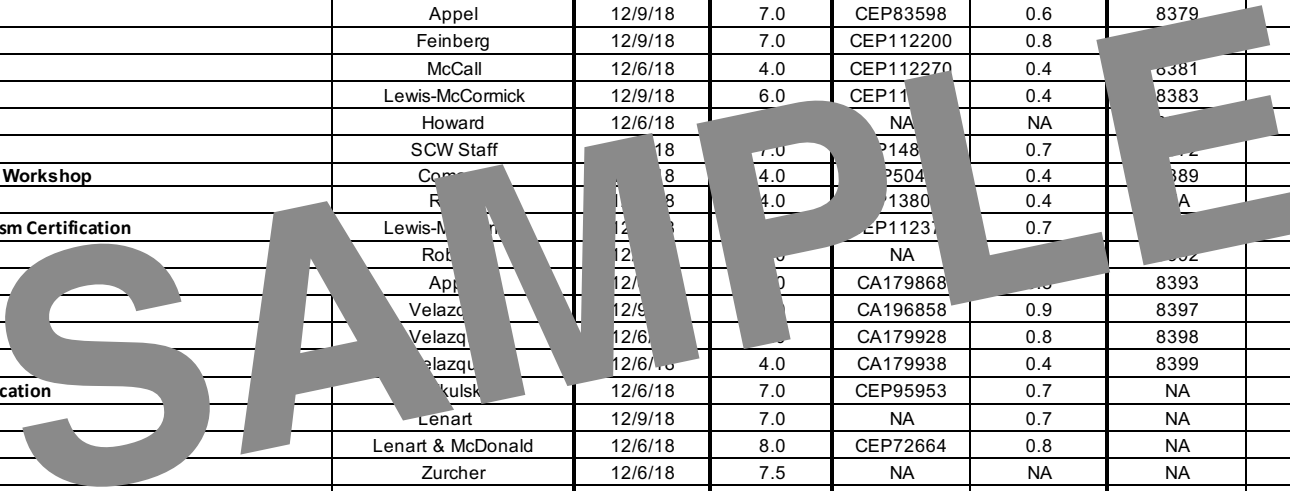


Boston MANIA® December 7th - December 9th, 2018 Pre-Con CEC Form

Below 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 forms. Please retain a copy of this CEC/CEU form for your records for at least four years. ACE, AFAA, NASM, ACSM, NFPT and AEA recognize SCW Fitness as a continuing education specialist. CEC/CEU values are dependent on session selection.

| Certification | Presenter | Date Number | SCW/ACSM CECs | ACE | | AEA | | AFAA CECs | NASM CECs | NFPT CECs |
|--|-------------------|-------------|---------------|----------------------|------|----------------------|------|-----------|-----------|-----------|
| | | | | Provider # See Below | CECs | Provider # See Below | CECs | | | |
| SCW Active Aging Certification | Biscontini | 12/6/18 | 8.0 | CEP96226 | 0.7 | 8374 | 4.0 | 7.0 | 0.7 | 1.6 |
| SCW Active Aging Nutrition Certification | Silverman | 12/6/18 | 4.0 | CEP138044 | 0.4 | NA | NA | 4.0 | 0.4 | 0.8 |
| SCW Aqua Barre Certification | Wartenberg | 12/6/18 | 6.0 | CEP116610 | 0.7 | 8376 | 6.0 | 6.0 | 0.6 | 1.2 |
| SCW Aquatic Exercise Certification | Howard | 12/5/18 | 8.0 | CEP29607 | 0.7 | 8377 | 9.0 | 8.0 | 0.7 | 1.6 |
| SCW Ballet Barre Certification | Appel | 12/9/18 | 7.0 | CEP83598 | 0.6 | 8379 | 4.0 | 7.0 | 0.7 | 1.4 |
| SCW Boxing Certification | Feinberg | 12/9/18 | 7.0 | CEP112200 | 0.8 | | 4.0 | 7.0 | 0.7 | 1.4 |
| SCW Core Training Certification | McCall | 12/6/18 | 4.0 | CEP112270 | 0.4 | 8381 | 2.0 | 4.0 | 0.4 | 0.8 |
| SCW Foam Rolling Certification | Lewis-McCormick | 12/9/18 | 6.0 | CEP11 | 0.4 | 8383 | 2.0 | 4.0 | 0.4 | 1.2 |
| SCW Group Exercise Certification | Howard | 12/6/18 | | NA | NA | | 4.5 | 8.0 | 0.8 | 1.6 |
| SCW Leadership & Business Summit | SCW Staff | 12/6/18 | 7.0 | 7148 | 0.7 | | 7.0 | 7.0 | 0.7 | 1.4 |
| SCW Lifestyle Behavioral Coaching Workshop | Compton | 12/6/18 | 4.0 | CEP504 | 0.4 | 8389 | 4.0 | 4.0 | 0.4 | 0.8 |
| SCW Meditation Certification | Rosen | 12/6/18 | 4.0 | CEP1380 | 0.4 | NA | NA | 4.0 | 0.4 | 0.8 |
| SCW Nutrition, Hormones & Metabolism Certification | Lewis-McCormick | 12/9/18 | 6.0 | CEP1123 | 0.7 | | 6.0 | 6.0 | 0.6 | 1.4 |
| SCW Personal Training Certification | Robinson | 12/6/18 | 8.0 | NA | | 8392 | 4.0 | NA | NA | 1.6 |
| SCW Pilates Matwork Certification | Appel | 12/9/18 | 7.0 | CA179868 | 0.8 | 8393 | 4.5 | 8.0 | 0.8 | 1.6 |
| WATERinMOTION® Certification | Velazquez | 12/9/18 | 8.0 | CA196858 | 0.9 | 8397 | 8.0 | 7.0 | 0.7 | 1.4 |
| SCW Yoga I Certification | Velazquez | 12/6/18 | 8.0 | CA179928 | 0.8 | 8398 | 4.0 | 8.0 | 0.8 | 1.6 |
| SCW Yoga II Certification | Velazquez | 12/6/18 | 4.0 | CA179938 | 0.4 | 8399 | 2.0 | 4.0 | 0.4 | 0.8 |
| ACTIVMOTION Bar Foundations Certification | Kulski | 12/6/18 | 7.0 | CEP95953 | 0.7 | NA | NA | 7.0 | 0.7 | NA |
| Balletone® | Lenart | 12/9/18 | 7.0 | NA | 0.7 | NA | NA | 7.0 | 0.7 | NA |
| Barre Above Certification | Lenart & McDonald | 12/6/18 | 8.0 | CEP72664 | 0.8 | NA | NA | 8.0 | 0.8 | NA |
| High Fitness Instructor Training | Zurcher | 12/6/18 | 7.5 | NA | NA | NA | NA | 8.0 | 0.8 | NA |
| One Day to Wellness Certification | Mylrea & Mylrea | 12/6/18 | 9.0 | CEP106950 | 0.9 | NA | NA | 9.0 | 0.9 | NA |
| PIYO Certification | Cameiro | 12/9/18 | 7.0 | CA172708 | 0.7 | NA | NA | 7.0 | 0.7 | NA |
| Rhythm and Soul with Soul Clap Fitness | Freeman | 12/6/18 | 8.0 | NA | NA | NA | NA | 8.0 | NA | NA |
| Schwinn Cycling Instructor Certification | Hogg & Stenis | 12/6/18 | 9.0 | CA181238 | 1.2 | NA | NA | 8.0 | 0.8 | NA |
| Speedball | Feinberg | 12/6/18 | 8.0 | CEP76346 | 1.3 | NA | NA | 5.0 | 0.5 | NA |
| Strong by ZUMBA Instructor Training | Bayersdorfer | 12/9/18 | 8.0 | NA | 0.8 | NA | NA | 8.0 | NA | NA |
| Triggerpoint Assessments to Performance | Pata | 12/6/18 | 4.0 | CEP117184 | 0.4 | NA | NA | 4.0 | 0.4 | NA |
| Triggerpoint Foam Rolling: Principles & Practice | Colonel | 12/6/18 | 4.0 | CEP70403 | 0.4 | NA | NA | 4.0 | 0.4 | NA |
| ZUMBA Basic Skills Level 1 Instructor Training | Saldi | 12/6/18 | 8.0 | CEP102225 | 0.7 | NA | NA | 5.5 | NA | NA |



Page Totals _____

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

Signature of SCW Fitness Education Employee for Approval _____

FRIDAY, December 7, 2018

| COURSE Provider Number | SCW | AFAA | AEA | ACE | NASM | NFPT | ACSM |
|---|-----|------|------|------|------|------|------|
| FR1 7:30am-9:00am | | | | | | | |
| FR1A - SHORT-CIRCUIT: GROUP TRAINING EDITION with Elisabeth Fouts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1B - BELOW THE BELT – GLUTES & LEGS! with Mindy Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1C - UPPER EXTREMITY MOVEMENT MECHANICS with Fabio Comana, MA, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1D - BARRE FIGHT with Billie Wartenberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1E - SPEEDBALL CORE with Steve Feinberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1F - LABLAST: PARTNER - FREE BALLROOM DANCE with Louis Van Amstel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1G - EXTREME TABATA YOGA with Jeff Howard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1H - 30-50-90 MULTI-GENERATIONAL FITNESS with Yury Rockit, Lawrence Biscontini, MA & Bernadette O'Brien, | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1I - EAST MEETS WESTERN TECHNIQUES: ROLLGA(R) ROLLER with Leslee Bender | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1J - SCHWINN®: HOW TO WOW! with Dawn Stenis, MA | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1K - HYDRO PLAYGROUND with Connie Warasila | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1L - H2O FUNCTIONAL FROLICS with Ann Gilbert | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1M - SUGAR SHOCKERS AND SHAKEDOWN with Tricia Silverman, RD, LDN, MBA | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1N - THE SCIENCE OF MYOFASCIAL RELEASE with Marc Coronel | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1O - SOFT SKILLS FOR HARD BODIES with Nathalie Lacombe | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1P - STAIRMASTER® PRESENTS – HIIT MIX SOLUTION with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2 10:00am-11:30am | | | | | | | |
| FR2A - 3ACT SLIDE CARDIO with D'Juan Woods | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2B - TRIGGERPOINT™: GRID* LOCK with Marc Coronel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2C - POUND® WHY YOUR BODY ROCKS! with Amy Ward | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2D - BARRE MOVES - NEW CHOREOGRAPHY IDEAS with Elizabeth Lenart | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2E - R.I.P.P.E.D.*: REFORMULATED! with Terry & Tina Shorter | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2F - HIGH FITNESS: AEROBICS IS BACK! with Melissa Zurcher | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2G - 3X3FIT AMPED-UP DYNAMIC STRETCH/SCULPT with Kim Marie Ross | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2H - ACTIVE AGING: BETWEEN THE CHAIRS with Irene Lewis-McCormick, MS, CSCS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2I - DEEP STRETCH AND THE AGING with Ann Gilbert | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2J - SCHWINN®: THE POWER BEHIND POWER with Keli Roberts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2K - LABLAST SPLASH with Louis Van Amstel | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2L - SPIRITUAL DJ H2O with Lawrence Biscontini, MA | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2M - DIET DIAGNOSIS with Bruce & Mindy Mylrea | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2N - BUILDING BLOCKS – CORE SCIENCE & TRAINING with Fabio Comana, MA, MS | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2O - SOCIAL MEDIA STORYTELLING with Trina Gray | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2P - BOXING: THE METHOD with Steve Feinberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3 11:45am-1:15pm | | | | | | | |
| FR3C - THE ULTIMATE GROUP X EXPERIENCE with Barbara Brodowsky | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3D - BEST OF BARRE with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3G - RHYTHM YOGA with Manuel Velazquez | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3J - SCHWINN®: THE MAGIC OF THE 3 C's with Jenn Hogg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3K - AQUA ATHLETICS with Jeff Howard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3L - GIRLS JUST WANT TO HAVE FUN! with Sara Kooperman, JD, Ann Gilbert, Keli Roberts, Billie Wartenberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3N - PROGRAMMING: PILLARS FOR ACTIVE ADULTS with Derek Mikulski | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3P - STAIRMASTER® PRESENTS – HIIT MIX SOLUTION with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3 12:30pm-2:00pm | | | | | | | |
| FR3A - COACHING SQUAT AND LUNGE VARIATIONS with Fabio Comana, MA, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3B - INTENSITY BY HEDSTROM FITNESS with Elizabeth Lenart | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3E - LES MILLS GRACE YOGA with Louise Schroder | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3F - ZUMBA® CARDIO with Louie Aldi | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3H - SENIORS 65+: THE MARKET with Robert Kelly | 1.5 | 1.0 | 0.76 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3I - FOAM ROLLING APPLIED PROGRAMMING: REGEN® with Susane Pata | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3M - NUTRITION & SLEEP: FASCINATING CONNECTIONS with Tricia Silverman, RD, LDN, MBA | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3O - STEPS TO STRENGTHENING YOUR BRAND with Elisabeth Fouts | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4 2:15pm-3:45pm | | | | | | | |
| FR4A - WARM UP! PERFORMANCE FLEXIBILITY & SMR with Irene Lewis McCormick, MS, CSCS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4B - COMPLETELY CORE with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4C - AEROROPES with Lisa Gaylord | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4D - "HIIT" THE PARTY AT THE BARRE with Linda McDonald | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4E - BEACHBODY STRENGTH with Barbara Brodowsky | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4F - SOUL CLAP: BECOME THE MUSIC with Khalid Freeman | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4G - PUTTING "INTENSITY" BACK INTO T'AI CHI with Lawrence Biscontini, MA | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4H - ACTIVE AGING: NO PLACE LIKE FOAM with Sara Kooperman, JD | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4I - FUNCTIONAL CIRCUITS FOR THE ACTIVE ADULT with Derek Mikulski | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4J - SCHWINN®: THE MAGIC OF THE 3 C's with Jenn Hogg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4K - POWER PLUNGE with Dawn Stenis, MA | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4L - DIVE INTO AQUA CHOREOGRAPHY with Manuel Velazquez, Connie Warasila, Ann Gilbert & Billie Wartenberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4M - NUTRITION PANEL with Fabio Comana, MA, MS, Bruce Mylrea, Tricia Silverman, RD, LDN, MBA & Casey Tom | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4N - ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE with Steve Feinberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4O - BAM! STRONG MIND, STRONG BUSINESS with Trina Gray | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4P - STAIRMASTER® PRESENTS – HIIT MIX SOLUTION with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5 4:00pm-5:30pm | | | | | | | |
| FR5A - COACHING CAMP: GROUP-TRAINING GROWTH with Elisabeth Fouts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5B - BOSU® UP DOWN ALL AROUND with Elizabeth Lenart | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5C - ROCKIT STRENGTH®: HARD CORE/PEACE CORE with Yury Rockit | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5D - RAQISA® BELLY DANCE BARRE with Soraya Doherty | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5E - RUMBLE by R.I.P.P.E.D.* with Susan Jessup | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5F - UNLEASHED! with Manuel Velazquez | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5G - PILATES ON THE BALL with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5H - BODY & SOLE FOR ACTIVE AGERS with Lawrence Biscontini, MA & Bernadette O'Brien, MA | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5I - BEST GLUTE & PSOAS EXERCISES with Dr. Evan Osar | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5J - SCHWINN®: B1G1 FREE, CLASS DESIGN with Mindy Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5K - BARRE-A-CUDA with Billie Wartenberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5L - NO EQUIPMENT? WATER WORKS! with Dawn Stenis, MA | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5M - GUT HEALTH: YOUR FIRST BRAIN with Casey Tom | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5N - FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL with Sara Kooperman, JD, Ann Gilbert, Keli Roberts, Irene Lewis-McCormick, MS, CSCS | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5O - UP YOUR GAME: INSANITY! with Barbara Brodowsky | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |

SATURDAY, December 8, 2018

| COURSE Provider Number | SCW | AFAA | AEA | ACE | NASM | NFPT | ACSM |
|---|-----|------|------|------|------|------|------|
| SA1 7:00am-8:30am | | | | | | | |
| SA1A - PULLING FOR POWER™ with SGT Ken* | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1B - POUND® - ROCKOUT. WORKOUT. with Amy Ward | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1C - QUICK & DIRTY 30 with Irene Lewis-McCormick, MS, CSCS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1D - POWER BODY BARRE with Billie Wartenberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1E - R.I.P.P.E.D.®: REFORMULATED! with Terry & Tina Shorter | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1F - SOUL CLAP: STEPPING & BODY PERCUSSION with Khalid Freeman | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1G - THE PERFECT FUSION WITH PIYO with Joie Comeiro | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1H - EXERCISE FOR THE FOUNTAIN OF YOUTH with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1I - MYOFASCIAL COMPRESSION™ TECHNIQUES FOR INJURY PREVENTION with Susane Pata | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1J - SCHWINN®: RHYTHM DONE RIGHT with Jenn Hogg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1K - WATER X 3 with Manuel Velazquez | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1L - AQUA CORE OPTIONS with Connie Warasila | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1M - WHAT'S IN YOUR FOOD? with Tricia Silverman, RD, LDN, MBA | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1N - THE FEMALE CLIENT AND MENOPAUSE with Elisabeth Parsons | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1O - COMPREHENSIVE FITNESS PROGRAMMING: BUSINESS BUILDING with PJ Stahl, MA CSCS | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1P - BOXING BOOTCAMP with Steve Feinberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA2A - KEYNOTE ADDRESS: LEAD TO SUCCEED with SGT Ken* from 9:30am to 10:45am | 1.0 | 1.0 | 1.0 | 0.1 | 0.1 | 0.2 | 1.0 |
| SA3 11:00am-12:30pm | | | | | | | |
| SA3A - FOUNDATIONS 360 with PJ Stahl, MA CSCS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3B - INSURG3NT by HEDSTROM FITNESS with Keli Roberts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3C - KARDIO KOMBAT™ with Lisa Gaylord | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3D - BALLETONE™ - A DANCER'S WORKOUT FOR THE NON-DANCER with Elizabeth Lenart | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3E - STRONG BY ZUMBA® with Natalie Bayersdorfer | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3F - LABLAST SILK: ACCESSIBLE DANCE FITNESS with Louis Van Amstel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3G - PILATES STRONG 2018 with Leslee Bender | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3H - STRENGTH TRAINING FOR LONGEVITY & VITALITY with Sara Kooperman, JD | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3I - PROGRESSIVE SYSTEMS TO SELF-MYOFASCIAL RELEASE with Marc Coranel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3J - SCHWINN®: TRAIN RIGHT RE-IMAGINED with Abbie Appel | 1.5 | 1.0 | 0.76 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3K - SURF AND TURF with Ann Gilbert | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3L - IT'S RAINING MEN! with Jeff Howard, Manuel Velazquez & Yury Rockit | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3M - NUTRITION TIPS, TIDBITS AND TREATS with Bruce & Mindy Mylrea | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3N - FROM PASSIONATE TRAINER TO SUCCESSFUL ENTREPRENEUR with Elisabeth Parsons | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3O - BUILDING BLOCKS FOR CAREER LONGEVITY with Barbara Brodowsky | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3P - STAIRMASTER® PRESENTS - HIIT MIX SOLUTION with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4 12:45pm-2:15pm | | | | | | | |
| SA4C - RETHINKING AND RETOOLING GROUP EXERCISE with Dr. Evan Osar | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4E - SPEEDBALL with Steve Feinberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4F - HIGH FITNESS: AEROBICS IS BACK! with Melissa Zurcher | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4I - RELAX & RESTORE FOAM ROLLER TRAINING with Irene Lewis-McCormick, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4M - 10X HABITS FOR NUTRITION SUCCESS with Casey | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4O - TIME-SAVING FITNESS WITH URBAN MUSIC with Joie Comeiro | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4 1:30pm-3:00pm | | | | | | | |
| SA4A - CRAZY COMBOS with Mindy Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4B - FEMALE TRAINING MODEL with Elisabeth Parsons | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4D - BARRAGE with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4G - SPIRIT with Yury Rockit | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4H - YOGA FLOW with Ann Gilbert | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4J - SCHWINN®: TRAIN RIGHT with Keli Roberts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4K - AQUATIC OPTIONS FOR ACTIVE with Ann Gilbert | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4L - AQUA YOGA FLOW with Connie Warasila | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4N - FOAM ROLLING PING PONG with Susane Pata | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4P - STAIRMASTER® PRESENTS - HIIT MIX SOLUTION with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5 3:15pm-4:45pm | | | | | | | |
| SA5A - THE EPOCALYPSE POWER™ POWER WORKOUT™ with Irene Lewis-McCormick, MS, CSCS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5B - ROC STEADY BY PROJECT STEEL™ with PJ Stahl, MA CSCS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5C - AEROROPES with Lisa Gaylord | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5D - CENTER FLOOR with Elizabeth Lenart | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5E - 3X3FIT AMPED-UP BODY SCULPT with Kim Marie Ross | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5F - SOUL CLAP: BECOME THE MUSIC with Khalid Freeman | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5G - WARRIOR TAI CHI YOGA™ with Jani Roberts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5H - MARKETING TO THE 65+ POPULATION with Robert Kelly | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5I - AGELESS BODY RECOVERY WITH ROLLGA with Leslee Bender | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5J - SCHWINN®: MUSIC MAGIC! with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5K - TAB-AQUA QUICKIES with Jeff Howard | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5L - SILVER AQUA SOLUTIONS with Manuel Velazquez, Connie Warasila, Billie Wartenberg, Ann Gilbert | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5M - SECRET LIFE OF A FAT CELL with Len Kravitz, PhD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5N - LEADING FOR MAX PERFORMANCE with Sara Kooperman, JD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5O - CREATING THE PERFECT WORKOUT PROGRAM with Joie Comeiro | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5P - BOXING BOOTCAMP with Steve Feinberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6 5:00pm-6:30pm | | | | | | | |
| SA6A - FUNCTIONAL FLUID FITNESS FOR LONGEVITY! with Christine Conti | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6B - THE ULTIMATE CARDIO KICKBOXING PARTY with Joie Comeiro | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6C - TRAINING MOM with Elisabeth Parsons | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6D - RAQISA® BELLY DANCE BARRE with Soraya Doherty | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6E - RUMBLE BY R.I.P.P.E.D.® with Susan Jessup | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6F - GET LO with Lauren Outlaw | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6G - FUNCTIONAL MOVEMENT, PILATES STYLE with Leslee Bender | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6H - MULTI-GENERATIONAL FITNESS with Billie Wartenberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6I - THE SWEATLESS WORKSITE WORKOUT with Irene Lewis-McCormick, MS, CSCS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6J - SCHWINN®: #WHOAMI with Jenn Hogg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6K - H2O LUSCIOUS LIMBS with Ann Gilbert | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6L - AQUA ZEN with Connie Warasila | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6M - PREVENTION & RECOVERY THROUGH MUSCLE STIMULATION with Steve Feinberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6N - WORLD'S BEST RESISTANCE TRAINING PROGRAMS with Len Kravitz, PhD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6O - BUSINESS OF PERSONAL TRAINING with Keli Roberts | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6P - STAIRMASTER® PRESENTS - HIIT MIX SOLUTION with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA7 6:45pm-7:45pm | | | | | | | |
| SA7B - MANIA® DANCE-OFF! with Club Vibe®, High Fitness, Kelly Bus, POUND, Soul Clap & ZUMBA® | 1.0 | 1.0 | 0.5 | 0.1 | 0.1 | 0.2 | 1.0 |
| SA7G - RECOVERY THROUGH MEDITATION with Yury Rockit | 1.0 | 1.0 | 0.5 | 0.1 | 0.1 | 0.2 | 1.0 |

SUNDAY, December 9, 2018

| COURSE Provider Number | SCW | AFAA | AEA | ACE | NASM | NFPT | ACSM |
|--|-----|------|------|------|------|------|------|
| SU1 7:00am-8:30am | | | | | | | |
| SU1A - THE AMRAP ASSAULT with SGT Ken® | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1B - LES MILLS GRIT® CARDIO & HIIT with Lauren Schroder | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1C - UNDERSTANDING MOVEMENT with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1E - FLEXIBILITY + PERFORMANCE = WELLNESS with Jeff Howard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1G - FITNESS AFFIRMATIONS: ARTHRITIS & AUTOIMMUNE DISEASE with Christine Conti | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1I - PROBLEM SHOULDERS? USE THESE EXERCISES! with Dr. Evan Osar | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1J - SCHWINN®: PEDAL AND PULSE with Mindy Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1L - LABLAST SPLASH with Louis Van Amstel | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1M - NUTRITION COACHING FOR PERSONAL TRAINERS with Casey Tom | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1N - THE FEMALE TRAINING ADVANTAGES 2018 with Len Kravitz, PhD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2 8:45am - 10:15am | | | | | | | |
| SU2A - 3ACT SLIDE CARDIO with D'Juan Woods | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2B - FEMALE CORE TRAINING 2.0 with Dr. Evan Osar | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2C - RUNHABX: THE CHI STRONG GAMES with Joel Matalon | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2E - TUKONG CARDIO COMBAT KICKBOXING with Jeff Howard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2G - Y3: YIN-YANG YOGA with Yury Rockit | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2I - FUNCTIONAL FITNESS WITH ACTIVMOTION with Leslee Bender | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2L - AQUA ATHLETICS with Leslee Bender | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2M - FOODS FOR OPTIMAL HEALTH with Bruce & Leslee Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2N - 10 KEY REASONS FOR LONGEVITY with Len Kravitz, PhD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3 11:15am - 12:45pm | | | | | | | |
| SU3A - THE WARRIOR® EXPERIENCE with SGT Ken® | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3B - BEYOND BOOTS: THE WARRIOR® FITNESS with SGT Ken® | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3C - 20X3 with Jeff Howard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3E - FACE IT TOGETHER: FACIAL EXERCISE PROGRAM with Christine Conti | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3G - RUNHABX: TRAINING with Joel Matalon | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3I - TRIGGERPOINT MASSAGE with Marc Coronel | 1.5 | 1.0 | 0.76 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3L - SPIRITED® SURVIVAL with Yury Rockit | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3M - THE AGELESS BODY WITH ROLLGA® with Leslee Bender | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3N - EIGHT BEST ANAEROBIC CIRCUIT PROGRAMS with Len Kravitz, PhD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4 1:00pm-2:30pm | | | | | | | |
| SU4A - CREW CONDITIONING™ WITH SGT KEN® with SGT Ken® | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4B - AXLE: LIFT, BURN, MOVE with Andrew Page | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4C - CORRECTIVE EXERCISE FOR THE PROBLEM SHOULDER with Susane Pata | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4E - THE WARRIOR® EXPERIENCE with Jani Roberts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4G - VINYASA FLOW: FEEL THE RESISTANCE with Christine Conti | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4I - KNEE AND FOOT SOLUTIONS 2.0 with Dr. Evan Osar | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4L - BARRE H2O with Billie Wartenberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4M - NUTRITION UNCENSORED with Casey Tom | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4N - APP-etite for Wellness with Yury Rockit | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____