



# MIDWEST MANIA® SCHEDULE-AT-A-GLANCE

THURS. OCT. 3

THURSDAY Pre-Con Workshops	Extreme HIIT Chaos™ - Powered by Savvier M. Mylrea	HIGH Fitness Instructor Training Semrad & Zurcher 8:30am-5:00pm		SCW Pilates Matwork Certification Appel 8:00am-5:00pm	SCW Active Aging Certification Layne 9:00am-5:00pm	SCW Yoga I Certification M. Velazquez 8:00am-5:00pm		
	SCW Aquatic Exercise Certification Howard	SCW Group Exercise Certification Howard 8:00am-5:00pm		SCW Meditation Certification Rockit 5:30pm-9:30pm	SCW Active Aging Nutrition Certification T. Silverman 5:30pm-9:30pm	SCW Yoga II Certification M. Velazquez 5:30pm-9:30pm		

A	B	C	D	E	F	G	H
HIIT / FUNCTIONAL TRAINING	GROUP EXERCISE	PERSONAL TRAINING	PERSONAL TRAINING / SPECIALTY	ACTIVE AGING / RECOVERY	MIND/BODY / WELLNESS	BARRE	DANCE / AEROBIC


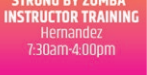
FRIDAY, OCTOBER 4

FR1 7:30am-9:00am	Quick & Dirty 30 Lewis-McCormick	HIGH Fitness: Aerobics is Back! Semrad & Zurcher	Coach Beyond Expectations McBee	Speedball Core Feinberg	Aging Fit Gilbert	Got Back Pain? Garcia	Barre Moves - Update Your Choreography Williams	LaBlast® Fitness: Highly Involved Interval Training Nathanson	
FR2 10:00am-11:30am	Pulling for Power, Program 003™ SGT Ken	From the Ground Up! M. Velazquez	No Equipment, No Excuses Garcia	Training by the Numbers Gavigan	"I Wish I Knew Before..." Rockit	Pilates Power Tower Appel	Barre Training: Grace And Flow K. Roberts	Dance Corps: HIIT it Hard! Dorsey	
FR3 Session 1 11:45am- 1:15pm	FR3 Session 2 12:30pm- 2:00pm	HIIT the TURF Keenan-Stryka & Hughes Session 1	Les Mills GRIT™: Cardio & HIIT Standiford Session 2	Shifting is the New Lifting Ross Session 2	POUND® - Sweat. Sculpt. Rock. Tate Session 1	Deep Stretch & The Aging Gilbert Session 1	Prevention & Recovery through Muscle Stimulation Feinberg Session 2	Let The Beat Drop - Powered by Barre Above® Williams Session 2	Country Fusion® Mooney Session 1
FR4 2:15pm-3:45pm		Rowing Resilience™ Lewis-McCormick	Lower Body Blaster Howard	Rockit Strength®: Hard Core/ Peace Core Rockit	Gamify Your Workout Gavigan	Active Aging: No Place Like Foam Kooperman	Rumbleroller® Roll Better, Roll Less Miller	"HIIT" the Barre Hilleboe	Zumba®: Let it MOVE YOU™! Bostic
FR5 4:00pm-5:30pm	Fluid Strength™ Meets Extreme HIIT Chaos™ M. Mylrea	Bootcamp Beats Lauria	Coaching Core Stability McBee	SL@T - Strengthen, Lengthen & Tone Howard	Country Fusion® For Active Agers Mooney	Conscious Movement & Functional Yoga M. Velazquez	Barre With a Twist Appel	Dance Corps: Benefits of Periodization Dorsey	
FR6 EVENING SESSIONS 6:30pm-7:30pm									

SATURDAY, OCTOBER 5

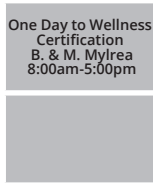
SA1 7:00am-8:30am	Functional Abs: Core Strong! M. Velazquez	Gliding Reinvented M. Mylrea	Guiding Skill Adaptation, Powered by Stroops® Yearby	The Next Generation of POUND® Tate	Active Aging: Between the Chairs Lewis-McCormick	Inside Out with the Shoulder Gellert	Barre Tricks Hilleboe	Weight2Dance Lauria	
SA2 KEYNOTE & AWARDS 9:30am-10:45am									
SA3 11:00am-12:30pm	Battle with Boats and Ropes™ SGT Ken®	50 Unique Core Lovers Exercises M. Mylrea	Lower Extremity Training Female Client K. Roberts	Speedball For Personal Trainers Feinberg	Strength Training for Longevity & Vitality Kooperman	Restorative Yoga: Prop Free Chapman	Power Body Barre Wartenberg	LaBlast®: Dance Intervals for Everyone Nathanson	
SA4 Session 1 12:45am- 2:15pm	SA4 Session 2 1:30pm- 3:00pm	HIIT Like a Girl presented by Ryka Appel, Thews & Lewis-McCormick Session 2	HIGH Fitness: Aerobics is Back! Semrad & Zurcher Session 1	Center Yourself Bach Session 1	SamuraiFT: Martial Arts Workout Sanchez Session 2	Yoga for the Young at Heart: Chair Kooperman Session 2	Whose Back? Your Back! Haan Session 1	Weight at the Barre Wartenberg Session 1	Zumba® Cardio Blast Bostic Session 2
SA5 3:15pm-4:45pm		Strength in the Storm™ SGT Ken®	BODYATTACK® Workout Gomez	Unpacking Cueing & Feedback Powered by Stroops® Yearby	POUND® Why Your Body Rocks Tate	Practical Core 55+ Wartenberg	Rolling with Mindfulness and Breathwork Miller	Barre Necessities Appel	Country Fusion® Workshop Mooney
SA6 5:00pm-6:30pm	HIIT the Turf - Yoga Fusion Keenan-Stryka & Hughes	TNT-Explosive Bodyweight Training Bach	The Ultimate Fitness Equation Robinson	Your Rear is the Gear Ross	Multi-Generational Fitness Wartenberg	True Balance: Yin/Yang Yoga Chapman	Boogie Barre Carvalho	The Cognitive Dance Experience M. Velazquez	
SA7 EVENING SESSIONS 6:45pm-7:45pm									

SUNDAY, OCTOBER 6

SU1 7:00am-8:30am	The Art of Circuits Lewis-McCormick	Plyo Play Ross		HIIT the Turf - For Personal Trainers Keenan-Stryka & Hughes	Fitness for Longevity! Conti	Go With the Flow Salutations Howard		
SU2 8:45am-10:15am	Let's Get FHITT Robinson	RumbleRoller® Group Exercise Flow Miller		Basics of Personal Training Programming Gavigan	Training the Active Aging Female Client K. Roberts	Yoga Explora Haan		
SU3 11:15am-12:45pm	Funtensity Bootcamp Ross	From Burnout to Boost!! Haan		The Athletic Advantage Robinson	Core Forward Pilates Howard	Mantras, Mudras & Meditation Chapman		
SU4 1:00pm-2:30pm	Lift Off! Howard	SamuraiFT: Martial Arts Workout Sanchez		Mandatory Teamwork Gavigan	Sizzling Seniors Hunt	Vinyasa Flow: Feel the Resistance Conti		

# EXPO HOURS

Fri., Oct. 4.....8:45am - 7:00pm  
 5:15pm-6:45pm (Charity Auction 5:30pm - 6:30pm)  
 Sat., Oct. 5.....8:15am-3:30pm & 6:15pm-7:00pm  
 Sun., Oct. 6.....10:00am-1:30pm



I SCHWINN CYCLING	J STAGES CYCLING	J2 JOHNNY G CYCLING	K AQUA (STARTS IN POOL)	L AQUA (STARTS ON LAND)	M BOXING	N CIRCUIT	O NUTRITION	P EX. SCIENCE / LEADERSHIP	Q NUTRITION / WELLNESS
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Schwinn®: Prime Design Scott	Stages®: The Power of Progression Benchley	Ride Of Truth®: Johnny G Spirit Bike Yeager- Diamond	Acquapole® Next Generation Anaya & Raphael	Aqua FusionMANIA Layne	Heart Rate Tracking: Exploring Benefits Fitzpatrick	StairMaster HIIT: Real Ratios for Results Friend-Uhl	The Why & How of Fasting B. & M. Mylrea	Metabolism & Fat - Science & Application Comana	Techniques to Uplevel Self-Discipline Armstrong
Schwinn®: SCHWINTENSITY Scott	Stages®: Party Through the Decades Benchley, Chinatti & Kohler	Ride Of Truth®: Johnny G Spirit Bike Yeager- Diamond	Aquatic Power Hour Martin	Hydro Lift Off! Howard	He-Mugs-Me Not! Feinberg		Sugar vs. Non-Nutritive Sweeteners Comana	Creating Your Fitness Pro Game Plan Johnson-Rapp	Prevention and Performance for Runners Miller
Schwinn®: Balancing Act - Cycling Fusion M. Mylrea Session 1	Stages®: Triple Threat Mindset Kohler Session 2	Ride Of Truth®: Johnny G Spirit Bike Yeager- Diamond Session 2	Barre-A-Cuda 2 Kulp Session 1	Girls Just Wanna Have Fun Kooperman, Layne, Martin Session 1	Kids Fitness: Build or Bust? Vazquez Session 2	StairMaster HIIT: Science of Variability Appel Session 2	Abs are Made in the Kitchen Digsby Session 1	Simple Approaches to Weight Loss Comana Session 2	Self-Coaching Strategies for Wellness T. Silverman Session 2
Schwinn®: Let the Music Play M. Mylrea	Stages®: Mixed Emotions, a Practical Approach Santin & Chinatti		LaBlast® Splash - Shallow Aqua Fitness Figueroa	Dive Into Aqua Choreography M. Velazquez, Warasila, Gilbert, Kulp & Carvalho	Boxing: The Method Feinberg	StairMaster HIIT: HIIT & Rest Friend-Uhl	Nutrition Panel - Digsby, Layne, B. Mylrea, T. Silverman, K. Roberts-Moderator	Acquiring & Retaining Personal Training Clients Garcia	Engage Your Inner Motivator Johnson-Rapp
Schwinn®: Master the Moment Scott	Stages®: The Power of Cue-munication Benchley	Ride Of Truth®: Johnny G Spirit Bike Yeager- Diamond	Waves on Fire: Active Agers Martin	Aqua Yoga Flow Warasila	Faith + Family + Fitness Vazquez		Weight Control Unabridged Layne	Fitness Business Trends 2019 Kooperman	Metabolism Reality Check Digsby

	Les Mills SPRINT™: Cycling Success Standiford								
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Schwinn®: Music & SO MUCH MORE! Scott	Stages®: The Sixth Sense Santin		Dive In Rockit	Ups & Downs of Aqua Carvalho		StairMaster HIIT: A Moment in Time Friend-Uhl	What TO Eat: End the Frustration Digsby	Electronic Stimulation For Athletic Performance Feinberg	Insurance for Studios, Instructors & Trainers Urnston-Lowe
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Schwinn®: Ride and Row Thews	Stages®: W.T.F.T.P.? Santin & Benchley	Ride Of Truth®: Johnny G Spirit Bike Yeager- Diamond	Aqua Abs: WIM-SY Kulp	Double Trouble: Bad Boys of Aqua Howard & M. Velazquez	Paid to Play Vazquez	StairMaster HIIT: High Five Appel	The Carb & Protein Myth B. Mylrea	Creating Value Based Coaches McBee	Ending Your Clients' Exercise Sabotage Seti
Schwinn®: Rhythm Done Right Hogg Session 2	Stages®: Build it (FASTER!). They Will Come Benchley Session 1	Ride Of Truth®: Johnny G Spirit Bike Yeager- Diamond Session 2	Happy Aqua Flow Anaya & Raphael Session 1	Cue, Pace, Resist Dziubinski Session 1	Boxing Bootcamp Feinberg Session 1		Fad Diet Update Digsby Session 2	Nervous System Hacks for Mobility Miller Session 1	Nutrition & Sleep: Fascinating Connections T. Silverman Session 2

Schwinn®: Take it to the MAX Roberts	Stages®: Power vs. Rhythm Kohler & Chinatti		LaBlast® Splash: Aqua Dance Intervals Figueroa	Silver Aqua Solutions M. Velazquez, Warasila, Gilbert, Kulp & Carvalho	3:1 Punchout Feinberg	StairMaster HIIT: HIIT & Rest Friend-Uhl	Nutrition for Fitness Professionals Layne	The Female Training Advantages 2019 Kravitz	Putting an End to Stress Eating Seti
Schwinn®: How to WOW! Thews	Stages®: The Invisible Road Chinatti	Ride Of Truth®: Johnny G Spirit Bike Yeager- Diamond	YOQUA™ Dziubinski	Aqua Core Options Warasila	Integrate Heart Rate in Training Amanda Fitzpatrick		Carbohydrate Craziiness Kravitz	Female Leadership: Personal & Professional Kooperman, Roberts & Gilbert	Performance Training for Pregnancy Citron
			Acquapole® Circuit Revolution Anaya & Raphael						

Schwinn®: R&R - Ride & Restore Roberts	Stages®: Different Roads, One World Santin	Ride Of Truth®: Johnny G Spirit Bike Yeager- Diamond		Water Running Rockit			Become a Mindful Eating Master Seti	The Metabolic Effects of Resistance Training Kravitz	The Truth About Ketosis Layne
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Schwinn®: Master the Moment Hogg	Stages®: One Size Doesn't Fit All Kohler	Ride Of Truth®: Johnny G Spirit Bike Yeager- Diamond		Aquatic Balance Solutions Dziubinski			Food for Thought: Brain Superfoods T. Silverman	Going Deep Into Core Training Citron	The ABC's of CBD Ruth
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		Ride Of Truth®: Johnny G Spirit Bike Yeager- Diamond	From Novice to Water MANIAC Martin	AQUA Drums Vibes Anaya, Burns & Raphael			Eating Disorders vs Disordered Eating Seti	Fat Loss: The Real Story Kravitz	Clarifying the Postural Torsion Syndrome Gellert
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			Aqua Tempo Training Dziubinski	Aqua Zumba® Bostic			Healthy, Happy Holidays T. Silverman	Exercise: The Ultimate Brain Booster Kravitz	Self Care 101: Small Steps Chapman
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FRIDAY, OCTOBER 4

SATURDAY, OCTOBER 5

SUNDAY, OCTOBER 6