

Atlanta MANIA[®] SCW CEC FORM: CERTIFICATIONS

JULY 26-30, 2017

Below is a list of the pre-convention and post-convention sessions approved for continuing education credits/units (CECs/CEUs). Please circle the CEC/CEU amount that corresponds to the sessions you attended. Total your convention CECs/CEUs on the "total" lines. Please retain a copy of this CEC/CEU form for your records for at least four years. A \$35 administrative fee will be assessed for replacement CEC sheets. ACE, AFAA, NASM, ACSM and AEA recognize SCW Fitness Education as a continuing education specialist. CEC/CEU values are dependent on session selection.

COURSE	Presenter	SCW/ACSM	ACE	ACE	AEA	AEA	AFAA	NASM
Provider Number		AT17	See Below		See Below		10241	316
WEDNESDAY, JULY 26, 2017								
SCW 3D Functional Flexibility Certification	Bender	4.0	CEP69577	0.4	7383	2.0	4.0	0.4
SCW Group Exercise Certification	Lewis-McCormick	8.0	NA	NA	7384	4.5	8.0	0.8
SCW Personal Training Certification	Roberts	8.0	NA	NA	7390	4.0	NA	NA
Tabata GX Certification	Mylrea	7.0	NA	0.7	NA	NA	7.0	0.7
THURSDAY, JULY 27, 2017								
SCW Active Aging Certification	Gilbert	8.0	CEP96226	0.7	7369	4.0	7.0	0.7
SCW Aqua Barre Certification	Wartenburg	6.0	NA	NA	7597	6.0	6.0	0.6
SCW Aquatic Exercise Certification	Howard	8.0	CEP29607	0.7	7370	9.0	8.0	0.7
SCW Core Training Specialist Certification	McCall	4.0	CEP112270	0.4	7377	2.0	4.0	0.4
SCW Fierce Interval Resistance Exercise Certification	Roberts	6.0	CEP112361	0.6	7380	3.0	6.0	0.6
SCW Foam Rolling Certification	Lewis-McCormick	4.0	CEP112368	0.4	7382	2.0	4.0	0.4
SCW Kettlebell Practical Certification	McCall	4.0	CEP112277	0.4	7386	2.0	4.0	0.4
SCW Lifestyle and Behavioral Coaching Workshop	Comana	4.0	CEP50488	0.4	7387	4.0	4.0	0.4
SCW Pilates Matwork Certification	Appel	8.0	CA179868	0.8	7391	4.5	8.0	0.8
SCW Sports Nutrition Certification	Comana	6.0	CL179898	0.7	7394	6.5	6.0	0.6
SCW Yoga I Certification	Velazquez	8.0	CA179928	0.8	7396	4.0	8.0	0.8
SCW Yoga II Certification	Velazquez	4.0	CA179938	0.4	7397	2.0	4.0	0.4
Barre Above Certification	Murphy-Madden	8.0	CEP72664	0.8	NA	NA	8.0	0.8
Bodhi Suspension System Certification	Gonzalez	7.0	CEP116043	0.8	NA	NA	NA	NA
Boot Camp Instructor Certification	Sgt. Ken®	7.0	NA	0.8	NA	NA	7.5	0.8
BOSU Skills and Drills Certification	Shannon Fable	6.0	NA	0.6	NA	NA	6.0	NA
PILOXING® SSP Instructor Training Certification	Ballard	8.0	CEP41584	0.8	NA	NA	NA	NA
Schwinn Cycling Instructor Certification	Scott & Thews	8.0	NA	0.9	NA	NA	8.0	0.8
Speedball Instructor Training Certification	Feinberg	8.0	NA	1.3	NA	NA	5.5	0.5
Triggerpoint® Self-Myofascial Release - Assessments to Performance	Riddick	4.0	NA	0.4	NA	NA	4.0	0.4
ZUMBA Basic Skills Level 1 Instructor Training	Witt	8.0	NA	0.7	NA	NA	5.5	NA
SUNDAY, JULY 30, 2017								
SCW Advanced Functional Pilates Certification	Bender	7.0	NA	NA	7596	3.5	7.0	0.7
SCW Ballet Barre Certification	Appel	7.0	CEP83598	0.6	7373	4.0	7.0	0.7
SCW Boxing Certification	Feinberg	7.0	CEP112200	0.8	7375	4.0	7.0	0.7
SCW Practical Guide to Hormones, Nutrition and Metabolism	Layne	7.0	CEP112375	0.7	7392	8.0	6.0	0.6
WATERinMOTION® Certification	Velazquez	7.0	CA196858	0.9	7395	8.0	7.0	0.7
FXP® Hula Hoop Certification	Benton	7.0	NA	0.7	NA	NA	7.0	0.7
Lablast Fitness Certification	Van Amstel	8.0	NA	0.8	NA	NA	8.0	0.8
Plyoga Certification	Lauren	7.0	CEP83934	0.7	NA	NA	6.0	0.6

Page CEC Totals:

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

Signature of Approval *Sam Koop*

Above is a list of the pre and post-convention sessions approved for continuing education credits/units (CECs/CEUs). Please circle the CEC/CEU amount that corresponds to the sessions you attended. Total your convention CECs/CEUs on the "total" lines. A \$35 administrative fee will be assessed for replacement CEC sheets. Please retain a copy of this CEC/CEU form for your records for at least four years. ACE, AFAA, NASM, ACSM and AEA recognize SCW Fitness Education as a continuing education specialist. CEC/CEU values are dependent on session selection.



Atlanta MANIA[®] SCW

CEC FORM: SESSIONS

JULY 28-30, 2017

COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	AT17	10241	7904	CEP123120	316	
FRIDAY, JULY 28, 2017						
FR1 7:30am-9:00am						
FR1A - DON'T STEP ON IT with Jeff Howard	1.5	1.5	0.75	0.15	0.1	1.5
FR1B - INNER & OUTER CORE FUSION with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
FR1C - LITTLE TWEAKS FOR BIG RESULTS with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
FR1D - BARRE ABOVE: LENGTHEN, STRENGTHEN & INSPIRE with Tricia Murphy Madden	1.5	1.5	0.75	0.15	0.1	1.5
FR1E - ZUMBA® CARDIO BLAST with Tony Witt	1.5	1.5	0.75	0.15	0.1	1.5
FR1F - BALANCED BODY MOTR®: SENIOR POWER with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
FR1G - POUND® - HOW YOUR BODY ROCKS with Danielle O'Reilly	1.5	1.5	0.75	0.15	0.1	1.5
FR1H - PILATES STRONG! with Leslee Bender	1.5	1.5	0.75	0.15	0.1	1.5
FR1I - TRIGGERPOINT™: SCIENCE OF MYOFASCIAL RELEASE with Kolleen Riddick	1.5	1.5	0.75	0.15	0.1	1.5
FR1J - SCHWINN®: HOT TOPICS with Abbie Appel	1.5	1.5	0.75	0.15	0.1	1.5
FR1K - AQUA CARPE DIEM with Bernadette O'Brien, MA	1.5	1.5	1.5	0.15	0.1	1.5
FR1L - THE BEST BALANCE AQUA WORKOUT with Eric Vandendriessche	1.5	1.5	1.5	0.15	0.1	1.5
FR1M - COMMON SENSE NUTRITION: YOUR SCOPE with Herson & Kimberly Garcia	1.5	1.5	1.5	0.15	0.1	1.5
FR1N - BIOMECHANICS OF MOTHERHOOD with Farel Hruska	1.5	1.5	1.5	0.15	0.1	1.5
FR1O - DNA OF SUCCESSFUL FITNESS MANAGERS with Ann Gilbert	1.5	1.5	1.5	0.15	0.1	1.5
FR1Q - BOXING: THE METHOD with Steve Feinberg	1.5	1.5	0.75	0.15	0.1	1.5
FR2 10:00am-11:30am						
FR2A - ESP HIIT CIRCUITS with Irene Lewis-McCormick, MS, CSCS	1.5	1.5	0.75	0.15	0.1	1.5
FR2B - CREATE A WEIGHT LOSS CHALLENGE with Tricia Murphy Madden	1.5	1.5	0.75	0.15	0.1	1.5
FR2C - REALIGN WITH RESISTANCE BANDS with Farel Hruska	1.5	1.5	0.75	0.15	0.1	1.5
FR2D - PILOXING® BARRE - PUNCH 'N' PLIÉ with Jordan Ballard	1.5	1.5	0.75	0.15	0.1	1.5
FR2E - BOLLYX® - THE BOLLYWOOD WORKOUT with Dalia Debs	1.5	1.5	0.75	0.15	0.1	1.5
FR2F - INDO-ROW®: THE PERFECT CALORIE BURN with Doris Thews & Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
FR2G - BOSU® UP DOWN ALL AROUND with Shannon Fable	1.5	1.5	0.75	0.15	0.1	1.5
FR2H - PLYOGA®: FLOW with Stephanie Lauren	1.5	1.5	0.75	0.15	0.1	1.5
FR2I - FUNCTIONAL FLEXIBILITY 2017 with Leslee Bender	1.5	1.5	0.75	0.15	0.1	1.5
FR2J - SCHWINN®: THERE'S AN APP! with Jeffrey Scott	1.5	1.5	0.75	0.15	0.1	1.5
FR2K - AQUA ATHLETE with Jeff Howard	1.5	1.5	1.5	0.15	0.1	1.5
FR2L - AQUA ZUMBA® with Tony Witt	1.5	1.5	1.5	0.15	0.1	1.5
FR2M - SNEAKY STRATEGIES TO MANAGE WEIGHT with Tricia Silverman, RD, MBA	1.5	1.5	1.5	0.15	0.1	1.5
FR2N - BUILDING BLOCKS: CORE SCIENCE & TRAINING with Fabio Comana, MA, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR2O - UTILIZING FITNESS TECHNOLOGY with Jessica Maurer	1.5	1.5	1.5	0.15	0.1	1.5
FR2P - BODHI SUSPENSION: CARDIO with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
FR2Q - INTRODUCING HIIT MIX BY STAIRMASTER with Sonja Friend-Uhl	1.5	1.5	0.75	0.15	0.1	1.5
FR3 11:45am-1:15pm Session 1						
FR3A - FOOLPROOF FITNESS CONSULTATION with Shannon Fable	1.5	1.5	0.75	0.15	0.1	1.5
FR3C - SPEEDBALL with Steve Feinberg	1.5	1.5	0.75	0.15	0.1	1.5
FR3D - HIIT THE BARRE with Lauren George, MS	1.5	1.5	0.75	0.15	0.1	1.5
FR3E - SOUL GROOVES® with Tammy Harris	1.5	1.5	0.75	0.15	0.1	1.5
FR3H - PILATES ON THE BALL with Abbie Appel	1.5	1.5	0.75	0.15	0.1	1.5
FR3K - LABLAST® AQUA SPLASH with Louis van Amstel, Beth Canuel & Ronald Burton	1.5	1.5	1.5	0.15	0.1	1.5
FR3L - GIRLS JUST WANNA HAVE FUN with SCW Staff	1.5	1.5	1.5	0.15	0.1	1.5
FR3Q - BOXMASTER® CIRCUIT: ROUND 1 with Sonja Friend-Uhl & Pete McCall, MS	1.5	1.5	0.75	0.15	0.1	1.5
FR3 12:30pm-2:00pm Session 2						
FR3B - EXTREME EXERCISE MAKEOVER with Mindy Mylrea	1.5	1.5	0.75	0.15	0.1	1.5
FR3F - FXP HULA HOOP®: BODY SCULPT with Kristin Benton	1.5	1.5	0.75	0.15	0.1	1.5
FR3G - SHOCKWAVE with Doris Thews, Jeffrey Scott & Alex McLean	1.5	1.5	0.75	0.15	0.1	1.5
FR3I - BOOMER BEAT with Jessica Pinkowski	1.5	1.5	0.75	0.15	0.1	1.5
FR3J - SCHWINN®: UNAPOLOGETICALLY AUTHENTIC with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
FR3M - SUGAR SHOCKERS AND SHAKEDOWN with Tricia Silverman, RD, MBA	1.5	1.5	1.5	0.15	0.1	1.5
FR3N - POSTURE: NEW FOUNTAIN OF YOUTH with Karen Westfall, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR3O - TIDBITS TO GROW YOUR BUSINESS with Paul Bosley	1.5	1.5	1.5	0.15	0.1	1.5
FR3P - BODHI SUSPENSION: FOCUS ON FLEXIBILITY with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5



COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	AT17	10241	7904	CEP123120	316	
FRIDAY, JULY 28, 2017						
FR4 2:15pm-3:45pm						
FR4A - SUCCESSFUL GROUP PERSONAL TRAINING with Shannon Fable	1.5	1.5	0.75	0.15	0.1	1.5
FR4B - OPERATION CRAVING COMPETITION™ with SGT Ken®	1.5	1.5	0.75	0.15	0.1	1.5
FR4C - DYNAMIC ANATOMY – GLUTES/LOWER BODY with Pete McCall, MS	1.5	1.5	0.75	0.15	0.1	1.5
FR4D - BARRE TRICKS with Tricia Murphy Madden & Mike Rowe	1.5	1.5	0.75	0.15	0.1	1.5
FR4E - LABLAST® SHAPE: DANCE CORE FITNESS with Louis van Amstel, Beth Canuel & Ronald Burton	1.5	1.5	0.75	0.15	0.1	1.5
FR4F - JUNGSHIN® ATHLETIC FLOW – LONG SWORD Annika Kahn, MS	1.5	1.5	0.75	0.15	0.1	1.5
FR4G - RENEGADE: ATHLETIC CIRCUITS REINVENTED with Mindy Mylrea & Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
FR4H - KIPRANJ™ EARTH ELEMENTS with Julio Papi	1.5	1.5	0.75	0.15	0.1	1.5
FR4I - TRIGGERPOINT™: PROGRESSIVE SYSTEMS TO SELF-MYOFASCIAL RELEASE with Kolleen Riddick	1.5	1.5	0.75	0.15	0.1	1.5
FR4J - SCHWINN®: C3 CONTENT, CONNECTION & CHARISMA with Doris Thews & Jeffrey Scott	1.5	1.5	0.75	0.15	0.1	1.5
FR4L - WATERinMOTION® 29 with Sara Kooperman, Manuel Velazquez, Ann Gilbert & Jessica Pinkowski	1.5	1.5	1.5	0.15	0.1	1.5
FR4M - DIETARY DIVERSITY with Melissa Layne, MEd	1.5	1.5	1.5	0.15	0.1	1.5
FR4N - BREATH TRAINING AND TECHNIQUE with Fabio Comana, MA, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR4O - AGING AMERICA: OPPORTUNITIES GALORE with Michael Scott Scudder	1.5	1.5	1.5	0.15	0.1	1.5
FR4P - BODHI SUSPENSION: PILATES with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
FR4Q - INTRODUCING HIIT MIX BY STAIRMASTER with Sonja Friend-Uhl	1.5	1.5	0.75	0.15	0.1	1.5
FR5 4:00pm-5:30pm						
FR5A - H.P.O.: HIIT PROGRESSIVE OVERLOAD with Manuel Velazquez	1.5	1.5	0.75	0.15	0.1	1.5
FR5B - THE ULTIMATE LIGHT KETTLEBELL WORKOUT with Irene Lewis-McCormick, MS, CSCS	1.5	1.5	0.75	0.15	0.1	1.5
FR5C - FUNCTIONAL FIXES FOR FORWARD SHOULDERS with Dr. Evan Osar	1.5	1.5	0.75	0.15	0.1	1.5
FR5D - BARRE FIGHT with Billie Wartenberg	1.5	1.5	0.75	0.15	0.1	1.5
FR5E - PILOXING® PARTY SSP with Jordan Ballard	1.5	1.5	0.75	0.15	0.1	1.5
FR5F - THINKFIT: FUNCTIONAL CIRCUIT PROGRESSIONS with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
FR5G - PLYOGA®: THE REVERSE WARRIOR with Stephanie Lauren	1.5	1.5	0.75	0.15	0.1	1.5
FR5H - DAANASANA™ YOGA 360 with Julio Papi	1.5	1.5	0.75	0.15	0.1	1.5
FR5I - ACTIVE AGING: NO PLACE LIKE FOAM with Sara Kooperman, JD	1.5	1.5	0.75	0.15	0.1	1.5
FR5J - SCHWINN®: TRAIN RIGHT 2 RIDE RIGHT with Helen Vanderburg	1.5	1.5	0.75	0.15	0.1	1.5
FR5K - TAB-AQUA QUICKIES with Jeff Howard	1.5	1.5	1.5	0.15	0.1	1.5
FR5L - PLAYFUL AQUA PATTERNS with Ann Gilbert	1.5	1.5	1.5	0.15	0.1	1.5
FR5M - OPTIMIZING OUTCOMES with Melissa Layne, MEd	1.5	1.5	1.5	0.15	0.1	1.5
FR5N - RECOVERY: THE FORGOTTEN TRAINING VARIABLE with Pete McCall, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR5O - MANAGEMENT GEMS FOR STUDIOS/BOUTIQUES with Michael Scott Scudder	1.5	1.5	1.5	0.15	0.1	1.5
FR5P - BODHI SUSPENSION: CIRCUITS with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
FR5Q - 3:1 PUNCHOUT with Steve Feinberg	1.5	1.5	0.75	0.15	0.1	1.5
FR6 6:30pm-7:30pm						
FR6C - SPEEDBALL CORE with Steve Feinberg	1.0	1.0	0.5	0.1	0.1	1.0
FR6E - LABLAST® LINE DANCE with L. van Amstel, B. Canuel & R. Burton	1.0	1.0	0.5	0.1	0.1	1.0
FR6F - LITTLE MOVERS & LEARNERS with Whitney Brown & Beth Jeffers	1.0	1.0	0.5	0.1	0.1	1.0
FR6J - LES MILLS SPRINT™ WORKOUT with Jeremiah Evans	1.0	1.0	0.5	0.1	0.1	1.0
FR6M - STATE OF THE INDUSTRY PANEL DISCUSSION with SCW Staff	1.0	1.0	1.0	0.1	0.1	1.0

FRIDAY, JULY 28, 2017 CEC Totals:

COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	AT17	10241	7904	CEP123120	316	
SATURDAY, JULY 29, 2017						
SA1 7:00am-8:30am						
SA1A - FITNESS PROGRAM COMPREHENSION AND CREATION with PJ Stahl, MA	1.5	1.5	0.75	0.15	0.1	1.5
SA1B - TABATA BOOTCAMP™ - EXPRESS WORKOUT with Mindy Mylrea	1.5	1.5	0.75	0.15	0.1	1.5
SA1C - D'FINE with Helen Vanderburg	1.5	1.5	0.75	0.15	0.1	1.5
SA1D - HAVE A BALL AT THE BARRE with Lauren George, MS	1.5	1.5	0.75	0.15	0.1	1.5
SA1E - LABLAST®: FITNESS POWERED BY DANCE with Louis van Amstel, Beth Canuel & Ronald Burton	1.5	1.5	0.75	0.15	0.1	1.5
SA1F - FXP HULA HOOP®: CORE FLOW with Kristin Benton	1.5	1.5	0.75	0.15	0.1	1.5
SA1G - SHOCKWAVE with Doris Thews, Alex McLean & Shannon Colavecchio	1.5	1.5	0.75	0.15	0.1	1.5
SA1H - BE YO-GA®: FORMS & FLOWS with Yury Rockit	1.5	1.5	0.75	0.15	0.1	1.5
SA1I - THE BIG BALANCE THEORY with Jessica Pinkowski	1.5	1.5	0.75	0.15	0.1	1.5
SA1J - SCHWINN®: ALL ABOUT THE BASE with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
SA1K - H2O LUSCIOUS LIMBS FOR ACTIVE AGERS with Ann Gilbert	1.5	1.5	1.5	0.15	0.1	1.5
SA1L - PADDLES & TETHERS & BANDS: OH MY! with Karen Westfall, MS	1.5	1.5	1.5	0.15	0.1	1.5
SA1M - WHAT'S IN YOUR FOOD? with Tricia Silverman, RD, MBA	1.5	1.5	1.5	0.15	0.1	1.5
SA1N - TARGETING HYPERTROPHY with Melissa Layne, MEd	1.5	1.5	1.5	0.15	0.1	1.5
SA1O - SOCIAL MEDIA TIPS, TRICKS & FACTS with Jessica Maurer	1.5	1.5	1.5	0.15	0.1	1.5
SA1Q - BOXING BOOTCAMP with Steve Feinberg	1.5	1.5	0.75	0.15	0.1	1.5
SA2B - PROMOTING THE ATTITUDE OF GRATITUDE with Irene Lewis-McCormick 9:30am-10:45am	1.0	1.0	1.0	0.1	0.1	1.0

COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	AT17	10241	7904	CEP123120	316	
SUNDAY, JULY 30, 2017						
SU1 7:00am-8:30am						
SU1A - OPERATION SHOCK AND AWE™ with SGT Ken®	1.5	1.5	0.75	0.15	0.1	1.5
SU1B - HURRICANE with Jeff Howard	1.5	1.5	0.75	0.15	0.1	1.5
SU1C - SMALL GROUP PT CORE CIRCUIT with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SU1F - THINKFIT LESS IS MORE with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
SU1G - BOSU® STABILITY BALL OVERHAUL with Jessica Maurer	1.5	1.5	0.75	0.15	0.1	1.5
SU1H - KIPRANJ™: THE FLOW with Julio Papi	1.5	1.5	0.75	0.15	0.1	1.5
SU1I - B.O.S.S. – BASE OF SUPPORT SCHOOL with Jessica Pinkowski	1.5	1.5	0.75	0.15	0.1	1.5
SU1J - SCHWINN®: BUILD IT AND THEY'LL COME with Alex McLean	1.5	1.5	0.75	0.15	0.1	1.5
SU1K - CONFESSIONS OF AN H2O DRAMA QUEEN with Susan Sullivan	1.5	1.5	1.5	0.15	0.1	1.5
SU1L - BARRE-A-CUDA with Billie Wartenberg	1.5	1.5	1.5	0.15	0.1	1.5
SU1M - TRANSITION TO A PLANT-BASED DIET with Bruce & Mindy Mylrea	1.5	1.5	1.5	0.15	0.1	1.5
SU1N - GO BONES with Herson Garcia & Kimberly Garcia	1.5	1.5	1.5	0.15	0.1	1.5
SU1O - SOCIAL MEDIA MARKETING with Alana Sanders, MS	1.5	1.5	1.5	0.15	0.1	1.5
SU2 8:45am-10:15am						
SU2A - CORE HAMMER with Andrew Gavigan	1.5	1.5	0.75	0.15	0.1	1.5
SU2B - STRIKE! KICKBOXING with Kimberly Spreen-Glick	1.5	1.5	0.75	0.15	0.1	1.5
SU2C - CORRECTIVE EXERCISE FOR PSOAS & GLUTES with Dr. Evan Osar	1.5	1.5	0.75	0.15	0.1	1.5
SU2F - WISDOM WARRIORS – LONG AND SHORT SWORD with Annika Kahn, MS	1.5	1.5	0.75	0.15	0.1	1.5
SU2G - BOSU® DYNAMIC INTEGRATED STRENGTH with Helen Vanderburg	1.5	1.5	0.75	0.15	0.1	1.5
SU2H - YIN YOGA with Lisa Gibson	1.5	1.5	0.75	0.15	0.1	1.5
SU2I - SOLE STRENGTH with Jessica Pinkowski	1.5	1.5	0.75	0.15	0.1	1.5
SU2J - SCHWINN®: HOW TO WOW! with Doris Thews	1.5	1.5	0.75	0.15	0.1	1.5
SU2K - TABATA WATER SPORTS with Connie Martin, MA	1.5	1.5	1.5	0.15	0.1	1.5
SU2L - SPIRITED SURF® with Yury Rockit	1.5	1.5	1.5	0.15	0.1	1.5
SU2M - TOP 10 FOR WEIGHT LOSS with Sohailla Digsby, RD, LD	1.5	1.5	1.5	0.15	0.1	1.5
SU2N - EVERYTHING RESISTANCE TRAINING with Len Kravitz, PhD	1.5	1.5	1.5	0.15	0.1	1.5
SU2O - HOW TO PLAN YOUR PRESENTATION with John Watkis	1.5	1.5	1.5	0.15	0.1	1.5
SU2P - BODHI SUSPENSION: CHISEL with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SU3 11:15am-12:45pm						
SU3A - INTRODUCTION TO POWERWAVE™ TRAINING with Andrew Gavigan	1.5	1.5	0.75	0.15	0.1	1.5
SU3B - OPERATION TEAM TRAINING with SGT Ken®	1.5	1.5	0.75	0.15	0.1	1.5
SU3C - 3D CORE with Helen Vanderburg	1.5	1.5	0.75	0.15	0.1	1.5
SU3F - BALANCED BODY: PILATES ON MOTR® with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SU3G - POUND® - ROCKOUT WORKOUT with Danielle O'Reilly	1.5	1.5	0.75	0.15	0.1	1.5
SU3H - ANIMALS & ASANAS with Yury Rockit	1.5	1.5	0.75	0.15	0.1	1.5
SU3I - FLEXIBILITY + PERFORMANCE = WELLNESS with Jeff Howard	1.5	1.5	0.75	0.15	0.1	1.5
SU3J - SCHWINN®: PEDAL N PULSE with Mindy Mylrea	1.5	1.5	0.75	0.15	0.1	1.5
SU3K - BARRE H2O with Billie Wartenberg	1.5	1.5	1.5	0.15	0.1	1.5
SU3L - CREATIVE CLASS AQUA THEMES with Susan Sullivan	1.5	1.5	1.5	0.15	0.1	1.5
SU3M - 52 DAYS: YOUR BEST BODY with Sohailla Digsby, RD, LD	1.5	1.5	1.5	0.15	0.1	1.5
SU3N - THE MODERN SCIENCE OF LONGEVITY with Len Kravitz, PhD	1.5	1.5	1.5	0.15	0.1	1.5
SU3O - THERE'S AN APP FOR THAT! with Jessica Maurer	1.5	1.5	1.5	0.15	0.1	1.5
SU3P - BODHI SUSPENSION: CIRCUITS with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
SU4 1:00pm-2:30pm						
SU4A - HIIT ALL-STARS with Tyler Ramey	1.5	1.5	0.75	0.15	0.1	1.5
SU4B - LES MILLS BODYATTACK® WORKOUT with Jeremiah Evans	1.5	1.5	0.75	0.15	0.1	1.5
SU4C - BALANCE STRATEGIES FOR OLDER ADULTS with Dr. Evan Osar	1.5	1.5	0.75	0.15	0.1	1.5
SU4F - MAGIC IN DANCE FITNESS with Alana Sanders, MS	1.5	1.5	0.75	0.15	0.1	1.5
SU4G - THE BEST BALANCE LAND WORKOUT with Eric Vandenriessche	1.5	1.5	0.75	0.15	0.1	1.5
SU4H - INTRODUCTION TO MEDITATION with Yury Rockit	1.5	1.5	0.75	0.15	0.1	1.5
SU4I - TRIGGERPOINT™: SCIENCE OF MYOFASCIAL RELEASE with Kolleen Riddick	1.5	1.5	0.75	0.15	0.1	1.5
SU4K - WAVES ON FIRE: ACTIVE AGERS with Connie Martin, MA	1.5	1.5	1.5	0.15	0.1	1.5
SU4L - POOLATES with Lisa Gibson	1.5	1.5	1.5	0.15	0.1	1.5
SU4M - SUGAR, SNACKS & HEART ATTACKS with Sohailla Digsby, RD, LD	1.5	1.5	1.5	0.15	0.1	1.5
SU4N - CREATE THE LIFE YOU WANT with Kimberly Spreen-Glick	1.5	1.5	1.5	0.15	0.1	1.5
SU4O - BUILD YOUR BEST BUSINESS STRATEGIES with Erika Quest	1.5	1.5	1.5	0.15	0.1	1.5

SUNDAY, JULY 30, 2017 CEC Totals:

Convention CEC Totals:

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

Signature of Approval Sankeep

Above is a list of the sessions approved for continuing education credits/units (CECs/CEUs). Please circle the CEC/CEU amount that corresponds to the sessions you attended. Total your convention CECs/CEUs on the "total" lines. A \$35 administrative fee will be assessed for replacement CEC sheets. Please retain a copy of this CEC/CEU form for your records for at least four years. ACE, AFAA, NASM, ACSM and AEA recognize SCW Fitness Education as a continuing education specialist. CEC/CEU values are dependent on session selection.

