

FRIDAY, March 29, 2019

COURSE	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
Provider Number							
FR1 7:30am-9:00am							
FR1A - PULLING FOR POWER, PROGRAM 003™ with SGT Ken®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1B - RUMBLEROLLER® GROUP EXERCISE FLOW with Brian Bettendorf, MSM, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1C - POWER UP! with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1D - POUND® - SWEAT. SCULPT. ROCK. with Amy Chang Radosevich	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1E - LOADED TRANSFER FOR OLDER ADULTS with Robert Linkul	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1F - SPINE-FOCUSED, SELF-MYOFASCIAL RELEASE with Dr. Sevak Khodabakhshian, DC, QME	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1G - BARRE FIGHT with Billie Wartenberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1H - LABLAST®: DANCE FITNESS: A TRUE HIIT! with Louis Van Amstel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1I - SCHWINN®: HOW TO WOW! with Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1J - STAGES®: THE POWER OF PROGRESSION with Kimball Theoret	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1K - TABATA CORE TURBULENCE H2O with Connie Martin	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1L - STROOPS AQUA BOOT CAMP with Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1M - DIET DIAGNOSIS with Bruce & Mindy Mylrea	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR1N - METABOLISM AND FAT - SCIENCE & APPLICATION with Fabio Comana, MA, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1O - STAIRMASTER HIIT - HIGH FIVE with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1P - THE BUSINESS OF FITNESS with Tricia Murphy-Madden	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1Q - PODCASTING 101: CREATE YOUR PLATFORM with Christine Conti	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1R - ASSESSMENTS THAT REVOLUTIONIZE YOUR BUSINESS with Michele Blakely	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2 10:00am-11:30am							
FR2A - FUNCTIONAL ABS: CORE STRONG! with Manuel Velazquez	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR2B - SECRETS, SHORTCUTS AND HACKS with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2C - TRAINING BY THE NUMBERS with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2D - PROGRAMMING FOUNDATIONS FOR THE OBESE POPULATION with Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2E - "I WISH I KNEW BEFORE..." with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2F - PREVENTION & RECOVERY THROUGH MUSCLE STIMULATION with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR2G - BARRE MOVES – UPDATE YOUR CHOREOGRAPHY with Tricia Murphy Madden	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2H - HIGH FITNESS: AEROBICS IS BACK! with Emily Nelson & Amber Zenith	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2I - SCHWINN®: RHYTHM DONE RIGHT with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2J - STAGES®: BUILD IT (FASTER!). THEY'LL COME with Heather Flebbe	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2K - ZENERGY H2O with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2L - AQUA ABS: WIM-SY with Cheri Kulp	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2M - SUGAR VS. NON-NUTRITIVE SWEETENERS? with Fabio Comana, MA, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2N - PREVENTION AND PERFORMANCE FOR RUNNERS with Brian Bettendorf, MSM, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2O - STAIRMASTER HIIT - VARIABLE INTENSITY INTERVAL TRAINING with Janelle Vetter	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2P - FITNESS BUSINESS TRENDS FOR 2019 with Sara Kooperman, JD	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR2Q - PROGRAM DESIGN FOR OLDER ADULTS with Robert Linkul	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2R - MARKETING TO WOMEN IN MIDLIFE with Debra Atkinson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3 11:45am-1:15pm							
FR3A - FROM THE GROUND UP! with Manuel Velazquez	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3B - FITNESS BOOTCAMPS FOR THE MASSED with Mark Nutting	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3D - CORE TO SOAR! with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3G - GRACE AND GLOW with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3J - STAGES®: THE POWER OF PROGRESSION with Kimball Theoret	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3K - LABLAST® SPLASH: SLOW AQUA FLOW with Louis Van Amstel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3L - GIRLS WHO WANTNA HAVE FUN! with Sara Kooperman, JD, Melissa Layne, MEd, Irene Lewis-McCormick, MS,	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR3N - STAIRMASTER HIIT - VARIABLE INTENSITY INTERVAL TRAINING with Janelle Vetter	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3O - 3:1 INTERVAL TRAINING with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3P - EXPANDED FITNESS: THE NEW NORMAL with Gavin McKay	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3Q - GROWING A GLOBAL BRAND with Debra Atkinson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3 12:30pm-2:00pm							
FR3C - CORE STABILITY BALL TRAINING with Josh Bowen	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3E - THE SCIENCE OF SLEEP with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3F - PILATES REVENUE: INSPIRED BY FLEX DISC with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3H - ZUMBA® CARDIO BLAST with Joy Smith	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3I - SCHWINN®: SCHWINTENSITY with Jeffrey Scott	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3M - SIMPLE APPROACHES TO WEIGHT LOSS with Fabio Comana, MA, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3M - REVENUE, RETENTION AND REFERRAL SECRETS with Michele Blakely	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4 2:15pm-3:45pm							
FR4A - THE EPOCALYPSE WATERROWER® POWER WORKOUT™ with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4B - SHIFT - DON'T LIFT with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4C - DOUBLE THE FUN! DOUBLE THE RESULTS! with Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4D - LES MILLS GRIT® CARDIO & HIIT with Mike Jacques	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4E - YOGA FOR THE YOUNG AT HEART: CHAIR with Sara Kooperman, JD	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4F - MORE CHI FOR ME with Elia Haan	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4G - LET THE BEAT DROP - BARRE ABOVE® with Tricia Murphy Madden	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4H - COUNTRY FUSION® with Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4I - SCHWINN®: MASTER THE MOMENT with Doris Thews	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4J - STAGES®: TEAM PURSUIT: THE EXPERIENCE with Heather Flebbe	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4K - TAB-AQUA QUICKIES with Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4L - DIVE INTO AQUA CHOREOGRAPHY with Manuel Velazquez, Cheri Kulp & Billie Wartenberg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4M - NUTRITION PANEL with Melissa Layne, MEd, Bruce Mylrea, Tricia Silverman, RD, LDN, MBA; Keli Roberts -	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR4N - HIGH FITNESS: BRINGING AEROBICS BACK! with Emily Nelson & Amber Zenith	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4O - BOXING: THE METHOD with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4P - INSURANCE FOR STUDIOS, INSTRUCTORS & TRAINERS with Jennifer Urmston-Lowe	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4Q - MARKETING STRATEGIES FOR PERSONAL TRAINERS with Mark Nutting	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4R - THE SMARTEST IN THE ROOM with Gavin McKay	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5 4:00pm-5:30pm							
FR5A - MANDATORY TEAM WORK with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5B - SL@T - STRENGTHEN, LENGTHEN & TONE with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5C - PERFORMANCE TRAINING FOR COMPETITION with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR5D - KINETISENSE®: ADVANCED FUNCTIONAL MOVEMENT TRAINING with Dr. Beau Sauls, DC	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5E - ACTIVE AGING: NO PLACE LIKE FOAM with Sara Kooperman, JD	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR5F - PORTDEBRAS™ with Valentin Annenko	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5G - BARRE TAB with Billie Wartenberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5H - ALLEGRO~ with Rose Zahnn	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5I - SCHWINN®: MUSIC & SO MUCH MORE! with Jeffrey Scott	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5J - STAGES®: WORK YOUR RECOVERY with Heather Flebbe	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5K - FROM NOVICE TO WATER MANIAC! with Connie Martin	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5L - LABLAST® SPLASH with Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5M - FOOD FOR THOUGHT: BRAIN SUPERFOODS with Tricia Silverman RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5N - HORMONES & EXERCISE: TRAINER'S GUIDE with Debra Atkinson, MS, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5O - STAIRMASTER HIIT - VARIABLE RECOVERY INTERVAL TRAINING with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5

SATURDAY, March 30, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
SA1 7:00am-8:30am							
SA1A - CREW CONDITIONING, PROGRAM002™ with SGT KEN®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1B - HINGE PROGRESSIONS - BUILD STRONGER HIPs with Robert Linkul	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1C - TRAINING THE FEMALE CORE with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1D - KEEP IT SIMPLE. KEEP IT SMART with Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1E - STRENGTH TRAINING FOR LONGEVITY & VITALITY with Sara Kooperman, JD	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1F - MAT TO THE MAX with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1G - TOWER OF POWER with Tricia Murphy-Madden	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1H - HIGH FITNESS: AEROBICS IS BACK! with Emily Nelson & Amber Zenith	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA1I - SCHWINN®: PRIME DESIGN with Janelle Veteri	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1J - STAGES®: ONE SIZE DOESN'T FIT ALL with Ben Kohler	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1K - HYDRO LIFT OFF! with Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1L - LABLAST® SPLASH: SHALLOW AQUA FITNESS with Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1M - FOOD DECONSTRUCTED with Tricia Silverman RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1N - GOING "DEEP" INTO CORE TRAINING with Brittany Citron	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1O - STAIRMASTER HIIT - VARIABLE INTERVAL TRAINING with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1P - OUTBOUND SALES ACCELERATION with Eric Hinderberger	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1Q - SOCIAL MEDIA STRATEGIES with Debra Atkinson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1R - INTROVERSION IS POWER with 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
SA3 11:00am-12:30pm							
SA3A - STRONG BY ZUMBA® with Cheryl Wu Hall	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3B - HIIT: QUANTITY OR QUALITY? with Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3C - WORKOUTS THAT WORK with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3D - THE NEXT GENERATION OF POUND® with Michelle Opperman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3E - MARKETING TO THE 65+ POPULATION with Robert Kelly	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3F - CARDIO YOGA™ with Stacey Lei Krauss	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3G - BARRE WITH A TWIST with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3H - LABLAST® YES, BALLROOM IS HIIT! with Louis Van Amstel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3I - SCHWINN®: RIDE AND ROW with Jeffrey Scott	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3J - STAGES®: POWER VS. RHYTHM with Ben Kohler & Marina Mitchell	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3K - AQUATIC POWER HOUR with Connie Martin	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3L - IT'S RAINING MENT EQUIPMENT REVEALED with Jeff Howard, Manuel Velazquez & Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3M - WHAT TO EAT FOR OPTIMAL HEALTH with Bruce & Mindy Mylrea	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA3N - MOVEMENT PREP HOW TO'S with Brian Bettendorf, MSM, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3O - BOXING BOOTCAMP with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA3P - FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL with Tricia Murphy-Madden, Irene Lewis-McCormick, MS, Keli Roberts	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3Q - ADVERTISE LIKE GOLIATH ON A DAVID BUDGET with 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 with Mark Williamson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4 12:45pm-2:15pm							
SA4A - EXTREME CHAOS MEETS FLUID STRENGTH with Carolyn Erickson & Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4C - THE VALUE OF BODYWEIGHT TRAINING with Josh Bowen	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4F - CONSCIOUS MOVEMENT & FUNCTIONAL YOGA with Manuel Velazquez	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4H - COUNTRY FUSION® WORKSHOP with Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4I - SCHWINN®: TAKE IT TO THE MAX with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4K - HIIT THE WAVES with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4L - BARRE-A-CUDA with Cheri Kulp	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4P - BUILD A DREAM TEAM OR PERISH with Gavin McKee	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4Q - STRATEGICALLY PRICE YOUR SERVICES with Mark Williamson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4 1:30pm-3:00pm							
SA4B - TOP 2 BOTTOM: A CAMP with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4D - KINETISENS: FUNCTIONAL MOVEMENT ASSESSMENT with Dr. Brian Bettendorf	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4E - FACE IT TOGETHER: FACIAL EXERCISE PROGRAM with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4G - BARRE NEOTICS with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4J - STAGES®: PAUSE WITH ME with Ben Kohler & Marina Mitchell	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4M - PROS AND CONS OF THE FEMALE CLIENT with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4N - ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE with Steve Feinberg	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA4O - STAIRMASTER HIIT - VARIABLE INTENSITY INTERVAL TRAINING with Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4R - MAKING THE MOST OF THE MILLENNIAL CLIENT with Tricia Murphy-Madden	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5 3:15pm-4:45pm							
SA5A - STRENGTH IN THE SEVEN with SGT KEN®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5B - TOP TO BOTTOM - INSIDE THE BOX DISC with Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5C - TRAINING THE ACTIVE AGING FEMALE CLIENT with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5D - SPEEDBALL CORE with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5E - QI GONG ON A SONG with Elian Haan	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5F - YOGA ON SPEED with Stacey Lei Krauss	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5G - BARRE CONCEPTS: FROM HIIT TO LIIT with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5H - HIGH FITNESS: AEROBICS IS BACK! with Emily Nelson & Amber Zenith	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5J - SCHWINN®: STEP INTO YOUR SHINE with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5J - STAGES®: THE POWER OF CUE-MUNIFICATION with Kimball Theoret	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5K - WATER RUNNING with Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5L - SILVER AQUA SOLUTIONS with Manuel Velazquez, Cheri Kulp & Billie Wartenberg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5M - NUTRITION FOR FITNESS PROFESSIONALS with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5N - SELF-COACHING STRATEGIES FOR WELLNESS with Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5O - STAIRMASTER HIIT - VARIABLE RECOVERY INTERVAL TRAINING with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5P - WAKE UP + ENGAGE with Eric Hinderberger	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5Q - REFERRAL GENERATION...NOT LEAD GENERATION with Robert Linkul	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5R - 10 STEPS TO LAUNCHING SUCCESSFUL PROGRAMS with Tricia Murphy-Madden	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6 5:00pm-6:30pm							
SA6A - EXTREME HIIT CHAOS with Carolyn Erickson & Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6B - PARKOUR - YOUTH SPORTS ALTERNATIVES with Mark Nutting	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6C - MOVEMENT MATTERS! with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6D - AAA - ABS AT ALL ANGLES with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6E - FUNCTIONAL FLUID FITNESS FOR LONGEVITY! with Christine Conti	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6F - RUMBLEROLLER: ROLL BETTER, ROLL LESS with Brian Bettendorf, MSM, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6G - BALLETONE - THE NON-DANCER WORKOUT with Ken Scott	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6H - WEIGH2DANCE with Rachel Lauria	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6I - SCHWINN®: BALANCING ACT - CYCLING FUSION with Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6J - STAGES®: TRIPLE THREAT MINDSET with Ben Kohler	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6K - WAVES OF LAUGHTER with Claire Powell	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6L - SIX STEPS TO CREATIVE DRILLS with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6M - FOCUSING ON BURNOUT with Tyler Prochnow	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6N - PERFORMANCE TRAINING FOR PREGNANCY with Brittany Citron	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6P - BEAT THE COMPETITION WITH BOXING with Steve Feinberg	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA6Q - 3 STRATEGIES TO SCALE YOUR BUSINESS with Ryan Ketchum	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6R - 2018 GLOBAL FITNESS TRENDS - WHAT'S ALL THE RAGE with Mark Williamson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA7 6:45pm-7:45pm							
SA7E - MANIA® REST & RECOVERY with Namirsa & Rumbleroller	1.0	1.0	0.5	0.15	0.1	0.2	1.0
SA7F - RECOVERY THROUGH MEDITATION with Yury Rockit	1.5	1.0	0.5	0.15	0.1	0.25	1.5
SA7J - LES MILLS SPRINT™ with Mike Jacques	1.0	1.0	0.5	0.15	0.1	0.2	1.0

SUNDAY, March 31, 2019

COURSE	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
Provider Number							
SU1 7:00am-8:30am							
SU1A - HIIT THE WALL with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1B - BODYATTACK® with Mike Jacques	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1C - LOWER EXTREMITY TRAINING - FEMALE CLIENT with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1D - EVERY BODY FIGHTS: BOXING PT with Josh Bowen	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1E - COUNTRY FUSION® FOR ACTIVE AGERS with Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1F - RESISTANCE YOGA with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1I - SCHWINN®: LET THE MUSIC PLAY with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1J - STAGES®: PLAYING WITH POWER with Marina Mitchell	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1L - SPIRITUALLY DEEP with Claire Powell	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1M - STOPPING INFLAMMATION THROUGH NUTRITION with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1N - EXERCISE: THE ULTIMATE BRAIN BOOSTER with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1P - SCALING QUALITY with Lee Valley & Elisabeth Kristof	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1Q - ATTRACT YOUR IDEAL CLIENT with Ryan Ketchum	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1R - AGILE APPROACH TO PRODUCT DEVELOPMENT with Brian Bettendorf, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2 8:45am-10:15am							
SU2A - THE LADDER APPROACH TO PROGRAM DESIGN with Kevin Mullins	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2B - QUICK & DIRTY 30 with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2C - BASICS OF PERSONAL TRAINING PROGRAMMING with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2D - SPEEDBALL FOR PERSONAL TRAINERS with Steve Feinberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2E - SENIORS 65+: THE UNTAPPED MARKET with Robert Kelly	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2F - ROLLING WITH MINDFULNESS AND BREATHWORK with Brian Bettendorf, MSM, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2I - SCHWINN®: R&R - RIDE & RESTORE with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2J - STAGES®: THE INVISIBLE ROAD with Marina Mitchell, Heather Flebbe, Kimball Theoret, PhD, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2L - DIVE IN with Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2M - NUTRITION TIPS, TIDBITS AND TREATS with Bruce Mylrea	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2N - FAT LOSS: THE REAL STORY with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2P - FROM FITNESS ENTHUSIAST TO FIT PRO with Jasmine Graham	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2Q - DOES SIZE REALLY MATTER? with Ivan Barrera	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2R - BUILD YOUR DREAM STUDIO with Ashley Selman	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3 11:15am-12:45pm							
SU3A - LIFT OFF! with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3B - FROM BURNOUT TO PROFIT with Elian Haan	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU3C - DEVELOPING PERSONAL TRAINING EXPERIENCES with Tricia Silverman, RD, LDN, MBA	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3D - SIMPLE & SWEET PERSONAL TRAINING with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU3E - MULTI-GENERATIONAL FITNESS with Billie Wartenberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3F - PILATES POWER: A PASSIONATE with Valentin Annenk	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3L - AQUA BOO with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3M - CRAVINGS: THE ULTIMATE GUIDE with Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3N - THE FEMALE TRIATHLETE'S ADVANTAGE with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3P - THE POWER OF ONLINE TRAINING with Ryan Ketchum	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3Q - SUREFIRE SALES SYSTEMS with Ryan Ketchum	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3R - VIDEO MARKETING TO BEAT THE COMPETITION with Ivan Barrera	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4 1:00pm-2:30pm							
SU4A - FIT BY NUMBERS with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4B - LOWER BODY BLASTER with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4C - ROCKIT STRENGTH®: HARD CORE/PEACE CORE with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4D - REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF with Kevin Mullins, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4E - LAUGHTER YOGA with Claire Powell	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4J - WHOSE BACK? YOUR BACK! with Elian Haan	1.5	1.0	0.75	NA	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 & SLEEP: FASCINATING CONNECTIONS with Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4N - THE METABOLIC EFFECTS OF RESISTANCE TRAINING with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4P - FINDING THE FIT with Dr. Glenn Runnalls	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4Q - HIT YOUR STUDIO'S PROFIT GOALS with Ashley Selman	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4R - USER-EXPERIENCE CUSTOMER SERVICE DESIGN with Brian Bettendorf, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

California MANIA® March 29th - March 31st, 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	3/28/19	8.0	CEP96226	0.7	1102	4.0	7.0	0.7	1.6
SCW Active Aging Nutrition Certification	Silverman	3/28/19	4.0	CEP138044	0.4	NA	NA	4.0	0.4	0.8
SCW Aqua Barre Certification	Wartenberg	3/28/19	6.0	CEP116610	0.7	1104	6.0	6.0	0.6	1.2
SCW Aquatic Exercise Certification	Howard	3/27/19	8.0	CEP29607	0.7		9.0	8.0	0.7	1.6
SCW Ballet Barre Certification	Appel	3/31/19	7.0	CEP83598	0.6	1106	4.0	7.0	0.7	1.4
SCW Boxing Certification	Feinberg	3/28/19	7.0	CEP112200	0.8	1107	4.0	7.0	0.7	1.4
SCW Core Training Certification	McCall	3/28/19	4.0	CEP112200	0.4		2.0	4.0	0.4	0.8
SCW Corrective Exercises & Coaching Techniques Certification	Comana	3/28/19	7.0	NA	NA		NA	NA	NA	NA
SCW Foam Rolling Certification	Lewis-McCormick	3/28/19	6.0	11236	0.4			4.0	0.4	1.2
SCW Group Exercise Certification	Howard	3/28/19		NA	NA			8.0	0.8	1.6
SCW Meditation Certification	Rockit	3/28/19		CEP13023	0.4		NA	4.0	0.4	0.8
SCW Nutrition, Hormones & Metabolism Certification	Layne	3/28/19		CEP12375	0.7	1116	8.0	6.0	0.6	1.4
SCW Personal Training Certification	Roberts	3/28/19		NA	NA	1116	4.0	NA	NA	1.6
SCW Pilates Matwork Certification	Appel	3/28/19	8.0	CA179868	0.8	1117	4.5	8.0	0.8	1.6
WATERinMOTION® Certification	Velazquez	3/28/19	7.0	CA196858	0.9	1121	8.0	7.0	0.7	1.4
SCW Women's Leadership Summit	SCW Staff	3/28/19	3.0	NA	NA		3.0	3.0	0.3	0.6
SCW Yoga I Certification	Velazquez	3/28/19	8.0	CA179928	0.8	1122	4.0	8.0	0.8	1.6
SCW Yoga II Certification	Velazquez	3/28/19	4.0	CA179938	0.4	1123	2.0	4.0	0.4	0.8
Barre Above Certification	Murphy & Madden	3/28/19	8.0	CEP72664	0.8	NA	NA	8.0	0.8	NA
Country Fusion® Star Instructor Certification		3/28/19	7.0	NA	NA	NA	NA	7.0	0.7	NA
Extreme HIIT Chaos®	Jackson & Lina	3/31/19	8.0	NA	0.8	NA	NA	8.0	0.8	NA
High Fitness Instructor Training	Nelson & Zenith	3/28/19	7.5	NA	NA	NA	NA	8.0	0.8	NA
One Day to Wellness Certification	Mylera & Mylera	3/28/19	9.0	CEP106950	0.9	NA	NA	9.0	0.9	NA
Schwinn Cycling Instructor Certification	Scott & Thews	3/28/19	9.0	CA181238	1.2	NA	NA	8.0	0.8	NA
Stairmaster® HIIT - Cardio Training Solutions Certification	McCall	3/28/19	4.0	CEP117184	0.4	NA	NA	4.0	0.4	NA
Strong by ZUMBA® Instructor Training	Wu Hall	3/31/19	8.0	CEP102225	0.8	NA	NA	8.0	NA	NA
ZUMBA® Basic Skills Level 1 Instructor Training	Smith	3/28/19	8.0	CEP102225	0.7	NA	NA	5.5	NA	NA

Page Totals _____

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Signature of SCW Fitness Education Employee for Approval _____