

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

<b>Indicates session is both Live (In-Person) &amp; Recorded (Online)</b>	<b>A</b> FUNCTION & ACTIVE AGING	<b>B</b> STRENGTH / CORE	<b>C</b> MIND/BODY & RECOVERY	<b>D</b> BARRE / GX
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<b>FRIDAY, SEPT. 30</b>	<b>FR1</b>	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 Figuroa	
	<b>FR2</b>	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	
	<b>EXPO SHOPPING 10:15am-11:00am</b>						
	<b>FR3</b>	11:00am-12:15pm	Functional Core Training Garcia	<b>SOULstrength™ EXPERIENCE</b> Park	Flow Free & Be Spreen-Glick	Swexy & Fit Polga - Pole Yoga Gilfry	
	<b>FR4</b>	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	
	<b>EXPO SHOPPING 12:00pm-2:45pm</b>						
	<b>FR5</b>	2:45pm-4:00pm	Better Balance Training Dziubinski	Coaching Core Stability McBee	<b>WARRIOR Rhythm™</b> de Werd	Barre Bang Appel	
<b>EXPO SHOPPING 3:45pm-4:30pm</b>							
<b>FR6</b>	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		
<b>FR7</b>	6:00pm-7:00pm	<b>SCW FITNESS IDOL</b> KOOPERMAN, HOWARD, ROBERTS & SPREEN-GLICK		Myofascial Recovery Garcia			

<b>SATURDAY, OCT. 1</b>	<b>SA1</b>	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	
	<b>EXPO SHOPPING 8:45am-9:15am</b>						
	<b>SA2</b>	9:15am-10:30am	Keynote Address: <b>Mastering The Game Of Growth™</b> Powered by WaterRower® SGT Ken® 9:15am - 10:30am				
	<b>EXPO SHOPPING 10:30am-11:00am</b>						
	<b>SA3</b>	11:00am-12:15pm	LaBlast® Fitness: Active Aging for All Figuroa	<b>WARRIOR Strength™</b> de Werd	Hands On Stretching Appel	Best of Polga - Pole Yoga Gilfry	
	<b>SA4</b>	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	
	<b>EXPO SHOPPING 12:00pm-2:45pm</b>						
<b>SA5</b>	2:45pm-4:00pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert	Back, Booty & Core Connection Appel	<b>SOULfusion™ EXPERIENCE</b> Park Dumbbells	Hot Crossed Buns J. Howard		
<b>EXPO SHOPPING 3:45pm-4:30pm</b>							
<b>SA6</b>	4:15pm-5:30pm	Sitting Pretty: Strength & Support Gilbert	<b>ABSolutely Core Training</b> Williams	Flexibility for the Inflexible Roberts	Got Back Pain? Garcia		

<b>SUNDAY, OCT. 2</b>	<b>SU1</b>	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	
	<b>SU2</b>	9:00am-10:15am	<b>WARRIOR Strength™</b> : Put FUN in Functional de Werd	Core OFF the Floor Zahab	Better Breath, Better Core Foss	FitBarre Wartenberg	
	<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>						
	<b>SU3</b>	10:45am-12:00pm	Landing With a Roll Foss	Core Connection Turner	Beauty & the Beast: Yoga Power Bar Wartenberg	<b>BARREfusion™ EXPERIENCE</b> Park	
<b>SU4</b>	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		

<b>CERTIFICATIONS SUNDAY, OCT. 2</b>	<b>SCW</b> AQUATIC EXERCISE CERTIFICATION DZIUBINSKI • 8:00AM - 4:00PM	<b>SCW</b> GROUP EXERCISE CERTIFICATION HOWARD • 8:00AM - 4:00PM	<b>SCW</b> ACTIVE AGING CERTIFICATION ROBERTS • 7:00AM - 3:00PM	<b>SCW</b> BARRE CERTIFICATION APPEL • 8:00AM - 4:00PM
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# Midwest MANIA® Event & Certification Schedule



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

[scwfit.com/business](http://scwfit.com/business)

<b>E</b> CYCLING / BOXING	<b>F</b> SMALL GROUP / ROWING	<b>G</b> AQUA (STARTS IN LECTURE)	<b>H</b> NUTRITION / EXERCISE SCIENCE	<b>I</b> BUSINESS	
Schwinn®: Master Your One Appel	Build a Better Booty Malaghan,	Smart Sets for Aqua Dumbbells Malaghan	Metabolism Reality Check Digsby	Biggest Secrets in Personal Training Sales Success Baraglia	<b>FR1</b>
Schwinn®: HIIT & Quit it! Roberts	Hip It. Hip It Good. Robbins & Sobolewski	Wet N' Workable Intervals Bullard	Feasting & Fasting? Layne	Attracting and Keeping Great Fitness Talent Baraglia	<b>FR2</b>
<b>EXPO SHOPPING 10:15am-11:00am</b>					
Fight Night 2.0 Richards	Boats, Bands and Battle Ropes™ SGT Ken®	LaBlast® Splash: Dancing with Aquatic Principles Figuroa	Art of Food as Fuel Malaghan	Stretching for Strength - Panel: Kooperman, Chilazi, Appel & Roberts	<b>FR3</b>
Schwinn®: Work. Not Twerk McLean Session 2	Armed & Dangerous Richards Session 1	Take to Go - Aqua Tabata Bullard Session 2	Five Fat-Burning Hormones Layne Session 2	Retired, Not Expired! Panel: Kooperman, Roberts, Ritchie & Gilbert Session 1	<b>FR4</b>
<b>EXPO SHOPPING 12:00pm-2:45pm</b>					
Contender Richards	Long, Strong, Sculpted: Dynamic Flexibility Chilazi	H2O Strength Through the Ages Kulp	How Calories & Fat Tissue Work Digsby	Profitable Training With Clients 55+ Ritchie	<b>FR5</b>
<b>EXPO SHOPPING 3:45pm-4:30pm</b>					
Schwinn®: Ride or Die: Killer Vibe Hogg	Kettlebell Krush Turner	H2O Total Body Blast Dziubinski	Nutrition Panel Roberts- Moderator, Digsby, Layne & Malaghan	Functional Fitness Assessments For Mature Adults - Ritchie	<b>FR6</b>
		<b>REGISTER FOR MANIA® RECORDINGS AND ENJOY 100 SESSIONS</b>		<a href="http://SCWFIT.COM/MIDWEST">SCWFIT.COM/MIDWEST</a>	<b>FR7</b>
Schwinn®: Breathly Not Breathless Appel	Making Cardio Fun Williams	Water Works Kulp	Abs Made in the Kitchen Digsby	Building Your Wellness Brand Spreen-Glick	<b>SA1</b>
<b>EXPO SHOPPING 8:45am-9:15am</b>					
		Keynote Address: <b>Mastering The Game Of Growth™</b> Powered by WaterRower® SGT Ken® 9:15am - 10:30am			
<b>EXPO SHOPPING 10:30am-11:00am</b>					
Schwinn®: F.E.A.R. Face Everything & Ride Roberts	Movement Training: Keeping it RAW! Robbins & Sobolewski	Turbulence Training PluimMentz	How To Eat Sugar Digsby	Make Financial Decisions With More Confidence - Swanson	<b>SA3</b>
Schwinn®: Rock Steady-Recovery Rides Roberts Session 2	Row, Recover, Roll and Repeat™ SGT Ken® Session 1	LaBlast® Splash: Dance. Water. Emotional Health. Figuroa Session 2	Stopping Inflammation Through Nutrition Layne Session 2	Future of Group Ex & PT Panel: Kooperman, Richards, Appel, de Werd & J. Howard Session 1	<b>SA4</b>
<b>EXPO SHOPPING 12:00pm-2:45pm</b>					
Fight Club Richards	Kickbox N Chaos Turner	Take it to the Water Dziubinski	Micronutrients Broken Down L. Howard	Inexpensive Marketing For Growth & Profitability Kooperman	<b>SA5</b>
<b>EXPO SHOPPING 3:45pm-4:30pm</b>					
Schwinn®: Dry-Tri: Beast Mode Hogg	Lower Body Burnout J. Howard	Aqua Excellence for the Active Ager Kulp	Nutrition for Fitness Professionals Layne	New Client Retention McBee	<b>SA6</b>
Schwinn®: A DJ Saved My Life McLean	Drums LIVE! Wartenberg	Splash Splash Calorie Smash Malaghan	Food Insecurity & Fitness Varol	Financial Success in your Career Esquerre	<b>SU1</b>
Schwinn®: Set the Stage: Perfect Ride McLean	The WaterRower® Games™ SGT Ken®	Strong & Stable Aqua Layne	Fuel for Performance L. Howard	Grow Your Business through Retentions & Conversions - Esquerre	<b>SU2</b>
<b>EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm</b>					
		<b>WARRIOR Rhythm: The Guts to Stand Out</b> de Werd	<b>AB-Solutely Aqua</b> Kulp	<b>Low Insulin Diet - How Hormones Affect Weight Loss</b> Foe	<b>Retention: The Other 334 Days</b> Kooperman
		<b>Total Body Reset</b> Turner	<b>Swim Up Barre</b> Malaghan	<b>Macros: What You Need to Know</b> L. Howard	<b>Building a Healthcare Bridge for Fitness Business Growth Stack</b>

<b>water motion</b> WATERINMOTION® AQUA EXERCISE CERTIFICATION HENRY • 7:00AM - 3:00PM	<b>SEAT</b> S.E.A.T. CERTIFICATION GILBERT • 8:00AM - 4:00PM	<b>SCW</b> BOXING CERTIFICATION RICHARDS • 8:00AM-3:00PM	<b>Register at: <a href="http://scwfit.com/Midwest">scwfit.com/Midwest</a></b>
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