoy a powerful WATERinMOTION-inspired workout focused exclusively on you lower extremities and particularly your beautiful buoyant bootie! **SU4E Sunday, 12:15pm-1:30pm** 

#### HEALTHY EATING FOR ACTIVE AGERS 💻 NEW!

#### Rosie Malaghan, MS, ERYT- 200

Expand your knowledge of the nutritional needs of our over 50 clients. Examine caloric needs, protein, fiber, hydration, longevity, disease avoidance, and more! Your active agers need your support because of their decreased appetites, increased social needs, and their constant battle with inflammation. Help them yogachilazinavigate these challenges with effective coaching options. (Lecture) **SU4F Sunday, 12:15pm-1:30pm** 

## NEW WORLD SALES & MANAGEMENT 💻 🔳

#### Bill McBride

It's not just you and your fitness business that has transformed - your members have too. Examine how consumer habits have shifted, and ways your business can embrace these changes to meet new expectations and be successful in 2023. Discover easily implementable adaptations to traditional business approaches for optimal outcomes that ensure happy clients and owners alike. (Business Summit Lecture) **SU4G Sunday, 12:15pm-1:30pm** 



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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



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#### **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



#### 📕 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



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



#### **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!

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Stryke is a HIIT style workout that combines MMA, Dance & Resistance training while harmonizing it all to the popular music you hear on the radio and social media. www.strykefitness.com



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Automatically gain access to these 60 PRE-RECORDED SESSIONS online (filmed at previous SCW Conventions) when you Add Florida MANIA 2024 Recordings to your registration!

## **PRE-RECORDED COURSE DESCRIPTIONS**

#### HOW TO MASTER THE DEADLIFT

#### Dr. Jonathan Mike PhD, CSCS\*D

In this hands- on session, we'll delve deep into the mechanics and nuances of the deadlift. Discover the key biomechanical principles and technical details that will enhance your understanding and execution of this powerful exercise. Explore the significance of the deadlift through a comprehensive analysis and break down the intricate mechanics of the movement, ensuring you grasp every essential aspect.

#### **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.

SE AT

SUPPORTED EXERCISE FOR AGELESS TRAINING

#### 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, Gymlt 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 neuroplasticityfocused 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 feelgood 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!

#### **STRETCHING FOR STRENGTH** - **FLEXIBLE FOUNDATIONS PANEL** Sara Kooperman, JD, Siri Chilazi, MBA, MA, Abbie Appel

#### & Keli Roberts

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

#### 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 - H20**

#### 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 oneon-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.

#### **GLUTE TRAINING: BEGINNER TO ADVANCED**

#### 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.

#### **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.



## Meet our PRE ERS



SOW

MIRIAM BALL

CHRISTINE CONTI, MEd

AMIA FREEMAN

JEFF HOWARD

ERIN MANSOUR, MBA

FTRYKA

KEVIN MULLINS, CSCS

YURY ROCKIT

SARA VANDENBERG

Tiger (Au

ater



HARLEY COFIELD



JEWELL FOWLER, MA



MARISSA HOFF, MEd



ROSIE MALAGHAN, MS, ERYT-200



ELIZABETH MOONEY 41



DANE ROBINSON



TARA TURNER



ROSE ZAHNN









SOW

ERICA DAY

SIMPLE

RONNIE FULTON

MICHAEL HUGHES

SHELDON MCBEE, MS

PATRICK MUMMY

SVMMETR

DAVID-DORIAN ROSS

MANUEL VELAZOUEZ

ater

JON BARAGLIA

ELLEN DE WERD

HERSON GARCIA

T

GREG JOHNSON, MS

BILL MCBRIDE

JESSICA PINKOWSKI

KYLIE ROSS, MS, MBA

REENA VOKOUN. MS

W.



BRIAN BETTENDORF, MSM, MA

SOHAILLA DIGSBY, RDN, LD

GRAB

ANDREW GAVIGAN

SARA KOOPERMAN, JD

SEAT water motion

IRENE MCCORMICK, MS, CSCS

GUSTI RATLIFF, MED, E-RYT 500, C-IAYT

JENNA BOSTIC





MARYBETH DZIUBINSKI SOW



ANN GILBERT SCON SEAT



CHERI KULP SEAT water motion



LINDA MCDONALD







ZORAIDA SEPULVEDA



CONNIE WARASILA water







BILLIE WARTENBERG SEAT water on



BOB ESQUERRE, MA, NSCA-CPT

JACOB GLASSMEYER

DR. EDWARD LASKOWSKI, MD

CHRIS MCNALLY, MS



BRANDI CLARK



CHRISTA FAIRBROTHER, MA, ERYT 500



APY FIGUEROA

La Blast

MARK HARRINGTION JR. TANISHA (TANI) HAGGARD



MELISSA LAYNE. MEd SOW

Dr. JONATHAN MIKE, PhD

JANI ROBERTS

**Æ**ALIGNMENT ESSENTIALS

water



LAURA MIKSZAN La Blast





NICK TUMMINELLO



JARED WILLIAMS





















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DR. DAN RITCHIE, MS, PhD





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