

dc mania[®]

fitness pro convention

Register Here



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

Certifications Thurs Feb 26

→ SCW Group Exercise

J. Roberts • 8am-5pm

→ SCW Personal Training

Bannister-Munn • 9am-6pm

→ SCW Pilates Matwork

Appel • 8am-5pm

→ WATERinMOTION[®] Aqua Exercise

Kulp • 9am-5pm

→ SCW Aquatic Exercise

Layne • 9am-5pm

SCW Pilates Reformer Fundamentals

Bender 9am-5pm

Room

A

Function & Active Aging

Room

B

Power & Personal Training

Room

C

Group Programming

Room

D

Recovery / Mind-Body

Room

E

Waterworks (Starts in lecture)

FR1

7:30am-8:45am

Line Up & Let's Dance
Merced (NEW)

Palango! Strength
Ojeda (NEW)

Get Off Your Back
P. Ross (NEW)

Core Strength Meets
Control Freaks
Toole (NEW)

Wave Works
Kulp & Carroll (NEW)

FR2

9:00am-10:15am

Strength Training for
Longevity & Vitality
Kooperman

Kettlebell Training
for Women
P. Ross

Never Just a Workout
Young (NEW)

Hands-On vs. Self-Stretching
Armantrading (NEW)

Fall Prevention in the Pool
Layne (NEW)

EXPO SHOPPING 10:00am-11:00am

FR3

11:00am-12:15pm

Forever Pilates
Appel

Arms, Butts & Core
on the Floor!
Bannister-Munn (NEW)

SHINE Dance Fitness™
Nielson (NEW)

The Low Back
Blueprint
Fox (NEW)

Aqua Power:
One Dumbbell Circuit
Kulp (NEW)

EXPO SHOPPING 12:00pm-2:45pm

FR4

Session 1
12:30pm-1:45pm
Session 2
1:15pm-2:30pm

Balance Exercise Toolbox
Gellert (NEW)
Session 1

The Hidden Core
P. Ross
Session 1

Shimmilicious Explosive Barre
Doherty (NEW)
Session 2

Mind-Body Mashup
Appel (NEW)
Session 2

Liquid Gym Acqua
Punch & Pump
Kulp Session 2

FR5

2:45pm-4:00pm

S.E.A.T. Beats
Angles & Carroll (NEW)

Band Strong:
Train Anywhere Power
Bannister-Munn (NEW)

Broadway Dance Fitness
Cooperman (NEW)

Knee Replacement
Recovery Fitness
Gellert (NEW)

Aqua Disco
Haggard (NEW)

EXPO SHOPPING 3:45pm-4:30pm

FR6

4:30pm-5:45pm

High Roller
Gail Bannister-Munn

SomaPWR Yoga Sculpt
Friedman (NEW)

Step it Up!
Turner

Moving
Meditations
J. Roberts (NEW)

Ageless Aqua
Kulp, Carroll, & Carvalho (NEW)

FR7

6:00pm-7:00pm

SCW FITNESS STAR SEARCH
Kooperman, J. Roberts, & Kulp

Dance Off! Batyan, Helmuth,
Haggard, Soul Fusion, SHINE,
Cooperman, Doherty & Palango!

SA1

7:30am-8:45am

Life Happens on One Leg
Melissa Layne, MEd

Kettlebell Krush
Turner

UPLIFT Strength Fitness
Dolan (NEW)

Warrior® Tai Chi Yoga
and Qi Gong Fusion
J. Roberts

Drip & Drop
Haggard (NEW)

EXPO SHOPPING 8:30am-9:15am

SA2

9:15am-10:30am

KEYNOTE ADDRESS: TRENDS IN FITNESS
Sara Kooperman, JD - Room A

EXPO SHOPPING 10:30am-11:00am

SA3

11:00am-12:15pm

Warrior® Workout
J. Roberts

Stability Ball Breakthrough
Bannister-Munn

Supa Dupa Fly
Helmuth (NEW)

Stretch Strategies
for Major Lifts
Armantrading (NEW)

Liquid Gym Acqua Toner
Stretch & Tone
Kulp

EXPO SHOPPING 12:00pm-2:45pm

SA4

Session 1
12:30pm-1:45pm
Session 2
1:15pm-2:30pm

S.E.A.T. Supported Exercise
for Ageless Training
Carroll & Angles
Session 1

Developing an Intuitive
Warm-Up
Craddock (NEW)
Session 2

ZUMBA®
Busch
Session 2

Prevent Injury By
Restoring Function
Melis (NEW)
Session 1

Tides of Power
Kulp, Carvalho, Haggard &
van der Meer (NEW)
Session 2

SA5

2:45pm-4:00pm

Bodyfit:
Tips on Modifications
K. Ross (NEW)

SOULstrength™ EXPERIENCE
Carvalho & Angles

Palango! Cardio
Ojeda (NEW)

Restorative Stretch
Bannister-Munn (NEW)

Soca Splash
Haggard (NEW)

EXPO SHOPPING 3:45pm-4:30pm

SA6

4:30pm-5:45pm

50+ FUNCTIONal Fitness
Carroll

Power, Precision
& Plyo Step
Chilazi (NEW)

Glow, Glitter & Groove
Angles (NEW)

Tai Chi:
Original Group Exercise
Craddock (NEW)

Liquid Gym® Liquid Stars
Kulp (NEW)

SU1

7:30am-8:45am

Keys TO Unlock
Shoulder Pain
Fox (NEW)

Glide & Grind
Haggard (NEW)

Coaching Clients
with Pain
Michel (NEW)

A Barre Above the Rest
Batyan (NEW)

Dive Deep or Don't Bother
Henry (NEW)

SU2

9:00am-10:15am

Transcendent Flow: Music,
Movement & Mindfulness
L. Lowell, J. Lowell & Shelton
(NEW)

Programming Core
Workouts and Classes
Chilazi (NEW)

Simplify Your Sweat Sessions
Zywiec (NEW)

SOULfusion™ EXPERIENCE
Carvalho & Angles

AQUA-BATA
van der Meer (NEW)

EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm

SU3

10:45am-12:00pm

Chair Yoga for
Mobility & Strength
Kooperman (NEW)

Welcome to the
Terrordome
Turner (NEW)

STEP IGNITION!
van der Meer (NEW)

SomaPWR:
Hands-On Training
Friedman (NEW)

Aqua Core Amour:
Love Your Center
Williams (NEW)

SU4

12:15pm-1:30pm

Flex & Power:
Hip Mobility Mastery
Kulp

Fight Club
Beyer (NEW)

Buttery Joints
for Life
Chilazi (NEW)

H.E.A.T. WAVES
Henry (NEW)

Fri February 27

Sat February 28

Sun March 1

Certifications Sun March 1

→ **S.E.A.T. FITNESS**
Carroll • 8am-4pm

→ **SCW Active Aging**
Layne • 8am-4pm

→ **SCW Stretching & Flexibility**
Bannister-Munn • 8am-4pm

→ **SCW Yoga I**
J. Roberts • 8am-4pm

→ **ZUMBA® Basic 1 Training**
Busch • 7:15am-4:00pm

→ **PALANGO! Fitness Teacher Training**
Ojeda • 8am-3pm

Room
F
**Nutrition/
Ex Science**

Room
G
**Leadership/
Business**

Room
H
**Pilates
Reformer**

Pre-Recorded
Sessions
**Personal
Training/
Strength**

Pre-Recorded
Sessions
**Restore/
Pilates
/Tai-Chi**

Pre-Recorded
Sessions
**Active Aging/
Functional
Training**

Pre-Recorded
Sessions
**Nutrition/
Exercise
Science**

Blood Sugar Blueprint Beyer (NEW)	SomaPWR: From Idea to Creation Friedman (NEW)	
Internal Wellness Fuels Outer Beauty Caldwell (NEW)	On-Camera Technique for Fitness Pros Doherty (NEW)	Intro to Reformer Essentials Toole (NEW)
EXPO SHOPPING 10:00am-11:00am		
Protein Quality, Synthesis, Structure and Deficiency Layne	The Employee Wellness World Cooperman (NEW)	
EXPO SHOPPING 12:00pm-2:45pm		
Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Fox, Melis & Armantrading (NEW) Session 2	Build Fitness Community Young (NEW) Session 1	Glutes, Quads and Hamstrings Burn Toole (NEW) Session 1
Physiology of Obesity and Weight Loss Drugs Layne (NEW)	Marketing to Active Agers Panel Kooperman, Toole, K. Ross (NEW)	
EXPO SHOPPING 3:45pm-4:30pm		
Lipids: The Skinny on Fat Layne (NEW)	Know Your Worth K. Ross (NEW)	
	Stronger Muscles, Younger Body Pajunen (NEW)	

Pro Athlete Recovery Robinson	Pilates: Mat to the Max Appel	Boost Better Balance Rothschild	Alcohol & Aging- Myths vs. Facts Charlop
Beyond Squat: Unconventional Lower Body Training Rockit	Ayurveda for Self-Care Jennings-Hill	No Floor Core and Balance Layne	Body Composition 101: Tools & Insights Han
Mobility Training: Online or In-Person Webb	Sleep Habits: Key to Fitness Layne	Fall Prevention for Fitness Professionals Conti	How To Know If You're Under-Eating Digsby
Pack Your PT Sessions: Successful Sales Gilbert, Toole, Rothschild, Webb	Gentle Yoga For Mobility Kooperman	Nail The Perfect Warm-up Chilazi	Supporting Clients on Anti- Obesity Medications Gilbert
The Art of Coaching Trione	The Recovery Barre Howe	Dare to Chair Gilbert	Nutrition: Hot Topic Research Layne
Strength & Grace: Back to Power Lemons	Pilates Functional Powerhouse George	Total Body Shaping McBee	Mastering Macros Toole
Progressive FITT: Functional Tube Training K. Roberts	The Battle for Mobility McCormick	Functional Training with Foam Rollers Garcia	Cancer Wellness Strategies Conti

Muscle Meets Mind Karkoska (NEW)	Conflict to Connection: Navigating Tough Conversations Digsby (NEW)	Intro to Reformer Essentials Toole (NEW)
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: TRENDS IN FITNESS Sara Kooperman, JD - Room A		
EXPO SHOPPING 10:30am-11:00am		
Ditch Diet Drama Toole (NEW)	Botanical Science for Holistic Wellness Crichlow (NEW)	Strong Arms, Shoulders and Backs Bender (NEW)
EXPO SHOPPING 12:00pm-2:45pm		
Women: Training Through the Stages Layne Session 2	Strength Training for Active Agers Panel Kooperman, Bannister-Munn, J. Roberts, K. Ross & Pajunen (NEW) Session 1	Deep Dive for Amateur Athletes Bender (NEW) Session 1
Smart Food Choices for Longevity Digsby (NEW)	Train Smarter, Not Harder Karkoska (NEW)	
EXPO SHOPPING 3:45pm-4:30pm		
Stress & Inflammation: Impacts & Outcomes Layne (NEW)	Women's Leadership: Climbing, Creating & Conquering in Fitness Kooperman, Bannister-Munn, K. Ross, & J. Roberts (NEW)	Mobility, Flexibility and Recovery Flow Bender (NEW)

Intervals Reimagined: Strength – Power – Roll Conti	Agless Pilates Bender	Chair Yoga Spreen-Glick	Shoulder Savior - Conquer Shoulder Pain Fox
Killer Core Appel	Qi Gong: Breathe, Balance, Energizer Haan	Comprehensive Active Aging Strategies Rothschild	Rethinking Obesity Treatment: Elevate your Business Rogers
Hip Mobility for Peak Performance Bannister-Munn	Teaching Restorative Yoga Without Props Ratliff	Tailored Training For Active Agers Toole	Inflammation: The Exercise-Nutrition Nexus Fearheiley
Creative Core Solutions Madden	Breath Empowerment Craddock	Balance & Coordination for Active Agers Velazquez	Preventing Common Fitness Injuries Laskowski
Glute Training: Beginner to Advanced Johnson	Yin + Restore Greenbaum	Dementia Client Strategies for Trainers Rothschild	Solve 30 Training & Nutrition Mistakes Mike
Power in the Transverse Plane: How to Become a Rotational Powerhouse Mike	Trauma-Informed Care on the Mat and Beyond Haan	Perfect Programming for Active Agers Toole	Where Healthy Meets Happy Digsby

Cracking the Code to Weight Loss Toole (NEW)	Detox, Digest, Thrive, and Glow Offerdahl (NEW)	Check Out Career Changing Certifications at scwfit.com/dc/certs
Personal Training Meets Stretch Therapy Armantrading (NEW)	High-Performance Fitness Culture Karkoska (NEW)	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm		
The Truth About Processed Foods Digsby (NEW)	Programming for GLP-1 Users Michel (NEW)	
Trending Diets & Weight Loss Meds Digsby (NEW)	Digital Marketing Kickstart Helmuth (NEW)	

The Core 6- Strength & Movement Essentials Bannister-Munn	Prana Energy Greenbaum	Functional Fitness for Active Seniors Shuttic	Bringing Medicine and Fitness Together Dave Appel
Broken to Beast Fitness Programming Poirier	Boost Your Pre-Workout & Recovery Programming Ontiveros, Toole, Layne, Lemons	Athletic Aging Abbie Appel	Healthy Aging Weight Loss Childers-Richmond
Metabolic Disruption Turner	Breathing Meditation Rockit	Open the "Gait" to Fall Prevention Gilbert	Internal Wellness Fuels Outer Beauty Caldwell
Group Strength Blueprint George	Dynamic Stretching Singer	Pickleball Power & Performance Kooperman	Hydrate Before You Dehydrate Saniatan
Optimal Overhead Pressing Mike	Meditation is My Medication Haan	Joint Replacements: Returning Triumphant! K. Roberts	Healthy Eating for Active Agers Lemons