

midwest mania[®]

fitness pro convention

■ = being recorded

Certs Thurs Oct 2

→ **SCW Active Aging**
Roberts • 9am-5pm

→ **SCW Pilates Matwork**
Toole • 8am-4pm

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

→ **ZUMBA® Basic 1**
Bostic • 7:30am-4pm

Room A Longevity & Function	Room B Power & Personal Training	Room C Cycle / HIIT & Strength	Room D Group Programming	Room E Recovery / Mind-Body
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Register
Here

Fri
Oct 3

FR1 7:30am-8:45am

FR2 9:00am-10:15am

FR3 11:00am-12:15pm

FR4 Session 1
12:30pm-1:45pm
Session 2
1:15pm-2:30pm

FR5 2:45pm-4:00pm

FR6 4:30pm-5:45pm

FR7 6:00pm-7:00pm

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 Ages 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™ Yasinitzky ■	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 ■

Sat
Oct 4

SA1 7:30am-8:45am

SA2 9:15am-10:30am

SA3 11:00am-12:15pm

SA4 Session 1
12:30pm-1:45pm
Session 2
1:15pm-2:30pm

SA5 2:45pm-4:00pm

SA6 4:30pm-5:45pm

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 ■

Sun
Oct 5

SU1 7:30am-8:45am

SU2 9:00am-10:15am

SU3 10:45am-12:00pm

SU4 12:15pm-1:30pm

AASK Amber: Anti-Aging Survival Kit Toole	SOULstrength™: A Little OFF BEAT Vandenberg	<div>Sunday Certifications</div> <div>S.E.A.T. Supported Exercise For Ageless Training - Gilbert 9:00am-4:00pm</div> <div>SCW Stretching & Flexibility - Bannister-Munn 8:00am-4:00pm</div> <div>SCW Yoga 1 Certification Velazquez 8:00am-4:00pm</div> <div>PALANGO! Fitness Teacher Training - Ojeda 8:00am-3:00pm</div> <div>WATERinMOTION® Aqua Exercise - Kulp 8:00am-4:00pm</div>	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			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

→ **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



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→ **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

Room
F
Waterworks
(Starts in lecture)

Room
G
Wellness

Room
H
Leadership

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

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® Boistic	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		

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

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

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

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	

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 Spichal	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