

SEPT 30 - OCT. 1

<b>wednesday,</b> september 30 pre-convention events	SCW Personal Training Certification 7:00AM-5:00PM BROOKS P. 8			SCW Pilates Matwork Fundamentals Certificate 7:00AM-7:00PM KAHN P. 8		SCW Sports Nutrition and Body Composition Specialty Certificate 8:00AM-5:00PM LAYNE P. 8
<b>thursday,</b> october 1 pre-convention events	SCW 100% Hands On Personal Trainers Certification 8:00AM-5:00PM BROOKS P. 8	SCW Aquatic Exercise Fundamentals Certificate 7:00AM-6:30PM LAYNE P. 8	SCW Group Exercise Certificate 7:00AM-5:00PM GASPER P. 8	SCW Pilates Matwork Small Apparatus Certificate 8:00AM-4:00PM BENDER P. 8	Peak Pilates Foundations Workshop 7:00AM-1:00PM HERZOG P. 9	Equal But Not the Same: Considerations for Training Females 9:00AM-5:00PM CHEK P. 9
<b>thursday</b> october 1 pre-convention events			SCW Group Strength Certificate 6:00PM-10:00PM GASPER P. 8	E-Fit Pilates Specialty Certificate 5:00PM-9:00PM HECKERT P. 9	Peak Pilates: MVe Chair Personal Trainer Workshop 2:00PM-6:00PM KRAUSS P. 9	

5:00pm-7:00pm expo open

A	B	C	D	E	F
Group Ex/Step/Core/Dance	Group Ex	Personal Training ACTIVITY	Personal Training LECTURE	Personal Training ACTIVITY	Mind/Body

<b>FR1</b> 9:00AM-11:00AM	<b>Step And The City!</b> PUSKARICH P. 10	<b>LES MILLS BODYPUMP</b> CLELAND, PETERSON, SANTIAGO & D. MURPHY P. 10	<b>One-On-One Partner Training</b> HUTTON P. 10	<b>Back Strong And Beltless</b> CHEK P. 10	<b>Athletic Specific vs. Sport Specific Training...Building Athleticism</b> BROOKS P10	<b>Rising Hot Yoga</b> KOOERMAN P. 10
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expo shopping 8:00am-9:15am, 10:45am-4:30pm and 5:30pm-7:00pm

<b>FR2</b> 12:00PM-1:30PM	<b>Upper Body Sports Conditioning For Chicks</b> FREYTAG P. 10	<b>LES MILLS BODYJAM</b> CLELAND & WILSON P.10	<b>BOSU® Athletic Movement, Strength &amp; Power</b> BROOKS & K.ROBERTS P. 11	<b>Bridging The Gap Series: Functional Integrated Core</b> C. WOLF P. 11	<b>Better Butt, Better Back</b> CHEK P. 11	<b>Buddha-Camp: Aggressive Mind-Body</b> BISCONTINI P. 11
<b>FR3</b> 1:45PM-3:15PM LUNCHTIME SESSION 1 2:30PM-4:00PM LUNCHTIME SESSION 2	<b>Adapt, Improve and Overcome</b> PATTERSON P. 11	<b>LES MILLS BODYCOMBAT</b> CLELAND, SANTIAGO & D. MURPHY P. 11	<b>Ball Training</b> HUTTON P. 11	<b>Bridging The Gap Series: Lower Extremity</b> C. WOLF P. 11	<b>Advanced Reps, Sets and Loads Principles for Hypertrophy &amp; Strength</b> BROOKS P.11	<b>del.icio.us yog-ahh</b> ARNEY P. 12
<b>FR4</b> 4:15PM-5:45PM	<b>Cut &amp; Paste Circuits</b> PATTERSON P. 12	<b>LES MILLS BODYFLOW</b> HAGAN, CLELAND, LANEY, MCDONOUGH & LOWELL P. 12	<b>BOSU® Athletic Balance</b> BROOKS P. 12	<b>Bridging The Gap Series: Upper Extremity</b> C. WOLF P. 12	<b>Is Stress Making Your Pants Tight?</b> CHEK P. 12	<b>Progressive Power Yoga</b> GLICK P. 12

enjoy the expo!

<b>FR5</b> MASTERCLASS 6:45PM-7:45PM	<b>Salsa On The Step</b> HOFFMAN P. 13	<b>LES MILLS MASTERCLASS</b> CLELAND, PETERSON, SANTIAGO, HOPKINS, MCLEMORE, HAGAN, MCDONOUGH P. 13	<b>BOSU® Block Party 2009</b> BLAHNIK, GLICK, FABLE, HUTTON, KRAUSS, MYLREA & K.ROBERTS P. 13	<b>Group Fitness Solutions Round Table Discussion</b> LOWELL P. 13		<b>Beach Pilates</b> BISCONTINI P. 13
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<b>SA1</b> 7:00AM-9:00AM	<b>Step Til You Drop</b> GASPER P. 13	<b>Jumprope Training Basics Level 1</b> LEE P. 13	<b>BOSU® Total Body Training</b> HUTTON P. 13	<b>Flexibility Highways A Road Map To Enhance Performance</b> C. WOLF P. 13	<b>Group Fitness Solutions</b> LOWELL P. 13	<b>Total Body Rolling</b> BISCONTINI P. 13
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expo shopping 8:45am-2:30pm and 3:30pm-6:45pm

<b>SA2</b> 10:00AM-11:30AM	<b>Slanted Riser Strength Workout</b> SPREEN P. 14	<b>LES MILLS BODYVIVE</b> HAGAN, LANEY & PETERSON P. 14	<b>BOSU® Cardio Express</b> GLICK P. 14	<b>Myofascial Matrix</b> C. WOLF P. 14	<b>Scientific Rotational Training</b> CHEK P. 14	<b>Bounce!</b> DIXON P. 14
<b>SA3</b> 11:45AM-1:15PM LUNCHTIME SESSION 1 12:30PM-2:00PM LUNCHTIME SESSION 2	<b>Abs And Lower Body Sports Conditioning For Chicks</b> FREYTAG P. 14	<b>LES MILLS BODYATTACK</b> HOPKINS, MCLEMORE & WILSON P. 15	<b>Sport Core</b> HUTTON P. 15	<b>Functional Biomechanics of the Lower Extremity</b> A. WOLF P. 15	<b>You Are What You Eat</b> CHEK P. 15	<b>Pilates With The E-Fit™</b> BENDER P. 15
<b>SA4</b> 2:15PM-3:45PM	<b>Power In The Punch</b> HOFFMAN P. 15	<b>LES MILLS BODYSTEP</b> HOPKINS, MCLEMORE & PETERSON P. 15	<b>Jump Rope Training Basics Level 2</b> LEE P. 15	<b>CHEK Points In Core Conditioning</b> STONE P. 15	<b>Sports Performance Nutrition Simplified</b> LANEY P. 15	<b>WillPower And Grace™</b> KRAUSS P. 15
<b>SA5</b> 4:00PM-5:30PM	<b>STEP up then FLOW down</b> PUSKARICH P. 18	<b>LES MILLS BODYPUMP</b> CLELAND, SANTIAGO, D. MURPHY & PETERSON P.18	<b>BOSU® Skills &amp; Drills</b> MYLREA P. 18	<b>The Chek Approach To Balance Training</b> CHEK P. 18	<b>The Success Principles</b> PATTERSON P. 18	<b>The Bender Ball Build</b> BENDER P. 18

enjoy the expo!

<b>SA6</b> MASTERCLASS 6:30PM-7:30PM		<b>Cardio Crazy</b> MYLREA P. 18	<b>CoMMotion!</b> ERHARDT P. 18			<b>Ultimate Integration</b> BENDER & SCOLNICK P. 19
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<b>SU1</b> 7:00AM-8:30AM		<b>Slanted Riser Total Body Workout</b> SPREEN P. 19	<b>BOSU® Total Stretch</b> KRAUSS P. 19	<b>Crawl Before You Walk! Current Advances In Corrective Exercise</b> CHEK P. 19	<b>I Can Do That!</b> FABLE P. 19	<b>Pilates Primer</b> APPEL P. 19
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expo shopping 8:15am-1:15pm

<b>SU2</b> 8:45AM-10:15AM	<b>"State of the Art" Step</b> APPEL P. 19	<b>Per4mance</b> ERHARDT P. 19	<b>The Right Fit For The Spa Experience</b> HOFFMAN P. 20	<b>Functional Anatomy To Improve Function</b> CHEK P. 20	<b>Strong To The Core</b> SCOLNICK P. 20
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expo shopping 8:15am-1:15pm

<b>SU3</b> 11:15AM-12:45PM	<b>Jump Rope Training Basics Level II</b> LEE P. 20	<b>Plyometric Progressions for Athletes and Everyday Clientele</b> HUTTON P. 20	<b>Functional Integrated Abdominal Training</b> A. WOLF P. 20	<b>The REAListic View Of Working For Yourself</b> PATTERSON P. 20	<b>Balance And Power For Everybody</b> HOFFMAN P. 20
<b>SU4</b> 1:00PM-2:30PM	<b>Athletic Muscle Challenge</b> MURPHY MADDEN P. 21	<b>Assisted Stretching For Personal Trainers</b> HOFFMAN P. 21	<b>An Integrated Look At Postural And Movement Dysfunctions</b> A. WOLF P. 21	<b>Shaping Up Is More Than Working Out</b> KOULOURIDES P. 21	<b>Spa For The Soul</b> BISCONTINI P. 21

FRIDAY, OCTOBER 2

SATURDAY, OCTOBER 3

SUNDAY, OCTOBER 4

SCW Yoga Fundamentals I Certificate 7:00AM-5:00PM BISCONTINI P. 8	Boot Camp Challenge 9:00AM-6:00PM PATTERSON P. 9			
T'ai Chi And Qi Gong For Wellness Professionals Certificate 9:00AM-5:00PM BISCONTINI P. 9	Group Fitness Director Training Cert. 8:00AM-4:00PM LOWELL P. 9	Fundamentals of LWC a Lifestyle Wellness Coaching Training Course 8:00AM-5:00PM BAUMGARTNER P. 9	SCW Moms In Motion Certificate 8:00AM-5:00PM MCCORMICK P. 8	Schwinn Indoor Cycling Instructor Training Course 9:00AM-7:00PM ARNEY & BLAHNIK P. 9
SCW Outdoor Fitness Boot Camp Instructor Certificate 5:30PM-9:30PM K. ROBERTS P. 8	US Olympian Buddy Lee Jump Rope Certification Level 1 5:00PM-9:00PM SANDWALL P. 9			

# MIDWEST MANIA

## SCHEDULE-AT-A-GLANCE

enjoy the expo!

G Group Ex Tools	H Specialty Training	I Group Pilates	J Pilates / Specialty	K Cycle	L Aqua Pool	M Aqua Lecture	N Management / Lecture
<b>Total E Fit™ and Fighting Forty</b> HECKERT P. 10	<b>7 Steps To WillPower</b> KRAUSS P. 10	<b>Architecture of Youth with ChiBolster</b> KAHN P. 10	<b>Peak Pilates®: MVe™ Reformer Basics</b> HERZOG P. 10	<b>Schwinn® Cycling: Heart Rate Monitor Training</b> BLAHNIK P. 10	<b>Aqua Core Training</b> VELAZQUEZ P. 10	<b>Use Your Noodle</b> MCCORMICK P. 10	<b>Outsmart Your Heart</b> GROSSHAUSER P. 10

expo shopping 8:00am-9:15am, 10:45am-4:30pm and 5:30pm-7:00pm

<b>Have Gym... Will Travel! Train Anywhere with Total E Fit™</b> HECKERT P.11	<b>Curved Step: Strength</b> GASPER P. 11	<b>Indo-Row The Perfect Calorie Burn</b> BLAHNIK & CROSBY P. 11	<b>MVe™ Perfect Pair: Chair and Reformer Combo</b> HERZOG & KRAUSS P. 11	<b>Schwinn® Cycling Make Your Mark</b> ARNEY P. 11	<b>Fluid Fusion</b> VELAZQUEZ P. 11	<b>Water In Motion: II</b> KOOPEMAN, LAYNE, MCCORMICK & WARASILA P. 11	<b>Controversy And Current Concepts Of Pulling Exercises</b> STONE P. 11
<b>BODYformula</b> ERHARDT P. 12 <b>Session 2</b>	<b>Curved Step: Interval</b> GASPER P. 12 <b>Session 2</b>	<b>Indo-Row The Perfect Calorie Burn</b> BLAHNIK & CROSBY P. 12 <b>Session 1</b>	<b>Peak Pilates®: MVe™ Chair Principles For The Fitness Pro</b> KRAUSS P. 12 <b>Session 2</b>	<b>Schwinn® Cycling: Ride a Century!</b> ROBERTS P. 12 <b>Session 2</b>	<b>Choreography Currents</b> LAYNE P. 12 <b>Session 2</b>	<b>Water Tools</b> MCCORMICK P. 12 <b>Session 2</b>	
<b>Airop™ Group Sampler</b> FABLE P. 12	<b>The ABS Have It</b> FREYTAG P. 12	<b>Awaken Your Body With ChiBolster</b> BENDER & SCOLNICK P. 12	<b>Peak Pilates®: MVe™ Chair Flex and Flow Workout</b> HERZOG P. 12	<b>Schwinn® Cycling For Yogis</b> ARNEY P. 12	<b>The Cutting Edge</b> LAWSON P. 12	<b>Get Wet And Shake Your Buddha</b> BISCONTINI P. 12	<b>Legal Advice for the Personal Trainer or Group Fitness Instructor</b> ROTH P. 13

enjoy the expo!


			<b>Peak Pilates®: Circle Of Power</b> HERZOG P.13	<b>Schwinn® Cycling: Real Road Ride</b> DIXON P. 13		<b>iAy Carumba! Aqua</b> VELAZQUEZ P. 13	
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<b>The Bender Ball Selected Stabilization</b> BENDER P. 13	<b>The Ultimate Anti-Aging Workout</b> HAGAN P. 13	<b>Tri Balletone®</b> FABLE P. 14	<b>Peak Pilates®: MVe™ Perfect Pair: Chair and Reformer Combo</b> HERZOG & KRAUSS P.14	<b>Schwinn® Cycling: More Music Magic!</b> GLICK P. 14	<b>All Hands And Feet On Deck</b> LAYNE P. 14	<b>Get Your Boots Wet: Liquid Bootcamp</b> MCMULLEN P. 14	<b>Cardio GX Coaching: The Ultimate Calorie Burn</b> GROSSHAUSER P. 14
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expo shopping 8:45am-2:30pm and 3:30pm-6:45pm

<b>Power Hour...The "S.W.A.T." Team Workout</b> GROSSHAUSER P. 14	<b>Posture Perfect Training</b> BENDER & SCOLNICK P. 14	<b>KettleWeight Workout</b> KOOPEMAN P. 14	<b>Peak Pilates®: MVe™ Reformer Energize Workout</b> HERZOG P. 14	<b>Schwinn® Cycling: World Class Coaching</b> BLAHNIK P.14	<b>Hard Core Pool</b> WARASILA P. 14	<b>Gentle Aqua for Rheumatoid Conditions</b> MCCORMICK P. 14	<b>Survive And Thrive</b> PELLEGRINO P. 14
<b>Back To Recess</b> ABLE P. 15 <b>Session 1</b>	<b>Curved Step: Athletic Step</b> GASPER P. 15 <b>Session 1</b>	<b>Indo-Row The Perfect Calorie Burn</b> BLAHNIK & CROSBY P. 15 <b>Session 2</b>	<b>Peak Pilates®: MVe™ Chair Flex and Flow Workout</b> KRAUSS P. 15 <b>Session 1</b>	<b>Schwinn® Cycling: Cycling For Yogis</b> GLICK P. 15 <b>Session 2</b>	<b>Aqua Hip And Funk</b> VELAZQUEZ P. 15 <b>Session 1</b>	<b>Aquatic Adrenaline</b> LAYNE P. 15 <b>Session 2</b>	
<b>Medicine Ball Madness</b> MYLREA P. 18	<b>Core Commotion</b> GROSSHAUSER P. 18	<b>Indo-Row The Perfect Calorie Burn</b> BLAHNIK & CROSBY P. 18	<b>Peak Pilates®: Inner Strength</b> HERZOG P. 18	<b>Schwinn® Cycling: Class Design in No Time</b> FABLE P. 18	<b>To Beat, Or Not To Beat - Aquatic Music Mastery</b> MCMULLEN P. 18	<b>Aquatic Shakti: the experience</b> BISCONTINI P. 18	<b>Competing with a Low Cost Competitor</b> PELLEGRINO P. 18
<b>Amazing E-Fit Mix</b> HECKERT P. 18	<b>Caffeinated Pilates</b> KAHN P. 18	<b>Expose Your "Sole" by Balletone</b> FABLE P. 18	<b>Peak Pilates®: Reformer On The Mat</b> HERZOG P. 18	<b>Schwinn® Cycling: Make Your Mark</b> KRAUSS P. 18	<b>H2O Muscle</b> VELAZQUEZ P. 18	<b>Bikini Bootcamp</b> KOOPEMAN P. 18	<b>Coach Approach To Fitness</b> BAUMGARTNER P. 18

saturday evening reception and raffle 5:15pm-6:15pm

	<b>Bridezilla's Bootcamp</b> MURPHY MADDEN P. 19		 MCDONOUGH P. 19	<b>Aqua Buddha Camp</b> BISCONTINI P. 19		
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<b>Latino Move!</b> HOFFMAN P. 19	<b>It Takes Two To Yoga: Partner Yogic Practice</b> BISCONTINI P. 19	<b>Indo-Row The Perfect Calorie Burn</b> BLAHNIK & CROSBY P. 19	<b>Peak Pilates®: Mat with Props</b> HERZOG P. 19	<b>Schwinn® Cycling: My Favorite Ride</b> MYLREA P. 19	<b>Aquatic Chakra Exploration - "the law of attraction"</b> MCMULLEN P. 19	<b>Zan Meets Zenergy H2O</b> LAYNE & MCCORMICK P. 19	<b>25 Powerful Questions To Motivate Change</b> BAUMGARTNER P. 19
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expo shopping 8:15am-1:15pm

<b>Partner Play</b> MYLREA P. 20	<b>Cardio*Combat* Core*Strength</b> MCMULLEN P. 20	<b>Flow &amp; Release Pilates ChiBolster</b> BENDER P. 20	<b>Peak Pilates®: MVe™ Chair - Spring Into Action</b> KRAUSS P. 20	<b>Schwinn® Cycling: Cycle Sculpt</b> DIXON P. 20	<b>Water In Motion II Training Masterclass</b> LAWSON & WARASILA P. 20	<b>Setting The Stage For Change</b> BAUMGARTNER P. 20
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Hotel checkout is noon. Check baggage with hotel. CEC Signing until 3:00pm

<b>Gliding Plug And Play</b> MYLREA P. 20	<b>Horizontal Conditioning</b> KOULOURIDES P. 20	<b>KettleWeight Ultimate Body Detonation</b> ROBERTS P. 20	<b>BOSU® Core Flow</b> FABLE P. 20	<b>Schwinn® Cycling: InterACTION!</b> GEKKO P. 20	<b>More Nautical Noodles</b> WARASILA P. 21	<b>Aquatic Partner Drills Circuit</b> MCMULLEN P. 21	<b>Cream Rises: Promoting Excellence Among Instructors And Trainers</b> BISCONTINI P. 21
<b>Sweet Cheeks</b> APPEL P. 21	<b>Full Circle</b> DIXON P. 21	<b>Awaken Your Body With ChiBolster</b> SCOLNICK P. 21				<b>Water In Motion: III</b> KOOPEMAN, LAYNE, MCCORMICK & WARASILA P. 21	<b>GroupEX Pro: Streamlining GX Management</b> FABLE P. 21

Urban Striptease Master Training  
SUN. 3:00PM-7:00PM  
MURPHY MADDEN P. 9

Water In Motion Instructor Training  
SUN. 8:00AM-4:00PM  
MCCORMICK P. 9