

NATIONALLY RECOGNIZED **SCW**

BACK TO BACK CERTIFICATIONS

with Irene Lewis-McCormick, MS, CSCS



SATURDAY, OCT. 24, 2015
9:00am - 5:00pm

SUNDAY, OCT. 25, 2015
9:00am - 5:00pm



LOCATION: Supreme Sports Club
7080 Deepage Drive
Columbia, MD 21045
410-381-5355



SCW MOMS IN MOTION CERTIFICATION

DATE & TIME: Saturday, October 24, 9am-5pm
COST: \$199 Before October 12, \$259 After October 12
(Includes Certification, FREE Manual & FREE Exam)
CECs: Pending

Experts recommend that women exercise during pregnancy because it offers benefits to women and babies. However, there are many conflicting messages about exercise during pregnancy. Learn about the physiology of pregnancy and the natural changes that occur during a healthy pregnancy. We will discuss what a fitness professional can do to help women increase strength, endurance, and even experience easier labor and less weight gain both during pregnancy and beyond. We will also explore the current guidelines regarding pregnancy and exercise, debunk pregnancy myths and help you design a safe and effective cardio and strength program for your pregnant clients.

SCW AQUA EXERCISE CERTIFICATION

DATE & TIME: Sunday, October 25, 9am-5pm
COST: \$199 Before October 12, \$259 After October 12
(Includes Certification, FREE Manual & FREE Exam)
CECs: SCW (8.0), AFAA (6.5), ACE (0.7), AEA (8.0), ACSM (8.0).

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this Nationally Recognized Certification serves as an important first step into the field of teaching water exercise. This comprehensive course addresses practical skill mastery while reinforcing the benefits of aquatic exercise in the unique environment of water. The principles of aquatic training as they apply to general anatomy, kinesiology, water depth, movement plans, practical cueing skills, musical usage, and special population adaptations are thoroughly addressed. The need for professionalism, leadership skills, and legal considerations are reinforced. Practical on-site coaching of teaching skills is included.

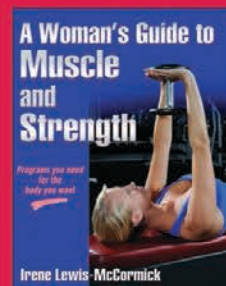
REGISTER AT: scwfit.com/certifications

SCW Fitness Education | Nationally Recognized
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About Irene

Irene Lewis-McCormick M.S., CSCS is an award-winning fitness expert and former collegiate athlete with 30 years of training experience. An SCW Faculty member, contributing writer and DVD personality, Irene has been leading SCW Fitness certifications and education at the conference level for a decade, including Group Ex, Group Strength, Aqua, Pre/post Natal and Kids. A twice published author, her books include *A Woman's Guide to Muscle & Strength* and *The HIIT Advantage for Women* (Human Kinetics). Irene presents education for TRX, Tabata Bootcamp, Barre Above, JumpSport and Xercise Lab and contributes to Oxygen, Prevention, Shape, IDEA Health&Fitness and Diabetic Living magazines. Her affiliations include SCW, NSCA, ACSM, ACE, AFAA, AEA and YogaFit.



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