

SCW

LIVE-STREAM

MANIA

EXPRESS



**MAY 21-23, 2021**

- **110 Sessions**
- **60 Presenters**
- **14 Certifications**
- **16 CEC/CEUs** (Continuing Education Credits)
- **30 Days Recorded Sessions**
- **Flexible Payment Options**

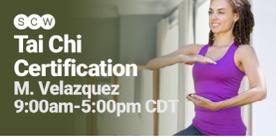
[LiveStreamMANIA.com/EXPRESS](https://LiveStreamMANIA.com/EXPRESS)

**PRE-CON CERTIFICATIONS**

Wednesday, May 19



**Corrective Exercise Certification**  
Roselli  
9:00am-4:00pm CDT



**Tai Chi Certification**  
M. Velazquez  
9:00am-5:00pm CDT



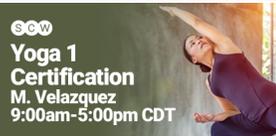
**Virtual Training: Lights, Camera, Action Certification**  
Maurer  
1:00pm-5:00pm CDT

**PRE-CON CERTIFICATIONS**

Thursday, May 20



**Personal Training Certification**  
McCormick  
9:00am-5:00pm CDT



**Yoga 1 Certification**  
M. Velazquez  
9:00am-5:00pm CDT



**Group Exercise Certification**  
Howard  
9:00am-5:00pm CDT



**Schwinn® Indoor Cycling Instructor Certification**  
Sherman & Appel  
8:00am - 5:00pm CDT



[Download & Print Schedule Here >>](#)

**A**  
FUNCTION / PT

**B**  
RECOVERY / MIND BODY / ACTIVE AGING

**C**  
WORKOUT FOR CHANGE

FRIDAY, MAY 21

SATURDAY, MAY 22

SUNDAY, MAY 23

<b>FR1</b>	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	<b>NEW!</b> 4 Quarters of Fitness Robinson	Interval Training for the Active Ager Malaghan	Hot Booty Ballet™ Ghadban
<b>FR2</b>	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	<b>NEW!</b> Innovative Planking for Core Strengthening Chilazi	FUNCTIONal Chair-Based Dance Fitness Perkins	Maximize Your Sessions With Cluster Circuits M. Williams
<b>FR3</b>	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT	<b>NEW!</b> M1ND®: Future-Proof Your Body Brereton	<b>NEW!</b> Melt Away Neck & Shoulder Tension McKinnon	JUST2SWEAT Charles
BREAK: 1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT				
<b>FR4</b>	2:00pm-3:00pm EDT 1:00pm-2:00pm CDT 11:00am-12:00pm PDT	Kickbox Combat Spreen-Glick	<b>NEW!</b> Let's FACE It Together™ Fit Pros Conti	<b>NEW!</b> The Importance of Tri-Planar Training Christopher
<b>FR5</b>	3:15pm-4:15pm EDT 2:15pm-3:15pm CDT 12:15pm-1:15pm PDT	Get Upright for an Upgraded Core Howard	Yin & Yang Yoga Journey Velazquez	<b>NEW!</b> Mini Band, Mega Benefits Ghadban
<b>FR6</b>	4:30pm-5:30pm EDT 3:30pm-4:30pm CDT 1:30pm-2:30pm PDT	8 M's of Modern Meditation Gegg	<b>NEW!</b> Mobility Through Movement Vanderburg	<b>NEW!</b> Fired Up Cardio & Core for Motherhood Maurer
<b>SA1</b>	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	<b>NEW!</b> ABSolutely Core Training M. Williams NEW	Yoga for Healthy Backs Lacombe	<b>NEW!</b> Anatomy of a Smart Warm Up Christopher
<b>SA2</b>	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	Lift Off! Howard	<b>NEW!</b> Counter Flow Yoga: Dynamic Standing Flow Sides	<b>NEW!</b> Spine Sparing Core McBee
<b>SA3</b>	12:30pm-1:30pm EDT 11:30a m-12:30pm CDT 9:30am-10:30am PDT	<b>NEW!</b> Kettlebell Training for all Ages Roselli	<b>NEW!</b> The Influence of Fascia on the Active Adult McCormick	<b>NEW!</b> Jump Rope: Quarantine Cardio Chilazi
BREAK: 1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT				
<b>SA4</b>	2:00pm-3:00pm EDT 1:00pm-2:00pm CDT 11:00am-12:00pm PDT	<b>NEW!</b> FUNDamental Performance Leachman	<b>NEW!</b> Essential Exercises to Fix Low Back Pain McKinnon	<b>NEW!</b> Barre Bursts & Blends Maurer
<b>SA5</b>	3:15pm-4:15pm EDT 2:15pm-3:15pm CDT 12:15pm-1:15pm PDT	Bodyweight Booty Appel	Core for Boomers Wartenberg	Warrior Workout Spreen-Glick
<b>SA6</b>	4:30pm-5:30pm EDT 3:30pm-4:30pm CDT 1:30pm-2:30pm PDT	Game Your Core Velazquez	<b>NEW!</b> Stress-Busting Recovery Techniques Roselli	Chair, Don't Care Wartenberg
<b>SU1</b>	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	<b>NEW!</b> Perfect Peaches Howard	Get a Head Start on Aging Malaghan	The Bare Essential:Strength Training 101 Bannister-Munn
<b>SU2</b>	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	Creative Barre Warm-Ups Wartenberg	Yoga for Graceful Aging Gegg	Stretch & Perform: The Bannister Method™ Bannister-Munn
BREAK: 12:15pm - 12:45pm EDT, 11:15am - 11:45am CDT, 9:15am - 9:45am PDT				
<b>SU3</b>	12:45pm-1:45pm EDT 11:45am-12:45pm CDT 9:45am-10:45am PDT	Glute Camp Roberts	<b>NEW!</b> Strong & Steady Yoga Fitness Lacombe	<b>NEW!</b> Fluid Core Fusion Velazquez
<b>SU4</b>	2:00pm-3:00pm EDT 1:00pm-2:00pm CDT 11:00am-12:00pm PDT	Transformational Training After 40 McCormick	Flexibility for the Inflexible Roberts	Glute Training for Strength & Performance Bryce

**SCW**  
**Functional Training Certification**  
 Bryce  
 9:00am-5:00pm CDT



**SCW**  
**Nutrition Coaching For Fitness Pros Certification**  
 Silverman  
 9:00am-5:00pm CDT



**Chair One Fitness Certification**  
 Perkins  
 9:00am-6:00pm CDT



**SCW**  
**Life Coaching Certification**  
 Spreen-Glick  
 10:00am-6:00pm CDT



**SCW**  
**LIVE-STREAM**  
**MANIA**  
 EXPRESS

**D**  
 CYCLE / HIIT / GX

**E**  
 EXERCISE SCIENCE /  
 NUTRITION / WELLNESS

**F**  
 MARKETING / REVENUE

**G**  
 MANAGEMENT / MEDIA



"Toning" is NOT a Thing Friend-Uhl	Mental Health: The Parallel Pandemic L. Brick & V. Brick	Design Your Business to Run Itself C. Barnes & T. Barnes	GRX Streaming to Success Howard	FR1
Schwinn®: Breathy Not Breathless Appel	Active Aging Nutrition Insights Silverman	Marketing Without Money Conti	<b>NEW!</b> Attracting Talent Post-COVID Kublin	FR2
<b>NEW!</b> BeatBoss™: Inspired by Three Biking Styles Austin & Leadley	<b>NEW!</b> Fascinating Facts to Prevent Fiber Famish Silverman	2021 Growth Panel Barry, McBride, Stevenson & McHaney	<b>NEW!</b> Creating & Cultivating Community Maurer	FR3

BREAK: 1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT

AMRAP in a Snap Appel	Nutrition Panel Silverman, Seti, Fearheiley & Charlop	Member Experience Insights From the Shutdown McHaney	<b>NEW!</b> Spend Less Time Writing Class Plans! Sides	FR4
Schwinn®: Balancing Act Vanderburg	<b>NEW!</b> The Wheel of Well Being Spreen-Glick	<b>NEW!</b> Internal Guidelines - Inspecting What You Expect McBride	Life Coaching Strategies for Fitness Professionals Gegg	FR5
Let's Get FHIIT Robinson	<b>NEW!</b> Functional Foods for a Fantastic You Fearheiley	<b>NEW!</b> Lifelong Lessons in Leadership Stevenson	<b>NEW!</b> Create the Perfect Program Roselli	FR6

Schwinn®: Set the Stage Hogg	Let's FACE It Together™ Special Populations Conti	<b>NEW!</b> Trends, Truths & Tips: Rock the GX Bounceback Barry	<b>NEW!</b> 3 Must-Know Pro Secrets Brereton	SA1
<b>NEW!</b> SH1FT®: Smart High Intensity & Functional Training Bonina	<b>NEW!</b> Diet Myths & Misconceptions Bryce	<b>NEW!</b> Legal Essentials in a Covid World Sterling	<b>NEW!</b> Specialize Your Exercise Brady	SA2
Schwinn®: Work Not Twerk Appel	<b>NEW!</b> Mealtime Makeover for Weight Loss Success Seti	Future of GX Panel Howard, Lacombe, Barry & Spreen-Glick	<b>NEW!</b> Marketing Messages Atkinson	SA3

BREAK: 1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT

<b>NEW!</b> BeatBoss™: Applied Science of Movement Austin & Leadley	<b>NEW!</b> Why ALL Women Should Strength Train Bryce	Leading Diversity & Inclusion in Fitness Chilazi	Facebook for Your Fitness Business Hoff	SA4
<b>NEW!</b> Get a Cue! Virtual Training McBee	<b>NEW!</b> Ageless Intenstiy McCall	Social Media Panel Conti, Maurer, Hoff & Robinson	<b>NEW!</b> Six Steps to Six Figures Schelberg	SA5
Down & Dirty 30 McCormick	Self- Care for Your Immune System Seti	<b>NEW!</b> New World Sales & Sales Management McBride	Create a Service Culture Gorsline	SA6

**Schwinn®: Rock Steady -  
Recovery Rides**  
 Roberts  
 11:15am-12:15pm EDT  
 10:15am-11:15am CDT  
 8:15am-9:15am PDT



<b>NEW!</b> Movement Therapy to Sustain Optimal Health Miller	Financing Options to Grow Your Business Cruz	Blueprint for Success Robinson	SU1
<b>NEW!</b> All About Intermittent Fasting Charlop	<b>NEW!</b> Recruit, Train, Motivate & Retain Brady NEW	<b>NEW!</b> Do You Have Mad Cred? Leachman	SU2

BREAK: 12:15pm - 12:45pm EDT, 11:15am - 11:45am CDT, 9:15am - 9:45am PDT

Your Brain on HIIT by StairMaster McCall	<b>NEW!</b> Training Individuals with Neurological Conditions Miller	The It Factor- Build a Brand L. Richards	<b>NEW!</b> What Women Want! Atkinson	SU3
<b>NEW!</b> Obstacle Fitness for Kids! Pirolo	<b>SCW</b> <b>Barre Certification</b> Appel • 9:00am-5:00pm CDT	Know Body, Client & Soul Gilbert	<b>SCW</b> <b>Social Media Certification</b> Maurer • 9:00am-5:00pm CDT	SU4

FRIDAY, MAY 21

SATURDAY, MAY 22

SUNDAY, MAY 23

## LIVE-STREAM MANIA® EXPRESS • MAY 21-23

Join us for an action-packed weekend of inspiring and informative sessions, with real-time access to top MANIA® presenters, streamed LIVE in the convenience and safety of your home. Included is a fully interactive Live Expo. This exciting 3-day Live Streaming Fitness Professional Convention is for Group Fitness Instructors, Personal Trainers, Mind-Body Experts, Nutrition Specialists, Facility Managers, Directors, Owners and more!

### LIVE ONLY

(Was \$259)

**Now Only \$159**

### LIVE + ALL ACCESS

(Was \$299)

**Now Only \$199**

## CERTIFICATIONS

### WEDNESDAY, MAY 19 CERTIFICATIONS

#### SCW CORRECTIVE EXERCISE CERTIFICATION

**Giovanni Roselli**

**Wednesday, May 19, 10:00am-5:00pm EDT  
\$99**

In this comprehensive course, learn to conduct and interpret key movement screens and implement a corrective exercise program to restore the body's proper biological design. Discover how to effectively coach the five movement patterns to perform any exercise safely and effectively without the risk of injury. Acquire the skills of a movement specialist and present prehab exercises to prevent the necessity of rehab. As exercise-related injuries continue to increase in fitness, it is time to revisit and understand the foundational concepts of movement, the relationship of stability and mobility throughout the kinetic chain and how they function in exercise and movement. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACE (0.6), ACSM (7.0), AEA (6.5), AFAA (6.0), NASM (0.6). If you can't make the Live Stream Certification, take the course online visit [scwfit.com/store/product/corrective-exercise-online-certification/](http://scwfit.com/store/product/corrective-exercise-online-certification/)



#### SCW T'AI CHI CERTIFICATION

**Manuel Velazquez**

**Wednesday, May 19, 10:00am-6:00pm EDT  
\$99**

Some claim that T'ai Chi is one of the oldest forms of group exercise on the planet. Learn exercises from Qi Gong, which can be done in any order, at any time of the day and without equipment. These exercises are also known as the age-old Yang Short Form of T'ai Chi. Teach your clients to feel more invigorated, more energized, and more balanced from this natural choreographic flow of wellness.

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 (7.0), AFFA (8.0), NASM (0.8). If you can't make the Live Stream Certification, take the course online visit [scwfit.com/store/product/taichi-qigong-online-certification/](http://scwfit.com/store/product/taichi-qigong-online-certification/)



## SCW VIRTUAL TRAINING: LIGHTS, CAMERA, ACTION!



Jessica Maurer

Wednesday, May 19, 2:00pm-6:00pm EDT

\$99

Learn how to successfully run a virtual Group Ex class, Personal Training session and progressive program. Everything from start-up to sign off will be addressed to take your training to the next level. Understand the ins and outs of lighting, camera selection, clothing and make up. Develop a successful strategy for exercise selection and program development. Discover techniques for proper business structuring, online queuing, music integration, money collection and legal responsibilities. Explore the latest and greatest social media marketing, email and texting strategies to build your program and fill your sessions. Leave with a blueprint for successful execution for all of your online, virtual programming.

- Integrating Music
- Lighting Techniques
- Taking Online Payments
- Marketing & Promotion
- Legal Documents
- Affordable Equipment Recommendations
- Structuring Your Classes
- And So Much More!

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 [scwfit.com/store/product/virtual-training-online-certification/](https://scwfit.com/store/product/virtual-training-online-certification/)

## SCW FUNCTIONAL TRAINING CERTIFICATION



Alex Bryce, MSE, CSCS

Wednesday, May 19, 10:00am-6:00pm EDT

\$99

Expand your reach as a Personal Trainer to attract and retain more clients through the use of functional training. Learn dozens of new exercises, refine the positions you and your clients train in, and develop a program that delivers results consistently without risk. Discover and assess how to effectively train your muscles to work together. Explore the training techniques that drive life, sport, and health. Improve human function and performance through this digestible, hands-on, practical course. Leave with a full list of new exercises and practical modifications including regressions and progressions that you can integrate today into your training programs. Grow your training business through this expert functional training course developing both your personal and small group offerings. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (8.0), NASM (0.8).

## THURSDAY, MAY 20 CERTIFICATIONS

### SCW PERSONAL TRAINING CERTIFICATION



Irene McCormick, MS, CSCS

Thursday, May 20, 10:00am-6:00pm EDT

\$99

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). If you can't make the Live Stream Certification, take the course online visit [scwfit.com/store/product/personal-training-online-certification/](https://scwfit.com/store/product/personal-training-online-certification/)

### SCW YOGA I CERTIFICATION



Manuel Velazquez

Thursday, May 20, 10:00am-6:00pm EDT

\$99

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). If you can't make the Live Stream Certification, take the course online visit <https://scwfit.com/store/product/yoga1-online-certification/>

## SCW GROUP EXERCISE CERTIFICATION



**Jeff Howard**

**Thursday, May 20, 10:00am-6:00pm EDT**

**\$99**

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). If you can't make the Live Stream Certification, take the course online visit [scwfit.com/store/product/group-exercise-online-certification/](http://scwfit.com/store/product/group-exercise-online-certification/)

## SCW NUTRITION COACHING FOR FITNESS PROFESSIONALS CERTIFICATION



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

**Thursday, May 20, 10:00am-6:00pm EDT**

**\$99**

In this brand-new and highly requested SCW Certification, learn practical and safe techniques, plans and programs to provide sound nutritional coaching to guide your clients to reach their goals. Review your scope of practice and examine what can and should be discussed with clients to forge a strong, practical and healthy Client-Coach relationship. Review the foundations of nutrition and metabolism, and educate your clients about the principles of quality nutrition programs through Resting Metabolic Rate (RMR) and weight loss calculations. Examine the three most controversial food label concepts. Analyze organic, genetically modified organisms (GMOs) and food additives in a comprehensive yet usable fashion. Meal templates are included in addition to various behavior modification models and tools to improve dietary choices. Leave this certification confident and compe-

tent to coach your clients to long-term habitual success.

Price includes training manual and testing fee (\$59 value).

Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7). If you can't make the Live Stream Certification, take the course online visit [scwfit.com/store/product/nutrition-coaching-for-fitness-professionals/](http://scwfit.com/store/product/nutrition-coaching-for-fitness-professionals/)

## LIFE COACHING CERTIFICATION



**Kimberly Spreen-Glick**

**Thursday May 20, 11:00am - 7:00pm EDT**

**\$99**

The landscape of the health and fitness industry has changed forever. So, how can you expand your current role and stay relevant in an industry you're passionate about, serving a community you love? Well, there is a need now more than ever for solid online life coaches to lift us from this pandemic. The great news is that, with the right education and guidance as well as a solid structure and a talent for leadership, every trainer and instructor has the opportunity to become a successful life coach! In this certification, you will learn about what life coaching really is, the categories it encompasses and how to create a strong foundation for serving your clients in the virtual world. It's a world that's here to stay and, if you want to grow your impact and income, you want to be a part of it. You'll also learn about various pathways for delivering your coaching and how to create an authentic brand that will attract your ideal clients. If you're feeling called to make a bigger difference in the world, here's your chance! Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACSM (7.0)

## CHAIR ONE FITNESS CERTIFICATION



**Alexis Perkins**

**Thursday, May 20, 10:00am-7:00pm EDT**

**\$150**

Elevate your group fitness programming with Chair One Fitness. Learn how to teach chair-based, musically driven workouts that uplift your clients through dance and fitness movements. Discover how to effectively create movement sequences with progressions and modifications to provide an inclusive experience for all participants, regardless of age or ability. Discuss and explore easily implementable accommodations to engage and keep your clients moving beyond their limitations. SCW (8.0), ACSM (8.0), AFAA (8.0), NASM (8.0), NCCAP (8.0), NCTRC (8.0), NCCDP (8.0), NZSDRT (8.0)

## SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION

**CORE**  
HEALTH & FITNESS

**Robert Sherman & Abbie Appel**

**Thursday, May 20, 9:00am-6:00pm EDT**

**\$159 early bird registration price through May 7th.**

**\$179 registration price after May 7th**

#RideRight anywhere & everywhere with the industry's most up to date, respected and progressive indoor cycling instructor training course. Get the tools you need to become a successful and sought-after instructor on any brand of bike in one, power packed day. This critically acclaimed certification, based on the 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 and much. Takeaways include:

- Eight complete class design plans
  - A comprehensive manual and Certificate of Completion
- SCW (9.0), ACE (0.8), ACSM (9.0) AFAA (8.0), NASM (0.8).

## SUNDAY, MAY 23 CERTIFICATIONS

### SCW BARRE CERTIFICATION

**Abbie Appel**

**Sunday, May 23, 10:00am - 6:00pm EDT**

**\$99**

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

[scwfit.com/store/product/ballet-barre-online-certification/](http://scwfit.com/store/product/ballet-barre-online-certification/)

### SCW SOCIAL MEDIA CERTIFICATION

**Jessica Maurer**

**Sunday, May 23, 10:00am-6:00pm EDT**

**\$99**

Grow your social media following and build your personal and professional influence. Improve your image and increase your reach. Explore simple, usable and effective social media tricks and marketing tips. Join us for this 8-hour certification to learn how to launch your own online classes or expand your virtual studio. Address new ways to start your own live streaming personal training business or perfect your current programming. Review effective and ever-changing ways to master Instagram, Facebook, and LinkedIn with actionable items to start immediately to organize and create content quickly and successfully. This course is created to provide you with tools, techniques, and solutions to take your online life to the next level. Social Media is constantly changing and we continually update this course, so that whether you are new to social media or a seasoned veteran, you will receive the latest and greatest information. Price includes training manual and testing fee (\$59 value) Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (8.0), NASM (0.8). If you can't make the Live Stream Certification, take the course online visit [scwfit.com/store/product/social-media-online-certification/](http://scwfit.com/store/product/social-media-online-certification/)



# SESSIONS

## FRIDAY, MAY 21

### FR1 - FRIDAY SESSION 1

**10:00am-11:00am EDT**

**9:00am-10:00am CDT**

**7:00am-8:00am PDT**

#### 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!

**FR1A Friday, 10:00am-11:00am EDT**

#### INTERVAL TRAINING FOR THE ACTIVE AGER

**Rosie Malaghan**

Interval training isn't just for the young- it's for the young at heart, too! Join Ann as she discusses the benefits of interval training for mature clients. Study progressions and regressions and how to make transitions as smooth as butter! Learn ready-made sequences to implement into your live and virtual training sessions today, for measurable results and fewer injuries!

**FR1B Friday, 10:00am-11:00am EDT**

#### HOT BOOTY BALLET™

**Suaad Ghadban**

Hot Booty Ballet™ is a new, dynamic program that's proven to give you a firm and perky posterior! This dynamic program is based on traditional ballet conditioning exercises that shapes, sculpt and stretch one's muscles, increases metabolism, and burns fat to give one the best booty of their life. Mini bands are mainly used allowing for deeper physical benefits. But what really sets the program apart is the high energy and fun factor – you definitely work and burn but you've got a smile on your face while doing so which keeps people coming back.

**FR1C Friday, 10:00am-11:00am EDT**

#### “TONING” IS NOT A THING

**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.

**FR1D Friday, 10:00am-11:00am EDT**

**CORE**  
HEALTH & FITNESS

#### MENTAL HEALTH: THE PARALLEL PANDEMIC

**Lynne & C. Victor Brick**

Industry veterans Lynne and Victor Brick address the subtle, long-term harm of mental health issues caused by Covid. They discuss the human psychological response to crisis and disaster, and how that response relates to the dual continuums of mental wellness; that being the horizontal, pathogenic (health care) continuum and the vertical, salutogenic (self-care) continuum. Finally, they discuss how holistic approaches, such as exercise, diet, and mind-body practices, benefit mental health. (LECTURE)

**FR1E Friday, 10:00am-11:00am EDT**

#### DESIGN YOUR BUSINESS TO RUN ITSELF

**Travis Barnes & Cyndy Barnes**

You started your business to make an impact in your community, but now you feel like you may never enjoy the fruits of your labor. It's time to work smarter, NOT harder! Learn secrets on how to design your business with a fresh perspective to run profitably and enjoy more free time. (LECTURE)

**FR1F Friday, 10:00am-11:00am EDT**

#### GRX 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 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? (LECTURE)

**FR1G Friday, 10:00am-11:00am EDT**

## FR2 - FRIDAY SESSION 2

**11:15am-12:15pm EDT**

**10:15am- 11:15am CDT**

**8:15am-9:15am PDT**

### INNOVATIVE PLANKING FOR CORE STRENGTHENING

**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 for the summer!

**FR2A Friday, 11:15am-12:15pm EDT**

### FUNCTIONAL CHAIR-BASED DANCE FITNESS



**Alexis Perkins**

We are breaking down boundaries & making fun fitness options available to anyone no matter their age or ability! Check out our session filled with dance moves, smiles, and the opportunity to add something fabulous to your fitness resume - all you need is a chair! This is not only for seniors but also plus size, wheelchair users, those with dementia, recovering from injury, and more!

**FR2B Friday, 11:15am-12:15pm EDT**

### MAXIMIZE YOUR SESSIONS WITH CLUSTER CIRCUITS

**Maurice Williams, MS**

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 with your clients immediately! You'll walk away from this session with programming for three different types of client goals.

**FR2C Friday, 11:15am-12:15pm EDT**

### SCHWINN®: BREATHY NOT BREATHLESS

**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.

**FR2D Friday, 11:15am-12:15pm EDT**



### ACTIVE AGING NUTRITION INSIGHTS

**Tricia Silverman RD, LDN, MBA**

The 50 and over population is expected to explode over the next 30 years. Discover nutrition and wellness tips that will help you and your clients live longer, healthier, and happier lives. Learn how nutrition needs change as we age, and specific nutrients and foods that can impact your longevity. (LECTURE)

**FR2E Friday, 11:15am-12:15pm EDT**

### MARKETING WITHOUT MONEY

**Christine Conti**

No money? No problem! Learn the tricks to grow your business and increase brand awareness with little to no money. Work smarter, not harder! Implement and execute these valuable marketing methods to navigate your social media platforms, grow your audience through podcasts, blogs, and more. (LECTURE)

**FR2F Friday, 11:15am-12:15pm EDT**



### ATTRACTING TALENT POST-COVID TALENT/HACK

**Allison Kublin**

The fitness landscape has changed, and the talent you choose when rebuilding your team will have the greatest impact on your company's success. Examine how the priorities of fitness professionals have changed, what they are looking for in their next endeavor, and proven strategies to attract top talent for a successful business in a post-COVID world. (LECTURE)

**FR2G Friday, 11:15am-12:15pm EDT**

## FR3 - FRIDAY SESSION 3

**12:30pm-1:30pm EDT**

**11:30am-12:30pm CDT**

**9:30am-10:30am PDT**

**M1ND®:**

**FUTURE PROOF YOUR BODY**

**Will Brereton**

How do you future-proof your body? By training in the three, often neglected, areas that are crucial for longevity! Introducing M1ND - functional mobility, flexibility and stability training for non-yogi's... with zero namaste! Join us for M1ND and discover why it's the format every fitness junkie NEEDS on their schedule!

**FR3A Friday, 12:30pm-1:30pm EDT**

**SH1FT**

## MELT AWAY NECK & SHOULDER TENSION

**Margot McKinnon, MEd, NCPT**

Learn how the shoulders, shoulder girdle and compartments of the neck and jaw region, have a direct effect on each other. Take away a "game changing" series of exercises to help your clients prevent, or recover from, neck and shoulder tension while making you look like a hero.

**FR3B Friday, 12:30pm-1:30pm EDT**

## JUST2SWEAT

**Nike Charles**

This circuit-based, Bootcamp training session is guaranteed to encourage you to do more than JUST2SWEAT! You'll learn important movement modifications that will allow your clients to engage in a group exercise setting of all different levels, without clients having to sacrifice intensity or motivation. This fully interactive program will teach you the skills to motivate, support and inspire your clients to challenge themselves to see real results.

**FR3C Friday, 12:30pm-1:30pm EDT**

## BEATBOSS™ INSPIRED BY THREE BIKING STYLES

**Andrea Austin & Robert Leadley**

Join BeatBoss™ Indoor Biking and learn about the unique three biking styles inspirations behind this beat and science-driven indoor cycling methodology! Wake up your inner boss, ride to the beat, and see why BeatBoss is revolutionizing the indoor-cycle game!

**FR3D Friday, 12:30pm-1:30pm EDT**

## FASCINATING FACTS TO PREVENT FIBER FAMISH

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

Few people reach the minimum recommended 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. (LECTURE)

**FR3E Friday, 12:30pm-1:30pm EDT**

## 2021 GROWTH PANEL

**Bill McBride, Blair McHaney, Emma Barry & Chris Stevenson**

Learn what's in store for the Industry in 2021 from our panel of diverse and experienced fitness leaders. They will discuss what to expect for club & boutique owners and operators, program directors, instructors & trainers in this ever-chang-



ing industry. Take advantage of the coming trends to grow appropriately in your business and role. (LECTURE)

**FR3F Friday, 12:30pm-1:30pm EDT**

## CREATING & CULTIVATING COMMUNITY

**Jessica Maurer**

Now, more than ever, people are craving community, creating a unique opportunity for business owners to meet this need. In this session, learn 5 steps to easily create, cultivate and grow a community surrounding your brand or business, through digital, virtual and live options. (LECTURE)

**FR3G Friday, 12:30pm-1:30pm EDT**

## FR4 - FRIDAY SESSION 4

**2:00pm - 3:00pm EDT**

**1:00pm - 2:00pm CDT**

**11:00am - 12:00pm PDT**

## KICKBOX COMBAT

**Kimberly Spreen-Glick**

You'll be "armed and powerful" in this fierce, full-body interval workout! Learn to blend traditional kickboxing combinations with controlled, weight-bearing strikes and blocks using a weighted bar, inspired by martial arts stick fighting. Experience a non-stop flow of pure energy and sweat, and leave feeling strong and looking like a total knock out!

**FR4A Friday, 2:00pm-3:00pm EDT**

## LET'S FACE IT TOGETHER™ FIT PROS

**Christine Conti**

Why are we neglecting our face? Let's FACE It Together(TM) facial exercise and rehabilitation is designed for any age or fitness level to strengthen facial and neck muscles, increase oral/motor skills, and improve facial expression while prolonging the onset of disease and reducing signs of aging. Explore myofascial release benefits for the face and neck and learn how to infuse LFIT into your current fitness virtual or in-person programs to grow your business!

**FR4B Friday, 2:00pm-3:00pm EDT**



## THE IMPORTANCE OF TRI-PLANAR TRAINING

**Paul Christopher**

The body moves in three planes of motion, yet conventional exercises typically only train in one. To train functionally, and reduce the risk of injury, training should more closely mimic everyday movement. Learn specific exercises occurring in all three planes and how to systematically apply them into your current programming for optimal mobility, stability, and control.

**FR4C Friday, 2:00pm-3:00pm EDT**

## AMRAP IN A SNAP

### Abbie Appel

AMRAP stands for as many rounds or reps as possible and has been used to improve function and performance by setting realistic goals in HIIT for decades. Learn how AMRAPs can breathe new life into your HIIT, strength and conditioning programs. Understand how to design 5, 6, 7 and even 10 minute protocols for maximum effectiveness. Leave with new ideas to be used on Monday morning!

**FR4D Friday, 2:00pm-3:00pm EDT**

## NUTRITION PANEL

### Tricia Silverman, RD, LDN, MBA, Candice Seti, Amanda Fearheiley, RDN, LD, CPT & Dr. Gregory Charlop, MD

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

(LECTURE)

**FR4E Friday, 2:00pm-3:00pm EDT**

## MEMBER EXPERIENCE INSIGHTS FROM THE SHUTDOWN

### Blair McHaney

Member insights are important for club success and should guide brand behaviors for years to come. Join Blair as he examines data collected from MXM members during quarantine and interprets the results to share powerful insights and practical ideas clubs must implement to earn the trust of members and the marketplace post-corona. (LECTURE)

**FR4F Friday, 2:00pm-3:00pm EDT**

## 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 newfound free time! (LECTURE)

**FR4G Friday, 2:00pm-3:00pm EDT**



## FR5 - FRIDAY SESSION 5

**3:15pm- 4:15pm EDT**

**2:15pm - 3:15pm CDT**

**12:15pm - 1:15pm PDT**

## GET UPRIGHT FOR AN UPGRADED CORE

### Jeff Howard

Get off the floor and build that core! In this session, learn powerful, flowing sequences that strengthen the powerhouse of the body. Learn movements and sequences to condition and strengthen the deep, stabilizing muscles of the back that support the spine and daily movement, not just the muscles of the coveted "6-pack". Step outside your comfort zone and transform your mind and body! Come ready to sweat, laugh and grow!

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

## YIN & YANG YOGA JOURNEY

### Manuel Velazquez

Take your students into a smooth journey between two Yoga styles in one practice. The Yang is based on the use of asana sequence - developing muscular strength, stamina and flexibility. Enjoy a slower pace where poses are passively held for longer, working on the deep dense YIN connective tissues and joints in your body. Experience and understand how opposite forces may actually be complementary.

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

## MINI BAND, MEGA BENEFITS

### Suaad Ghadban

There's nothing "mini" about the lists of benefits these simple elastic bands provide when used as part of a strength and resistance training program for your active aging clients. Learn how to use mini bands to promote muscle and joint strengthening and increased range of motion, for lifelong mobility and resistance to injury.

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

## SCHWINN® CYCLING:

### BALANCING ACT-THE ART OF TRUE FUSION

### Helen Vanderburg

At Schwinn, we #RideRight. To ride right you must train right by incorporating exercise protocols that balance out the riding position. Uncover a variety of cycling fusion formats including yoga, barre, strength, and core to ride right & train right. You can have it all and Schwinn will show you how.

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



## THE WHEEL OF WELL-BEING

### Kimberly Spreen-Glick

Most fitness professionals focus primarily, if not solely, on the physical. The problem? The physical doesn't tell the whole health tale. In this lecture, discuss 6 aspects of well-being that should be considered during intake assessments to assist clients in living a healthier, happier life. (LECTURE)

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

## 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. (LECTURE)

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

## LIFE COACHING STRATEGIES FOR FITNESS PROFESSIONALS

### Gretchen Gegg

In this session, learn 5 strategies that will help take your fitness career to the next level - both professionally and financially. Easily apply teachings straight from The MiMo Method, a premiere health and fitness coaching program created by a life coach and fitness professional, and equip yourself with the needed tools to support clients & re-frame their thoughts about food, activity and body image. (LECTURE)

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



## FR6 - FRIDAY SESSION 6

**4:30pm - 5:30pm EDT**

**3:30pm - 4:30pm CDT**

**1:30pm - 2:30pm PDT**

## 8 M'S OF MODERN MEDITATION

### Gretchen Gegg, MEd

Love teaching yoga, but struggle with teaching meditation? Tired of people walking out of the studio just in time for Savasana? Learn how to teach students the benefits of meditation for the lifestyle we live today and get 8 different ways to teach meditation to the modern yoga student.

**FR6A Friday, 4:30pm-5:30pm EDT**



## MOBILITY THROUGH MOVEMENT

### Helen Vanderburg

This evolved mobility training workshop will explore the latest trends in enhancing movement skills and optimizing performance through the exploration of how the body moves as an integrated whole. Learn the functional relevance of the fascial system and experience diverse methods improving movement capacity.

**FR6B Friday, 4:30pm-5:30pm EDT**

## FIRED UP CARDIO & CORE FOR MOTHERHOOD

### Jessica Maurer

Simple but effective cardio & core drills fill this workout. Challenge your entire body with this interval class designed for every age and stage of motherhood. Get moving quickly and then focus on core activation for a fun & sweaty class.

**FR6C Friday, 4:30pm-5:30pm EDT**

## LET'S GET FHIIT

### Dane Robinson

Evolve your small group training experience by applying 4 PROVEN methods of Functional High Intensity Interval Training (FHIIT) in a cooperative & collaborative team approach to achieve MAXIMUM engagement and RESULTS with your clients. Team training is going to get taken to another level!

**FR6D Friday, 4:30pm-5:30pm EDT**

## FUNCTIONAL FOODS FOR A FANTASTIC YOU

### Amanda Fearheiley, RDN, LD, CPT

Functional foods do more than just providing your body with essential nutrients, they promote optimal health and help reduce the risk of disease. Learn how to elevate your nutrition and start eating your way to long-lasting health! (LECTURE)

**FR6E Friday, 4:30pm-5:30pm EDT**

## LIFELONG LESSONS IN LEADERSHIP

### Chris Stevenson

Leadership is not about making people do things that they don't want to do; it's about giving them the inspiration and tools to do things that they never thought they could. In this engaging session, learn the keys to effective leadership and receive tips and tools to implement immediately. (LECTURE)

**FR6F Friday, 4:30pm-5:30pm EDT**

## CREATE THE PERFECT PROGRAM

### Giovanni Roselli

Trying to incorporate various methods, techniques, and equipment into your programming can be overwhelming. In this session, learn how to utilize and structure every system,

tool, and piece of equipment on the market for optimal programming solutions that are creative, fun, and results driven! (LECTURE)

**FR6G Friday, 4:30pm-5:30pm EDT**

## SATURDAY, MAY 22

### SA1 - SATURDAY SESSION 1

**10:00am-11:00am EDT**

**9:00am-10:00am CDT**

**7:00am-8:00am PDT**

#### ABSOLUTELY CORE TRAINING

**Maurice Williams, MS**

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!

**SA1A Saturday, 10:00am-11:00am EDT**

#### YOGA FOR HEALTHY BACKS

**Nathalie Lacombe, MS**

With 80% of adults experiencing back pain at some point in their lifetime, we owe it to our students to consider the health of their backs in each Yoga class we teach. Taking our knowledge and skills passed "hip openers" we'll put into practice the stability and mobility of our core and second chakra. We'll consider the holistic view of finding space physically, mentally, and energetically in order to release our backs into bliss!

**SA1B Saturday, 10:00am-11:00am EDT**

#### ANATOMY OF A SMART WARM-UP

**Paul Christopher**

Through observation during my career, it has become clear that a thorough warm up before intense exercise is fundamentally lacking. In this session, we'll break down and simplify physiological processes to design a fun, effective and efficient workout prep.

**SA1C Saturday, 10:00am-11:00am EDT**

#### SCHWINN® CYCLING:

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

**Jenn Hogg**

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..

**SA1D Saturday, 10:00am-11:00am EDT**

#### LET'S FACE IT TOGETHER™ FIT PROS

**Christine Conti**

Why are we neglecting our face? Let's FACE It Together(TM) facial exercise and rehabilitation is designed for any age or fitness level to strengthen facial and neck muscles, increase oral/motor skills, and improve facial expression while prolonging the onset of disease and reducing signs of aging. Explore myofascial release benefits for the face and neck and learn how to infuse LFIT into your current virtual or in-person fitness programs to grow your business!

**SA1E Saturday, 10:00am-11:00am EDT**



#### 3 TRENDS, TRUTHS & TIPS: ROCK THE GX BOUNCEBACK

**Emma Barry**

Join Emma Barry as she shares a global perspective on how group exercise is being served up in the new world, post-covid. Take away 3 Trends, 3 Truths, and 3 Tips bolstering your business in the future as we bring the industry back strong. Get ready to reopen safely and undeniably as we welcome our regulars back alongside a whole bunch of newbies. A lot has changed and we need to be on the front foot to meet the pent-up need and demand for health and happiness. (LECTURE)

**SA1F Saturday, 10:00am-11:00am EDT**

#### 3 MUST-KNOW PRO SECRETS

**Will Brereton**

In this Masterclass we'll uncover the top three traits that all Group Fitness Pros share and strategies to recreate these in your own unique way. Come ready to learn new tactics that can be implemented immediately to improve your skills and reignite your passion for teaching! (LECTURE)

**SA1G Saturday, 10:00am-11:00am EDT**

SHIFT

## SA2 - SATURDAY SESSION 2

**11:15am-12:15pm EDT**

**10:15am- 11:15am CDT**

**8:15am-9:15am PDT**

### LIFT OFF!

**Jeff Howard**

This non-traditional workout will effectively strengthen and define your entire body! Designed to sculpt with non-stop resistance and steady state training, combine new moves with interval 'cardio bursts' to give you maximum calorie burn. Core work and a quick stretch will end this workout, leaving you feeling energized and accomplished!

**SA2A Saturday, 11:15am-12:15pm EDT**

### 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.

**SA2B Saturday, 11:15am-12:15pm EDT**

### SPINE SPARING CORE WORKSHOP

**Sheldon McBee, MS**

There is a long-standing obsession with obtaining a flat, six-pack stomach, but many clients are risking their backs trying to achieve this perfect aesthetic. In this session, experience a core workout that focuses on spinal neutral movements and learn to design programming to maximize core development and minimize spinal strain.

**SA2C Saturday, 11:15am-12:15pm EDT**

### SH1FT®: SMART HIGH INTENSITY & FUNCTIONAL TRAINING

**Kayla Boninal**

Join us for a mashup class of our two signature formats: SH1FT (HIIT) and L1FT (strength & conditioning). Discover how to easily create mash-ups of your own and save yourself hours of prep-work using our market leading SH1FT® App - the tech solution that's turning teaching on it's head!

**SA2D Saturday, 11:15am-12:15pm EDT**



## DIET MYTHS & MISCONCEPTIONS

**Alex Bryce, MSE, CSCS**

Keto or intermittent fasting? Bulletproof coffee or detox teas? If you're confused by the misinformation on social media and don't know where to turn for evidence-based nutrition concepts, this is for you! (LECTURE)

**SA2E Saturday, 11:15am-12:15pm EDT**

## LEGAL ESSENTIALS IN A COVID WORLD

**Cory Sterling**

The pandemic flipped the fitness world on its head, meaning it's more important than ever to have best legal practices in place to ensure your business and assets are protected, and your community and clients are safe. Learn the legal essentials you need, including: waivers, employee vs. contractor agreements. (LECTURE)

**SA2F Saturday, 11:15am-12:15pm EDT**



## SPECIALIZE YOUR EXERCISE

**Myrna Brady**

Learn how to increase your class attendance and client base by marketing your skills to special populations. We will discuss niche groups in detail and identify the resources you can explore to become educated and certified on how to train these groups. (LECTURE)

**SA2G Saturday, 11:15am-12:15pm EDT**

## SA3 - SATURDAY SESSION 3

**12:30pm-1:30pm EDT**

**11:30am-12:30pm CDT**

**9:30am-10:30am PDT**

## KETTLEBELL TRAINING FOR ALL AGES

**Giovanni Roselli**

What was once looked upon with skepticism has now become a fixture in the fitness community. Explore the nuances of kettlebell training, common pitfalls, and why it may or may not be right for your clients.

**SA3A Saturday, 12:30pm-1:30pm EDT**

## THE INFLUENCE OF FASCIA ON THE ACTIVE ADULT

**Irene McCormick, MS, CSCS**

As we age, joint range of motion is lost, exerting a profound effect on physicality. Explore the influence of fascia and learn simple techniques to decrease edema, support positional

awareness, and improve agility & stamina. Examine percussive recovery tools, textured rollers and balls to perform quick releases.

**SA3B Saturday, 12:30pm-1:30pm EDT**

## **JUMPING ROPE: QUARANTINE CARDIO**

**Siri Chilazi**

Jumping rope is a quarantine-friendly total-body cardio workout you can do nearly anywhere – while burning 10+ calories per minute! In this session, master proper jumping technique (no rope necessary), and learn how to coach it virtually and in person. Leave with several adaptable workouts for you and your students.

**SA3C Saturday, 12:30pm-1:30pm EDT**

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

**CORE**  
HEALTH & FITNESS

**Abbie Appel**

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.

**SA3D Saturday, 12:30pm-1:30pm EDT**

## **MEALTIME MAKEOVER FOR EFFORTLESS WEIGHT LOSS**

**Dr. Candice Seti, Psy.D.**

Discover the 10 super-simple mealtime habits you can change that will lead to effortless weight loss success. No starvation, pills, or gimmicks! Just simple behavioral fixes that won't leave you starving! Learn easy ways to present these concepts to your clients that still fit within the scope of your practice. (LECTURE)

**SA3E Saturday, 12:30pm-1:30pm EDT**

## **FUTURE OF GROUP EX PANEL**

**Jeff Howard, Emma Barry, Nathalie Lacombe, MS & Kimberly Spreen-Glick**

The landscape of group fitness has been forever changed by the current world health crisis. Join these top MANIA presenters as they guide you through what lies ahead for group fitness. Take away invaluable solutions, answers to pressing questions, and effective solutions to set yourself up for success moving forward in the new normal for Group Ex. (LECTURE)

**SA3F Saturday, 12:30pm-1:30pm EDT**

## **MARKETING MESSAGES**

**Debra Atkinson**

When every group fitness instructor, yoga instructor, trainer, and influencer is vying for your customer's attention and dollar, how do you compete? Join Debra as she explores social media practices of the past and redefines the best practices to use now. Examine the new problems clients are facing in the aftermath of the pandemic and develop creative solutions. How do you get her, keep her, and make a difference? The right words open doors. They're in this session. (LECTURE)

**SA3G Saturday, 12:30pm-1:30pm EDT**

## **SA4 - SATURDAY SESSION 4**

**2:00pm - 3:00pm EDT**

**1:00pm - 2:00pm CDT**

**11:00am - 12:00pm PDT**

## **FUNDamental PERFORMANCE**

**Michelle Leachman**

With all the craze of how to move, what time of the day is best and which muscles activate when you exercise- let's just hit pause. Have we lost the importance of the foundational prime movement patterns? To build a better performing body, we need to strengthen the foundation. Take part in this active moving workshop, to better understand prime movement patterns while learning a variety of exercises applicable to training for ADLs, obstacle courses and more!

**SA4A Saturday, 2:00pm-3:00pm EDT**

## **ESSENTIAL EXERCISES TO FIX LOW BACK PAIN**

**Margot McKinnon, MED, NCPT**

When the rhythm of hips, pelvis and spine is off, lower back dysfunction and pain are not far behind. Learn a variety of gentle, proven ways to improve the rhythmic functioning of these areas so lower back pain dissipates. Your PT and Group X clients will love you.

**SA4B Saturday, 2:00pm-3:00pm EDT**

## **BARRE BURSTS & BLENDS**

**Jessica Maurer**

Ditch the complicated choreography and get back to the basics. Blend cardio bursts with total-body endurance exercises in this sweaty, simple workout. Finish with a core & restore focused segment that transitions you back to your life.

**SA4C Saturday, 2:00pm-3:00pm EDT**



## BEATBOSS™ APPLIED SCIENCE OF MOVEMENT



### Andrea Austin & Robert Leadley

Join BeatBoss™ Indoor Biking and learn why intentional angle changes on an indoor group cycle, within this beat and science-driven indoor cycling methodology, keeps your body optimally healthy. Then lace up, clip in, and join us for a high energy revolutionizing ride sure to wake up your inner boss! Lecture followed by BeatBoss™ Master Class.

**SA4D Saturday, 2:00pm-3:00pm EDT**

## WHY ALL WOMEN SHOULD STRENGTH TRAIN

### Alex Bryce

Resistance training is the BEST medicine you can give your body. Explore the key principles that help fight aging, improve function, and learn why every woman should have a barbell in her hands! (LECTURE)

**SA4E Saturday, 2:00pm-3:00pm EDT**

## LEADING DIVERSITY & INCLUSION IN FITNESS

### Siri Chilazi

Heard recently about things like allyship, bias, (in)equity, and microaggressions? Wondering how this applies to YOU as a fitness professional? Discover how you can lead the way and deliver next-level inclusive and impactful exercise experiences to ALL of your clients regardless of gender, gender identity, race, body size, (dis)ability, etc. (LECTURE)

**SA4F Saturday, 2:00pm-3:00pm EDT**

## FACEBOOK FOR YOUR FITNESS BUSINESS

### Marisa Hoff

Traditional marketing methods aren't yielding the results they once did. Facebook can be a simple, yet cost-effective marketing tool. Although most of us know the importance of social media, few of us have the time to develop effective campaigns. Learn why Facebook still needs to be the medium to use in marketing and how it is a cost-effective way to increase brand awareness. Attendees will learn best practices for using Facebook to increase leads, engage and retain members as well as generate revenue. (LECTURE)

**SA4G Saturday, 2:00pm-3:00pm EDT**

## SA5 - SATURDAY SESSION 5

**3:15pm- 4:15pm EDT**

**2:15pm - 3:15pm CDT**

**12:15pm - 1:15pm PDT**

## 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.

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

## CORE FOR BOOMERS

### Billie Wartenberg

This session will lead you in practical exercises to meet the needs of Boomers, the largest population in America. Learn core options and modifications to meet the wide variety of fitness levels within the Active Adult population to keep them young in their golden years!

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

## WARRIOR WORKOUT

### Kimberly Spreen-Glick

Unleash the fierce and graceful warrior inside yourself! Get your heart pumping with a high energy 30-minute Kickboxing routine followed by a 30-minute Yoga sequence.

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

## GET A CUE! VIRTUAL TRAINING

### Sheldon McBee, MS

It's a new world for fit pros as the pandemic has solidified virtual training as a front-runner in current industry trends. In this session, learn, practice and hone key skills to master cueing to hybrid and virtual clients, and gain the confidence to take your virtual instruction to the next level.

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

## AGELESS INTENSITY

### Pete McCall, MS

Successful Aging is the process of aging free from disease while maintaining high levels of physical and cognitive performance. Exercise in general, and high intensity exercise in particular, plays an essential role in mitigating the effects of the aging process and can help individuals age successfully. This session will review the benefits of high intensity exercise

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for adults of ALL ages, but especially for those over the age of 40! (LECTURE)

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

## **SOCIAL MEDIA PANEL**

**Christine Conti, Jessica Maurer, Marisa Hoff & Dane Robinson**

Come join social media gurus and fitness marketing experts as they explore ways to wade through the white noise of Digital and Social Media Marketing like our finest millennials. Discuss the dos and don'ts, myths and misconceptions, and learn how to use the diversity of Social Media for yourself, your business and your clients. (LECTURE)

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

## **SIX STEPS TO SIX FIGURES**

**Jordana Schelberg**

This session will teach you how to completely reframe your fitness business to work smarter (not harder) and transform your clients into a committed community by harnessing the power of pre-commits. We'll break down what pre-commits are and why they have the power to supercharge your revenue. You'll learn how to identify your ideal client and niche to start attracting the right clients, and how to structure, price and develop, and launch your pre-commits with a framework for selling effortlessly on social media. (LECTURE)

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

**TALENT/HACK**

## **SA6 - SATURDAY SESSION 6**

**4:30pm - 5:30pm EDT**

**3:30pm - 4:30pm CDT**

**1:30pm - 2:30pm PDT**

## **GAME YOUR CORE**

**Manuel Velazquez**

Move over traditional sit-ups and crunches, we're shaking things up and gamifying core work! In this session, learn fun games that inspire friendly competition amongst your clients while sculpting, toning and strengthening the body's center of power. Clients will stay for the laughs and return for the results!

**SA6A Saturday, 4:30pm-5:30pm EDT**

## **STRESS-BUSTING RECOVERY TECHNIQUES**

**Giovanni Roselli**

Ever have a client walk into a training session looking like they were run over by a herd of elephants? For many clients, unmanaged and excessive stress hinders their training progress

and puts them at jeopardy for injury or illness. Arm yourself with the necessary recovery techniques to help restore homeostasis and promote stress relief your client so desperately needs!

**SA6B Saturday, 4:30pm-5:30pm EDT**

## **CHAIR, DON'T CARE**

**Billie Wartenberg**

Level UP your chair classes with many useful ideas you will learn in Chair Don't Care. Experience helpful progressions, regressions, creative programming ideas and much, much more!

**SA6C Saturday, 4:30pm-5:30pm EDT**

## **DOWN & DIRTY 30**

**Irene McCormick, MS, CSCS**

In this ah-mazing experience you will take the coaching techniques used in Quick & Dirty 30 and apply strength and HIIT programming! These are the BEST ideas for quick and intense group training experiences! Explore the variety in body weight HIIT and DB Strength work. Experience advanced coaching techniques, unique, highly effective group training protocols and learn hard core, turn-key workout ideas that improve fitness performance.

**SA6D Saturday, 4:30pm-5:30pm EDT**

## **SELF-CARE FOR YOUR IMMUNE SYSTEM**

**Dr. Candice Seti, Psy.D.**

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

**SA6E Saturday, 4:30pm-5:30pm EDT**

## **NEW WORLD SALES & 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 ways that 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. (LECTURE)

**SA6F Saturday, 4:30pm-5:30pm EDT**

## **CREATE A SERVICE CULTURE**

**Lisa Gorsline**

Create a fun and innovative service culture that will keep your members coming back to your club for years! Learn how to

build relationships through programming and ideas to differentiate you from your competition. Put the fun back into your club! (LECTURE)

**SA6G Saturday, 4:30pm-5:30pm EDT**

## SUNDAY, MAY 23

### SU1 - SUNDAY SESSION 1

**10:00am-11:00am EDT**

**9:00am-10:00am CDT**

**7:00am-8:00am PDT**

#### PERFECT PEACHES

**Jeff Howard**

Squats, lunges and deadlifts are great exercises to achieve the perfect peach, but there are tons more! Join Jeff Howard and discover how traditional lower body exercises can be easily modified using stability and mobility principles to target the glutes! Learn progressions and sequences that will “kick your butt” and achieve the perfect, round peach!

**SU1A Sunday, 10:00am-11:00am EDT**

#### GET A HEAD START ON AGING

**Rosie Malaghan**

Exercise has been proven to slow cognitive decline associated with aging. Learn how exercise influences the body's biological systems and functions to keep brains healthy and sharp! Practice innovative movements and techniques, complete with tons of options for clients of all fitness levels, and update your active aging training sessions today!

**SU1B Sunday, 10:00am-11:00am EDT**

#### THE BARE ESSENTIAL - STRENGTH TRAINING 101

**Gail Bannister-Munn**

Most strength training classes have so many props and toys. This is a total body conditioning class using few props while creating incredible results. This class will teach new instructors a strong coaching baseline in how to coach a great strength class, complete with progressions for every fitness level.

**SU1C Sunday, 10:00am-11:00am EDT**

#### HOUSE PARTY FITNESS®

##### CARDIO HIP-HOP

**Brooke Pias**

House Party Fitness® is cardio hip-hop with a twist! House Party Fitness® is not only a bass bumping and heart pumping cardio workout, it also blends intervals of resistance training to sculpt, build muscle, and experience the “after burn.” Get the House Party® vibe.

**SU1D Sunday, 10:00am-11:00am EDT**

#### MOVEMENT THERAPY TO SUSTAIN OPTIMAL HEALTH

**Kimberly Miller, NKT, ACE CPT**

Misalignment within the skeletal system and muscle compensations can create poor posture, ineffective nerve signaling and pain. Discover vitality movement routines designed to improve balance, flexibility and fluidity. Learn how to move with ease and improve the aging process. (LECTURE)

**SU1E Sunday, 10:00am-11:00am EDT**

#### FINANCING OPTIONS TO GROW YOUR BUSINESS

**Marisol Cruz**

In this session, learn how to prepare yourself and your business for the process of underwriting. Review and discuss various methods and products available to finance your new studio or fitness center. Bring your entrepreneurial mindset and all of your questions for the Q & A section to conclude the session. (LECTURE)

**SU1F Sunday, 10:00am-11:00am EDT**

#### BLUEPRINT FOR SUCCESS

**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. (LECTURE)

**SU1G Sunday, 10:00am-11:00am EDT**



## SU2 - SUNDAY SESSION 2

**11:15am-12:15pm EDT**

**10:15am- 11:15am CDT**

**8:15am-9:15am PDT**

### CREATIVE BARRE WARM-UPS

**Billie Wartenberg**

Have you ever noticed that the hardest part of your class is just getting started? This session will guide you on how to create successful warmups for your members. Attendees will walk away with two brand-new warm-ups and will be on their way to a GREAT Class!

**SU2A Sunday, 11:15am-12:15 EDT**

### YOGA FOR GRACEFUL AGING

**Gretchen Gegg MEd**

Slow (and in some cases turn back) the hands of time by incorporating yoga into fitness for the 60+ population. Learn the benefits of asana, breathing practice and meditation for active agers. Walk away with sequencing ideas for a full yoga class or bits and pieces that can be incorporated into other formats.

**SU2B Sunday, 11:15am-12:15 EDT**

### STRETCH & PERFORM: THE BANNISTER METHOD™

**Gail Bannister-Munn**

The Bannister Method is designed to increase muscular balance, strength, flexibility, and bring energy into the body. You will learn how to find your Balance, Strength, Flexibility, and Flow and develop inner strength and an understanding of your limitations to either move beyond them or stay within your boundaries.

**SU2C Sunday, 11:15am-12:15 EDT**

### 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 maximal training effect. Discover ways to effectively work these necessary rides into your training protocols. Time to Rock Steady.

**SU2D Sunday, 11:15am-12:15 EDT**



## ALL ABOUT INTERMITTENT FASTING

**Dr. Charles Charlop, MD**

All of your intermittent fasting questions answered! You'll learn the who, what, when, why, and how of the hottest diet and anti-aging craze. After this lecture, you'll be ready to give intermittent fasting a try. (LECTURE)

**SU2E Sunday, 11:15am-12:15 EDT**

## RECRUIT, TRAIN, MOTIVATE & RETAIN

**Myrna Brady**

Your clients and staff are the backbone of your fitness business. In this session, learn innovative approaches for recruiting ideal staff members and clients, and proven strategies for retention that will motivate for years to come. (LECTURE)

**SU2F Sunday, 11:15am-12:15 EDT**

## DO YOU HAVE MAD CRED?

**Michelle Leachman**

It's not enough to be just an instructor- you need to be THE Reputable Physical Activity Influencer! In this session, learn credential requirements for various courses and programming, and steps for creating approved CEC courses to propel your passive income potential. Leave with the knowledge to set yourself apart from the competition to land the most coveted positions in the industry. (LECTURE)

**SU2G Sunday, 11:15am-12:15 EDT**

## SU3 - SUNDAY SESSION 3

**12:45pm-1:45pm EDT**

**11:45am-12:45pm CDT**

**9:45am-10:45am PDT**

### GLUTE CAMP

**Keli Roberts**

Glute Camp combines KettleBell conditioning with plyometric medicine ball techniques to improve anaerobic strength, while enhancing power production, caloric expenditure and EPOC. This HIIT program incorporates lower body physical execution techniques, plyometric progressions and exercise guidelines. Learn the science behind metabolic conditioning with the practical application to change your leg day into a Glute Camp!

**SU3A Sunday, 12:45pm-1:45pm EDT**

## **STRONG & STEADY YOGA FITNESS**

**Nathalie Lacombe, MS**

The best of both worlds! Build strength, mobility, balance, and stability like never before by fusing Yoga with fitness. Using body weight and a variety of home-workout props as further resistance, we will unlock the potential of fitness movement patterns combined with Yoga asanas and flows. Your clients will no longer have to choose between their Yoga and training sessions; they'll Namaste and NamastYay!

**SU3B Sunday, 12:45pm-1:45pm EDT**

## **FLUID CORE FUSION**

**Manuel Velazquez**

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

**SU3C Sunday, 12:45pm-1:45pm EDT**

## **YOUR BRAIN ON**

### **HIIT BY STAIRMASTER**

**Pete McCall, MS**

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 tends to be overlooked and misunderstood.

**SU3D Sunday, 12:45pm-1:45pm EDT**

## **TRAINING INDIVIDUALS WITH NEUROLOGICAL CONDITIONS**

**Kimberly Miller, NKT, ACE CPT**

With increasing incidences of individuals being diagnosed with neurological disorders such as Multiple Sclerosis, ALS and Parkinson's, it is more critical than ever to gain additional tools to safely service those seeking your services. Learn exercises and lifestyle habits to help stall disease progression and improve current movement abilities. (LECTURE)

**SU3E Sunday, 12:45pm-1:45pm EDT**

## **THE IT FACTOR - HOW TO BUILD A BRAND**

**Lisa Simone Richards**

How are popular fitness brands able to charge \$30+ for a class and still have a waitlist? There may be a similar studio down the street doing the exact same thing, for less money, but they're barely half-full? They have The IT Factor. Join Lisa for this informative session & learn how to build an In-Demand brand. (LECTURE)

**SU3F Sunday, 12:45pm-1:45pm EDT**



## **WHAT WOMEN WANT!**

**Debra Atkinson**

Join Debra Atkinson as she discusses six different studies featuring women in menopause and find out what women really want! Learn to market, sell, and design programming to attract new clients immediately, all on a shoestring budget! (LECTURE)

**SU3G Sunday, 12:45pm-1:45pm EDT**

## **SU4 - SUNDAY SESSION 4**

**2:00pm - 3:00pm EDT**

**1:00pm - 2:00pm CDT**

**11:00am - 12:00pm PDT**

## **TRANSFORMATIONAL TRAINING AFTER 40**

**Irene McCormick, MS, CSCS**

Cardio may be Queen, but Strength Training is KING when it comes to overcoming the biological processes of aging. New research and updated guidelines recommend strength training for women 40 to 60-years and older, as primary to maintain optimal health and fitness. This group is not fragile. Your clients are looking for a challenge, so an understanding of the right intensity, including volumes, is critical. Gain insights from research including the importance of the SAID Principle, Tri-Sets, Cluster Sets, and Single-Joint exercises in a transformational training program for women over 40.

**SU4A Sunday, 2:00pm-3:00pm EDT**

## **FLEXIBILITY FOR THE INFLEXIBLE**

**Keli Roberts**

Immobility and inflexibility increases movement inefficiencies creating postural imbalances leaving the body prone to pain and overuse injuries. In an interactive setting, learn the science behind myofascial release and corrective flexibility training techniques. Apply smart movement strategies to target the stability/mobility relationships that balance the body's structures.

**SU4B Sunday, 2:00pm-3:00pm EDT**

## **GLUTE TRAINING FOR STRENGTH & PERFORMANCE**

**Alex Bryce, MSE, CSCS**

If your body is a car, the glutes are definitely the engine. Rev up your understanding of gluteal anatomy/function, and learn important implications for program design. Apply these key concepts to improve the strength, power, and performance of the most important muscle group in the body. (LECTURE)

**SU4C Sunday, 2:00pm-3:00pm EDT**

**OBSTACLE FITNESS FOR KIDS!****Philip Pirollo**

Be part of the KIDS FITNESS MOVEMENT with PKfit! Our unique program, combining Parkour & Ninja skills, teaches kids (3-9yo) to move through obstacles in the most purposeful and efficient way, and it's fun as heck! Watch as they develop physical strength and the mental fortitude to overcome anything!

*SU4D Sunday, 2:00pm-3:00pm EDT*

**KNOW BODY, CLIENT & SOUL****Ann Gilbert**

A new year means new opportunities! Join Ann as she helps formulate new game plans for a successful 2021! Discuss new research and strategies that will ensure fun, confidence boosting programming for active agers and create the ultimate wellness experience for your mature clients! (LECTURE)

*SU4F Sunday, 2:00pm-3:00pm EDT*

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