

25<sup>TH</sup> ANNUAL

# MIDWEST FIT FEST



**February  
21-23, 2025**

THE OHIO STATE UNIVERSITY | OFFICE OF STUDENT LIFE | RECREATIONAL SPORTS

## Saturday, February 22

Program Registration (Welcome Center)	8:00 – 10:00 a.m.	Registration		
Upper Gym (Second Floor)	9:00 - 9:30 a.m.	Opening Session		
<b>Session #1</b>				
Meeting Room #1 (Second Floor)	9:45 - 10:45 a.m.	<u>Old School v New School: Exploring Exercise Psychology, Motivation, and Exercise Adherence</u>	Traci Smith	University of Cincinnati
B30 (MPR 2) (Ground Floor)	9:45 - 10:45 a.m.	<u>2000s Pop Total Body</u>	Josie Holt	Loyola University Chicago
B134 (MPR 3) (First Floor)	9:45 - 10:45 a.m.	<u>SWERK Dance Fitness</u>	Camille Shiffer + Michalene McQuide	University of Dayton
B138E (MPR 4) (First Floor)	9:45 - 10:45 a.m.	<u>Energizing Yoga: Opening Your Heart (Chakra)</u>	Maile Schalm	University of Cincinnati
<b>Session #2</b>				
Meeting Room #1 (Second Floor)	11:00 - 11:45 a.m.	<u>Exercise and Mental Health</u>	Eli Taylor	Indiana University
B30 (MPR 2) (Ground Floor)	11:00 - 11:45 a.m.	<u>BRAT Cycle</u>	Jess Cooper	Indiana University
B134 (MPR 3) (First Floor)	11:00 - 11:45 a.m.	<u>BXR</u>	Alex Cunningham + Maria Weizman	University of Cincinnati
Dave Griner Room (Second Floor)	11:00 - 11:45 a.m.	<u>Nutrition Discussion as Fitness Professionals</u>	Charlotte Blanc + Josie Wielinski	University of Michigan

Session #3				
Meeting Room #1 (Second Floor)	12:00 - 12:45 p.m.	<u>Mind over Muscle: Exploring Neural Adaptations and Psychological Dynamics in Exercise</u>	Nick Kitay + Brynn Block	The Ohio State University
B30 (MPR 2) (Ground Floor)	12:00 - 12:45 p.m.	<u>Weeze to the Beat</u>	Brooke Knapp	Indiana University
B134 (MPR 3) (First Floor)	12:00 - 12:45 p.m.	<u>Dance x Pilates</u>	Cadence Christina Gulaskey	University of Cincinnati
South Gym (Ground Floor)	12:00 - 12:45 p.m.	<u>Boot Camp</u>	Sara Grossniklaus	Indiana University
<b>Upper Gym (Second Floor)</b>	<b>1:00 - 2:15 p.m.</b>	<b>Lunch - Provided by Panera</b>		
Session #4				
Meeting Room #1 (Second Floor)	2:30 - 3:30 p.m.	<u>Facing Fitness Fad</u>	Joe Forcht, Sarah Spatz + Mike Beck	The Ohio State University
B30 (MPR 2) (Ground Floor)	2:30 - 3:30 p.m.	<u>Total Body Conditioning</u>	Morgan Adams	Indiana University
B134 (MPR 3) (First Floor)	2:30 - 3:30 p.m.	<u>Align and Thrive: The Synergy of Breath and Movement in Yoga</u>	Melanie Riether	The Ohio State University
Dave Griner Room (Second Floor)	2:30 - 3:30 p.m.	<u>Advancing the Participant-to-Instructor Pipeline</u>	Hattie Roberts	University of Nebraska - Lincoln
Session #5				
Meeting Room #1 (Second Floor)	3:45 - 4:30 p.m.	<u>Self-Improvement Through Fitness</u>	Jake Costello	Western Kentucky University
B30 (MPR 2) (Ground Floor)	3:45 - 4:30 p.m.	<u>Throwback: Classic Rock Cycle</u>	Kassandra Cuppy	University of Nebraska - Lincoln
B134 (MPR 3) (First Floor)	3:45 - 4:30 p.m.	<u>Rainbow Barre</u>	Brooke Knapp	Indiana University
B138E (MPR 4) (First Floor)	3:45 - 4:30 p.m.	<u>Authenticity on Low Energy Days</u>	Shikha Garg	The Ohio State University
Dave Griner Room (Second Floor)	3:45 - 4:30 p.m.	<u>Professional Staff Meeting</u>		

# Sunday, February 23

Upper Gym (Second Floor)	8:30 - 9:00 a.m.	Day 2 Kick Off!		
<b>Session #6</b>				
Meeting Room #1 (Second Floor)	9:00 - 10:00 a.m.	<u><a href="#">Dissecting the Details</a></u>	Ifeanyi Ezeakudo	University of Cincinnati
B30 (MPR 2) (Ground Floor)	9:00 - 10:00 a.m.	<u><a href="#">Game On: Engaging Participants Through Gamified Fitness Experiences</a></u>	Delaney Kelch	The Ohio State University
B134 (MPR 3) (First Floor)	9:00 - 10:00 a.m.	<u><a href="#">Pilates + Perfectionism (too much of a good thing)</a></u>	Gracie Liette	University of Cincinnati
Fitness Balcony (Second Floor)	9:00 - 10:00 a.m.	<u><a href="#">NatiFit</a></u>	Maddi Stiles + Trey Dynes	University of Cincinnati
<b>Session #7</b>				
Meeting Room #1 (Second Floor)	10:15 - 11:00 a.m.	<u><a href="#">Expanding the Scope: Reaching Graduate and Professional Students with Campus Recreation Services</a></u>	Hannah Ackerman + Gabby Besse	The Ohio State University
B30 (MPR 2) (Ground Floor)	10:15 - 11:00 a.m.	<u><a href="#">Power Cycle Ride</a></u>	Hannah Toronto	University of Cincinnati
B134 (MPR 3) (First Floor)	10:15 - 11:00 a.m.	<u><a href="#">Mobility Unleashed: Stretching the Limits of Movement</a></u>	Haley Foreman	University of Cincinnati
B138E (MPR 4) (First Floor)	10:15 - 11:00 a.m.	<u><a href="#">Getting to the Core</a></u>	Jorja Wegryn-Jones + Josie Wielinski	University of Michigan
<b>Session #8</b>				
Meeting Room #1 (Second Floor)	11:15 a.m. - 12:15 p.m.	<u><a href="#">Programming Around Pain</a></u>	Traci Smith	University of Cincinnati
B30 (MPR 2) (Ground Floor)	11:15 a.m. - 12:15 p.m.	<u><a href="#">Ride and Restore: Creating a Balanced Fitness Experience</a></u>	Katie Cronin + Zoe Waller	The Ohio State University
B134 (MPR 3) (First Floor)	11:15 a.m. - 12:15 p.m.	<u><a href="#">Mindful Moments: Integrating Calm into Campus Rec</a></u>	Madeline Wiseman	University of Nebraska - Lincoln
<b>Upper Gym (Second Floor)</b>	<b>12:15 - 1:15 p.m.</b>	<b>Closing Session &amp; Grab-and-Go Lunch</b>		