

SEPT. 20-21

WEDNESDAY SEPT. 20 PRE-CONVENTION EVENTS	SCW F.I.R.E. Fierce Interval Resistance Exercise Certification Roberts 12:00pm-6:00pm	Tabata GX & Bootcamp Business M. Mylrea 9:00am-6:00pm	SCW Group Exercise Certification Lewis-McCormick 9:00am-6:00pm	SCW Aquatic Exercise Certification Howard 9:00am-6:00pm				
THURSDAY SEPT. 21 PRE-CONVENTION EVENTS	 SCW Personal Training Certification Roberts 8:00am-5:00pm	 PILATES MATWORK CERTIFICATION Appel + 8:00am-5:00pm	BOSU® Skills & Drills Certification Fable & Waite 9:00am-4:00pm	 Savvier Fitness BARRE ABOVE Murphy Madden & Hilleboe 9:00am-5:00pm	Zumba® Basic Skills Level 1 Instructor Training Bostic 8:00am-5:00pm	SCW Kettlebell Practical Certification McCall 1:00pm-5:00pm	Soul Grooves® Certification Harris 8:00am-5:00pm	SCW Yoga I Certification Velazquez 8:00am-5:00pm
					SCW Core Training Specialist McCall 5:30pm-9:30pm			SCW Yoga II Certification Velazquez 5:30pm-9:30pm

A HIIT / GROUP TRAINING	B BOOT CAMP / PT	C FUNCTIONAL TRAINING	D BARRE	E DANCE	F STRENGTH	G SPECIALTY	H MIND / BODY & POWER
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FR1 7:30am-9:00am	Operation Craving Competition™ SGT Ken®	STRONG by Zumba® Bullard	Shockwave Thews, Scott & Crosby	Barre Above™: Lengthen, Strengthen and Inspire Murphy Madden	LaBlast®: Fitness Powered by Dance Canuel & Janco	FXP Hula Hoop®: Core Flow Benton	Ultimate Strength & Conditioning Workout Papi	Extreme Tabata Yoga Howard
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EXPO OPEN 8:45am-2:30pm


FR2 10:00am-11:30am	ESP HIIT Circuits Lewis-McCormick	Extreme Exercise Makeover M. Mylrea	BOSU® Up Down All Around Fable	raisedbarre Greenway & Cofor	Soul Grooves® Harris	Indo-Row®: The Perfect Calorie Burn Thews & Crosby	POUND® - Rockout Workout Roentved	KiPranJ™: The Flow Papi	
FR3 SESSION 1 11:45am-1:15pm	FR3 SESSION 2 12:30pm-2:00pm	Foolproof Fitness Consultation Fable Session 2	No Equipment, No Problem Velazquez Session 1	Little Tweaks for Big Results Roberts Session 2	Barre Tricks Murphy Madden & M. Mylrea Session 2	Zumba® Cardio Blast Bostic Session 1	The Female Core Hruska Session 1	Jungshin® Athletic Flow Kahn Session 1	Pilates on the Ball Appel Session 1
FR4 2:15pm-3:45pm	Successful Group Personal Training Fable	Operation Team Training SGT Ken®	Renegade - Athletic Circuits Reinvested M. Mylrea & Thews	PILOXING® Barre - Punch 'n' Plié Ballard	BollyX® - The Bollywood Workout Patel	FXP Hula Hoop®: Body Sculpt Benton	Speedball Core Feinberg	PLYOGA®: Flow Lauren	
FR5 4:00pm-5:30pm	Relax & Restore: Release & Mobilize Velazquez	Dynamic Anatomy: Core/Upper Body McCall	The Ultimate Light Kettlebell Workout Lewis-McCormick	Barre Fight Wartenberg & Bowersox	Magic in Dance Fitness Sanders	Balanced Body MOTR: Agility + Core Roberts	PILOXING® Party SSP Ballard	Introduction to PowerWave™ Training Fouts	

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

FR6 EVENING SESSIONS 6:30pm-7:30pm					LaBlast® Line Dance Canuel & Janco			
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SA1 7:00am-8:30am	Operation Shock & Awe™ SGT Ken®	Body Weight Strength Explosion M. Mylrea	Lower Extremity Movement Mechanics Comana	Barre Tab Wartenberg & Bowersox	The Art of Dance Fitness Sanders	Indo-Row®: Skills, Drills & Thrills Thews & Crosby	Jungshin®: Wisdom Warriors Kahn	Daanasana™ Yoga 360 Papi
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EXPO OPEN 8:15am-9:30am

SA2 KEYNOTE & AWARDS 9:30am-10:45am								
SA3 11:00am-12:30pm	PROJECT STEEL™ Stahl	Tabata Bootcamp™ - Tabata GX M. Mylrea	Fluid Fusion by Hedstrom Fitness Roberts	PILOXING® Barre - Punch 'n' Plié Ballard	LaBlast® Shape: Dance Core Fitness Canuel & Janco	ThinkFit: Functional Circuit Progressions Gonzalez	POUND® - How Your Body Rocks! Roentved	PLYOGA®: Your Body is Power Lauren

EXPO OPEN 12:15pm-3:30pm

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	Operation Battle Ropes and Beyond SGT Ken® Session 1	STRONG by Zumba® Bullard Session 1	Shockwave Thews, Hogg & Crosby Session 2	Best of Barre Appel Session 1	BollyX® LIT - The Bollywood Workout Patel Session 1	FXP Hula Hoop®: Hoopysa Flow Benton Session 2	Core Hammer Gavigan Session 2	Pilates Strong! Bender Session 2
SA5 3:15pm-4:45pm	Completely Core Appel	Mastering the Assessment McCall	Surge® Pyramid Power Roberts	BarreFlow Taylor	Soul Grooves® Harris	Les Mills BODYATTACK® Workout Bramski	PLYOGA®: The Reverse Warrior Lauren	Pilates for Injury Prevention Bender	
SA6 5:00pm-6:30pm	Foam Rolling: Relax, Rejuvenate & Revitalize Lewis-McCormick	Dynamic Anatomy - Glutes/Lower Body McCall	Small Group PT Core Fusion Gonzalez	raisedbarre Greenway & Cofor	LaBlast® Silk: Accessible Dance Fitness Canuel & Janco	Balanced Body MOTR®: Senior Power Quest	Speedball Feinberg	QJ Gong for Every Body Haan	

EXPO OPEN 6:15pm to 7:00pm

SA7 EVENING SESSIONS 6:45pm-7:45pm								
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SATURDAY, SEPT. 23


SU1 7:00am-8:30am	Step Expressions Henry	Hurricane Howard	BOSU® Stability Ball Overhaul Thews		Belly Dance Blast Bus	ThinkFit: Smart Multi-Level Circuits Gonzalez	Elite Coaching of Exercise Mechanics Gannaway	KiPranJ™: Earth Elements Papi
SU2 8:45am-10:15am	Reactive Training 101: Box Jump Breakdown Fouts	Balance Strategies for Older Adults Osar	BOSU® Dynamic Integrated Strength Quest		Soul Grooves® Harris	Training the Transverse Plane Hopson & Hollander	POUND® - Rockout Workout Roentved	Daanasana™ Yoga Healthy Spine Papi

EXPO OPEN 10:00am-1:30pm

SU3 11:15am-12:45pm	Les Mills BODYPUMP® Workout Bramski	Inner & Outer Core Circuits Gonzalez	PILOXING® Knockout - Total Body Challenge Ballard		BollyX® - The Bollywood Workout Patel	Group Exercise or Group Injury? K. Garcia & H. Garcia	Flexibility + Performance = Wellness Howard	Tai Chi 24 Yang Style Haan
SU4 1:00pm-2:30pm	Global Assessment Versus Local Assessment Hopson & Hollander	Corrective Exercise: Female Core Osar	Exercise Analysis at an Elite Level Gannaway		Spirited Self-Care Rockit	Punching to 32: Cardio-Kickboxing Magic Merrill	Jungshin Slice® Kahn	Yin Yoga - Less is More Chapman

SUNDAY, SEPT. 24

SCW MIDWEST MANIA® Schedule at a Glance

 ACTIVE AGING CERTIFICATION Gilbert & O'Brien • 9:00am-5:00pm	Schwinn®: Instructor Certification Scott & Thews 7:00am-5:00pm		SCW Aqua Barre Certification Wartenberg & Bowersox 9:00am-4:00pm	PILOXING® SSP Instructor Training Certification Ballard 8:00am-5:00pm	TriggerPoint™: SMR Self-Myofascial Release: Assessments to Performance Wagner 1:00pm-5:00pm	SCW Sports Nutrition Certification Comana 9:00am-3:30pm		Speedball Certification Feinberg 8:00am-5:00pm
						SCW Lifestyle and Behavioral Coaching Workshop Comana 5:30pm-10:00pm		

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
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Boomer Beat Pinkowski	Schwinn®: How to Wow! Hogg	Aqua Carpe Diem O'Brien	Playful Patterns Gilbert	Diet Fads & Facts: Ending Frustration Digsby	Prenatal Fitness Review Hruska	Build Your Best Marketing Strategies Quest	Bodhi Suspension: Focus on Flexibility Gonzalez	Introducing HIIT Mix By Staimaster Friend-Uhl	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Golden Oldies Groove & Gait Pinkowski	Schwinn®: There's an App! Scott	Tab-Aqua Quickies Howard	LaBlast® Aqua SPLASH Canuel	Building Blocks: Core Science & Training Comana	52 Days: Your Best Body Digsby	Social Media Marketing Sanders	Bodhi Suspension: Circuits Quest	Boxing: The Method Feinberg	FR2 10:00am-11:30am
Corrective Exercise for Psoas & Glutes Osar Session 1	Schwinn®: To Breathless & Back Hogg Session 2	Use the "F" Word in Aquatics Blondi Session 1	Girls Just Wanna Have Fun Kooperman, Lewis-McCormick, Pinkowski & Wartenberg Session 1	Metabolism Makeover Digsby Session 2	Unleash the Power of Music Thews Session 2		Bodhi Suspension: Cardio Quest Session 2	BoxMaster Circuit Round 1 Friend-Uhl & McCall Session 1	FR3 11:45am-1:15pm 12:30pm-2:00pm
TriggerPoint™: Progressive Systems to Self-Myofascial Release Wagner	Schwinn®: The "HARD" Conversation Scott	Spirited® Surf Rockit	WATERinMOTION® 29 Kooperman, Gilbert, Pinkowski & Velazquez	Recovery: The Forgotten Training Variable McCall	Dietary Diversity Layne	Create a Weight Loss Challenge Murphy Madden	Bodhi Suspension: Chisel Gonzalez	Introducing HIIT Mix By Staimaster Friend-Uhl	FR4 2:15pm-3:45pm
Yoga for the Young at Heart: Chair Kooperman	Schwinn®: C3 Content, Connection & Charisma Scott & Thews	Aqua Soft Fitness Fusion Layne	The Best Balance Aqua Workout Vandendriessche	Breath Training and Technique Comana	Common Sense Nutrition: Your Scope H. Garcia & K. Garcia	Management Gems for Studios/Boutiques Gilbert		3:1 Punchout Feinberg	FR5 4:00pm-5:30pm

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	 STATE OF THE INDUSTRY: TRENDS FOR 2017 Lewis-McCormick, Howard & Comana	Refreshments Provided!				FR6 6:30pm-7:30pm
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The Big Balance Theory Pinkowski	Schwinn®: Train Right 2 Ride Right Roberts	Aqua Bits and Pieces Layne	Athletic Aquatics Bretz	Top 10 for Weight Loss Digsby	Cueing, Coaching & Communicating Lewis-McCormick	Become a Retention Rock Star H. Garcia & K. Garcia	Bodhi Suspension: Pilates Gonzalez	Boxing: The Method Feinberg	SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am





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Strength Training for Longevity & Vitality Kooperman	Schwinn®: Teaching Tips from TED® Thews	Aqua Circuit Bootcamp Lewis-McCormick	The Best Balance Aqua Workout Vandendriessche	Ultimate Metabolic and Calorie-Burning Makeover Kravitz	Sugar, Snacks & Heart Attacks Digsby	Business Trends & Benchmarks Gilbert	Bodhi Suspension: Circuits Quest	BoxMaster Circuit Round 2 Friend-Uhl & McCall	SA3 11:00am-12:30pm

EXPO OPEN 12:15pm-3:30pm





Active Aging: No Place Like Foam Kooperman Session 1	Schwinn®: Unapologetically Authentic Roberts Session 1	Aqua Quality Movement Pinkowski Session 2	It's Raining Men! Howard, Velazquez, Henry & Rockit Session 2	What's in your Food? Silverman Session 2	Stress and Chronic Disease H. Garcia & K. Garcia Session 1	DNA of Successful Fitness Managers Gilbert Session 1	Bodhi Suspension: Focus on Flexibility Gonzalez Session 2	Introducing HIIT Mix By Staimaster Friend-Uhl Session 2	SA4 12:45pm-2:15pm 1:30pm-3:00pm
TriggerPoint™ for Desk Jockeys Wagner	Schwinn®: All About the BASE Scott	Aqua Zumba® Bullard & Bostic	WATERinMOTION® Platinum 9 Gilbert, Pinkowski, Velazquez & Weisenmiller	Longevity Lab: Eats and Feats Silverman	Targeting Hypertrophy Layne	Fitness Program Comprehension and Creation Stahl	Bodhi Suspension: Cardio Quest	Boxing Bootcamp Feinberg	SA5 3:15pm-4:45pm
Functional Fixes for Forward Shoulders Osar	Schwinn®: Girl Power 2.0 Thews & Roberts	Anchor Down Henry	Aqua Athlete Howard	The Female Training Advantage 2017 Kravitz	Nutritional Tips, Tidbits and Treats B. Mylrea & M. Mylrea	Communication Strategies for Fitness Professionals Watkis		Introducing HIIT Mix By Staimaster Friend-Uhl	SA6 5:00pm-6:30pm

EXPO OPEN 6:15pm to 7:00pm

 INTRODUCTION TO MEDITATION ROCKIT					 AQUA EXERCISE PANEL: EBBS & FLOWS Howard, Gilbert, Layne & Henry	Refreshments Provided!			SA7 6:45pm-7:45pm
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Yoga Flow Haan	Schwinn®: Build It & They'll Come Roberts	Aqua Abs WIM-SY Weisenmiller	Barre H2O Wartenberg & Bowersox	Sneaky Strategies to Manage Weight Silverman	From the Ground Up Taylor	Creative Group Fitness Programming Merrill	 FOAM ROLLING CERTIFICATION LEWIS-MCCORMICK 9:00AM-4:00PM	 BOXING CERTIFICATION Feinberg 8:00am-4:00pm	 BOOT CAMP INSTRUCTOR CERTIFICATION SIT KEN • 8:00AM-4:00PM
Core Fit Haan	Schwinn®: Hot Topics Hogg	Tabata Water Sports Martin	The Best Balance Aqua Workout Vandendriessche	Everything Resistance Training Kravitz	Transition to a Plant-Based Diet B. Mylrea & M. Mylrea	Profitable Public Speaking for Trainers Watkis	Bodhi Suspension: Pilates Gonzalez	 STRONG BY ZUMBA® CERTIFICATION Bullard • 8:00am-4:00pm	

EXPO OPEN 10:00am-1:30pm

Rehabilitation Strategies for Lower-Extremity Injuries Hopson & Hollander	Schwinn®: Pedal N Pulse M. Mylrea	Go Deep Henry	Barre-A-Cuda Weisenmiller	HIIT Extravaganza: 10 New Programs Kravitz	Sugar Shockers and Shakedown Silverman	Creating Caring Community in Class Chapman	Bodhi Suspension: Circuits Quest	 ADVANCED FUNCTIONAL PILATES CERTIFICATION Bender • 8:00am-4:00pm	 WATERinMOTION® CERTIFICATION GILBERT • 8:00AM-4:00PM
TriggerPoint™: Science of Myofascial Release Wagner	 FYP HULA HOOP® CERTIFICATION Benton • 8:00am-4:00pm	Atomic Aquatics Bretz	Waves on Fire: Active Agers Martin	The Modern Science of Longevity Kravitz	Fit Camp for Kids M. Mylrea	How to Plan Your Presentation Watkis	 PRACTICAL GUIDE TO NUTRITION, HORMONES, and METABOLISM Layne • 9:00am-3:30pm		