

MIDWEST MANIA®

HILTON ROSEMONT/CHICAGO O'HARE
OCT. 4-6, 2024

EXPO & SPONSORS

Symmetry for Health.....	1, 2	Stick Mobility.....	13	SCW Discount Equipment.....	24, 25, 26
Health One.....	3	Schwinn®.....	14	Schwinn®.....	27, 28, 29
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CO-SPONSORS



ASSOCIATE PLUS SPONSORS



ASSOCIATE SPONSORS



SUPPORTERS



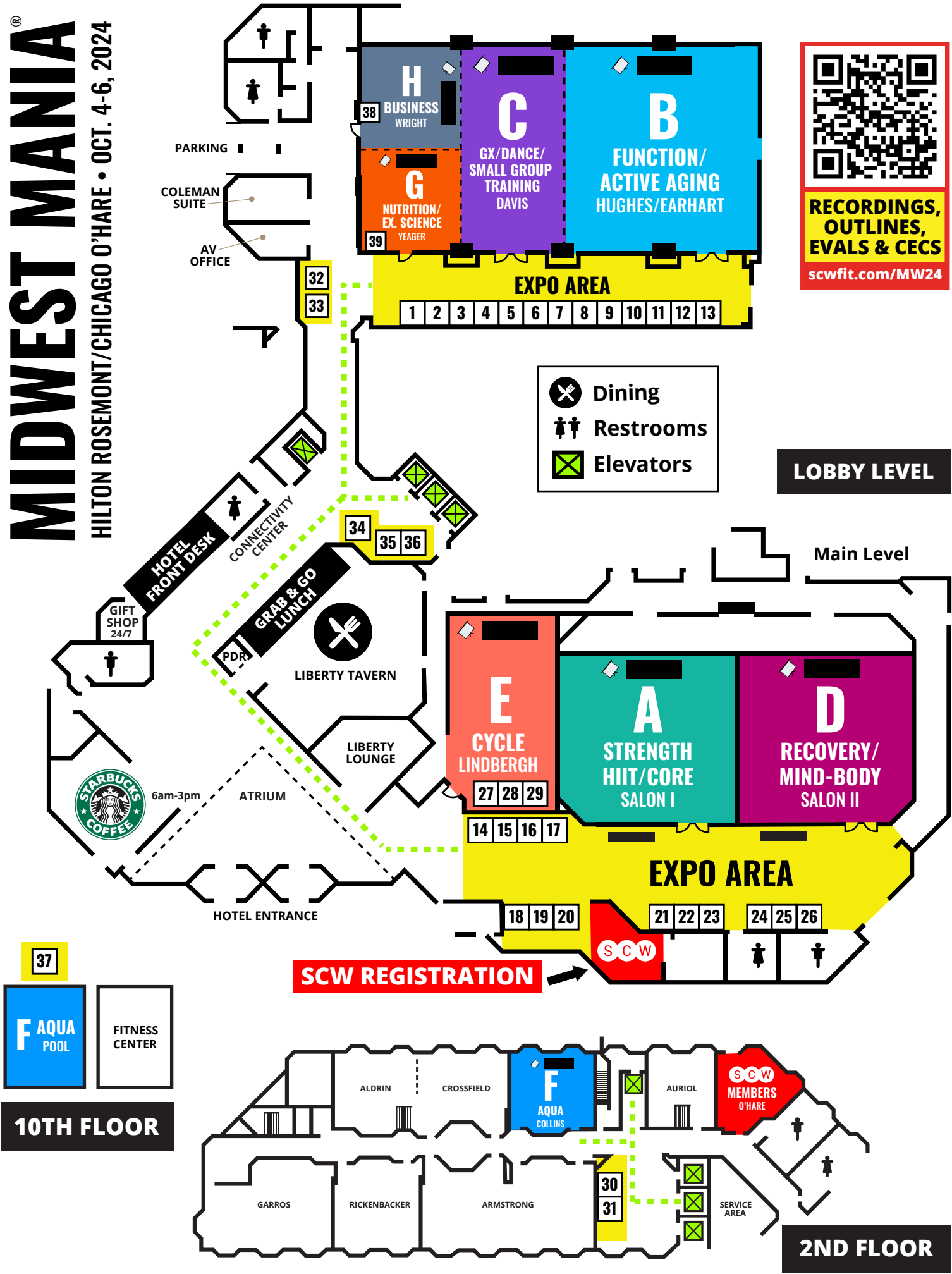
EXPO HOURS	
Friday, Oct. 4:	10:00am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
Saturday, Oct. 5:	8:30am – 9:15am 10:30am – 11:00am 12:00pm – 2:45pm 3:45pm – 4:30pm
Sunday, Oct. 6:	10:00am – 1:00pm (Closeout Shopping)

RECORDINGS,
OUTLINES,
EVALS & CECS

scwfit.com/MW24

MIDWEST MANIA®

HILTON ROSEMONT/CHICAGO O'HARE • OCT. 4-6, 2024



CERTIFICATIONS
THURSDAY,
OCTOBER 3



SCW PERSONAL
TRAINING
CERTIFICATION
Roberts
9:00am-6:00pm



SCW ACTIVE AGING
CERTIFICATION
Gilbert
9:00am-5:00pm



SCW GROUP EX
CERTIFICATION
Velazquez
8:00am-5:00pm



SCW CHAIR
YOGA
CERTIFICATION
Ratliff
9:00am-5:00pm



SCW MENOPAUSE
WELLNESS: THRIVE
WITH FITNESS
CERTIFICATION
Layne • 9am-3:30pm



SCW LIFE
COACHING
CERTIFICATION
Spreen-Glick
10:00am-4:00pm



SCW ACTIVE AGING
NUTRITION
CERTIFICATION
Toole
5:30pm-9:30pm

MIDWEST
MANIA®
FIT PRO CONVENTION

A

HIIT / CORE / STRENGTH

B

FUNCTION / ACTIVE AGING

C

GX / DANCE /
SMALL GROUP TRAINING

D

RECOVERY / MIND BODY

E

CYCLE

FRIDAY, OCTOBER 4	FR1	7:30am-8:45am	NO FLOOR CORE AND BALANCE Layne	"DON'T JUST SIT THERE!" CHAIR YOGA Ratliff	ADD AN EMOM Merrill	GENTLE YOGA FOR MOBILITY Velazquez	
	FR2	9:00am-10:15am	KILLER CORE Appel	ACTIVE AGING PLAYGROUND Toole	INTO THE RING Spreen-Glick	TIGER TAIL® GOODBYE BACK PAIN Zuleger	SCHWINN®: BEAST MODE Hogg
	EXPO SHOPPING 10:00am-11:00am						
	FR3	11:00am-12:15pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	BARREFUSION™ EXPERIENCE Coleman & Vandenberg	SYMMETRY SCIENTIFIC STRETCHING Mummy	SCHWINN®: RHYTHM ROADTRIP Appel
	EXPO SHOPPING 12:00pm-2:45pm						
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	INTEGRATED STRENGTH George & Merrill SESSION 1	DEMENTIA CLIENT STRATEGIES FOR TRAINERS Rothschild SESSION 2	ATHLETIC FLOW McMullen SESSION 1	TRUE POWER YOGA Spreen-Glick SESSION 2	SCHWINN®: ROAR INTO YOUR RIDE Kolovou SESSION 1
	FR5	2:45pm-4:00pm	MOBILITY TRAINING - ONLINE OR IN-PERSON Webb	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	SOULBODY YOGA SCULPT Miles	HUMAN REFORMER PILATES George	SCHWINN®: ROCK & ROLL RIDE Roberts
EXPO SHOPPING 3:45pm-4:30pm							
FR6	4:30pm-5:45pm	CORE TRAINING: FOUNDATIONS OF PERFORMANCE Taggart	TIME WITH TISSUE Gilbert	ULTIMATE LEG DAY Toole	YOGA TOUCH Kooperman	SCHWINN®: TRANSCEND CYCLE FLOW Hogg	
	FR7	6:00pm-7:00pm		FITNESS IDOL Kooperman, Gilbert, Esquerre & Toole	DANCE OFF! LaBlast®, ZUMBA®, Fit Pro Programming, Haggard, Wartenberg & Velazquez	MIND BODY BEAUTIFUL Spreen-Glick	



SCHWINN® CYCLING:
INDOOR CYCLING
CERTIFICATION
Hogg • 7:00am-5:00pm



water motion
AQUA EXERCISE
CERTIFICATION
Kulp
9:00am-5:00pm



THE MENTAL WELLBEING
CERTIFICATION FOR
FITNESS PROFESSIONALS
C. Brick and L. Brick
Online Exclusive



TOUGHAGERS®
INSTRUCTOR - ACTIVE
OLDER ADULT FITNESS
Rothschild • 9am-4pm

F

AQUA (STARTS IN LECTURE)

G

NUTRITION / EX. SCIENCE

H

BUSINESS

WAVES ON FIRE: ACTIVE AGERS Martin	10 STEPS TO ULTIMATE WEIGHT LOSS EXPERIENCE Netto	OPERATING A PROFITABLE BOUTIQUE STUDIO Gilbert
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ Figueroa & Tomassi	CHAIN REACTION BIOMECHANICS Hughes	START & GROW YOUR BUSINESS Kooperman, B. Clark, Webb, Day, & Lessard
EXPO SHOPPING 10:00am-11:00am		
AQUA BOOT CAMP BOQ-STYLE Ford	SUPPORTING CLIENTS ON ANTI-OBESITY MEDICATIONS Childers-Richmond	GET "CERTIFIED" TO RUN YOUR FITNESS BUSINESS! Day
EXPO SHOPPING 12:00pm-2:45pm		
LIQUID GYM ACQUA PUNCH & PUMP Velazquez SESSION 2	BUILDING MUSCLE WHILE LOSING FAT Layne SESSION 2	RETENTION STRATEGIES: UNLOCKING THE KEY TO CUSTOMER LOYALTY Netto SESSION 1
AQUA INNOVATE Martin	PREVENTING COMMON FITNESS INJURIES Laskowski	FIND & ENROLL CLIENTS USING SOCIAL MEDIA B. Clark
EXPO SHOPPING 3:45pm-4:30pm		
BUOY, OH BUOY, OH BUOY! Velazquez, Kulp & Vandenberg	UNDERSTANDING EXERCISE & ANTI-OBESITY MEDICATIONS Rogers	PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL Esquerre
KEYNOTE & COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME - Brandi Clark • Room H		

Pre-RecordedSESSIONS



PRE-RECORDED
PERSONAL
TRAINING



PRE-RECORDED
RESTORE / PILATES /
TAI-CHI

PRE-RECORDED
AQUA
EXERCISE

PRE-RECORDED

GAME YOUR CORE Velazquez	YOGA-PILATES RESTORE Bannister-Munn	H2O RAPID RESISTANCE Kulp	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS McBee
HIT 'EM UP STYLE DANCE JAM Turner	NO (DOWNWARD FACING) DOGS ALLOWED Fulton	AQUA ARTICULATIONS AND CARDIO Pyle	PUBLIC RELATIONS FOR FITNESS PROS DaCosta
ALL TIME HITS Appel	FLOW FREE & BE Spreen-Glick	AQUA YOGA BARRE Wartenberg	YOUR FINANCIAL HEALTH Ross
TOTAL BODY STRENGTH Richards	ELEVATED: NEXT LEVEL ACTIVE RECOVERY Robinson	CORE FUSION H2O Vandenberg	GROWTH: MUST OR BUST Kooperman, Ball, Clark, Ross & Dennis
73 WAYS TO HIT THE GLUTES Groves	QIGONG & SELF HEALING Craddock	WHEN BREATH MEETS WATER: AQUA YOGA Lemons	THE NUTS & BOLTS OF BUSINESS Esquerre
PLANKS WITH PROPS Esau	POPPIN' BOOTY PILATES Stys	POOL PERSONAL TRAINING Lagerhausen	SMALL BUSINESS GRASSROOTS MARKETING Kahn
CORE AMORE Madden	YOGA GROOVES Brasher	H2O STRENGTH Kulp	BUILD A HIGH PERFORMANCE TEAM Gilbert

SATURDAY, OCTOBER 5

SA1	7:30am-8:45am	FOREVER PILATES Appel	CREATIVE PROGRAMMING 55+ Wartenberg	PROP POWER: AMP UP YOUR BARRE WORKOUTS George & Madden	THE CHAKRAS: ALIGN YOUR ENERGY Kaufman	FASCIAL INTEGRATION OF THE FOOT, CORE AND DIAPHRAGM Splichal
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am			KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD ROOM B		
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	TOUGHAGERS® ACTIVE OLDER ADULT FITNESS Rothschild	LABLAST® FITNESS: BALLROOM BLITZ Figueroa & Tomassi	SOULBODY CARDIO SCULPT Syverson	SCHWINN®: BIKER BARRE Appel
EXPO SHOPPING 12:00pm-2:45pm						
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy SESSION 2	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert SESSION 1	SOULKICKBOXING™ Coleman SESSION 2	FUSION REVOLUTION McMullen SESSION 1	SCHWINN®: KETTLE & PEDAL Roberts SESSION 1
SA5	2:45pm-4:00pm	DEEP CORE AND PELVIC FLOOR Layne	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb	ALL ABOUT THE ANKLE Splichal	TIGER TAIL® RECOVERY FOR LONGEVITY Zuleger	SCHWINN®: NOWHERE TO HIDE Kolovou
EXPO SHOPPING 3:45pm-4:30pm						
SA6	4:30pm-5:45pm	FULL BODY 3D HIIT-CIRCUIT Hughes	TAILORED TRAINING FOR ACTIVE AGERS Toole	ZUMBA® Bullard	TAI-CHI FUSED YOGA Velazquez	SCHWINN®: MODE MAGIC Roberts

SUNDAY, OCTOBER 6

SU1	7:30am-8:45am	FLEX LIKE A BOSS Haggard	GET A GRIP! HEALTHY HANDS FOR STRENGTH AND LONGEVITY Splichal	STRENGTHEN & SUPPORT McMullen	SOULFUSION™ EXPERIENCE Coleman
SU2	9:00am-10:15am	BULLETPROOF YOUR FEET Splichal	AGING BRAINS & BONES Layne	KICKBOXING GROOVE Haggard	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Hughes
EXPO SHOPPING 10:00am-1:00pm					
SU3	10:45am-12:00pm	HUSTLE & FLOW Haggard	LABLAST® CHAIR FITNESS: PULL UP A SEAT Figueroa & Tomassi	BARRE HARD CORE Madden	SOULBODY RESTORE Sylvester
SU4	12:15pm-1:30pm	SPORT SCIENCE: UNLEASHING ATHLETIC POTENTIAL O. Clark	ATHLETIC AGING Madden	LABLAST® FITNESS FOR ALL AGES Figueroa & Tomassi	MOVE AND FLOW Taylor



get certified

FOR ONLY \$199

scwfit.com/midwest/certifications

CERTIFICATIONS
SUNDAY,
OCTOBER 6



SCW YOGA 1
CERTIFICATION
Velazquez
7:30am-3:30pm



SEAT
SUPPORTED EXERCISE
FOR AGELESS TRAINING
CERTIFICATION
Vandenberg • 7:30am-3:30pm



SCW PILATES
MATWORK
CERTIFICATION
Appel
7:30am-3:30pm



SYMMETRY
SYMMETRY POSTURAL
MEASUREMENT
CERTIFICATION
Mummy • 7:30am-3:30pm



ZUMBA®
JUMP START GOLD
Bullard
7:15am-3:30pm



SCW AQUATIC
EXERCISE
CERTIFICATION
Wartenberg
7:30am-3:30pm

get discounted
ONLINE CERTS
View them at scwfit.com/certs
\$100 OFF Code: MANIA100

H2O RAPID RESISTANCE Kulp	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Esquerre
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohailla Digsby, RDN, LD ROOM B		
EXPO SHOPPING 10:30am-11:00am		
AQUA ZUMBA® Bullard	PHYSICS OF PAIN & PERFORMANCE Mummy	FIND YOUR NEXT 50 LEADS B. Clark
EXPO SHOPPING 12:00pm-2:45pm		
AQUA DRUMS VIBES Wartenberg SESSION 2	RETHINKING OBESITY TREATMENT: ELEVATE YOUR BUSINESS Rogers SESSION 2	PACK YOUR PT SESSIONS: SUCCESSFUL SALES Kooperman, Toole, Rothschild & Hughes SESSION 1
AQUATIC EQUIPMENT INNOVATIONS Ford	TRENDING DIETS & WEIGHT LOSS MEDS Digsby	NAVIGATING LEGAL PITFALLS IN FITNESS Kooperman & Lessard
EXPO SHOPPING 3:45pm-4:30pm		
SILVER TSUNAMI Kulp, Wartenberg, Carvalho & Vandenberg	HOW YOU MOVE MATTERS Laskowski	PERSONAL TRAINER PROGRAMMING & PROFITS C. Gilbert

LIQUID GYM ACQUA TONER STRETCH & TONE Kulp	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	EMPOWERING DISABILITY FITNESS VENTURES Geslak
RIDE THE WAVE Kulp & Carvalho	KITCHEN MAKEOVER FOR FOOD LOVERS Digsby	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman
EXPO SHOPPING 10:00am-1:00pm		
WATER FIESTA: LATIN RHYTHMS FOR ACTIVE AGERS Sepulveda	THRIVING DURING PERI/MENOPAUSE MADNESS Childers-Richmond	SYSTEMS THINKING FOR HEALTH & FITNESS Stangel
AQUA ZEN Sepulveda	THE GUT - SLEEP NETWORK EFFECT Layne	WORKPLACE STRATEGIES FOR HEALTHY LIFESTYLES Griffith

BODY WEIGHT MILITIA Garland	FLEXIBILITY - STOP DOING IT WRONG Metcalf	CIRQUE DU SUSPEND: IMPACT-FREE AQUA EXERCISE Gili	BUSINESS BLUEPRINT FOR 2023 Robinson
BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING Rockit	PILATES: MAT TO THE MAX Appel	AQUA STRIDES & STRENGTH Dziubinski	5 STAR MANAGEMENT Spreen-Glick
LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY Chilazi	YOGA-BATA VIIT Lemons	AQUA CORE SENIOR STYLE Kulp	CLUB, STUDIO & CLIENT RETENTION Kooperman
Access to pre-recorded sessions can be found at scwfit.com/midwest			

RECORDED SESSIONS are filmed live at this MANIA® Convention and are only available online after the event at \$60 for 60 days with unlimited access.