CERTIFICATIONS THURSDAY SEPT. 28















П

CYCLE

Leader of the Pack

Schwinn®: Let the Beat Drop

Prime Design 2.0

Schwinn®: R.I.S.E. & #RideRight

Schwinn®: Pedal N Pulse

Schwinn®: Recovery RX Thews

Schwinn®: Cycle Mixology - Killer Playlists

Schwinn®: Breathy Not Breathless

Schwinn®: Hear Us Roar The Power Of Authenticity

Cet Certified For only \$199

W		9:00am-3:00pm	SC
w	(a)	SCW Nutrition (Certification Toole 9:00am-5:00pm	Coachi SC

			600 / /	7:00am-5:00pm	9:00am-5:00pm	motion 8:00	am-4:00pm SCW	9:00am-5:00pm SCW			
			HIIT / CORE / STRENGTH	PRE-RECORDED PERSONAL TRAINING	FUNCTION / ACTIVE AGING	GX / DANCE / SMALL GROUP TRAINING	RECOVERY / MIND BODY	PRE-RECORDED RESTORE / PILATES/ TAI CHI			
EMBER 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 Struxness & Pereyra	WARRIOR Rhythm™: Secrets to Successful Students de Werd	Core Yoga Strong Howard			
回		EXPO SHOPPING 12:00pm-2:45pm									
SEPTI	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			
FRIDAY,	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			
世				EXPO SI	HOPPING 3:45pm-4:30	pm					
	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® Hoster with L	d by WERQ aBlasto, Tiger Tail, el 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	WERQ Like a Boss Struxness & Pereyra	Beauty & the Beast: Yoga Power Bar Wartenberg	Core Forward Pilates Howard			
	EXPO SHOPPING 8:30am-9:15am										
ER 30				EXPO S	HOPPING 8:30am-9:15	am					
ER 30	SA2	9:15am- 10:30am	SYMMETR	KEYNOTE ADDI			stem Patrick Mumm	y • 9:15am - 10:30am			
ABER 30	SA2		SYMMETR	KEYNOTE ADDI	RESS	the Healthcare Sys	Stem Patrick Mumm	y • 9:15am - 10:30am			
EPTEMBER 30	SA2 SA3		SYMMETR Stability Ball Breakthrough Bannister-Munn	KEYNOTE ADDI	RESS ness Professional in	the Healthcare Sys	Happy Muscles!® Tiger Tail® Recovery Zuleger	y • 9:15am - 10:30am Tai Chi + Weights = Iron Fusion Ross			
SEPTEMBER 30		10:30am 11:00am-	Stability Ball Breakthrough	KEYNOTE ADDITHE Role of Fitr EXPO SH Rock Bottoms! Banded Booty Strength McDonald	NESS Ness Professional in OPPING 10:30am-11:0 Step by Step Walking Along	the Healthcare System Oam LaBlast® Ballroom Blowout Figueroa & Tomassi	Happy Muscles!® Tiger Tail® Recovery	Tai Chi + Weights =			
RDAY, SEPTEMBER 30		10:30am 11:00am-	Stability Ball Breakthrough	KEYNOTE ADDITHE Role of Fitr EXPO SH Rock Bottoms! Banded Booty Strength McDonald	NESS ness Professional in OPPING 10:30am-11:0 Step by Step Walking Along Bullard	the Healthcare System Oam LaBlast® Ballroom Blowout Figueroa & Tomassi	Happy Muscles!® Tiger Tail® Recovery	Tai Chi + Weights =			
DAY, SEPT	SA3	10:30am 11:00am- 12:15pm SESSION 1 12:30pm-1:45pm SESSION 2	Stability Ball Breakthrough Bannister-Munn Leg Circuit Blast for Power Williams	KEYNOTE ADDITHE ROLE OF FITTE EXPO SH Rock Bottoms! Banded Booty Strength McDonald EXPO SH Contender	OPPING 10:30am-11:0 Step by Step Walking Along Bullard IOPPING 12:00pm-2:45 Pickleball Power & Performance Kooperman	the Healthcare System Oam LaBlast® Ballroom Blowout Figueroa & Tomassi	Happy Muscles!® Tiger Tail® Recovery Zuleger By Any Stretch Appel SESSION 2	Tai Chi + Weights = Iron Fusion Ross Yoga Soul			
JRDAY, SEPT	SA3	10:30am 11:00am- 12:15pm SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm 2:45pm-	Stability Ball Breakthrough Bannister-Munn Leg Circuit Blast for Power Williams SESSION 1 Dynamic Core Training McBee	REYNOTE ADDITHE ROLE OF FİTE EXPO SH Rock Bottoms! Banded Booty Strength McDonald EXPO SH Contender Richards SL@T - Strengthen, Lengthen & Tone Howard	OPPING 10:30am-11:0 Step by Step Walking Along Bullard IOPPING 12:00pm-2:45 Pickleball Power & Performance Kooperman SESSION 1 Functional Fitness 50+	the Healthcare System Oam LaBlast® Ballroom Blowout Figueroa & Tomassi 5pm Make Your BrainSweat® Robbins SESSION 1 WARRIOR Combat™: Keep Fighting Richards	Happy Muscles!® Tiger Tail® Recovery Zuleger By Any Stretch Appel SESSION 2 Posture & Alignment With Personal Training Mummy	Tai Chi + Weights = Iron Fusion Ross Yoga Soul Kooperman Shoulders: Protection & Performance			
JRDAY, SEPT	SA3	10:30am 11:00am- 12:15pm SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm 2:45pm-	Stability Ball Breakthrough Bannister-Munn Leg Circuit Blast for Power Williams SESSION 1 Dynamic Core Training McBee Top Tier Core Conditioning Robinson	REYNOTE ADDITHE ROLE OF FİTE EXPO SH Rock Bottoms! Banded Booty Strength McDonald EXPO SH Contender Richards SL@T - Strengthen, Lengthen & Tone Howard	OPPING 10:30am-11:0 Step by Step Walking Along Bullard IOPPING 12:00pm-2:45 Pickleball Power & Performance Kooperman SESSION 1 Functional Fitness 50+ Toole	the Healthcare System Oam LaBlast® Ballroom Blowout Figueroa & Tomassi 5pm Make Your BrainSweat® Robbins SESSION 1 WARRIOR Combat™: Keep Fighting Richards	Happy Muscles!® Tiger Tail® Recovery Zuleger By Any Stretch Appel SESSION 2 Posture & Alignment With Personal Training	Tai Chi + Weights = Iron Fusion Ross Yoga Soul Kooperman Shoulders: Protection & Performance			
1 SATURDAY, SEPT	SA3 SA4 SA5	10:30am 11:00am- 12:15pm SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm 2:45pm- 4:00pm	Stability Ball Breakthrough Bannister-Munn Leg Circuit Blast for Power Williams SESSION 1 Dynamic Core Training McBee Top Tier Core Conditioning Publishors	RY EXPO SH Rock Bottoms! Banded Booty Strength McDonald EXPO SH Contender Richards SL@T - Strengthen, Lengthen & Tone Howard EXPO SI Planks in all Three Planes	Step by Step Walking Along Bullard IOPPING 12:00pm-2:45 Pickleball Power & Performance Kooperman SESSION 1 Functional Fitness 50+ Toole HOPPING 3:45pm-4:30 Plyometric Exercises For Older Adults Arabkron	the Healthcare System Oam LaBlast® Ballroom Blowout Figueroa & Tomassi 5pm Make Your BrainSweat® Robbins SESSION 1 WARRIOR Combat™: Keep Fighting Richards pm Glute Training - Beginner to Advanced Lebasson	Happy Musclest® Tiger Tail® Recovery Zuleger By Any Stretch Appel SESSION 2 Posture & Alignment With Personal Training Mummy Corrective Exercise Strategies for the Ankle	Tai Chi + Weights = Iron Fusion Ross Yoga Soul Kooperman Shoulders: Protection & Performance Christopher			
1 SATURDAY, SEPT	SA3 SA4 SA5 SA6	10:30am 11:00am- 12:15pm SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm 2:45pm- 4:00pm 4:30pm- 5:45pm	Stability Ball Breakthrough Bannister-Munn Leg Circuit Blast for Power Williams SESSION 1 Dynamic Core Training McBee Top Tier Core Conditioning Robinson Core Crusher Richards	REYNOTE ADDITHERSY EXPO SH Rock Bottoms! Banded Booty Strength McDonald EXPO SH Contender Richards SL@T - Strengthen, Lengthen & Tone Howard EXPO SI Planks in all Three Planes Chilazi Creative Compounds	OPPING 10:30am-11:0 Step by Step Walking Along Bullard IOPPING 12:00pm-2:45 Pickleball Power & Performance Kooperman SESSION 1 Functional Fitness 50+ Toole HOPPING 3:45pm-4:30 Plyometric Exercises For Older Adults Aslakson LaBlast® Chair Fitness Figueroa & Tomassi	the Healthcare System LaBlast® Ballroom Blowout Figueroa & Tomassi 5pm Make Your BrainSweat® Robbins SESSION 1 WARRIOR Combat™: Keep Fighting Richards pm Glute Training - Beginner to Advanced Johnson Just Beat It! Wartenberg	Happy Muscles!® Tiger Tail® Recovery Zuleger By Any Stretch Appel SESSION 2 Posture & Alignment With Personal Training Mummy Corrective Exercise Strategies for the Ankle Williams Myofascial Recovery Garcia	Tai Chi + Weights = Iron Fusion Ross Yoga Soul Kooperman Shoulders: Protection & Performance Christopher Functional Pilates Velazquez			
1 SATURDAY, SEPT	SA3 SA4 SA5 SA6 SU1	10:30am 11:00am- 12:15pm SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm 2:45pm- 4:00pm 4:30pm- 5:45pm 7:30am- 8:45am 9:00am-	Stability Ball Breakthrough Bannister-Munn Leg Circuit Blast for Power Williams SESSION 1 Dynamic Core Training McBee Top Tier Core Conditioning Robinson Core Crusher Richards Bringing Back Foundational Strength Training	REYNOTE ADDITHERSY EXPO SH Rock Bottoms! Banded Booty Strength McDonald EXPO SH Contender Richards SL@T - Strengthen, Lengthen & Tone Howard EXPO SI Planks in all Three Planes Chilazi Creative Compounds Gavigan Arm Candy Appel	Pickleball Power & Performance Kooperman SESSION 1 Functional Fitness 50+ Toole HOPPING 3:45pm-4:30 Plyometric Exercises For Older Adults Aslakson LaBlast® Chair Fitness Figueroa & Tomassi Aging Shoulder: Exercise to Function! Aslakson Aslakson Lablast® Chair Fitness Figueroa & Tomassi Aging Shoulder: Exercise to Function! Aslakson	the Healthcare System Oam LaBlast® Ballroom Blowout Figueroa & Tomassi 5pm Make Your BrainSweat® Robbins SESSION 1 WARRIOR Combat™: Keep Fighting Richards pm Glute Training Beginner to Advanced Johnson Just Beat It! Wartenberg Kickboxing Groove Haggard m-1:00pm	Happy Muscles!® Tiger Tail® Recovery Zuleger By Any Stretch Appel SESSION 2 Posture & Alignment With Personal Training Mummy Corrective Exercise Strategies for the Ankle Williams Myofascial Recovery Garcia Gentle Yoga for Mobility Velazquez	Tai Chi + Weights = Iron Fusion Ross Yoga Soul Kooperman Shoulders: Protection & Performance Christopher Functional Pilates Velazquez Forever Pilates Appel The Art of Flow: Yoga Basics Conti			
SATURDAY, SEPT	SA3 SA4 SA5 SA6 SU1	10:30am 11:00am- 12:15pm SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm 2:45pm- 4:00pm 4:30pm- 5:45pm 7:30am- 8:45am 9:00am-	Stability Ball Breakthrough Bannister-Munn Leg Circuit Blast for Power Williams SESSION 1 Dynamic Core Training McBee Top Tier Core Conditioning Robinson Core Crusher Richards Bringing Back Foundational Strength Training	REYNOTE ADDITHERSY EXPO SH Rock Bottoms! Banded Booty Strength McDonald EXPO SH Contender Richards SL@T - Strengthen, Lengthen & Tone Howard EXPO SI Planks in all Three Planes Chilazi Creative Compounds Gavigan Arm Candy Appel	Pickleball Power & Performance Kooperman SESSION 1 Functional Fitness 50+ Toole HOPPING 3:45pm-4:30 Plyometric Exercises For Older Adults Aslakson LaBlast® Chair Fitness Figueroa & Tomassi	the Healthcare System LaBlast® Ballroom Blowout Figueroa & Tomassi 5pm Make Your BrainSweat® Robbins SESSION 1 WARRIOR Combat™: Keep Fighting Richards pm Glute Training - Beginner to Advanced Johnson Just Beat It! Wartenberg Kickboxing Groove Haggard m-1:00pm Coaching the Station Based Circuit Workout McBee	Happy Muscles!® Tiger Tail® Recovery Zuleger By Any Stretch Appel SESSION 2 Posture & Alignment With Personal Training Mummy Corrective Exercise Strategies for the Ankle Williams Myofascial Recovery Garcia Gentle Yoga for Mobility Velazquez	Tai Chi + Weights = Iron Fusion Ross Yoga Soul Kooperman Shoulders: Protection & Performance Christopher Functional Pilates Velazquez Forever Pilates Appel The Art of Flow: Yoga Basics			

midwest mania schedule

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

SCW Health & Fitnes Give your fitness business the attention G PRE-RECORDED AQUA PRE-RECORDED BUSINESS scwfit.com/busines NUTRITION / EXERCISE SCIENCE BUSINESS AQUA (STARTS IN LECTURE) Inexpensive Marketing for Growth & Profitability The Perfect Virtual Solution Madden Purposeful FR1 LaBlast® Buoyant Ballroom Blowout Figueroa & Tomassi Perfect Practice Makes Perfect EXPO SHOPPING 10:00am-11:00am Ride the Wave Velazquez, Kulp & Carvalho FR3 Healthy Aging Zuleger EXPO SHOPPING 12:00pm-2:45pm Changing Tides -H2O Tabata Style Fireside Chat with Steven Schwartz Kooperman & Schwartz SESSION 2 Content Creation in Paradise FR4 Attracting and Keeping Great Fitness Talent Baraglia Mix-Match Aqua Moves to the Max Howard FR5 EXPO SHOPPING 3:45pm-4:30pm Tab-Aqua Bullard Fill Your Small Group Training FR6 register for recordings FR7 and enjoy 100+ sessions SA1 EXPO SHOPPING 8:30am-9:15am **KEYNOTE ADDRESS** SA2 The Role of Fitness Professional in the Healthcare System Patrick Mummy 9:15am - 10:30am EXPO SHOPPING 10:30am-11:00am Buoy, Oh Buoy, Oh Buoy! Velazquez, Kulp, Carvalho & SA3 EXPO SHOPPING 12:00pm-2:45pm Grow Your Business by Adding Value Esquerre SESSION 2 Beautiful Buoyant Booty Profitable Training With Clients 55+ Ritchie SA4 Vandenberg SESSION 2 Free to Move in the Pool Dziubinski Aqua Booty Camp Eat to Lose! SA5 EXPO SHOPPING 3:45pm-4:30pm **Pool Personal Training** SA6 SU1 SU2

CERTIFICATIONS SUNDAY, OCTOBER 1

RECESS REMIX: Pool Playground Lagerhausen

Aqua Strides & Strength



Liquid Levels

Tab-Aqua Quickies



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



Building Your Business

Monetizing Your Passion & Skills

SU3

SU4

HEALTH & FITNESS BUSINESS SUMMIT