

**SCW BOSTON**  
**MANIA**<sup>®</sup>  
FITNESS PRO CONVENTION

**DEC. 10-12, 2021**  
**THE WESTIN BOSTON**  
**WATERFRONT**

- 150+ Powerful Workshops
  - 80 Recorded Sessions
- 50+ Business Summit Lectures
  - 50+ Expert Presenters
    - 15 Certifications
    - 3-Day Fitness Expo
- 20 CEC/CEUs from SCW, ACE, AEA, AFAA & NASM



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



ECO-FRIENDLY



**CERTIFICATIONS  
THURS. SEPT. 29**

**SCW**  
**GROUP EX CERTIFICATION**  
HOWARD • 8:00AM - 5:00PM

**ZUMBA**  
**ZUMBA® BASIC 1  
INSTRUCTOR TRAINING**  
SALDI • 8:00AM - 5:00PM

**SCW**  
**YOGA 1 CERTIFICATION**  
VELAZQUEZ • 8:00AM - 5:00PM

**SCW**  
**AQUA BARRE  
CERTIFICATION**  
CARVALHO • 5:30PM - 9:30PM

**SCW**  
**ACTIVE AGING CERTIFICATION**  
GILBERT • 9:00AM - 5:00PM

**Savvier Fitness**  
**BARRE ABOVE®**  
POWERED BY SAVVIER FITNESS®  
MCDONALD • 9:00AM-5:00PM

**CORE**  
**SCHWINN® INDOOR CYCLING  
INSTRUCTOR CERTIFICATION**  
APPEL & MCLEAN • 7:00AM-5:00PM

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

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

**A**  
FUNCTIONAL TRAINING /  
ACTIVE AGING

**B**  
HIIT / STRENGTH  
/ CIRCUITS

**C**  
YOGA / PILATES  
/ T'AI CHI

**D**  
GX / BARRE

FRIDAY, DECEMBER 10	FR1	7:30am-8:45am	Balance & Stability for Active Agers Gilbert	Welcome to the Jungle- STAIRMASTER® HIIT Friend-Uhl	Tai Chi: Simplify 24 Yang Velazquez	Balletone® Meets Barre Lenart	
	EXPO SHOPPING 8:30am- 9:45am						
	FR2	9:45am-11:00am	Hot Crossed Buns Howard	Your Brain on HIIT STAIRMASTER® Hogg	Zumba® Saldi	BOSU® Dynamic Pilates Fusion Magee & Roberts	
	FR3	11:15am-12:30pm	Smart Strength for the Ageless Female Roberts	HIIT Chaos - Powered by SAVVIER® Fitness McDonald	Turf Yoga Fusion Keenan-Stryksa & Hughes	Innovative Planking for Core Strength Chilazi	
	FR4	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert SESSION 2	The Bare Essential: Strength Training 101 Bannister-Munn SESSION 1	Yoga for a Better Back Kooperman SESSION 1	HIIT the Ballet Lenart SESSION 2	
	EXPO SHOPPING 12:15pm-3:00pm						
	FR5	3:00pm-4:15pm	Hands on Stretching: The Bannister Method™ Bannister-Munn	Nautilus Strength - Does Size Really Matter? Hogg	Yoga-Bata VIIT Malaghan	Barre Moves - Update Your Choreography McDonald	
EXPO SHOPPING 4:00pm-5:00pm							
FR6	5:00pm-6:15pm	Bodyweight Booty Appel	Basic Movement Assessments for Cardio Modalities by Star Trac Friend-Uhl	SOULfusion Experience Park	Straight to the Core Robinson		
FR7	6:30pm-7:30pm	<b>SCW FITNESS IDOL</b> KOOPERMAN, ROBERTS, HOWARD & SILVERMAN	Resist & Roll Antuanette	Rhythmic Vinyasa Flow L. Lowell & J. Lowell	Boogie Barre Carvalho		
SATURDAY, DECEMBER 11	SA1	7:30am-8:45am	Sitting Pretty...Strong Gilbert	E5 Collective: Med Ball Power Nicotera	Yoga Block Vinyasa L. Lowell	BOSU® Stability Ball Overhaul Magee & Roberts	
	EXPO SHOPPING 8:30am- 9:45am						
	SA2	9:45am-11:00am	<b>KEYNOTE ADDRESS</b> REBUILDING SANDCASTLES: POST-PANDEMIC RENOVATION WITH BILL MCBRIDE				
	SA3	11:15am-12:30pm	Lower Body Burnout Howard	SOULstrength Experience Park	Stretch & Perform: The Bannister Method™ Bannister- Munn	ABSolutely Core Training Williams	
	EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm						
	SA4	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	Back, Booty & Core Connection Appel SESSION 2	LIT 101 (Low Impact Training) Robinson SESSION 1	CounterFlow Yoga: Dynamic Standing Flow Sides SESSION 1	STRONG Nation™ Bayersdorfer SESSION 2	
	SA5	3:00pm-4:15pm	G.R.I.T. Strength Training for the Active Ager Gilbert	Purpose, NOT Circus: Legit HIIT - STAIRMASTER® Appel	Cardio Yoga™ - Cardio Focus Chilazi	Inside the Mobility/ Stability Toolbox Gellert	
EXPO SHOPPING 4:00pm-5:00pm							
SA6	5:00pm-6:15pm	Seated Asanas Howard	"Toning" is NOT a Thing - Nautilus Friend- Uhl	HIIT Mix Up! Keenan-Stryksa & Hughes	Maximize Your Sessions With Cluster Circuits Williams		
SUNDAY, DECEMBER 12	SU1	7:30am-8:45am	Functional Training for the Active Ager Gilbert	<b>CORE</b> <b>STAIRMASTER®: HIIT JUST GOT REAL CERTIFICATION</b> FRIEND-UHL 8:00AM - 12:00PM	M.E.P.S. Full Body Experience Moyer	Level Up Your Strength Classes! Bannister-Munn	
	SU2	9:00am-10:15am	The Athletic Advantage Robinson		Functional Pilates Velazquez	50 Unique Core Lovers Exercises McDonald	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
SU3	11:15am-12:30pm	Balance for Active Aging Roberts	<b>SCW</b> <b>PILATES MATWORK CERTIFICATION</b> APPEL • 8:00AM - 5:00PM	Cardio Yoga™ - Yoga Focus Chilazi	E5 Collective: Loop Band Play Nicotera		
SU4	12:45pm-2:00pm	Recovery Techniques for Active Agers Toole	<b>STRONG</b> <b>STRONG NATION™ TRAINING</b> BAYERSDORFER • 7:30AM - 4:00PM	4 Quarters of Fitness Robinson	Ballin™ Antuanette		

# BOSTON MANIA® SCHEDULE • DEC 10-12, 2021

 <b>WATERINMOTION® CERTIFICATION</b> KULP • 9:00AM - 5:00PM		 <b>ACTIVE AGING NUTRITION CERTIFICATION</b> SILVERMAN • 5:30PM - 9:30PM		 <b>HEALTH &amp; FITNESS BUSINESS SUMMIT</b> SCW		 PARTNERING WITH: <b>iHRSA</b>	
<b>E</b> CYCLE / ROWING	<b>F</b> AQUA (STARTS IN LECTURE)	<b>G</b> NUTRITION MANIA® + SUMMIT	<b>H</b> LEADERSHIP / EX. SCIENCE	<b>I</b> BUSINESS			
Schwinn®: A DJ Saved My Life McLean	Aqua Core Senior Style Kulp	Breaking Down Macros Lowell	The State of the Science and Future Outlook of CBD Roberts	GX Streaming to Success Howard			<b>FR1</b>
<b>EXPO SHOPPING 8:30am - 9:45am</b>				<b>EXPO SHOPPING 8:30am - 9:45am</b>			
Anchors Away: Resistance & Rowing™ SGT Ken®	Aqua Dance, Dance, Dance Velazquez	Nutrition Tips Overview Silverman	Attention to Retention Robinson	Best Of Both Worlds Kinworthy			<b>FR2</b>
Schwinn®: Breathy Not Breathless Appel	Aqua ROM Training for Mature Adults Gilbert	Fascinating Facts to Prevent Fiber Famish Silverman	Maintain a Strong Business Acumen L. Lowell & J. Lowell	Internal Guidelines - Inspecting What You Expect McBride			<b>FR3</b>
Schwinn®: SchwiNTENSITY Roberts SESSION 1	Cool Pool Moves: 8 Tools to Remember Velazquez, Kulp, & Carvalho SESSION 2	Protein: Best Practices for All Lowell SESSION 1	Recovery With Muscle Stimulation Appel SESSION 2	Spend Less Time Writing Class Plans! Sides SESSION 1			<b>FR4</b>
<b>EXPO SHOPPING 12:15pm - 3:00pm</b>				<b>EXPO SHOPPING 12:15pm - 3:00pm</b>			
Schwinn®: Set the Stage: Perfect Ride McLean	Turbulence Training PlumMentz	Nutrition Coaching for General Population Toole	Inside Out of the Shoulder Gellert	Working in Niche Markets Panel Kooperman, Appel, Gilbert & Howard			<b>FR5</b>
<b>EXPO SHOPPING 4:00pm - 5:00pm</b>				<b>EXPO SHOPPING 4:00pm - 5:00pm</b>			
Schwinn®: Bring IT: Verbal & Visual Cueing Hogg	Mix-Match Aqua: Moves to the Max Howard	Better Sleep for Active Agers Silverman	Stretching for Strength - Flexible Foundations Panel Kooperman, Bannister-Munn, Roberts	New World Sales & Management McBride			<b>FR6</b>
	Aqua Ease: Flexibility for Active Agers Velazquez			New World Sales & Management McBride			<b>FR7</b>
Schwinn®: HIIT & Quit it! Hogg	Aqua Abs: WIM-sy Carvalho	Food is & Prevents Medicine Silverman	Muscular Endurance, Myths, Realities and Applications Stenis	Grow Your Audience Using Tik Tok & Reels Kinworthy & Rich			<b>SA1</b>
<b>EXPO SHOPPING 8:30am - 9:45am</b>				<b>EXPO SHOPPING 8:30am - 9:45am</b>			
							<b>SA2</b>
Schwinn®: Ride or Die: Killer Vibe Hogg	Smart Sets for Aqua Dumbbells Kulp	SAD Plan, Sad People Toole	5 G's to a Stronger Mindset Moyer	Legal Considerations: Fitness Business Ownership A. Roth			<b>SA3</b>
<b>EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm</b>				<b>EXPO SHOPPING 10:45am-11:15am // 12:15pm-3:00pm</b>			
The WaterRower® Games™ SGT Ken® SESSION 2	H2O One Hand Buoy Experience Velazquez SESSION 1	Building Out Your Nutrition Program A. Lowell SESSION 1	Benefits of Peripheral Heart Action System Williams SESSION 1	State of the Industry: Panel Discussion Kooperman, McBride, Gellert, Howard & Gilbert SESSION 2			<b>SA4</b>
Schwinn®: F.E.A.R. Face Everything & RIDE Roberts	Aqua Excellence for the Active Ager Kulp & Carvalho	Stopping Inflammation S. Roth	Coaching for Lasting Behavior Change Stack	Predictions to Become Future Ready Kooperman			<b>SA5</b>
<b>EXPO SHOPPING 4:00pm - 5:00pm</b>				<b>EXPO SHOPPING 4:00pm - 5:00pm</b>			
Schwinn® Cycling: Master Your One Appel	Swim up Barre Malaghan	Intermittent Fasting; Fact or Fiction S. Roth	CBD and Your Best Self Roberts	Differentiation is NOT an Option Polson			<b>SA6</b>
Schwinn®: Work Not Twerk McLean	H2O Strength Through the Ages Kulp, Velazquez & Carvalho	Nutrition Boosters & Busters for Longevity Silverman	Long-Term Athlete Development Stack	Owning Your Own Fitness Studio L. Lowell & J. Lowell			<b>SU1</b>
Schwinn®: Rock Steady - Recovery Rides Roberts	H2O Rapid Resistance Kulp	Nutrition Math - Calories, Grams & Size, OH MY! Toole	Exercise Research 101: Facts vs. Fake News Chilazi	Get More Clients Without Ads Polson			<b>SU2</b>
<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>				<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>			
 <b>AQUATIC EXERCISE CERTIFICATION</b> GILBERT • 7:00AM - 4:00PM	Splish Splash Calorie Smash Malaghan	"Golden" Nutrition Toole	Strength Training - The New Cardio Stack	Business Blueprint for 2022 Robinson			<b>SU3</b>
 <b>BALLETONE®</b> POWERED BY SAVVIER FITNESS® LENART • 9:00AM-4:00PM	Ups & Downs of Aqua Carvalho	Art of Food as Fuel Malaghan	Lisa La La's FITKIDZ Power	Building Dynamic Performance Teams Gilbert			<b>SU4</b>

FRIDAY, DECEMBER 10

SATURDAY, DECEMBER 11

SUNDAY, DECEMBER 12

# WELCOME BACK!



We can't wait to see your smiling faces again this December! SCW is proud to bring back live events and crafted a schedule to keep you on the bleeding edge of the industry. Whether you're a seasoned vet or a budding newbie, MANIA® has countless sessions for you - completely customizable at one flat rate. We have all the tools and education to separate you from the pack.

As the fitness industry continues to shift, you can no longer sit back and wait for clients to come to you. That's why there's MANIA®, we give you everything you need to thrive again. See you in December!

# HOTEL/CONVENTION SITE



**The Westin Boston Waterfront**  
**425 Summer Street**  
**Boston, MA 02210**  
**617-532-4600 (reservations only)**

**\$179 Single-Double**  
**\$199 Triple/Quad (Reg. \$279)**  
*Pay as little as \$49.75 per night when you share a room with 3 others!*

- FREE Coffee Maker, FREE Mini Fridge, FREE Roll-Away (based upon availability).

- FREE Wi-Fi

**Hotel Room Discount Deadline: Nov. 29, 2021**

# THANKS TO OUR SPONSORS!

## Premiere



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## Associate Sponsors



## Educational Partners



# Certifications



## THURSDAY, DEC. 9 CERTIFICATIONS

### SCW ACTIVE AGING CERTIFICATION



**Ann Gilbert**

**Thursday, December 9, 9:00am-5:00pm**

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

As millions of baby-boomers enter their golden years, staying mentally, socially and physically active is the key to maintaining quality of life. Cutting-edge research reveals there's no secret to aging well. By focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention and balance, we can slow the aging process. Discover ways to empower seniors, not just teach them. Group fitness instructors, trainers and managers overseeing active aging programming will enjoy this one-day course that combines relevant research and proven practical approaches to training brains and bodies of 50+ participants. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM, (0.7) Visit <https://scwfit.com/store/product/active-aging-online-certification/>

### SCW PERSONAL TRAINING CERTIFICATION



**Keli Roberts**

**Thursday, December 9, 8:00am-5:00pm**

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

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

### SCW YOGA I CERTIFICATION



**Manuel Velazquez**

**Thursday, December 9, 8:00am-5:00pm**

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

Ready to take the next step to becoming a Yoga Instructor? Get certified by the #1 Yoga Certification in the U.S. Experience a comprehensive, theoretical and practical approach to hands-on yoga instruction. Learn different Hatha Yoga postures suitable for varying clientele – young or old, fit or de-conditioned, competitor or recovering athlete. Understand the latest scientific research about yoga and discover a simple, systematic approach to program design and effective cueing techniques. Seasoned and novice participants leave qualified to passionately lead a successful yoga class and yoga-inspired recovery and cool-down. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.8), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7). Visit <https://scwfit.com/store/product/yoga1-online-certification/>

### WATERinMOTION® AQUA EXERCISE CERTIFICATION



**Cheri Kulp**

**Thursday, December 9, 9:00am-5:00pm**

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

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

Assessment (\$300 value). SCW (7.0), ACE (0.9), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7). If you can't make the Live Stream Certification, take the course online. Visit <https://waterinmotion.com/onlinecert/>

## SCW AQUA BARRE CERTIFICATION



**Mac Carvalho**

**Thursday, December 9, 5:30pm-9:30pm**

**\$99 MANIA® Attendees / \$129 Non-Attendees**

Dive into the hottest up-and-coming trend! Bring the extremely popular Barre format to the pool with this brand-new certification, which uses a noodle as a ballet barre for stability. Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs, and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen, and improve your range of motion. Leave with innovative programming that will allow you to creatively plan multiple Aqua Barre workouts appropriate for all levels of fitness. Discover the aqua excitement a Barre-A-Cuda Class can bring and be among the first to offer this fun and inspiring water workout! Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. SCW (6.0), ACE (0.7), ACSM (6.0), AEA (6.0), AFAA (6.0), NASM (0.6). If you can't make the Live Stream Certification, take the course online. Visit <https://scwfit.com/store/product/aqua-barre-online-certification/>

## SCW ACTIVE AGING NUTRITION CERTIFICATION



**Tricia Silverman, RD, LDN, MBA**

**Thursday, December 9, 5:30pm - 9:30pm**

**\$99 MANIA® Attendees / \$129 Non-Attendees**

Join Tricia as she shares scientific, research-based, current insights on the distinct nutritional needs of your active-aging classes and over 50 clients. Learn practical tips for preserving and increasing lean body mass, enhancing cognition, losing excess body fat, acquiring essential vitamins and minerals and MORE. Explore nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutritional knowledge on aging. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), ACSM (4.0), AEA (4.0), AFAA (4.0), NASM (0.4). If you can't make the Live Stream Certification, take the course online. Visit <https://scwfit.com/store/product/active-aging-nutrition-online-certification/>

## BARRE ABOVE®



**POWERED BY SAVVIER FITNESS®**

**Linda McDonald**

**Thursday, December 9, 9:00am-5:00pm**

**\$229.99 MANIA® Attendees / \$249.99 Non Attendees**

Whether you currently teach barre or are motivated to add this popular format to your repertoire, look no further than Barre Above®, one of the fastest growing barre programs in the country. Discover the essentials of barre and see how this dynamic and progressive method of training enhances strength, flexibility and balance. Watch your toolbox expand as you study and practice the progressions and regressions necessary to teach a fun, effective and efficient barre workout that is perfect for all fitness levels. Walk away with tips on how to implement, launch and run a successful and in-demand barre program that requires little to no equipment. Certification includes: (2) Digital barre workout videos, print and electronic instructor manual, online education modules Instructor web membership, equipment and apparel discounts, no licensing fees, options for ongoing choreography and Certificate of Completion. CPR cards are not required. SCW (12.0), ACE (1.2), ACSM (12.0), AFAA (12.0), NASM (1.2).

## SCHWINN® CYCLING:



**INDOOR CYCLING CERTIFICATION**

**Alex McLean & Abbie Appel**

**Thursday, December 9, 7:00am-5:00pm**

**\$179 early bird registration price through November 12th. \$199 registration price after November 12th.**

#RideRight anywhere & everywhere with the industry's most up to date, respected and progressive indoor cycling instructor training course. Experience the AC Power Bike and accurate power provided by the 4iiii Powermeter! Get the tools you need to become a successful and sought-after instructor on any brand of bike in one power packed day. This critically acclaimed certification, based on the Schwinn® Cycling Coach's Pyramid™, allows you to work smart, break through, fill your room and shine in the studio. Course also covers proper bike fit, cycling science, class design, music, communication skills & motivation techniques. Takeaways include: Power Music® Schwinn® Cycling Signature Music Eight complete class design plans A comprehensive manual & Certificate of Completion SCW (9.0), ACE (0.8), AFAA (8.0), NASM (0.8), ACSM (9.0)

**ZUMBA® BASIC 1 TRAINING****Ann Saldi****Thursday, December 9, 8:00am-5:00pm****\$225 Registration Fee (Use PROMO CODE: TSSCW55 to receive a 55% discount)**[https://www.zumba.com/en-US/training/2021-12-09\\_B1\\_Boston\\_US\\_Zumba\\_Convention](https://www.zumba.com/en-US/training/2021-12-09_B1_Boston_US_Zumba_Convention)

This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to the four basic Zumba® rhythms (Merengue, Salsa, Cumbia, and Reggaeton), and then you will learn how to put these steps together into a song! The pre-con fee includes The Zumba® Electronic Instructor's Manual, Online Videos to Review Basic Steps and Zumba® Certificate of Completion. SCW (8.0), ACE (0.7), ACSM (8.0), AFAA (5.5).

**SUNDAY DEC. 12  
CERTIFICATIONS****SCW GROUP EXERCISE  
CERTIFICATION****Jeff Howard****Sunday, December 12, 8:00am-5:00pm CST****\$179 MANIA® Attendees / \$199 Non-Attendees**

Have you always wanted to be a group fitness instructor? Learn proper class sequencing, warm-up progressions, musical phrasing, effective cueing techniques, choreography development and all of the practical skills required to deliver your best class, every class. Leave this Nationally Recognized Certification with confidence in your ability to demonstrate impactful teaching skills and successfully lead a group fitness class. Understand group cardiovascular fitness, muscular endurance and flexibility training techniques with one of our industry's finest. The balance of theoretical and practical training makes this cutting-edge Group Exercise Certification perfect to prepare you for the newest variety of fitness programming. Learn components of Hi/Lo impact cardiovascular training, muscle conditioning and sculpting, HIIT programming and more. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACSM (8.0), AEA (4.5), AFAA (8.0), NASM (0.8). Visit <https://scwfit.com/store/product/group-exercise-online-certification/>

**SCW PILATES MATWORK  
CERTIFICATION****Abbie Appel****Sunday, December 12, 8:00am-5:00pm****\$179 MANIA® Attendees / \$199 Non-Attendees**

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

**SCW AQUA EXERCISE  
CERTIFICATION****Ann Gilbert****Sunday, December 12, 9:00am-5:00pm****\$179 MANIA® Attendees / \$199 Non-Attendees**

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this nationally recognized comprehensive certification serves as an essential first step into the field of teaching water exercise. Learn the benefits of aquatic exercise and gain practical skill mastery in the unique environment of water. The principles of aquatic training, as they apply to general anatomy, kinesiology, water depth, movement planes, cueing skills, musicality and special population adaptations, are thoroughly addressed. Professionalism, leadership skills, and legal considerations are reinforced. Experience on-site coaching and one-on-one assessment of teaching skills to successfully develop and deliver effective water programming. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (9.0), AFAA (8.0), NASM (0.8). Visit <https://scwfit.com/store/product/aqua-ex-certification/>

## **STAIRMASTER®: HIIT JUST GOT REAL CERTIFICATION**

**Sonja Friend-Uhl**

**Sunday, December 12, 8:00am-12:00pm**

**\$99 early bird registration price through November 12th, \$119 registration price after November 12th.**

The benefits of cardio and high intensity training are as diverse as they are conclusive, and span the entire continuum of health, fitness and performance. HIIT Just Got Real by Stair-Master offers an easy to follow system, consisting of interval training protocols that can be mixed and matched on a variety of equipment. Simple execution and scientifically sound programming provide maximum impact on your small group training program for ultimate member engagement. HIIT MIX can be scaled up or down to suit the participant, space and available equipment options. SCW (4.0), ACE (0.4), ACSM (4.0), AFAA (4.0), NASM (0.4).

## **BALLETONE® - POWERED BY SAVVIER FITNESS®**

**Elizabeth Lenart, MEd,**

**Sunday, December 12, 8:00am-4:00pm**

**\$199.99 Attendees MANIA® Attendees / \$229.99**

### **Non-Attendees**

Ballet is back...and with the popularity of barre, Pilates, and strength conditioning cardio, it's bigger than ever. Balletone provides a dancer's workout for the non-dancer. Learn how to create a dynamic, total body workout with no equipment by combining Pilates, barre, and flowing ballet movements that not only improve posture, flexibility, cardiovascular fitness, strength, muscular endurance, and balance, but also challenge your students to progress. Balletone choreography is easy to learn and master and is all center-floor, keeping your students constantly moving, motivated, mentally focused, and ready to come back time and time again. Capture your fitness and your inner dancer you never knew you had...and bring out the dancer in you and your students with Balletone. Certification includes: Print and electronic instructor manual, Balletone® Dancer's Download, Instructor web membership with exercise library included (value \$100), Equipment and apparel discounts, No licensing fees, and Certificate of Completion. CPR cards are not required. SCW (7.0), ACE (0.7), ACSM (7.0), AFAA (7.0), NASM (0.7)

**CORE**  
HEALTH & FITNESS

*Savvier*  
Fitness

## **STRONG NATION™ TRAINING**

**Natalie Bayersdorfer**

**Sunday, December 12, 7:30am-4:00pm**

**\$275 Registration Fee (Use PROMO CODE: TSSCW55 to receive a 55% discount)**

[https://strong.zumba.com/en-US/training/2021-12-12\\_SXZ\\_Boston\\_US\\_Zumba\\_Convention](https://strong.zumba.com/en-US/training/2021-12-12_SXZ_Boston_US_Zumba_Convention)

STRONG Nation™ combines high-intensity interval training (HIIT) with the science of Synced Music Motivation for a group fitness experience like no other. During an intensive 1-day training, you'll learn the science behind high intensity cardio and bodyweight training, as well as how to combine moves and patterns with perfectly synced music, and all about the program's unique progression system used to increase intensity. The training will also touch on topics such as physiology, bio-mechanics, movement fundamentals, and injury prevention. Price includes Electronic Instructor Training Manual, Training Recap Video – delivered digitally, STRONG Nation™ My First Class™ – 60 minutes of music and moves delivered digitally, E-learning course with the foundational fitness moves and science behind the program and Certificate of Completion. SCW (8.0), AFAA (8.0), ACE (0.8), ACSM (8.0).

**ZUMBA**

# Sessions



## FRIDAY, DECEMBER 10

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

### ■ BALANCE & STABILITY FOR ACTIVE AGERS

**Ann Gilbert & Rosie Malaghan**

Balance and gait deficits expand with age and are associated with the increased incident of falls seen in the aging population. Participate in one on one or small group training protocols to address this decline. Discuss the need for assessing and increasing skeletal muscle in the active, but aging, client in the facility or in the home. Learn from a 30+ year trainer schooled in health and fitness modalities for the aging population.

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

### ■ WELCOME TO THE JUNGLE - STAIRMASTER® HIIT

**Sonja Friend-Uhl**

Bring your beast mode! Journey into the many ways you can monkey around with HIIT. Experience multiple modalities. Discover techniques for optimizing effort. Learn how to tweak time and organize effective work intervals to lend to greater client or member success.

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

### ■ TAI CHI: SIMPLIFY 24 YANG

**Manuel Velazquez**

The Yang style is the most popular Tai-Chi form consisting of linking together 24 moves or exercises in a slow continuous, soft circular fluid way. Each posture or move is going to challenge your entire body in terms of timing, muscle engagement, control coordination and breathing. The slower and lower the movement the greater the strength and endurance benefit. You learn this powerful form with only 24 moves for a more invigorating, functional and balanced life.

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

### ■ BALLESTONE® MEETS BARRE

**Elizabeth Lenart**

Dancers learn the fundamentals and build strength at the barre, then take their skills to the center of the floor to dance. Skills at the barre help create a seamless functional flow of movements making it possible for all levels to enjoy the gift of dance together! This workshop will highlight the

**CORE**  
HEALTH & FITNESS

**Savvier**  
Fitness

benefits, similarities and differences of both workouts and then reveal three fun fusions to showcase clients.

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

### SCHWINN®: A DJ SAVED MY LIFE

**Alex McLean**

Where did you get that song? Schwinn has the secrets to sourcing music for playlists that rock every ride. Learn where to find the tunes and uncover new apps and programs to remix and customize your own tracks. You're going to want a backstage pass to this show! Become your own DJ and the savior of savvy playlists.

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

### AQUA CORE SENIOR STYLE

**Cheri Kulp**

Enjoy six different segments of core training exercises for water exercise. This course focuses on working abs, back, obliques, hips and shoulders. Basically, anything core goes! Targeting a senior market demands special emphasis on posture and alignment. Enjoy this session with one of the top aquatic presenters in the world!

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

### BREAKING DOWN MACROS

**Alec Lowell**

Join Alec as he breaks down Carbs, Proteins, and Fats like you have never seen before. Learn how each nutrient plays a vital role in our health and fitness.

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

### THE STATE OF THE SCIENCE & FUTURE OUTLOOK OF CBD

**Keli Roberts**

Things are changing so rapidly these days in the world of cannabis and CBD. Review the science behind CBD, what we know about how it works, and what we can expect in the future. It promises to be a fast paced, informative session. (Lecture)

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

### GX STREAMING TO SUCCESS

**Jeff Howard**

Learn the ins and outs of how to live stream your workouts. Whether you offer yoga, cardio, dance, or another program, online video is a

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HEALTH & FITNESS  
BUSINESS SUMMIT  
**iHRSA**

**SACRED**  
Your Trusted CBD Source

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BUSINESS SUMMIT  
**iHRSA**

HEALTH & FITNESS  
BUSINESS SUMMIT  
**iHRSA**

valuable service to maintain your client relationships and grow memberships. Leave with essential recommendations on how to take your business to the next level. Live stream videos can provide additional revenue. So, what are you waiting for?

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

## **FR2 - 9:45am-11:00am**

### **HOT CROSSED BUNS**

**Jeff Howard**

Hot Crossed Buns is the perfect experience for the mature client! This complete lower body workout targets the glutes, quads and hamstrings to tone and strengthen these muscle groups, as well as targeting the abdominal and lower back muscles for conditioning and improved flexibility. Learn easily implemented progressions and modifications to train your mature clients in a safe, fun way that will have them cheering for more!

**FR2A Friday, 9:45am-11:00am**

### **YOUR BRAIN ON HIIT STAIRMASTER®**

**Jenn Hogg**

You have the burn, and the after-burn, but high Intensities also promote brain health in big ways. Understand the science and the age-defying benefits of HIIT training that tend to be overlooked and misunderstood.

**FR2B Friday, 9:45am-11:00am**

### **ZUMBA®**

**Ann Saldi**

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

**FR2C Friday, 9:45am-11:00am**

### **BOSU® DYNAMIC PILATES FUSION**

**Linda Magee & Keli Roberts**

Fusing mindfulness with the playful power of propulsion allows optimal and efficient strength & fluidity. Experience this concept using the BOSU® Balance Trainer with the new Balance Pods while learning proper movement principles and discovering creative and dynamic content! Be challenged with unique Pilates-inspired sequences and cardio driving metabolic skills that offer a fun and functional way to spark content for any one-on-one, small group or group fitness class format.

**FR2D Friday, 9:45am-11:00am**

**CORE**  
HEALTH & FITNESS

**ZUMBA**

**BOSU**

### **ANCHORS AWAY: RESISTANCE & ROWING™**

**Sgt Ken®**

Anchors Away™ with SGT Ken® is a creative combination of calisthenics and rowing drills designed to deliver an extraordinary experience and rapid response like never before! Anchors Away™ demonstrates how to effectively operate the WaterRower machine as a multi-station home gym while also simulating the dynamics of a rowing boat!

**FR2E Friday, 9:45am-11:00am**

### **AQUA DANCE, DANCE, DANCE**

**Manuel Velazquez**

Let's play with multiple progressions and rhythm changes over your regular aqua-moves. Then add some flair and directional changes. You will find enough creative ideas to help you transform your regular aquatic class into a dance hall.

**FR2F Friday, 9:45am-11:00am**

### **NUTRITION TIPS OVERVIEW**

**Tricia Silverman, RD, LDN, MBA**

Wondering what type of nutrition information you can share in your coaching and fitness sessions? Learn evidence-based nutrition tips from a registered dietitian that you can feel comfortable incorporating into your own messaging for your clients and facilities.

**FR2G Friday, 9:45am-11:00am**

### **ATTENTION TO RETENTION**

**Dane Robinson**

Personal Training businesses, much like any other business, are much more sustainable when client retention is achieved. In this session, explore top level strategies to inspire, enlighten, encourage, and retain your current community of clients. Keep them constantly engaged, retaining the longevity of your training business high!

**FR2H Friday, 9:45am-11:00am**

### **BEST OF BOTH WORLDS**

**Riley Kinworthy**

The fitness industry has changed ... for good. In-person experiences are still a thing, AND digital services are here to stay. Make the most of both options and get the best by going hybrid. Learn how you can simply AND successfully launch an online business without giving up opportunities in the club environment. Increase your impact by embracing this new opportunity.

**FR2M Friday, 9:45am-11:00am**

**WaterRower**  
AN AMERICAN FITNESS BRAND

HEALTH & FITNESS BUSINESS SUMMIT  
**iHRSA**

HEALTH & FITNESS BUSINESS SUMMIT  
**iHRSA**

HEALTH & FITNESS BUSINESS SUMMIT  
**iHRSA**

**TALENT HACK**

## FR3 - 11:15am-12:30pm

### SMART STRENGTH FOR THE AGELESS FEMALE

**Keli Roberts**

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

**FR3A Friday, 11:15am-12:30pm**

### HIIT CHAOS

**POWERED BY SAVVIER FITNESS®**



**Linda McDonald**

Extreme Chaos is a muscle stimulating, explosive HIIT workout experience delivering random HIIT, PHA (peripheral heart action), and powerful, mindful movement utilizing real-time feedback where all body systems are challenged to work in collaboration. Transform your client's body and mind in a brand new way; because when they train in chaos, you prepare them for anything.

**FR3B Friday, 11:15am-12:30pm**

### TURF YOGA FUSION

**Jen Keenan-Strycka & Angelique Hughes**

Explore the lighter side of TURF training. This class incorporates yoga movement into our basic HIIT style Turf Training. Learn how to combine simple yoga poses with a higher intensity class to increase your client's flexibility and strength. Ideal for cardio-based clients looking to add yoga to their busy schedules.

**FR3C Friday, 11:15am-12:30pm**

### INNOVATIVE PLANKING FOR CORE STRENGTH

**Siri Chilazi**

Planks- the exercise we love to hate- might be common, but it's far from basic! In this session, learn benefits, cautions, proper form, cueing and coaching planks successfully along with endless variations for use with and without equipment. Don't walk the plank- get creative and have fun building a sexy core!

**FR3D Friday, 11:15am-12:30pm**

### SCHWINN® CYCLING:

#### BREATHY NOT BREATHLESS - BASE BUILDING THRESHOLD TRAINING

**Abbie Appel**

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

**FR3E Friday, 11:15am-12:30pm**

#### AQUA ROM TRAINING FOR MATURE ADULTS

**Ann Gilbert**

With one-on-one training on the rise, combined with more aquatic centers re-opening, reviewing training techniques is more important than ever. Discuss movements to increase range of motion and incorporate deep stretching techniques to utilize in aqua programs.

**FR3F Friday, 11:15am-12:30pm**

#### FASCINATING FACTS TO PREVENT FIBER FAMISH



**Tricia Silverman, RD, LDN, MBA**

Few people reach the minimum amount recommended for daily fiber intake. Learn how much fiber your body needs, signs you may be fiber famished, different types of fiber, and the many health benefits. Discover how your microbiome, mood and satiety are impacted by fiber, and how to easily increase your intake for happy intestines and a healthy gut.

**FR3G Friday, 11:15am-12:30pm**

#### MAINTAIN A STRONG BUSINESS ACUMEN



**Lori Lowell & Jeremy Lowell**

Learn "how to's" in building your brand or class model, giving it strong meaning and desirable. Steps to develop your strong business model for success. Whether it be brick and mortar, virtual or maybe "on demand" platform. Get some takeaways if you wish to continue to thrive in your business ideas.

**FR3H Friday, 11:15am-12:30pm**

#### INTERNAL GUIDELINES - INSPECTING WHAT YOU EXPECT



**Bill McBride**

Join Bill for a strategic overview of club quality control and a tactical approach to setting up and managing your facility. Learn proven methods to ensure the highest standards of

quality control, cleanliness, brand consistency, safety, and operational excellence. This session is an invaluable resource for all operations staff, managers, and facility owners.

**FR3I Friday, 11:15am-12:30pm**

**FR4 - SESSION 1 - 12:45pm-2:00pm**  
(IF YOU CHOOSE THIS SESSION, THEN 2:00PM – 3:00PM WILL BE YOUR EXPO AND LUNCH BREAK)

## ■◀ THE BARE ESSENTIAL - STRENGTH TRAINING 101

**Gail Bannister-Munn**

Many strength training classes use a variety of props and equipment.. This total body conditioning class incorporates the bare minimum, yet creates incredible results. New instructors will take home a strong coaching baseline complete with progressions for every fitness level.

**FR4B Friday, 12:45pm-2:00pm**

## ■◀ YOGA FOR A BETTER BACK

**Sara Kooperman, JD**

Enjoy this Vinyasa Yoga class perfect for all yogi levels with a focus on strengthening and lengthening your back. Flow gracefully and rhythmically from pose to pose as we select specific verbal cues and posture alternatives. Leave feeling restored and rejuvenated and ready to provide a safe and effective yoga experience for your students and yourself.

**FR4C Friday, 12:45pm-2:00pm**

## SCHWINN® CYCLING: SCHWINTENSITY

**Keli Roberts**

Coaching clear INTENSITY expectations is KEY to getting participants to achieve their greatest potential. The latest research shows power and force - not complexity - is what makes a cycling class UNIQUE and we'll show you how to apply these attributes to connect with your riders. True feeling unlocks undeniable results.

**FR4E Friday, 12:45pm-2:00pm**

## PROTEIN: BEST PRACTICES FOR ALL

**Alec Lowell**

How do you get the most protein in the best way for your preferred diet? Join this session and walk away with a clear understanding of protein sources for all types of eating preferences, for yourself & your clients.

**FR4G Friday, 12:45pm-2:00pm**



## SPEND LESS TIME WRITING CLASS PLANS!

**Summer Sides**

New class plans don't have to be time-consuming! Learn to significantly reduce the time spent on workout plans using the "1 Workout, Multiple Variations" worksheet and template. Discover how one workout plan can be used for virtually infinite classes by making small tweaks, equipment additions and changes, and more! The hardest part? Figuring out how to spend your new found free time!

**FR4I Friday, 12:45pm-2:00pm**



**FR4 - SESSION 2 - 1:30pm-2:45pm**  
(IF YOU CHOOSE THIS SESSION, THEN 12:30PM – 1:30PM WILL BE YOUR EXPO AND LUNCH BREAK)

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

**Ann Gilbert**

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

**FR4A Friday, 1:30pm-2:45pm**



## ■◀ HIIT THE BALLET

**Elizabeth Lenart**

What happens when HIIT meets ballet? You leave breathless and feel like a graceful powerhouse! This session will explore the benefits of HIIT and VIIT then showcase opportunities to creatively blend in bursts of HIIT training with ballet-inspired movement, achievable regardless of dance background. You will leave with choreography that you can easily adapt and insert into dance, fitness and Barre classes.

**FR4D Friday, 1:30pm-2:45pm**



## COOL POOL MOVES: 8 TOOLS TO REMEMBER

**Manuel Velazquez, Cheri Kulp & Mac Carvalho**

In this workshop, experience a cascade of fresh aqua ideas. Leave with six (6), 64-count choreography blocks that you can effortlessly incorporate into your next aqua workout. Take home detailed choreography notes to ensure easy preparation of sequences and successful delivery of low-impact, dynamic, total body WATERinMOTION® inspired moves. All fresh and ALL new!

**FR4F Friday, 1:30pm-2:45pm**



## RECOVERY WITH MUSCLE STIMULATION



**Abbie Appel**

This session will show you how to use massage guns and electronic muscle stimulators to recover faster, reduce delayed onset muscle soreness and perform myofascial release in different muscle groups. We will tackle, hands on, any tension, knot, or soreness being felt. Our goal is to educate you about the technology and leave you refreshed for the rest of your weekend. Our technology allows for a transformative physiological experience, which is already helping millions around the world.

**FR4H Friday, 1:30pm-2:45pm**

**FR5 - 3:00pm-4:15pm**

## HANDS ON STRETCHING: THE BANNISTER METHOD™

**Gail Bannister-Munn**

This workshop will show you how important stretching is, and demonstrate how easy it is to stretch clients on the table or floor. Trainer-assisted stretching, as part of each workout session, will help your clients improve their flexibility, keeping you within the scope of a personal trainer. This session is for everyone, from the athlete to the active ager.

**FR5A Friday, 3:00pm-4:15pm**

## NAUTILUS STRENGTH - DOES SIZE REALLY MATTER



**Jenn Hogg**

Why do bodybuilders and powerlifters look so different? The answer lies in the two different types of muscle tissue in our fascia system. Traditional exercise programs focus on the contractile element, however, effective strategies for strengthening the fascia can enhance physical performance while reducing the risk of injury. This workshop will explain these differences and illustrate program design strategies to strengthen the fascia as well as reviewing the science of muscle growth.

**FR5B Friday, 3:00pm-4:15pm**

## YOGA-BATA VIIT

**Rosie Malaghan**

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

**FR5C Friday, 3:00pm-4:15pm**

## BARRE MOVES - UPDATE YOUR CHOREOGRAPH

**Linda McDonald**

Refreshing your barre choreography doesn't have to be a chore. While you want to stay true to the purpose of barre, it doesn't mean you can't have fun coming up with new ideas. Learn how to manipulate movement elements to create fresh sequences that will inspire and energize your students' class experience.

**FR5D Friday, 3:00pm-4:15pm**

## SCHWINN®: SET THE STAGE: PLANNING THE PERFECT RIDE EVERY TIME



**Alex McLean**

K.I.S.S. the class design blues away! Learn how to create thoughtful, physiologically sound classes that provide RESULTS! We simplify the process to save you time while setting riders up for success. Unlock the secret of the Schwinn Coach's Pyramid and set the stage for powerful performances! Whether you're a seasoned pro or rookie of the year, this workshop will change your mindset on class design.

**FR5E Friday, 3:00pm-4:15pm**

## TURBULENCE TRAINING



**Irene PluimMentz**

Let's create some turbulence to spice up your water aerobics, boot camp, warm water, rehab, and personal training sessions. Explore how the Aqua-Ohm can add resistance to arms and legs and challenge the core. This piece of equipment effortlessly adjusts for size and resistance level. Come check it out!

**FR5F Friday, 3:00pm-4:15pm**

## NUTRITION COACHING FOR THE GENERAL POPULATION



**Amber Toole**

Fitness Professionals walk a fine line of "staying in your lane" when helping clients understand healthy eating habits. Nutrition is a large puzzle piece of wellness to achieve client goals. Learn how to properly coach the general population, creating lasting results and doing so within the scope of your practice.

**FR5G Friday, 3:00pm-4:15pm**

## INSIDE OUT OF THE SHOULDER

**Chris Gellert, MPT**



The shoulder is one of the most injured parts of the body. Visit the functional anatomy behind everyday movements and the common types of shoulder injuries. Learn new assessments that will provide you with the knowledge on how to train clients post rehab.

**FR5H Friday, 3:00pm-4:15pm**

**WORKING IN NICHE MARKETS PANEL**

Sara Kooperman, JD, Abbie Appel,    
Ann Gilbert & Jeff Howard

Online training, virtual challenges, live streaming. With ever-expanding technology, it is easy to be confused about where to put your time and money. This lecture will discuss the latest tools to help you obtain and retain clients while teaching you how to create digital, virtual, and live products.

**FR5M Friday, 3:00pm-4:15pm**

**FR6 - 5:00pm-6:15pm**

**BODYWEIGHT BOOTY**

Abbie Appel

Train your booty anywhere, anytime with zero equipment! Learn tricks to fire up the glutes, drive performance and function and shape the biggest muscle of your body. Utilize multiple positions, spicy and staple moves and perfectly designed sequences....with so many different intensity variables, you'll have endless new ideas to challenge your glutes every time.

**FR6A Friday, 5:00pm-6:15pm**

**BASIC MOVEMENT ASSESSMENTS FOR CARDIO MODALITIES BY STAR TRAC**

 **STAR TRAC**  
HEALTH & FITNESS | TECHNOLOGY

Sonja Friend-Uhl

Performing a movement screen and assessment on a client before you assign their exercise protocol can help clarify potential risk factors and offer suggestions on how to improve the mechanics of movement. . This not only may help prevent injury, but possibly enhance their results and overall performance. The four assessments are helpful in identifying potential mobility and stability issues in clients.

**FR6B Friday, 5:00pm-6:15pm**

**SOULFUSION EXPERIENCE**

Michele Park

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

**FR6C Friday, 5:00pm-6:15pm**

**STRAIGHT TO THE CORE**

Dane Robinson

Are your core workouts just featuring crunches? Ready to elevate your clients' stability training into an integrative system and approach? This session combines lecture and activity to coach you

on the fundamentals of powerhouse training and how to create stellar core programming for private and small group clients!

**FR6D Friday, 5:00pm-6:15pm**

**SCHWINN®: BRING IT: VERBAL & VISUAL CUEING MASTERY**

 **SCHWINN®**  
HEALTH & FITNESS | TECHNOLOGY

Jenn Hogg

When your verbal and visual cues are perfectly paired it's like poetry in motion. Level up on your language and communication skills - both verbal and non-verbal to create a powerful experience on the bike. Learn techniques about tone and timing to engage riders and motivate performance. Experience the Yin & Yang of masterful cueing.

**FR6E Friday, 5:00pm-6:15pm**

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

Jeff Howard

Most of us experience some kind of burnout after teaching multiple aqua classes every week. Building pyramid intervals is a great way to combat boredom. Incorporate muscle conditioning into timed patterns of HIIT and leave with a workout to propel you UPWARD! Just six (6) simple rules applied to your existing workout will give you more ideas, moves and choreography to push your class to the next level!

**FR6F Friday, 5:00pm-6:15pm**

**BETTER SLEEP FOR ACTIVE AGERS**

 

Tricia Silverman RD, LDN, MBA

Learn how sleeping well helps active-agers control weight and revitalize their minds and bodies. See how proper rest impacts hormones, which can affect hunger, appetite, glucose regulation, muscle mass and more. Find out about the foods, nutrients, and healthy habits that set the stage for better sleep in the active-aging years.

**FR6G Friday, 5:00pm-6:15pm**

**STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL**

 

Sara Kooperman, JD, Keli Roberts, Gail Bannister-Munn

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

**FR6L Friday, 5:00pm-6:15pm**

**NEW WORLD SALES**

## & MANAGEMENT

### Bill McBride

It's not just you and your fitness business that has transformed to survive the pandemic - your members have too. Join Bill McBride as he examines ways consumer habits have shifted, how they will influence the fitness industry, and methods which your business can embrace these changes to meet new expectations and be successful post-coronavirus. Learn easily implementable adaptations to traditional business approaches for optimal outcomes that ensure happy clients and owners alike.

**FR6I Friday, 5:00pm-6:15pm**

**FR7 - 6:30pm-7:30pm**

## FITNESS IDOL

**Judges: Sara Kooperman, JD, Keli Roberts, Tricia Silverman RD, LDN, MBA & Jeff Howard**

Do you have what it takes to become the next SCW Fitness Idol? As the winner of this prestigious title, not only will you receive coverage in 2022 SCW press releases, but you'll get a chance to show off your skills as a featured presenter at the 2022 SCW MANIA® Convention of your choice!

Each 2021 SCW Fitness Idol Winner receives:

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

**FR7A Friday, 6:30pm-7:30pm**

## RESIST & ROLL

### Nika Antuanette

Tone, release, & open the body through a series of restorative & strengthening exercises using elastic bands & a foam roller. This class is open to all levels & can be used to invigorate as a warm-up or restore as a cool down

**FR7B Friday, 6:30pm-7:30pm**

## RHYTHMIC VINYASA FLOW

### Lori Lowell & Jeremy Lowell

Dive into an amazing experience of yoga, music and vinyasa flow as Lori and Jeremy take you on a beautiful class journey. See what it feels like to truly connect movement to breath while they collaborate with live music & weave Drishti Beats own production of music into their vinyasa.

**FR7C Friday, 6:30pm-7:30pm**

## BOOGIE BARRE

## Mac Carvalho

Boogie Barre is a party off of the ballet barre that will unleash your inner boogie. Inspired by ballet, dance training, interval training and muscle conditioning, this 13-track class will activate your muscles, ignite your soul & fire you up! Never before have you seen a barre class like this!

**FR7D Friday, 6:30pm-7:30pm**

## AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS

### Manuel Velazquez

Aquatic exercise provides many benefits, including an ideal environment to exercise throughout the year. The buoyancy of the water supports a portion of your body weight making it easier to move in the water and improve your flexibility. Join Manuel to review and experience at least ten of his favorite flexibility moves for the water environment and get ideas to develop sensitive sequences ideal for active aging clients.

**FR7F Friday, 6:30pm-7:30pm**

# SATURDAY, OCT 2

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

## SITTING PRETTY...STRONG!



### Ann Gilbert

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

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

## E5 COLLECTIVE: MED BALL POWER



### Aimee Nicotera

Train your body and mind to be resilient and strong with E5 COLLECTIVE®! Combine multi-planar movement, med ball training, brain training, HIIT and recovery for a truly unique experience! E5 COLLECTIVE® serves all fitness levels and is delivered with coaching intended to foster an unbreakable spirit and a positive mindset!

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

## YOGA BLOCK VINYASA

**Lori Lowell**

Focus on using the yoga block with more meaning and intention, otherwise known as Drishti. This vinyasa class keeps the flow moving while incorporating the block into your postures. Recognize the benefits and a heightened experience that the block can provide.

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

**■ BOSU® STABILITY  
BALL OVERHAUL**
**Linda Magee & Keli Roberts**

Stability balls have stood the test of time as adaptable and effective training tools for overall conditioning. Renew your love for this versatile equipment with a complete overhaul of ball exercises! Learn innovative movements and sequences in strength, core and mobility training categories while adding fresh ideas to your current selection and experiencing the unique aspects of the BOSU® Ballast Ball.

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

**SCHWINN® CYCLING:  
HIIT IT & QUIT IT!**
**Jenn Hogg**

HIIT is still a hit! Fusion workouts are still in fashion & shorter, efficient workouts are completely on trend. This workshop explores ways to give members everything they want in a 30-minute workout that works! Fast, fresh fitness. Are you ready to HIIT it & QUIT it.

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

**AQUA ABS: WIM-SY  
Mac Carvalho**


This WATERinMOTION® inspired workshop will explore the benefits and challenges of working our core in an aquatic environment. We will discuss ways that you can use progressions and regressions for some movements to ensure greater participant success regardless of exercise experience. A practical section that focuses on progressions and regressions in the water will be included in this session. We will also focus on many of the core routines from WATERinMOTION®.

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

**FOOD IS & PREVENTS MEDICINE**
**Tricia Silverman, RD, LDN, MBA**

Many Americans suffer from common chronic diseases, yet many of these are preventable, as they are often linked to poor diet and lifestyle choices. Learn about food and nutrition strategies to prevent heart disease, cancer, diabetes, Alzheimer's and other health issues. See why food truly is medicine, and how eating strategically may help keep the doctor and

medicine away.

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

**MUSCULAR ENDURANCE, MYTHS,  
REALITIES AND APPLICATIONS**
**Dawn Stenis**

Muscular Endurance is a hot topic with Barre classes packing group fitness rooms across the country. Learn what muscular endurance IS and is NOT as well as the benefits of resistance training. Walk away understanding the role of the different muscle fiber types and the adaptations that occur during this type of training. Finally, take home safety tips and tricks for smarter teaching of this type of exercise training.

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

**GROW YOUR AUDIENCE  
USING TIK TOK & REELS**
**Riley Kinworthy & Leah Rich**

With 1 billion active users on TikTok & the extreme popularity of Reels on Instagram, it's time to get hip to new ways of growing your audience. Review these popular social media platforms, learn to create compelling content to tell your story, publish intriguing videos & see a high return on your emotional investment. Walk away with the confidence needed to engage your customers, strategize content, build framework, and make the most of these 'new' tools.

**SA1I Saturday, 7:30am-8:45am**

**SA2 - KEYNOTE ADDRESSES  
9:45am-11:00am**
**■ REBUILDING SANDCASTLES:  
POST-PANDEMIC RENOVATION**
**Bill McBride**

Most if not all of us have been building our businesses over time. Prior to Covid, we seemed to have traction and a path forward as well as some varying degrees of success. We built something very special, Covid washed it all away (at least for a period), just like a Sandcastle well-built and beautiful gets washed away by high tide. How do you handle the next 12-18 Months?

**SA2A Saturday, 9:45am-11:00am**

## SA3 - 11:15am-12:30pm

### LOWER BODY BURNOUT

Jeff Howard

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

**SA3A Saturday, 11:15am-12:30pm**

### SOULSTRENGTH EXPERIENCE

Michele Park

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

**SA3B Saturday, 11:15am-12:30pm**



### STRETCH & PERFORM: THE BANNISTER METHOD™

Gail Bannister-Munn

Flexibility and Strength are critical for all ages and not just for the professional athlete. "The Bannister Method" is designed to increase muscular balance, strength, flexibility, core strength, and bring energy into the body. Maintain your body's capacity to function the way you need to live. Learn how to find your Balance, Strength, Flexibility, and Flow and develop inner strength and an understanding of your limitations.

**SA3C Saturday, 11:15am-12:30pm**

### ABSolutely CORE TRAINING

Maurice Williams, MS, CSCS

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

**SA3D Saturday, 11:15am-12:30pm**

### SCHWINN® CYCLING: RIDE OR DIE KILLER VIBE TO CONNECT WITH YOUR TRIBE

Jenn Hogg, MA

You know when you're with your tribe you will "ride" ANY stage drill with them or "die" trying. Learn techniques for getting into your riders' heads to push them further than they thought possible. Understand the importance of creating



that connection not only to the work but to each other to harness the power of a team. You can be strong alone, but you will be stronger together.

**SA3E Saturday, 11:15am-12:30pm**

### SMART SETS FOR AQUA DUMBBELLS

Cheri Kulp

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

**SA3F Saturday, 11:15am-12:30pm**

### SAD PLAN, SAD PEOPLE

Amber Toole

The Standard American Diet (SAD) wreaks havoc on our health, fitness and wellness. As Fitness Professionals, we can teach our clients how to create a nutritional plan that is balanced and healthy without militant rules to what we consume. Learn techniques to coach your clients on modifying their standard diet to one that will lead to a healthier, happier life.

**SA3G Saturday, 11:15am-12:30pm**



### 5 G's TO A STRONGER MINDSET

Jessica Moyer

A positive mindset is the key to optimal physical and mental health! In this interactive session, learn the 5 G's to build a stronger mindset: Gratitude, Generosity, Growth, Grit and Grace. Explore how to influence behavioral changes to dispel negativity for living a purposeful, healthy, and impactful life while helping clients achieve desired goals.

**SA3H Saturday, 11:15am-12:30pm**



### LEGAL CONSIDERATIONS: FITNESS BUSINESS OWNERSHIP

Alan Roth, Esq.

Learn to navigate opening, expanding or selling your own fitness business. Whether starting an in-home personal training business, opening a small studio or operating a fitness center, topics such as loan negotiations, insurance issues and partnership arrangements will be addressed in common sense terms. Come with plenty of questions and leave with valuable free legal advice.

**SA3I Saturday, 11:15am-12:30pm**



**SA4 - SESSION 1 - 12:45pm-2:00pm**  
 (IF YOU CHOOSE THIS SESSION, THEN 2:00PM – 3:00PM  
 WILL BE YOUR EXPO AND LUNCH BREAK)

**■◀ LIT 101 (LOW IMPACT TRAINING)**

**Dane Robinson**

Working around the struggle to add the intensity, but looking out for clients with injuries, compensations, or new in their fitness journey? This part workout, part lecture session will cover the proven strategies of Low Impact Training to bring the intensity and results to your clients' workouts with joint friendly strength, cardio, & HIIT methods.

**SA4B Saturday, 12:45pm-2:00pm**

**■◀ COUNTERFLOW YOGA:  
 DYNAMIC STANDING FLOW**

**Summer Sides**

We are spending more time in environments that greatly restrict physical activity resulting in negative impacts on our posture and mental health. CounterFlow Yoga was designed to counter the postures of today through dynamic movement pattern training/yoga asana and foster a growth mindset through sport psychology principles. Together, let's stand taller, move easier, and seek curiosity in all we do.

**SA4C Saturday, 12:45pm-2:00pm**

GX<sub>united</sub>

**H2O ONE HAND BUOY EXPERIENCE**

**Manuel Velazquez**

Develop a longer, leaner, stronger, and more graceful body by improving alignment, posture, core-strength and flexibility. We will learn how to connect our mind to our body by flowing slowly through the water, breath by breath.

**SA4F Saturday, 12:45pm-2:00pm**

**BUILDING OUT YOUR  
 NUTRITION PROGRAM**

**Alec Lowell**

Looking to add a nutrition program to your facility? Join Alec in a discussion on how to develop an entire nutrition program in your fitness facility or studio from a blank slate. From requirements to consulting to pricing, Alec will lay out the format from A to Z.

**SA4G Saturday, 12:45pm-2:00pm**



**SA4 - SESSION 2 - 1:30pm-2:45pm**  
 (IF YOU CHOOSE THIS SESSION, THEN 12:30PM – 1:30PM  
 WILL BE YOUR EXPO AND LUNCH BREAK)

**■◀ THE BACK, BOOTY & CORE CONNECTION**

**Abbie Appel**

The connection between the glutes, back and core is profound. All must be strong to stabilize the spine and pelvis, support movement and generate force. Let's evaluate core training and the relationship between the powerful posterior chain including the fascial slings. Learn 10 complex booty, back, and core moves and discover techniques to train for greater function, as well as fabulous aesthetics for your backside!

**SA4A Saturday, 1:30pm-2:45pm**

**■◀ STRONG NATION™**

**Natalie Bayersdorfer**

Experience the HIIT workout driven by music that helps students reach — and crush — their fitness goals. Cardio and muscle-conditioning routines are synced to original music customized to match every single move. Every squat, every lunge, every burpee is driven by the beat. So instead of counting reps, students can push past their limits, burn more calories, and get results faster.

**SA4D Saturday, 1:30pm-2:45pm**

**STRONG  
 NATION™**

**■◀ THE WATERROWER® GAMES™**

**SGT Ken®**

The WaterRower® Games™ with SGT Ken® is an extremely exciting multi-event challenge utilizing calisthenics and rowing races! Crews of four endure several stations of strength and stamina drills for 60 seconds, followed by 60-second recovery periods. Repetitions and meters achieved are added to determine 1st, 2nd and 3rd place teams.

**SA4F Saturday, 1:30pm-2:45pm**

**WaterRower**  
 AN AMERICAN FITNESS BRAND

**BENEFITS OF PERIPHERAL  
 HEART ACTION SYSTEM**

**Maurice Williams, MS, CSCS**

While cardiovascular training (CVT) is important, not all of our clients want to do it. What if there was a cool way to incorporate CVT without using a treadmill, bike, elliptical or any other cardio? In this session, we will explore a way of doing resistance training that also works CVT.

**SA4H Saturday, 12:45pm-2:00pm**



**STATE OF THE INDUSTRY ADDRESS**  **iHRSA**  
**PANEL DISCUSSION**

**Sara Kooperman, JD, Bill McBride,  
 Chris Gellert, MPT, Jeff Howard & Ann Gilbert**

Meet with industry experts regarding the future of group fitness, personal training, nutrition and club operations as they discuss where our industry is now, the challenges we face in today's market, and where our future lies. Questions will be asked to the group to stimulate unified answers and differing opinions. An open forum will follow where you can address the experts and hear first-hand the best practices that exist today.

**SA4I Saturday, 12:45pm-2:00pm**

**SA5 - 3:00pm - 4:15pm**

**■ G.R.I.T. : STRENGTH TRAINING FOR THE  
 AGER (Grown-up resistance training focusing  
 on intensity and timing)**

**Ann Gilbert**

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

**SA5A Saturday, 3:00pm-4:15pm**

**■ PURPOSE, NOT CIRCUS:  
 LEGIT HIIT- STAIRMASTER®**

**Abbie Appel**

You can have too much of a good thing! Over-programming HIIT lends itself to overtraining and potential injury. Learn the benefits of aerobic steady-state and aerobic interval training and how to design workouts that blend the best of both to burn calories and torch fat while reducing the risk of injury.

**SA5B Saturday, 3:00pm-4:15pm**

**■ CARDIO YOGA™ - CARDIO FOCUS** 

**Siri Chilazi, MBA, MA**

CARDIO YOGA™ is a calorie-burning, total body toning, mind/body fusion that lifts both physical and emotional fitness. Based on scientific "power posturing", rhythmic flow, and an innovative teaching methodology for intertwining positive mental cueing, CARDIO YOGA™ takes you on a sweat drenched, mind-altering journey that elevates the euphoric endorphin high of fitness.

**SA5C Saturday, 3:00pm-4:15pm**

**■ INSIDE THE MOBILITY/  
 STABILITY TOOLBOX**

**Chris Gellert, MPT**

The human body is a complicated machine of many parts that synergistically affect one another. This dynamic session will teach you how to evaluate and restore mobility & create stability through exercise and equipment. Learn how to strengthen the weak links of the kinetic chain & leave refreshed with new tools literally in your toolbox!

**SA5D Saturday, 3:00pm-4:15pm**

**SCHWINN®: F.E.A.R.  
 FACE EVERYTHING AND RIDE**

**Keli Roberts**

Bring a never-quit conviction and discover your true grit in this workshop where Schwinn takes it to the MAX. Numbers don't lie and Power is a real indicator of intensity. Learn what POWER is, find your true max, and learn coaching techniques to use power to motivate in a variety of different ways. When you marry truth and intensity, you unlock your riders' greatest potential.

**SA5E Saturday, 3:00pm-4:15pm**

**AQUA EXCELLENCE  
 FOR THE ACTIVE AGER**



**Manuel Velazquez, Cheri Kulp & Mac Carvalho**

Make a splash with these exciting WATERinMOTION® Platinum-inspired routines. Experience six 64-count choreography blocks of captivating, low-impact aqua sequences and discover why moving in water is natural for our senior population. Comprehensive choreography notes are provided to enhance your teaching skills and movement mastery and inspire active aging adults to safely improve cardiovascular endurance, balance, strength and flexibility. Stay current with these fresh ideas!

**SA5F Saturday, 3:00pm-4:15pm**

**STOPPING INFLAMMATION**

**Dr. Sam Roth, PhD**

Disease such as cancer, diabetes, and autoimmune conditions flourish in an inflamed body. This presentation will address the science behind inflammation, both acute and chronic. We will look if specific foods might inflame the body, and what type of actions can be taken to decrease inflammation?

**SA5G Saturday, 3:00pm-4:15pm**

**COACHING FOR LASTING  
 BEHAVIOR CHANGE**

**Michael Stack, CSCS**

Coaching clients to lasting behavior change is a pain-point for nearly all trainers. The art and science of coaching behavior change is rooted in coaching psychology. This lecture pro-

vides an actionable framework based on this psychology to assist trainers in becoming a masterful coach in order to facilitate lasting client change.

**SA5H Saturday, 3:00pm-4:15pm**

## PREDICTIONS TO BECOME FUTURE READY

**Sara Kooperman, JD**

In this innovative lecture, examine key concepts and tactical strategies for a future-ready company. Analyze and interpret current design and programming trends from industry institutions and academicians. Gain invaluable insights and resources to prepare for a successful 2022.

**SA5I Saturday, 3:00pm-4:15pm**



**SA6 - 5:00pm - 6:15pm**

## SEATED ASANAS

**Jeff Howard**

Chair yoga doesn't have to lack intensity! In this session, learn to transition yoga poses to chair accessible asanas. Blend into salutations involving creative strength building and movements to improve flexibility, perfect for clients of all fitness levels. Leave with innovative programming sure to receive a "seated" ovation from all of your active aging clients!

**SA6A Saturday, 5:00pm-6:15pm**

## "TONING" IS NOT A THING. WORK IS PART OF WORKOUT - NAUTILUS

**Sonja Friend-Uhl**

Survey says, "I want to lose weight and tone up". "Oh, and I want to do it quickly without too much effort or sacrifice". UGH! What's worse, there are workouts on every corner that promise just that! This interactive workshop will review the science and latest research behind the trends (and false promises) vs. tested strategies while providing exercise program design to deliver the results clients want.

**SA6B Saturday, 5:00pm-6:15pm**

## HIIT MIX UP!

**Jen Keenan-Strycka & Angelique Hughes**

Learn unique ways to combine strength and HIIT on the core gliding discs. Bring your clients a low impact high intensity workout while improving flexibility, endurance, balance and stability. We will teach you ways to incorporate this for all your clients from beginners to extreme. Take home something new!

**SA6C Saturday, 5:00pm-6:15pm**



## MAXIMIZE YOUR SESSIONS WITH CLUSTER CIRCUITS

**Maurice Williams, MS, CSCS**

Getting more done in less time is pivotal in today's busy world. Learn how "tri" & "quad" sets aka: CLUSTERS can give your clients what they want and need in as little as 30 minutes. Feel the difference between traditional circuit training and this ready-made model that you can start using immediately! You'll walk away from this session with programming for three different types of client goals.

**SA6D Saturday, 5:00pm-6:15pm**

## SCHWINN®: MASTER YOUR ONE RULE YOURSELF & ROCK YOUR ROOM

**Abbie Appel**

An extraordinary cycle class is artfully crafted with thoughtful and intentional moments of emotion and excitement delivered with great music and dynamic coaching. Lean into your strengths and the personality of your room to unleash the power of connection. YOU hold the key. Rule yourself and unlock the potential of your room.

**SA6E Saturday, 5:00pm-6:15pm**

## SWIM UP BARRE

**Rosie Malaghan**

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

**SA6F Saturday, 5:00pm-6:15pm**

## INTERMITTENT FASTING - FACT OR FICTION?

**Dr. Sam Roth, PhD**

An increasingly common trend in current diets is Intermittent Fasting (IF). Many claims have been made about this as a dietary choice, ranging from fat loss and increased energy, all the way to combating cancer and diabetes while increasing longevity. If these prove to be true, Intermittent Fasting is potentially a powerful dietary intervention and should be considered. Join Sam for his insights on this promising development in dietary science.

**SA6G Saturday, 5:00pm-6:15pm**

## CBD AND YOUR BEST SELF NORMAL PANEL

**Keli Roberts**

Our bodies are sacred and should be treated with the best self-care. But are you doing everything you can to promote your best self? Learn the ins and outs of CBD and how you



can incorporate CBD products into your daily self-care routine to achieve your best life.

**SA6H Saturday, 5:00pm-6:15pm**

## DIFFERENTIATION IS NOT AN OPTION

**Billy Polson, CSCS**

With the unprecedented challenges and adjustments to the fitness industry during the last year and a half, creatively defining your differentiators is the key strategy for positioning your virtual and/or in-person fitness brand ahead of the exponential variety of competition now within your market. In this workshop style lecture, using a combination of partner exercises and research activities, you will work through the exact steps necessary for well defining your product offering, researching your competitive market, strategically positioning your brand and adjusting your marketing plan to better reach your target audience and improve your new client acquisition.

**SA6I Saturday, 5:00pm-6:15pm**



## SUNDAY, OCT 3

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

### FUNCTIONAL TRAINING FOR THE ACTIVE AGER

**Ann Gilber**

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

**SU1A Sunday, 9:00am-10:15am**

### M.E.P.S. FULL BODY EXPERIENCE

**Jessica Moyer**

M.E.P.S is a full body experience that focuses on Mental, Emotional, Physical, Social and/or Spiritual wholeness. Beginning and ending with journaling and reflection, M.E.P.S takes people through an hour-long experience that brings health and balance to the mind and body connection. Class includes cardio, strength, core, balance and mindfulness circuits.

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



### LEVEL UP YOUR STRENGTH CLASSES!

**Gail Bannister-Munn**

Challenge your members with a combination of strength movement patterns. This class is perfect for anyone trying to improve their fitness and health. Beginners can work at their own levels and intermediate and advanced students will be pushed to their limit by this full-body workout.

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

### SCHWINN® CYCLING: WORK NOT TWERK - RESULTS WITH RHYTHM

**Alex McLean**

Rhythm rides don't need smoke and mirrors or unnecessary distractions. It's time to stop the madness. Discover how to capture and captivate your riders the RIGHT way. Learn how to program a Rhythm Ride to create a magical, memorable workout that gets real results.

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



### H2O STRENGTH THROUGH THE AGES



**Cheri Kulp, Manual Velazquez & Mac Carvalho**

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

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

### NUTRITION BOOSTERS & BUSTERS FOR LONGEVITY

**Tricia Silverman RD, LDN, MBA**

Learn which dietary practices lead to a long life of vitality and optimum health across the world, and which practices work against long-term health. For example, discover how the Okinawan practice of Hara Hachi Bu can help overweight active agers lose weight and see how plant-based eating helps the Seventh Day Adventists in Loma Linda, California, add years to their lives.

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



### LONG TERM ATHLETE DEVELOPMENT

**Michael Stack, CSCS**

Ensuring the health and performance of athletes at various stages of development requires a very specific longitudinal and



science-based approach. Learn how to identify performance deficits and periodize a long-term plan to ensure athletes of all ages and abilities optimize performance at each stage of their career.

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

## OWNING YOUR OWN FITNESS STUDIO



**Lori Lowell & Jeremy Lowell**

COVID over! Virtual tiring? Now what? A studio perhaps? A collaboration with an already existing club or studio? This lecture will take you through the steps and how to develop your business for success. From proformas, to business plans, to negotiating leases, to brand success tactics.

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

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

### THE ATHLETIC ADVANTAGE

**Dane Robinson**

Ready to take on the world of athletic performance training and offer this to your clients as the everyday athletes they are? When we create the Athletic Advantage be prepared to walk away with a clear and easily digestible understanding of how to enter the world of athletic performance!

**SU2A Sunday, 7:30am-8:45am**

### FUNCTIONAL PILATES

**Manuel Velazquez**

Because real life happens in all angles and we move to and from every single angle possible as we overcome activities of daily living. Re-gain awareness and re-ignite your Pilates practice-experience learning how to apply the six basic Pilates principles for core stability and core mobility in a session that is going to move you from the mat to anywhere you need to go feeling more dynamic, powerful and stronger.

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

### 50 UNIQUE CORE LOVERS EXERCISES



**Linda McDonald**

This workshop utilizes all three planes of motion both prone and supine positions, along with small apparatus tools to give you more than 50 unique, core exercises. Walk away with a library of new moves that students will love and feel successfully challenged in your next class or training session.

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

## SCHWINN® CYCLING: ROCK STEADY - RECOVERY RIDES THAT DRIVE RESULTS



**Keli Roberts**

In all disciplines recovery & regeneration are key to making performance gains. Learn tried and true techniques for creating a ride that delivers solid work and efficient recoveries for maximum training effect. Discover ways to effectively work these necessary rides into your training protocols. Time to Rock Steady.

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

## H2O RAPID RESISTANCE

**Cheri Kulp**

The age old adage “use it or lose it” definitely applies whenever we refer to balance, agility, and power. According to the CDC (Centers for Disease Control), one adult over the age of 65 is treated in the emergency room for a fall every 18 seconds. Agility training improves flexibility, balance, and control, all of which can reduce the risk of falling for our aging population. This session uses water resistance and support to enhance this training without the fear of falling.

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

## NUTRITION MATH - CALORIES, GRAMS AND SIZE, OH MY!



**Amber Toole**

What we eat and how much we eat is a huge piece of the nutrition puzzle. Understanding how to figure caloric intake and proper macronutrient balance can be quite confusing... especially if math is not your forte. Understanding how to calculate nutrition numbers will allow you to coach your clients in a way that produces much greater results that they can maintain for a lifetime.

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

## EXERCISE RESEARCH 101: FACTS VS. FAKE NEWS



**Siri Chilazi**

Exercise science research findings are frequently misrepresented in the media. Join Siri, a Harvard researcher, to become fluent at interpreting studies and parsing fact from fiction. Learn about RCTs, sample bias, representativeness, the peer review process and more to become a credible source of knowledge to your clients and students.

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

**GET MORE CLIENTS WITHOUT ADS****Billy Polson, CSCS**

You don't have to spend money on ad campaigns and boosts in order to grow your business. First consider these five crucial and FREE marketing tweaks in developing a business growth strategy that successfully connects your brand with your target customer and convinces them to buy your product.

**SU2I Sunday, 9:00am-10:15am****SU3 - 11:15am-12:30pm****■ BALANCE FOR ACTIVE AGING****Keli Roberts**

Comprehensively examine the relationship between stability and mobility in the aging body. Learn effective methods to increase core stability and develop mobility in key areas, improving gait efficiency. Apply strategies for fall prevention through effectively training key areas for body balance.

**SU3A Sunday, 11:15am-12:30pm****■ CARDIO YOGA™ - YOGA FOCUS****Siri Chilazi**

Yoga students love their practice, but struggle to find cardiovascular formats that speak to yogic lifestyles. The secret is lifting both physical and mindful intensity simultaneously. Learn how to integrate dynamic, powerful bursts of cardio with the quiet, patient strength of yoga flow utilizing specific cueing to focus and engage the mind throughout.

**SU3C Sunday, 11:15am-12:30pm****■ E5 COLLECTIVE: LOOP BAND PLAY****Aimee Nicotera**

It's a boot camp with a purpose! E5 COLLECTIVE® provides a fresh combination of loaded movement training, brain training and HIIT, while also promoting readiness, recovery and a positive mindset. Discover how a simple tool like the loop band is used to challenge all fitness levels and abilities!

**SU3D Sunday, 11:15am-12:30pm****■ SPLISH SPLASH CALORIE SMASH****Rosie Malaghan**

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

**SU3F Sunday, 11:15am-12:30pm****"GOLDEN" NUTRITION****Amber Toole**

As clients enter different phases of life, their nutrition needs change. The Golden years are a time where you can work with your client to understand the physical and hormonal changes that are happening and guide them toward a nutrition plan that supports their active aging lifestyle. Learn tips and tricks to help them increase their energy and make healthy eating a breeze.

**SU3G Sunday, 11:15am-12:30pm****STRENGTH TRAINING - THE NEW CARDIO****Mike Stack, CSCS**

For decades health and fitness professionals have touted the superior health benefits of cardiovascular exercise. However, in the process, the health benefits of strength training have been minimized. This lecture dives into the latest research on strength training and how it may be MORE beneficial for health than cardio.

**SU3H Sunday, 11:15am-12:30pm****BUSINESS BLUEPRINT FOR 2022****Dane Robinson**

Whether you're 100% virtual, 100% training in person, training one on one, conducting small group training, or all the above, this business workshop will give you the tools to create your very first, or next, client challenge. Develop programming unique to your training style, method, and client base. From branding to program milestones, pricing, and marketing, design a business blueprint to keep your current clients engaged and attract new clients by the end of this DWY (done with you) workshop.

**SU3I Sunday, 11:15am-12:30pm****SU4 - 12:45pm-2:00pm****■ RECOVERY TECHNIQUES FOR ACTIVE AGERS****Amber Toole**

Fitness is crucial for aging well, but so is recovery! This interactive session will provide a wide variety of techniques to encourage recovery, flexibility and mobility in actively aging clients. Go beyond just stretching to move better and recover, so you can get better results from your fitness program.

**SU4A Sunday, 12:45pm-2:00pm**

## ■◀ 4 QUARTERS OF FITNESS

### Dane Robinson

Drawing from his time as a professional football player, Dane harnesses PROVEN methods to design this one-of-a-kind workout. In this session, gain a complete understanding of how to create and develop programming to drive the “athletic engines” of weekend warriors and youth athletes, improving mobility, speed & agility, power, and recovery. Grab some water and get in the game!

**SU4C Sunday, 12:45pm-2:00pm**

## ■◀ BALLIN'

### Nika Antuanette

Bounce through a series of unique exercises that tone, strengthen & engage the full body (with an emphasis on the core, arms, inner thighs, & glutes). Finish with restorative breath-work to release tension, restore the body, & focus the mind.

**SU4D Sunday, 12:45pm-2:00pm**

## ■◀ UPS & DOWNS OF AQUA

### Mac Carvalho

Looking to turn up your creativity in the pool but don't know where to start? In this session, learn how to serve that extra spice with creative Warm-Ups & Cool Downs to make your Aqua Programs hot hot hot! You will leave this session with inspired ideas to improve, implement and ignite every aqua class with pizzazz, passion and purpose!

**SU4F Sunday, 12:45pm-2:00pm**

## ART OF FOOD AS FUEL

### Rosie Malaghan

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

**SU4G Sunday, 12:45pm-2:00pm**

## LISA LA LA'S FITKIDZ

### Lisa Power

An educational, instructional program that teaches children physical fitness. We've tapped into the active aging community, FITKIDZ addresses an untapped resource. ENDURANCE, STRENGTH & FLEXIBILITY to handle physical & emotional challenges. Children with a positive & confident image of themselves, increase their ability to succeed. Make exercise FUN!

**SU4H Sunday, 12:45pm-2:00pm**

## MAXIMIZE YOUR BUSINESS'S EARNING POTENTIAL



### Billy Polson, CSCS

Gain creative insight into maximizing the spending density of your clients, developing the ideal products and programs to subsidize your current revenue and adjusting your current pricing structures, in order to better maximize your fitness business earning potential.

**SU4I Sunday, 11:15am-12:30pm**



**STAFF ASSISTANT**  
*In-Person*

**\$99**  
~~(was \$359)~~  
Save \$260

- ✔ 150+ Workshops
- ✔ 70+ Presenters
- ✔ 50+ Business Sessions
- ✔ 20 CEC/CEUs
- ✔ ADD Recordings (\$40)

**Register as Staff Assistant**

**RECORDED SESSIONS ONLY**  
*Online Only*

**\$199**  
~~(was \$299)~~  
Save \$100

- ✔ 80 Workshops
- ✔ 70+ Presenters
- ✔ Watch at Your Leisure
- ✔ 20 CEC/CEUs
- ✔ Access for 40 days

**Register for Online Only**

**MANIA® + BUSINESS SUMMIT**  
*In-Person*

**\$259**  
~~(was \$359)~~  
Save \$100

**BEST VALUE**

- ✔ 150+ Workshops
- ✔ 70+ Presenters
- ✔ 50+ Business Sessions
- ✔ 20 CEC/CEUs
- ✔ ADD Recordings (\$40)

**Register as Attendee**

**ADD 80 RECORDED SESSIONS**  
*Don't Miss a Minute*

**\$40**

**For 40 Days Only \$1 Per Day!**

- ✔ 80 Workshops
- ✔ 70 Presenters
- ✔ 20 CEC/CEUs

**ADD to your Registration**

# BOSTON MANIA<sup>®</sup> Fitness Pro Convention

