

CERTIFICATIONS THURSDAY, OCTOBER 3

SCW PERSONAL TRAINING CERTIFICATION Roberts 9:00am-6:00pm	SCW ACTIVE AGING CERTIFICATION Gilbert 9:00am-5:00pm	SCW GROUP EXERCISE CERTIFICATION Velazquez 8:00am-5:00pm	SCW CHAIR YOGA CERTIFICATION Ratliff 9:00am-5:00pm	SCW MENOPAUSE WELLNESS: THRIVE WITH FITNESS CERTIFICATION Layne • 9am-3:30pm	SCW LIFE COACHING CERTIFICATION Spreen-Glick 10:00am-4:00pm	SCW ACTIVE AGING NUTRITION CERTIFICATION Toole 5:30pm-9:30pm
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MIDWEST MANIA® FIT PRO CONVENTION

A HIIT / CORE / STRENGTH	B FUNCTION / ACTIVE AGING	C GX / DANCE / SMALL GROUP TRAINING	D RECOVERY / MIND BODY	E CYCLE
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FRIDAY, OCTOBER 4

FR1 7:30am-8:45am	NO FLOOR CORE AND BALANCE Layne	"DON'T JUST SIT THERE!" CHAIR YOGA Ratliff	ADD AN EMOM Merrill	GENTLE YOGA FOR MOBILITY Velazquez	
FR2 9:00am-10:15am	KILLER CORE Appel	ACTIVE AGING PLAYGROUND Toole	INTO THE RING Spreen-Glick	TIGER TAIL® GOODBYE BACK PAIN Zuleger	SCHWINN®: BEAST MODE Hogg
EXPO SHOPPING 10:00am-11:00am					
FR3 11:00am-12:15pm	ATHLETIC WOMAN: FUNCTION & STRENGTH Hughes	SITTING PRETTY: STRENGTH & SUPPORT Gilbert	BARREFUSION™ EXPERIENCE Coleman & Vandenberg	SYMMETRY SCIENTIFIC STRETCHING Mummy	SCHWINN®: RHYTHM ROADTRIP Appel
EXPO SHOPPING 12:00pm-2:45pm					
FR4 SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	INTEGRATED STRENGTH George & Merrill SESSION 1	DEMENTIA CLIENT STRATEGIES FOR TRAINERS Rothschild SESSION 2	ATHLETIC FLOW McMullen SESSION 1	TRUE POWER YOGA Spreen-Glick SESSION 2	SCHWINN®: ROAR INTO YOUR RIDE Kolovou SESSION 1
FR5 2:45pm-4:00pm	MOBILITY TRAINING - ONLINE OR IN-PERSON Webb	STRENGTH TRAINING FOR LONGEVITY & VITALITY II Kooperman	SOULBODY YOGA SCULPT Miles	HUMAN REFORMER PILATES George	SCHWINN®: ROCK & ROLL RIDE Roberts
EXPO SHOPPING 3:45pm-4:30pm					
FR6 4:30pm-5:45pm	CORE TRAINING: FOUNDATIONS OF PERFORMANCE Taggart	TIME WITH TISSUE Gilbert	ULTIMATE LEG DAY Toole	YOGA TOUCH Kooperman	SCHWINN®: TRANSCEND CYCLE FLOW Hogg
FR7 6:00pm-7:00pm		FITNESS IDOL Kooperman, Gilbert, Esquerre & Toole	DANCE OFF! LaBlast®, ZUMBA®, Fit Pro Programming, Haggard, Wartenberg & Velazquez	MIND BODY BEAUTIFUL Spreen-Glick	

SATURDAY, OCTOBER 5

SA1 7:30am-8:45am	FOREVER PILATES Appel	CREATIVE PROGRAMMING 55+ Wartenberg	PROP POWER: AMP UP YOUR BARRE WORKOUTS George & Madden	THE CHAKRAS: ALIGN YOUR ENERGY Kaufman	FASCIAL INTEGRATION OF THE FOOT, CORE AND DIAPHRAGM Splichal
EXPO SHOPPING 8:30am-9:15am					
SA2 9:15am-10:30am		GRAB THE GOLD	KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD ROOM B		
EXPO SHOPPING 10:30am-11:00am					
SA3 11:00am-12:15pm	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE Webb	TOUGHAGERS® ACTIVE OLDER ADULT FITNESS Rothschild	LABLAST® FITNESS: BALLROOM BLITZ Figueroa & Tomassi	SOULBODY CARDIO SCULPT Syverson	SCHWINN®: BIKER BARRE Appel
EXPO SHOPPING 12:00pm-2:45pm					
SA4 SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm	POSTURE & ALIGNMENT WITH PERSONAL TRAINING Mummy SESSION 2	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Gilbert SESSION 1	SOULKICKBOXING™ Coleman SESSION 2	FUSION REVOLUTION McMullen SESSION 1	SCHWINN®: KETTLE & PEDAL Roberts SESSION 1
SA5 2:45pm-4:00pm	DEEP CORE AND PELVIC FLOOR Layne	MASTER KNEE-PAIN REDUCTION STRATEGIES Webb	ALL ABOUT THE ANKLE Splichal	TIGER TAIL® RECOVERY FOR LONGEVITY Zuleger	SCHWINN®: NOWHERE TO HIDE Kolovou
EXPO SHOPPING 3:45pm-4:30pm					
SA6 4:30pm-5:45pm	FULL BODY 3D HIIT-CIRCUIT Hughes	TAILORED TRAINING FOR ACTIVE AGERS Toole	ZUMBA® Bullard	TAI-CHI FUSED YOGA Velazquez	SCHWINN®: MODE MAGIC Roberts

SUNDAY, OCTOBER 6

SU1 7:30am-8:45am	FLEX LIKE A BOSS Haggard	GET A GRIP! HEALTHY HANDS FOR STRENGTH AND LONGEVITY Splichal	STRENGTHEN & SUPPORT McMullen	SOULFUSION™ EXPERIENCE Coleman		
SU2 9:00am-10:15am	BULLETPROOF YOUR FEET Splichal	AGING BRAINS & BONES Layne	KICKBOXING GROOVE Haggard	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY Hughes		
EXPO SHOPPING 10:00am-1:00pm						
SU3 10:45am-12:00pm	HUSTLE & FLOW Haggard	LABLAST® CHAIR FITNESS: PULL UP A SEAT Figueroa & Tomassi	BARRE HARD CORE Madden	SOULBODY RESTORE Sylvester		
SU4 12:15pm-1:30pm	SPORT SCIENCE: UNLEASHING ATHLETIC POTENTIAL O. Clark	ATHLETIC AGING Madden	LABLAST® FITNESS FOR ALL AGES Figueroa & Tomassi	MOVE AND FLOW Taylor		

CERTIFICATIONS SUNDAY, OCTOBER 6

SCW YOGA 1 CERTIFICATION Velazquez 7:30am-3:30pm	SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION Vandenberg • 7:30am-3:30pm	SCW PILATES MATWORK CERTIFICATION Appel 7:30am-3:30pm	SYMMETRY POSTURAL MEASUREMENT CERTIFICATION Mummy • 7:30am-3:30pm	ZUMBA® JUMP START GOLD Bullard 7:45am-3:30pm	SCW AQUATIC EXERCISE CERTIFICATION Wartenberg 7:30am-3:30pm	get discounted ONLINE CERTS View them at scwfit.com/certs \$100 OFF Code: MANIA100
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SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION Hogg • 7:00am-5:00pm	AQUA EXERCISE CERTIFICATION Kulp 9:00am-5:00pm	THE MENTAL WELLBEING CERTIFICATION FOR FITNESS PROFESSIONALS G. Brick and L. Brick Online Exclusive	TOUGHAGERS® INSTRUCTOR - ACTIVE OLDER ADULT FITNESS Rothschild • 9am-4pm
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F AQUA (STARTS IN LECTURE)	G NUTRITION / EX. SCIENCE	H BUSINESS
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WAVES ON FIRE: ACTIVE AGERS Martin	10 STEPS TO ULTIMATE WEIGHT LOSS EXPERIENCE Netto	OPERATING A PROFITABLE BOUTIQUE STUDIO Gilbert
LABLAST® SPLASH: BUOYANT BALLROOM BLITZ Figueroa & Tomassi	CHAIN REACTION BIOMECHANICS Hughes	START & GROW YOUR BUSINESS Kooperman, B. Clark, Webb, Day, & Lessard
EXPO SHOPPING 10:00am-11:00am		
AQUA BOOT CAMP BOQ-STYLE Ford	SUPPORTING CLIENTS ON ANTI-OBESITY MEDICATIONS Childers-Richmond	GET "CERTIFIED" TO RUN YOUR FITNESS BUSINESS! Day
EXPO SHOPPING 12:00pm-2:45pm		
LIQUID GYM ACQUA PUNCH & PUMP Velazquez SESSION 2	BUILDING MUSCLE WHILE LOSING FAT Layne SESSION 2	RETENTION STRATEGIES: UNLOCKING THE KEY TO CUSTOMER LOYALTY Netto SESSION 1
AQUA INNOVATE Martin	PREVENTING COMMON FITNESS INJURIES Laskowski	FIND & ENROLL CLIENTS USING SOCIAL MEDIA B. Clark
EXPO SHOPPING 3:45pm-4:30pm		
BUOY, OH BUOY, OH BUOY! Velazquez, Kulp & Vandenberg	UNDERSTANDING EXERCISE & ANTI-OBESITY MEDICATIONS Rogers	PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL Esquerre
KEYNOTE & COCKTAILS: FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME - Brandi Clark • Room H		

H2O RAPID RESISTANCE Kulp	MYOFASCIAL RELEASE: THE VAGUS NERVE Zuleger	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP! Esquerre
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD ROOM B		
EXPO SHOPPING 10:30am-11:00am		
AQUA ZUMBA® Bullard	PHYSICS OF PAIN & PERFORMANCE Mummy	FIND YOUR NEXT 50 LEADS B. Clark
EXPO SHOPPING 12:00pm-2:45pm		
AQUA DRUMS VIBES Wartenberg SESSION 2	RETHINKING OBESITY TREATMENT: ELEVATE YOUR BUSINESS Wartenberg SESSION 2	PACK YOUR PT SESSIONS: SUCCESSFUL SALES Kooperman, Toole, Rothschild & Hughes SESSION 1
AQUATIC EQUIPMENT INNOVATIONS Ford	TRENDING DIETS & WEIGHT LOSS MEDS Digsby	NAVIGATING LEGAL PITFALLS IN FITNESS Kooperman & Lessard
EXPO SHOPPING 3:45pm-4:30pm		
SILVER TSUNAMI Kulp, Wartenberg, Carvalho & Vandenberg	HOW YOU MOVE MATTERS Laskowski	PERSONAL TRAINER PROGRAMMING & PROFITS C. Gilbert

LIQUID GYM ACQUA TONER STRETCH & TONE Kulp	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION Digsby	EMPOWERING DISABILITY FITNESS VENTURES Geslak
RIDE THE WAVE Kulp & Carvalho	KITCHEN MAKEOVER FOR FOOD LOVERS Digsby	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE Kooperman
EXPO SHOPPING 10:00am-1:00pm		
WATER FIESTA: LATIN RHYTHMS FOR ACTIVE AGERS Sepulveda	THRIVING DURING PERI/MENOPAUSE MADNESS Childers-Richmond	SYSTEMS THINKING FOR HEALTH & FITNESS Stangel
AQUA ZEN Sepulveda	THE GUT - SLEEP NETWORK EFFECT Layne	WORKPLACE STRATEGIES FOR HEALTHY LIFESTYLES Griffith

Pre-Recorded SESSIONS

PRE-RECORDED PERSONAL TRAINING	PRE-RECORDED RESTORE / PILATES / TAI-CHI	PRE-RECORDED AQUA EXERCISE	PRE-RECORDED BUSINESS SUMMIT
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GAME YOUR CORE Velazquez	YOGA-PILATES RESTORE Bannister-Munn	H2O RAPID RESISTANCE Kulp	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS McBee
HIIT 'EM UP STYLE DANCE JAM Turner	NO (DOWNWARD FACING) DOGS ALLOWED Fulton	AQUA ARTICULATIONS AND CARDIO Pyle	PUBLIC RELATIONS FOR FITNESS PROS DaCosta
ALL TIME HIITS Appel	FLOW FREE & BE Spreen-Glick	AQUA YOGA BARRE Wartenberg	YOUR FINANCIAL HEALTH Ross
TOTAL BODY STRENGTH Richards	ELEVATED: NEXT LEVEL ACTIVE RECOVERY Robinson	CORE FUSION H2O Vandenberg	GROWTH: MUST OR BUST Kooperman, Ball, Clark, Ross & Dennis
73 WAYS TO HIT THE GLUTES Groves	QIGONG & SELF HEALING Craddock	WHEN BREATH MEETS WATER: AQUA YOGA Lemons	THE NUTS & BOLTS OF BUSINESS Esquerre
PLANKS WITH PROPS Esau	POPPIN' BOOTY PILATES Stys	POOL PERSONAL TRAINING Lagerhausen	SMALL BUSINESS GRASSROOTS MARKETING Kahn
CORE AMORE Madden	YOGA GROOVES Brasher	H2O STRENGTH Kulp	BUILD A HIGH PERFORMANCE TEAM Gilbert

SEXY, SMART STRENGTH FOR WOMEN McCormick	BEAUTY & THE BEAST: YOGA POWER BAR Wartenberg	TABATA AQUA RUNNING & CONDITIONING Haggard	BUILDING A FINANCIALLY SUCCESSFUL GYM Kleckner
EXPO SHOPPING 8:30am-9:15am			
KEYNOTE ADDRESS: WHERE HEALTHY MEETS HAPPY • Sohaila Digsby, RDN, LD ROOM B			
EXPO SHOPPING 10:30am-11:00am			
LEG CIRCUIT BLAST FOR POWER Williams	BY ANY STRETCH Appel	FRONT & CENTER H2O Gilbert	FILL YOUR SMALL GROUP TRAINING Varol
EXPO SHOPPING 12:00pm-2:45pm			
BALANCE YOUR HIIT Lenart	PILATES 4 LIFE Kahn	AQUA YOGA FOR ARTHRITIS Fairbrother	SIGNATURE SAUCE FOR SIX-FIGURE SUCCESS Diggs
FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Mike	HANDS ON STRETCHING Bannister-Munn	WARM WATER STRONG McCormick	STOP SELLING & CREATE CULTURE Gilbert
EXPO SHOPPING 3:45pm-4:30pm			
COACHING CORE ENGAGEMENT Chilazi	THE BATTLE FOR MOBILITY McCormick	WAVES COMBAT: BEATS AND POWER MOVES Sepulveda	NEGOTIATION STRATEGIES FOR FITNESS PROS Thews

BODY WEIGHT MILITIA Garland	FLEXIBILITY - STOP DOING IT WRONG Metcalf	CIRQUE DU SUSPEND: IMPACT-FREE AQUA EXERCISE Gili	BUSINESS BLUEPRINT FOR 2023 Robinson
BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING Rockit	PILATES: MAT TO THE MAX Appel	AQUA STRIDES & STRENGTH Dziubinski	5 STAR MANAGEMENT Spreen-Glick
LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY Chilazi	YOGA-BATA VIIT Lemons	AQUA CORE SENIOR STYLE Kulp	CLUB, STUDIO & CLIENT RETENTION Kooperman

Access to pre-recorded sessions can be found at scwfit.com/midwest

RECORDED SESSIONS are filmed live at this MANIA® Convention and are only available online after the event at \$60 for 60 days with unlimited access.