

Florida MANIA[®] CEC FORM: SESSIONS

MAY 5-7, 2017



COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	FL17	10241	7692	CEP116449	316	
FRIDAY, MAY 5, 2017						
FR1 7:30am-9:00am						
FR1A - LES MILLS BODYPUMP® with Andy Parrish	1.5	1.5	0.75	0.15	0.1	1.5
FR1C - TRUE BODY PROJECT with Robert Sherman	1.5	1.5	0.75	0.15	0.1	1.5
FR1D - BARRE TRICKS with Tricia Murphy Madden	1.5	1.5	0.75	0.15	0.1	1.5
FR1E - LABLAST® SHAPE: DANCE CORE FITNESS with Megan Cooperman & Beth Canuel	1.5	1.5	0.75	0.15	0.1	1.5
FR1F - TRANSFORMATIONAL POSTURE 2017 with Leslee Bender	1.5	1.5	0.75	0.15	0.1	1.5
FR1G - DYNAMIC FLEXIBILITY FOR A 3D LIFE with Manuel Velazquez	1.5	1.5	0.75	0.15	0.1	1.5
FR1H - KIPRANJ™: THE FLOW with Julio Papi	1.5	1.5	0.75	0.15	0.1	1.5
FR1I - SPIRITED TUNE-UP: TOES TO NOSE with Yury Rockit	1.5	1.5	0.75	0.15	0.1	1.5
FR1J - SCHWINN®: HOW TO WOW! with Doris Thews	1.5	1.5	0.75	0.15	0.1	1.5
FR1K - POOLATES with Lisa Gibson	1.5	1.5	1.5	0.15	0.1	1.5
FR1L - BARRE H2O with Billie Wartenberg & Elizabeth Bowersox	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 - EFFECTIVE TEACHING TECHNIQUES with Bernadette O'Brien, MA	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
FR2 10:00am-11:30am						
FR2A - FOOLPROOF FITNESS CONSULTATION with Shannon Fable	1.5	1.5	0.75	0.15	0.1	1.5
FR2B - TABATA BOOTCAMP™ - WEIGHT LOSS CHALLENGE with Tricia Murphy Madden	1.5	1.5	0.75	0.15	0.1	1.5
FR2C - UPPER EXTREMITY MOVEMENT MECHANICS with Fabio Comana, MS, MA	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 Fen Tung	1.5	1.5	0.75	0.15	0.1	1.5
FR2F - FXP HULA HOOP®: BODY SCULPT with Kristin Benton	1.5	1.5	0.75	0.15	0.1	1.5
FR2G - SHOCKWAVE with Doris Thews, Shannon Colavecchio & Tahneetra Crosby	1.5	1.5	0.75	0.15	0.1	1.5
FR2H - MELT THROUGH YOGA with Robert Sherman	1.5	1.5	0.75	0.15	0.1	1.5
FR2I - THINKFIT: SMART MULTI-LEVEL CIRCUITS with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
FR2J - SCHWINN®: UNAPOLOGETICALLY AUTHENTIC with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
FR2K - GIRLS JUST WANNA HAVE FUN with Kooperman, Lewis-McCormick, Gilbert, Pinkowski & Wartenberg	1.5	1.5	1.5	0.15	0.1	1.5
FR2L - AQUA ZUMBA® with Jenna Bostic & Kelly Bullard	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 - SOLUTIONS FOR TOP ORTHOPEDIC INJURIES with Dr. Ryan Geringer	1.5	1.5	1.5	0.15	0.1	1.5
FR2O - MASTER PLAN: RETENTION & NEW MEMBERS with Jeff Howard	1.5	1.5	1.5	0.15	0.1	1.5
FR2P - BODHI SUSPENSION: FOCUS ON FLEXIBILITY 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						
FR3B - EXTREME EXERCISE MAKEOVER with Mindy Mylrea	1.5	1.5	0.75	0.15	0.1	1.5
FR3C - MINI BAND MANIAC with Abbie Appel	1.5	1.5	0.75	0.15	0.1	1.5
FR3D - BARRE TRILOGY with Leslee Bender	1.5	1.5	0.75	0.15	0.1	1.5
FR3G - FUNCTIONAL FIXES FOR FORWARD SHOULDERS with Dr. Evan Osar	1.5	1.5	0.75	0.15	0.1	1.5
FR3H - PLYOGA®: FLOW with Stephanie Lauren	1.5	1.5	0.75	0.15	0.1	1.5
FR3K - AQUA CARPE DIEM with Bernadette O'Brien, MA	1.5	1.5	1.5	0.15	0.1	1.5
FR3L - CARDIO WAVE: FOUNDATIONS with Tiffany Harrison	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						
FR3A - BODY BREAKTHROUGH with Jeff Howard	1.5	1.5	0.75	0.15	0.1	1.5
FR3E - PILOXING® SSP – PARTY with Jordan Ballard	1.5	1.5	0.75	0.15	0.1	1.5
FR3F - INDO-ROW®: PERFECT CALORIE BURN with Doris Thews & Shannon Colavecchio	1.5	1.5	0.75	0.15	0.1	1.5
FR3I - ACTIVE AGING YOGA: CHAIR & MAT with Sara Kooperman, JD	1.5	1.5	0.75	0.15	0.1	1.5
FR3J - SCHWINN®: THE "HARD" CONVERSATION with Tahneetra Crosby	1.5	1.5	0.75	0.15	0.1	1.5
FR3M - WHAT'S IN YOUR FOOD? with Tricia Silverman, RD, MBA	1.5	1.5	1.5	0.15	0.1	1.5
FR3N - BUILDING BLOCKS: CORE SCIENCE & TRAINING with Fabio Comana, MA, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR3O - SOCIAL MEDIA MARKETING with Alana Sanders, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR3P - BODHI SUSPENSION: CARDIO with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5



COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	FL17	10241	7692	CEP116449	316	
FRIDAY, MAY 5, 2017						
FR4 2:15pm-3:45pm						
FR4A - ZUMBA® STEP with Jenna Bostic	1.5	1.5	0.75	0.15	0.1	1.5
FR4B - COMPLETELY CORE with Abbie Appel	1.5	1.5	0.75	0.15	0.1	1.5
FR4C - THE ULTIMATE LIGHT KETTLEBELL WORKOUT with Irene Lewis-McCormick, MS	1.5	1.5	0.75	0.15	0.1	1.5
FR4D - BARRE ABOVE: LENGTHEN, STRENGTHEN & INSPIRE with Tricia Murphy Madden & Leslee Bender	1.5	1.5	0.75	0.15	0.1	1.5
FR4E - LABLAST® SILK: ACCESSIBLE DANCE FITNESS with Beth Canuel & Megan Cooperman	1.5	1.5	0.75	0.15	0.1	1.5
FR4F - PLYOGA®: YOUR BODY IS POWER® with Stephanie Lauren	1.5	1.5	0.75	0.15	0.1	1.5
FR4G - POUND® ROCKOUT WORKOUT with Michele Bastos	1.5	1.5	0.75	0.15	0.1	1.5
FR4H - BE YO-GA®: FORMS & FLOWS with Yury Rockit	1.5	1.5	0.75	0.15	0.1	1.5
FR4I - BALANCED BODY MOTR®: AGILITY + CORE with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
FR4J - SCHWINN®: C3 CONTENT, CONNECTION & CHARISMA with Doris Thews	1.5	1.5	0.75	0.15	0.1	1.5
FR4L - WATERinMOTION® 29 with Kooperman, Velazquez, Gilbert, Pinkowski, & Weisenmiller	1.5	1.5	1.5	0.15	0.1	1.5
FR4M - BREATH TRAINING AND TECHNIQUE with Fabio Comana, MA, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR4N - TRAIN THE BRAIN with Cammy Dennis	1.5	1.5	1.5	0.15	0.1	1.5
FR4O - BECOME A RETENTION ROCKSTAR with Herson & Kimberly Garcia	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 - SUCCESSFUL GROUP PERSONAL TRAINING with Shannon Fable	1.5	1.5	0.75	0.15	0.1	1.5
FR5B - TRIFECTA FITNESS with Manuel Velazquez	1.5	1.5	0.75	0.15	0.1	1.5
FR5C - LITTLE TWEAKS FOR BIG RESULTS with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
FR5D - BARRE TAB with Billie Wartenberg	1.5	1.5	0.75	0.15	0.1	1.5
FR5E - MAGIC IN DANCE FITNESS with Alana Sanders, MS	1.5	1.5	0.75	0.15	0.1	1.5
FR5F - FXP HULA HOOP®: CORE FLOW with Kristin Benton	1.5	1.5	0.75	0.15	0.1	1.5
FR5G - CORRECTIVE EXERCISE: FEMALE CORE with Dr. Evan Osar	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®: BUILD IT & THEY'LL COME with Abbie Appel	1.5	1.5	0.75	0.15	0.1	1.5
FR5K - LIQUID LEVELS with Jessica Pinkowski	1.5	1.5	1.5	0.15	0.1	1.5
FR5L - AQUA FOR ACTIVE AGING with Bernadette O'Brien, MA	1.5	1.5	1.5	0.15	0.1	1.5
FR5M - LIVING AND THRIVING WITH CANCER with Bruce & Mindy Mylrea	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 - TIDBITS TO GROW YOUR BUSINESS with Paul Bosley	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
FR6 6:30pm-7:30pm						
FR6J - LES MILLS SPRINT™ WORKOUT with Andy Parrish	1.0	1.0	0.5	0.1	0.1	1.0
FR6L - CARDIO WAVE: CARDIO MAX with Tiffany Harrison	1.0	1.0	1.0	0.1	0.1	1.0
FR6M - STATE OF THE INDUSTRY PANEL DISCUSSION with Lewis McCormick, McCall & Comana	1.0	1.0	1.0	0.1	0.1	1.0

FRIDAY, MAY 5, 2017 CEC Totals:

COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	FL17	10241	7692	CEP116449	316	
SATURDAY, MAY 6, 2017						
SA1 7:00am-8:30am						
SA1A - TOP 10 ABDOMINAL EXERCISES with Nick Tumminello	1.5	1.5	0.75	0.15	0.1	1.5
SA1B - FLUID STRENGTH with Mindy Mylrea	1.5	1.5	0.75	0.15	0.1	1.5
SA1C - MASTERING THE ASSESSMENT with Pete McCall, MS	1.5	1.5	0.75	0.15	0.1	1.5
SA1D - BARRE FIGHT with Billie Wartenberg	1.5	1.5	0.75	0.15	0.1	1.5
SA1E - ZUMBA®: LET IT MOVE YOU! with Jenna Bostic & Kelly Bullard	1.5	1.5	0.75	0.15	0.1	1.5
SA1F - PILATES FOR INJURY PREVENTION with Leslee Bender	1.5	1.5	0.75	0.15	0.1	1.5
SA1G - CORRECTIVE EXERCISE: PSOAS-GLUTE CONNECTION with Dr. Evan Osar	1.5	1.5	0.75	0.15	0.1	1.5
SA1H - DAANASANA™ YOGA HEALTHY SPINE with Julio Papi	1.5	1.5	0.75	0.15	0.1	1.5
SA1I - BALANCED BODY®: RUN YOUR MOTR® with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SA1J - SCHWINN®: TRAIN RIGHT 2 RIDE RIGHT with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
SA1K - TABATA WATER SPORTS with Connie Martin, MA	1.5	1.5	1.5	0.15	0.1	1.5
SA1L - SPIRITED SURF 2® with Yury Rockit	1.5	1.5	1.5	0.15	0.1	1.5
SA1M - WEIGHT LOSS AQUATIC STYLE with Ann Gilbert	1.5	1.5	1.5	0.15	0.1	1.5
SA1N - GO BONES with Herson & Kimberly Garcia	1.5	1.5	1.5	0.15	0.1	1.5
SA1O - BUILD YOUR BEST BUSINESS STRATEGY with Erika Quest	1.5	1.5	1.5	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	FL17	10241	7692	CEP116449	316	
SUNDAY, MAY 7, 2017						
SU1 7:00am-8:30am						
SU1A - ESP HIIT CIRCUITS with Irene Lewis-McCormick, MS, CSCS	1.5	1.5	0.75	0.15	0.1	1.5
SU1B - 20X3 with Jeff Howard	1.5	1.5	0.75	0.15	0.1	1.5
SU1C - INNER & OUTER CORE FUSION with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SU1E - BOLLYX® - THE BOLLYWOOD WORKOUT with Fen Tung	1.5	1.5	0.75	0.15	0.1	1.5
SU1G - POUND® - ROCKOUT WORKOUT with Michele Bastos	1.5	1.5	0.75	0.15	0.1	1.5
SU1H - YIN YOGA with Lisa Gibson	1.5	1.5	0.75	0.15	0.1	1.5
SU1I - BOOMER BEAT with Cammy Dennis & Jessica Pinkowski	1.5	1.5	0.75	0.15	0.1	1.5
SU1J - SCHWINN®: THERE'S AN APP! with Francesca Kerr	1.5	1.5	0.75	0.15	0.1	1.5
SU1K - BUNS & GUNS IN THE POOL with Ann Gilbert	1.5	1.5	1.5	0.15	0.1	1.5
SU1L - CARDIO WAVE: CARDIO MAX with Tiffany Harrison	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 - PRENATAL FITNESS REVIEW with Farel Hruska	1.5	1.5	1.5	0.15	0.1	1.5
SU1O - CREATIVE GROUP FITNESS PROGRAMMING with Kari Merrill	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 - LES MILLS GRIT™ with Andy Parrish	1.5	1.5	0.75	0.15	0.1	1.5
SU2C - TRAINING THE ATHLETE IN EVERYONE with Chan Gannaway	1.5	1.5	0.75	0.15	0.1	1.5
SU2E - CARDIO CONFETTI with Yury Rockit	1.5	1.5	0.75	0.15	0.1	1.5
SU2G - NEW PARADIGM: MOBILITY, STABILITY & BALANCE with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
SU2H - QI GONG FOR EVERY BODY with Elian Haan	1.5	1.5	0.75	0.15	0.1	1.5
SU2I - BALANCED BODY®: PILATES ON MOTR® with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
SU2J - SCHWINN®: HOT TOPICS with Tahneetra Crosby	1.5	1.5	0.75	0.15	0.1	1.5
SU2K - ATOMIC AQUATICS with Kim Bretz, MS	1.5	1.5	1.5	0.15	0.1	1.5
SU2L - BARRE-A-CUDA with Sara Kooperman, JD	1.5	1.5	1.5	0.15	0.1	1.5
SU2M - SOLUTIONS FOR TOP ORTHOPEDIC INJURIES with Dr. Ryan Geringer	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 - GROUP EXERCISE OR GROUP INJURY? with Herson & Kimberly Garcia	1.5	1.5	0.75	0.15	0.1	1.5
SU3C - KETTLEBELL EXPRESS with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
SU3G - PILOXING® KNOCKOUT - TOTAL BODY CHALLENGE with Jordan Ballard	1.5	1.5	0.75	0.15	0.1	1.5
SU3H - FLEXIBILITY + PERFORMANCE = WELLNESS with Jeff Howard	1.5	1.5	0.75	0.15	0.1	1.5
SU3I - SOLE STRENGTH with Jessica Pinkowski & Cammy Dennis	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 - ANCHOR DOWN with Chris Henry	1.5	1.5	1.5	0.15	0.1	1.5
SU3L - AQUATIC SOLUTIONS FOR THE AGING with Ann Gilbert	1.5	1.5	1.5	0.15	0.1	1.5
SU3M - TRANSFORM YOUR POSTURE with Stephen Sefchick	1.5	1.5	1.5	0.15	0.1	1.5
SU3N - BIOMECHANICS OF MOTHERHOOD with Farel Hruska	1.5	1.5	1.5	0.15	0.1	1.5
SU3O - GENERATING & SELLING PT LEADS with Chan Gannaway	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 - FOAM ROLLING: RECOVER, REJUVENATE & REVITALIZE with Irene Lewis-McCormick, MS	1.5	1.5	0.75	0.15	0.1	1.5
SU4B - HIIT REMIXX with Billie Wartenberg	1.5	1.5	0.75	0.15	0.1	1.5
SU4C - SHOULDER MOBILIZATION & STABILIZATION with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SU4E - BOLLYX®LIT - THE BOLLYWOOD WORKOUT with Fen Tung	1.5	1.5	0.75	0.15	0.1	1.5
SU4G - PUNCHING TO 32: CARDIO-KICKBOXING MAGIC with Kari Merrill	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 - CORE FIT FOR SENIORS with Elian Haan	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 - H.E.A.T. WAVES with Chris Henry	1.5	1.5	1.5	0.15	0.1	1.5
SU4M - PAIN TO PERFORMANCE with Stephen Sefchick	1.5	1.5	1.5	0.15	0.1	1.5
SU4N - THE MODERN SCIENCE OF LONGEVITY with Len Kravitz, PhD	1.5	1.5	1.5	0.15	0.1	1.5
SU4O - COMMUNICATION STRATEGIES FOR FITNESS PROFESSIONALS with John Watkis	1.5	1.5	1.5	0.15	0.1	1.5

SUNDAY, MAY 7, 2017 CEC Totals:

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Convention CEC Totals:

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Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

Signature of Approval Sankeer

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.

