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Register
Here

Fri
Oct 3

Sat
Oct 4

Sun
Oct 5

Certs
Thurs Oct 2

→ SCW Active Aging
Roberts • 9am-5pm

→ SCW Pilates Matwork
Toole • 8am-4pm

→ SCW Group Exercise
Velazquez • 8am-4pm

→ SCW Aquatic Exercise
Layne • 8am-4pm

→ SCW Life Coaching EXPRESS
Spreen-Glick 4:30pm-8:30pm

→ SCW Chair Yoga
Ratliff • 9:00am-5:00pm

→ SCW Personal Training
Bannister-Munn • 9am-6pm

→ ZUMBA® Basic 1
Bostic • 7:30am-4pm

→ ToughAgers® Instructor
Rothschild • 9am-4pm

→ LaBlast® Fitness Instructor
Figueroa & Astorino •
8am-5pm

→ SCW Anti-Obesity Medication
(AOM) Fitness Programming
Gilbert • 9:00am-5:00pm

→ SCW Menopause Wellness
EXPRESS
Layne • 4:30pm-8:30pm

scwfit.com/midwest



Room A Longevity & Function	Room B Power & Personal Training	Room C Cycle / HIIT & Strength	Room D Group Programming	Room E Recovery / Mind-Body
No Floor Core and Balance Layne	Stability Ball Breakthrough Bannister-Munn	Cycle Strong, Transfer Life Roberts	Balls, Blocks, Bands: Pilates Fusion Metcalf	Deconstructing Asanas Ratliff
Dare to Chair Gilbert	Palango! Strength Ojeda	Quiet Chaos, Find Your Rhythm Sherman	Do This, Not That! Roberts	Human Reformer Pilates Howe
EXPO SHOPPING 10:00am-11:00am				
Boost Better Balance Rothschild	Power Source: A Core Practice Ratliff	Fit for Life: Active Agers Thomson	ZUMBA® Bostic	Heart-Centered Flow Spreen-Glick
EXPO SHOPPING 12:00pm-2:45pm				
Master Knee-Pain Reduction Strategies Webb Session 1	Tubing Xpress Spreen-Glick Session 2	Connect With Music, Messaging, Motivation Sherman Session 1	Stretch RX: Feel It, Fix It Bannister-Munn Session 2	Pilates Functional Progressions Velazquez Session 2
Chair Yoga for Mobility & Strength Kooperman	SOULkickboxing™ Yasinitsky	Glute Goals Thomson	Pump Your Peach! Toole	Shoulder Pain: Optimize Through Exercise Webb
EXPO SHOPPING 3:45pm - 4:30pm				
Bone Strong Gilbert	Arms, Butts & Core on the Floor! Bannister-Munn	Train Smart & HIIT SMART Goals Williams	The Recovery Barre Howe	Teaching Restorative Yoga Without Props Ratliff
SCW FITNESS STAR SEARCH Kooperman, Gilbert, Bannister-Munn & Kulp Room A			Dance Off! LaBlast®, Palango! Fitness, & Velazquez	Stretch-Breathe-Recover Spreen-Glick

Flex & Power: Hip Mobility Mastery Kulp	Trainer's Toolbox: Timesaving Solutions Roberts	Trends in Cycling Sherman	No Equipment? No Excuses! Garcia	Authentic Mat Pilates Uncovered Toole
EXPO SHOPPING 8:30am-9:15am				
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A				
EXPO SHOPPING 10:30am-11:00am				
S.E.A.T. Supported Exercise for Ageless Training Gilbert	Band Strong: Train Anywhere Power Bannister-Munn	HIIT Ratios & Exercise Progression Williams	LaBlast® Fitness: Ballroom Blitz Figueroa & Astorino	Prana Energy Greenbaum
EXPO SHOPPING 12:00pm-2:45pm				
Mobility Training – Online or In-Person Webb Session 1	Group Strength Blueprint Howe Session 2	STRONG HER Thomson Session 1	Palango! Cardio Ojeda Session 2	SOULfusion™ EXPERIENCE Fortier Session 1
Progressive FITT: Functional Tube Training Roberts	Conquering Sciatic Pain Garcia	Create Rides With AI Sherman	Flexibility - Stop Doing it Wrong Metcalf	Restorative Stretch Bannister-Munn
EXPO SHOPPING 3:45pm - 4:30pm				
Dementia Client Strategies for Trainers Rothschild	Pelvic Floor from the Outside In Layne	Unlocking the Power of HIIT Williams	BARREfusion™ Experience Vandenberg	Posture & Alignment with Personal Training Mummy

AASK Amber: Anti-Aging Survival Kit Toole	SOULstrength™: A Little OFF BEAT Vandenberg	Sunday Certifications S.E.A.T. Supported Exercise For Ageless Training - Gilbert 9:00am-4:00pm SCW Stretching & Flexibility - Bannister-Munn 8:00am-4:00pm SCW Yoga 1 Certification Velazquez 8:00am-4:00pm PALANGO! Fitness Teacher Training - Ojeda 8:00am-3:00pm WATERinMOTION® Aqua Exercise - Kulp 8:00am-4:00pm	LaBlast® Fitness for all Ages Figueroa & Astorino	Yin+Restore Yoga Greenbaum
Brain & Body Beats Sepulveda	Next-Level Core Training Garcia		Barreless Barre Howe	Age Defying Mobility Training: Enhancing Longevity Webb
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm				
Comprehensive Active Aging Strategies Rothschild	Bandz & Bounce Haggard		Ankle Mechanics for Peak Performance Garcia	Mat Pilates Choreography Flow Metcalf
LaBlast® Chair Fitness: Pull Up a Seat Solis	Step Up Your Groove Layne		Eliminating Knee Pain Through Joint Stability Metcalf	Intelligent Sequencing Vinyasa Yoga Kaufman

Room F Waterworks (Starts in lecture)	Room G Wellness	Room H Leadership
Wave Works Kulp & Velazquez	Mastering Macros Toole	Supporting Clients on Anti-Obesity Medications Gilbert
LaBlast® Splash: Buoyant Ballroom Blitz Figueroa & Astorino	Nutrition: Hot Topic Research Layne	Survival Tactics: Grow Your Business Metcalf
EXPO SHOPPING 10:00am-11:00am		
Liquid Gym Acqua Punch & Pump Velazquez	Symmetry AlignSmart® - Scientific Stretching Mummy	Women's Leadership: Climbing, Creating & Conquering in Fitness Kooperman, Bannister-Munn, Gilbert & Ontiveros
EXPO SHOPPING 12:00pm-2:45pm		
Aqua Power: One Dumbbell Circuit Kulp Session 1	How You Move Matters Laskowski Session 1	Marketing to Active Agers Panel Kooperman, Toole, Rothschild & Gilbert Session 2
Aqua ZUMBA® Bolstic	Women: Training Through the Stages Layne	No Sweat Income Opportunities Spreen-Glick
EXPO SHOPPING 3:45pm-4:30pm		
Aqua Drums Vibes Kulp	Inclusivity in Fitness Spaces Yasinitsky	Boost Your Pre-Workout & Recovery Kooperman, Ontiveros, Layne & Toole
BUSINESS KEYNOTE: The Fitness Evolution Patrick Mummy Room H		

Aqua Intervals Roulette Vandenberg	How to Avoid Being My Patient Laskowski	Living by Design or Default? Phillips
EXPO SHOPPING 8:30am-9:15am		
KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A		
EXPO SHOPPING 10:30am-11:00am		
Ageless Aqua Kulp & Velazquez	Physics of Pain & Performance Mummy	Building Your Personal Brand Spreen-Glick
EXPO SHOPPING 12:00pm-2:45pm		
Liquid Gym Acqua Toner Stretch & Tone Kulp Session 2	Debunking Exercise Science Myths Layne Session 1	Strength Training for Active Agers Panel Kooperman, Gilbert, Roberts & Laskowski Session 2
Tides of Power Kulp & Velazquez	Nutrition & the Menopause Journey Layne, Toole, Rothschild, Ontiveros & Rogers	Wellness is the New Fitness Spreen-Glick
EXPO SHOPPING 3:45pm-4:30pm		
Aqua Ease: Flexibility for Active Agers Velazquez	Understanding Exercise and Obesity Medications Rogers	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb, & Metcalf

AquaZen: Flow, Breathe, Renew Sepulveda	Rethinking Obesity Treatment: Elevate Your Business Rogers	
AQUAHOLIC Layne	Preventing Common Fitness Injuries Laskowski	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm		
Waves Power: Strength & Flow Sepulveda	Pause. Power. Perform. Phillips	
Drip & Drop Haggard	Create Content to Boost Sales Toole	

Pre-Recorded Sessions Personal Training/ Strength	Pre-Recorded Sessions Restore/ Pilates /Tai-Chi	Pre-Recorded Sessions Active Aging/ Functional Training	Pre-Recorded Sessions Nutrition/ Exercise Science
Add an EMOM Merrill	Yoga-Pilates Restore Bannister-Munn	Active Aging Playground Toole	A Wealth of Gut Health Unlocked Fearheiley
Arm Candy Appel	Myofascial Recovery Garcia	Aging Shoulder: Exercise to Function! Aslakson	Art of Food as Fuel Lemons
Athletic Woman: Function & Strength Hughes	Warrior Tai Chi Yoga and Qi Gong Fusion J. Roberts	Athletic Aging Madden	Feed Your Body & Soul: Mindful Eating Pyle
Core Amore Madden	Recovery Through Meditation Rockit	Creative Programming 55+ Wartenberg	Functional Nutrition & Hormones: Healthy Aging Zuleger
Integrated Strength George	Pilates, Power & Poise Lemons	Hip Mobility for Active Aging Bannister-Munn	Fundamentals of Squat Progressions and Variations Mike
Hit The Wall Rockit	Reset and Recharge Spreen-Glick	Strength Training For Longevity & Vitality II Kooperman	Nutrition Panel Layne, Digsby, Toole, Fearheiley
Kickbox N Chaos Turner	Recovery For Longevity Appel	Senior Circuit Haggard	Self-Care For Your Immune System Seti

Strength Courage and Wisdom Freeman	Human Reformer Pilates George	Optimal Mobility: Enhancing Functionality Gilbert	Aging Brains & Bones Layne
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Total Body Strength Richards	The Chakras: Align Your Energy Kaufman	Balance & Coordination for Active Agers Velazquez	Weight-loss Meds & Fad Diet Update Digsby
Ultimate Leg Day Toole	Active Recovery Zuleger	Bone Health Bootcamp Conti	Movement Through Menopause Groves
Step, Stamina & Strength Chilazi	Balls, Blocks, Bands: Pilates Fusion Metcalf	Everyday Strength: Coaching the Active Aging Female K. Roberts	Plyometric Exercise for Older Adults Aslakson
Bringing Back Foundational Strength Training Johnson	TaiChi Flow: Recovery for GXs & PTs Glassmeyer	Active Aging Latin Joyful Mix Sepulveda	Exercise Analysis Mack

Effort Mastery: Coaching Peak Performance and Motivation McBee	Forever Pilates Appel	Smart Warm-Ups for Active Aging D'Agati	Sugar, Snacks & Heart Attacks Digsby
Fluid Core Fusion Velazquez	Moving Meditation J. Roberts	Renew & Restore: Flexibility for 50+ Ross	Chain Reaction Biomechanics Hughes
Meet The Hybrid Fitness Professional Esquerre	Tai-Chi Fused Yoga Velazquez	Brain Balance Training Splichal	Building Muscle While Losing Fat Layne
Training the Neurodivergent Client Conti	Pilates 4 Life Kahn	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan	Magnesium: The Mighty Mineral Unveiled Toole