











WEDNESDAY OCT. 3 & THURSDAY OCT. 4

WEDNESDAY PRE-CONVENTION WORKSHOPS THURSDAY, OCTOBER 3				SCW Aquatic Exercise Certification Howard 8:00am-5:00pm Pg 8				
THURSDAY PRE-CONVENTION WORKSHOPS THURSDAY, OCTOBER 4	SCW Active Aging Certification Gilbert 9:00am-5:00pm Pg 8					SCW Core Training Specialist McCall 5:30pm-9:30pm Pg 9		SCW Yoga I Certification Velazquez 8:00am-5:00pm Pg 8
	SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm Pg 8							SCW Yoga II Certification Velazquez 5:30pm-9:30pm Pg 8

A FUNCTIONAL TRAINING	B HIIT / CORE	C PT / GROUP EX	D BARRE	E DANCE / CARDIO	F STRENGTH / REHAB	G SPECIALTY	H MIND / BODY
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FR1 7:30am-9:00am	Dynamic Flexibility: A 3D Life Velazquez Pg 11	Female Core Training 2.0 Osar Pg 11	The Warrior® Workout J. Roberts Pg 11	Barre Moves - Update Your Choreography Hilleboe Pg 11	SOUL CLAP: Become the Music Freeman Pg 11	Ageless Body Trilogy - Rollga® Bender Pg 11	ThinkFit™ Pilates: Reformer on the MOTR™ Gonzalez Pg 11	Mantras, Mudras & Meditation Chapman Pg 11
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EXPO OPEN 8:45am-2:30pm


FR2 10:00am-11:30am	Coaching Camp: Group Training Growth Fouts Pg 12	TriggerPoint™: GRID® Lock Coronel Pg 12	Understanding Movement McCall Pg 12	Gliding Scales - Barre with Gliders Appel Pg 12	HIGH Fitness: Aerobics is Back! Zenith Pg 12	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter Pg 12	Speedball Core Feinberg & Schiller Pg 12	Club Pilates: Mat Work Level 1 Huffman Pg 13
FR3 SESSION 1 11:45am-1:15pm	The Ultimate Group X Experience Brodowsky Session 2 Pg 14	Hurricane Howard Session 1 Pg 13	Unleashed! Velazquez Session 2 Pg 14	Barre 360 Appel Session 2 Pg 14	Zumba® Let it MOVE YOU™! Bostic Session 1 Pg 13	Functional Circuits for the Active Adult Mikulski Session 1 Pg 13	ThinkFit™ Cardio: MOTR™ Fueled Intervals Gonzalez Session 1 Pg 13	Vinyasa Flow: Feel The Resistance Conti Session 1 Pg 13
FR3 SESSION 2 12:30pm-2:00pm								
FR4 2:15pm-3:45pm	Short Circuit: Group Training Edition Fouts Pg 14	ThinkFit™ Mobility for Optimal Performance Gonzalez Pg 14	Rethinking & Retooling Group Exercise Osar Pg 15	Let The Beat Drop Hilleboe Pg 15	Club Vibe® - Dance Meets Fitness Ponte & Schur Pg 15	Functional Pilates Flows by ActivMotion Bar® Bender Pg 15	3ACT Slide Cardio Woods Pg 15	Extreme Tabata Yoga Howard Pg 15
FR5 4:00pm-5:30pm	Warm Up! Performance Flexibility & SMR Lewis-McCormick Pg 18	Tour de Core Gonzalez Pg 18	The Ultimate Cardio Kickboxing Hake Pg 18	Best of Barre Appel Pg 18	POUND® - Rockout. Workout. Opperman Pg 18	RUMBLE by R.I.P.P.E.D.® Jessup Pg 18	Foam Rolling Applied Programming: REGEN® Wagner Pg 18	Pilates for Injury Prevention Bender Pg 18

CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm

FR6 EVENING SESSIONS 6:30pm-7:30pm								
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SA1 7:00am-8:30am	No Equipment, No Problem Velazquez Pg 20	ThinkFit™ Circuits: Pyramids & Stacks! Gonzalez Pg 20	Integrating SMR Into Group Exercise Bettendorf Pg 20	"HIIT" the Barre Lewis-McCormick Pg 20	HIGH Fitness: Aerobics is Back! Zenith Pg 20	BOSU® Sport C.A.M.P. Dixon Pg 20	Rock the Core by ActivMotion Bar® Mikulski Pg 20	The Perfect Fusion With Piyo Hake Pg 20
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EXPO OPEN 8:15am-9:30am

SA2 KEYNOTE & AWARDS 9:30am-10:45am								
SA3 11:00am-12:30pm	Functional Training - Workouts for Results McCall Pg 21	Foundations 360 Stahl Pg 21	STRONG by Zumba® Bullard Pg 21	Power Body Barre Wartenberg Pg 21	Club Vibe® - Dance Meets Fitness Ponte & Schur Pg 21	INSURGNT by Hedstrom Fitness K. Roberts Pg 21	Les Mills BODYATTACK® Workout Bramski Pg 21	THE NEXT DIMENSION - Emotional Fitness Krauss Pg 21









EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:45pm

SA4 SESSION 1 12:45pm-2:15pm	SA4 SESSION 2 1:30pm-3:00pm	Tabata GX™ - Tabata... Redefined! Hilleboe Session 1 Pg 22	Axle: Lift, Burn, Move Page Session 1 Pg 23	MMA for Group Fitness Hake Session 2 Pg 23	ThinkFit™ Barre: Bells at the Barre Appel Session 2 Pg 23	POUND® - Rockout. Workout. Opperman Session 1 Pg 23	R.I.P.P.E.D.®: REFORMULATED! Shorter & Shorter Session 2 Pg 23	3ACT Slide Cardio Woods Session 2 Pg 23	Vinyasa Flow: Feel The Resistance Conti Session 2 Pg 23
SA5 3:15pm-4:45pm		ROC STEADY by PROJECT STEEL™ Stahl Pg 24	Quick & Dirty 30 Lewis-McCormick Pg 24	Problem Shoulders? Use These Exercises! Osar Pg 24	3X3Fit Amped-Up Body Sculpt Ross Pg 24	SOUL CLAP: Stepping & Body Percussion Freeman Pg 24	Roll Better, Roll Less Bettendorf Pg 24	Speedball Feinberg Pg 24	Manipura - The Core of Willpower Krauss Pg 24
SA6 5:00pm-6:30pm		The 4 F's of Exercise Haan Pg 25	Completely Core Appel Pg 25	Bootcamp Creation Peters Pg 25	Bodyweight Barre K. Roberts Pg 25	Belly Dance Fitness Bus Pg 25	Relax & Restore: Foam Roller Training Lewis-McCormick Pg 25	The Warrior® Experience J. Roberts Pg 25	Club Pilates Mat Class - Level 2 Huffman Pg 26
SA7 EVENING SESSIONS 6:45pm-7:45pm			MANIA® Dance Off! with Club Vibe, High Fitness, Kelly Bus, POUND, Soul Clap, ZUMBA Pg 26						Recovery Through Meditation Rockit Pg 26

FRIDAY, OCTOBER 5

SATURDAY, OCTOBER 6

SUNDAY, OCTOBER 7

SU1 7:00am-8:30am	20x3 Howard Pg 27	The Warrior Fit Games SGT. Ken® Pg 27	In a Minute Merrill Pg 27		Hip Hop Fitness Peters Pg 27	BOSU® Pilates Core Power K. Roberts Pg 27		Qi Gong for Every Body Haan Pg 27
SU2 8:45am-10:15am	Pulling for Power™ SGT Ken® Pg 27	Les Mills GRIT™ Cardio & HIIT Bramski Pg 27	Best Psoas & Glutes Exercises Osar Pg 28		3ACT Slide Cardio Woods Pg 28	Beyond Bootcamp by Hedstrom Fitness M. Mylrea Pg 28		Y3: Yin Yang Yoga Rockit Pg 28
SU3 11:15am-12:45pm	Below the Belt - Glutes & Legs! M. Mylrea Pg 28	THE AMRAP ASSAULT SGT. Ken® Pg 28	Don't Step on It Howard Pg 28		POUND® Rockout. Workout. Opperman Pg 28	RUMBLE by R.I.P.P.E.D.® Jessup Pg 28		Relaxercise Haan Pg 28
SU4 1:00pm-2:30pm	Crew Conditioning™ with SGT Ken® Pg 29	Crazy Core Combos M. Mylrea Pg 29	Punching to the 32: Cardio/kickboxing Magic Merrill Pg 29		Barre Certification APPEL 8:00am 4:00pm · Pg 9	Belly Dance for Fitness Instructors Bus Pg 29		Fitness Affirmations: Arthritis & Autoimmune Disease Conti Pg 29

MIDWEST MANIA[®]
SCHEDULE

I ACTIVE AGING / RECOVERY	J CYCLING	K AQUA (STARTS IN POOL)	L AQUA (STARTS IN LECTURE)	M NUTRITION / WELLNESS	N EXERCISE SCIENCE / LEADERSHIP	O BUSINESS	P STAIRMASTER / BOXMASTER	Q BOXING / CIRCUIT
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InTENSity by Hedstrom Fitness Dixon Pg 11	Schwinn®: The Magic Of The 3 C's Scott Pg 11	Spirited® Surf 2 Rockit Pg 11	Aqua Core Options Warasila Pg 12	Nutrition & Sleep: Fascinating Connections Silverman Pg 12	Steps to Strengthening Your Brand Fouts Pg 12	Calculated Results Garcia Pg 12	Stairmaster® Presents - HIIT Mix Solution Friend-Uhl Pg 12	FR1 7:30am-9:00am
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EXPO OPEN 8:45am-2:30pm

Active Aging: Between the Chairs Lewis-McCormick Pg 13	Schwinn®: To Breathless & Back Dixon Pg 13	From Water Novice to Maniac Martin Pg 13	Water X 3 Velazquez Pg 13	Diet Diagnosis B. Mylrea Pg 13	Female Leadership: Personal & Professional Kooperman, K. Roberts, Thews & Gilbert Pg 13	Building Blocks for Career Longevity Brodowsky Pg 13	ThinkFit™ Suspension: Game On With Gravity Valentin Pg 13	FR2 10:00am-11:30am
Rolling with Mindfulness and Breathwork Bettendorf Session 1 Pg 14	Schwinn®: The Power Behind POWER K. Roberts Session 2 Pg 14	Aqua Currents of Cardio Confetti Rockit Session 1 Pg 14	Girls Just Wanna Have Fun Kooperman, Layne, Lewis-McCormick, & Warasila Session 1 Pg 14	Top 10 for Weight Loss Digsby Session 2 Pg 14	The Science of Myofascial Release Coronel Session 2 Pg 14	Managing Like a Zen Master Chapman Session 2 Pg 14	Boxing: The Method Feinberg Session 2 Pg 14	FR3 11:45am-1:15pm 12:30pm-2:00pm
BOSU® + Bar: Grip, Tip, Flip & Strip Thews Pg 15	Schwinn®: B1G1 Free, Class Design Hogg Pg 15	Tabata Water Sports 2: Game Time! Martin Pg 15	Dive Into Aqua Choreography Velazquez, Warasila, Gilbert Pg 15	Nutrition Panel - B. Mylrea, Silverman, Digsby, Layne & Roberts Pg 15	Prevention and Performance for Runners Bettendorf Pg 18	3 Keys to Increase Retention Farmer Pg 18	ThinkFit™ Suspension: Pilates-Inspired Valentin Pg 18	FR4 2:15pm-3:45pm
Active Aging: No Place Like Foam Kooperman Pg 19	Schwinn®: How to WOW! Thews Pg 19	H2WHOA Layne Pg 19	Aquatic Solutions for Active Agers Gilbert Pg 19	Metabolism Makeover Digsby Pg 19	Prevention & Recovery through Muscle Stimulation Feinberg Pg 19	Powerful Difference, Little Effort Blakely Pg 19	ThinkFit™ Suspension: Circuits 2.0 Valentin Pg 19	FR5 4:00pm-5:30pm

CHARITY RAFFLE & EXPO OPEN 5:15pm-6:45pm

Les Mills SPRINT™: Cycling Success Bramski Pg 19	Aqua Yoga Flow Warasila Pg 19		FR6 6:30pm-7:30pm
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Myofascial Compression Techniques for Injury Prevention Wagner Pg 20	Schwinn®: Rhythm Done Right Thews Pg 20	Aqua Athlete Howard Pg 20	Aqua Zen Warasila Pg 20	Common Sense Nutrition: Your Scope Garcia Pg 20	Fitness Program Comprehension and Creation Stahl Pg 20	Run an 8-Week Challenge Digsby Pg 21	Stairmaster® Presents - HIIT Mix Solution Friend-Uhl Pg 21	Boxing Bootcamp Feinberg Pg 21	SA1 7:00am-8:30am
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EXPO OPEN 8:15am-9:30am

Strength Training for Longevity & Vitality Kooperman Pg 22	Schwinn®: Train Right Reimagined Hogg Pg 22	Luscious Limbs Gilbert Pg 22	It's Raining Men! Howard, Velazquez & Rockit Pg 22	Nutrition Tips, Tidbits & Treats B. Mylrea Pg 22	Hyperice: Technology to Move Your Best Lee Pg 22	Up Your Game: INSANITY! Hake Pg 22	Stairmaster® Presents - HIIT Mix Solution Appel Pg 22	ThinkFit™ Suspension: Meet the Beat Gonzalez Pg 22	SA2 9:30am-10:45am
									SA3 11:00am-12:30pm

EXPO OPEN 12:15pm-3:30pm | 6:15pm-7:45pm

Yoga for the Young at Heart: Chair Kooperman Session 1 Pg 23	Schwinn®: Music MAGIC! Scott Session 1 Pg 23	Aqua Zumba® Bullard Session 2 Pg 23	Barre-A-Cuda Wartenberg Session 2 Pg 23	Sugar Shockers and Shakedown Silverman Session 1 Pg 23	Foam Rolling: Rolling Pins to Vibration Wagner Session 1 Pg 23	Time-Saving Tools for Digital Music Howard & Velazquez Session 2 Pg 24	Stairmaster® Presents - BoxMaster® MCCAIG Session 2 Pg 24	3:1 Punchout Feinberg Session 1 Pg 23	SA4 12:45pm-2:15pm 1:30pm-3:00pm
Ageless Body Recovery with Rollga® Bender Pg 24	Schwinn®: Tour de Schwinn® K. Roberts Pg 25	Aqua Run Layne Pg 25	Silver Aqua Solutions Velazquez, Warasila, Wartenberg & Gilbert Pg 25	Nutrition & Chronic Pain Garcia Pg 25	Programming Pillars for Active Adults Mikulski Pg 25	Fitness Business Trends in 2018 Kooperman Pg 25	ThinkFit™ Suspension: Power and Endurance Gonzalez Pg 25		SA5 3:15pm-4:45pm
TriggerPoint™ for Movement Coronel Pg 26	Schwinn®: #WHOAMI Hogg Pg 26	Barre H2O Wartenberg Pg 26	H2O Functional Frolics Gilbert Pg 26	Change your Mindset Using Nutrition Hake Pg 26	Electric Stimulation For Athletic Performance Feinberg Pg 26	Creative Programming for Group Fitness Merrill Pg 26			SA6 5:00pm-6:30pm
									SA7 6:45pm-7:45pm

Exercise for the Fountain of Youth McCall Pg 27	Schwinn®: Pedal & Pulse M. Mylrea Pg 27	Hit the Deck! Henry Pg 27		Assess, Explore, Pattern: Functional Pilates Mikulski Pg 27	World's Best Resistance Training Programs Kravitz Pg 27	Social Media Story Telling Gray Pg 27			
Progressive Systems to Self-Myofascial Release Coronel Pg 28	H.E.A.T. Waves Henry Pg 28			Foods for Optimal Health B. Mylrea Pg 28	10 Key Rules for Longevity Kravitz Pg 28	BAM! Strong Mind, Strong Business Gray Pg 28			
Knee and Foot Solutions 2.0 Osar Pg 29	Anchor Down Henry Pg 29			What's in Your Food? Silverman Pg 29	Eight Best Anaerobic Circuit Programs Kravitz Pg 29	Podcasting 101: Create Your Platform! Conti Pg 29			
Corrective Exercise for the Problem Shoulder Wagner Pg 29	Aqua Abs: WIM®-sy Kulp Pg 29			Sneaky Strategies to Manage Weight Silverman Pg 29	The Female Training Advantages 2018 Kravitz Pg 29	Stability & Security: Your Pilates Career Huffman Pg 29			