

FRIDAY, July 26, 2019

| COURSE<br>Provider Number   | SCW | AFAA | AEA  | ACE  | NASM | NFPT | ACSM |
|---|-----|------|------|------|------|------|------|
| <b>FR1 7:30am-9:00am</b>  |     |      |      |      |      |      |      |
| FR1A - PULLING FOR POWER, PROGRAM 004™ - SGT Ken®   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1B - HIGH FITNESS: AEROBICS IS BACK! - Metta Semrad   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1C - POUND® - SWEAT, SCULPT, ROCK. - Amber Bruehl   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR1D - SPEEDBALL CORE - Steve Feinberg  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR1E - GO WITH THE FLOW SALUTATIONS - Jeff Howard   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1F - FITOUR®: SEXY MYOFASCIAL RELEASE W/PILATES - Carol Ann, MS                             | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1G - POWER BODY BARRE - Billie Wartenberg   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR1H - ZUMBA® CARDIO BLAST - Erick Santana  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1I - SCHWINN®: STEP INTO YOUR SHINE - Doris Thews   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1J - STAGES®: THE POWER OF PROGRESSION - Pam Benchley                                       | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1K - ACQUAPOLE® NEXT GENERATION - Andrea Velazquez & Kristi Anaya                           | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| FR1L - LABLAST® SPLASH: SHALLOW AQUA FITNESS - Louis Van Amstel                               | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1M - SUGAR VS. NON-NUTRITIVE SWEETENERS? - Fabio Comana, MA, MS                             | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1N - STAIRMASTER: SCIENCE OF VARIABILITY FOR SERIOUS HIIT - Pete McCall, MS                 | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1P - THE BUSINESS OF FITNESS - Tricia Murphy-Madden   | 1.5 | 1.0  |      | 0.15 | 0.1  | 0.25 | 1.5  |
| FR1Q - PODCASTING 101: CREATE YOUR PLATFORM - Christine Conti                                 | 1.5 | 1.0  |      | NA   | 0.1  | 0.25 | 1.5  |
| FR1R - ASSESSMENTS THAT REVOLUTIONIZE YOUR BUSINESS - Michelle Blakely                        | 1.5 | 1.0  |      |      | 0.1  | 0.25 | 1.5  |
| <b>FR2 10:00am-11:30am</b>  |     |      |      |      |      |      |      |
| FR2A - MASHUP®: VIIT IT! - Amber Cura & Shannon Lyon  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR2B - FROM THE GROUND UP! - Manuel Velazquez   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR2C - MOVE WITH SWEATNOW - Andrea Kozma  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR2D - TEACHING THE DEADLIFT - Jonathan Mike, PhD   | 1.5 | 1.0  | 0.75 |      | 0.1  | 0.25 | 1.5  |
| FR2E - DEEP STRETCH & THE AGING - Ann Gilbert   | 1.5 | 1.0  | 0.75 |      | 0.1  | 0.25 | 1.5  |
| FR2F - PREVENTION & RECOVERY THROUGH MUSCLE STIMULATION - Steve Feinberg                      | 1.5 | 1.0  | 0.75 |      | 0.1  | 0.25 | 1.5  |
| FR2G - BARRE MOVES - UPDATE YOUR CHOREOGRAPHY - Lauren George & Jenn Hall                     | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR2H - COUNTRY FUSION® - Elizabeth Mooney   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR2I - SCHWINN®: RHYTHM DONE RIGHT - Abbie Appel  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR2J - STAGES®: BUILD IT (FASTER!). THEY WILL COME - Pam Benchley                             | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR2K - AQUATRAINMENT - 100+ CONCEPT AQUATIC POSSIBILITIES - Evelyn & Greg Keyes               | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| FR2L - GIRLS JUST WANNA HAVE FUN! - Sara Kooperman, JD, Melissa Layne, MEd, Billie Wartenberg | 1.5 | 1.0  |      | NA   | 0.1  | 0.25 | 1.5  |
| FR2M - DIET DIAGNOSIS - Bruce & Mindy Mylrea  | 1.5 | 1.0  |      | NA   | 0.1  | 0.25 | 1.5  |
| FR2N - STAIRMASTER: REAL RATIOS FOR RESULTS - HIIT - Sonja Friend-Uhl                         | 1.5 | 1.0  |      | NA   | 0.1  | 0.25 | 1.5  |
| FR2P - FITNESS BUSINESS TRENDS FOR 2019 - Sara Kooperman, JD                                  | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| FR2Q - PROGRAM DESIGN FOR OLDER ADULTS - Robert Linkul  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR2R - MARKETING TO WOMEN IN MIDLIFE - Debra Atkinson   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| <b>FR3 11:45am-1:15pm</b>   |     |      |      |      |      |      |      |
| FR3A - EXTREME HIIT CHAOS™ MEETS FLUID STRENGTH - Carolyn Erickson & Mindy Mylrea             | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR3B - LOWER BODY BLASTER - Jeff Howard   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR3D REB3L STRENGTH™: NO REP COUNTING - Tricia Cremeans & Ashleigh Hughes                     | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR3H - LABLAST®: DANCE FITNESS: A TRUE HIIT! - Louis Van Amstel                               | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR3J - STAGES®: W.T.F.T.P.? - Cameron Chinatti  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR3K - ACQUAPOLE® STRENGTH AND TONING - Andrea Velazquez & Kristy Anaya                       | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| FR3L - SIX STEPS TO CREATIVE DRILLS - Melissa Layne, MEd                                      | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR3M - SIMPLE APPROACHES TO WEIGHT LOSS - Fabio Comana, MA, MS                                | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR3P - EXPANSION WAY STORIES: LESSONS LEARNED - Gavin McKay                                   | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| FR3Q - GROWING A GLOBAL BRAND - Debra Strougo Frohlich & Eric Von Frohlich                    | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| <b>FR3 12:30pm-2:00pm</b>   |     |      |      |      |      |      |      |
| FR3C - HIIT THE TURF - Jen Keenan-Stryska & Angelique Hughes                                  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR3E - MULTI-GENERATIONAL FITNESS - Billie Wartenberg   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR3F - VERTICALLY PILATES - Jeff Howard   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR3G - BARRE WITH A TWIST - Abbie Appel   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR3I - SCHWINN®: SCHWINTENSITY - Jeffrey Scott  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR3N - BOXING: THE METHOD - Steve Feinberg  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR3R - REVENUE, RETENTION AND REFERRAL SECRETS - Michelle Blakely                             | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| <b>FR4 2:15pm-3:45pm</b>  |     |      |      |      |      |      |      |
| FR4A - THE EPOCALYPSE WATERROWER® POWER WORKOUT - Irene Lewis-McCormick, MS                   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4B - HIGH FITNESS: AEROBICS IS BACK! - Metta Semrad   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4C - JUNGSHIN® FITNESS - RHYTHM & SWORDS WORKOUT - Anika Kahn, MS                           | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR4D - CONSISTENT RESISTANCE TRAINING - Carolyn Erickson                                      | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4E - STRENGTH TRAINING FOR ACTIVE AGERS - Kelli Williams                                    | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR4F - RUMBLEROLLER® ROLL ON THE MAT, ROLL INTO THE GYM - Heidi Henderson                     | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4G - LET THE BEAT DROP - ABS & BARRE - Amber Bruehl   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4H - CLUB VIBE® - DANCE FITNESS - Lauren George & Jenny Schur                               | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR4I - SCHWINN®: HOW TO WORKOUT - Kelli Williams  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4J - STAGES®: MIXED EMOTIONS - Cameron Chinatti   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4K - STROOPS AQUA BOOT CAMP - Jeff Howard   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4L - DIVE INTO AQUA CHOREOGRAPHY - Lauren George & Jenn Hall                                | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4M - NUTRITION PANEL - Kelli Roberts  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4N - STAIRMASTER: HIIT & REST - Sonja Friend-Uhl  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR4P - INSURANCE FOR STUDIOS, INSTRUCTORS & TRAINERS - Jennifer Urmston-Lowe                  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4Q - MARKETING STRATEGIES FOR PERSONAL TRAINERS - Mark Nutting                              | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR4R - THE SMARTEST IN THE ROOM - Gavin McKay   | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| <b>FR5 4:00pm-5:30pm</b>  |     |      |      |      |      |      |      |
| FR5A - LOWER EXTREMITY TRAINING - FEMALE CLIENT - Keli Roberts                                | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR5B - MAXIMIZING OUTDOOR FITNESS PROGRAMMING - AJ Mays & Brooke Neff                         | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR5C - AAA - ABS AT ALL ANGLES - Abbie Appel  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR5D - BENEFITS OF PERIODIZATION: DANCE CORPS® - Danielle Dorsey                              | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR5E - ACTIVE AGING: NO PLACE LIKE FOAM - Sara Kooperman, JD                                  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR5F - YOGA FOR HEALTHY BACKS - Nathalie Lacombe, MS  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR5G - BARRE HOP - Billie Wartenberg  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR5H - COUNTRY FUSION® WORKSHOP - Elizabeth Mooney  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR5I - SCHWINN®: MUSIC & SO MUCH MORE! - Jeffrey Scott  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| FR5J - STAGES®: TEAM PURSUIT: THE EXPERIENCE - Pam Benchley                                   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| FR5K - WATER RUNNING - Yury Rockit  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR5L - AQUA YOGA FLOW - Connie Warasila   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR5M - ABS ARE MADE IN THE KITCHEN - Sohailla Digsby, RD, LD                                  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR5P - HOWS AND WHYS OF IN-CLUB EDUCATION - Abbie Appel & Irene Lewis-McCormick               | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| FR5Q - 2018 GLOBAL FITNESS TRENDS - WHAT'S ALL THE RAGE? - Mark Williamson                    | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |

SATURDAY, July 27, 2019

| COURSE   | SCW | AFAA | AEA  | ACE  | NASM | NFPT | ACSM |
|--|-----|------|------|------|------|------|------|
| <b>SA1 7:00am-8:30am</b>   |     |      |      |      |      |      |      |
| SA1A - BATTLE WITH BOATS AND ROPES™ - Sgt. Ken®  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1B - HIGH FITNESS: AEROBICS IS BACK! - Metta Semrad  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1C - JUNGSHIN® ATHLETIC FLOW - LONG SWORD WORKOUT - Annika Kahn  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA1D - THE NEXT GENERATION OF POUND® - Amber Bruehl  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA1E - AGING FIT - Ann Gilbert   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1F - PILATES FUNCTIONAL PROGRESSIONS - Manuel Velazquez  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1G - FUNCTIONAL BARRE - Lauren George  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1H - REB3L GROOVE™: DANCE FITNESS REDEFINED - Tricia Cremeans & Ashleigh Hughes  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA1I - SCHWINN®: TAKE IT TO THE MAX - Keli Roberts   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1J - STAGES®: ONE SIZE DOESN'T FIT ALL - Ben Kohler  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1K - HYDRO LIFT OFF! - Jeff Howard   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1L - AQUA BOOTCAMP CIRCUIT - Irene Lewis-McCormick, MS   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1M - NUTRITION FOR FITNESS PROFESSIONALS - Melissa Layne, MEd  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1N - STAIRMASTER: REAL RATIOS FOR RESULTS - HIIT - Eric Thomson  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1P - OUTBOUND-SALES ACCELERATION - Eric Hinderberger   | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA1Q - SOCIAL MEDIA STRATEGIES - Debra Atkinson  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA1R - INTROVERSION IS POWER - Melissa Layne, MEd  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA2A - KEYNOTE ADDRESS: HOW TO THRIVE, NOT JUST SURVIVE, IN THE FITNESS INDUSTRY with Doris Thews from 9:30am to 10:45am | 1.0 | 1.0  | 1.0  | 0.1  | 0.1  | 0.2  | 1.0  |
| <b>SA3 11:00am-12:30pm</b>   |     |      |      |      |      |      |      |
| SA3A - GAMIFY YOUR WORKOUT - Andrew Gavigan  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3B - TRAINING THE FEMALE CORE - Keli Roberts   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3C - LES MILLS GRIT® CARDIO & HIIT - Scott Martin  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3D - SPEEDBALL FOR PERSONAL TRAINERS - Steve Feinberg  | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA3E - YOGA FOR THE YOUNG AT HEART: CHAIR - Sara Kooperman, JD   | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA3F - HIIT THE TURF: YOGA FUSION - Jen Keenan-Stryska & Angellique Hughes   | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA3G - BARRE SOUL - Billie Wartenberg  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3H - ALLEGRO™ - Elizabeth Lenart & Lauren George   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3I - SCHWINN®: RIDE AND ROW - Jeffrey Scott & Doris Thews  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3J - STAGES®: POWER VS. RHYTHM - Cameron Chinatti  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3K - AQUATIC BEAUTIES AND THE BEASTS - Evelyn & Greg Keyes   | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA3L - IT'S RAINING MEN! EQUIPMENT REVEALED - Jeff Howard, Manuel Velazquez, Louis Van Amstel & Yury Rockit              | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3M - NUTRITION TIPS, TIDBITS AND TREATS - Bruce Mylrea & Mindy Mylrea  | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA3N - STAIRMASTER: A MOMENT IN TIME - OPTIMIZING HIIT INTERVALS - Pete McCall, MS                                       | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3P - FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL - Tricia Murphy-Madden, Keli Roberts, Irene Lewis-McCormick, MS        | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3Q - ADVERTISE LIKE GOLIATH ON A DAVID BUDGET - Mike Arce  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA3R - BRAND BOOTCAMP - YOUR GUIDE TO BUILDING A HEALTHY BRAND - Mark Williamson   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| <b>SA4 12:45pm-2:15pm</b>  |     |      |      |      |      |      |      |
| SA4B - GLIDING REINVENTED - Mindy Mylrea & Jenn Hall   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA4E - STRENGTH TRAINING FOR LONGEVITY & VITALITY - Sara Kooperman, JD   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA4F - 2 MINUTES TO PAIN RELIEF - Angela Sellers   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA4G - BARRE TRAINING: GRACE AND FLOW - Keli Roberts   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA4J - STAGES®: PARTY THROUGH THE DECADES - Pam Benchley, Cameron Chinatti & Ben Kohler                                  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA4K - HAPPY AQUA FLOW - Andrea Velazquez & Kristy Anaya   | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA4L - LABLAST® SPLASH: AQUA DANCE INTERVALS - Louis Van Amstel  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA4N - BOXING BOOTCAMP - Steve Feinberg  | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA4P - BUILD A DREAM TEAM OR PERISH - Gavin McKay  | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA4Q - STRATEGICALLY PRICE & SELL YOUR SERVICES - Mark Nutting   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| <b>SA4 1:30pm-3:00pm</b>   |     |      |      |      |      |      |      |
| SA4A - STRENGTH IN THE STORM™ - SGT Ken®   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA4C - RUMBLEROLLER® GROUP EXERCISE FLOW - Irene Lewis-McCormick, MS   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA4D - WERQ® DANCE CHALLENGE: #DANCECHALLENGE - Haley Stone  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA4H - THE ART OF CUEING™ - Allyson Ponte & Kelly Schur  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA4I - SCHWINN®: MASTER THE MOMENT - Eric Thomson  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA4M - WHAT TO EAT: END THE FRUSTRATION - Sohailla Digsby, RDN, LD   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA4R - MAKING THE MOST OF THE MILLENNIAL MARKET - Tricia Murphy-Madden   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| <b>SA5 3:15pm-4:45pm</b>   |     |      |      |      |      |      |      |
| SA5A - EXTREME HIIT CHAOS™ - Carolyn Erickson & Mindy Mylrea   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5B - GROUP TRAINING AUSSIE STYLE: Oi Oi Oi - Mel Tempest   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA5C - ROCKIT STRENGTH®: HARD CORE/PEACE CORE - Yury Rockit  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5D - POWER UP! - Pete McCall, MS   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5E - COUNTRY FUSION® FOR ACTIVE AGERS - Elizabeth Mooney   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5F - TRENDING: HIIT WITH ACTIVE RECOVERY - Amber Cura & Shauna Sorenson  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5G - BARRE NECESSITIES - Abbie Appel   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5H - LABLAST® YES, BALLROOM IS HIIT! - Louis Van Amstel  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5I - SCHWINN®: R&R - RIDE AND ROW - Ben Kohler   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5J - STAGES®: THE POWER OF CUEING - Pam Benchley   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5K - CREATIVE METHODOLOGIES FOR AQUATIC SESSIONS - Greg Keyes  | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA5L - SILVER AQUA SOLUTIONS - Manuel Velazquez, Ann Gilbert, Connie Warasila & Billie Wartenberg                        | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA5M - CARBOHYDRATE CRAZIN' - Len Kravitz, PhD   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5N - 3:1 PUNCHOUT - Steve Feinberg   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA5P - WAKE UP + ENGAGE - Eric Thomson   | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA5Q - REFERRAL GENERATION... - Sonja Friend-Uhl   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA5R - 10 STEPS TO LAUNCHING SUCCESSFUL PROGRAMS - Tricia Murphy-Madden  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| <b>SA6 5:00pm-8:30pm</b>   |     |      |      |      |      |      |      |
| SA6A - HIIT: QUANTITY OR QUALITY? - Eric Thomson   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6B - FUNCTIONAL ABS: CORE STRONG! - Manuel Velazquez   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6C - TRAINING BY THE NUMBERS - Andrew Gavigan  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6D - POUND® WHY YOUR BODY ROCKS! - Annika Kahn   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA6E - THE SCIENCE OF AGING GRACEFULLY - Pete McCall, MS   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6F - MORE CHI FOR ME - Eilan Haan  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA6G - WEIGHT AT THE BARRE - Billie Wartenberg   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA6H - BALLEONE - THE NON-DANCER WORKOUT - Elizabeth Lenart  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6I - SCHWINN®: BALANCING ACT - CYCLING FUSION - Abbie Appel  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6J - STAGES®: TRIPLE THREAT MINDSET - Ben Kohler   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6K - AQUA CORE OPTIONS - Connie Warasila   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6L - AQUA FUSIONMANIA - Melissa Layne, MEd   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6M - THE FEMALE TRAINING ADVANTAGES 2019 - Len Kravitz, PhD  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6N - STAIRMASTER: HIIT & REST - Sonja Friend-Uhl   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SA6P - BEAT THE COMPETITION WITH BOXING - Steve Feinberg   | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SA6Q - 3 STRATEGIES TO SCALE YOUR BUSINESS - Ryan Ketchum  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SA6R - THE BUSINESS OF PERSONAL TRAINING - Keli Roberts  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| <b>SA7 6:45pm-7:45pm</b>   |     |      |      |      |      |      |      |
| SA7F - RECOVERY THROUGH MEDITATION - Yury Rockit   | 1.0 | 1.0  | 0.5  | 0.15 | 0.1  | 0.2  | 1.0  |
| SA7H - CLUB VIBE NATIONAL DANCE DAY CELEBRATION! - Allyson Ponte & Kelly Schur   | 1.0 | 1.0  | 0.5  | NA   | 0.1  | 0.2  | 1.0  |
| SA7K - ACQUAPLO® CIRCUIT REVOLUTION - Andrea Velazquez & Kristy Anaya  | 1.0 | 1.0  | 0.5  | NA   | 0.1  | 0.2  | 1.0  |

SUNDAY, July 28, 2019

| COURSE<br>Provider Number  | SCW | AFAA | AEA  | ACE  | NASM | NFPT | ACSM |
|--|-----|------|------|------|------|------|------|
| <b>SU1 7:00am-8:30am</b>   |     |      |      |      |      |      |      |
| SU1A - BODYATTACK® - Scott Martin  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU1B - QUICK & DIRTY 30 - Irene Lewis-McCormick, MS                                | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU1C - HIIT THE TURF: FOR PERSONAL TRAINERS - Jen Keenan-Stryka & Angelique Hughes | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SU1D - PROGRAMMING FOUNDATIONS FOR THE OBESE POPULATION - Eric Thomson             | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU1E - TRAINING THE ACTIVE AGING FEMALE CLIENT - Kelli Roberts                     | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU1F - ROLLING WITH MINDFULNESS AND BREATHWORK - Brian Bettendorf, MSM, MS         | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU1J - SCHWINN®: LET THE MUSIC PLAY - Mindy Mylrea                                 | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU1J - STAGES®: PLAYING WITH POWER - Ben Kohler                                    | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU1L - AQUA DRUMS - Andrea Velazquez & Kristy Anaya                                | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SU1M - THE METABOLIC EFFECTS OF RESISTANCE TRAINING - Len Kravitz, PhD             | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU1O - NUTRITION & SLEEP: FASCINATING CONNECTIONS - Tricia Silverman, RD, LDN, MBA | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU1P - MARKETING TO THE 55+ POPULATION - Cosmo Wollan                              | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU1Q - 17 SOCIAL MEDIA MARKETING TRICKS - Jenn Hall                                | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| <b>SU2 8:45am- 10:15am</b>   |     |      |      |      |      |      |      |
| SU2A - CAMP GLADIATOR OUTDOOR FITNESS WORKOUT - Brandon Hall & Sheila Jackson      | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU2B - CHISELED FAITH®: FAITH-BASED FITNESS MOVEMENT - CarolAnn, MS, CPT, CN       | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU2C - FROM BURNOUT TO BOOST!! - Elian Haan  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU2D - WERQ® DANCE FITNESS: FORMATION - Haley Stone                                | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU2E - PRACTICAL CORE 55+ - Billie Wartenberg                                      | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SU2F - CORE FORWARD PILATES - Jeff Howard  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU2J - SCHWINN®: PRIME DESIGN - Eric Thomson                                       | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU2J - STAGES®: THE INVISIBLE ROAD - Cameron Chinatti                              | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU2L - AQUATIC SOLUTIONS FOR THE AGING - Ann Gilbert                               | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU2M - PREVENTION AND PERFORMANCE FOR RUNNERS - Brian Bettendorf, MSM, MS          | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU2O - LEAD & SUCCEED REB3L STYLE - Tricia Cremeans & Ashleigh Hughes              | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SU2P - STRATEGIES FOR FITNESS CAREER LONGEVITY - Carolyn Erickson                  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SU2Q - SOFT SKILLS FOR TOUGH EMPLOYEES - Nathalie Lacombe, MS                      | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| <b>SU3 11:15am-12:45pm</b>   |     |      |      |      |      |      |      |
| SU3A - 50 UNIQUE CORE LOVERS EXERCISES - Mindy Mylrea                              | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU3B - DOUBLE THE FUN! DOUBLE THE RESULTS! - Carolyn Erickson                      | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU3C - CARDIO MIX TO THE MAX - Andrea Kozma  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU3D - KEEP IT SIMPLE. KEEP IT SMART - Eric Thomson                                | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU3E - SIZZLING SENIORS - Denise Hunt  | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SU3F - RESTORATIVE YOGA - Angela Sellers   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SU3L - DIVE IN - Yury Rockit   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SU3M - FAT LOSS: THE REAL STORY - Len Kravitz, PhD                                 | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SU3O - TRENDS FOR 2019 & GROWTH PANEL - Ann Gilbert, Nathalie Lacombe, MS, CPT, CN | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SU3P - BUILDING CHOREOGRAPHY LIKE A PRO - Louis Van Amstel                         | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SU3Q - STOP SELLING PACKAGES - Cosmo Wollan  | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| <b>SU4 1:00pm-2:30pm</b>   |     |      |      |      |      |      |      |
| SU4A - MANDATORY TEAM WORK - Andrew Gavigan  | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU4B - TOP2BOTTOM BOOTCAMP - Jeff Howard   | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU4C - CHISELED FAITH®: FITNESS FOR IMPACT - CarolAnn, MS, CPT, CN                 | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU4D - DANCE CORPS®: HIIT IT HARD! - Danielle Dorsey                               | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU4E - "I WISH I KNEW BEFORE..." - Yury Rockit                                     | 1.5 | 1.0  | 0.75 | 0.15 | 0.1  | 0.25 | 1.5  |
| SU4F - WHOSE BACK? YOUR BACK! - Elian Haan   | 1.5 | 1.0  | 0.75 | NA   | 0.1  | 0.25 | 1.5  |
| SU4L - ARMED AND DANGEROUS - Ann Gilbert   | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SU4M - EXERCISE: THE ULTIMATE BRAIN BOOSTER - Len Kravitz, PhD                     | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |
| SU4O - IT STARTS WITH YOU - Amy Goldberger   | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SU4P - IGNITE YOUR BUSINESS - Melissa Digsby, MS, CPT, CN                          | 1.5 | 1.0  | 1.5  | NA   | 0.1  | 0.25 | 1.5  |
| SU4Q - STUDIO SYNERGY: 8 WEEKS TO A HEALTHY YOU - Sohaila Digsby, MS, CPT, CN      | 1.5 | 1.0  | 1.5  | 0.15 | 0.1  | 0.25 | 1.5  |

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

**Atlanta MANIA® July 26th - July 28th, 2019 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                               | Layne           | 7/25/19     | 8.0           | CEP96226             | 0.7  | 1102                 | 4.0  | 7.0       | 0.7       | 1.6       |
| SCW Active Aging Nutrition Certification                     | Silverman       | 7/25/19     | 4.0           | CEP138044            | 0    | NA                   | NA   | 4.0       | 0.4       | 0.8       |
| SCW Aqua Barre Certification                                 | Wartenberg      | 7/25/19     | 6.0           | CEP116610            |      |                      | 6.0  | 6.0       | 0.6       | 1.2       |
| SCW Aquatic Exercise Certification                           | Howard          | 7/24/19     | 8.0           | CEP29607             |      | 1105                 | 9.0  | 8.0       | 0.7       | 1.6       |
| SCW Ballet Barre Certification                               | Appel           | 7/28/19     | 7.0           | CEP83598             |      | 1106                 | 4.0  | 7.0       | 0.7       | 1.4       |
| SCW Boxing Certification                                     | Feinberg        | 7/28/19     | 7.0           | CEP112200            | 0.8  | 1107                 | 4.0  | 7.0       | 0.7       | 1.4       |
| SCW Core Training Certification                              | McCall          | 7/25/19     | 4.0           | CEP112270            | 0.4  | 1108                 | 2.0  | 4.0       | 0.4       | 0.8       |
| SCW Corrective Exercises & Coaching Techniques Certification | Comana          | 7/25/19     | 7.0           | NA                   | NA   | NA                   | NA   | NA        | NA        | NA        |
| SCW Foam Rolling Certification                               | Lewis-McCormick | 7/25/19     | 6.0           | CA12368              | 0.4  |                      | 2.0  | 4.0       | 0.4       | 1.2       |
| SCW Group Exercise Certification                             | Howard          | 7/25/19     | 8.0           |                      | NA   | 1112                 | 4.5  | 8.0       | 0.8       | 1.6       |
| SCW Meditation Certification                                 | Rockit          | 7/25/19     | 4.0           | CEP112270            | 0.4  | NA                   | NA   | 4.0       | 0.4       | 0.8       |
| SCW Nutrition, Hormones & Metabolism Certification           | Layne           | 7/28/19     | 7.0           | CEP112270            | 0.7  | 1118                 | 8.0  | 6.0       | 0.6       | 1.4       |
| SCW Personal Training Certification                          | Roberts         | 7/25/19     | 7.0           | NA                   | NA   | 1116                 | 4.0  | NA        | NA        | 1.6       |
| SCW Pilates Matwork Certification                            | Appel           | 7/25/19     | 7.0           | 79868                |      | 1117                 | 4.5  | 8.0       | 0.8       | 1.6       |
| WATERinMOTION® Certification                                 | Velazquez       | 7/28/19     | 7.0           | 96858                | 0.9  | 1121                 | 8.0  | 7.0       | 0.7       | 1.4       |
| SCW Women's Leadership Summit                                | SCW Staff       | 7/25/19     | 7.0           | NA                   | NA   |                      | 7.0  | 7.0       | 0.7       | 1.4       |
| SCW Yoga I Certification                                     | Velazquez       | 7/28/19     | 7.0           | CA179928             | 0.8  | 1122                 | 4.0  | 8.0       | 0.8       | 1.6       |
| SCW Yoga II Certification                                    | Velazquez       | 7/28/19     | 7.0           | CA179938             | 0.4  | 1123                 | 2.0  | 4.0       | 0.4       | 0.8       |
| Barre Above Certification                                    | George          | 7/25/19     | 8.0           | CEP72664             | 0.8  | NA                   | NA   | 8.0       | 0.8       | NA        |
| Country Fusion® Star Instructor Certification                | Mooney          | 7/25/19     | 7.0           | NA                   | NA   | NA                   | NA   | 7.0       | 0.7       | NA        |
| BALLETONE® – POWERED BY SAVVIER FITNESS®                     | Lenart          | 7/25/19     | 7.0           | NA                   | 0.7  | NA                   | NA   | 7.0       | 0.7       | NA        |
| High Fitness Instructor Training                             | Semrad          | 7/25/19     | 7.0           | NA                   | NA   | NA                   | NA   | 8.0       | 0.8       | NA        |
| One Day to Wellness Certification                            | Myrea & Myrea   | 7/25/19     | 7.0           | CEP106950            | 0.9  | NA                   | NA   | 9.0       | 0.9       | NA        |
| Schwinn Cycling Instructor Certification                     | Scott & Thews   | 7/25/19     | 9.0           | CA181238             | 1.2  | NA                   | NA   | 8.0       | 0.8       | NA        |
| STAIRMASTER®: HIIT JUST GOT REAL - HIIT CERTIFICATION        | Friend-Uhl      | 7/25/19     | 4.0           | NA                   | 0.4  | NA                   | NA   | 4.0       | 0.4       | NA        |
| ZUMBA® Basic Skills Level 1 Instructor Training              | Santana         | 7/25/19     | 8.0           | CEP102225            | 0.7  | NA                   | NA   | 5.5       | NA        | NA        |

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Signature of SCW Fitness Education Employee for Approval \_\_\_\_\_