



MIDWEST
MANIA[®]
FITNESS PRO CONVENTION

HEALTH & FITNESS
BUSINESS SUMMIT

Scan here for Outlines,
Evals & CEC/CEUS



TIME	CODE	SESSION	PRESENTER
FRIDAY, SEPTEMBER 29			
7:30am - 8:45am	FR1A	SEXY, SMART STRENGTH FOR WOMEN	MCCORMICK
9:00am - 10:15am	FR2A	PILATES: MAT TO THE MAX	APPEL
11:00am - 12:15pm	FR3A	STRIKE! KICKBOXING	SPREEN-GLICK
12:30pm - 1:45pm	FR4A	CORE AMORE	MADDEN
2:45pm - 4:00pm	FR5A	CREATIVE CORE SOLUTIONS	MADDEN
4:30pm - 5:45pm	FR6A	TOTAL BODY STRENGTH	RICHARDS
6:00pm - 7:00pm	FR7A	FITNESS IDOL	KOOPERMAN, TOOLE, ESQUERRE & BULLARD
SATURDAY, SEPTEMBER 30			
7:30am - 8:45am	SA1A	BODY WEIGHT EXERCISES YOU ARE UNDERUTILIZING	WILLIAMS
11:00am - 12:15pm	SA3A	STABILITY BALL BREAKTHROUGH	BANNISTER-MUNN
12:30pm - 1:45pm	SA4A	LEG CIRCUIT BLAST FOR POWER	WILLIAMS
2:45pm - 4:00pm	SA5A	DYNAMIC CORE TRAINING	MCBEE
4:30pm - 5:45pm	SA6A	TOP TIER CORE CONDITIONING	ROBINSON
SUNDAY, OCTOBER 1			
7:30am - 8:45am	SU1A	CORE CRUSHER	RICHARDS
9:00am - 10:15am	SU2A	BRINGING BACK FOUNDATIONAL STRENGTH TRAINING	JOHNSON
10:45am - 12:00pm	SU3A	WARRIOR STRENGTH™: PUT FUN IN FUNCTIONAL	DE WERD
12:15pm-1:30pm	SU4A	FUNCTIONAL CORE TRAINING	GARCIA



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FRIDAY, SEPTEMBER 29			
7:30am - 8:45am	FR1B	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
9:00am - 10:15am	FR2B	PERFECT PROGRAMMING FOR ACTIVE AGERS	TOOLE
11:00am - 12:15pm	FR3B	FUNCTIONAL TRAINING FOR ACTIVE AGERS	GILBERT
1:15pm - 2:30pm	FR4B	MOBILITY, FASCIA & THE ACTIVE AGER	MCCORMICK
2:45pm - 4:00pm	FR5B	INTRO TO MULTIPLE SCLEROSIS	REILLY
4:30pm - 5:45pm	FR6B	QUICK & DIRTY 30 – 2023	MCCORMICK
SATURDAY, SEPTEMBER 30			
7:30am - 8:45am	SA1B	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
9:15am - 10:30am	SA2B	KEYNOTE: THE ROLE OF FITNESS PROFESSIONAL IN THE HEALTHCARE SYSTEM	MUMMY
11:00am - 12:15pm	SA3B	STEP BY STEP WALKING ALONG	BULLARD
12:30pm - 1:45pm	SA4B	PICKLEBALL POWER & PERFORMANCE	KOOPERMAN
2:45pm - 4:00pm	SA5B	FUNCTIONAL FITNESS 50+	TOOLE
4:30pm - 5:45pm	SA6B	PLYOMETRIC EXERCISES FOR OLDER ADULTS	ASLAKSON
SUNDAY, OCTOBER 1			
7:30am - 8:45am	SU1B	LABLAST® CHAIR FITNESS	FIGUEROA & TOMASSI
9:00am - 10:15am	SU2B	AGING SHOULDER: EXERCISE TO FUNCTION!	ASLAKSON
10:45am - 12:00pm	SU3B	AGING WITH STRENGTH & GRACE	DZIUBINSKI
12:15pm - 1:30pm	SU4B	TRANSFORMATIONAL TRAINING AFTER 40	MCCORMICK



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FRIDAY, SEPTEMBER 29			
7:30am - 8:45am	FR1C	RHYTHM OF THE BARRE	BULLARD
11:00am - 12:15pm	FR3C	WERQ DANCE FITNESS	STRUXNESS & PEREYRA
1:15pm - 2:30pm	FR4C	LABLAST® FITNESS: DANCE. DIVERSITY. INCLUSION.	FIGUEROA & TOMASSI
2:45pm - 4:00pm	FR5C	ACTIVE AGERS FROM THE GROUND UP!	VELAZQUEZ
4:30pm - 5:45pm	FR6C	YOGA FOR BALANCE	SPREEN-GLICK
6:00pm – 7:00pm	FR7C	MANIA® MASHUP! HOSTED BY WERQ	WERQ, LABLAST®, TIGER TAIL®, VELAZQUEZ & HAGGARD
SATURDAY, SEPTEMBER 30			
7:30am - 8:45am	SA1C	WERQ LIKE A BOSS	STRUXNESS & PEREYRA
11:00am - 12:15pm	SA3C	LABLAST® FITNESS: BALLROOM BLOWOUT	FIGUEROA & TOMASSI
2:45pm - 4:00pm	SA5C	WARRIOR COMBAT™: KEEP FIGHTING	RICHARDS
4:30pm - 5:45pm	SA6C	GLUTE TRAINING – BEGINNER TO ADVANCED	JOHNSON
SUNDAY, OCTOBER 1			
7:30am - 8:45am	SU1C	JUST BEAT IT!	WARTENBERG
9:00am - 10:15am	SU2C	KICKBOXING GROOVE	HAGGARD
10:45am - 12:00pm	SU3C	COACHING THE STATION BASED WORKOUT	MCBEE
12:15pm - 1:30pm	SU4C	TOTAL BODY SHAPING	MCBEE



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FRIDAY, SEPTEMBER 29			
7:30am - 8:45am	FR1D	YOGA-PILATES RESTORE	BANNISTER-MUNN
9:00am - 10:15am	FR2D	FIRE & ICE YOGA	SPREEN-GLICK
11:00am - 12:15pm	FR3D	WARRIOR RHYTHM™: SECRETS TO SUCCESSFUL STUDENTS	DE WERD
12:30pm - 1:45pm	FR4D	HANDS ON STRETCHING	BANNISTER-MUNN
2:45pm - 4:00pm	FR5D	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE	MUMMY
4:30pm - 5:45pm	FR6D	BRING THE TOYS!	BANNISTER-MUNN
6:00pm - 7:00pm	FR7D	FLOW FREE & BE	SPREEN-GLICK
SATURDAY, SEPTEMBER 30			
11:00am - 12:15pm	SA3D	HAPPY MUSCLES!® TIGER TAIL® RECOVERY	ZULEGER
1:15pm - 2:30pm	SA4D	BY ANY STRETCH	APPEL
2:45pm - 4:00pm	SA5D	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY
4:30pm - 5:45pm	SA6D	CORRECTIVE EXERCISE STRATEGIES FOR THE ANKLE	WILLIAMS
SUNDAY, OCTOBER 1			
7:30am - 8:45am	SU1D	MYOFASCIAL RECOVERY	GARCIA
9:00am - 10:15am	SU2D	GENTLE YOGA FOR MOBILITY	VELAZQUEZ
10:45am - 12:00pm	SU3D	GOT BACK PAIN?	GARCIA
12:15pm - 1:30pm	SU4D	ELEVATED: NEXT LEVEL ACTIVE RECOVERY	ROBINSON



TIME	CODE	SESSION	PRESENTER
FRIDAY, SEPTEMBER 29			
7:30am - 8:45am	FR1E	SCHWINN®: POLISHING DIAMONDS - LEVEL UP	APPEL
9:00am - 10:15am	FR2E	SCHWINN®: LEADER OF THE PACK	HOGG
11:00am - 12:15pm	FR3E	SCHWINN®: LET THE BEAT DROP	APPEL
12:30pm - 1:45pm	FR4E	SCHWINN®: PRIME DESIGN 2.0	HOGG
2:45pm - 4:00pm	FR5E	SCHWINN®: R.I.S.E. & #RIDERIGHT	THEWS
4:30pm - 5:45pm	FR6E	SCHWINN®: PEDAL N PULSE	APPEL
SATURDAY, SEPTEMBER 30			
7:30am - 8:45am	SA1E	SCHWINN®: RECOVERY RX	THEWS
11:00am - 12:15pm	SA3E	SCHWINN®: CYCLE MIXOLOGY – KILLER PLAYLISTS	APPEL
1:15pm - 2:30pm	SA4E	SCHWINN®: BREATHY NOT BREATHLESS	KOLOVOU
2:45pm - 4:00pm	SA5E	SCHWINN®: HEAR US ROAR	THEWS & KOLOVOU
4:30pm - 5:45pm	SA6E	SCHWINN®: TRI-CYLE TRIPLE THREAT	HOGG



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FRIDAY, SEPTEMBER 29			
7:30am - 8:45am	FR1F	AQUA RHYTHMICS	DZIUBINSKI
9:00am - 10:15am	FR2F	LABLAST® BUOYANT BALLROOM BLOWOUT	FIGUEROA & TOMASSI
11:00am - 12:15pm	FR3F	RIDE THE WAVE	VELAZQUEZ, KULP & CARVALHO
1:15pm - 2:30pm	FR4F	CHANGING TIDES – H2O TABATA STYLE	KULP
2:45pm - 4:00pm	FR5F	AQUA DISCO	HAGGARD
4:30pm - 5:45pm	FR6F	TAB-AQUA	BULLARD
SATURDAY, SEPTEMBER 30			
7:30am - 8:45am	SA1F	H2O REPORTING FOR DUTY	HAGGARD
11:00am - 12:15pm	SA3F	BUOY, OH BUOY, OH BUOY!	VELAZQUEZ, KULP, CARVALHO & VANDENBERG
1:15pm - 2:30pm	SA4F	BEAUTIFUL BUOYANT BOOTY	VANDENBERG
2:45pm - 4:00pm	SA5F	FREE TO MOVE IN THE POOL	DZIUBINSKI
4:30pm - 5:45pm	SA6F	POOL PERSONAL TRAINING	LAGERHAUSEN
SUNDAY, OCTOBER 1			
7:30am - 8:45am	SU1F	CORE FUSION H2O	VANDENBERG
9:00am - 10:15am	SU2F	AQUA RUNNING & CONDITIONING	WARTENBERG
10:45am - 12:00pm	SU3F	RECESS REMIX: POOL PLAYGROUND	LAGERHAUSEN
12:15pm - 1:30pm	SU4F	AQUA STRIDES & STRENGTH	DZIUBINSKI



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FRIDAY, SEPTEMBER 29			
7:30am - 8:45am	FR1G	GETTING CLIENTS LEAN HEALTHFULLY	DIGSBY
9:00am - 10:15am	FR2G	PERFECT PRACTICE MAKES PERFECT	LASKOWSKI
11:00am - 12:15pm	FR3G	NUTRITION AND HORMONES: HEALTHY AGING	ZULEGER
12:30pm - 1:45pm	FR4G	ELIMINATION DIET PROS & CONS	DIGSBY
2:45pm - 4:00pm	FR5G	SLEEP: THE WEIGHT LOSS MIRACLE	SETI
4:30pm - 5:45pm	FR6G	EXERCISE IS MEDICINE	LASKOWSKI
SATURDAY, SEPTEMBER 30			
7:30am - 8:45am	SA1G	FITT FORMULA PRACTICES	CARNEY
11:00am - 12:15pm	SA3G	PROTEIN POWER FOR WEIGHT CONTROL	DIGSBY
12:30pm - 1:45pm	SA4G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
2:45pm - 4:00pm	SA5G	EAT TO LOSE!	SETI
4:30pm - 5:45pm	SA6G	POWER TRAINING FOR AGING ADULTS	STACK
SUNDAY, OCTOBER 1			
7:30am - 8:45am	SU1G	FAD DIETS & FAILED EXPECTATIONS	TOOLE
9:00am - 10:15am	SU2G	SELF-CARE FOR YOUR IMMUNE SYSTEM	SETI
10:45am - 12:00pm	SU3G	WEIGHT LOSS VS. FAT LOSS	JOHNSON
12:15pm - 1:30pm	SU4G	HEALTHY WEIGHT: DEFINED BY A DIETITIAN	DIGSBY



TIME	CODE	SESSION	PRESENTER
FRIDAY, SEPTEMBER 29			
7:30am - 8:45am	FR1H	THE PERFECT VIRTUAL SOLUTION	MADDEN
9:00am - 10:15am	FR2H	PURPOSEFUL PROGRAMMING	MADDEN
11:00am - 12:15pm	FR3H	TRENDS IN FITNESS PROGRAMMING	KOOPERMAN
1:15pm - 2:30pm	FR4H	FIRESIDE CHAT WITH STEVEN SCHWARTZ	KOOPERMAN & SCHWARTZ
2:45pm - 4:00pm	FR5H	EFFECTIVE GX & PT SALES STRATEGIES PANEL	KOOPERMAN, TOOLE, CLARK, CARNEY & ESQUERRE
4:30pm - 5:45pm	FR6H	FILL YOUR SMALL GROUP TRAINING	VAROL
SATURDAY, SEPTEMBER 30			
7:30am - 8:45am	SA1H	HEALTHCARE REFERRALS FOR BUSINESS GROWTH	STACK
11:00am - 12:15pm	SA3H	FIND & ENROLL CLIENTS USING SOCIAL MEDIA	CLARK
1:15pm - 2:30pm	SA4H	GROW YOUR BUSINESS BY ADDING VALUE	ESQUERRE
2:45pm - 4:00pm	SA5H	SIGNATURE SAUCE FOR SIX-FIGURE SUCCESS	DIGGS
4:30pm - 5:45pm	SA6H	STOP SELLING & CREATE CULTURE	GILBERT
SUNDAY, OCTOBER 1			
7:30am - 8:45am	SU1H	PERSONAL AND SMALL GROUP TRAINING SALES	MCBEE
9:00am - 10:15am	SU2H	BUSINESS BLUEPRINT FOR 2023	ROBINSON
10:45am - 12:00pm	SU3H	CREATE VALUE – RETAIN CLIENTS	TOOLE
12:15pm - 1:30pm	SU4H	MONETIZING YOUR PASSION & SKILLS	ESQUERRE