

COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	MW17	10241	7935	CEP127033	316	
FRIDAY, SEPTEMBER 22, 2017						
FR1 7:30am-9:00am						
FR1A - OPERATION CRAVING COMPETITION™ with SGT Ken©	1.5	1.5	0.75	0.15	0.1	1.5
FR1B - STRONG BY ZUMBA® with Kelly Bullard	1.5	1.5	0.75	0.15	0.1	1.5
FR1C - SHOCKWAVE with Doris Thews, Jeffrey Scott & Josh Crosby	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 - LABLAST®: FITNESS POWERED BY DANCE with Beth Canuel & Danielle Janco	1.5	1.5	0.75	0.15	0.1	1.5
FR1F - FXP HULA HOOP®: CORE FLOW with Kristin Benton	1.5	1.5	0.75	0.15	0.1	1.5
FR1G - ULTIMATE STRENGTH & CONDITIONING WORKOUT with Julio Papi	1.5	1.5	0.75	0.15	0.1	1.5
FR1H - EXTREME TABATA YOGA with Jeff Howard	1.5	1.5	0.75	0.15	0.1	1.5
FR1I - BOOMER BEAT with Jessica Pinkowski	1.5	1.5	0.75	0.15	0.1	1.5
FR1J - SCHWINN®: HOW TO WOW! with Jenn Hogg	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 - PLAYFUL PATTERNS with Ann Gilbert	1.5	1.5	1.5	0.15	0.1	1.5
FR1M - DIET FADS & FACTS: ENDING FRUSTRATION with Sohaila Digsby, RD, LD	1.5	1.5	1.5	0.15	0.1	1.5
FR1N - PRENATAL FITNESS REVIEW with Farel Hruska	1.5	1.5	1.5	0.15	0.1	1.5
FR1O - BUILD YOUR BEST MARKETING STRATEGIES with Erika Quest	1.5	1.5	1.5	0.15	0.1	1.5
FR1P - BODHI SUSPENSION: FOCUS ON FLEXIBILITY with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
FR1Q - INTRODUCING HIIT MIX BY STAIRMASTER with Sonja Friend-Uhl	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 - EXTREME EXERCISE MAKEOVER with Mindy Mylrea	1.5	1.5	0.75	0.15	0.1	1.5
FR2C - BOSU® UP DOWN ALL AROUND with Shannon Fable	1.5	1.5	0.75	0.15	0.1	1.5
FR2D - RAISED BARRE with Laurie Greenway	1.5	1.5	0.75	0.15	0.1	1.5
FR2E - SOUL GROOVES® with Tammy Harris	1.5	1.5	0.75	0.15	0.1	1.5
FR2F - INDO-ROW®: THE PERFECT CALORIE BURN with Doris Thews & Josh Crosby	1.5	1.5	0.75	0.15	0.1	1.5
FR2G - POUND® ROCKOUT WORKOUT with Shannon Roentved	1.5	1.5	0.75	0.15	0.1	1.5
FR2H - KIPRANJ™: THE FLOW with Julio Papi	1.5	1.5	0.75	0.15	0.1	1.5
FR2I - GOLDEN OLDIES GROOVE & GAIT with Jessica Pinkowski	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 - TAB-AQUA QUICKIES with Jeff Howard	1.5	1.5	1.5	0.15	0.1	1.5
FR2L - LABLAST® AQUA SPLASH with Beth Canuel	1.5	1.5	1.5	0.15	0.1	1.5
FR2M - BUILDING BLOCKS: CORE SCIENCE & TRAINING with Fabio Comana, MA, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR2N - 52 DAYS TO YOUR BEST BODY with Sohaila Digsby, RD, LD	1.5	1.5	1.5	0.15	0.1	1.5
FR2O - SOCIAL MEDIA MARKETING with Alana Sanders, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR2P - BODHI SUSPENSION: CIRCUITS with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
FR2Q - BOXING: THE METHOD with Steve Feinberg	1.5	1.5	0.75	0.15	0.1	1.5
FR3 11:45am-1:15pm Session 1						
FR3B - NO EQUIPMENT, NO PROBLEM with Manuel Velazquez	1.5	1.5	0.75	0.15	0.1	1.5
FR3E - ZUMBA® CARDIO BLAST with Jenna Bostic	1.5	1.5	0.75	0.15	0.1	1.5
FR3F - THE FEMALE CORE with Farel Hruska	1.5	1.5	0.75	0.15	0.1	1.5
FR3G - JUNGSHIN® ATHLETIC FLOW with Annika Kahn, MS	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
FR3I - CORRECTIVE EXERCISE FOR PSOAS & GLUTES with Dr. Evan Osar	1.5	1.5	1.5	0.15	0.1	1.5
FR3K - USE THE "F" WORD IN AQUATICS with Marty Biondi, PT, DPT, CSCS, CEEAA	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						
FR3A - FOOLPROOF FITNESS CONSULTATION with Shannon Fable	1.5	1.5	0.75	0.15	0.1	1.5
FR3C - LITTLE TWEAKS FOR BIG RESULTS with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
FR3D - BARRE TRICKS with Tricia Murphy Madden & Mindy Mylrea	1.5	1.5	0.75	0.15	0.1	1.5
FR3J - SCHWINN®: TO BREATHLESS & BACK with Jenn Hogg	1.5	1.5	0.75	0.15	0.1	1.5
FR3M - METABOLISM MAKEOVER with Sohaila Digsby, RD, LD	1.5	1.5	1.5	0.15	0.1	1.5
FR3N - UNLEASH THE POWER OF MUSIC with Doris Thews	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	MW17	10241	7935	CEP127033	316	
FRIDAY, SEPTEMBER 22, 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 TEAM TRAINING with SGT Ken®	1.5	1.5	0.75	0.15	0.1	1.5
FR4C - RENEGADE: ATHLETIC CIRCUITS REINVENTED with Mindy Mylrea & Doris Thews	1.5	1.5	0.75	0.15	0.1	1.5
FR4D - PILOXING® BARRE - PUNCH 'N' PLIÉ with Jordan Ballard	1.5	1.5	0.75	0.15	0.1	1.5
FR4E - BOLLYX® - THE BOLLYWOOD WORKOUT with Shahil Patel	1.5	1.5	0.75	0.15	0.1	1.5
FR4F - FXP HULA HOOP®: BODY SCULPT with Kristin Benton	1.5	1.5	0.75	0.15	0.1	1.5
FR4G - SPEEDBALL CORE with Steve Feinberg	1.5	1.5	0.75	0.15	0.1	1.5
FR4H - PLYOGA®: FLOW with Stephanie Lauren	1.5	1.5	0.75	0.15	0.1	1.5
FR4I - TRIGGERPOINT™: PROGRESSIVE SYSTEMS TO SELF-MYOFASCIAL RELEASE with Brandon Wagner	1.5	1.5	0.75	0.15	0.1	1.5
FR4J - SCHWINN®: THE "HARD" CONVERSATION with Jeffrey Scott	1.5	1.5	0.75	0.15	0.1	1.5
FR4K - SPIRITED SURF® with Yury Rockit	1.5	1.5	0.75	0.15	0.1	1.5
FR4L - WATERinMOTION® 29 with Kooperman, Gilbert, Velazquez, Pinkowski & Weisenmiller	1.5	1.5	1.5	0.15	0.1	1.5
FR4M - RECOVERY: THE FORGOTTEN TRAINING VARIABLE with Pete McCall, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR4N - DIETARY DIVERSITY with Melissa Layne, MEd	1.5	1.5	1.5	0.15	0.1	1.5
FR4O - CREATE A WEIGHT-LOSS CHALLENGE with Tricia Murphy Madden	1.5	1.5	1.5	0.15	0.1	1.5
FR4P - BODHI SUSPENSION: CHISEL 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 - RELAX & RESTORE: RELEASE & MOBILIZE with Manuel Velazquez	1.5	1.5	0.75	0.15	0.1	1.5
FR5B - DYNAMIC ANATOMY - CORE/UPPER BODY with Pete McCall, MS	1.5	1.5	0.75	0.15	0.1	1.5
FR5C - THE ULTIMATE LIGHT KETTLEBELL WORKOUT with Irene Lewis-McCormick, MS, CSCS	1.5	1.5	0.75	0.15	0.1	1.5
FR5D - BARRE FIGHT with Billie Wartenberg & Elizabeth Bowersox	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 - BALANCED BODY MOTR®: AGILITY + CORE with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
FR5G - PILOXING® PARTY SSP with Jordan Ballard	1.5	1.5	0.75	0.15	0.1	1.5
FR5H - INTRODUCTION TO POWERWAVE™ TRAINING with Elisabeth Fouts	1.5	1.5	0.75	0.15	0.1	1.5
FR5I - YOGA FOR THE YOUNG AT HEART: CHAIR with Sara Kooperman, JD	1.5	1.5	0.75	0.15	0.1	1.5
FR5J - SCHWINN®: C3 CONTENT, CONNECTION & CHARISMA with Doris Thews & Jeffrey Scott	1.5	1.5	0.75	0.15	0.1	1.5
FR5K - AQUA SOFT FITNESS FUSION with Melissa Layne, MEd	1.5	1.5	1.5	0.15	0.1	1.5
FR5L - THE BEST BALANCE AQUA WORKOUT with Eric Vandendriessche	1.5	1.5	1.5	0.15	0.1	1.5
FR5M - BREATH TRAINING AND TECHNIQUE with Fabio Comana, MA, MS	1.5	1.5	1.5	0.15	0.1	1.5
FR5N - COMMON SENSE NUTRITION: YOUR SCOPE with Kimberly & Herson Garcia	1.5	1.5	1.5	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						
FR6E - LABLAST® LINE DANCE with Beth Canuel & Danielle Janco	1.0	1.0	0.5	0.1	0.1	1.0
FR6I - DYNAMIC FLEXIBILITY: A 3D LIFE with Manuel Velazquez	1.0	1.0	0.5	0.1	0.1	1.0
FR6J - LES MILLS SPRINT™ WORKOUT with Adam Bramski	1.0	1.0	0.5	0.1	0.1	1.0
FR6L - THE BEST BALANCE AQUA WORKOUT with Eric Vandendriessche	1.0	1.0	1.0	0.1	0.1	1.0
FR6N - STATE OF THE INDUSTRY PANEL DISCUSSION with SCW Staff	1.0	1.0	1.0	0.1	0.1	1.0

FRIDAY, SEPTEMBER 22, 2017 CEC Totals:

COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	MW17	10241	7935	CEP127033	316	
SATURDAY, SEPTEMBER 23, 2017						
SA1 7:00am-8:30am						
SA1A - OPERATION SHOCK AND AWE™ with SGT Ken®	1.5	1.5	0.75	0.15	0.1	1.5
SA1B - BODY WEIGHT STRENGTH EXPLOSION with Mindy Mylrea	1.5	1.5	0.75	0.15	0.1	1.5
SA1C - LOWER EXTREMITY MOVEMENT MECHANICS with Fabio Comana, MS, MA	1.5	1.5	0.75	0.15	0.1	1.5
SA1D - BARRE TAB with Billie Wartenberg & Elizabeth Bowersox	1.5	1.5	0.75	0.15	0.1	1.5
SA1E - THE ART OF DANCE FITNESS with Alana Sanders, MS	1.5	1.5	0.75	0.15	0.1	1.5
SA1F - INDO-ROW®: SKILLS, DRILLS & THRILLS with Josh Crosby & Doris Thews	1.5	1.5	0.75	0.15	0.1	1.5
SA1G - JUNGSHIN: WISDOM WARRIORS with Annika Kahn, MS	1.5	1.5	0.75	0.15	0.1	1.5
SA1H - DAANASANA™ YOGA 360 with Julio Papi	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®: TRAIN RIGHT 2 RIDE RIGHT with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
SA1K - AQUA BITS & PIECES with Melissa Layne, MEd	1.5	1.5	1.5	0.15	0.1	1.5
SA1L - ATHLETIC AQUATICS with Kim Bretz, MS	1.5	1.5	1.5	0.15	0.1	1.5
SA1M - TOP 10 FOR WEIGHT LOSS with Sohaila Digsby, RD, LD	1.5	1.5	1.5	0.15	0.1	1.5
SA1N - CUEING, COACHING & COMMUNICATING with Irene Lewis-McCormick, MS, CSCS	1.5	1.5	1.5	0.15	0.1	1.5
SA1O - BECOME A RETENTION ROCK STAR with Herson & Kimberly Garcia	1.5	1.5	1.5	0.15	0.1	1.5
SA1P - BODHI SUSPENSION: PILATES with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SA1Q - BOXING: THE METHOD with Steve Feinberg	1.5	1.5	0.75	0.15	0.1	1.5
SA2B 9:30am-10:45am - FITNESS GAME CHANGERS with Kathy Smith	1.0	1.0	1.0	0.1	0.1	1.0



COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	MW17	10241	7935	CEP127033	316	
SATURDAY, SEPTEMBER 23, 2017						
SA3 11:00am-12:30pm						
SA3A - PROJECT STEEL™ with PJ Stahl, MA	1.5	1.5	0.75	0.15	0.1	1.5
SA3B - TABATA BOOTCAMP™ – TABATA GX with Mindy Mylrea	1.5	1.5	0.75	0.15	0.1	1.5
SA3C - FLUID FUSION BY HEDSTROM FITNESS with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
SA3D - PILOXING® BARRE - PUNCH 'N' PLIÉ with Jordan Ballard	1.5	1.5	0.75	0.15	0.1	1.5
SA3E - LABLAST® SHAPE: DANCE CORE FITNESS with Beth Canuel & Danielle Janco	1.5	1.5	0.75	0.15	0.1	1.5
SA3F - THINKFIT: FUNCTIONAL CIRCUIT PROGRESSIONS with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SA3G - POUND® - HOW YOUR BODY ROCKS with Shannon Roentved	1.5	1.5	0.75	0.15	0.1	1.5
SA3H - PLYOGA®: YOUR BODY IS POWER® with Stephanie Lauren	1.5	1.5	0.75	0.15	0.1	1.5
SA3I - STRENGTH TRAINING FOR LONGEVITY & VITALITY with Sara Kooperman, JD	1.5	1.5	0.75	0.15	0.1	1.5
SA3J - SCHWINN®: TEACHING TIPS FROM TED® with Doris Thews	1.5	1.5	0.75	0.15	0.1	1.5
SA3K - AQUA CIRCUIT BOOTCAMP with Irene Lewis-McCormick, MS, CSCS	1.5	1.5	1.5	0.15	0.1	1.5
SA3L - THE BEST BALANCE AQUA WORKOUT with Eric Vandendriessche	1.5	1.5	1.5	0.15	0.1	1.5
SA3M - ULTIMATE METABOLIC AND CALORIE-BURNING MAKEOVER with Len Kravitz, PhD	1.5	1.5	1.5	0.15	0.1	1.5
SA3N - SUGAR, SNACKS & HEART ATTACKS with Sohaila Digsby, RD, LD	1.5	1.5	1.5	0.15	0.1	1.5
SA3P - BODHI SUSPENSION: CIRCUITS with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
SA3Q - BOXMASTER CIRCUIT ROUND 2 with Sonja Friend-Uhl & Pete McCall, MS	1.5	1.5	0.75	0.15	0.1	1.5
SA4 12:45pm-2:15pm (Session 1)						
SA4A - OPERATION BATTLE ROPES AND BEYOND with SGT Ken®	1.5	1.5	0.75	0.15	0.1	1.5
SA4B - STRONG BY ZUMBA® with Kelly Bullard	1.5	1.5	0.75	0.15	0.1	1.5
SA4D - BEST OF BARRE with Abbie Appel	1.5	1.5	0.75	0.15	0.1	1.5
SA4E - BOLLYX® LIT - THE BOLLYWOOD WORKOUT with Shahil Patel	1.5	1.5	0.75	0.15	0.1	1.5
SA4I - ACTIVE AGING: NO PLACE LIKE FOAM with Sara Kooperman, JD	1.5	1.5	1.5	0.15	0.1	1.5
SA4J - SCHWINN®: UNAPOLOGETICALLY AUTHENTIC with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
SA4N - STRESS AND CHRONIC DISEASE with Kimberly & Herson Garcia	1.5	1.5	1.5	0.15	0.1	1.5
SA4O - DNA OF SUCCESSFUL FITNESS MANAGERS with Ann Gilbert	1.5	1.5	1.5	0.15	0.1	1.5
SA4 1:30pm-3:00pm (Session 2)						
SA4C - SHOCKWAVE with Doris Thews, Jenn Hogg & Josh Crosby	1.5	1.5	0.75	0.15	0.1	1.5
SA4F - FXP HULA HOOP®: HOOPYASA FLOW with Kristin Benton	1.5	1.5	0.75	0.15	0.1	1.5
SA4G - CORE HAMMER with Andrew Gavigan	1.5	1.5	0.75	0.15	0.1	1.5
SA4H - PILATES STRONG! with Leslee Bender	1.5	1.5	0.75	0.15	0.1	1.5
SA4K - AQUA QUALITY MOVEMENT with Jessica Pinkowski	1.5	1.5	1.5	0.15	0.1	1.5
SA4L - IT'S RAINING MEN! with Jeff Howard, Manuel Velazquez, Chris Henry & Yury Rockit	1.5	1.5	1.5	0.15	0.1	1.5
SA4M - WHAT'S IN YOUR FOOD? with Tricia Silverman, RD, MBA	1.5	1.5	1.5	0.15	0.1	1.5
SA4P - BODHI SUSPENSION: FOCUS ON FLEXIBILITY with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SA4Q - INTRODUCING HIIT MIX BY STAIRMASTER with Sonja Friend-Uhl	1.5	1.5	0.75	0.15	0.1	1.5
SA5 3:15pm-4:45pm						
SA5A - COMPLETELY CORE with Abbie Appel	1.5	1.5	0.75	0.15	0.1	1.5
SA5B - MASTERING THE ASSESSMENT with Pete McCall, MS	1.5	1.5	0.75	0.15	0.1	1.5
SA5C - SURGE® PYRAMID POWER with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
SA5D - BARREFLOW with Karli Taylor	1.5	1.5	0.75	0.15	0.1	1.5
SA5E - SOUL GROOVES® with Tammy Harris	1.5	1.5	0.75	0.15	0.1	1.5
SA5F - LES MILLS BODYATTACK® WORKOUT with Adam Bramski	1.5	1.5	0.75	0.15	0.1	1.5
SA5G - PLYOGA®: THE REVERSE WARRIOR with Stephanie Lauren	1.5	1.5	0.75	0.15	0.1	1.5
SA5H - PILATES FOR INJURY PREVENTION with Leslee Bender	1.5	1.5	0.75	0.15	0.1	1.5
SA5I - TRIGGERPOINT™ FOR DESK JOCKEYS with Brandon Wagner	1.5	1.5	0.75	0.15	0.1	1.5
SA5J - SCHWINN®: ALL ABOUT THE BASE with Jeffrey Scott	1.5	1.5	0.75	0.15	0.1	1.5
SA5K - AQUA ZUMBA® with Kelly Bullard & Jenna Bostic	1.5	1.5	1.5	0.15	0.1	1.5
SA5L - WATERinMOTION® Platinum 8 with SCW Staff	1.5	1.5	1.5	0.15	0.1	1.5
SA5M - LONGEVITY LAB: EATS AND FEATS with Tricia Silverman, RD, MBA	1.5	1.5	1.5	0.15	0.1	1.5
SA5N - TARGETING HYPERTROPHY with Melissa Layne, MED	1.5	1.5	1.5	0.15	0.1	1.5
SA5O - FITNESS PROGRAM COMPREHENSION AND CREATION with PJ Stahl, MA	1.5	1.5	1.5	0.15	0.1	1.5
SA5P - BODHI SUSPENSION: CARDIO with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
SA5Q - BOXING BOOTCAMP with Steve Feinberg	1.5	1.5	0.75	0.15	0.1	1.5
SA6 5:00pm-6:30pm						
SA6A - FOAM ROLLING: RELAX, REJUVENATE & REVITALIZE with Irene Lewis-McCormick, MS, CSCS	1.5	1.5	0.75	0.15	0.1	1.5
SA6B - DYNAMIC ANATOMY – GLUTES/LOWER BODY with Pete McCall, MS	1.5	1.5	0.75	0.15	0.1	1.5
SA6C - SMALL GROUP PT CORE FUSION with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SA6D - RAISED BARRE with Laurie Greenway	1.5	1.5	0.75	0.15	0.1	1.5
SA6E - LABLAST® SILK: ACCESSIBLE DANCE FITNESS with Beth Canuel & Danielle Janco	1.5	1.5	0.75	0.15	0.1	1.5
SA6F - BALANCED BODY MOTR®: SENIOR POWER with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
SA6G - SPEEDBALL with Steve Feinberg	1.5	1.5	0.75	0.15	0.1	1.5
SA6H - QI GONG FOR EVERY BODY with Elian Haan	1.5	1.5	0.75	0.15	0.1	1.5
SA6I - FUNCTIONAL FIXES FOR FORWARD SHOULDERS with Dr. Evan Osar	1.5	1.5	0.75	0.15	0.1	1.5
SA6J - SCHWINN®: GIRL POWER 2.0 with Doris Thews & Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
SA6K - ANCHOR DOWN with Chris Henry	1.5	1.5	1.5	0.15	0.1	1.5
SA6L - AQUA ATHLETE with Jeff Howard	1.5	1.5	1.5	0.15	0.1	1.5
SA6M - THE FEMALE TRAINING ADVANTAGE 2017 with Len Kravitz, PhD	1.5	1.5	1.5	0.15	0.1	1.5
SA6N - NUTRITIONAL TIPS, TIDBITS & TREATS with Bruce & Mindy Mylrea	1.5	1.5	1.5	0.15	0.1	1.5
SA6O - COMMUNICATION STRATEGIES FOR FITNESS PROFESSIONALS with John Watkis	1.5	1.5	1.5	0.15	0.1	1.5
SA6Q - INTRODUCING HIIT MIX BY STAIRMASTER with Sonja Friend-Uhl	1.5	1.5	0.75	0.15	0.1	1.5

COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	MW17	10241	7935	CEP127033	316	
SATURDAY, SEPTEMBER 23, 2017						
SA7 6:45pm-7:45pm						
SA7I - INTRODUCTION TO MEDITATION with Yury Rokkit	1.0	1.0	0.5	0.1	0.1	1.0
SA7N - AQUA EXERCISE PANEL: EBBS AND FLOWS with SCW Staff	1.0	1.0	1.0	0.1	0.1	1.0

SATURDAY, SEPTEMBER 23, 2017 CEC Totals:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	MW17	10241	7935	CEP127033	316	
SUNDAY, SEPTEMBER 24, 2017						
SU1 7:00am-8:30am						
SU1A - STEP EXPRESSIONS with Chris Henry	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 - BOSU® STABILITY BALL OVERHAUL with Doris Thews	1.5	1.5	0.75	0.15	0.1	1.5
SU1E - BELLY DANCE BLAST with Kelly Bus, RN	1.5	1.5	0.75	0.15	0.1	1.5
SU1F - THINKFIT: SMART MULTI-LEVEL CIRCUITS with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SU1G - ELITE COACHING OF EXERCISE MECHANICS with Chan Gannaway	1.5	1.5	0.75	0.15	0.1	1.5
SU1H - KIPRANJ™ EARTH ELEMENTS with Julio Papi	1.5	1.5	0.75	0.15	0.1	1.5
SU1I - YOGA FLOW with Elian Haan	1.5	1.5	0.75	0.15	0.1	1.5
SU1J - SCHWINN®: BUILD IT AND THEY'LL COME with Keli Roberts	1.5	1.5	0.75	0.15	0.1	1.5
SU1K - AQUA ABS: WIM-SY with Amy Weisenmiller	1.5	1.5	1.5	0.15	0.1	1.5
SU1L - BARRE H2O with Billie Wartenberg & Elizabeth Bowersox	1.5	1.5	1.5	0.15	0.1	1.5
SU1M - SNEAKY STRATEGIES TO MANAGE WEIGHT with Tricia Silverman, RD, MBA	1.5	1.5	1.5	0.15	0.1	1.5
SU1N - FROM THE GROUND UP with Karli Taylor	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 - REACTIVE TRAINING 101: BOX JUMP BREAKDOWN with Elisabeth Fouts	1.5	1.5	0.75	0.15	0.1	1.5
SU2B - BALANCE STRATEGIES FOR OLDER ADULTS with Dr. Evan Osar	1.5	1.5	0.75	0.15	0.1	1.5
SU2C - BOSU® DYNAMIC INTEGRATED STRENGTH with Erika Quest	1.5	1.5	0.75	0.15	0.1	1.5
SU2E - SOUL GROOVES® with Tammy Harris	1.5	1.5	0.75	0.15	0.1	1.5
SU2F - TRAINING THE TRANSVERSE PLANE with Scott Hopson & Hayley Hollander	1.5	1.5	0.75	0.15	0.1	1.5
SU2G - POUND® ROCKOUT WORKOUT with Shannon Roentved	1.5	1.5	0.75	0.15	0.1	1.5
SU2H - DAANASANA™ YOGA HEALTHY SPINE with Julio Papi	1.5	1.5	0.75	0.15	0.1	1.5
SU2I - CORE FIT with Elian Haan	1.5	1.5	0.75	0.15	0.1	1.5
SU2J - SCHWINN®: HOT TOPICS with Jenn Hogg	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 - THE BEST BALANCE AQUA WORKOUT with Eric Vandendriessche	1.5	1.5	1.5	0.15	0.1	1.5
SU2M - EVERYTHING RESISTANCE TRAINING with Len Kravitz, PhD	1.5	1.5	1.5	0.15	0.1	1.5
SU2N - TRANSITION TO A PLANT-BASED DIET with Bruce & Mindy Mylrea	1.5	1.5	1.5	0.15	0.1	1.5
SU2O - PROFITABLE PUBLIC SPEAKING FOR TRAINERS with John Watkis	1.5	1.5	1.5	0.15	0.1	1.5
SU2P - BODHI SUSPENSION: PILATES with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SU3 11:15am-12:45pm						
SU3A - LES MILLS BODYPUMP® WORKOUT with Adam Bramski	1.5	1.5	0.75	0.15	0.1	1.5
SU3B - INNER & OUTER CORE CIRCUITS with Nico Gonzalez	1.5	1.5	0.75	0.15	0.1	1.5
SU3C - PILOXING® KNOCKOUT - TOTAL BODY CHALLENGE with Jordan Ballard	1.5	1.5	0.75	0.15	0.1	1.5
SU3E - BOLLYX® - THE BOLLYWOOD WORKOUT with Shahil Patel	1.5	1.5	0.75	0.15	0.1	1.5
SU3F - GROUP EXERCISE OR GROUP INJURY? with Herson & Kimberly Garcia	1.5	1.5	0.75	0.15	0.1	1.5
SU3G - FLEXIBILITY + PERFORMANCE = WELLNESS with Jeff Howard	1.5	1.5	0.75	0.15	0.1	1.5
SU3H - TAI CHI 24 YANG STYLE with Elian Haan	1.5	1.5	0.75	0.15	0.1	1.5
SU3I - REHABILITATION STRATEGIES FOR LOWER-EXTREMITY INJURIES with Scott Hopson & Hayley Hollander	1.5	1.5	1.5	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 - GO DEEP! with Chris Henry	1.5	1.5	1.5	0.15	0.1	1.5
SU3L - BARRE-A-CUDA with Amy Weisenmiller	1.5	1.5	1.5	0.15	0.1	1.5
SU3M - HIIT EXTRAVAGANZA: 10 NEW PROGRAMS with Len Kravitz, PhD	1.5	1.5	1.5	0.15	0.1	1.5
SU3N - SUGAR SHOCKERS AND SHAKEDOWN with Tricia Silverman, RD, MBA	1.5	1.5	1.5	0.15	0.1	1.5
SU3O - CREATING CARING COMMUNITY IN CLASS with Whitney Chapman	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



COURSE	SCW	AFAA	AEA	ACE	NASM	ACSM
Provider Number	MW17	10241	7935	CEP127033	316	
SUNDAY, SEPTEMBER 24, 2017						
SU4 1:00pm-2:30pm						
SU4A - GLOBAL ASSESSMENT VERSUS LOCAL ASSESSMENT with Scott Hopson & Hayley Hollander	1.5	1.5	0.75	0.15	0.1	1.5
SU4B - CORRECTIVE EXERCISE: FEMALE CORE with Dr. Evan Osar	1.5	1.5	0.75	0.15	0.1	1.5
SU4C - EXERCISE ANALYSIS AT AN ELITE LEVEL with Chan Gannaway	1.5	1.5	0.75	0.15	0.1	1.5
SU4E - SPIRITED SELF-CARE with Yury Rockit	1.5	1.5	0.75	0.15	0.1	1.5
SU4F - PUNCHING TO 32: CARDIO-KICKBOXING MAGIC with Kari Merrill	1.5	1.5	0.75	0.15	0.1	1.5
SU4G - JUNGSHIN SLICE® with Annika Kahn, MS	1.5	1.5	0.75	0.15	0.1	1.5
SU4H - YIN YOGA: LESS IS MORE with Whitney Chapman	1.5	1.5	0.75	0.15	0.1	1.5
SU4I - TRIGGERPOINT™: SCIENCE OF MYOFASCIAL RELEASE with Brandon Wagner	1.5	1.5	0.75	0.15	0.1	1.5
SU4K - ATOMIC AQUATICS with Kim Bretz, MS	1.5	1.5	1.5	0.15	0.1	1.5
SU4L - WAVES ON FIRE: ACTIVE AGERS with Connie Martin, MA	1.5	1.5	1.5	0.15	0.1	1.5
SU4M - THE MODERN SCIENCE OF LONGEVITY with Len Kravitz, PhD	1.5	1.5	1.5	0.15	0.1	1.5
SU4N - FIT CAMP FOR KIDS with Mindy Mylrea	1.5	1.5	1.5	0.15	0.1	1.5
SU4O - HOW TO PLAN YOUR PRESENTATION with John Watkis	1.5	1.5	1.5	0.15	0.1	1.5

SUNDAY, SEPTEMBER 24, 2017 CEC Totals:

SCW
 AFAA
 AEA
 ACE
 NASM
 ACSM

Convention CEC Totals:

SCW
 AFAA
 AEA
 ACE
 NASM
 ACSM

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

Signature of Approval *San Koop*

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.

