



**HEALTH & FITNESS  
BUSINESS SUMMIT**

**SCW Health & Fitness  
Business Summit**

Give your fitness  
business the attention  
it deserves.

[scwfit.com/business](http://scwfit.com/business)

E CYCLE	F AQUA (STARTS IN LECTURE)	▶ PRE-RECORDED AQUA	G NUTRITION / EXERCISE SCIENCE	H BUSINESS	▶ PRE-RECORDED BUSINESS	business the attention it deserves.  scwfit.com/business	
Schwinn®: Polishing Diamonds - Level Up Appel	Aqua Rhythmic Dziubinski	Aquatic Personal Training Malaghan (NEW)	Getting Clients Lean Healthfully Digsby	The Perfect Virtual Solution Madden Purposeful	Inexpensive Marketing for Growth & Profitability Kooperman	FR1	
Schwinn®: Leader of the Pack Hogg	LaBlast® Buoyant Ballroom Blowout Figueroa & Tomassi	Water Walking for Better Gait and Performance Pyle	Perfect Practice Makes Perfect Laskowski	Programming Madden	Annual GroupX Marketing Calendar de Werd	FR2	
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							
Schwinn®: Prime Design 2.0 Hogg SESSION 1	Changing Tides - H2O Tabata Style Kulp SESSION 2	Aqua Yoga Barre Wartenberg	Elimination Diet Pros & Cons Digsby SESSION 1	Fireside Chat with Steven Schwartz Kooperman & Schwartz SESSION 2	Content Creation in Paradise Ghadban	FR4	
Schwinn®: R.I.S.E. & #RideRight Thews	Aqua Disco Haggard	Mix-Match Aqua Moves to the Max Howard	Sleep: The Weight Loss Miracle Seti	Effective GX & PT Sales Strategies Panel Kooperman, Toole, Earney, Clark & Esquerre	Attracting and Keeping Great Fitness Talent Baraglia	FR5	
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	Retired, Not Expired! Strength Training for Mature Adults Panel Kooperman, Roberts, Ritchie & Gilbert	FR6	
		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	
EXPO SHOPPING 8:30am-9:15am							
		KEYNOTE ADDRESS The Role of Fitness Professional in the Healthcare System   Patrick Mummy • 9:15am - 10:30am				SA2	
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	SA3	
EXPO SHOPPING 12:00pm-2:45pm							
Schwinn®: Breathy Not Breathless Kolovou SESSION 2	Beautiful Buoyant Booty Vandenberg SESSION 2	10 BEST Exercises for 1 :1 Aquatic Training McCormick	Physics of Pain & Performance Mummy SESSION 1	Grow Your Business by Adding Value Esquerre SESSION 2	Profitable Training With Clients 55+ Ritchie	SA4	
Schwinn®: Hear Us Roar The Power Of Authenticity Thews & Kolovou	Free to Move in the Pool Dziubinski	Aqua Booty Camp Malaghan	Eat to Lose! Seti	Signature Sauce for Six-Figure Success Diggs	Building Successful Hybrid Businesses Vokoun	SA5	
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	
	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	
	Aqua Running & Conditioning Wartenberg	Easy-Grip Aqua Dumbbell Workout Kulp	Self-Care For Your Immune System Seti	Business Blueprint for 2023 Robinson	Retain & Engage Your Personal Training Clients Hoff	SU2	
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm						
	RECESS REMIX: Pool Playground Lagerhausen	Liquid Levels Pinkowski	Weight Loss vs. Fat Loss Johnson	Create Value - Retain Clients Toole	Entrepreneurship & Opening Sheppard	SU3	
Get Certified 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	

**SUNDAY, OCTOBER 1**