

Philadelphia MANIA® September 21st - September 23rd, 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 | Biscontinini | 9/20/18 | 8.0 | | 0.7 | | 4.0 | 7.0 | 0.7 | 1.6 |
| SCW Active Aging Nutrition Certification | Silverman | 9/20/18 | 4.0 | | 0.4 | | NA | 4.0 | 0.4 | 0.8 |
| SCW Aqua Barre Certification | Wartenberg | 9/20/18 | 6.0 | | 0.7 | | 6.0 | 6.0 | 0.6 | 1.2 |
| SCW Aquatic Exercise Certification | McCormick | 9/20/18 | 8.0 | | 0.7 | | 8.0 | 8.0 | 0.7 | 1.6 |
| SCW Ballet Barre Certification | Appel | 9/23/18 | 7.0 | | 0.6 | | 4.0 | 7.0 | 0.7 | 1.4 |
| SCW Boxing Certification | Feinberg | 9/23/18 | 7.0 | | 0.8 | | 4.0 | 7.0 | 0.7 | 1.4 |
| SCW Core Training Certification | McCall | 9/20/18 | 4.0 | | 0.4 | | 2.0 | 4.0 | 0.4 | 0.8 |
| SCW Foam Rolling Certification | Lewis-McCormick | 9/23/18 | 2.0 | | 0.4 | | 2.0 | 0.0 | 0.4 | 1.2 |
| SCW Group Exercise Certification | Howard | | 0.0 | | 0.0 | | 0.0 | 0.0 | 0.8 | 1.6 |
| SCW Meditation Certification | | | 0.0 | | 0.0 | | 0.0 | 4.0 | 0.4 | 0.8 |
| SCW Nutrition, Hormones & Metabolism Certification | | | 0.0 | | 0.0 | | 0.0 | 6.0 | 0.6 | 1.4 |
| SCW Personal Training Certification | | | 0.0 | | 0.0 | | 0.0 | NA | NA | 1.6 |
| SCW Pilates Matwork Certification | | 9/20/18 | 8.0 | | 0.8 | | 8.0 | 8.0 | 0.8 | 1.6 |
| SCW Sports Nutrition Certification | | 9/20/18 | 0.0 | | 0.0 | | 0.0 | 0.0 | 0.6 | 1.2 |
| WATERinMOTION® Certification | Wartenberg | 9/23/18 | 7.0 | | 0.7 | | 7.0 | 7.0 | 0.7 | 1.4 |
| SCW Women's Leadership Summit | SCW | 9/20/18 | 7.0 | | 0.7 | | 7.0 | 7.0 | 0.7 | 1.4 |
| SCW Yoga I Certification | Vela | 9/20/18 | 8.0 | | 0.8 | | 4.0 | 8.0 | 0.8 | 1.6 |
| SCW Yoga II Certification | Vela | 9/20/18 | 4.0 | | 0.4 | | 2.0 | 4.0 | 0.4 | 0.8 |
| Balletone® - Powered by Pilates Certification | Leh | 9/23/18 | 7.0 | | 0.7 | | NA | 7.0 | 0.7 | NA |
| Barre Above Certification | Wick-Winnhart | 9/20/18 | 8.0 | | 0.8 | | NA | 8.0 | 0.8 | NA |
| High Fitness Instructor Training | Smith | 9/20/18 | 7.5 | | NA | | NA | 8.0 | 0.8 | NA |
| One Day to Wellness Certification | Pa & M | 9/20/18 | 9.0 | | 0.9 | | NA | 9.0 | 0.9 | NA |
| PIYO Certification | Wskach | 9/23/18 | 7.0 | | 0.7 | | NA | 7.0 | 0.7 | NA |
| Schwinn Cycling Instructor Certification | Scott & Sherman | 9/20/18 | 9.0 | | 1.2 | | NA | 8.0 | 0.8 | NA |
| Speedball | Feinberg | 9/20/18 | 8.0 | | 1.3 | | NA | 5.0 | 0.5 | NA |
| Stairmaster® Presents: Boxmaster | Friend-Uhl | 9/23/18 | 4.0 | | 0.4 | | NA | 5.0 | 0.5 | NA |
| Stairmaster® Presents: HIIT Just Got Real Certification | McCall | 9/23/18 | 4.0 | | 0.4 | | NA | 4.0 | 0.4 | NA |
| Strong by ZUMBA Instructor Training | Bullard | 9/23/18 | 8.0 | | 0.8 | | NA | 8.0 | NA | NA |
| Triggerpoint Assessments to Performance | Pata | 9/20/18 | 4.0 | | 0.4 | | NA | 4.0 | 0.4 | NA |
| Triggerpoint Foam Rolling: Principles & Practice | Patrick | 9/20/18 | 4.0 | | 0.4 | | NA | 4.0 | 0.4 | NA |
| ZUMBA Basic Skills Level 1 Instructor Training | Masceri | 9/20/18 | 8.0 | | 0.7 | | 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, September 21, 2018

| COURSE Provider Number | SCW | AFAA | AEA | ACE | NASM | NFPT | ACSM |
|--|-----|------|------|------|------|------|------|
| FR1 7:30am-9:00am | | | | | | | |
| FR1A - BELOW THE BELT – GLUTES & LEGS! with Mindy Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1B - SPORT™ BY GROUP RX with Dana Anderson | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1C - POUND® - ROCKOUT. WORKOUT. with Michelle Bastos | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1D - BARRE FOR ATHLETES with Jenn Hall | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1E - UPPER EXTREMITY MOVEMENT MECHANICS with Fabio Comana, MA, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1F - HIGH FITNESS: AEROBICS IS BACK! with Metta Semrad, Ricki Smith, & Melissa Zurcher | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1G - OUT WITH OLD, IN WITH OLDER! with Lawrence Biscontini, MA, & Bernadette O'Brien, MA | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1H - CORRECTIVE EXERCISE FOR THE PROBLEM SHOULDER with Susane Pata | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1I - SCHWINN®: THE MAGIC OF THE 3 C's with Jeffrey Scott | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1J - LABLAST SPLASH with Megan Cooperman | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1K - BARRE H2O with Billie Wartenberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1L - TOP 10 FOR WEIGHT LOSS with Sahailla Digsby, RDN, LD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1M - STEPS TO STRENGTHENING YOUR BRAND with Elisabeth Fouts | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1N - RE-BUILDING: SURVIVOR TURNOVER with Michele Melkerson-Granryd | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR1P - STAIRMASTER® PRESENTS - HIIT JUST GOT REAL with Sonja Friend-Uhl | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2 10:00am-11:30am | | | | | | | |
| FR2A - SHORT-CIRCUIT: GROUP TRAINING EDITION with Elisabeth Fouts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2B - PULLING FOR POWER™ with SGT Ken® | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2C - MMA FOR GROUP FITNESS with Kam Niskach | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2D - POWER BODY BARRE with Billie Wartenberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2E - INTENSITY BY HEDSTROM FITNESS with Elizabeth Lenart | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2F - LABLAST: PARTNER FREE BALLROOM DANCE with Danielle Janco | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2G - PILATES ON THE BALL with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2H - EXERCISE FOR THE FOUNTAIN OF YOUTH with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2I - SCHWINN®: TO BREATHELESS AND BACK with Robert Sherman | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2J - AQUA CURRENTS OF CARDIO CONFETTI with Yury Rockit | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2K - DEEP WATER TABATA with Irene Lewis-McCormick, MS, CSCS | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2L - NUTRITION PANEL with Fabio Comana, MA, MS, Melissa Layne, MEd, Bruce Mylrea, Gilric Silverman, RD, LDN, | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2M - FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL with Sara Kooperman, JD, Ann Gilbert. Mindy Mylrea, Keli | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2N - CERTIFIED? WHAT'S NEXT? Gail Bannister-Munn | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR2O - 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 | | | | | | | |
| FR3B - CORRECTIVE EXERCISE: FEMALE CORE with Dr. Evan Osar | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3D - BARRÉ MOVES – NEW CHOREOGRAPHY IDEAS with Pattie Bostick-Winn | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3E - BEYOND BOOTCAMP BY HEDSTROM FITNESS with Mindy Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3H - 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 |
| FR3J - AQUA ATHLETE with Jeff Howard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3K - GIRLS JUST WANNA HAVE FUN! with Sara Kooperman, JD, Ann Gilbert & Melissa Layne, MEd | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3M - BUILDING YOUR BUSINESS: CORE SCIENCE & TRAINING with Fabio Comana, MA, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3 12:30pm-2:00pm | | | | | | | |
| FR3A - QUIET INTENSITY 30 with Irene Lewis-McCormick, MS, CSCS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3C - THE MATE GROUP: EXPERIENCE with Sara Kooperman, JD, Ann Gilbert & Melissa Layne, MEd | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3F - ZUMBA® CARDIO BLAST with Stephanie Munn | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3G - BARRE METHOD™ YOGA FLEXIBILITY with Gail Bannister-Munn | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3I - SCHWINN®: GROUP DE SCHWINN® with Jeffrey Scott | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3L - SUGAR FREE DOWN with Lorna Kleidman, MA, MS | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3N - HELPI! with Michele Melkerson-Granryd | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR3P - STAIRMASTER® PRESENTS - HIIT JUST GOT REAL with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4 2:15pm-3:45pm | | | | | | | |
| FR4A - COACHING CAMP: GROUP TRAINING EDITION with Elisabeth Fouts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4B - COACHING CAMP: OUT AND ABOUT with Fabio Comana, MA, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4C - 30-50-90: GENERAL FITNESS with Yury Rockit, Lawrence Biscontini, MA & Bernadette O'Brien, | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4D - LET THE BARRÉ ABOVE™ BY BARRÉ ABOVE™ with Pattie Bostick-Winn | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4E - SPEEDBALL with Billie Wartenberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4F - LABLAST SHAPE: INTERVAL BASED DANCE FITNESS with Danielle Janco | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4G - SPRY – STRENGTH, POWER, RESISTANCE, YOGA with Lorna Kleidman & Mary Horne | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4H - KNEE OSTEOARTHRITIS? CORRECTIVE EXERCISE STRATEGY with Dr. Evan Osar | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4I - SCHWINN®: MUSIC MAGIC! with Jeffrey Scott | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4J - H2WHOA with Melissa Layne, MEd | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4K - DIVE INTO AQUA CHOREOGRAPHY with Manuel Velazquez, Ann Gilbert & Billie Wartenberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4L - DIET DIAGNOSIS with Bruce & Mindy Mylrea | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4M - UNLEASH THE POWER OF MUSIC with Dana Anderson | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR4N - CREATING THE PERFECT WORKOUT PROGRAM with Kam Niskach | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5 4:00pm-5:30pm | | | | | | | |
| FR5A - 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 |
| FR5B - FLUID STRENGTH with Mindy Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5C - GROUP EXERCISE INSTRUCTOR? CORRECTIVE EXERCISE with Dr. Evan Osar | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5D - BODYWEIGHT BARRE with Keli Roberts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5E - BODY BREAKTHROUGH with Jeff Howard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5F - MANIA® DANCE OFF! (6:30pm-9:00pm) with High Fitness, Lablast®, POUND®, Zumba® | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5G - ACTIVE AGING: NO PLACE LIKE FOAM with Sara Kooperman, JD | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5H - MYOFASCIAL COMPRESSION™ TECHNIQUES FOR INJURY PREVENTION with Susane Pata | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5I - SCHWINN®: HOW TO WOW! with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5J - AQUA CORE TRAINING with Manuel Velazquez | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5K - LUSCIOUS LIMBS with Ann Gilbert | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5L - TIMING IS EVERYTHING with Melissa Layne, MEd | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5M - PREVENTION & RECOVERY THROUGH MUSCLE STIMULATION with Steve Feinberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5N - TEACH YOUR TRAINERS TO SELL with Michele Melkerson-Granryd | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| FR5P - STAIRMASTER® PRESENTS - HIIT JUST GOT REAL with Pete McCall, MS | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |

SATURDAY, September 22, 2018

| COURSE Provider Number | SCW | AFAA | AEA | ACE | NASM | NFPT | ACSM |
|--|-----|------|------|------|------|------|------|
| SA1 7:00am-8:30am | | | | | | | |
| SA1A - DYNAMIC FLEXIBILITY: A 3D LIFE with Manuel Velazquez | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1B - THE ROWING RUSH™ SPONSORED BY WATERROWER with SGT. KEN® | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1C - COMPLETELY CORE with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1D - ALLEGRO with Elizabeth Lenart | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1E - THE PERFECT FUSION WITH PIYO with Kam Niskach | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1F - LABLAST SILK: ACCESSIBLE DANCE FITNESS with Danielle Janco | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1G - The SPIRITED® INNER FAMILY with Yury Rockit | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1H - PSOAS & GLUTES: CORRECTIVE EXERCISE with Dr. Evan Osar | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1I - SCHWINN® CYCLING: #WHOAMI with Jonathan Scott | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1J - AQUA: PLAYING WITH YOUR PLAYLISTS with Billie Wartenberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1K - AQUATIC SOLUTIONS FOR THE AGING with Ann Gilbert | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1L - NUTRITION & SLEEP: FASCINATING CONNECTIONS with Tricia Silverman, RD, LDN, MBA | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1M - FITNESS PROGRAM COMPREHENSION & CREATION with PJ Stahl, MA, CSCS | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1N - \$0 FREE (OR CHEAP) MARKETING TRICKS with Jenn Hall | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA1O - BOXING BOOTCAMP with Steve Feinberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA2B - KEYNOTE ADDRESS: PARADOXES OF FITNESS: THE L.B. METHOD with Lawrence Biscontini, MA | 1.0 | 1.0 | 1.0 | 0.1 | 0.1 | 0.2 | 1.0 |
| SA3 11:00am-12:30pm | | | | | | | |
| SA3A - STRONG BY ZUMBA® with Kelly Bullard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3B - FOUNDATIONS 360 with PJ Stahl | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3C - POUND® - ROCKOUT. WORKOUT. with Michelle Bastos | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3D - CENTER FLOOR with Elizabeth Lenart | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3E - INSURG3NT by HEDSTROM FITNESS with Keli Roberts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3F - HIIT THE DANCE FLOOR with Jenn Hall | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3G - TRANSFORM by GROUP RX with Dana Anderson | 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 - SCHWINN®: RHYTHM DONE RIGHT with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3J - ZENERGY H2O with Irene Lewis-McCormick, MS, CSCS | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3K - 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 |
| SA3L - NUTRITION TIPS, TIDBITS AND TREATS with Bruce & Mindy Mylrea | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3M - ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE with Steve Feinberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3N - BUILDING BLOCKS FOR CAREER LONGEVITY with Barbara Bradowsky | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA3P - STAIRMASTER® PRESENTS - HIIT JUST GOT REAL with Sonia Friend-Uhl | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4 12:45pm-2:15pm | | | | | | | |
| SA4A - THE 4 F'S OF EXERCISE with Elian Haan | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4C - DON'T STEP ON IT with Jeff Howard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4D - NEVER TOO LATE FOR BARRE with Leslee Bender | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4J - AQUA ZUMBA® with Kelly Bullard | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4K - SILVER AQUA SOLUTIONS with Manuel Velazquez, Sara Kooperman, Ann Gilbert | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4N - LEADING EDGE: PERFORMANCE with Sara Kooperman, JD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4 1:30pm-3:00pm | | | | | | | |
| SA4B - AXIOM: CORE with Andrew Page | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4E - SPIRITED® CORE with Yury Rockit | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4F - LA LINE DANCE with Danielle Janco | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4G - SPIN: STRENGTH, POWER, RESISTANCE, YOGA with Arna K. & Mary H. | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4H - TRINITY: MOVEMENT™ FOR MOVEMENT with Sylvia L. | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4I - SCHWINN®: DESIGN with Jonathan Scott | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4L - SNEAK PEEK: WEIGHT with Tricia Silverman, RD, LDN, MBA | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4M - UP YOUR GAME: WITH PIYO with Kam Niskach | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA4P - STAIRMASTER® PRESENTS BOOMERANG with Sonia Friend-Uhl | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5 3:15pm-4:45pm | | | | | | | |
| SA5A - CRAZY CORE COMBOS with Mindy Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5B - CREW: MOVING™ WITH SCHWINN® with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5C - DITTO with Kelly Bullard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5D - BARRE 360 with Kelly Bullard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5E - ON THE BALL with Sara Kooperman, JD | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5F - HIGH FITNESS: AEROBICS IS BACK! with Metta Semrad, Ricki Smith, Melissa Zurcher | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5G - PILATES FOR INJURY PREVENTION with Leslee Bender | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5H - YOGA FOR THE YOUNG AT HEART: CHAIR with Sara Kooperman, JD | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5I - SCHWINN®: THE POWER BEHIND POWER with Keli Roberts | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5J - ABC - AQUA BOOTCAMP CIRCUIT with Irene Lewis-McCormick, MS, CSCS | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5K - ATHLETIC AQUA ADVANTAGE with Melissa Layne | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5L - METABOLISM MAKEOVER with Sohailla Digsby, RDN, LD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5M - THE FEMALE TRAINING ADVANTAGES 2018 with Len Kravitz, PhD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5N - TIME-SAVING TOOLS FOR DIGITAL MUSIC with Jeff Howard and Manuel Velazquez | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA5P - STAIRMASTER® PRESENTS - HIIT JUST GOT REAL with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6 5:00pm-6:30pm | | | | | | | |
| SA6A - ROC STEADY BY PROJECT STEEL™ with PJ Stahl, MA, CSCS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6B - MAX INTERVAL TRAINING WITH INSANITY with Barbara Bradowsky | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6C - UNDERSTANDING MOVEMENT with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6D - BEST OF BARRE with Abbie Appel | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6E - LES MILLS GRIT™ PLYO with Scott Martin | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6F - UNLEASHED! with Manuel Velazquez | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6G - RELAX & RESTORE FOAM ROLLER TRAINING with Irene Lewis-McCormick, MS, CSCS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6H - DEEP STRETCH AND THE AGING with Ann Gilbert | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6I - SCHWINN®: TRAIN RIGHT RE-IMAGINED with Mindy Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6J - LABLAST SPLASH with Megan Cooperman | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6K - BARRE-A-CUDA with Billie Wartenberg | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6L - 52 DAYS: YOUR BEST BODY with Sohailla Digsby, RDN, LD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6M - WORLD'S BEST RESISTANCE TRAINING PROGRAMS with Len Kravitz, PhD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6N - ANIMATION VS. EDUCATION with Gail Bannister-Munn | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA6O - 3:1 PUNCHOUT with Steve Feinberg | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SA7 6:45pm-7:45pm | | | | | | | |
| SA7G - RECOVERY THROUGH MEDITATION with Lawrence Biscontini, MA & Yury Rockit | 1.0 | 1.0 | 0.5 | 0.1 | 0.1 | 0.2 | 1.0 |
| SA7L - EBBS AND FLOWS OF AQUA EXERCISE: PANEL DISCUSSION with SCW Staff | 1.0 | 1.0 | 1.0 | 0.1 | 0.1 | 0.2 | 1.0 |

SUNDAY, September 23, 2018

| COURSE Provider Number | SCW | AFAA | AEA | ACE | NASM | NFPT | ACSM |
|--|-----|------|------|------|------|------|------|
| SU1 7:00am-9:30am | | | | | | | |
| SU1A-20X3 with Jeff Howard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1B - THE WARRIOR FIT GAMES with SGT Ken® | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1E - BOSU® UP DOWN ALL AROUND with Elizabeth Lenart | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1F - THE BREAKDOWN with Jenn Hall | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1G - SUNDAY SHAKTI: #SpiritualBurpees with Lawrence Biscontini, MA | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1H - FOAM ROLLING APPLIED PROGRAMMING: REGEN® with Susane Pata | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1I - SCHWINN®: PEDAL AND PULSE with Mindy Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1J - AQUA TEAMHIIT with Kayla Bonina | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1L - PERFECT HEALTH: EAST MEETS WEST with Gina Rollins | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1M - FORGET THE REST? with Melissa Layne, MEd | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU1N - CREATING YOUR UNIQUE BRAND OF FITNESS with Pete McCall, MS | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2 8:45am- 10:15am | | | | | | | |
| SU2A - LIFT ON THE GO with Kayla Bonina | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2B - LES MILLS GRIT® CARDIO & HIIT with Scott Martin | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2E - GAME TIME with Kris Claborn | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2F - POUND® - ROCKOUT. WORKOUT. with Michelle Bastos | 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 |
| SU2H - FLEXIBILITY + PERFORMANCE = WELLNESS with Jeff Howard | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2J - AQUA CHI-FLOW with Elian Haan | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2L - FOODS FOR OPTIMAL HEALTH with Bruce & Melissa Mylrea | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2M - 10 KEY RULES FOR LONGEVITY with Len Kravitz, PhD | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU2N - NO LIMITS: YOUR SUCCESS with Pete McCall, MS | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3 11:15am-12:45pm | | | | | | | |
| SU3A - CORE STRENGTH with Elian Haan | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3B - THE AEROBIC ASSAULT with SGT Ken® | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3E - ACETYLIC OTHER: FACIAL EXERCISE PROGRAM with Christine Conti | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3F - HIIT-HI with Kris Claborn | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3G - STRONG CORE with Kayla Bonina | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3H - PROGRESSIVE PLYO with Yury Rockit | 1.5 | 1.0 | 0.76 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3J - SPIRITED® SURF 2 with Yury Rockit | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3L - HEALING THROUGH THE 5 SEASONS with Gina Rollins | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3M - EIGHT BEST ANAEROBIC CIRCUITS with Len Kravitz, PhD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU3N - SCRIPTS FOR THE NON-SALES PERSON with Jason Stowell | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4 1:00pm-2:30pm | | | | | | | |
| SU4A - FUNCTIONAL FITNESS FOR LONGEVITY! with Christine Conti | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4B - CORE: TAKE IT TO THE NEXT LEVEL with Lawrence Biscontini, MA | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4E - ROCKIT STRENGTH®: HARD CORE/PEACE CORE with Yury Rockit | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4F - SMART CHOREOGRAPHY 101 with Jenn Hall | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4G - QI GONG FOR EVERY BODY with Elian Haan | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4H - MOVE ACTIVE AGERS WITH MUSIC with Rachel Finley Norwood | 1.5 | 1.0 | 0.75 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4J - H2O FUNCTIONAL FROLICS with Ann Gilbert | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4L - 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 |
| SU4M - SECRET LIFE OF A FAT CELL with Len Kravitz, PhD | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |
| SU4N - VALUE BASED PERSONAL TRAINING ORIENTATION with Jason Stowell | 1.5 | 1.0 | 1.5 | 0.15 | 0.1 | 0.25 | 1.5 |

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____