

SEPT. 20-21

WEDNESDAY SEPT. 20 PRE-CONVENTION EVENTS
THURSDAY SEPT. 21 PRE-CONVENTION EVENTS

SCW MIDWEST MANIA Schedule at a Glance

Schwinn®: Instructor Certification
SCW Aqua Barre Certification
PILOXING® SSP Instructor Training



A HIIT / GROUP TRAINING
B BOOTCAMP / PT
C FUNCTIONAL TRAINING
D BARRE
E DANCE
F STRENGTH
G SPECIALTY
H MIND / BODY & POWER

I ACTIVE AGING / RECOVERY
J SCHWINN® CYCLING
K AQUA STARTS AT POOL
L AQUA STARTS AT LECTURE
M NUTRITION / TRAINING
N EX. SCIENCE / NOURISHMENT
O BUSINESS
P SUSPENSION
Q BOXING / CIRCUIT

FR1 7:30am-9:00am
Operation Craving Competition
STRONG by Zumba®
Shockwave Thews, Scott & Crosby

Boomer Beat Pinkowski
Schwinn®: How to Wow! Hogg
Aqua Carpe Diem O'Brien

EXPO OPEN 8:45am-2:30pm

FR2 10:00am-11:30am
FR3 SESSION 1 11:45am-1:15pm
FR3 SESSION 2 12:30pm-2:00pm
FR4 2:15pm-3:45pm
FR5 4:00pm-5:30pm

EXPO OPEN 8:45am-2:30pm

Golden Oldies Groove & Gait Pinkowski
Schwinn®: There's an App! Scott
Tab-Aqua Quickies Howard

CHARITY RAFFLE & EXPO OPEN 5:30pm-6:30pm

FR6 EVENING SESSIONS 6:30pm-7:30pm
FITNESS IDOL CONTEST
LaBlast® Line Dance

CHARITY RAFFLE & EXPO OPEN 5:30pm-6:30pm

Dynamic Flexibility: A 3D Life Velazquez
Les Mills SPRINT™ Workout Bramski
The Best Balance Aqua Workout Vandendriessche

FRIDAY, SEPT. 22

SA1 7:00am-8:30am
Operation Shock & Awe™
Body Weight Strength Explosion
Lower Extremity Movement Mechanics

The Big Balance Theory Pinkowski
Schwinn®: Train Right 2 Ride Right Roberts
Aqua Bits and Pieces Layne

EXPO OPEN 8:15am-9:30am

SA2 KEYNOTE & AWARDS 9:30am-10:45am
SA3 11:00am-12:30pm
PROJECT STEEL™
Tabata Bootcamp™

Strength Training for Longevity & Vitality Kooperman
Schwinn®: Teaching Tips from TED® Thews
Aqua Circuit Bootcamp Lewis-McCormick

EXPO OPEN 8:15am-9:30am

SATURDAY, SEPT. 23

SA4 SESSION 1 12:45pm-2:15pm
SA4 SESSION 2 1:30pm-3:00pm
SA5 3:15pm-4:45pm
SA6 5:00pm-6:30pm

Ultimate Metabolic and Calorie-Burning Makeover Kravitz
Sugar, Snacks & Heart Attacks Digsby
Business Trends & Benchmarks Gilbert

EXPO OPEN 12:15pm-3:30pm

SA7 EVENING SESSIONS 6:45pm-7:45pm

Active Aging: No Place Like Foam Kooperman
Unapologetically Authentic Roberts Session 1
Aqua Quality Movement Pinkowski Session 2

EXPO OPEN 6:15pm to 7:00pm

SUNDAY, SEPT. 24

SU1 7:00am-8:30am
SU2 8:45am-10:15am
EXPO OPEN 10:00am-1:30pm
SU3 11:15am-12:45pm
SU4 1:00pm-2:30pm

INTRODUCTION TO MEDITATION ROCKIT
AQUA EXERCISE PANEL: EBBS & FLOWS

Yoga Flow Haan
Schwinn®: Build It & They'll Come Roberts
Aqua Abs WIM-SY Weisenmiller

EXPO OPEN 10:00am-1:30pm

Rehabilitation Strategies for Lower-Extremity Injuries Hopson & Hollander
Schwinn®: Pedal N Pulse M. Mylrea
Go Deep Henry