


midwest mania[®]

fitness pro convention

Oct. 3-5 • Hilton Rosemont / Chicago O'Hare

Expo Hours	
Friday	8:30am – 4:30pm
Saturday	8:30am – 4:30pm
Sunday	8:30am – 12:30pm (Closeout Shopping)



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- Recordings
- Outlines
- Evals
- CEC/CEUS

www.scwfit.com/MW25

Expo & Sponsors Booths

Sangha Yoga Collective.....1	The Mobility Recipe.....11	Core Health & Fitness.....17, 18
SOULfusion™.....2	Fit Pro Programming.....12	Beneve / Sol.....19
FLX Stretch.....3	Nu Skin / Pharmanex®.....13	Alignsmart®.....20, 21
S.E.A.T. / WATERinMOTION®.....4	API Fitness.....14	somaPWR.....22
SCW Fitness.....5, 6, 7, 8, 9	SHINE Dance Fitness.....15	LaBlast®.....23
ToughAgers®.....10	Palango! Fitness.....16	Indigo Aquatics.....24

Co-Sponsors



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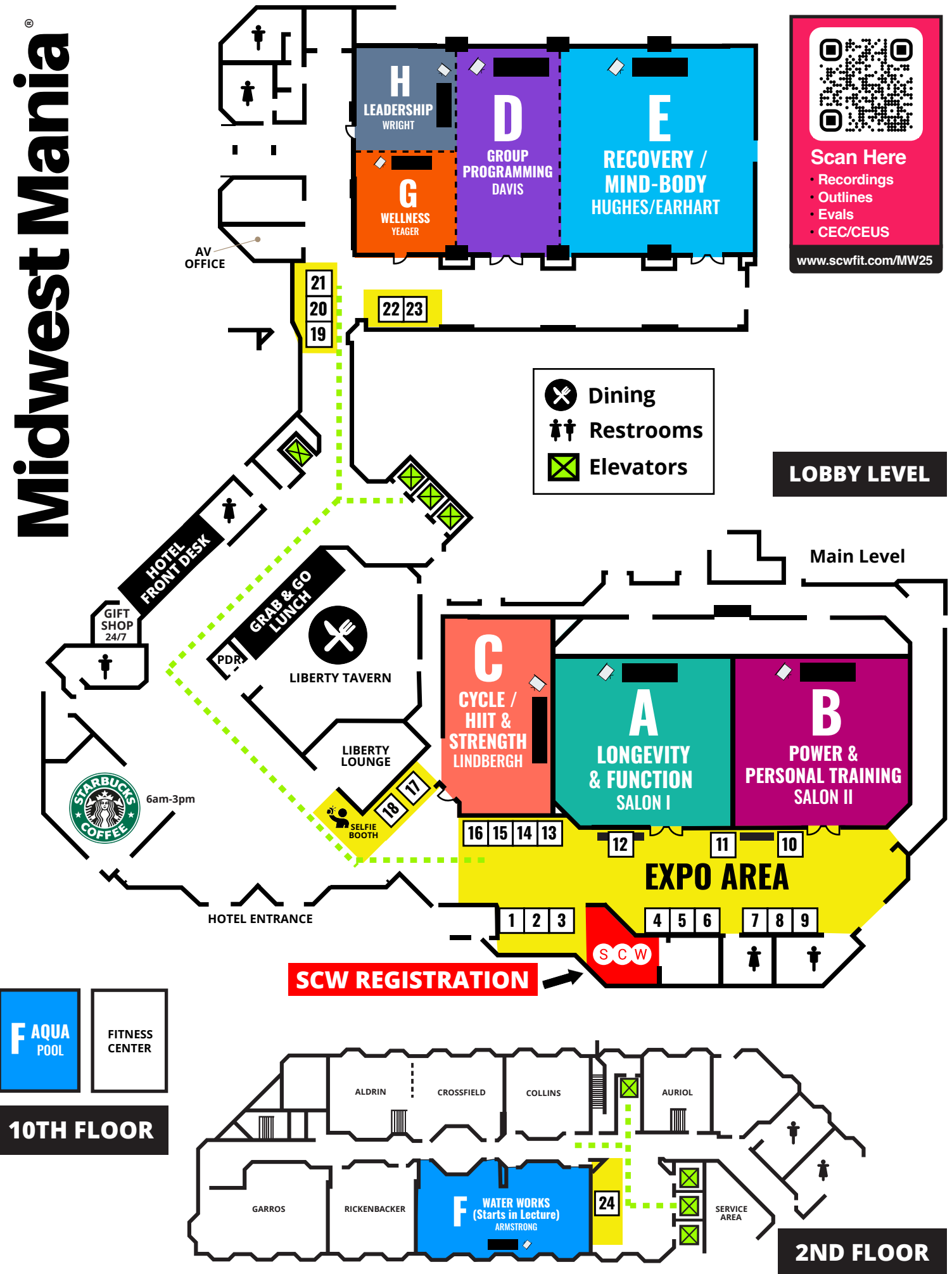

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Supporters



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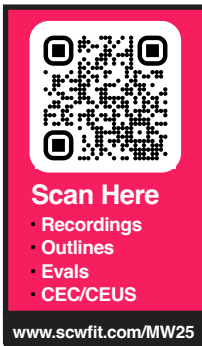



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📺 = being recorded



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Fri Oct 3

Sat Oct 4

Sun Oct 5

FREE Webinar
Strong Forever: Strength Training for Longevity
 Thurs. Oct. 2
 Sara Kooperman, JD,
 Ann Gilbert, Dr. Edward Laskowski,
 MD, Keli Roberts & Andrea Metcalf
 Register: scwfit.com/webinar



Certs Thurs Oct. 2

SCW Active Aging
Roberts • 9am-5pm

SCW Personal Training
Bannister-Munn • 9am-6pm

SCW Pilates Matwork
Toole • 8am-4pm

ZUMBA® Basic 1
Bostic • 7:30am-4pm

SCW Group Exercise
Velazquez • 8am-4pm

ToughAgers® Instructor
Rothschild • 9am-4pm

SCW Aquatic Exercise
Layne • 8am-4pm

LaBlast® Fitness Instructor
Figueroa & Astorino • 8am-5pm

SCW Life Coaching EXPRESS
Spreen-Glick 4:30pm-8:30pm

SCW Anti-Obesity Medication (AOM) Fitness Programming
Gilbert • 9:00am-5:00pm

SCW Chair Yoga
Ratliff • 9:00am-5:00pm

SCW Menopause Wellne EXPRESS
Layne • 4:30p

Room A Longevity & Function	Room B Power & Personal Training	Room C Cycle / HIIT & Strength	Room D Group Programming	Room E Recovery / Mind-Body
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Room F Waterworks (Starts in lecture)	Room G Wellness	Room H Leadership
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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
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FR1	7:30am-8:45am	No Floor Core and Balance Layne	Stability Ball Breakthrough Bannister-Munn	Cycle Strong, Transfer Life Roberts	Balls, Blocks, Bands: Pilates Fusion Metcalf	Deconstructing Asanas Ratliff
FR2	9:00am-10:15am	Dare to Chair Gilbert	Palango! Strength Ojeda	Quiet Chaos, Find Your Rhythm Sherman	Do This, Not That! Roberts	Human Reformer Pilates Howe
EXPO SHOPPING 10:00am-11:00am						
FR3	11:00am-12:15pm	Boost Better Balance Rothschild	Power Source: A Core Practice Ratliff	Fit for Life: Active Agers Thomson	ZUMBA® Bostic	Authentic Mat Pilates Uncovered Toole
EXPO SHOPPING 12:00pm-2:45pm						
FR4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Master Knee-Pain Reduction Strategies Webb Session 1	Tubing Xpress Spreen-Glick Session 2	Connect With Music, Messaging, Motivation Sherman Session 1	SHiNE Dance Fitness™ Nielson & Dolan Session 2	Pilates Functional Progressions Velazquez Session 2
FR5	2:45pm-4:00pm	Chair Yoga for Mobility & Strength Kooperman	SOULkickboxing™ Yasinitzky	Glute Goals Thomson	Pump Your Peach! Toole	Shoulder Pain: Optimize Through Exercise Webb
EXPO SHOPPING 3:45pm - 4:30pm						
FR6	4:30pm-5:45pm	Bone Strong Gilbert	Arms, Butts & Core on the Floor! Bannister-Munn	Train Smart & HIIT SMART Goals Williams	The Recovery Barre Howe	Teaching Restorative Yoga Without Props Ratliff
FR7	6:00pm-7:00pm	SCW FITNESS STAR SEARCH Kooperman, Gilbert, Bannister-Munn & Kulp Room A			Dance Off! LaBlast®, Palango! SHiNE Dance Fitness & Manuel Velazquez	Stretch-Breathe-Recover Spreen-Glick

F	Wave Works Kulp & Velazquez	Internal Wellness Fuels Outer Beauty Caldwell	Supporting Clients on Anti-Obesity Medications Gilbert
G	LaBlast® Splash: Buoyant Ballroom Blitz Figueroa & Astorino	Nutrition: Hot Topic Research Layne	Survival Tactics: Grow Your Business Metcalf
EXPO SHOPPING 10:00am-11:00am			
H	Liquid Gym Acqua Punch & Pump Velazquez	Symmetry AlignSmart® - Scientific Stretching Dodson & Fox	Women's Leadership: Climbing, Creating & Conquering in Fitness Kooperman, Bannister-Munn, Gilbert, Roberts & Spreen-Glick
EXPO SHOPPING 12:00pm-2:45pm			
F	Aqua Power: One Dumbbell Circuit Kulp Session 1	How You Move Matters Laskowski Session 1	Marketing to Active Agers Panel Kooperman, Toole, Rothschild Metcalf, and Gilbert Session 2
G	Aqua ZUMBA® Bolstic	Women: Training Through the Stages Layne	Somatic Integration for Trainers Friedman
EXPO SHOPPING 3:45pm-4:30pm			
F	Aqua Drums Vibes Kulp	Inclusivity in Fitness Spaces Yasinitzky	Boost Your Pre-Workout & Recovery Kooperman, Layne, Toole & Roberts
BUSINESS KEYNOTE: The Fitness Evolution Kate Fox Room H			

Pre-Recorded	Add an EMOM Merrill	Yoga-Pilates Restore Bannister-Munn	Active Aging Playground Toole	A Wealth of Gut Health Unlocked Fearheiley
Pre-Recorded	Arm Candy Appel	Myofascial Recovery Garcia	Aging Shoulder: Exercise to Function! Aslakson	Art of Food as Fuel Lemons
Pre-Recorded	Athletic Woman: Function & Strength Hughes	Warrior Tai Chi Yoga and Qi Gong Fusion J. Roberts	Athletic Aging Madden	Feed Your Body & Soul: Mindful Eating Pyle
Pre-Recorded	Core Amore Madden	Recovery Through Meditation Rockit	Creative Programming 55+ Wartenberg	Functional Nutrition & Hormones: Healthy Aging Zuleger
Pre-Recorded	Integrated Strength George	Pilates, Power & Poise Lemons	Hip Mobility for Active Aging Bannister-Munn	Fundamentals of Squat Progressions and Variations Mike
Pre-Recorded	Hit The Wall Rockit	Reset and Recharge Spreen-Glick	Strength Training For Longevity & Vitality II Kooperman	Nutrition Panel Layne, Digsby, Toole, Fearheiley
Pre-Recorded	Kickbox N Chaos Turner	Recovery For Longevity Appel	Senior Circuit Haggard	Self-Care For Your Immune System Seti

SA1	7:30am-8:45am	Flex & Power: Hip Mobility Mastery Kulp	Trainer's Toolbox: Timesaving Solutions Roberts	Trends in Cycling Sherman	No Equipment? No Excuses! Garcia	somaPWR experience Friedman
EXPO SHOPPING 8:30am-9:15am						
SA2	9:15am-10:30am	KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A				
EXPO SHOPPING 10:30am-11:00am						
SA3	11:00am-12:15pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Band Strong: Train Anywhere Power Bannister-Munn	HIIT Ratios & Exercise Progression Williams	LaBlast® Fitness: Ballroom Blitz Figueroa & Astorino	Prana Energy Greenbaum
EXPO SHOPPING 12:00pm-2:45pm						
SA4	Session 1 12:30pm-1:45pm Session 2 1:15pm-2:30pm	Mobility Training - Online or In-Person Webb Session 1	Group Strength Blueprint Howe Session 2	STRONG HER Thomson Session 1	Palango! Cardio Ojeda Session 2	SOULfusion™ EXPERIENCE Fortier Session 1
SA5	2:45pm-4:00pm	Progressive FITT: Functional Tube Training Roberts	Conquering Sciatic Pain Garcia	Create Rides With AI Sherman	Flexibility - Stop Doing It Wrong Metcalf	Restorative Stretch Bannister-Munn
EXPO SHOPPING 3:45pm - 4:30pm						
SA6	4:30pm-5:45pm	Dementia Client Strategies for Trainers Rothschild	Pelvic Floor from the Outside In Layne	Unlocking the Power of HIIT Williams	BARREfusion™ Experience Vandenberg	Posture & Alignment with Personal Training Dodson & Fox

F	Aqua Intervals Roulette Vandenberg	How to Avoid Being My Patient Laskowski	Living by Design or Default? Phillips
EXPO SHOPPING 8:30am-9:15am			
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A			
EXPO SHOPPING 10:30am-11:00am			
G	Ageless Aqua Kulp & Velazquez	Physics of Pain & Performance Dodson & Fox	Building Your Personal Brand Spreen-Glick
EXPO SHOPPING 12:00pm-2:45pm			
F	Liquid Gym Acqua Toner Stretch & Tone Kulp Session 2	Debunking Exercise Science Myths Layne Session 1	Strength Training for Active Agers Panel Kooperman, Gilbert, Roberts & Laskowski Session 2
G	Tides of Power Kulp & Velazquez	Nutrition & the Menopause Journey Layne, Toole, Rothschild, & Rogers	Wellness is the New Fitness Spreen-Glick
EXPO SHOPPING 3:45pm-4:30pm			
F	Aqua Ease: Flexibility for Active Agers Velazquez	Understanding Exercise and Obesity Medications Rogers	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb, & Metcalf

Pre-Recorded	Strength Courage and Wisdom Freeman	Human Reformer Pilates George	Optimal Mobility: Enhancing Functionality Gilbert	Aging Brains & Bones Layne
<p>Add 160 Recordings Today for Only \$60 More (100 Live / 60 Pre-Recorded)</p> <p>scwfit.com/midwest</p>				
Pre-Recorded	Total Body Strength Richards	The Chakras: Align Your Energy Kaufman	Balance & Coordination for Active Agers Velazquez	Weight-loss Meds & Fad Diet Update Digsby
Pre-Recorded	Ultimate Leg Day Toole	Active Recovery Zuleger	Bone Health Bootcamp Conti	Movement Through Menopause Groves
Pre-Recorded	Step, Stamina & Strength Chilazi	Balls, Blocks, Bands: Pilates Fusion Metcalf	Everyday Strength: Coaching the Active Aging Female K. Roberts	Plyometric Exercise for Older Adults Aslakson
Pre-Recorded	Bringing Back Foundational Strength Training Johnson	TaiChi Flow: Recovery for GXs & PTs Glassmeyer	Active Aging Latin Joyful Mix Sepulveda	Exercise Analysis Mack

SU1	7:30am-8:45am	AASK Amber: Anti-Aging Survival Kit Toole	SOULstrength™: A Little OFF BEAT Vandenberg	Sunday Certifications S.E.A.T. Supported Exercise Ageless Training - Vandenberg 9:00am-4:00pm	LaBlast® Fitness for all Ages Figueroa & Astorino	Yin+Restore Yoga Greenbaum
SU2	9:00am-10:15am	Brain & Body Beats Sepulveda	Next-Level Core Training Garcia	SCW Stretching & Flexibility - Bannister-Munn 8:00am-4:00pm	Barreless Barre Howe	Age Defying Mobility Training: Enhancing Longevity Webb
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
SU3	10:45am-12:00pm	Comprehensive Active Aging Strategies Rothschild	Bandz & Bounce Haggard	SCW Yoga 1 Certification Velazquez 8:00am-4:00pm	Ankle Mechanics for Peak Performance Garcia	Mat Pilates Choreography Flow Metcalf
SU4	12:15pm-1:30pm	LaBlast® Chair Fitness: Pull Up a Seat Solis	Step Up Your Groove Layne	PALANGO! Fitness Teacher Training - Ojeda 8:00am-3:00pm	Eliminating Knee Pain Through Joint Stability Metcalf	Intelligent Sequencing Vinyasa Yoga Kaufman
WATERinMOTION® Aqua Exercise - Kulp 8:00am-4:00pm						

F	AquaZen: Flow, Breathe, Renew Sepulveda	Rethinking Obesity Treatment: Elevate Your Business Rogers	Detox, Digest, Thrive, and Glow Caldwell
G	AQUAHOLIC Layne	Preventing Common Fitness Injuries Laskowski	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
H	Waves Power: Strength & Flow Sepulveda	Pause, Power, Perform. Phillips	
H	Drip & Drop Haggard	Create Content to Boost Sales Toole	

Pre-Recorded	Effort Mastery: Coaching Peak Performance and Motivation McBee	Forever Pilates Appel	Smart Warm-Ups for Active Aging D'Agati	Sugar, Snacks & Heart Attacks Digsby
Pre-Recorded	Fluid Core Fusion Velazquez	Moving Meditation J. Roberts	Renew & Restore: Flexibility for 50+ Ross	Chain Reaction Biomechanics Hughes
Pre-Recorded	Meet The Hybrid Fitness Professional Esquerre	Tai-Chi Fused Yoga Velazquez	Brain Balance Training Splichal	Building Muscle While Losing Fat Layne
Pre-Recorded	Training the Neurodivergent Client Conti	Pilates 4 Life Kahn	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan	Magnesium: The Mighty Mineral Unveiled Toole