

MIDWEST MANIA[®]

FITNESS PRO CONVENTION



EXPO HOURS

Friday, Sept. 29: 10:00am – 11:00am
12:00pm – 2:45pm
3:45pm – 4:30pm

Saturday, Sept. 30: 8:30am – 9:15am
10:30am – 11:00am
12:00pm – 2:45pm
3:45pm – 4:30pm

Sunday, Oct. 1: 10:00am – 1:00pm
(Closeout Shopping)

EXPO & SPONSORS

Alovea.....	7	StandOut Fit Pro.....	4
Digg Deep.....	15	Symmetry.....	24, 25
LaBlast [®]	5	Tiger Tail [®]	6
Purify.....	20	Two Diamond Fit.....	19
Schwinn [®]	23, 27, 28, 29	Warrior.....	22
SCW.....	16, 17, 18, 21, 26	WATERinMOTION [®]	2
S.E.A.T.....	1	WERQ.....	3
S.M.A.R.T. Fitness.....	14		

CO-SPONSOR



ASSOCIATE PLUS



ASSOCIATE SPONSORS



SUPPORTERS



MIDWEST MANIA[®]

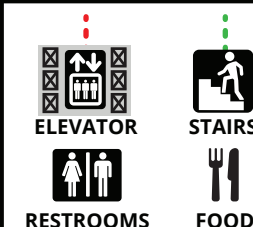
Fitness Pro Convention



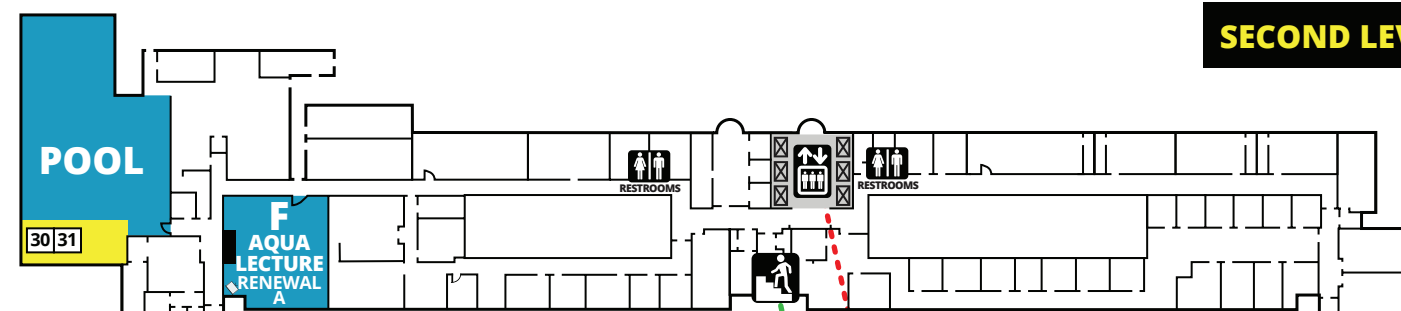
**RECORDINGS,
OUTLINES,
EVALS & CECS**

scwfit.com/MW23

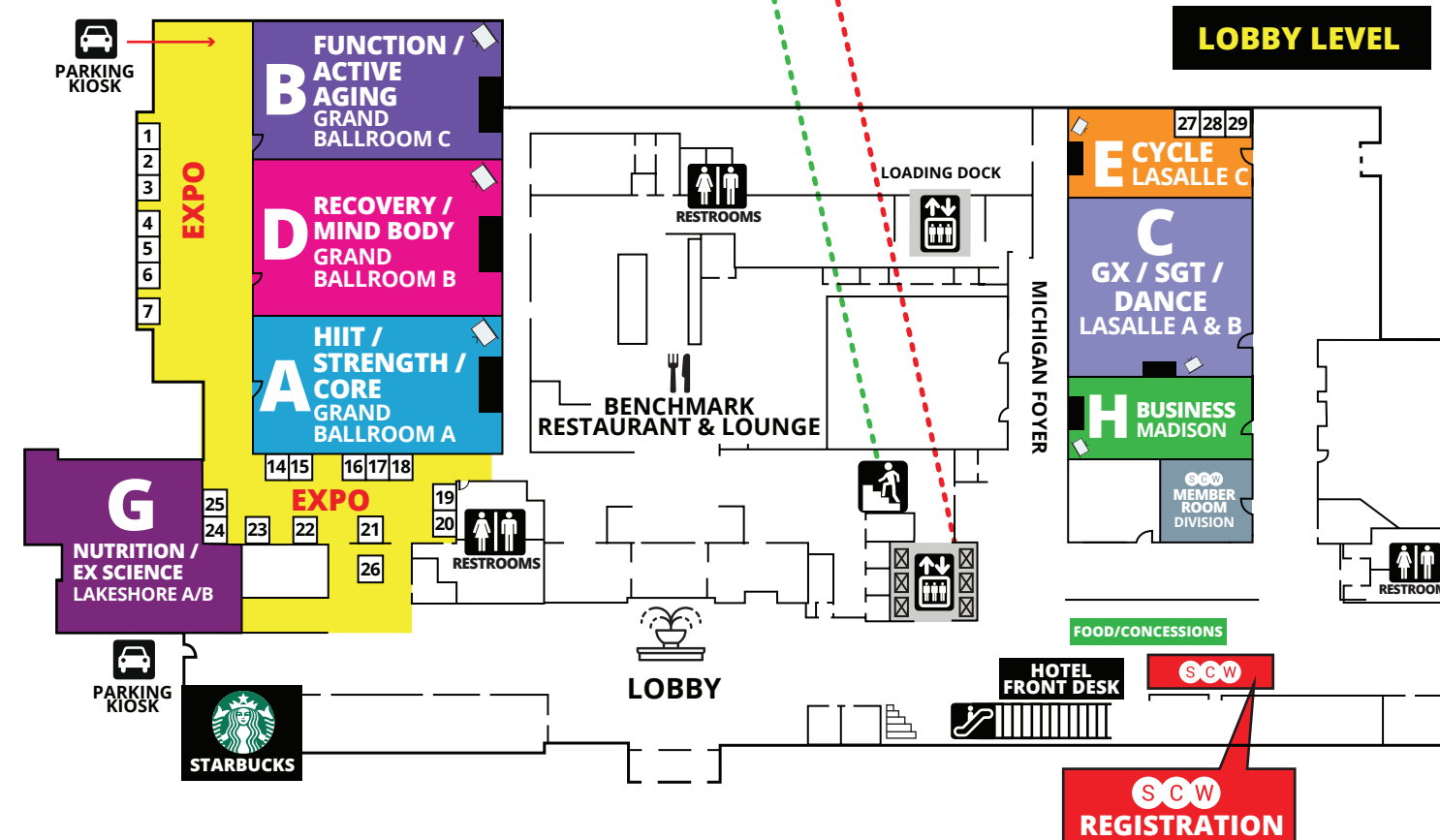
KEY



SECOND LEVEL



LOBBY LEVEL





CERTIFICATIONS THURSDAY SEPT. 28

Class Name	Instructor	Time
Muscle Mastery	Tina A. McCormick	9:00am-6:00pm
SCW Personal Training Certification	McCormick	9:00am-6:00pm
SCW Active Aging Certification	Gilbert	9:00am-5:00pm
SCW Group Exercise Certification	Velazquez	8:00am-5:00pm
SCW Life Coaching Certification	Green-Slick	9:00am-3:00pm
Schwinn® Cycling: Indoor Cycling Certification	Hogg	9:00am-5:00pm
WATERinMotion® Aqua Ex Certification	Kulp	9:00am-5:00pm
SCW Aquatic Exercise Certification	Dziubinski	8:00am-4:00pm
SCW Nutrition Coaching Certification	Toole	9:00am-5:00pm

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    graph LR
      A[A  
HIIT / CORE /  
STRENGTH] --> B[B  
FUNCTION /  
ACTIVE AGING]
      B --> C[C  
GX / DANCE / SMALL  
GROUP TRAINING]
      C --> D[D  
RECOVERY /  
MIND BODY]
  
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FRIDAY, SEPTEMBER 29	FR1	7:30am-8:45am	Sexy, Smart Strength for Women McCormick	How to Master the Deadlift Mike	Sitting Pretty: Strength & Support Gilbert	Rhythm of the Barre Bullard	Yoga-Pilates Restore Bannister-Munn	Adaptive TaiChi: Moving Despite Limitations Glassmeyer
	FR2	9:00am-10:15am	Pilates: Mat to the Max Appel	7 Game-Changing Glute Training Tips Tumminello	Perfect Programming for Active Agers Toole	Movement Training: Keeping It R.A.W.©! Robbins	Fire & Ice Yoga Spreen-Glick	Muscle Care - Happy Hips & Healthy Backs Fulton
	EXPO SHOPPING 10:00am-11:00am							
	FR3	11:00am-12:15pm	Strike! Kickboxing Spreen	Total Body Reset Turner	Functional Training for Active Agers Gilbert	WERQ Dance Fitness Strunness & Pereyra	WARRIOR Rhythm™: Secrets to Successful Students de Werd	Core Yoga Strong Howard
	EXPO SHOPPING 12:00pm-2:45pm							
	FR4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Core Amore Madden SESSION 1	Smart Strength for the Ageless Female Roberts	Mobility, Fascia & the Active Ager McCormick SESSION 2	LaBlast® Fitness: Dance, Diversity, Inclusion. Figueroa & Tomassi SESSION 2	Hands on Stretching Bannister-Munn SESSION 1	High Roller - Foam Roller Pilates Appel
	FR5	2:45pm-4:00pm	Creative Core Solutions Madden	Redefine Functional Training Redefine Yourself Mullins	Intro to Multiple Sclerosis Reilly	Active Agers From the Ground Up! Velazquez	Symmetry: Advanced Postural Corrective Exercise Mummy	Lower BodySelf Care Bettendorf
	EXPO SHOPPING 3:45pm-4:30pm							
	FR6	4:30pm-5:45pm	Total Body Strength Richards	Lower Body Burnout Howard	Quick & Dirty 30 - 2023 McCormick	Yoga for Balance Spreen-Glick	Bring the Toys! Bannister-Munn	FOGA - Foam Rolling and Yoga Zahnn
	FR7	6:00pm-7:00pm	 FITNESS IDOL Kooperman, Toole, Esquerre & Bullard		 MANIA® MASHUP! Hosted by WERQ with LaBlast®, Tiger Tali, Manuel Velazquez, & Tani Haggard		Flow Free & Be Spreen-Glick Mats	

SA1 7:30am-8:45am Body Weight Exercises You Are Underutilizing Williams	Core Training Methods Mullins	S.E.A.T. Supported Exercise for Ageless Training Gilbert	WERO Like a Boss Struxness & Pereyra	Beauty & the Beast: Yoga Power Bar Wartenberg	Core Forward Pilates Howard
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EXPO SHOPPING 8:30am-9:15am

SA2 9:15am-10:30am   **KEYNOTE ADDRESS**
The Role of Fitness Professional in the Healthcare System | **Patrick Mummy • 9:15am - 10:30am**

SEPTEMBER

EXPO SHOPPING 10:30am-11:00am													
SA3	11:00am-12:15pm	Stability Ball Breakthrough Bannister-Munn	NEW!	Rock Bottoms! Banded Booty Strength McDonald	NEW!	Step by Step Walking Along Bullard	NEW!	LaBlast® Ballroom Blowout Figueroa & Tomassi	NEW!	Happy Muscles!® Tiger Tail® Recovery Zuliger	NEW!	Tai Chi + Weights = Iron Fusion Ross	NEW!

EXPO SHOPPING 12:00pm-2:45pm






SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Leg Lifts Blast for Power Williams SESSION 1	Contender Richards	McKeel Power & Performance Robbins Kooperman SESSION 1	Make Your Brain Sweat Appel SESSION 1	By Any Stretch Appel SESSION 2	Yoga Soul Kooperman
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<p>SA5</p> <p>2:45pm-4:00pm</p> <p>Dynamic Core Training McBee</p> <p>SL@ - Strengthen, Lengthen & Tone Howard</p> <p>Functional Fitness 50+ Toole</p> <p>WARRIOR Combat™: Keep Fighting Richards</p> <p>Posture & Alignment With Personal Training Mummy</p> <p>Shoulders: Protection & Performance Christopher</p>

EXPO SHOPPING 3:45pm-4:30pm

SA6	4:30pm-5:45pm	Top Tier Core Conditioning Robinson	Planks in all Three Planes Chilazi	Pyometric Exercises For Older Adults Aslakson	Glute Training - Beginner to Advanced Johnson	Corrective Exercise Strategies for the Ankle Williams	Functional Pilates Velazquez
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R1	SU1	7:30am-8:45am	Core Crusher Richards	Creative Compounds Gavigan	LaBlast® Chair Fitness Figueroa & Tomassi	Just Beat It! Wartenberg	Myofascial Recovery Garcia	Forever Pilates Appel

SU2 9:00am-10:15am	Bringing Back Foundational Strength Training Johnson	Arm Candy Appel	Aging Shoulder: Exercise to Function! Aslakson	Kickboxing Groove Haggard	Gentle Yoga for Mobility Velazquez	The Art of Flow: Yoga Basics Conti
						

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

1 DAY SU3	10:45am-12:00pm WARRIOR Strength™: Put FUN in Functional de Werd	Core OFF the Floor Zahab	Aging With Strength & Grace Dziubinski Chairs	Coaching the Station Based Circuit Workout McBee	Got Back Pain? Garcia	SMR: Functional Fascia Techniques Gavigan

SU SU4	12:15pm-1:30pm	Functional Core Training Garcia	G.R.I.T. - Strength Training For The Ager Gilbert	Transformational Training After 40 McCormick	Total Body Shaping McBee	Elevated: Next Level Active Recovery Robinson	Tai-Chi Fused Yoga Velazquez

midwest mania® schedule

■ Indicates session is both Live (In-Person) & Being Recorded (Available To Watch Online After Convention)

NEW Schwinn®: Polishing Diamonds - Level Up Appel
 NEW Aqua Rhythmic Dziubinski
 NEW Aquatic Personal Training Malaghan (NEW)
 NEW Getting Clients Lean Healthfully Digsby
 NEW The Perfect Virtual Solution Madden Purposeful
 NEW Inexpensive Marketing for Growth & Profitability Kooperman

<p>Schwinn®: Leader of the Pack Hogg</p>	<p>LaBlast® Buoyant Ballroom Blowout Figueroa & Tomassi</p>	<p>Water Walking for Better Gait and Performance Pyle</p>	<p>Perfect Practice Makes Perfect Laskowski</p>	<p>Programming Madden</p>	<p>Annual GroupX Marketing Calendar de Werd</p>	<p>FR2</p>
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EXPO SHOPPING 10:00am-11:00am

Schwinn®: Let the Beat Drop Appel
Ride the Wave Velazquez, Kulp & Carvalho
Aqua HIIT the Beat Fowler
Nutrition and Hormones: Healthy Aging Zuleger
Trends In Fitness Programming Kooperman
Successfully Build Your Member Base Williams
FR3

EXPO SHOPPING 12:00pm-2:45pm **E**

Prime Design 2.0 Hogg SESSION 1	H20 Tabata Style Kulp SESSION 2	Aqua Yoga Barre Wartenberg	Diet Pros & Cons Digby SESSION 1	with Steven Schwartz Kooperman & Schwartz SESSION 2	Content Creation in Paradise Ghadban	FR4	SEP
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Schwinn@: R.I.S.E. & #RideRight Thews	Aqua Disco Haggard	Mix-Match Aqua Moves to the Max Howard	Sleep: The Weight Loss Miracle Seti	Strategies Panel Kooperman, Toole, Earmey, Clark & Esquerre	Attracting and Keeping Great Fitness Talent Baraglia	FR5
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EXPO SHOPPING 3.45pm-4.30pm

Schwinn®: Pedal N Pulse Appel	Tab-Aqua Bullard	Aqua Brain Power Gilbert	Exercise is Medicine Laskowski	Fill Your Small Group Training Varol	Patired, Not Expired! Strength Training for Mature Adults Panel Kooperman, Roberts, Ritchie & Gilbert	FR6
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register for recordings
and enjoy 100+ sessions

scwfit.com/midwest

FR7

Schwinn®: Recovery RX Thews	H2O Reporting for Duty Haggard	When Breath Meets Water: Aqua Yoga Malaghan	FITT Formula Practices Carney	Healthcare Referrals for Business Growth Stack	Biggest Secrets in Personal Training Sales Success Baraglia	SA1
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EXPO SHOPPING 8:30am-9:15am


KEYNOTE ADDRESS
The Role of Fitness Professional in the Healthcare System | **Patrick Mumby • 9:15am - 10:30am**

EXPO SHOPPING 10:30am-11:00am					
Schwinn®: Cycle Mixology - Killer Playlists Appel	Buoy, Oh Buoy, Oh Buoy! Velazquez, Kulp, Carvalho & Vandenberg	HIIT H2O for ALL Pyle	Protein Power for Weight Control Digsby	Find & Enroll Clients Using Social Media Clark	Stretching for Strength - Flexible Foundations Panel Kooperman, Chilazi, Appel & Roberts

EXPO SHOPPING 12:00pm-2:45pm 5

<p>Schwinn: Breathy Not Breathless Kolovou SESSION 2</p>	<p>Beautiful Buoyant Booty Vandenbergh SESSION 2</p>	<p>AB-Solute Strength! Henry</p>	<p>Physics or Pain & Performance Mummy SESSION 1</p>	<p>Grow Your business by Adding Value Esquerre SESSION 2</p>	<p>Profitable Training With Clients 55+ Ritchie</p>	<p>SA4</p>
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<p>Swimming: Hear Us Roar The Power Of Authenticity Thews & Kolovou</p>	<p>Free to Move in the Pool Dziubinski</p>	<p>Aqua Booty Camp Malaghan</p>	<p>Eat to Lose! Seti</p>	<p>Signature Sauce for Six-Figure Success Diggs</p>	<p>Building Successful Hybrid Businesses Vokoun</p>	<p>SA5</p>	<p>SATU</p>
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EXPO SHOPPING 3:45pm-4:30pm

Schwinn®: Tri-Cycle Triple Threat Hogg	Pool Personal Training Lagerhausen	Cheeks for Weeks - H2O Gilbert	Power Training for Aging Adults Stack	Stop Selling & Create Culture Gilbert	Converting Social Media Content Into Customers Christopher	SA6
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	Core Fusion H2O Vandenberg	Aqua Ease: Flexibility for Active Agers Velazquez	Fad Diets & Failed Expectations Toole	Personal and Small Group Training Sales McBee	New World Sales & Management McBride	SU1	R 1
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EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm

Get Certified RECESS REMIX: Pool Playground Lagerhausen Liquid Levels Pinkowski Weight Loss vs. Fat Loss Johnson Create Value - Retain Clients Toole Entrepreneurship & Opening Sheppard SU3

For only \$199! **Aqua Strides & Strength** Dziubinski **Tab-Aqua Quickies** Howard **Healthy Weight: Defined by a Dietitian** Digsby **Monetizing Your Passion & Skills** Esquerre **Building Your Business** Stevenson **SU4**