

**florida**  
**mania**<sup>®</sup>  
fitness pro convention

May 29-31, 2026  
Caribe Royale Resort  
Orlando, FL

# Moving Fitness Forward →



**2026**  
**SCW**



[scwfit.com/florida](https://scwfit.com/florida)



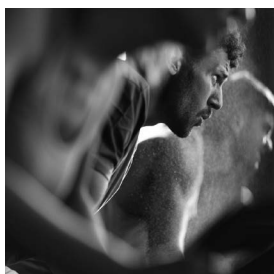
# Welcome to Florida Mania!®

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



## Expert Led Sessions

200+ sessions (130 Live + 70 Pre-Recorded) and 12 certifications in fitness, wellness, and business, led by top experts and industry icons, to advance your career.



## 20 CECs/CEUs

Certifying organizations include:

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



## Endless Opportunities

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



scwfit.com/florida



# Right Time. Right Place.

Make this your career defining moment.



**Florida Mania® Fit Pro Convention**  
**May 29-31 2026**  
Caribe Royale Resort  
Orlando, FL

# A World of Fitness Knowledge All In One Place!

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



## Topics For Every Pro

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- **Functional Fitness**  
Training to enhance strength, mobility, and everyday movement.
- **Reformer Pilates**  
A functional Pilates mat experience using props to blend classical and modern approaches for more effective, varied, and progressive classes.
- **Group Exercise**  
Fresh formats, choreography, and instructional skills.
- **Nutrition and Wellness**  
Holistic approaches to diet, mental wellness, and recovery.
- **Personal Training**  
Latest techniques, science and client engagement strategies.
- **Mind-Body**  
Classes on yoga, Pilates, meditation, and mental resilience.
- **Recovery**  
Techniques for healing, injury prevention, and optimal performance.
- **Active Aging**  
Programs designed to support overall physical and mental wellness for older adults.
- **Aquatic Exercise**  
Learn low-impact, full-body workout that improve strength and flexibility.



# Unlimited Options.

Your ultimate fitness weekend! Florida Mania® delivers sessions, workshops, and specialty certifications all tailored to fuel your professional growth.



**200+ Sessions and Workshops**



**Networking Events**



**12 Specialty Certifications**



**Recordings Add-On**



**Expo Exclusives**



**Flexible Pricing**



# You'll Fit Right In.

Hosted at the beautiful Caribe Royale Resort in Orlando, Florida Mania® offers a modern venue with premium amenities—ideal for three days (or as many as you choose) of learning.

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## Mania® Convention Sessions & Workshops

May 29-May 31, 2026  
(Fri., Sat., & Sun)

## Specialty Certifications

May 28 (Thur.) May 31 (Sun.) 2026  
Online Certifications [www.scwfit.com/certs](http://www.scwfit.com/certs)

**Mania® Discount Deadline:**  
Save \$60 by registering by  
Monday, April 20, 2026



Book early, our hotel  
**ALWAYS SELLS OUT!**  
Check website for  
updates and terms.



## Caribe Royale Orlando

8101 World Center Drive Orlando, Florida 32821

- FREE Wi-Fi
- FREE Coffee Maker
- FREE Mini-Fridge
- FREE Microwave
- Onsite Restaurants & Poolside Bars
- Onsite Starbucks
- Convenient Grab & Go Market
- FREE Shuttle to Disney World, Disney Springs & Premium Outlets



SCW Guaranteed Lowest Rate:  
\$179 (Reg. \$286) Hotel  
Discount Deadline: May 6

**Book your discounted room here:**  
[scwfit.com/florida/hotel](http://scwfit.com/florida/hotel)



# Event Sponsors

Making a stronger Mania®—thank you for your support!

## Co-Sponsor

## Associate Plus Sponsor

# S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

# water<sup>in</sup> motion®

## Associate Sponsors



## CEC/CEU Providers



## CEC/CEU Educational Supporters



**Want to become a sponsor and get the recognition your brand deserves?**

Connect with fitness and wellness pros by sponsoring, exhibiting, or advertising at any Mania®. Contact us today at [partner@scwfit.com](mailto:partner@scwfit.com)



# Accredited Certifications

Our certifications are expert-led in diverse fitness disciplines, empowering pros with hands-on skills and CECs to set you apart.

## Certifications Thursday, May 28



### SCW Personal Training Certification

Gail Bannister-Munn

Thursday, May 28, 9:00am-6:00pm

*\$199 Mania® attendees*

*\$259 non-attendees (Reg. \$359)*

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



### SCW Group Exercise Certification

Jani Roberts

Thursday, May 28, 8:00am-5:00pm

*\$199 Mania® attendees*

*\$259 non-attendees (Reg. \$359)*

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



## SCW Pilates Matwork Certification

SCW

**Amber Toole****Thursday, May 28, 8:00am-5:00pm**

\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

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



## SCW Pilates Reformer Certification

SCW

**Leslee Bender****Thursday, May 28, 9:00am-5:00pm**

\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

Master the transformative power of the Pilates Reformer in this functional certification, ideal for fitness professionals and movement enthusiasts. This hands-on training covers equipment setup, safety protocols, and essential exercises focused on core alignment and breath integration. You will learn expert cueing techniques to deliver engaging, progressive workouts that enhance strength and stability for all fitness levels. Elevate your credentials with the Optional 50-Hour SCW Instructor Academy Assessment. This comprehensive practical track includes 25 hours of class participation, 10 hours of co-teaching, and 10 hours of lead instruction. Candidates must also submit five distinct class format designs. This completely optional journal guarantees that you walk away with the technical skills and professional confidence to inspire clients through the core principles of the Pilates Reformer. Accredited for CECs: SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8).



## SCW Aquatic Exercise Certification

SCW

**Melissa Layne, MEd****Thursday, May 28, 9:00am-5:00pm**

\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

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

## FREE WEBINAR

## BUILD YOUR DREAM FITNESS CAREER WEBINAR

**Thursday, May 28**

7:00 PM ET

6:00 PM CT

5:00 PM MT

4:00 PM PT



Learn how to build a fitness career you truly love by aligning your strengths, passions, and opportunities. Explore practical strategies for expanding your skills, increasing your visibility, creating multiple income streams, and designing a sustainable professional path. Walk away inspired, focused, and ready to grow your impact in the industry.

[scwfit.com/webinar](https://scwfit.com/webinar)

Sara Kooperman, JD



Leslee Bender



Dane Robinson



Phil Ross, MS



## Certifications Sunday, May 31, 2026



### **S.E.A.T. FITNESS** **(Supported Exercise for** **Ageless Training) Certification**

**Jackie Carroll**



**Sunday, May 31, 8:00am-4:00pm**

*\$199 Mania® attendees*

*\$259 non-attendees (Reg. \$359)*

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



### **SCW Stretching** **& Flexibility Certification**

**Gail Bannister-Munn**

**Sunday, May 31, 8:00am-4:00pm**

*\$199 Mania® attendees*

*\$259 non-attendees (Reg. \$359)*

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



### **WATERinMOTION®** **Aqua Exercise Certification**

**Cheri Kulp**

**Sunday, May 31, 8:00am-3:00pm**

*\$199 Mania® attendees*

*\$259 non-attendees (Reg. \$359)*

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





## SCW Active Aging Certification

Ann Gilbert

Sunday, May 31, 8:00am-4:00pm

\$199 Mania® attendees

\$259 non-attendees (Reg. \$359)

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



and solar plexus. Discover meditation, breathwork (pranayama), and visualization practices that support inner transformation. Learn how the lower chakras influence grounding, emotional flow, and personal power, and experience a meaningful introduction to the energetic dimension of Yoga.

Yoga Alliance (8.0), canfitpro (4.0), SCW (8.0).



## ZUMBA® Jump Start Gold Training

Jenna Bostic

Sunday, May 31, 7:15am-4:00pm

\$399 Registration Fee (Use PROMO CODE:

TSZUMBA70 to receive a 70% discount) Teach two audiences right away! This training will give you a license to teach both Zumba® and Zumba Gold® classes by learning the foundation of the Zumba® program and how to adapt it for an active older audience. The post-con fee includes Electronic Instructor Manuals, The Ultimate Music & Choreo Video Collection To Launch Your Zumba Gold® Career on ZIN NOW, Fitness Certification Credits (varies by country), Online Videos to Review Basic Steps, and Certificate of Completion. SCW (8.0), ACE (0.9), AFAA (10.0).



## SCW Kettlebell Training Certification

Phil Ross, MS

Sunday, May 31, 10:00am-2:00pm

\$199 MANIA® attendees

\$259 non-attendees (Reg. \$359)

Kettlebells remain one of the most versatile and effective tools in strength training, yet many fitness professionals lack formal education on their proper use. This certification bridges that gap, focusing on movement patterns, biomechanics, and methodology specific to kettlebell training. Explore planes of motion, traditional and modified lifts, and exercise prescription with creativity to maximize results for clients. Certification includes practical training, comprehensive manual, and online examination. SCW (4.0), ACE (0.4), ACSM (4.0), AEA (2.0), AFAA (4.0), NASM (0.4).

PHIL ROSS



## Warrior® Tai Chi Yoga by Alignment Essentials®

Jani Roberts

Sunday, May 31, 8:00am-4:00pm

\$199 MANIA® attendees

\$359 non-attendees

Instructors will learn to blend Tai Chi flow and Yoga alignment with purposeful music and breath awareness. This certification will develop your ability to guide balance, emotional regulation, and resilient presence. Instructors will experience a differentiated, modern offering that stands apart, clear curriculum frameworks and structured class design, increased leadership confidence and grounded presence, expanded income pathways and professional growth, ongoing choreography releases and Teacher Portal access providing a connected community that supports your evolution. Certification includes hands-on practical training and a downloadable manual, plus online portal access for continuing education and review. SCW (8.0), AFAA (8.0), NASM (0.8)



## Yoga Energy Body – Introductory Course

Lisa Greenbaum, E-RYT 500, C-IAYT

Sunday, May 31, 8:00am-4:00pm

\$199 MANIA® attendees

\$259 non-attendees (Reg. \$359)

Open to anyone eager to explore Yoga beyond physical postures, this course offers practical tools for understanding and balancing your energy centers (chakras), with a special emphasis on the root, sacral,





# The Main Event.

Florida Mania® is back **May 29-May 31, 2026!** Get inspired, get educated, and take your fitness career further than ever.

## Friday, May 29

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

### **FR1A: Great Gait** **NEW!**

**Cammy Dennis**

Maintaining strength and function reduces fall risk. This workshop covers gait training, including posture improvement, center of gravity management, and gait mechanics. Practice simple exercises designed to enhance balance, increase strength, and boost confidence, helping participants move more safely and effectively in daily life.

### **FR1B: Take Five** **NEW!**

**Creation Robinson**

Turn five powerhouse basics into explosive HIIT combos that challenge every age and fitness level. Learn to amplify intensity with intervals, timers, and dynamic props. From high-energy kids to unstoppable active agers, create fast, fun, sweat-driven circuits that build strength, stamina, and excitement in every session.

### **FR1C: Get Off Your Back!** **NEW!**

**Phil Ross, MS & George Corso**

Created by Phil Ross, M.S., author of *Managing Back Pain for Dummies*, this DIY system helps prevent injury and support recovery. Approved for continuing education, it's trusted by surgeons, physical therapists, and chiropractors for strengthening and stabilizing the back safely—right from home.

### **FR1D: Core Strength Meets Control Freaks** **NEW!**

**Amber Toole**

Control is the essence of Pilates—but how do you teach it in a mixed-level class? Discover how to cue precision, alignment, and mindful movement while layering exercises for all abilities. Experience a full Essential-to-Intermediate workout with purposeful progressions and props.



## FR1E: Total Body Core Champion Conditioning **NEW!**



**Earl Jenkins**

Train every major muscle group with the Core Champion system in this comprehensive total-body workout. Build strength, elevate heart rate, and enhance mobility using bodyweight resistance and multi-grip positioning. This efficient session improves muscular endurance, coordination, and metabolic conditioning while reducing unnecessary joint strain.

## FR1F: Buoyant Strength for Active Aging **NEW!**

**Jessica Pinkowski**

Experience how water enhances strength, mobility, and balance through three dynamic movement styles: standing power, flowing swings, and suspended core work. Begin with a simple breakdown of buoyancy and resistance, then apply the science in the pool with playful, practical drills that build confidence, coordination, and functional fitness for active aging adults. (Starts in Lecture)

## FR1G: Protein Quality, Synthesis, Structure and Deficiency **NEW!**

**Melissa Layne, MEd**

Discover how protein fuels performance, supports recovery, and builds muscle. Explore amino acid roles, protein structure, and the consequences of deficiency, plus practical strategies to optimize intake for strength, health, and overall wellness. (Lecture)

## FR1H: Retain PT Clients Long-Term **NEW!**

**Lori Rosario**

Learn proven strategies to keep clients committed, motivated, and progressing for the long haul. This seminar helps personal and small-group trainers elevate their coaching skills, build stronger relationships, and deliver meaningful, results-driven experiences. Discover practical tools that boost retention, enhance value, and encourage clients to stay connected for years. (Lecture)

## FR2 Sessions 9:00am - 10:15am

### FR2A: Life Happens on One Leg **NEW!**

**Melissa Layne, MEd**

Supercharge lower-body and core strength with dynamic single-leg training. Boost balance, prevent

falls, and enhance functional movement using evidence-based techniques for everyday activities and peak athletic performance.

### FR2B: Anchor Strong **NEW!**

**Gail Bannister-Munn**

The chair becomes your power base in this smart, functional workout that blends resistance training, balance, and flexibility. Using multi-grip bands, you'll strengthen and stabilize from head to toe with joint-friendly movements designed to help you move better, feel stronger, and build lasting confidence in every rep.

### FR2C: The Joy of Line Dancing

**June Kittay**

Get ready to move, groove, and have fun! This energizing class features easy-to-follow dance routines set to lively music from the '40s to today—not just country! Perfect for all levels, June's expert guidance will boost your confidence, challenge your mind and body, and keep you smiling. Make friends, stay active, and experience the joy of dance. 95% of success is showing up—this will be the most fun you've had in years!

### FR2D: Yin+Restore Yoga **NEW!**



**Lisa Greenbaum, E-RYT 500, C-IAYT**

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





## FR2E: Intro to Reformer Essential **NEW!**



**Amber Toole**

New to the Reformer? This session introduces fundamental principles, safety, and movement mechanics in a welcoming, supportive environment. Discover neutral spine, core engagement, breath patterns, and footwork while learning how to progress clients effectively. Perfect for beginners or instructors refining foundational cueing and teaching strategies.

## FR2F: Water Conditioning **NEW!**

**Jakkie Pidanick, MS**

Water Conditioning delivers a high-intensity, low-impact workout built for athletes who want power without joint stress. Using bands and med balls for explosive tosses, strength challenges, and dynamic patterns, this aqua session pushes performance, builds full-body control, and keeps the water absolutely electric. (Starts in Pool)

## FR2G: Botanical Science for Holistic Wellness **NEW!**



**Marie Crichlow, RN**

Dive into the science behind botanical wellness and DMAE for holistic health. Marie Crichlow, RN, explores herbal actives, plant-based synergy, and practical strategies to support vitality and relief. Come with plenty of questions and learn through experience—leaving with valuable samples and real-world insights you can apply immediately. (Lecture)

## FR2H: Know Your Worth **NEW!**

**Kylie Ross, MSM, MBA**

Ready to level up your career in the fitness and health industry? Discover key strategies and insider tips for managing finances, maximizing tax benefits, and protecting your earnings. From W-2s to 1099-NECs, partnerships, and essential bookkeeping, learn how to confidently take charge of your financial future! (Lecture)

## FR3 Sessions 11:00am - 12:15pm

### FR3A: Tone Up for Longevity **NEW!**

**Ichell Davis**

Tone Up is a dynamic strength and HIIT fusion designed specifically for active agers who want to stay powerful, confident, and strong. Using

dumbbells, kettlebells, and weighted bars, this energizing workout builds muscle, boosts endurance, and supports long-term mobility. Train smart, move well, and feel your strength grow with every session

### FR3B: Innovative Gliding: Move Differently **NEW!**

**Mindy Mylrea**

Take Gliding Discs and Bender Balls to the next level! Explore fresh sequences, creative movement patterns, and multi-level progressions that challenge and excite. Boost strength, mobility, and core integration while reigniting class energy. Learn to teach familiar tools with bold, dynamic, modern flair.

### FR3C: LITT: Get Low! **NEW!**

**Tara Turner**

Low-impact, high-intensity intervals meet targeted strength for a joint-friendly, results-driven session. Protect knees, hips, and ankles while improving endurance, functional strength, and metabolism. Perfect for all fitness levels, this smart workout challenges muscles safely, leaving you feeling strong, capable, and accomplished without the stress of high-impact training.

### FR3D: Moving Meditations **NEW!**



**Jani Roberts**

Moving Meditations™ are short, intentional movement patterns paired with emotion-specific music to shift and elevate your energy. These mindful practices support emotional well-being, helping you reset with ease and experience more joy, clarity, and balance in your daily life.

### FR3E: Fascial Stretching Flexibility for Athletes **NEW!**

**Gail Bannister-Munn**

Learn how to stretch effectively to move better for life. Expand your understanding of how to improve functional flexibility and structural balance. This session covers the importance of alignment, joint mobility, dynamic eccentric activation, proper breathing, and both verbal and hands-on cueing. You'll gain an elevated understanding of how to improve flexibility and refine teaching skills to apply in private sessions, classes, and personal practice.



### FR3F: Aqua Motion Float **NEW!**

**Kathleen Haden, MBA**

Unlock deep relaxation and weightless wellness in this Aqua Motion Float Workshop. Experience the calming blend of flotation techniques and frequency-infused music™, designed to reduce stress and support healing. Perfect for wellness and movement professionals, this session offers hands-on practice and foundational skills to guide others in restorative aquatic flotation. (Starts in Lecture)



### FR3G: Boldly Ever After Wellness **NEW!**

**Cammy Dennis**

Explore health span and learn how to live 'boldly ever after.' This session covers physical, intellectual, and social aspects of wellness, showing how they support the body, brain, and spirit. Gain practical tips to enhance health, stimulate cognitive function, and inspire your overall well-being. (Lecture)

### FR3H: Coaching Communication in a Digital Era **NEW!**

**Brittany Todd, MS**

Today's American adult spends over seven hours a day on digital devices—fueling fast, dynamic, and constantly evolving communication. This tech-driven shift is transforming fitness coaching, creating exciting new ways for trainers to connect, motivate, and elevate client experiences both online and in person. (Lecture)

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

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

### FR4A: S.E.A.T.® Supported Exercise for Ageless Training

**Jackie Carroll & Jaysa Angles**

Take aging sitting down! Learn to design seat-based fitness programs that boost accessibility without sacrificing intensity or fun. Ideal for deconditioned clients or those recovering from injury, chair workouts can energize any class and expand your reach—guaranteed to earn a "seated" ovation! Equip yourself with the tools to launch your SEAT program.



### FR4B: Joint Friendly: HIIT **NEW!**

**Dane Robinson**

Working with clients with injuries, compensations, or new in their fitness journey? This part workout and part lecture session will cover proven strategies of Low Impact Training. Bringing intensity and results to your clients' workouts with joint friendly strength, cardio, & HIIT training methods.

### FR4D: Rhythm Yoga Mobility & Recovery **NEW!**

**Sara Kooperman, JD**

Flow smoothly through mobility-focused yoga sequences guided entirely by rhythm and music. Explore movement quality, joint freedom, and intentional transitions that support full-body recovery. Leave with 15 seamless, rhythm-driven sequences designed to rejuvenate, inspire, and elevate your classic vinyasa practice through the power of musical movement.

### FR4G: Nutritional Needs During Menopause **NEW!**

**Melissa Layne, MEd**

Explore the nutritional needs of menopause in this research-backed session. Learn key dietary strategies to ease symptoms, support overall well-being, and promote hormone balance. Gain evidence-based insights on micronutrients and bone health, and leave empowered with practical guidance for creating a balanced, nourishing approach to menopause nutrition. (Lecture)

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

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

### FR4C: Unshakable Balance **NEW!**

**Tanisha (Tani) Haggard**

Get ready to wobble with purpose! This innovative core and balance session uses stability balls and balance pods to train stability, strength, and control. Build inner strength, sharpen reflexes, and improve posture while laughing through the challenge. All levels welcome—every wobble makes you stronger!

## Certifications Thurs May 28

- **SCW Group Exercise**  
J. Roberts • 8am-5pm
- **SCW Personal Training**  
Bannister-Munn • 9am-6pm
- **SCW Pilates Matwork**  
Toole • 8am-5pm
- **Pilates Reformer Fundamentals**  
Bender • 9am-5pm
- **SCW Aquatic Exercise**  
Layne • 9am-5pm

Register Here



Indicates session is being recorded at this event or was recently recorded.

| Room<br><b>A</b><br>Function & Active Aging | Room<br><b>B</b><br>Power & Personal Training | Room<br><b>C</b><br>Group Programming | Room<br><b>D</b><br>Recovery / Mind-Body | Room<br><b>E</b><br>Pilates Reformer & Core |
|---|---|---------------------------------------|--|---|
|---|---|---------------------------------------|--|---|

**Fri**  
May 29

|                                      |   |   |   |   |   |   |
|--------------------------------------|---|---|---|---|---|---|
| <b>FR1</b>                           | 7:30am-8:45am                                       | Great Gait<br>Dennis (NEW)  | Take Five<br>C. Robinson (NEW)  | Get Off Your Back!<br>P. Ross & Corso (NEW)         | Core Strength Meets Control Freaks<br>Toole (NEW)               | Total Body Core Champion Conditioning<br>Jenkins                    |
| <b>FR2</b>                           | 9:00am-10:15am                                      | Life Happens on One Leg<br>Layne (NEW)  | Anchor Strong<br>Bannister-Munn (NEW)                                   | The Joy of Line Dancing<br>Kittay                   | Yin+Restore Yoga<br>Greenbaum (NEW)                             | Intro to Reformer Essentials<br>Toole (NEW)                         |
| <b>EXPO SHOPPING 10:00am-11:00am</b> |   |   |   |   |   |   |
| <b>FR3</b>                           | 11:00am-12:15pm                                     | Tone Up for Longevity<br>Davis & Brown (NEW)  | Innovative Gliding: Move Differently<br>Mylrea (NEW)                    | LITT: Get Low!<br>Turner (NEW)                      | Moving Meditations<br>J. Roberts (NEW)                          | Fascial Stretching Flexibility For Athletes<br>Bannister-Munn (NEW) |
| <b>EXPO SHOPPING 12:00pm-2:45pm</b>  |   |   |   |   |   |   |
| <b>FR4</b>                           | Session 1 12:30pm-1:45pm<br>Session 2 1:15pm-2:30pm | S.E.A.T. Supported Exercise for Ageless Training<br>Carroll & Angles (NEW)<br>Session 1 | Joint Friendly: HIIT<br>D. Robinson (NEW)<br>Session 1                  | Unshakable Balance<br>Haggard (NEW)<br>Session 2    | Rhythm Yoga Mobility & Recovery<br>Kooperman (NEW)<br>Session 1 | Glutes, Quads and Hamstrings Burn<br>Toole (NEW)<br>Session 2       |
| <b>FR5</b>                           | 2:45pm-4:00pm                                       | Seated, Assisted, Standing Solutions<br>Mylrea (NEW)                                    | Athletic Agility Cardio Training<br>D. Robinson (NEW)                   | SOULfusion™ EXPERIENCE<br>Fidanzo                   | Chakra Empowerment – A Yoga Practice<br>Greenbaum (NEW)         | JUMP! Rebounding Basics<br>Ursaner (NEW)                            |
| <b>EXPO SHOPPING 3:45pm-4:30pm</b>   |   |   |   |   |   |   |
| <b>FR6</b>                           | 4:30pm-5:45pm                                       | Bodyfit: Tips on Modifications<br>K. Ross (NEW)   | Step Strong<br>Turner (NEW)   | Power Kickboxing HIIT Fusion<br>Rosario (NEW)       | Glow, Glitter & Groove<br>Angles (NEW)                          | Core & Intelligence: Strength from Center<br>Bender (NEW)           |
| <b>FR7</b>                           | 6:00pm-7:00pm                                       | Balance Training With Mobility<br>Harbour (NEW)   | SCW GOT TALENT!<br>Kooperman, J. Roberts, D. Robinson, & Bannister-Munn | Dance Off!<br>Kittay, Wartenberg, Haggard, & Angles | Sound Healing: Vibrations for Inner Harmony<br>Lijewski (NEW)   | JUMP! Trampoline Fun<br>Ursaner (NEW)                               |

**Sat**  
May 30

|                                      |   |  |  |  |  |   |
|--------------------------------------|---|--|--|--|--|---|
| <b>SA1</b>                           | 7:30am-8:45am                                       | Aging Brains & Bones<br>Layne (NEW)                                      | Kettlebell Training for Women<br>P. Ross & Corso                         | Stronger, Pain-Free Living<br>Filippone (NEW)        | Trainer Stretch Lab<br>Bannister-Munn (NEW)                  | Intro to Reformer Essentials<br>Toole (NEW)                 |
| <b>EXPO SHOPPING 8:30am-9:15am</b>   |   |  |  |  |  |   |
| <b>SA2</b>                           | 9:15am-10:30am                                      | <b>KEYNOTE ADDRESS: TRENDS IN FITNESS</b><br>Sara Kooperman, JD - Room A |  |  |  |   |
| <b>EXPO SHOPPING 10:30am-11:00am</b> |   |  |  |  |  |   |
| <b>SA3</b>                           | 11:00am-12:15pm                                     | Strength That Defies Age<br>Davis & Brown (NEW)                          | Warrior® Workout<br>J. Roberts (NEW)                                     | HIIT Factor<br>Turner (NEW)                          | Yoga Recovery for Athletes<br>Bannister-Munn (NEW)           | Strong Arms, Shoulders and Backs<br>Bender (NEW)            |
| <b>EXPO SHOPPING 12:00pm-2:45pm</b>  |   |  |  |  |  |   |
| <b>SA4</b>                           | Session 1 12:30pm-1:45pm<br>Session 2 1:15pm-2:30pm | 50+ FUNCTIONAL FITNESS<br>Carroll (NEW)<br>Session 1                     | Unilateral Training: Stronger One Side<br>Christopher (NEW)<br>Session 2 | Mind-Body Holistic HIIT<br>Mylrea (NEW)<br>Session 2 | Prana Energy<br>Greenbaum (NEW)<br>Session 1                 | Deep Dive for Amateur Athletes<br>Bender (NEW)<br>Session 2 |
| <b>SA5</b>                           | 2:45pm-4:00pm                                       | S.E.A.T. Beats<br>Angles & Carroll (NEW)                                 | Power Your Swing & Serve<br>Roselli & Martinez                           | Train the Female Athlete<br>P. Ross & Corso          | Warrior® Tai Chi Yoga and Qi Gong Fusion<br>J. Roberts (NEW) | Core Champion Power Circuit Blast<br>Jenkins                |
| <b>EXPO SHOPPING 3:45pm-4:30pm</b>   |   |  |  |  |  |   |
| <b>SA6</b>                           | 4:30pm-5:45pm                                       | Strength & Endurance Training for Women<br>Kooperman (NEW)               | Spinal Mastery: An Integrated Approach<br>Mullins (NEW)                  | ZUMBA®<br>Bostic                                     | SOULstrength™ A Little OFF BEAT<br>Fidanzo (NEW)             | Mobility, Flexibility and Recovery Flow<br>Bender (NEW)     |

**Sun**  
May 31

|   |                 |  |  |   |  |  |  |
|---|-----------------|--|--|---|--|--|--|
| <b>SU1</b>                                    | 7:30am-8:45am   | Rhythmic Flow for Active Agers<br>Sepulveda (NEW)        | The Hidden Core<br>P. Ross & Corso                         | Step, Strike & Sculpt<br>Turner (NEW)                 | REBEL Stretch<br>Fidanzo (NEW)                             | <b>Visit the Expo Hall or shop sponsor discounts at <a href="http://scwfit.com/florida">scwfit.com/florida</a></b> |  |
| <b>SU2</b>                                    | 9:00am-10:15am  | Balance Brain & Spine<br>Wartenberg (NEW)                | Kettlebell Mastery Made Simple<br>Roselli & Martinez (NEW) | Rope Flow for Everyone<br>Londono & Christopher (NEW) | SOULMashup<br>Fidanzo & Angles (NEW)                       |  |  |
| <b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b> |                 |  |  |   |  |  |  |
| <b>SU3</b>                                    | 10:45am-12:00pm | Function in 3 Dimensions<br>Allard (NEW)                 | Aging with a Vengeance<br>Mullins (NEW)                    | Core Training Reinvented<br>Christopher (NEW)         | Foundations of Aligned Movement<br>Toole (NEW)             |  |  |
| <b>SU4</b>                                    | 12:15pm-1:30pm  | Forever Fluid: Mobility for Longevity<br>Filippone (NEW) | Bandz & Bounce<br>Haggard (NEW)                            | Low-Impact Conditioning<br>Wartenberg (NEW)           | Stroke Recovery Training Essentials<br>Davis & Brown (NEW) |  |  |

# Certifications Sun May 31

- **S.E.A.T. FITNESS**  
Carroll • 8am-4pm
- **SCW Active Aging**  
Gilbert • 8am-4pm
- **SCW Stretching & Flexibility**  
Bannister-Munn • 8am-4pm
- **Yoga Energy Body – Introductory Course**  
Greenbaum • 8am-4pm
- **WATERinMOTION® Aqua Exercise**  
Kulp • 8am-3pm
- **SCW Kettlebell Training Certification**  
P. Ross • 10am-2pm
- **ZUMBA® Jump Start Gold Training**  
Bostic • 7:15am-4:00pm
- **Warrior® Tai Chi Yoga by Alignment Essentials®**  
Roberts • 8am-4pm

|   |   | Room<br><b>F</b><br>Water Works<br>(Starts in Lecture)                             | Room<br><b>G</b><br>Nutrition/<br>Ex Science                           | Room<br><b>H</b><br>Leadership/<br>Business   | Pre-Recorded<br>Sessions<br>Personal<br>Training/<br>Strength                | Pre-Recorded<br>Sessions<br>Restore/<br>Pilates<br>/Tai-Chi          | Pre-Recorded<br>Sessions<br>Active Aging/<br>Functional<br>Training | Pre-Recorded<br>Sessions<br>Nutrition/<br>Exercise<br>Science                    |
|---|---|--|--|---|--|--|---|--|
| <b>FR1</b>                                    | 7:30am-8:45am   | Buoyant Strength for Active Aging<br>Pinkowski<br>(NEW - Starts in Lecture)        | Protein Quality, Synthesis, Structure and Deficiency<br>Layne (NEW)    | Retain PT Clients Long-Term<br>Rosario (NEW)  | Pro Athlete Recovery<br>Robinson   | Pilates: Mat to the Max<br>A. Appel                                  | Boost Better Balance<br>Rotschild                                   | Alcohol & Aging-Myths vs. Facts<br>Charlop                                       |
| <b>FR2</b>                                    | 9:00am-10:15am  | Water Conditioning<br>Pidanick (NEW - Starts in Pool)                              | Botanical Science for Holistic Wellness<br>Crichtlow (NEW)             | Know Your Worth<br>K. Ross (NEW)  | Basic To Badass: Progressive Training Protocols<br>Chilazi                   | Ayurveda for Self-Care<br>Jennings-Hill                              | No Floor Core and Balance<br>Layne                                  | Body Composition 101: Tools & Insights<br>Han                                    |
| <b>EXPO SHOPPING 10:00am-11:00am</b>          |   |  |  |   |  |  |   |  |
| <b>FR3</b>                                    | 11:00am-12:15pm   | Aqua Motion Float<br>Haden<br>(NEW - Starts in Lecture)                            | Boldly Ever After Wellness<br>Dennis (NEW)                             | Coaching Communication in a Digital Era<br>Todd (NEW)   | Mobility Training: Online or In-Person<br>Webb                               | Sleep Habits: Key to Fitness<br>Layne                                | Fall Prevention for Fitness Professionals<br>Conti                  | How To Know If You're Under-Eating<br>Digsby                                     |
| <b>EXPO SHOPPING 12:00pm-2:45pm</b>           |   |  |  |   |  |  |   |  |
| <b>FR4</b>                                    | Session 1<br>12:30pm-1:45pm<br>Session 2<br>1:15pm-2:30pm | Aqua Strength, Toning, and Stretch<br>Wartenberg (Starts in Pool)<br>Session 2     | Nutritional Needs During Menopause<br>Layne (NEW)<br>Session 1         | Is it Burnout or Boredom?<br>Maurer (NEW)<br>Session 2  | Pack Your PT Sessions: Successful Sales<br>Gilbert, Toole, Rotschild, Webb   | Gentle Yoga For Mobility<br>Kooperman                                | Nail The Perfect Warm-up<br>Chilazi                                 | Supporting Clients on Anti-Obesity Medications<br>Gilbert                        |
| <b>FR5</b>                                    | 2:45pm-4:00pm   | The Original Wave Maker<br>Carroll & Haggard<br>(NEW - Starts in Lecture)          | Fresh Food Matters<br>C. Robinson (NEW)                                | Stretching Strategies: Flexibility, Recovery, Performance<br>Kooperman, Bannister-Munn, Layne (NEW) | The Art of Coaching<br>Trione  | The Recovery Barre<br>Howe   | Dare to Chair<br>Gilbert  | Nutrition: Hot Topic Research<br>Layne   |
| <b>EXPO SHOPPING 3:45pm-4:30pm</b>            |   |  |  |   |  |  |   |  |
| <b>FR6</b>                                    | 4:30pm-5:45pm   | Aqua Vitality Training<br>Pinkowski<br>(NEW - Starts in Pool)                      | The New Fitness Science<br>Kooperman, Toole, P. Ross, & Layne (NEW)    | Making Sales Suck Less<br>D. Robinson (NEW)   | Strength & Grace: Back to Power<br>Lemons                                    | Pilates Functional Powerhouse<br>George                              | Total Body Shaping<br>McBee   | Mastering Macros<br>Toole  |
| <b>FR7</b>                                    | 6:00pm-7:00pm   |  |  |   | Progressive FITT: Functional Tube Training<br>K. Roberts                     | The Battle for Mobility<br>McCormick                                 | Functional Training with Foam Rollers<br>Garcia                     | Cancer Exercise & Wellness<br>Conti  |
| <b>SA1</b>                                    | 7:30am-8:45am   | Dive Deep or Don't Bother<br>Kulp, Carroll, & Haggard<br>(NEW - Starts in Lecture) | The Ecosystem of Food<br>Foss (NEW)                                    | Future-Proof Your Career<br>Maurer (NEW)  | Intervals Reimagined: Strength – Power – Roll<br>Conti                       | Agless Pilates<br>Bender   | Chair Yoga<br>Spreen-Glick  | Shoulder Savior – Conquer Shoulder Pain<br>Fox                                   |
| <b>EXPO SHOPPING 8:30am-9:15am</b>            |   |  |  |   |  |  |   |  |
| <b>SA2</b>                                    | 9:15am-10:30am  | <b>KEYNOTE ADDRESS: TRENDS IN FITNESS</b><br>Sara Kooperman, JD - Room A           |  |   | Killer Core<br>A. Appel  | Qi Gong: Breathe, Balance, Energizer<br>Haan                         | Comprehensive Active Aging Strategies<br>Rotschild                  | Rethinking Obesity Treatment: Elevate your Business<br>Rogers                    |
| <b>EXPO SHOPPING 10:30am-11:00am</b>          |   |  |  |   |  |  |   |  |
| <b>SA3</b>                                    | 11:00am-12:15pm   | Aqua ZUMBA®<br>Bostic<br>(Starts in Pool)  | Ignite Your Warm-Up<br>Christopher (NEW)                               | Move From Exhausted to Energized<br>Maurer (NEW)  | Hip Mobility for Peak Performance<br>Bannister-Munn                          | Teaching Restorative Yoga Without Props<br>Ratliff                   | Tailored Training For Active Agers<br>Toole                         | Inflammation: The Exercise-Nutrition Nexus<br>Fearheiley                         |
| <b>EXPO SHOPPING 12:00pm-2:45pm</b>           |   |  |  |   |  |  |   |  |
| <b>SA4</b>                                    | Session 1<br>12:30pm-1:45pm<br>Session 2<br>1:15pm-2:30pm | Liquid Star Flow<br>Kulp (NEW - Starts in Lecture)<br>Session 1                    | The Trainer's Edge: Measuring Nutrition<br>Caldwell (NEW)<br>Session 1 | AI for Active Aging Clients<br>Gillon (NEW)<br>Session 2  | Creative Core Solutions<br>Madden  | Breath Empowerment<br>Craddock                                       | Age Defying Mobility Training: Enhancing Longevity<br>Webb          | Preventing Common Fitness Injuries<br>Laskowski                                  |
| <b>SA5</b>                                    | 2:45pm-4:00pm   | Fall Prevention in the Pool<br>Layne (NEW - Starts in Pool)                        | The Pillars of Longevity<br>Allard (NEW)                               | Marketing to Active Agers Panel<br>Kooperman, Toole, Mylrea, Bender                                 | Glute Training: Beginner to Advanced<br>Johnson                              | Deconstructing Asanas<br>Ratliff                                     | Dementia Client Strategies for Trainers<br>Rotschild                | Solve 30 Training & Nutrition Mistakes<br>Mike                                   |
| <b>EXPO SHOPPING 3:45pm-4:30pm</b>            |   |  |  |   |  |  |   |  |
| <b>SA6</b>                                    | 4:30pm-5:45pm   | HIIT the Flow<br>Kulp<br>(NEW - Starts in Lecture)                                 | Ditch Diet Drama<br>Toole (NEW)  | How to Elevate Your Training<br>Londono (NEW)   | Power in the Transverse Plane: How to Become a Rotational Powerhouse<br>Mike | Trauma-Informed Care on the Mat and Beyond<br>Haan                   | Perfect Programming for Active Agers<br>Toole                       | Where Healthy Meets Happy<br>Digsby  |
| <b>SU1</b>                                    | 7:30am-8:45am   | Muscle Up, Buttercup<br>Haggard & Wartenberg<br>(NEW - Starts in Lecture)          | Inside-Out Fitness: Assessing Antioxidant Balance<br>Caldwell (NEW)    | Building a Meaningful Fitness Career<br>Mullins (NEW)   | The Core 6 - Strength & Movement Essentials<br>Bannister-Munn                | Stretch-Breathe-Recover<br>Spreen-Glick                              | Functional Fitness for Active Seniors<br>Shuttic                    | Bringing Medicine and Fitness Together<br>D. Appel                               |
| <b>SU2</b>                                    | 9:00am-10:15am  | Drip & Drop<br>Haggard<br>(NEW - Starts in Pool)                                   | Three Moves for Functional Fitness<br>Gillon (NEW)                     | Keys to Longevity<br>Kittay (NEW)   | Broken to Beast Fitness Programming<br>Poirier                               | Boost Your Pre-Workout & Recovery<br>Ontiveros, Toole, Layne, Lemons | Athletic Aging<br>A. Appel  | Healthy Aging Weight Loss<br>Childers-Richmond                                   |
| <b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b> |   |  |  |   |  |  |   |  |
| <b>SU3</b>                                    | 10:45am-12:00pm   | Aqua Drums Vibes<br>Wartenberg<br>(Starts in Lecture)                              | Storing Issues in our Tissues<br>Foss (NEW)                            | Tendencies That Transform Training<br>Heywood (NEW)   | Metabolic Disruption<br>Turner   | Breathing Meditation<br>Rockit                                       | Open the "Gait" to Fall Prevention<br>Gilbert                       | Nutrition & the Menopause Journey<br>Layne, Toole, Rotschild, Ontiveros & Rogers |
| <b>SU4</b>                                    | 12:15pm-1:30pm  | AquaZen: Flow, Breathe, Renew<br>Sepulveda<br>(NEW - Starts in Pool)               | Cracking the Code to Weight Loss<br>Toole (NEW)                        | Unbreakable Shoulders<br>Christopher (NEW)  | Group Strength Blueprint<br>George   | Dynamic Stretching<br>Singer   | Pickleball Power & Performance<br>Kooperman                         | Hydrate Before You Dehydrate<br>Saniatan   |
|   |   |  |  |   | Optimal Overhead Pressing<br>Mike  | Meditation is My Medication<br>Haan                                  | Joint Replacements: Returning Triumphant!<br>K. Roberts             | Healthy Eating for Active Agers<br>Lemons  |
|   |   |  |  |   |  |  |   | The Hormone-Weight Connection<br>Kelleher  |



### FR4E: Glutes, Quads, and Hamstrings Burn **NEW!** ■◀



**Amber Toole**

Zero in on lower-body power as you activate glutes, quads, hamstrings, and calves with precision. Learn progressive sequences and tempo variations that bring the burn and build functional leg strength. Ideal for athletes, cross-trainers, or clients looking to strengthen and define their lower half.

### FR4F: Aqua Strength, Toning, and Stretch



**Billie Wartenberg**

Elevate your water workout with Indigo Aquatics' Liquid Gym Acqua Toner Bands and Bar. Harness water's resistance to build strength, tone muscles, enhance flexibility, range of motion, proprioception, and circulation. Finish with a refreshing Liquid Stars stretch for a full-body aquatic experience that revitalizes and strengthens. (Starts in Pool)

### FR4H: Is it Burnout or Boredom? **NEW!**



**Jessica H. Maurer**

Feeling stuck or overwhelmed at work? This interactive workshop helps teams and leaders break free from burnout and boredom. Explore root causes of fatigue, spark creativity, and boost motivation. Through hands-on exercises and practical tools, learn to tackle challenges confidently and create a thriving, purpose-driven business environment. (Lecture)

## FR5 Sessions 2:45pm - 4:00pm

### FR5A: Seated, Assisted, Standing Solutions **NEW!**



**Mindy Mylrea**

Elevate your active-aging classes with bold, adaptable programming that meets every mover where they are. Learn how to craft seated, supported, and fully standing progressions that feel empowering—not limiting. Build seamless, inclusive workouts that boost confidence, spark energy, and keep every participant thriving.

### FR5B: Athletic Agility Cardio Training **NEW!** ■◀

**Dane Robinson**

Cardio doesn't have to mean treadmills or running. This dynamic, hands-on session brings athletic agility to life with fast-paced, low-impact drills that elevate heart rate, sharpen coordination, and boost real-world performance. Learn how to design scalable, crowd-pleasing cardio that builds confidence, keeps clients engaged, and delivers serious results at any fitness level.

### FR5C: SOULfusion™ EXPERIENCE ■◀



**Holly Fidanzo**

Experience athletic mind-body movement set to fun, energizing music in this SOULfusion masterclass. Explore how music enhances movement and walk away with easy-to-teach, fun-to-take choreography. Blending yoga-inspired moves, flexibility, mobility, and cardio bursts, SOULfusion is more than a class—it's an experience for EVERYbody!

### FR5D: Chakra Empowerment – A Yoga Practice **NEW!** ■◀



**Lisa Greenbaum, E-RYT 500, C-IAYT**

Understanding the effects of the chakra system on our physical, emotional, and mental well-being creates a wave of empowerment. This is more than a yoga class; it is an immersive experience of movement, meditation, breathwork, and mantra for the subtle energy system.



## FR5E: JUMP! Rebounding Basics **NEW!**

**Sabrina Ursaner**

Bounce, laugh, and move in this high-energy, low-impact rebounding class on JumpSport mini trampolines! Build strength, balance, and endurance while learning proper form. Sweat, soar, and have a blast—rebounding has never been this FUN!

## FR5F: The Original Wave Maker **NEW!**



**Jackie Carroll & Tanisha (Tani) Haggard**

Dive into the aquatic program that started it all. WATERinMOTION® Original blends upbeat music, clever choreography patterns, and fluid, full-body training that keeps participants challenged and engaged. With decades of international success and award-winning leadership behind it, this signature program delivers powerful energy, smart progressions, and an unforgettable aquatic experience that elevates every pool it touches. (Starts in Lecture)

## FR5G: Fresh Food Matters **NEW!**

**Creation Robinson**

Cut through the confusion of food labels and nutrition claims. Learn how to decode ingredient lists, understand macronutrients, and identify hidden sugars and additives. Empower your clients and class participants with practical, easy-to-use knowledge that helps them make healthier, informed choices every day. (Lecture)

## FR5H: Stretching Strategies: Flexibility, Recovery, Performance Panel **NEW!**

**Sara Kooperman, JD, Gail Bannister-Munn, & Melissa Layne, MEd**

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

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

### FR6A: Bodyfit: Tips on Modifications **NEW!**

**Kylie Ross, MSM, MBA**

Get your blood flowing and release endorphins with this total body workout! Use high- and low-intensity movements to relieve tension and build lean muscle

for active aging and post-op recovery. Chair and floor variations target core, legs, back, and arms to boost strength and protect joints.

### FR6B: Step Strong **NEW!**

**Tara Turner**

Step, lift, and sweat your way to total-body fitness! Energizing step sequences raise your heart rate and sharpen coordination, while strength moves on the step platform sculpt and tone every muscle. Scalable for all levels, this dynamic class combines cardio and resistance for a powerful, well-rounded workout.

### FR6C: Power Kickboxing HIIT Fusion **NEW!**

**Lori Rosario**

Ignite your workout with a high-energy kickboxing and HIIT combination designed to build strength, stamina, and total-body power. After an explosive cardio session, transition into targeted core training and restorative stretching to lengthen muscles, improve mobility, and enhance recovery. Leave feeling strong, centered, and recharged for the day ahead.

### FR6D: Glow, Glitter & Groove **NEW!**

**Jaysa Angles**

Step into the ultimate glow-in-the-dark fitness mashup where movement meets neon lights, glitter, and high-energy beats! Sweat, tone, and shine from head to toe in this electrifying workout that blends dance, strength, and fun. Leave glowing, energized, and ready to light up any room!

### FR6E: Core Intelligence: Strength from Center **NEW!**



**Leslee Bender**

Discover the art of deep core connection on the Reformer through intelligent movement and mindful breath. Explore innovative sequences that integrate the abdominals, obliques, back, and pelvic floor to enhance stability, posture, and total-body coordination. Cue with precision, empowering clients to move with greater strength, balance, and inner awareness.





## FR6F: Aqua Vitality Training **NEW!** 🗨️

**Jessica Pinkowski**

This workshop blends science and splash to energize active adults. Explore how water protects joints, increases resistance, and improves balance, followed by pool-based sequences using noodles and buoyant tools. Enjoy powerful pushes, joyful patterns, and functional balance challenges that translate aquatic training into everyday vitality and long-term healthy aging. (Starts in Pool)

## FR6G: The New Fitness Science Panel **NEW!** 🗨️

**Sara Kooperman, JD, Amber Toole, Phil Ross, MS, & Melissa Layne, MEd**

Explore the latest research driving fitness trends that blend strength training, functional mobility, and mindful movement. Learn how evidence-based programs combine resistance work with targeted stretching and nervous-system regulation to enhance performance, recovery, and long-term well-being. Discover why the mind-body connection is reshaping training for sustainable strength and longevity. (Lecture)

## FR6H: Making Sales Suck Less

**Dane Robinson**

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

## FR7 Sessions 6:00pm - 7:00pm

### FR7A: Balance Training With Mobility **NEW!** 🗨️

BALEROboard®

**Karen Harbour**

Balance training builds stability, agility, endurance, strength, flexibility, and mobility—the foundation for moving well at every age. Using the BALEROboard®, a simple, compact, and portable tool, you'll learn how to challenge balance, enhance coordination, and improve overall performance anywhere, anytime—the perfect way to unwind and reset at the end of your busy day.

## FR7B: SCW GOT TALENT! 🗨️

**Judges: Sara Kooperman, JD, Jani Roberts, Dane Robinson, & Gail Bannister-Munn**

Compete to WIN a presenting spot at the 2027 Mania® Conference on your chosen topic! Showcase a 3-minute highlight from your favorite class, demonstrating your energy, creativity, and ability to inspire. Our expert judges evaluate your routine and leadership skills. Share your expertise, gain recognition, and shape the future of fitness. Step into the spotlight and claim your place at Mania®!

**Each SCW GOT TALENT! Winner receives:**

- A position as a Presenter at a future SCW Mania®
- A FREE Mania® Registration for the GOT TALENT! Winner
- A FREE Mania® Registration for a selected friend
- COMPLIMENTARY Invitation to the Presenter for the reception on Saturday night
- A feature in our SCW Spotlite newsletter
- A mentoring experience with one of our GOT TALENT! Judges

## FR7C: Mania® DANCE OFF!! 🗨️

**Join the stars of MANIA® in this wild workout with the best in dance fitness. Have a blast with Billie Wartenberg, June Kittay, Tanisha (Tani) Haggard, & Jaysa Angeles** 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!

## FR7D: Sound Healing: Vibrations for Inner Harmony **NEW!** 🗨️

**Angela Lijewski, MA**

Experience deep relaxation and energetic balance through sound. This workshop blends the science and ancient wisdom of sound healing with a restorative sound bath, featuring crystal singing bowls, gongs, tuning forks, rattles, ocean drums, and chimes for a truly immersive, harmonious journey.

## FR7E: JUMP! Trampoline Fun **NEW!** 🗨️

**Sabrina Ursaner**

Turn up the energy and bounce your way to a stronger, fitter you! This lively rebounding class on JumpSport mini trampolines boosts cardio, core, and balance—all while moving to upbeat music and having an absolute blast.



# Saturday, May 30

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

## SA1A: Aging Brains & Bones **NEW!**

**Melissa Layne, MEd**

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

## SA1B: Kettlebell

**BodyBell Method®**

### Training for Women

**Phil Ross, MS & George Corso**

Empower your fitness journey with kettlebell training designed specifically for women! This session focuses on building strength, enhancing endurance, and sculpting muscles through dynamic, functional movements. Perfect for all fitness levels, you'll learn techniques to maximize results and boost confidence. Join us to lift, swing, and transform your body in a supportive and energetic environment.

## SA1C: Stronger, Pain-Free Living **NEW!**

**Liz Filippone**

Help clients regain confidence, strength, and independence with this workshop focused on functional movement. Learn practical strategies to improve getting up and down from the floor, stair climbing, daily mobility, and exercise transitions. Equip your clients to reduce discomfort, boost energy, and move with greater ease as they age.

## SA1D: Trainer Stretch Lab **NEW!**

**Gail Bannister-Munn**

Elevate client recovery with this hands-on session for personal trainers. Learn safe assisted stretching, mobility techniques, and guided range-of-motion patterns to improve flexibility, reduce tension, and enhance performance. Gain practical strategies and a versatile toolbox to help clients move better, feel better, and train stronger—immediately.

## SA1E: Intro to Reformer Essentials **NEW!**



**Amber Toole**

New to the Reformer? This session introduces fundamental principles, safety, and movement mechanics in a welcoming, supportive environment. Discover neutral spine, core engagement, breath patterns, and footwork while learning how to progress clients effectively. Perfect for beginners or instructors refining foundational cueing and teaching strategies.

## SA1F: Dive Deep or Don't Bother **NEW!**



**Cheri Kulp, Jackie Carroll, & Tanisha (Tani) Haggard**

Take your workout to new depths with this exhilarating deep-water program! Using flotation belts and the natural resistance of the water, WATERinMOTION® Deep blends cardio, strength, and core training with chart-topping music and easy-to-follow choreography. Enjoy a total-body, low-impact challenge that boosts endurance, improves balance, and leaves participants feeling weightless, strong, and unstoppable. (Starts in Pool)

## SA1G: The Ecosystem of Food **NEW!**

**Dillan Foss, MS**

Discover the interconnected world of food by exploring the balance of food groups, colors, and preparation methods to understand how they fuel the body. Gain insights into optimizing nutrition for energy, recovery, and overall health, empowering yourself and clients with sustainable, science-backed eating strategies. (Lecture)

## SA1H: Future-Proof Your Career **NEW!**



**Jessica H. Maurer**

This workshop helps entrepreneurs build long-term success on their own terms. Learn to adapt to industry shifts, leverage emerging trends, and strengthen skills like business strategy, personal branding, and client retention. Discover ways to diversify offerings, boost engagement, and protect your energy to grow sustainably while avoiding burnout. (Lecture)



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

### SA2A: Trends in Fitness **NEW!**

**Sara Kooperman, JD**

Explore the fitness fads, trends, and innovations shaping the future of health and wellness. From boutique studios and tech advancements to creative programming and customer experience, discover what's driving industry success. Join Sara Kooperman for a dynamic look at the latest insights and predictions from top fitness and business sources.

## SA3 Sessions 11:00am - 12:15pm

### SA3A: Strength That Defies Age **NEW!**

**Ichell Davis & Kim Brown**

Aging doesn't mean losing strength—it means redefining it. In this empowering workshop, older adults learn how daily habits, movement choices, and mindset directly influence long-term vitality. Discover practical strategies to build strength, preserve independence, and embrace an active, powerful life at any age.

### SA3B: Warrior® Workout **NEW!**

**Jani Roberts**

The Warrior® Workout fuses martial arts and functional fitness to build strength, resilience, and self-awareness. This mind-body practice empowers all levels through intentional movement, helping participants connect with their physical, mental, and emotional state for a more centered and balanced way of being.

### SA3C: HIIT Factor **NEW!**

**Tara Turner**

Blast calories and push your limits with fast-paced intervals that mix explosive cardio with muscle-building moves. This high-intensity, full-body session boosts stamina, speed, and power while keeping your heart rate up long after class. Scalable for every fitness level, it's the ultimate workout for energy and results.

### SA3D: Yoga Recovery for Athletes **NEW!**

**Gail Bannister-Munn**

Recharge and restore with a blend of Yoga and Active Isolated Stretching. Targeted stretches release muscle tension, improve mobility, and calm the nervous system, helping athletes and active individuals

recover smarter, move cleaner, and show up ready to perform at their best—feeling unlocked, not overworked.

### SA3E: Strong Arms, Shoulders, and Backs **NEW!**



**Leslee Bender**

Focus on upper-body strength using the Reformer's unique resistance capabilities. Target arms, shoulders, chest, and backs with purposeful sequences designed to tone and stabilize. Explore creative prop integration and cueing strategies to add variety and challenge while maintaining proper alignment and precision. Sculpt strength with every pull and press.

### SA3F: 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! (Starts in Pool)

### SA3G: Ignite Your Warm-Up **NEW!**

**Paul Christopher, CSCS**

Stop phoning in the warm-up. Learn a powerful, physiology-driven sequence that primes the nervous system, activates key musculature, boosts mobility, and prepares clients for peak performance.

This dynamic session shows you how to transform the warm-up from an afterthought into a performance accelerator—elevating safety, intensity, and overall training impact. (Lecture)

### SA3H: Move From Exhausted to Energized **NEW!**

**Jessica H. Maurer**

Burnout doesn't have to be part of the job. This research-based workshop gives fitness professionals practical tools to protect their energy, reduce stress, and build resilience. Discover sustainable habits that support career longevity while keeping your passion, performance, and well-being strong. (Lecture)

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

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

**SA4A: 50+ FUNctional Fitness**

**Jackie Carroll**

A high-energy, low-impact workout that helps you move better, feel stronger, and live confidently. This class blends strength, balance, mobility, and real-life movement patterns to keep you doing what you love with ease. Expect upbeat music, simple functional exercises, and plenty of laughter. Perfect for active adults who want to stay strong and steady.

**SA4D: Prana Energy** **NEW!** 

**Lisa Greenbaum, E-RYT 500, C-IAYT**

More than a yoga class, Prana Energy blends movement, breathwork, and meditation to reset and rebalance. Explore powerful breathing techniques, mudras, and mantras in this transformative journey designed to elevate energy and renew the mind, body, and spirit.

**SA4F: Liquid Star Flow** **NEW!** 

**Cheri Kulp**

Take your workout or aqua yoga to a new level with Liquid Gym® Liquid Stars. Enhance flexibility, range of motion, balance, and proprioception while engaging the lower body, boosting circulation, and strengthening the core to improve overall stability and functional movement in the water.

(Starts in Lecture)

**SA4G: The Trainer's Edge: Measuring Nutrition** **NEW!** 

**Dr. Greg Caldwell, OD, FAAO**

Discover how internal nutrition affects energy, endurance, and performance. Learn to evaluate antioxidant balance using noninvasive measurement methods and explore how cellular health connects to recovery and client success. Gain evidence-based strategies to personalize fitness programming and elevate professionalism through measurable, science-driven insights into body composition and function. (Lecture)

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

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

**SA4B: Unilateral Training: Stronger One Side** **NEW!**

**Paul Christopher, CSCS**

Discover why "1 + 1 = 3" in this innovative functional training workshop. Unilateral movement enhances balance, symmetry, core stability, and real-world performance by challenging the body in alternating limb patterns—the way humans naturally move. Learn practical drills and program design strategies that make every client stronger, more coordinated, and more resilient.

**SA4C: Mind-Body Holistic HIIT**

**Mindy Mylrea** **NEW!**



Fuse high-intensity intervals with mobility, breathwork, and mindfulness for a workout that challenges body and mind. Learn to lead HIIT sessions that boost strength, stamina, and mental resilience while reducing stress. Focus on full-spectrum, sustainable fitness that energizes participants and leaves them feeling strong, centered, and empowered.

**SA4E: Deep Dive for Amateur Athletes** **NEW!** 

**Leslee Bender**

Go beyond traditional training and explore advanced Reformer-based techniques that enhance athletic performance, control, and coordination. Experience rotational, stability, and power-driven movements designed to build strength, agility, and precision. Ideal for athletes and active clients, this session teaches you how to program and cue dynamic, functional workouts that challenge and inspire.

**SA4H: AI for Active Aging Clients** **NEW!**

**Kurt Gillon**

Discover how AI can analyze goals, abilities, and health data to create customized workout plans that evolve with each client's progress. Learn how adaptive programming enhances safety, boosts results, and supports smarter training strategies for active aging adults—all within the fitness professional's scope of practice. (Lecture)



## SA5 Sessions 2:45pm - 4:00pm

### SA5A: S.E.A.T. BEATS **NEW!**

**Jaysa Angles & Jackie Carroll**



Feel the rhythm and find your groove in this upbeat, chair-based workout that blends movement with music and fun! Using sticks, shakers, and rhythmic tools, you'll build strength, balance, coordination, and mobility—all from the comfort of a chair. Perfect for every fitness level, it's movement that motivates!

### SA5B: Power Your Swing & Serve **NEW!**

**Giovanni (Gio) Roselli, MS & Jessica Martinez**

Discover how targeted strength, mobility, and balance training improve golf, tennis and pickleball performance. Learn practical assessments and proven movement strategies to enhance rotation, stability, and power while reducing injury risk. Leave with sport-specific programming tools and ready-to-use techniques to help clients play longer, stronger, and smarter—on any court or course.

### SA5C: Train The Female Athlete

**Phil Ross, MS & George Corso**

Unleash the athlete within! This session focuses on training the female body with an emphasis on glute and lower body strength. Learn science-based strategies and effective exercises to enhance performance, build muscle, and boost confidence. Perfect for all fitness levels—let's train strong together!



### SA5D: Warrior® Tai Chi Yoga and Qi Gong Fusion **NEW!**



**Jani Roberts**

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

### SA5E: Core Champion Power Circuit Blast



**Earl Jenkins**

Experience a high-energy circuit workout using the Core Champion system to build strength, endurance, and metabolic power. Rotate through timed stations targeting upper body, lower body, and core stability. This dynamic format keeps participants moving, challenged, and motivated while minimizing joint stress through innovative bodyweight resistance.

### SA5F: Fall Prevention in the Pool **NEW!**

**Melissa Layne, MEd**

Boost balance, strength, and confidence with targeted aquatic exercises. Explore low-impact, stability-challenging techniques and evidence-based strategies to safely incorporate water-based fitness into fall-prevention programs for older adults and at-risk populations. (Starts in Pool)

### SA5G: The Pillars of Longevity **NEW!**

**Kristina Allard**

Discover the science-backed foundations for a longer, healthier life. We'll explore nutrition strategies, essential movement patterns, sleep optimization, daily hydration habits, gentle detox pathways, and meaningful social connection. Learn key exercises that support strength, mobility, balance, heart health, and longevity—practical, sustainable, and built for all ages. (Lecture)

### SA5H: Marketing to Active Agers Panel

**Sara Kooperman, JD, Amber Toole, Mindy Mylrea, & Leslee Bender**

Discover effective strategies to engage the growing 50+ market. Learn how to craft compelling messaging, leverage social media, utilize referral programs, and



create community-driven experiences. This panel explores proven techniques, successful samples, and actionable strategies to attract, retain, and inspire active aging adults while positioning your business for long-term success. (Lecture)

## **SA6 Sessions 4:30pm - 5:45pm**

### **SA6A: Strength & Endurance Training for Women** NEW!

**Sara Kooperman, JD**

Discover how high-repetition, low-weight strength training can safely and effectively build muscle endurance, functional strength, and confidence in women of all ages. Explore the latest research behind this joint-friendly approach, learn how to structure results-driven workouts, and understand why lighter loads can still deliver powerful benefits for women seeking sustainable, long-term fitness success.

### **SA6B: Spinal Mastery: An Integrated Approach** NEW!

**Kevin Mullins**

Studying the function of the spine, pelvis, and shoulder complex reveals that our ability to stay upright, high functioning, and resilient requires an integrated approach toward mobility, strength training, muscle-building, and weight management using kettlebells, dumbbells, and bands. This course will empower you to live free of spine pain (and the fear of it).

### **SA6C: ZUMBA®**

**ZUMBA**

**Jenna Bostic**

Zumba® is for every body! This calorie-burning dance fitness party blends low- and high-intensity moves in an interval-style workout. Enjoy a total body session combining cardio, muscle conditioning, balance, and flexibility—boosting energy and leaving you feeling awesome every time you dance!

### **SA6D: SOULstrength™: A Little OFF BEAT** NEW!



**Holly Fidanzo**

Not your average strength class! Flow through fun, beat-driven combos, then switch it up with offbeat moves to lift heavier and focus on form. It's smart, sweaty, and set to a killer playlist—perfect for those who love to move with purpose (and a little attitude)

### **SA6E: Mobility, Flexibility, and Recovery Flow** NEW! **YOUR REFORMER**

**Leslee Bender**

This gentle Reformer flow emphasizes lengthening, joint mobility, and nervous system reset. Using slow, mindful movements and breathwork, reduce stiffness and enhance range of motion for active recovery. Ideal for older adults, post-workout cooldowns, or stress relief. Leave feeling balanced, centered, and reconnected to your body.

### **SA6F: HIIT the Flow** NEW!

**Cheri Kulp**

Dive into HIIT the Flow, an exhilarating high-intensity, low-impact aqua workout! Harness the drag power of water to create resistance-packed combos for a total body burn. No experience needed—just bring your energy! Gloves are recommended for an extra challenge, but your body's strength is all you need. (Starts in Lecture)

### **SA6G: Ditch Diet Drama** NEW!

**Amber Toole**

Turn chaos into confidence. Learn to free clients from fad diets and food rules with a complete 4-week coaching blueprint. Gain meal templates, recipes, checklists, and mindset tools you can launch immediately for lasting results. (Lecture)

### **SA6H: How to Elevate Your Training** NEW!

**Aldemar "AJ" Londono**

Learn a structured framework and methodology for program design and effective client communication. Explore strategies to enhance your own training or create impactful sessions for others, integrating practical tools, self-practice techniques, and design principles that boost results, engagement, and confidence for both trainers and clients alike. (Lecture)

## **Sunday, May 31**

### **SU1 Sessions 7:30am - 8:45am**

### **SU1A: Rhythmic Flow for Active Agers** NEW!

**Zoraida (Zory) Sepulveda, MBA**

Energize your body and mind with this dynamic workout combining rhythmic movement, functional



exercises, and cognitive stimulation. It features interval-based cardio, mobility drills, and a mind-body segment for a well-rounded experience. Easy-to-follow progressions and uplifting beats make it accessible and invigorating for all fitness levels.

### SU1B: The Hidden Core **NEW!**



**Phil Ross, MS & George Corso**

Unlock your inner strength by training the hidden core! Use kettlebell movements to target deep stabilizing muscles, improving posture, strength, and performance. Strengthen your body from the inside out and tap into your full potential.

### SU1C: Step, Strike & Sculpt **NEW!**

**Tara Turner**

Ignite your body with punches, kicks, and strength moves! Sweat through dynamic step sequences while sculpting every muscle with targeted resistance exercises. Fast-paced, challenging, and empowering, this class builds cardio endurance, explosive power, and confidence—leaving you energized and unstoppable.

### SU1D: REBEL Stretch **NEW!**

**Holly Fidanzo**

REBEL Stretch blends gentle movement, intentional breathwork, and long passive holds to help your body release tension and lengthen with ease. By calming the nervous system, you move past your body's rebellious resistance and into a state where flexibility, openness, and restoration come naturally.

### SU1F: Muscle Up, Buttercup **NEW!**



**Tanisha (Tani) Haggard & Billie Wartenberg**

WATERinMOTION® Strength makes waves with muscle in this power-packed aqua workout using dumbbells and the force of water. Harness drag, resistance, and buoyancy to sculpt strength, ignite endurance, and elevate athleticism—without joint strain. Fresh, creative choreography keeps every set challenging and every rep explosive for a bold, high-energy training experience that pushes limits in the pool. (Starts in Lecture)

### SU1G: Inside-Out Fitness: Assessing Antioxidant Balance **NEW!**



**Dr. Greg Caldwell, OD, FAAO**

Explore how antioxidant status impacts recovery, inflammation, and overall performance. Learn to assess oxidative stress using innovative noninvasive tools that measure skin carotenoid levels—a validated marker of nutritional health. Understand how internal readiness influences training outcomes and discover practical ways to integrate this insight into client programs. (Lecture)

### SU1H: Building a Meaningful Fitness Career **NEW!**

**Kevin Mullins**

Discover how to turn your passion for fitness into a meaningful, sustainable career. Explore the many paths within the industry and learn how to develop your own professional identity and personal brand. Gain practical strategies to grow your presence, serve your community, and build long-term success in personal training and beyond. (Lecture)

## SU2 Sessions 9:00am - 10:15am

### SU2A: Balance Brain & Spine **NEW!**

**Billie Wartenberg**

Boost balance, brain function, and spine strength with gentle movements, posture work, cognitive challenges, and stability exercises. This fun, functional class enhances coordination, mobility, and confidence—perfect for fall prevention and mental sharpness. Bring curiosity and a smile for a session that supports body and mind!

### SU2B: Kettlebell Mastery Made Simple **NEW!**

**Giovanni (Gio) Roselli, MS & Jessica Martinez**

Unlock the versatility of kettlebells to develop strength, power, and resilience in any population. This session breaks down essential techniques, coaching cues, and movement patterns that enhance performance and reduce injury. Learn progressions and regressions, along with clear, scalable programming strategies you can apply immediately in classes, small-group training, or one-on-one sessions.



## SU2C: Rope Flow **NEW!**

**Aldemar "AJ" Londono & Paul Christopher, CSCS**

Rope Flow is an innovative training system created by the inventor of the BOSU®. With four fast-to-learn patterns, trainers gain endless options for warm-ups, coordination drills, and athletic flow work. Improve rhythm, timing, mobility, and rotational power—while giving clients something fresh and exciting to try in 2026.

## SU2D: SOULMashup **NEW!**

**Holly Fidanzo & Jaysa Angles**

Experience a high-energy mash-up of SOULstrength, BARREFusion, SOULkickboxing, and SOULfusion FLOW. Learn to blend strength, cardio, and flow with music-driven transitions and easy-to-teach choreography. Leave with tools to boost engagement, deepen connection, and elevate your classes with the magic of movement and music.



## SU2F: Drip & Drop **NEW!**

**Tanisha (Tani) Haggard**

Make waves to a hip-hop beat! This dance-inspired aqua workout turns the pool into a party while delivering a full-body burn. Expressive movement, musicality, and cardio conditioning come together for a fun, soul-lifting experience that fires up coordination, burns calories, and leaves you smiling. (Starts in Pool)

## SU2G: Three Moves for Functional Fitness **NEW!**

**Kurt Gillon**

Learn how to build effective routines around three foundational movements—sit-to-stand, push/pull, and marching patterns. Explore how these essential actions strengthen major muscle groups, support balance, improve gait, and boost confidence for active aging adults. Gain practical tools to enhance strength, mobility, and independence in daily life. (Lecture)

## SU2H: Keys to Longevity **NEW!**

**June Kittay**

Discover five practical keys to living with energy, vitality, and joy. June Kittay distills her education and 18 years of experience into simple daily habits that support lasting health and happiness. Learn powerful tools you can use for yourself, your family, and your clients to promote longevity and well-being. (Lecture)

## SU3 Sessions 10:45am - 12:00pm

### SU3A: Function in 3 Dimensions **NEW!**

**Kristina Allard**

Enhance your mobility and strength daily! At 3 Dimensional Movement, train your entire body in all three motion planes using light hand weights and a lightweight bar. Discover functional movements that boost your everyday strength, challenging all fitness levels.

### SU3B: Aging with a Vengeance **NEW!**

**Kevin Mullins**

Stop treating age like a diagnosis. Forget the overly gentle approaches of the past. Aging is a process you can defy through strategic power work, strength training, integrated mobility, metabolic conditioning, and mindful practice using kettlebells and dumbbells. Learn how to help active older adults stay strong, capable, and resilient. Never surrender.

### SU3C: Core Training Reinvented **NEW!**

**Paul Christopher, CSCS**

Get ready for core work like you've NEVER experienced. Paul Christopher unleashes innovative, high-intensity exercises that challenge stability, coordination, power, and mental grit. These fresh movement patterns will reshape your programming and push you—and your clients—far beyond traditional core training. Come ready to work; this session is all fire.

### SU3D: Foundations of Aligned Movement **NEW!**

**Amber Toole**

Master the fundamentals of form and alignment to help clients move better, feel better, and perform at their best. Learn neutral posture, proper muscle sequencing, and efficient movement patterns through simple, powerful techniques. Leave with alignment cues that reduce pain, improve control, and elevate every workout with purposeful movement.

### SU3F: Aqua Drums Vibes

**Billie Wartenberg**

Make waves while you play! Using SAF Aqua Drums Vibes®, combine dynamic rhythms and water-based movements for a fun, full-body workout. Challenge your strength, endurance, and coordination while enjoying an energizing, music-driven aquatic experience that keeps you moving, laughing, and fully engaged in the water. (Starts in Lecture)





### SU3G: Storing Issues in our Tissues **NEW!** ■◀

**Dillan Foss, MS**

Explore how muscle and connective tissues respond to constant external stimuli and how this impacts movement, recovery, and performance. Learn strategies to address stored tension, improve mobility, and prevent injury, helping yourself and clients train more efficiently while fostering long-term resilience and optimal function. (Lecture)

### SU3H: Tendencies That Transform Training **NEW!**

**Jodi Heywood, MS**

Unlock what truly drives your clients using Gretchen Rubin's Four Tendencies. Discover how to coach each personality type for powerful habit change, deeper connections, and next-level results that keep clients coming back—and your business growing. (Lecture)

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

### SU4A: Forever Fluid: Mobility for Longevity **NEW!** ■◀

**Liz Filippone**

Help your clients move with grace and confidence! Explore progressive techniques to build mobility, stability, and balance through mindful, restorative movement. Drawing from yoga and functional training, this workshop teaches how to lengthen and strengthen muscles while calming the nervous system. Discover adaptable methods and props to support every body.

### SU4B: Bandz & Bounce **NEW!** ■◀

**Tanisha (Tani) Haggard**

Feel the beat and fire it up! This fierce fusion of hip-hop dance and resistance band training sculpts every muscle while keeping your heart rate high. Dance grooves, pulsing rhythms, and strength intervals come together for a total-body burn that's equal parts fun, fierce, and functional.

### SU4C: Low-Impact Conditioning **NEW!** ■◀

**Billie Wartenberg**

Move, groove, and feel great! This low-impact class enhances strength, balance, and flexibility at your own pace. Perfect for moderate fitness levels, it builds cardio and muscle endurance. Feel stronger, more balanced, and energized, all while working at a level that suits you.

### SU4D: Stroke Recovery Training Essentials **NEW!** ■◀

**Ichell Davis & Kim Brown**

Learn how to safely and effectively train clients recovering from stroke. This workshop teaches fitness professionals how to adapt movement, rebuild confidence, and support strength, balance, and mobility for individuals living with lasting physical effects. Gain practical tools to help survivors stay active, independent, and engaged in their wellness journey.

### SU4F: AquaZen: Flow, Breathe, Renew **NEW!** ■◀

**Zoraida (Zory) Sepulveda, MBA**

Relax, move, and recharge with AquaZen! This unique water experience blends yoga-inspired movements, breathwork, and fluid transitions to enhance flexibility and relaxation. The soothing water reduces stress, while rhythmic motions sync with your breath and music. Flow effortlessly, release tension, and renew your energy with every movement! (Starts in Pool)

### SU4G: Cracking the Code to Weight Loss **NEW!** ■◀

**Amber Toole**

Uncover the common pitfalls clients encounter in their pursuit of quick-fix weight loss solutions. This session highlights key health foundations for lasting success, examines how dieting history affects metabolism, and offers actionable coaching strategies to help clients achieve sustainable, long-term weight loss results. (Lecture)

### SU4H: Unbreakable Shoulders **NEW!**

**Paul Christopher, CSCS**

Transform how you train one of the body's most powerful and injury-prone joints. This fast-paced workshop dives into dynamic strengthening, mobility tactics, and stability drills that build resilient, high-performing shoulders. Learn the smartest ways to prevent breakdown, boost performance, and keep clients lifting, swinging, and moving confidently. (Lecture)



# Presenters



KRISTINA ALLARD



JAYSA ANGLES



DAVE APPEL



DR. AARON ASLAKSON, PhD.



GAIL BANNISTER-MUNN



LESLEE BENDER



JENNA BOSTIC  
ZUMBA



KIM BROWN



DR. GREG CALDWELL,  
OD, FAAO



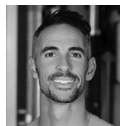
JACKIE CARROLL  
SEAT



DR. GREGORY CHARLOP, MD



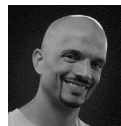
RAINA CHILDERS-RICHMOND



PAUL CHRISTOPHER, CSCS



CHRISTINE CONTI, MED



GEORGE CORSO  
BodyFit Method  
PHIL & ROSS



MARIE CRICHLAW, RN  
Lynn's Aid



ICHELL DAVIS



CAMMY DENNIS



SOHALLA DIGSBY,  
RDN, LD



AMANDA FEARHEILEY,  
RDN, LD, CPT



HOLLY FIDANZO



LIZ FILIPPONE



DILLAN FOSS,  
MS, ATC



HERSON GARCIA



LAUREN GEORGE, MS



ANN GILBERT



KURT GILLON



LISA GREENBAUM,  
E-RYT 500, C-IAYT



ELIAN HAAN



KATHLEEN HADEN, MBA



TANISHA (TANI)  
HAGGARD



JOSEPH HAN,  
CSM, PMP



KAREN HARBOUR  
BALER@board



JODI HEYWOOD,  
MPH



TRACY JENNINGS-  
HILL, E-RYT 500,  
C-IAYT



EARL JENKINS  
Core



GREG JOHNSON, MS



JENNY KAUFMAN



KATE KELLEHER



JUNE KITTAY



SARA KOOPERMAN, JD  
SCW water motion SEAT



CHERI KULP  
water motion



DR. EDWARD  
LASKOWSKI, MD



MELISSA LAYNE, MED  
SCW



ROSIE LEMONS,  
MS, ERYT-200



ANGELA LIJEWSKI, MA



ALDEMAR "AJ"  
LONDONO



GREG MACK,  
CPT, CMES



TRICIA MURPHY  
MADDEN



JESSICA MARTINEZ



JESSICA H. MAURER



SHELDON MCBEE, MS



IRENE MCCORMICK,  
MS, CSCS



DR. JONATHAN  
MIKE, PHD



KEVIN MULLINS,  
CSCS



MINDY MYLREA



DANIELLE ONTIVEROS



JAKKIE PIDANICK,  
MS



JESSICA PINKOWSKI



CHRISTOPHER  
POIRIER



JANI ROBERTS  
ALIGNMENT ESSENTIALS



KELI ROBERTS



CREATION  
ROBINSON



DANE ROBINSON



YURY ROCKIT



DR. RENEE ROGERS,  
PHD, FACSM



LORI ROSARIO



GIOVANNI (GIO)  
ROSELLI, MS



KYLIE ROSS,  
MSM, MBA  
PHIL & ROSS



PHIL ROSS, MS



DEBORAH ROTHSCHILD,  
MS, NASM-CPT, ACE-  
CPT, AFAA-CGFI



JAYMAR SANIATAN,  
RD, CPT



ZORAIDA (ZORY)  
SEPULVEDA, MBA



BILL SHUTTIC,  
MBA



SHALOM SINGER



KIMBERLY  
SPREEN-GLICK



BRITTANY TODD,  
MS



AMBER TOOLE  
SCW



JAKE TRIONE



TARA TURNER



SABRINA URSANER



MANUEL  
VELAZQUEZ



BILLIE  
WARTENBERG



RUSTON WEBB, MS,  
FMS II, TPI-CGFI III

For Full Presenter Bios Please Visit: [scwfit.com/florida/presenters](http://scwfit.com/florida/presenters)  
\*Live & Pre-Recorded Presenters Shown



## Registration Options



Check the website for **EARLY-BIRD DISCOUNT DEADLINE** and Best price... sales run periodically!

| Registration Type                                | Early-Bird Price<br>Use \$60 OFF Code: EARLYBIRD |
|--|--|
| 3-Day Mania®                                     | \$339 ( <del>\$399</del> )                       |
| SCW Member 3-Day Mania® (see pg 31 for benefits) | \$249  |
| 2-Day Mania®                                     | \$279 ( <del>\$339</del> )                       |
| 1-Day Mania®                                     | \$199 ( <del>\$279</del> )                       |
| Support Staff (Volunteers)                       | \$159 ( <del>\$219</del> )                       |
| Add 160 Recordings (Include options above)       | \$60   |
| 160 Recorded Sessions Only                       | \$339 ( <del>\$399</del> )                       |

Join us at SCW Florida Mania® Fit Pro Convention (May 29-May 31, 2026) where Fitness Professionals converge to be educated, inspired and recharged!

Perfectly suited for both the budding exercise professional and the seasoned fitness veteran. Rub elbows with your favorite presenters, get all your CEC/CEUs in one place, shop the Expo and celebrate being part of a greater health and wellness community.



Register Early and Save!

[scwfit.com/florida](https://scwfit.com/florida)





## More Ways to Save & Attend.

Want to save beyond the \$60 Early-Bird Mania® discount or simply can't attend in person? We've got you covered.



### Support Staff

#### Join The Mania® Support Staff - Save \$240!

- Earn 20 CECs/CEUs
- Work 1 day, attend 2 FREE!
- 50% OFF In-Person SCW Certifications, Apparel, Equipment & Accessories
- FREE T-shirt, Staff Dinner & Masterclass

For more info visit website below or email us at [staff@scwfit.com](mailto:staff@scwfit.com)



[scwfit.com/florida/support-staff](https://scwfit.com/florida/support-staff) →



### Membership

#### Perks Include:

- 3-Day Mania® Fit Pro Convention: \$150 off
- FIRST CHOICE class selection at Mania®
- SCW Booth Equipment: 50% off
- Video Courses: 20% off
- FREE Webinar Attendance & Recordings
- FREE eNewsletters (Spotlite & Tidal Waves)



[scwfit.com/membership](https://scwfit.com/membership) →



### Recordings

#### Filmed Live at Mania®

Access 200+ sessions, seminars, and lectures with 250 hours of recorded content for just \$60 as an add-on for attendees.

If you can't make it to the live event, you can also purchase the recordings package as a standalone product. Recorded sessions qualify for 20 CECs/CEUs.



[scwfit.com/florida/recordings](https://scwfit.com/florida/recordings) →



### Scholarships

#### Michael Scott Scudder Scholarship

Free Mania® access for a club owner, manager, or entrepreneur committed to leadership and growth in fitness.

#### Atchara Seesawat Scholarship

Free Mania® admission for a personal trainer dedicated to exceptional client care and professional development.

#### Mania® Student Staff Scholarship

The Mania® Student Staff Scholarship is designed for energetic, dependable, and outgoing students eager to grow in the fitness industry but who may not have the financial means to attend.



[scwfit.com/scholarships](https://scwfit.com/scholarships) →



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 151 S. Pflingsten Rd Unit U  
 Deerfield, IL 60015  
 847.562.4020  
[www.scwfit.com/florida](http://www.scwfit.com/florida)  
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 Mania®**  
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**Florida  
 Mania®**  
 May 29-31 2026

**Atlanta  
 Mania®**  
 July 31-Aug 2 2026

**Dallas  
 Mania®**  
 Aug. 28-30 2026

**Midwest  
 Mania®**  
 Oct 2-4 2026

**Boston  
 Mania®**  
 Nov 13-15 2026