

| | | | | |
|---|--|--|--|---|
| CERTIFICATIONS THURSDAY, SEPT. 29 | SCW PERSONAL TRAINING CERTIFICATION ROBERTS • 8:00AM - 5:00PM | TAIJI FIT CERTIFICATION ROSS • 9:00AM - 5:00PM | SCW PILATES MATWORK CERTIFICATION APPEL • 8:00AM-5:00PM | SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION HOGG • 7:00AM - 5:00PM |
| SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, AND METABOLISM LAYNE • 9:00AM - 3:30PM | SCW LIFE COACHING CERTIFICATION SPREEN-GLICK • 12:00PM-6:00PM | SCW BAREFIT SUSPENSION SYSTEM TRAINING CERTIFICATION TAYLOR • 5:00PM-9:00PM | | |

Midwest MANIA® Event & Certification Schedule


HEALTH & FITNESS BUSINESS SUMMIT
Presented by **IHRSA**

SCW Health & Fitness Business Summit
Give your fitness business the attention it deserves.

scwfit.com/business

Indicates session is both Live (In-Person) & Recorded (Online)

| A | B | C | D |
|-------------------------|-----------------|----------------------|------------|
| FUNCTION & ACTIVE AGING | STRENGTH / CORE | MIND/BODY & RECOVERY | BARRE / GX |

| | | | | | | | |
|------------------------------|--|--|--|---|--|---|-----|
| FRIDAY, SEPT. 30 | FR1 | 7:30am-8:45am | Functional Training for Active Agers Gilbert | Planks in all Three Planes Chilazi | Warm Beginnings & Cool Endings Roberts | LaBlast® Fitness: Dance is Mental & Emotional Health Figueroa | |
| | FR2 | 9:00am-10:15am | Where Functional Training Meets Fun Rodriguez | Arm Candy Appel | Chair Yoga for the Young at Heart Kooperman | Improve Your Rear View Taylor | |
| | EXPO SHOPPING 10:15am-11:00am | | | | | | |
| | FR3 | 11:00am-12:15pm | Functional Core Training Garcia | SOULstrength™ EXPERIENCE Park | Flow Free & Be Spreen-Glick | Swexy & Fit Polga - Pole Yoga Gilfry | |
| | FR4 | SESSION 1 12:15pm-1:45pm SESSION 2 1:15pm-2:30pm | Boogie, Band & Balance Kulp Session 1 | Strength Training 101 Turner Session 2 | Discover a Teaching Vacation Snowden & Chilazi Session 1 | Fabulous Feet Foe Session 2 | |
| | EXPO SHOPPING 12:00pm-2:45pm | | | | | | |
| | FR5 | 2:45pm-4:00pm | Better Balance Training Dziubinski | Coaching Core Stability McBee | WARRIOR Rhythm™ de Werd | Barre Bang Appel | |
| EXPO SHOPPING 3:45pm-4:30pm | | | | | | | |
| FR6 | 4:30pm-5:45pm | G.R.I.T. - Strength Training For The Ager Gilbert | Coaching Core Engagement Chilazi | Yoga Soul Kooperman | Strike! Kickboxing Spreen-Glick | | |
| FR7 | 6:00pm-7:00pm | SCW FITNESS IDOL KOOPERMAN, HOWARD, ROBERTS & SPREEN-GLICK | | Myofascial Recovery Garcia | | | |
| SATURDAY, OCT. 1 | SA1 | 7:30am-8:45am | Smart Strength for the Ageless Female Roberts | Coconut Beach Camp by Fit Bodies, Inc Snowden & Chilazi | Core Forward Pilates J. Howard | Rhythm of the Barre Bullard | |
| | EXPO SHOPPING 8:45am-9:15am | | | | | | |
| | SA2 | 9:15am-10:30am |  | | | | SA2 |
| | EXPO SHOPPING 10:30am-11:00am | | | | | | |
| | SA3 | 11:00am-12:15pm | LaBlast® Fitness: Active Aging for All Figueroa | WARRIOR Strength™ de Werd | Hands On Stretching Appel | Best of Polga - Pole Yoga Gilfry | |
| | SA4 | SESSION 1 12:30pm-1:45pm SESSION 2 1:15pm-2:30pm | Best Practices for Functional Flexibility Williams Session 1 | Move Your Core the Latin Way Rodriguez Session 2 | Pilates Concepts for Personal Trainers Foe Session 1 | BareFit Super Circuits Taylor Session 2 | |
| EXPO SHOPPING 12:00pm-2:45pm | | | | | | | |
| SA5 | 2:45pm-4:00pm | S.E.A.T. Supported Exercise for Ageless Training Gilbert | Back, Booty & Core Connection Appel | SOULfusion™ EXPERIENCE Park Dumbbells | Hot Crossed Buns J. Howard | | |
| EXPO SHOPPING 3:45pm-4:30pm | | | | | | | |
| SA6 | 4:15pm-5:30pm | Sitting Pretty: Strength & Support Gilbert | ABSolutely Core Training Williams | Flexibility for the Inflexible Roberts | Got Back Pain? Garcia | | |
| SUNDAY, OCT. 2 | SU1 | 7:30am-8:45am | Functional Training With Foam Rollers Garcia | Slide Into Your Stronger Self Taylor | Empower Yoga Students in Group Classes Davis | Make Your Brain Sweat Robbins & Sobolewski | |
| | SU2 | 9:00am-10:15am | WARRIOR Strength™: Put FUN in Functional de Werd | Core OFF the Floor Zahab | Better Breath, Better Core Foss | FitBarre Wartenberg | |
| | EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm | | | | | | |
| | SU3 | 10:45am-12:00pm | Landing With a Roll Foss | Core Connection Turner | Beauty & the Beast: Yoga Power Bar Wartenberg | BARRefusion™ EXPERIENCE Park | |
| SU4 | 12:15pm-1:30pm | Pre-Hab for Older Adults Wartenberg | Spine Sparing Core Workshop McBee | What's Cool About Cooling Down Varol | Power Walking - The Forgotten Workout Zahab | | |

| | | | | | | | | | | | | | | | |
|--|-------------------------------|--|--|-----|---|---|-----|---|---|-----|--|--|-----|--|--|
| FRIDAY, SEPT. 30 | E | FR1 | Schwinn®: Master Your One Appel | F | FR1 | Build a Better Booty Malaghan, | G | FR1 | Smart Sets for Aqua Dumbbells Malaghan | H | FR1 | Metabolism Reality Check Digsby | I | FR1 | Biggest Secrets in Personal Training Sales Success Baraglia |
| | E | FR2 | Schwinn®: HIIT & Quit it! Roberts | F | FR2 | Hip It. Hip It Good. Robbins & Sobolewski | G | FR2 | Wet N' Workable Intervals Bullard | H | FR2 | Feasting & Fasting? Layne | I | FR2 | Attracting and Keeping Great Fitness Talent Baraglia |
| | EXPO SHOPPING 10:15am-11:00am | | | | | | | | | | | | | | |
| | E | FR3 | Fight Night 2.0 Richards | F | FR3 | Boats, Bands and Battle Ropes™ SGT Ken® | G | FR3 | LaBlast® Splash: Dancing with Aquatic Principles Figueroa | H | FR3 | Art of Food as Fuel Malaghan | I | FR3 | Stretching for Strength - Panel: Kooperman, Chilazi, Appel & Roberts |
| | E | FR4 | Schwinn®: Work. Not Twerk McLean Session 2 | F | FR4 | Armed & Dangerous Richards Session 1 | G | FR4 | Take to Go - Aqua Tabata Bullard Session 2 | H | FR4 | Five Fat- Burning Hormones Layne Session 2 | I | FR4 | Retired, Not Expired! Panel: Kooperman, Roberts, Ritchie & Gilbert Session 1 |
| | EXPO SHOPPING 12:00pm-2:45pm | | | | | | | | | | | | | | |
| | E | FR5 | Contender Richards | F | FR5 | Long, Strong, Sculpted: Dynamic Flexibility Chilazi | G | FR5 | H2O Strength Through the Ages Kulp | H | FR5 | How Calories & Fat Tissue Work Digsby | I | FR5 | Profitable Training With Clients 55+ Ritchie |
| EXPO SHOPPING 3:45pm-4:30pm | | | | | | | | | | | | | | | |
| E | FR6 | Schwinn®: Ride or Die: Killer Vibe Hogg | F | FR6 | Kettlebell Krush Turner | G | FR6 | H2O Total Body Blast Dziubinski | H | FR6 | Nutrition Panel Roberts- Moderator, Digsby, Layne & Malaghan | I | FR6 | Functional Fitness Assessments For Mature Adults - Ritchie | |
| EXPO SHOPPING 8:45am-9:15am | | | | | | | | | | | | | | | |
| REGISTER FOR MANIA® RECORDINGS AND ENJOY 100 SESSIONS SCWFIT.COM/MIDWEST | | | | | | | | | | | | | | | |
| E | SA1 | Schwinn®: Breathy Not Breathless Appel | F | SA1 | Making Cardio Fun Williams | G | SA1 | Water Works Kulp | H | SA1 | Abs Made in the Kitchen Digsby | I | SA1 | Building Your Wellness Brand Spreen-Glick | |
| EXPO SHOPPING 10:30am-11:00am | | | | | | | | | | | | | | | |
| Keynote Address: Mastering The Game Of Growth™ Powered by WaterRower® SGT Ken® 9:15am - 10:30am | | | | | | | | | | | | | | | |
| EXPO SHOPPING 12:00pm-2:45pm | | | | | | | | | | | | | | | |
| E | SA3 | Schwinn®: F.E.A.R. Face Everything & Ride Roberts | F | SA3 | Movement Training: Keeping it RAW! Robbins & Sobolewski | G | SA3 | Turbulence Training PlumMentz | H | SA3 | How To Eat Sugar Digsby | I | SA3 | Make Financial Decisions With More Confidence - Swanson | |
| E | SA4 | Schwinn®: Rock Steady-Recovery Rides Roberts Session 2 | F | SA4 | Row, Recover, Roll and Repeat™ SGT Ken® Session 1 | G | SA4 | LaBlast® Splash: Dance. Water. Emotional Health. Figueroa Session 2 | H | SA4 | Stopping Inflammation Through Nutrition Layne Session 2 | I | SA4 | Future of Group Ex & PT Panel: Kooperman, Richards, Appel, de Werd & J. Howard Session 1 | |
| EXPO SHOPPING 3:45pm-4:30pm | | | | | | | | | | | | | | | |
| E | SA5 | Fight Club Richards | F | SA5 | Kickbox N Chaos Turner | G | SA5 | Take it to the Water Dziubinski | H | SA5 | Micronutrients Broken Down L. Howard | I | SA5 | Inexpensive Marketing For Growth & Profitability Kooperman | |
| EXPO SHOPPING 8:45am-9:15am | | | | | | | | | | | | | | | |
| E | SA6 | Schwinn®: Dry-Tri: Beast Mode Hogg | F | SA6 | Lower Body Burnout J. Howard | G | SA6 | Aqua Excellence for the Active Ager Kulp | H | SA6 | Nutrition for Fitness Professionals Layne | I | SA6 | New Client Retention McBee | |
| EXPO SHOPPING 10:30am-11:00am | | | | | | | | | | | | | | | |
| E | SU1 | Schwinn®: A DJ Saved My Life McLean | F | SU1 | Drums LIVE! Wartenberg | G | SU1 | Splish Splash Calorie Smash Malaghan | H | SU1 | Food Insecurity & Fitness Varol | I | SU1 | Financial Success in your Career Esquerre | |
| E | SU2 | Schwinn®: Set the Stage: Perfect Ride McLean | F | SU2 | The WaterRower® Games™ SGT Ken® | G | SU2 | Strong & Stable Aqua Layne | H | SU2 | Fuel for Performance L. Howard | I | SU2 | Grow Your Business through Retentions & Conversions - Esquerre | |
| EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm | | | | | | | | | | | | | | | |
| E | SU3 | | | F | SU3 | WARRIOR Rhythm: The Guts to Stand Out de Werd | G | SU3 | AB-Solutely Aqua Kulp | H | SU3 | Low Insulin Diet - How Hormones Affect Weight Loss Foe | I | SU3 | Retention: The Other 334 Days Kooperman |
| E | SU4 | | | F | SU4 | Total Body Reset Turner | G | SU4 | Swim Up Barre Malaghan | H | SU4 | Macros: What You Need to Know L. Howard | I | SU4 | Building a Healthcare Bridge for Fitness Business Growth Stack |

| | | | | |
|--------------------------------------|--|--|---|--|
| CERTIFICATIONS SUNDAY, OCT. 2 | SCW AQUATIC EXERCISE CERTIFICATION DZIUBINSKI • 8:00AM - 4:00PM | SCW GROUP EXERCISE CERTIFICATION HOWARD • 8:00AM - 4:00PM | SCW ACTIVE AGING CERTIFICATION ROBERTS • 7:00AM - 3:00PM | SCW BARRE CERTIFICATION APPEL • 8:00AM - 4:00PM |
|--------------------------------------|--|--|---|--|

| | | | |
|--|---|--|--|
| water motion WATERMOTION® AQUA EXERCISE CERTIFICATION HENRY • 7:00AM - 3:00PM | SEPT. S.E.A.T. CERTIFICATION GILBERT • 8:00AM - 4:00PM | SCW BOXING CERTIFICATION RICHARDS • 8:00AM-3:00PM | Register at: scwfit.com/Midwest |
|--|---|--|--|