

FRIDAY, January 25, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
FR1 7:30am-9:00am							
FR1A - PULLING FOR POWER™ with SGT Ken®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1B - BEACHBODY STRENGTH with Barbara Brodowsky	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1C - TRAINING BY THE NUMBERS with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1D - STRONGBOARD YOGA™! : STRENGTHEN YOUR WEAKNESSES with Rachel Novello	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1E - ROLL BETTER, ROLL LESS with Brian Bettendorf, MSM, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1F - CORRECTIVE EXERCISE FOR PROBLEM SHOULDERS with Susane Pata	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1G - BARREFLOW FIRE AND FE with Karli Taylor	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1H - SOUL CLAP: BECOME THE MUSIC with Khalid Freeman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1I - WATER RUNNING with Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1J - 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
FR1K - METABOLISM AND FAT - SCIENCE & APPLICATION with Fabio Comana, MA, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1L - ASSESS, EXPLORE, PATTERN: FUNCTIONAL PILATES with Derek Mikulski	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2 10:00am-11:30am							
FR2A - WHIPPED AND RIPPED with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2B - POUND® WHY YOUR BODY ROCKS! with Amy Ward	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2C - MOVEMENT MATTERS! with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2D - MOBILITY AND FLEXIBILITY - RESEARCH & APPLICATION with Fabio Comana, MA, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2E - RUMBLEROLLER® GROUP EXERCISE FLOW with Brian Bettendorf, MSM, MS	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	0.15	0.1	0.25	1.5
FR2G - "HIIT" THE BARRE with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2H - HIGH FITNESS: AEROBICS IS BACK! with Metta Semrad	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2I - TAB-AQUA QUICKIES with Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2K - IMMUNITY BOOSTERS AND BUSTERS with Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2L - BUILDING CHOREOGRAPHY LIKE A PRO with Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3 11:45am-1:15pm							
FR3B - BODYATTACK® WORKOUT with Adam Bramski	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3D - SPEEDBALL FOR PERSONAL TRAINERS with Steve Feinberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3E - CONSCIOUS MOVEMENT & FUNCTIONAL YOGA with Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3G - BARRE WITH A TWIST with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3I - GIRLS JUST WANNA HAVE FUN! with Sara Kooperman, JD, Melissa Layne, MEd, Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3J - SCHWINN®: THE POWER BEHIND POWER with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3L - INSURANCE FOR STUDIOS, INSTRUCTORS & TRAINERS with Jennifer Johnston Lowe	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3 12:30pm-2:00pm							
FR3A - EXTREME HIIT CHAOS with Riley Shaia, MSPT	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3C - BASICS OF PERSONAL TRAINING PROGRAMMING with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3F - FOAM ROLLING APPLIED PROGRAMMING with Kelli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3H - LABLAST® LINE DANCE with Louis Van Amstel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3K - THE SCIENCE OF INTERVAL TRAINING with Fabio Comana, MA, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4 2:15pm-3:45pm							
FR4A - COOLING DOWN with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4B - COOLING DOWN GROUP X EXPERIENCE with Barbara Brodowsky	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4C - COOLING DOWN FHIIT with Dane Robili	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4D - COOLING DOWN with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4E - COOLING DOWN with Florian Hogg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4F - COOLING DOWN FOR THE BARRE with Adam Bramski	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4G - BARRE MOVEMENTS & STRETCHES with Riley Shaia, MSPT	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4H - COUNTRY FUSION with Tricia Silverman, RD, LDN, MBA	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4I - DIVE INTO AQUA CALISTO with Sara Kooperman, JD, Manuel Velazquez & Harley Cofield	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4J - LES MILLS with Adam Bramski	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4K - NUTRITION & METABOLISM with Fabio Comana, MA, MS, Melissa Layne, MEd, Tricia Silverman, RD, LDN, MBA, Casey Tom	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4L - FOAM ROLLING PINS TO VIBRATION with Susane Pata	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4M - BOXING: THE METHOD with Steve Feinberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5 4:00pm-5:30pm							
FR5A - FROM THE GROUND UP! with Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5B - HIGH FITNESS: AEROBICS IS BACK! with Metta Semrad	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5C - 50 UNIQUE CORE LOVERS EXERCISES with Riley Shaia, MSPT	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5D - REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF with Kevin Mullins, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5E - 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
FR5F - ACTIVE AGING: NO PLACE LIKE FOAM with Sara Kooperman, JD	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5G - WORK AT THE BARRE with Jennifer Eskridge	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5H - SOUL CLAP: ONE TEAM, ONE SOUND with Khalid Freeman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5I - LABLAST® SPLASH with Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5J - SCHWINN®: MUSIC MAGIC! with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5K - GUT HEALTH: YOUR FIRST BRAIN with Casey Tom	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5L - UP YOUR GAME: INSANITY! with Becky Conser	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SATURDAY, January 26, 2019

COURSE

Provider Number

SCW

AFAA

AEA

ACE

NASM

NFPT

ACSM

SA1 7:00am-8:30am

SA1A - ROCK THE CORE BY ACTIVMOTION BAR with Derek Mikulski	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1B - THE WARRIOR® WORKOUT with Jani Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1C - WORKOUTS THAT WORK with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1D - TWEAK IT! with Dr. James Bach	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1E - TAO YOGA FLOW with Eliaa Haan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1F - ROLLING WITH MINDFULNESS AND BREATHWORK with Brian Bettendorf, MSM, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1G - GRACE AND FLOW with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1H - HIGH FITNESS: AEROBICS IS BACK! with Metta Semrad	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1I - LABLAST® SPLASH with Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1J - SCHWINN®: B1G1 FREE, CLASS DESIGN with Jenn Hogg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1K - OVERCOMING PLATEAUS with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1L - BUILDING BLOCKS FOR CAREER LONGEVITY with Barbara Brodowsky	1.5	1.0	1.5	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 - THE EPOCHALYPSE WATERROWER® POWER WORKOUT™ with Irene Lewis-McCormick, MS CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3B - TABATA GX™ - TABATA...REDEFINED! with Riley Shaia, MSPT	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3C - TNT - EXPLOSIVE BODYWEIGHT TRAINING with Dr. James Bach	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3D - SPEEDBALL CORE with Steve Feinberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3E - THE PERFECT FUSION WITH PIYO with Becky Conser	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3F - STRENGTH TRAINING FOR LONGEVITY & VITALITY with Sara Kooperman, JD	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3G - BARRE 360 with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3H - SOUL CLAP: STEPPING & BODY PERCUSSION with Khalid Freeman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3I - IT'S RAINING MEN! EQUIPMENT REVEALED with Jeff Howard, Manuel Velazquez, Louis Van Amstel, Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3J - SCHWINN®: TRAIN RIGHT RE-IMAGINED with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3K - NUTRITION & SLEEP: FASCINATING CONNECTIONS with Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3L - THE SCIENCE OF MYOFASCIAL RELEASE with Kolleen Riddick-Losch	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SA4 12:45pm-2:15pm

SA4D - LES MILLS GRIT® CARDIO & HIIT with Adam Bramski	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4E - FUNCTIONAL PILATES FLOWS WITH ACTIVMOTION BAR with Derek Mikulski	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4F - 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
SA4G - BARREFLOW with Karli Taylor	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4I - HIIT THE WAVES with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4J - SCHWINN®: HOW TO WOW! with Jenn Hogg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4M - BOXING BOOTCAMP with Steve Feinberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5

SA4 1:30pm-3:00pm

SA4A - PLYO PLAY with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4B - THE ULTIMATE CARDIO KICKBOXING PARTY with Becky Conser	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4C - TRAINING THE ACTIVE AGING FEMALE COACH with Jani Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4H - LABLAST® BURN! FITNESS PARTNER with Louis Van Amstel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4K - NUTRITION & SLEEP: FASCINATING CONNECTIONS with Casey Taylor, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4L - TIME TO MOVE: DIGITAL MUSIC with Jeff Howard, Manuel Velazquez	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SA5 3:15pm-4:45pm

SA5A - TRAINING THE ACTIVE AGING FEMALE COACH with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5B - LEAN & MEAT NOW with Dr. James Bach	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5C - MANIA® DANCE-OFF! with Andrew Moore	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5D - HIGH FITNESS: AEROBICS IS BACK! with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5E - CORE FORWARD with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5F - TRIGGERPOINT™: GRID with Susane Pata	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5G - LET THE BEAT DROP - POWER YOGA with Riley Shaia, MSPT	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5H - HIGH FITNESS: AEROBICS IS BACK! with Metta Semrad	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5I - SILVER AGE FITNESS with Sara Kooperman, JD, Manuel Velazquez & Harley Cofield	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5J - SCHWINN®: TRAIN RIGHT with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5K - SAVVY SOCIETY: TRAIN IN THE FITNESS SPACE with Jenn Hogg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5L - ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE with Steve Feinberg	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SA6 5:00pm-6:30pm

SA6A - FUNTENSITY BOOTCAMP with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6B - STRONGBOARD BURN!™ GO BEYOND BALANCE™ with Rachel Novello	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6C - CENTER YOURSELF with Dr. James Bach	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6D - THE LADDER APPROACH TO PROGRAM DESIGN with Kevin Mullins, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6E - PARTNER YOGA with Jennifer Eskridge	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6F - MYOFASCIAL COMPRESSION™ TECHNIQUES FOR INJURY PREVENTION with Susane Pata	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6G - BARRE NECESSITIES with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6H - COUNTRY FUSION® WORKSHOP with Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6I - AQUA FUSIONMANIA with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6J - LES MILLS SPRINT™: CYCLING SUCCESS with Adam Bramski	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6K - 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
SA6L - FITNESS BUSINESS TRENDS FOR 2019 with Sara Kooperman, JD	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6M - 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

SA7A - MANIA® DANCE-OFF! with Country Fusion®, HIGH Fitness, LaBlast®, POUND®, SOUL CLAP	1.0	1.0	0.5	0.1	0.1	0.2	1.0
SA7E - RECOVERY THROUGH MEDITATION with Yury Rockit	1.0	1.0	0.5	0.1	0.1	0.2	1.0

SUNDAY, January 27, 2019

COURSE

Provider Number

SCW

AFAA

AEA

ACE

NASM

NFPT

ACSM

SU1 7:00am-8:30am

SU1A - E.S.P. 1, 2, 3 - PERFORMANCE CIRCUIT TRAINING with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1B - STRONGBOARD SENIORS!™ FOR ACTIVE AGING with Rachel Novello	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1C - YOUR REAR IS THE GEAR with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1D - PERFORMANCE TRAINING FOR COMPETITION with Steve Feinberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1F - TRIGGERPOINT™ FOR MOVEMENT with Kolleen Riddick-Losch	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1I - GO DEEP! BARRE-A-CUDA with Harley Cofield	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1K - EXERCISE: THE ULTIMATE BRAIN BOOSTER with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1L - PREVENTION AND PERFORMANCE FOR RUNNERS with Brian Bettendorf, MSM, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SU2 8:45am- 10:15am

SU2A - CREW CONDITIONING™ with SGT Ken®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2B - MOVE WITH SWEATNOW with Andrea Kozma	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2C - THE ULTIMATE FITNESS EQUATION with Dane Robinson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2D - DEVELOPING ELITE FITNESS EXPERIENCES with Kevin Mullins, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2F - WHOSE BACK? YOUR BACK! with Elian Haan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2I - DIVE IN with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2K - FAT LOSS: THE REAL STORY with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2L - SUGAR SHOCKERS AND SHAKEDOWN with Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SU3 11:15am-12:45pm

SU3A - SHIFTING IS THE NEW LIFTING with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3B - POUND® - SWEAT. SCULPT. ROCK. with Amy Ward	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3C - HIT THE WALL with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3D - SIMPLE AND SMART PERSONAL TRAINING with Steve Feinberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3F - COUNTRY FUSION® FOR ACTIVE ADULTS with Elizabeth M. M. M.	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3I - HYDRO LIFT OFF! with Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3K - CARBOHYDRATE CRAZINESS with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3L - NUTRITION COACHING FOR PERSONAL TRAINERS with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SU4 1:00pm-2:30pm

SU4A - LIFT OFF! with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4B - THE WARRIOR® EXPERIENCE with Jani Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4C - MOVEMENT PREP HOW TO'S with Brian Bettendorf, MSM, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4D - THE BRAIN TRAINER with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4F - PROGRESSIVE SYSTEMS TO SELF-IMPROVE YOUR RELEASE with Kolleen Riddick-Losch	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4I - AQUA ABS: WIM-SY with Harley Cofield	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4K - THE FEMALE TRAINING ADVANTAGES 2019 with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4L - FUNCTIONAL FASCIA FLEXIBILITY with Derek Mikulski	1.5	1.0	1.5	0.15	0.1	0.25	1.5

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

DC MANIA® January 25th - January 27th, 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	1/24/19	8.0	CEP96226	0.7	8374	4.0	7.0	0.7	1.6
SCW Active Aging Nutrition Certification	Silverman	1/24/19	4.0	CEP138044	0.4	NA	NA	4.0	0.4	0.8
SCW Aquatic Exercise Certification	Howard	1/23/19	8.0	CEP29607	0.7	8377	9.0	8.0	0.7	1.6
SCW Ballet Barre Certification	Appel	1/27/19	7.0	CEP83598	0.6	8379		7.0	0.7	1.4
SCW Boxing Certification	Feinberg	1/24/19	7.0	CEP112200	0.8	8380		7.0	0.7	1.4
SCW Core Training Certification	McCall	1/24/19	4.0	CEP112270	0.4	8381		4.0	0.4	0.8
SCW Foam Rolling Certification	Lewis-McCormick	1/27/19	6.0	CEP112368	0.4	8383		4.0	0.4	1.2
SCW Group Exercise Certification	Howard	1/24/19	8.0	NA	NA	8385		8.0	0.8	1.6
SCW Leadership & Business Summit	SCW Staff	1/24/19	7.0		NA	8872		7.0	0.7	1.4
SCW Meditation Certification	Rockit	1/24/19	4.0		0.4	NA		4.0	0.4	0.8
SCW Nutrition, Hormones & Metabolism Certification	Layne	1/27/19	8.0	CEP112375	0.7	8394	8.0	8.0	0.6	1.4
SCW Personal Training Certification	Roberts	1/24/19	7.0		NA	8392	4.0	7.0	NA	1.6
SCW Pilates Matwork Certification	Appel	1/24/19	8.0		0.8	8392	4.5	8.0	0.8	1.6
WATERinMOTION® Certification	Velazquez	1/27/19	8.0		0.9		8.0	7.0	0.7	1.4
SCW Yoga I Certification	Velazquez	1/24/19	8.0	CA17208	0.8		4.0	8.0	0.8	1.6
SCW Yoga II Certification	Velazquez	1/24/19	8.0	CA17208	0.4	8399	2.0	4.0	0.4	0.8
Balletone®	Bostick-Winn	1/27/19	8.0		0.7	NA	NA	7.0	0.7	NA
Barre Above Certification	Lewis-McCormick	1/27/19	8.0	CEP112368	0.8	NA	NA	8.0	0.8	NA
Country Fusion® Star Instructor Certification	Mooney	1/24/19	7.0	NA	NA	NA	NA	7.0	0.7	NA
High Fitness Instructor Training	Head	1/24/19	7.0	NA	NA	NA	NA	8.0	0.8	NA
PIYO Certification		1/27/19	7.0	CA172708	0.7	NA	NA	7.0	0.7	NA
Rhythm and Soul with Soul Clap Fitness		1/27/19	8.0	NA	NA	NA	NA	8.0	NA	NA
Schwinn Cycling Instructor Certification	Shelton	1/24/19	9.0	CA181238	1.2	NA	NA	8.0	0.8	NA
Triggerpoint Assessments to Performance	Pata	1/24/19	4.0	CEP117184	0.4	NA	NA	4.0	0.4	NA
Triggerpoint Foam Rolling: Principles & Practice	Losch	1/24/19	4.0	CEP70403	0.4	NA	NA	4.0	0.4	NA

Page Totals _____

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

Signature of SCW Fitness Education Employee for Approval _____

THURSDAY, JANUARY 24

COUNTRY FUSION® STAR INSTRUCTOR CERTIFICATION with Elizabeth Mooney