FRIDAY, August 23, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
FR1 7:30am-9:00am							
FR1A - PULLING FOR POWER, PROGRAM 003™ - Amanda Brush	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1B - QUICK & DIRTY 30 - Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1C - HIIT: QUANTITY OR QUALITY? - Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1D - POUND® – SWEAT. SCULPT. ROCK. - Michelle DesOrmeaux	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1E - FUNCTIONAL FLUID FITNESS FOR LONGEVITY! - Christine Conti	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR1F - YOGA FOR HEALTHY BACKS - Nathalie Lacombe, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1G - "HIIT" THE PARTY AT THE BARRE! - Lauren George & Andrea Romer	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1H - ZUMBA® CARDIO BLAST - Abraham Hernandez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1I - SCHWINN®: PRIME DESIGN - Tahneetra Crosby	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1J - STAGES®: W.T.F.T.P.? - Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1K - ACQUAPOLE® NEXT GENERATION - Kristy Anaya & Paula Raphael	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR1L - AQUA CORE OPTIONS - Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1M - SPEEDBALL CORE - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR1N - STAIRMASTER HIIT: REAL RATIOS FOR RESULTS - Sonja Friend-Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1O - NUTRITION FOR FITNESS PROFESSIONALS - Melissa Layne, Med	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1P - METABOLISM REALITY CHECK - Sohailla Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1Q - TIDBITS TO GROW YOUR BUSINESS - Paul Bosley	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1R - BEST PRACTICES TO INCREASE RETENTION - Lindsay Vastola, NSCA-CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1S - SOCIAL MEDIA SHORTCUTS, SYSTEMS & STRATEGIES - Debra Atkinson, MS, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2 10:00am-11:30am							
FR2A - MASHUP®: VIIT is the New HIIT - Amber Cura & Julie Xander	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2B - COACH BEYOND EXPECTATIONS - Sheldon McBee, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2C - FROM THE GROUND UP! - Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2D - DEVELOPING ELITE FITNESS EXPERIENCES - Kevin Mullins, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2E - "I WISH I KNEW BEFORE.." - Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2F - CORE FORWARD PILATES - Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2G - PILOXING BARRE: THE HAPPY HOUR! - Jordan Ballard	1.5	1.0	0.75	NA	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®: SCHWINTENSITY - Doris Thews	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2J - STAGES®: PARTY THROUGH THE DECADES - Pam Benchley, Marina Mitchell & Ben Kohler	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2K - LABLAST® SPLASH: SHALLOW AQUA FITNESS - Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2L - AQUATIC SOLUTIONS FOR THE AGING - Ann Gilbert	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2M - HE-MUGS-ME-NOT! - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR2N - THE WHY & HOW OF FASTING - Bruce & Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2O - SELF-COACHING STRATEGIES FOR WELLNESS - Tricia Silverman, RD, LDN, MBA	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2Q - FITNESS BUSINESS TRENDS FOR 2019 - Sara Kooperman, JD	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR2R - INNOVATIVE PROGRAMMING & RETENTION IDEAS - Lisa Gorsline	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR2S - BRAND BOOTCAMP – BUILD A HEALTHY BRAND - Mark Williamson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3 11:45am-1:15pm							
FR3B - 50 UNIQUE CORE LOVERS EXERCISES - Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3D - PILOXING® SSP - Jordan Ballard	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3E - 8 M'S OF MODERN MEDITATION - Gretchen Gegg, Med	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3G - BOOGIE BARRE - Mac Carvalho	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3I - SCHWINN®: RHYTHM DONE RIGHT - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3K - ACQUAPOLE® TONING: JUMP & STEP - Kristy Anaya & Paula Raphael	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR3L - GIRLS JUST WANNA HAVE FUN! - Sara Kooperman, JD, Melissa Layne, MEd & Billie Wartenberg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3O - ABS ARE MADE IN THE KITCHEN - Sohailla Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3Q - WHAT FITPROS WANT FROM LEADERS - Nathalie Lacombe, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3S - SOCIAL MEDIA BASICS & BEYOND - Jessica Maurer	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3 12:30pm-2:00pm							
FR3A - HIIT THE TURF - Jen Keenan-Stryska & Angelique Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3C - CONSISTENT RESISTANCE - Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3F - RUMBLEROLLER: ROLL BETTER, ROLL LESS - Tripp Miller, M	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3H - CLUB VIBE® – DANCE MEETS FITNESS - Allyson Ponte & Ke chur	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3J - STAGES®: THE POWER OF PROGRESSION - Pam Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3M - BOXING: THE METHOD - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3N - STAIRMASTER: SCIENCE OF VARIABILITY FOR SERIOUS HIIT - E homso	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3P - BUILDING CHOREOGRAPHY LIKE A PRO - Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3R - EMOTIONAL INTELLIGENCE AND HIGH P NCE LEADERSI ndsay Vastola, NSCA-CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4 2:15pm-3:45pm							
FR4A - THE EPOCALYPSE WATERROWER® WER WORKOUT™ - Irene Lev McCormick, MS, CSCS	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 - ROCKIT STRENGTH®: HARD CORE ACE CORE -	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4D - REB3L GROOVE™: DANCE FITNES DEFINE cia Creme & Ashleigh Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4E - SIZZLING SENIORS - Denise Hunt	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4F - MOBILITY, RECOVERY AND INJURY PREVENTION - Roy Choq e	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4G - BARRE PARTY NEVER KILLED NOBODY - Lauren George & ea Romer	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4H - LABLAST® FITNESS: HIGHLY INVOLVED INTERVAL TRAI - Louis Van Amstel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4I - SCHWINN®: RIDE AND ROW - Doris Thews & R	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4J - STAGES®: ONE SIZE DOESN'T FIT ALL - Ben Kohler	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4K - AQUA BOOT CAMP - Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4L - DIVE INTO AQUA CHOREOGRAPHY - Manuel Velazquez, Ann Gilbert, Connie Warasila, Billie Wartenberg & Mac	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4M - JUNGSHIN® ATHLETIC FLOW – LONG SWORD WORKOUT - Annika Kahn	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4O - NUTRITION PANEL - Sohailla Digsby, RDN, LD, CPT, Melissa Layne MEd, Bruce Mylrea, Tricia Silverman, RD, LDN,	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4P - PREVENTION AND PERFORMANCE FOR RUNNERS - Tripp Miller, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4Q - FROM SUB LIST TO CEO - Haley Stone	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4R - CREATING VALUE BASED COACHES - Sheldon McBee, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4S - UTILIZING FITNESS TECHNOLOGY - Jessica Maurer	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5 4:00pm-5:30pm							
FR5A - LES MILLS GRIT® CARDIO & HIIT - Alex Kattar	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5B - MAXIMIZING OUTDOOR FITNESS PROGRAMMING - Brandon Hall & Stacy Buky	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR5C - FUNCTIONAL ABS: CORE STRONG! - Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5D - TRAINING BY THE NUMBERS - Andrew Gavigan	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 - PREVENTION & RECOVERY THROUGH MUSCLE STIMULATION - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR5G - BARRE WITH A TWIST - Abbie Appel	1.5	1.0	0.75	0.15	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®: TAKE IT TO THE MAX - Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5J - STAGES®: MIXED EMOTIONS - Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5K - BARRE-A-CUDA 2 - Billie Wartenberg	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR5L - AQUA ZUMBA® - Abraham Hernandez	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5M - CHISTRONG TRAINING - Joel Matalon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5N - STAIRMASTER HIIT – REST & HIIT - Tahneetra Crosby	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5O - FOOD FOR THOUGHT: BRAIN SUPERFOODS - Tricia Silverman RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SAMPLE

SATURDAY, August 24, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
SA1 7:00am-8:30am							
SA1A - CREW CONDITIONING, PROGRAM 002™ - Amanda Brush	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1B - GLIDING REINVENTED - Mindy Mylrea & Jessica Balliew	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1C - GAMIFY YOUR WORKOUT - Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1D - REB3L STRENGTH™: NO REP COUNTING - Tricia Cremeans & Ashleigh Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA1E - FACE IT TOGETHER: FACIAL EXERCISE PROGRAM - Christine Conti	1.5	1.0	0.75	NA	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 - POWER BODY BARRE - Billie Wartenberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA1H - THE ART OF CUEING™ - Allyson Ponte & Kelly Schur	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1I - SCHWINN®: MASTER THE MOMENT - Doris Thews	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1J - STAGES®: DIFFERENT ROADS, ONE WORLD - Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1K - DIVE IN - Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1L - LABLAST® SPLASH: AQUA DANCE INTERVALS - Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1M - SPEEDBALL FOR PERSONAL TRAINERS - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA1N - STAIRMASTER HIIT – HIGH FIVE - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1O - CRAVINGS AND SUGAR UNSWEETENED - Tricia Silverman RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1P - GOING "DEEP" INTO CORE TRAINING - Brittany Citron	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1Q - SOFT SKILLS FOR TOUGH EMPLOYEES - Nathalie Lacombe, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1R - ESSENTIALS TO SELLING BEYOND PRICE - Lindsay Vastola	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1S - MARKETING TO WOMEN IN MIDLIFE - Debra Atkinson, MS, CSCS	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 - HIIT LIKE A GIRL - Abbie Appel, Irene Lewis-McCormick, MS, CSCS & Doris Thews	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3B - STRONG BY ZUMBA® - Abraham Hernandez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3C - NO EQUIPMENT, NO EXCUSES - Herson Garcia	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3D - THE NEXT GENERATION OF POUND® - Michelle DesOrmeaux	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3E - YOGA FOR THE YOUNG AT HEART: CHAIR - Sara Kooperman, JD	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA3F - CARDIO YOGA – CARDIO FOCUS - Stacey Lei Krauss	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3G - CREATIVE BARRE WARM-UPS - Billie Wartenberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA3H - WERQ® DANCE CHALLENGE: #DANCECHALLENGE - Haley Stone	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3I - SCHWINN®: MUSIC & SO MUCH MORE! - Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3J - STAGES®: BUILD IT (FASTER!). THEY WILL COME - Pam Benchley & Marina Mitchell	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3K - AQUATIC BOOTCAMP TRIFECTA - Danita Watkins	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3L - IT'S RAINING MEN! EQUIPMENT REVEALED - Jeff Howard, Manuel Velazquez, Yury Rockit & Mac Carvalho	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3M - JUNGSHIN® FITNESS – RHYTHM – SHORT SWORDS WORKOUT - Annika Kahn, MS	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA3N - STAIRMASTER HIIT: OPTIMIZING HIIT INTERVALS - Sonja Friend-Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3O - THE CARB & PROTEIN MYTH - Bruce & Mindy Mylrea	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3P - ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE - Steve Feinberg	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA3Q - EXPERIENCE & INSIGHTS ON BOUTIQUES & FRANCHISES - Ann Gilbert	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3R - FINANCING OPTIONS FOR YOUR BUSINESS - Paul Bosley	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3S - INSTAGRAM STORIES BOOTCAMP - Amanda Vogel, MA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4 12:45pm-2:15pm							
SA4A - HIIT THE TURF: YOGA FUSION - Jen Keenan-Stryska & Angelique Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4D - SAMURAIFT: MARTIAL ARTS WORKOUT - Francisco Sanchez	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4G - BARRE NECESSITIES - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4I - SCHWINN®: R&R – RIDE AND RESTORE - Tahneetra Crosby	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4K - HAPPY AQUA FLOW - Kristy Anaya & Paula Raphael	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA4L - AQUATIC CORE AND MORE - Danita Watkins	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4O - STOPPING INFLAMMATION THROUGH NUTRITION - Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4Q - GLOBAL FITNESS TRENDS – WHAT'S THE RAGE? - Mark Williamson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4R - STANDARD OF SERVICE MODELS - Lindsay Vastola, NSCA-CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4 1:30pm-3:00pm							
SA4B - HIGH FITNESS: AEROBICS IS BACK! - Metta Semrad	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4C - PROGRAMMING FOUNDATIONS FOR THE OBESE POPULATION - Eric Thomson	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 - RESISTANCE YOGA - Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4H - LABLAST®: DANCE INTERVALS FOR EVERYONE - Louis Van Amstel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4J - STAGES®: POWER VS. RHYTHM - Pam Benchley & Marina Mitchell	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4M - BOXING BOOTCAMP - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4P - MOVEMENT PREP HOW TO'S - Tripp Miller, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4S - BECOME A FITNESS MICRO-INFLUENCER - Amanda Vogel, MA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5 3:15pm-4:45pm							
SA5A - TRENDING NOW: HIIT WITH ACTIVE RECOVERY - Barbie Brown & Sh[illegible]on Lyon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5B - CAMP GLADIATOR OUTDOOR FITNESS WORKOUT - Carol Martin & M[illegible] Murphy	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5C - KEEP IT SIMPLE. KEEP IT SMART - Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5D - REDEFINE FUNCTIONAL TRAINING – REDEFINE YOURSELF - Kevin Mulli[illegible]SCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5E - WHOSE BACK? YOUR BACK! - Elian Haan	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5F - VIBRATION – NEXT LEVEL RECOVERY & PER[illegible] - Bill Fabrocini	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5G - FUNctional BARRE - Lauren George	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5H - BALLETONE – THE NON-DANCER WOR[illegible] - Elizabeth Lenart, MA & Lisa R[illegible]lds	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5I - SCHWINN®: HOW TO WOW! - Mindy M[illegible]ea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5J - STAGES®: THE POWER OF CUE-MUNIC[illegible]ON - Ben Koh[illegible]	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5K - 6 STEPS TO AQUA DRILLS - Melissa La[illegible]MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5L - SILVER AQUA SOLUTIONS - Manuel Ve[illegible]ilbert, Connie [illegible]asila, Billie Wartenberg & Mac Carvalho	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5M - CHICAMP - Joel Matalon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5N - STAIRMASTER HIIT: REAL RATIOS FOR RESULTS - Tahneetra Crosby	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5O - FAD DIET UPDATE - Sohailla Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5P - THE FEMALE TRAINING ADVANTAGES 2019 - Len Kravitz, PhD[illegible]S	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5Q - INSPIRING THE HUSTLE - Amy Pylant & Kevin Richa[illegible]	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA5R - COPING SUCCESSFULLY WITH DIFFERENT PERSONALITIES - Lisa Gorsline	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA5S - MULTI-MEDIA MARKETING FOR GROWTH & PROFITABILITY - Sara Kooperman, JD	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA6 5:00pm-6:30pm							
SA6A - CREATING BETTER BUTTS - Kevin Mullins, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6B - BODYATTACK® - Alex Kattar	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6C - COACHING CORE STABILITY - Sheldon McBee, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6D - POUND® WHY YOUR BODY ROCKS! - Michelle DesOrmeaux	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6E - COUNTRY FUSION® FOR ACTIVE AGERS - Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6F - ROLLING WITH MINDFULNESS AND BREATHWORK - Tripp Miller, MS	1.5	1.0	0.75	0.15	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 - THE MIX BY PILOXING® - Jordan Ballard	1.5	1.0	0.75	NA	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®: THE INVISIBLE ROAD - Marina Mitchell	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6K - HYDRO LIFT OFF! - Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6L - AQUA YOGA FLOW - Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6M - 3:1 PUNCHOUT - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA6O - WHAT TO EAT FOR OPTIMAL HEALTH - Bruce & Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6P - CARBOHYDRATE CRAZINESS - Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6Q - FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL - Sara Kooperman, JD, Nathalie Lacombe, MS & Carolyn Erickson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6R - PLANNING & DESIGNING YOUR OWN STUDIO - Les Wiehe & Barbara Chancey	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6S - HACK THE STATUS QUO - Greg Sellar	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA7 6:45pm-7:45pm							
SA7K - ACQUAPOLE® CIRCUIT REVOLUTION - Kristy Anaya & Paula Raphael	1.0	1.0	0.5	NA	0.1	0.2	1.0

SAMPLE

SUNDAY, August 25, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
SU1 7:00am-8:30am							
SU1A - THE ART OF CIRCUITS - Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1B - FROM BURNOUT TO BOOST! - Elian Haan	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU1C - PILOXING® SSP - Jordan Ballard	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU1E - DEEP STRETCH & THE AGING - Ann Gilbert	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1F - GO WITH THE FLOW SALUTATIONS - Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1I - SCHWINN®: STEP INTO YOUR SHINE - Megan Hendricks	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1J - STAGES®: THE SIXTH SENSE - Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1L - AQUA DRUMS - Kristy Anaya & Paula Raphael	1.5	1.0	1.5	NA	0.1	0.25	1.5
SU1O - IMMUNITY BOOSTERS AND BUSTERS - Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1P - THE METABOLIC EFFECTS OF RESISTANCE TRAINING - Len Kravitz, PhD, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1Q - THE JOY OF EX - Nathalie Lacombe, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1R - STRATEGIES FOR FITNESS CAREER LONGEVITY - Carolyn Erickson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1S - FITNESS WRITING: BLOGS, WEBSITES & MAGAZINES - Amanda Vogel, MA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2 8:45am- 10:15am							
SU2A - MANDATORY TEAM WORK - Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2B - HIGH FITNESS: AEROBICS IS BACK! - Metta Semrad & Joni Hayes	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2C - HIIT THE TURF: FOR PERSONAL TRAINERS - Jen Keenan-Stryska & Angelique Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU2E - MULTI-GENERATIONAL FITNESS - Billie Wartenberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU2F - CARDIO YOGA™ – YOGA FOCUS - Stacey Lei Krauss	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2I - SCHWINN®: LET THE MUSIC PLAY - Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2J - STAGES®: TRIPLE THREAT MINDSET - Ben Kohler	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2L - AQUA CHI-FLOW - Elian Haan	1.5	1.0	1.5	NA	0.1	0.25	1.5
SU2O - WHAT IF YOU DON'T DIET? - Sohailla Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2P - ONCE POSTPARTUM, ALWAYS POSTPARTUM - Brittany Citron	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2Q - LEAD & SUCCEED REB3L STYLE - Tricia Cremeans & Ashleigh Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU2R - ACQUIRING & RETAINING PERSONAL TRAINING CLIENTS - Herson Garcia	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2S - GOLDEN NUGGETS FOR SUCCESSFUL MANAGERS - Ann Gilbert	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3 11:15am-12:45pm							
SU3A - EXTREME HIIT CHAOS™ - Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3B - RUMBLEROLLER® GROUP EXERCISE FLOW - Tripp Miller, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3C - THE LADDER APPROACH TO PROGRAM DESIGN - Kevin Mullins, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3E - PRACTICAL CORE 55+ - Billie Wartenberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU3F - GOT BACK PAIN - Herson Garcia	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3L - WATER RUNNING - Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3O - NUTRITION & SLEEP: FASCINATING CONNECTIONS - Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3P - FAT LOSS: THE REAL STORY - Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3Q - PT + GROUP FITNESS = SKYROCKETING SUCCESS - Barbie Brown & Shan	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3R - TRENDS FOR 2019 & GROWTH PANEL - Ann Gilbert, Nathalie Lacombe, M	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3S - INSURANCE FOR STUDIOS, INSTRUCTORS & TRAINERS - Jennifer Urmston Lov	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4 1:00pm-2:30pm							
SU4A - DOUBLE THE FUN! DOUBLE THE RESULTS! - Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4B - WERQ® DANCE FITNESS: FORMATION - Haley Stone	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4C - BASICS OF PERSONAL TRAINING PROGRAMMING - Andre	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4E - AGING FIT - Ann Gilbert	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4F - INTERACTIVE YOGA FOR LARGE GROUPS - Gretchen Gegg, M	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4L - DYNAMIC DEEP WATER COMBOS - Danita Watkins	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4O - PERFORMANCE TRAINING FOR PREGNANCY - Brittany Citron	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4P - EXERCISE: THE ULTIMATE BRAIN BOOSTER	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4Q - AQUATIC PROGRAMMING FOR SUCC - THE ebbS AND FLOWS - onnie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4R - STUDIO SYNERGY: 8 WEEK PROGRA - Sohailla Digsby, RDN, L PT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4S - PODCASTING 101 - Christine Con	1.5	1.0	1.5	NA	0.1	0.25	1.5
	____	____	____	____	____	____	____
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SAMPLE

Name _____

Address _____ **City** _____ **State**_____ **Zip Code** _____

Phone Number _____ **Email Address** _____

Dallas MANIA® August 23rd - August 25th, 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 Provider # See Below	ACE CECs	AEA Provider # See Below	AEA CECs	AFAA CECs	NASM CECs	NFPT CECs
SCW Active Aging Certification	Gilbert	8/22/19	8.0	CEP96226	0.7	1102	4.0	7.0	0.7	1.6
SCW Active Aging Nutrition Certification	Silverman	8/22/19	4.0	CEP138044	0.4	NA	NA	4.0	0.4	0.8
SCW Aqua Barre Certification	Wartenberg	8/22/19	6.0	CEP116610	0.7	1104	6.0	6.0	0.6	1.2
SCW Aquatic Exercise Certification	Howard	8/21/19	8.0	CEP29607	0	1105	9.0	8.0	0.7	1.6
SCW Ballet Barre Certification	Appel	8/25/19	7.0	CEP83598	.6	1106	4.0	7.0	0.7	1.4
SCW Boxing Certification	Feinberg	8/25/19	7.0	NA	NA	1107	4.0	7.0	0.7	1.4
SCW Foam Rolling Certification	Lewis-McCormick	8/25/19	6.0	CEP112368	.4	1110	2.0	4.0	0.4	1.2
SCW Group Exercise Certification	Howard	8/22/19	8.0	NA		1112	4.5	8.0	0.8	1.6
SCW Meditation Certification	Rockit	8/22/19	4.0	CEP138023	0.4	N	NA	4.0	0.4	0.8
SCW Nutrition, Hormones & Metabolism Certification	Layne	8/25/19	7.0	CEP112375	0.7	18	8.0	6.0	0.6	1.4
SCW Personal Training Certification	Lewis-McCormick	8/22/19	8.0	NA	NA	1116	4.0	NA	NA	1.6
SCW Pilates Matwork Certification	Appel	8/22/19	8.0	CA 68	0.8	1117	4.5	8.0	0.8	1.6
WATERinMOTION® Certification	Velazquez	8/25/19	7.0	CA19	0.9	1121	8.0	7.0	0.7	1.4
SCW Women's Leadership Summit	SCW Staff	8/22/19	7	NA	N		7.0	7.0	0.7	1.4
SCW Yoga I Certification	Velazquez	8/22/19	8.0	179928	.8	1122	4.0	8.0	0.8	1.6
SCW Yoga II Certification	Velazquez	8/22/19	4.0	179938	0.4	1123	2.0	4.0	0.4	0.8
Barre Above Certification	George	8/22/19	8.0	EP72664	0.8	NA	NA	8.0	0.8	NA
Country Fusion® Star Instructor Certification	Mooney	8/25/		NA	NA	NA	NA	7.0	0.7	NA
BALLETONE® – POWERED BY SAVVIER FITNESS®	Lenart & Reynolds	8/25	7.0	NA	0.7	NA	NA	7.0	0.7	NA
High Fitness Instructor Training	Semrad & Hayes	8/22/	7.5	NA	NA	NA	NA	8.0	0.8	NA
MASHUP® Certification	Brown & Zacharias	8/22/1	7.0	NA	0.7	NA	NA	11.0	1.1	NA
One Day to Wellness Certification	Mylrea & Mylrea	8/22/19		CEP106950	0.9	NA	NA	9.0	0.9	NA
Piloxing SSP Instructor Training Certification	Ballard	8/22/19	8.	NA	0.8	NA	NA	8.0	0.8	NA
Schwinn Cycling Instructor Certification	Thews & Thomson	/19	9.0	CA181238	1.2	NA	NA	8.0	0.8	NA
STAIRMASTER®: HIIT JUST GOT REAL - HIIT CERTIFICATION	Friend-Uhl	8/22/1	4.0	NA	0.4	NA	NA	4.0	0.4	NA
Strong by ZUMBA® Instructor Training	Hernandez	25/19	8.0	CEP102225	0.8	NA	NA	8.0	NA	NA
ZUMBA® Basic Skills Level 1 Instructor Training		8/ /19	8.0	CEP102225	0.7	NA	NA	5.5	NA	NA
	Page Totals			____		____		____	____	____

SAMPLE

Name _____

Address _____ _____ **State**_____ **Zip Code** _____

Phone Number _____ **Email Address** _____

Signature of SCW Fitness Education Employee for Approval _____