


SEP. 23-24

<b>WEDNESDAY SEPTEMBER 23</b> PRE-CONVENTION EVENTS	SCW Yoga I Certification 8:30am-6:00pm Velazquez	SCW Personal Training Certification 9:00am-6:00pm Roberts	WIM Aquatic Certification 9:00am-6:00pm Warasila						
<b>THURSDAY SEPTEMBER 24</b> PRE-CONVENTION EVENTS	SCW Small Group Training Certification 9:00am-5:00pm Roberts	SCW Sports Nutrition Certification 9:00am-3:30pm Comana	SCW Group Exercise Certification 8:00am-5:00pm Lewis-McCormick	SCW Aquatic Exercise Certification 8:00am-5:00pm Velazquez	SCW Training with Kettlebells Certification 9:00am-4:00pm Benten	SCW Pilates Matwork Certification 8:00am-5:00pm Appel	ZUMBA® Basic Skills Level 1 8:00am-5:00pm J. Witt & T. Witt	Tabata BootCamp™ 8:00am-5:00pm Myrea	Schwinn® Cycling Instructor Certification 8:00am-5:00pm Scott & Thews

# SCW MIDWEST MANIA® Schedule at a Glance

RealRyder® Certified Instructor Training 8:00am-5:00pm Brooks & Reid	Moving to Happiness® Coaching Method 9:00am-5:00pm Kolber	BOLLYX - The Bollywood Workout 8:30am-5:30pm Mehta & Patel	BOSU® 3D XTREME™ Certification 10:00am-4:30pm Fable	Trigger Point® Myofascial Compression Techniques 9:00am-5:00pm Shah	UrbanKick® Instructor Certification 9:00am-5:00pm Barnard & Natsuki	Barre Above™ Certification 9:00am-5:00pm Madden	SCW Yoga II Certification 5:30pm-9:30pm Howard	SCW Group Strength Certification: Focusing on Females 5:30pm-9:30pm Lewis-McCormick	SCW Lifestyle & Behavioral Coaching Workshop 5:30pm-10:00pm Comana	Functional Flexibility & Fascia Fitness Certification 5:30pm-9:30pm Bender
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<b>A</b> BOOT CAMP & GROUP TRAINING	<b>B</b> GROUP TRAINING & HIIT	<b>C</b> BARRE & SPECIALTY TRAINING	<b>D</b> YOGA / PILATES	<b>E</b> CIRCUIT TRAINING & STRENGTH	<b>F</b> DANCE & GROUP EX	<b>G</b> KETTLEBELLS & SPECIALTY TRAINING	<b>H</b> AQUA (ACTIVITY)
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<b>FR1</b> 7:30am-9:00am	Ropes Gone Extremely Wild!™ Nunez	Jillian Michaels BodyShred™ Levesque	Barre Intensity - Not Just for Ballerinas Lyons	Rock and Roll Pilates by ActivMotion Bar Appel	BOSU® HIIT Metabolic Challenge Dixon	Crunch Live: Overdrive and Absolution Renfro	Kettlebell Butts & Guts Benten	Deep Water Core and More Westfall
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EXPO OPEN : 9:00am - 2:30pm

<b>FR2</b> 10:00am-11:30am	Best of Boot Camp 2015 M. Myrea	Hop, Skip & Jump Plyo Training Ross	Barre Bootcamp 2015 Madden	Yoga with a Twist Kooperman	101 Ways to BOSU® Fable	ZUMBA® Cardio Blast! T. Witt	Start at the Core McBee	Power, Balance and Strength Stuart
<b>FR3</b> SESSION 1 11:45am-1:15pm	Tabata Bootcamp™- Express Workout M. Myrea Session 2	Chain Reaction Appel Session 2	Balanced Body® Fit: High Intensity Meets Mindful Movement Valentin Session 1	Indo-Row®: The Team Attack on Total-Body Training Thews & Crosby Session 1	Surge® Advanced Core Training Stutzman Session 2	Hit It!® P.O.W.E.R. C. Barker & K. Barker Session 1	Functional Barbell Strength: Reps, Integration, Power Livingston Session 2	Gentle Aqua Lewis-McCormick Session 1
<b>FR4</b> 2:15pm-3:45pm	Body Weight Bootcamp M. Myrea	Move Free Ross	Get Centered - Dance, Tai Chi + Yoga Fusion Kolber	Choreography WERQshop Stone	ShockWave Dixon, Crosby, Scott	OULA® Fitness Lindner	CoreZone Chizzel Grosshauser	
<b>FR5</b> 4:00pm-5:30pm	Ropes-Through Thick and Thin Freytag	TriggerPoint: Myofascial Compression™ Techniques for Injury Prevention Shah	Balanced Body Barre™: Strong Core, Toned Arms Karley	ActivMotion Bar: Disruptive Training Mikulski	POUND Opperman	ZUMBA® Gold T. Witt	Piloxing® Opposites Attract Ballard	Aqua Zen Warasila

EXPO OPEN : 5:30pm - 6:30pm

<b>FR6</b> 6:30pm-7:30pm	Battle with the Bands Nunez			Drishti Beats Lowell	Go Hard or Go Home: GRIT® Strength McBee	WERQ Like a Boss Stone	BollyX® Mehta & Patel	
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<b>SA1</b> 7:00am-8:30am	Real World Plyometrics Ross	Strength Circuit Ramping Freytag	Balanced Body Barre™: Long, Lean Legs! Karley	Crunch Live: Fat Burning Pilates and Bendable Body Williams	Kamagon® Kore Roberts & Jennings	BODYCOMBAT® McBee	Cardiopump Fusion Benten	Deep Water Dance Party Westfall
<b>SA2</b> 8:45am-10:15am	Strength Overload M. Myrea	Speed of Light, Medium, and Heavy Nunez	Dancing for Joy Kolber	Yoga Touch Kooperman	ShockWave Thews, Crosby & Cook	Kick and HIIT - UrbanKick® HIIT Kickboxing Barnard & Natsuki	Speedball Feinberg	Aqua ZUMBA® T. Witt

EXPO OPEN : 9:45am-12:45pm

<b>SA3</b> SESSION 1 10:45am-12:15pm	<b>SA3</b> SESSION 2 11:15am-12:45pm	HIIT Parade M. Myrea Session 1	Cardio Interval Ramping Freytag Session 1	Piloxing® Knockout Ballard Session 1	Indo-Row®: The Perfect Calorie Burn Thews & Crosby Session 1	BOSU® Balanced Basics and Beyond Quest & O'Brien Session 2	ZUMBA® Let it MOVE YOU! J. Witt Session 2	Kettle Body by Brook Benten Session 2	Beating Aqua Burnout Gilbert, Warasila, Velazquez Session 1
<b>SA4: KEYNOTE</b> 1:00pm-1:45pm		<b>TRAINER LOGIC KEYNOTE</b> with Jillian Michaels							

EXPO OPEN : 2:00pm-5:30pm

<b>SA5</b> 2:00pm-3:30pm		<b>Jillian Michaels BODYSHRED™</b> with Jillian Michaels 2:00-2:45 & 3:00-3:45		Yogathia™ Christian Yoga + Meditation Galles	Breathe In, Out, and Often Lyons	Hit It!® Kickbox II C. Barker & K. Barker	OULA® Fitness Lindner	
<b>SA6</b> 4:30pm-6:00pm	Quickies - Get More Done in Less Time M. Myrea	Reactive Overload Appel	Tabata Yoga Howard	Barre Above™: Core Connection Bender & Kahn	BOSU® Plyo Power Brooks	BollyX® Mehta & Patel	Balanced Body: MOTR™ = Movement Magic! Valentin	101 Ways to Water Walk Westfall
<b>SA7</b> 6:15pm-7:30pm	POUND Opperman	TriggerPoint: Myofascial Compression™ Techniques for Multi-Sport Training Shah	MMA Conditioning: Battle Obesity with WAR Livingston	Balance Now! Mikulski	20X3 Howard	Choreography WERQshop Stone	The M.I.X. 3D! Kimmel	H2O Luscious Limbs: Lower Body Strengthening Gilbert

FRIDAY, SEPTEMBER 25

SATURDAY, SEPTEMBER 26

SUNDAY, SEPTEMBER 27

<b>I</b> AQUA (LECTURE)	<b>J</b> SCHWINN® CYCLING	<b>K</b> REALRYDER® CYCLING	<b>L</b> MOI CYCLING	<b>M</b> EXERCISE SCIENCE & NUTRITION LECTURE	<b>N</b> EXERCISE SCIENCE & NUTRITION LECTURE	<b>O</b> BUSINESS & PT LECTURE	<b>P</b> BUSINESS LECTURE	<b>Q</b> SUSPENSION & CIRCUIT TRAINING
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More Connections in the Pool Keet	Schwinn® Cycling: Class Design Crunch Time Fable	RealRyder® Indoor Cycling: Adrenaline Rush Bender		Metabolism, Fat, Abs, Butts and Thighs Comana	All That and a Bag of Chips Scott	Graciously, Professionally and Systematically Producing Referral Business Woodard	Fitness Facility on FIRE Digsby	Bodhi Suspension System CSI: Circuit Suspension Intervals Gonzalez
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EXPO OPEN : 9:00am - 2:30pm

Horizontal & Vertical Dynamic Aqua Core Training Velazquez	Schwinn® Cycling: Pimp My Playlist! Scott	RealRyder® Indoor Cycling: Precision Training Brooks & Stutzman	MOI Cycle: Endurance Ride MOI Team	The Perfection Detox® Kolber	Women, Muscle and Strength Lewis-McCormick	Best Body Countdown Digsby	The Art of Branding Scott	Bodhi Suspension System CSI: Chiseled Suspension Training Karley
Aqua Muscle Revival Westfall Session 1	Schwinn® Cycling: Ride the Total Body Trends with Circuits Dixon & Fable Session 1	RealRyder® Indoor Cycling: This is How We Ryde! Brooks & Reid Session 2	MOI Cycle: Interval Ride MOI Team Session 1	Exercise & Aging: Best Practice Programming Kooperman Session 1	3D Flexibility & Strength Bender Session 2	Nutrition Nuggets Digsby Session 2	Engaging Millennials with HIIT Solutions McBee Session 2	
WATERinMOTION®: Platinum 2 Warasila, Keet, Kooperman & Velazquez	Schwinn® Cycling: Nothing but the HIITS Roberts		MOI Cycle: Race Day Ride MOI Team	Tipping the Scales Comana	Attract New Participants Online Kolar	Power One Freytag	Making More Money as a Fitness Professional Conrad	Bodhi Suspension System CSI: Pilates Meets Suspension Gonzalez
Aquatic Programming for Seniors & Special Populations (S.P.A.) Howard	Schwinn® Cycling: Rock Stars, Preachers & Party People Dixon, Scott & Jennings	RealRyder® Indoor Cycling: Fun & Functional Small Group Training Brooks & Reid	MOI Cycle: Strength Ride MOI Team	Successful Small Group Personal Training Comana	Making Sense of Current Food Trends B. Myrea	Sell and Retain Using Group Ex Woodard	Progressive Programming Scott	Balanced Body Fit: Suspension Meets Circuit Training Gonzalez

EXPO OPEN : 5:30pm - 6:30pm

				State of the Industry Panel Discussion Comana, Scott Scudder, Scott, Lewis-McCormick, Ross	Ebbs and Flows of Aqua Exercise: Panel Discussion Kooperman, Howard, Stuart, Westfall & Velazquez			
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Moving Through the Decades in the Pool Keet	Schwinn® Cycling: Leave 'em Breathless II Dixon	RealRyder® Indoor Cycling: Cardio Games Reid		Surviving the 3 S's During Menopause Layne	3D Core Assessment & Programming Bender	Workplace Wellness Programs Velazquez	Give and Receive Feedback Woodard	Bodhi Suspension System CSI: Circuit Suspension Intervals Gonzalez
Hydro-Boost! Stuart	Schwinn® Cycling: Rhythm Revival Jennings	RealRyder® Indoor Cycling: Influencing the Influencers-Women! Bender	MOI Cycle: Interval Ride MOI Team	Burn Calories and Boost Fat Metabolism Kravitz	Metabolism Makeover Digsby	Personal Training: Competing with Free Group Classes Osborne	The Business of Being a Group Fitness Instructor Kahny	Bodhi Suspension System CSI: Chiseled Suspension Training Gonzalez

EXPO OPEN : 9:45am-12:45pm

Deeps Abs Lab Stuart Session 1	Schwinn® Cycling: Hot Topics in the Saddle Cook Session 2	RealRyder® Indoor Cycling: This is How We Ryde! Brooks & Reid Session 1	MOI Cycle: Endurance Ride MOI Team Session 1	Tips and Trends for 2015 Kooperman Session 1	Core Essentials in Exercise Science Comana Session 2	Protein for Power Play Layne Session 2	Fun Factor - Food for Kids Lewis-McCormick Session 1	Bodhi Suspension System: Pilates Meets Suspension Karley Session 2
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EXPO OPEN : 2:00pm-5:30pm

RIPPLE: WATERinMOTION® 23 Gilbert, Henry, Keet, Layne, Warasila & Velazquez	Schwinn® Cycling: Got Lactate? Roberts			Women, Hormones, Metabolism and Energy Expenditure Kravitz		Trends: Use 'Em to Fine-Tune Your Business' Strategies Scudder		Balanced Body Fit: Suspension Meets Circuit Training Gonzalez
Poolates Gibson	Schwinn® Cycling: Girl Power Roberts, Stone & Thews	RealRyder® Indoor Cycling: Time Crunched & Off Course Reid	MOI Cycle: Race Day Ride MOI Team	Heart Rate Variability and Overtraining Kravitz	Nutritional Needs During Menopause Layne	Using Social Media to Up Your Game Freytag	Pain Relief... Naturally! Conrad	
Anchor Down Henry		RealRyder® Indoor Cycling: Precision Training Brooks & Stutzman	MOI Cycle: Strength Ride MOI Team	Introduction to the Moving to Happiness® Coaching Method Kolber	The HIIT Advantage for Women Lewis-McCormick	The Ultimate Personal Training Experience System Osborne	Attract New Participants Online Kooperman	

Pool Pyramids Layne	Schwinn® Cycling: How to Rock a Theme Ride Thews	RealRyder® Indoor Cycling: Cardio Games Brooks & Reid		Maximizing Muscle Strength and Hypertrophy Kravitz	Increase Your Energy Naturally Conrad	A Door Shuts, a Window Opens Grosshauser		Bodhi Suspension System CSI: Circuit Suspension Intervals Gonzalez
Barre-A-Cuda Aqua Workout Kooperman	Schwinn® Cycling: Totally Cook'd Cook	RealRyder® Indoor Cycling: Influencing the Influencers-Women! Bender		Circuit Training Extravaganza Kravitz	Training During the Menopausal Years Layne	Marketing and Selling S-M-A-R-T Scudder		Bodhi Suspension System: Chiseled Suspension Training Gonzalez
H2O Vertically Challenged Gilbert	Schwinn® Cycling: Start a Revolution Myrea			Caffeine, Creatine & Coconuts Layne	Small Group PT: Focus on Females Lewis-McCormick	50+ Customers: How to Get Us, Serve Us & Keep Us Scudder		Bodhi Suspension System: Pilates Meets Suspension Gonzalez
Poolates Gibson	WERQ	WERQ Instructor Training 8:00am-4:00pm		Drinks After Work Layne	It's All About You! Grosshauser	Building A Great Team Of Personal Trainers Osborne		

\*NEWLY ADDED! Room: Rosemont 3