

CERTIFICATIONS THURSDAY SEPT. 28								
		A HIIT / CORE / STRENGTH	 PRE-RECORDED PERSONAL TRAINING	B FUNCTION / ACTIVE AGING	C GX / DANCE / SMALL GROUP TRAINING	D RECOVERY / MIND BODY	 PRE-RECORDED RESTORE / PILATES/ TAI CHI	
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 Struxness & 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					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								
SA2	9:15am-10:30am	 SYMMETRY	KEYNOTE ADDRESS The Role of Fitness Professional in the Healthcare System				Patrick Mummy 9:15am - 10:30am	
EXPO SHOPPING 10:30am-11:00am								
SA3	11:00am-12:15pm	Stability Ball Breakthrough Bannister-Munn	Rock Bottoms! Banded Booty Strength McDonald	Step by Step Walking Along Bullard	LaBlast® Fitness: Emotional Wealth Figueroa & Tomassi	Happy Muscles!® Tiger Tail® Recovery Zuleger	Tai Chi + Weights = Iron Fusion Ross	
EXPO SHOPPING 12:00pm-2:45pm								
SA4	SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	Leg Circuit Blast for Power Williams SESSION 1	Contender Richards	Pickleball Power & Performance Kooperman SESSION 1	Make Your BrainSweat® Robbins SESSION 1	By Any Stretch Appel SESSION 2	Yoga Soul Kooperman	
SA5	2:45pm-4:00pm	Dynamic Core Training McBee	SL@T - Strengthen, Lengthen & Tone Howard	Functional Fitness 50+ Toole	WARRIOR Combat™: Keep Fighting Richards	Posture & Alignment With Personal Training Mummy	Shoulders: Protection & Performance Christopher	
EXPO SHOPPING 3:45pm-4:30pm								
SA6	4:30pm-5:45pm	Top Tier Core Conditioning Robinson	Planks in all Three Planes Chilazi	Plyometric Exercises For Older Adults Aslakson	Glute Training - Beginner to Advanced Johnson	Corrective Exercise Strategies for the Ankle Williams	Functional Pilates Velazquez	
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								
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	
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	

register at scwfit.com/midwest

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Give your fitness business the attention it deserves.

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

E CYCLE	F AQUA (STARTS IN LECTURE)	PRE-RECORDED AQUA	G NUTRITION / EXERCISE SCIENCE	H BUSINESS	PRE-RECORDED BUSINESS	
Schwinn®: Polishing Diamonds - Level Up Appel	Aqua Rhythms 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® Splash: Emotional Wealth 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 & Vandenberg	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 Ghabdan	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	AB-Solute Strength! Henry	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 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
	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

FRIDAY, SEPTEMBER 29

SATURDAY, SEPTEMBER 30

SUNDAY, OCTOBER 1

Get Certified
For only \$199!

FRIDAY, SEPTEMBER 29

SATURDAY, SEPTEMBER 30

SUNDAY, OCTOBER 1

CERTIFICATIONS
SUNDAY, OCTOBER 1

S.E.A.T. Supported Exercise For Ageless Training Certification
Gilbert 7:30am-3:30pm
SEAT

Symmetry Postural Measurement Certification
Mummy 7:30am-3:30pm
SYMMETRY

SCW Stretching & Flexibility Training Certification
Appel 7:30am-3:30pm
SCW FIT

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