

CERTIFICATIONS

WED. SEPT. 29

SCW

TAI CHI CERTIFICATION

M. VELAZQUEZ • 9:00AM - 5:00PM

SCW

AQUATIC EXERCISE CERTIFICATION

HOWARD • 9:00AM - 6:00PM

CERTIFICATIONS

THURS. SEPT. 30

SCW

ACTIVE AGING CERTIFICATION

GILBERT • 9:00AM - 5:00PM

SCW

GROUP EX CERTIFICATION

HOWARD • 8:00AM - 5:00PM

SCW

YOGA 1 CERTIFICATION

M. VELAZQUEZ • 8:00AM - 5:00PM

SCW

PERSONAL TRAINING CERTIFICATION

ROBERTS • 8:00AM - 5:00PM

CORE HEALTH & FITNESS

SCHWINN®: INDOOR CYCLING INSTRUCTOR CERTIFICATION

HOGG & MCLEAN • 7:00AM-5:00PM

SCW

PILATES MATWORK CERTIFICATION

APPEL • 8:00AM - 5:00PM

Savvier Fitness

BARRE ABOVE® POWERED BY SAVVIER FITNESS®

MURPHY-MADDEN • 9:00AM-5:00PM

ZUMBA

ZUMBA® BASIC 1 INSTRUCTOR TRAINING

BOSTIC • 8:00AM - 5:00PM

SCW

KETTLEBELL TRAINING CERTIFICATION

ROSELLI • 10:00AM-4:00PM

SCW

CORRECTIVE EXERCISE & COACHING TECHNIQUES CERTIFICATION

COMANA • 9:00AM - 5:00PM

		A ACTIVE AGING	B FUNCTIONAL / HIIT	C MIND-BODY / CORE	D BARRE / GX	E CYCLING
FRIDAY, OCTOBER 1	7:30am-8:45am	Seated Asanas Howard Chairs	Bodyweight Warrior Roselli		The Stability/Mobility Paradox Roberts	Schwinn®: Set the Stage: Perfect Ride McLean
	EXPO SHOPPING 8:30am- 9:45am					
	9:45am-11:00am	Balance for Active Aging Roberts	BOSU® Toolbox Weigelt & Lenart	Step On. Step Up. Howard	Cardio Barre Murphy Madden	Schwinn®: A DJ Saved My Life Appel
	11:15am-12:30pm	Seated Lateral Trainer Strength Circuit Roberts	M.E.P.S. Full Body Experience Moyer	50 Unique Core Lovers Exercises Murphy Madden	Boogie Barre Carvalho	Schwinn®: Work Not Twerk Thews
	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm	S.E.A.T. Supported Exercise for Ageless Training Gilbert SESSION 1	BOSU® Bootcamp Redefined Weigelt & Thews SESSION 2	Complete Guide to Metabolic Flexibility Roselli SESSION 1	Zumba® Bostic SESSION 1	Schwinn®: SchwINTENSITY Hogg SESSION 1
	EXPO SHOPPING 12:15pm-3:00pm					
	3:00pm-4:15pm	Tai Chi + Weights = Iron Fusion Carbo		5 Seconds to Improved Flexibility Fulton	Lower Body Burnout Howard	Schwinn®:Dry Tri: Beast Mode Fusion Thews & Hogg
	EXPO SHOPPING 4:00pm-6:00pm					
	5:00pm-6:15pm	Sitting Pretty...Strong! Gilbert	BOSU® Yoga Fusion Thews	Happy Hips & Backs Fulton	Yoga Block Vinyasa L. Lowell	
	6:30pm-7:30pm	Fitness Idol Kooperman, K. Roberts, Carvalho & Howard		Swexy & Fit Polga - Pole Yoga Gilfry	Yoga Beats Yoga L. Lowell & J. Lowell	
SATURDAY, OCTOBER 2	7:30am-8:45am	Fall Prevention: Lateral Strength, the Missing Component Howard	BOSU® Barre Strong Ingebrigtsen & Lenart	Best of Polga - Pole Yoga Gilfry	Anatomy of a Smart Warm-Up Christopher	Schwinn® Cycling: Pedal N Pulse Appel
	EXPO SHOPPING 8:30am- 9:45am					
	9:45am-11:00am	KEYNOTE ADDRESS PAVING THE WAY FOR THE FUTURE OF FITNESS WITH TRICIA MURPHY MADDEN				
	11:15am-12:30pm	The Golden Gait Layne White Board	ABSolutely Core Training M. Williams	Matching Principles With Equipment Christopher	HIIT the Ballet Lenart	Schwinn®: HIIT & Quit it! Hogg
	EXPO SHOPPING 11:00am-3:00pm					
	SESSION 1 12:45pm-2:00pm SESSION 2 1:30pm-2:45pm		BOSU® Body in Balance: Life Training for Active Aging Ingebrigtsen & Roberts SESSION 1	STRONG Nation™ Bullard SESSION 2	Barre Moves & More Hilleboe SESSION 2	Schwinn®: Breathy Not Breathless Appel SESSION 1
	3:00pm-4:15pm	Tai Chi for Warmup & Recovery Carbo	Maximize Your Sessions With Cluster Circuits	Namaste Away From Knee & Hip Pain Kooperman	Balletone® Meets Barre Murphy Madden & Lenart	Schwinn®: F.E.A.R. Face Everything & RIDE Roberts
	EXPO SHOPPING 4:00pm-6:00pm					
	5:00pm-6:15pm	Better Balance Training Dziubinski	The Impact of MELT Hitzmann	Cardio Yoga™ - Yoga Focus Chilazi	Barre Essentials Appel	Schwinn®: Bring IT: Verbal & Visual Cueing Hogg
SUNDAY, OCTOBER 3	7:30am-8:45am	Training the Active Aging Female: Upper Extremity	Straight to the Core Robinson	Active Recovery for Better Results Fulton	Soothe & Strengthen- Pilates/Tai Chi Hill	Schwinn®: Ride or Die: Killer Vibe Thews
	9:00am-10:15am	Strong Body Fountain of Youth Howard	Stress Management Guidance: Trainer to Client Hill	Cardio Yoga™ - Cardio Focus Chilazi	The Art of Adjusting Your Students in Yoga L. Lowell & J. Lowell	Schwinn®: Rock Steady- Recovery Rides Roberts
	EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm					
	11:15am-12:30pm	Sculpt & Strength for Active Agers M. Velazquez	Recess Howard	Yoga Sculpt Murphy Madden	Getting to the Core: Core Training Methods Mullins	STRONG NATION™ TRAINING BULLARD 7:30AM - 4:00PM
	12:45pm-2:00pm	4 Quarters of Fitness Robinson	Use of ManualResistance with Clients		Butt Blaster & More Howard	

Indicates session is Recorded

SCW

PRACTICAL GUIDE TO NUTRITION, HORMONES AND METABOLISM

LAYNE • 9:00AM - 3:30PM

water motion




WATERinMOTION® CERTIFICATION

KULP • 9:00AM - 5:00PM

SCW

ACTIVE AGING NUTRITION CERTIFICATION

TOOLE • 5:30PM - 9:30PM

F CIRCUITS / ROWING	G AQUA (STARTS IN LECTURE)	H NUTRITION MANIA® + SUMMIT	I LEADERSHIP / EX. SCIENCE	J SALES / RETENTION		
Welcome to the Jungle- STAIRMASTER® HIIT Friend-Uhl	Acquapole® Strong Circuit A. Velazquez	🎥 Nutrient Timing Comana	Unlocking the Service Within Us Ancharski	Capitalizing on Global Fitness Trends Thompson	FR1	
EXPO SHOPPING 8:30am- 9:45am			EXPO SHOPPING 8:30am- 9:45am			
Basic Movement Assessments by Star Trac	Aqua Zumba® Bostic	🎥 Forget the Rest? Layne	The State of the Science and Future Outlook of CBD Comana	Exercise is Medicine Business Expansion Thompson	FR2	
Anchors Away: Resistance and Rowing™ SGT Ken®	Aqua Dance, Dance, Dance M. Velazquez	🎥 Unleash the Power of Superfruits! Davis	The Functional Training Debate Roselli	Attracting Talent Post-COVID Kublin	FR3	
Toning is NOT a Thing - Nautilus Friend- Uhl SESSION 2	Cool Pool Moves: 8 Tools to Remember M. Velazquez, Kulp & Carvalho SESSION 2	🎥 Growth of a Muscle Cell Layne SESSION 2	Crushing the Competition with Service Ebeling SESSION 1	Maximizing Revenue Through Value-Added Programming Murphy Madden SESSION 2	FR4	
EXPO SHOPPING 12:15pm-3:00pm			EXPO SHOPPING 12:15pm-3:00pm			
	Aqua Core Senior Style Kulp	🎥 How Calories & Fat Tissue Work Digsby	Recovery With Muscle Stimulation Appel	World Class Fitness Service Ancharski	FR5	
EXPO SHOPPING 4:00pm-6:00pm			EXPO SHOPPING 4:00pm-6:00pm			
Pulling for Power: Program 06™ SGT Ken®	Acquapole® Aqua Boxing A. Velazquez	🎥 Fad Diet Update Digsby		State of the Industry: Panel Discussion Kooperman, McBride, Murphy Madden & Ancharski	FR6	
	Aqua Ease: Flexibility for Active Agers M. Velazquez				FR7	
Purpose NOT Circus:Legit HIIT - STAIRMASTER®	Aqua Barre Carvalo	🎥 The Truth About Ketosis Layne	CBD and Your Best Self Roberts		SA1	
EXPO SHOPPING 8:30am- 9:45am			EXPO SHOPPING 8:30am- 9:45am			
			KEYNOTE ADDRESS Rebuilding Sandcastles: Post-Pandemic Renovation with Bill McBride		SA2	
The WaterRower® Games™ SGT Ken® WaterRower	WATERinMOTION® Strength Kulp, Cavalho, Gilbert, Jansen & M. Velazquez	🎥 How to Eat Sugar Digsby	Balancing Your Business & Yourself Thews	Internal Guidelines - Inspecting What You Expect McBride	SA3	
EXPO SHOPPING 11:00am-3:00pm			EXPO SHOPPING 11:00am-3:00pm			
Your Brainon HIIT- STAIRMASTER® Friend-Uhl	Liquid Gym Toolkit Program A. Velazquez SESSION 2	🎥 Nutrition for HIIT & LIIT Sessions Layne SESSION 1	Why Fascia Matters Beyond Muscles Hitzmann SESSION 1		SA4	
Nautilus Strength - Does Size Really Matter? McCall	H2O Personal Training Dziubinski	🎥 Nutrition Coaching for General Population Toole	Maximize Your Business's Earning Potential Polson	Six Steps to Six Figures Schelberg	SA5	
EXPO SHOPPING 4:00pm-6:00pm			EXPO SHOPPING 4:00pm-6:00pm			
	WATERinMOTION® Silver Tsunami M. Velazquez, Carvalho, Kulp & Jansen	🎥 Nutrition & Fitness Strategies Hilleboe	Optimize Performance with Form & Function! Davis		SA6	
 Savvier Fitness BALLESTONE® POWERED BY SAVVIER FITNESS® LENART • 8:00AM - 4:00PM	H2O Pilates Experience Jansen	🎥 Golden Nutrition Toole	Stop Attrition in Aging Populations Gilbert	Teach, Grow & Innovate in the Virtual Space Murphy Madden	SU1	
	Liquid Gym Star Workout A. Velazquez	🎥 Stopping Inflammation Through Nutrition Layne	5 G's to a Stronger Mindset Moyer	5 G's to a Stronger Mindset Moyer	SU2	
EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			EXPO CLOSE-OUT SHOPPING 10:00am-1:00pm			
 SCW BARRE CERTIFICATION APPEL 8:00AM - 4:00PM	 SCW AQUA BARRE CERTIFICATION CARVALHO 7:00AM-11:00AM	🎥 Aquatic Total Body Conditioning Dziubinski	🎥 Why You Can't Stop Eating Digsby White Board/Markers	Owning Your Own Fitnesss Studio L. Lowell & J. Lowell	Unique Programmming for Boutique Gyms Gilfry	SU3
	Take it to the Water Dziubinski	🎥 SAD Plan, SAD People Toole	Apps & Sites for Fitness Pros Digsby White Board/Markers	The Ulitimate Customer Experience in 2021 Polson	SU4	

FRIDAY, OCTOBER 1

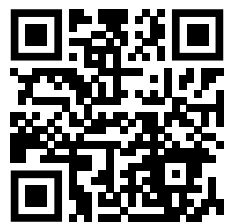
SATURDAY, OCTOBER 2

SUNDAY, OCTOBER 3

MIDWEST MANIA® SCHEDULE

OCTOBER 1-3, 2021 • CHICAGO, IL





OUTLINES,
EVALS
& CECS

scwfit.com/MW21

EXPO HOURS

FRI. OCT 1 8:30AM – 10:00AM
12:15PM – 3:15PM
4:00PM – 6:30PM

SAT. OCT 2 8:30AM – 9:45AM
12:00PM – 3:15PM
4:00PM – 5:15PM

SUN. OCT 3 10:00AM – 1:00PM

EXPO & SPONSORS

Alovea.....10
ArcaRays.....14
Barreletics.....5
Black Mountain Products.....8
BOSU.....6, 7
CORE Health & Fitness.....17
CORE Health & Fitness -
Schwinn36, 37, 38
Elevate Health & Wellness.....29

H4 Training.....13
Indigo Aquatics.....50
Namirsa.....21, 22
Polga.....16
Purposeful Life &
Wellness Coaching.....11
Sacred CBD.....33
Savvier Fitness.....26, 27
SCW.....18, 19, 20

SCW Pool.....52
SCW Athletic Apparel.....23
Scoopfit.....15
SHAPE Enterprise, LLC.....32
T31 Activewear.....30
TaijiFit.....28
Talent Hack.....12
WaterRower.....24
WATERinMOTION.....51
Zumba.....25

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Associate Sponsors

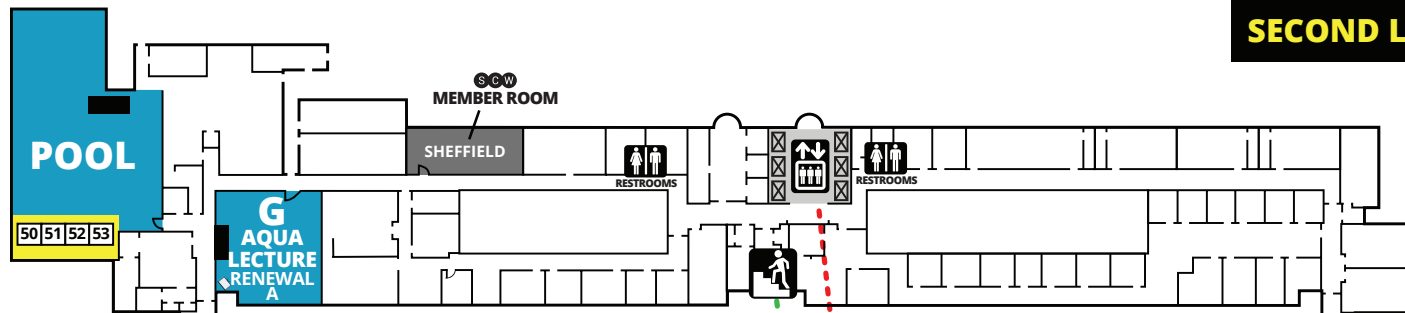
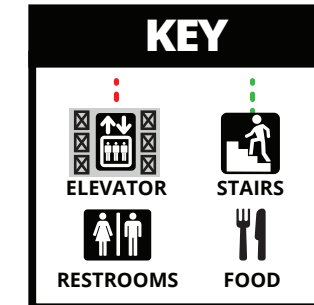


PREMIERE

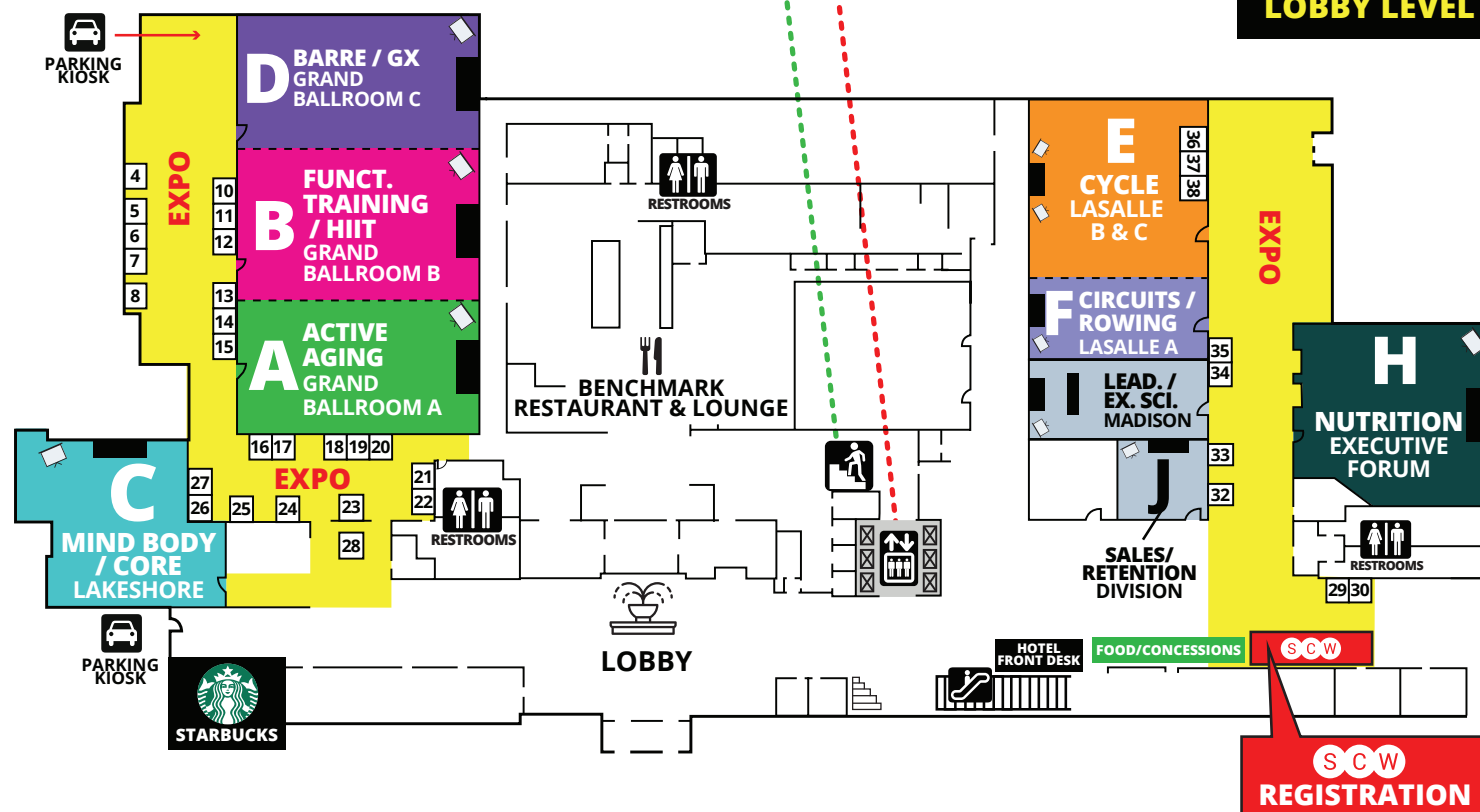
CORE
HEALTH & FITNESS

StairMaster
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MIDWEST MANIA[®] Fitness Pro Convention



SECOND LEVEL



LOBBY LEVEL



OUTLINES,
EVALS
& CECS

scwfit.com/MW21

TRANSPORTATION & PARKING

MANIA[®] Westin O'Hare Hotel self-parking rate of \$10.
Pick up a Validation Card at the SCW Registration desk.

For discounted offsite parking: SpotHero.com

