

FRIDAY, April 12, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
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 - SECRETS, SHORTCUTS AND HACKS with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1C - CONSISTENT RESISTANCE with Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1D - SPEEDBALL CORE with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR1E - AGING FIT with Ann Gilbert	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1F - SPORTDEBRAS™ with Valentin Annenko	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1G - POWER BODY BARRE 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 Jenn Hogg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1J - STAGES®: THE POWER OF PROGRESSION with Pam Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1K - BARRE-A-CUDA 2 with Amy Weisenmiller	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1L - AQUA YOGA FLOW with Connie Warasila	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 - STAIRMASTER: REAL RATIOS FOR RESULTS - HIIT with Sonja Friend-Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1O - METABOLISM & FAT – SCIENCE & APPLICATION with Fabio Comana, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1P - FROM FITNESS ENTHUSIAST TO FIT PRO with Jasmine Graham	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1Q - ASSESSMENTS THAT REVOLUTIONIZE YOUR BUSINESS with Michelle Blakely	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2 10:00am-11:30am							
FR2A - HIIT ACCELERATED with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2B - THE WARRIOR® WORKOUT with Jani Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2C - POWER UP! with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2D - POUND® - SWEAT. SCULPT. ROCK. with Yesenia Marrero	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 - GRACE AND FLOW with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2H - COUNTRY FUSION® with Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2I - SCHWINN®: PRIME DESIGN with Jason Schneider	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2J - STAGES®: BUILD IT (FASTER!). THEY'LL COME with Pam Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2K - ACQUAPOLE® STRENGTH AND TONING with Andrea Velazquez & Paula Raphael	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2L - GIRLS JUST WANNA HAVE FUN! with Melissa Layne, MEd, Irene Lewis-McCormick, MS, CSCS & Billie	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
FR2O - HIGH FITNESS: BRINGING AEROBICS BACK! with Ricki Smith & Melissa Zurcher	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2P - OPENING YOUR OWN STUDIO PANEL with Ann Gilbert, Dr. James Bach, Jenn Hogg, Michelle Blakely	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2Q - 8 SALES SKILLS TO MASTER with Suzanne Rich	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3 11:45am-1:15pm							
FR3A - FUNCTIONAL ABS: CORE STRONG! with Manuel Velazquez	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3A - CHISELED FAITH®: FAITH-BASED FITNESS MOVEMENT with CarolAnn, MS, CPT, CN	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3C - TWEAK IT! with Dr. James Bach	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3E - PRACTICAL CORE 55+ with Billie Wartenberg	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
FR3H - ZUMBA® CARDIO BLAST with Jenna Bostic	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3I - SCHWINN®: TAKE IT TO THE MAX with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3K - LABLAST® SPLASH: SHALLOW AQUA FITNESS with Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3L - STROOPS AQUA BOOT CAMP with Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3O - THE FUNCTIONAL TRAINING DEBATE with Giovanni Roselli	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3P - REVENUE, RETENTION AND REFERRAL SECRETS with Michelle Blakely	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3 12:30pm-2:00pm							
FR3B - FITNESS BOOTCAMP FOR THE FOR THE MASSES with Mark Manning	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	NA	0.1	0.25	1.5
FR3F - OMNIA YOGA: TRANSFORMATIONAL MOVEMENT with Tiff	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3J - STAGES®: W.T.F.T.P.? with Marina Mitchell	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3M - SIMPLE APPROACHES TO WEIGHT LOSS with Fabio Comana, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3N - STAIRMASTER: SCIENCE OF VARIABILITY FOR SERIOUS HIIT with Jenn Hogg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3Q - ACTIVE AGING ATHLETES – GOT A PLAN? with Kathy Ankrom	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4 2:15pm-3:45pm							
FR4A - THE EPOCALYPSE WATERROWER® POWER BOOT™ with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4B - 3x3 FLAT BELLY & SCULPTED ARMS with Kim Marie Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4C - TNT - EXPLOSIVE BODYWEIGHT TRAINING with Dr. James Bach	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4D - LES MILLS TONE with Lauren Schmitt	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4E - THE SCIENCE OF AGING GRACEFULLY with Billie Wartenberg, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4F - YOGA FOR HEALTHY BACKS with Nicole Bostic, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4G - NEVER TOO LATE FOR BARRE with Leslie Schneider	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4H - HIGH FITNESS: AEROBICS IS BACK! with Ricki Smith & Melissa Zurcher	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4I - SCHWINN®: RHYTHM DONE RIGHT with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4J - STAGES®: MIXED EMOTIONS with Dennis Men	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4K - AQUA ZUMBA® with Jenna Bostic	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4L - DIVE INTO AQUA CHOREOGRAPHY with Manuel Velazquez, Ann Gilbert, Connie Warasila & Billie	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 - BOXING: THE METHOD with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4O - BUILDING CHOREOGRAPHY LIKE A PRO with Louis Van Amstel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4P - STRATEGIES FOR FITNESS CAREER LONGEVITY with Carolyn Erickson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4Q - SIDE HUSTLE TO SERIOUS BUSINESS with Jenn Hogg	1.5	1.0	1.5	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	NA	0.1	0.25	1.5
FR5B - SHIFT - DON'T LIFT with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5C - AAA - ABS AT ALL ANGLES with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5D - ROCKIT STRENGTH®: HARD CORE/PEACE CORE with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5E - DEEP STRETCH & THE AGING with Ann Gilbert	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5F - RUMBLEROLLER® ROLL BETTER, ROLL LESS with Brian Bettendorf, MSM, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5G - BARRE SOUL with Billie Wartenberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5H - WEIGH2DANCE with Rachel Lauria	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5I - SCHWINN®: SCHWINTENSITY with Jason Schneider	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5J - STAGES®: TEAM PURSUIT: THE EXPERIENCE with Pam Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5K - HYDRO-PILATES with Ann Anthony	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5L - HYDRO LIFT OFF! with Jeff Howard	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 - STAIRMASTER: HIIT & REST with Sonja Friend-Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5O - CAREER OPPORTUNITIES MOVING INTO MANAGEMENT with Whitney Chapman	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SATURDAY, April 13, 2019

COURSE	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
Provider Number							
SA1 7:00am-8:30am							
SA1A - BATTLE WITH BOATS AND ROPES with SGT KEN®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1B - 3X3 UPPER BODY & CORE BLAST with Kim Marie Ross	1.5	1.0	0.75	NA	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 - THE NEXT GENERATION OF POUND® with Yesenia Marrero	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1E - MULTI-GENERATIONAL FITNESS with Billie Wartenberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1F - I AM AGELESS NOW - BODY WORKOUT with Leslee Bender	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1G - 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
SA1H - HIGH FITNESS: AEROBICS IS BACK! with Ricki Smith & Melissa Zurcher	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1I - SCHWINN®: MUSIC & SO MUCH MORE! with Abbie Appel	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 - LABLAST® SPLASH: SHALLOW AQUA FITNESS with Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1L - AQUATIC POWER HOUR with Connie Martin, MA	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 - STAIRMASTER: A MOMENT IN TIME - OPTIMIZING HIIT INTERVALS with Jason Schneider	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1O - BEAT THE COMPETITION WITH BOXING with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA1P - SOCIAL MEDIA PANEL with Jenn Hagg, Pete McCall, MS, Yury Rockit, Mindy Mylrea	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1Q - RAISING SALES AND SERVICE AWARENESS with Suzanne Rich	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA2A - KEYNOTE ADDRESS: INTROVERSION IS POWER with Melissa Layne, MEd 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 - FLUID STRENGTH™ MEETS EXTREME HIIT CHAOS™ with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3B - ZUMBA: LET IT MOVE YOU! with Jenna Bostic	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 - TRAINING BY THE NUMBERS with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3E - ACTIVE AGING: BETWEEN THE CHAIRS with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3F - PILATES PROGRESSIVE with Valentin Annenko	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3G - BARRE HOP with Billie Wartenberg	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®: R&R - RIDE & RESTORE with Keli Roberts	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 - AQUA CORE OPTIONS with Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3L - IT'S RAINING MEN! EQUIPMENT REVEALED with Jeff Howard, Manuel Velazquez & Yury Rockit	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA3M - CRAVINGS AND SUGAR UNSWEETENED with Tricia Silverman RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3N - BOXING BOOTCAMP with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA3O - IT'S NOT PERSONAL, IT'S FITNESS with Giovanni Roselli	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3P - EQUIPMENT FOR MEMBERSHIP RETENTION & GROWTH PANEL with Carolyn Erickson, Brian Bettendorf, MS, Leslee Bender	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3Q - BUSINESS TRENDS & BENCHMARKS with Ann Gilbert	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4 12:45pm-2:15pm							
SA4B - CHISELED FAITH®: FITNESS FOR IMPACT with CarolAnn, MS, CPT, CN	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4C - MOVEMENT MATTERS! with Pete McCall, MS	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
SA4G - BARRE NECESSITIES with Abbie Appel	1.5	1.0	0.75	0.15	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®: STEP INTO YOUR SHINE with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4N - STAIRMASTER: REAL RATIOS FOR RESULTS - HIIT with Sonja Friend-Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4O - FEMALE LEADERSHIP PERSONAL & PROFESSIONAL with Keli Roberts, Ann Gilbert, Irene Lewis-McCormick, MS, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4P - USER-EXPERIENCE CUSTOMER SERVICE DESIGN with Brian Bettendorf, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4 1:30pm-3:00pm							
SA4A - LES MILLS GRIT® CARDIO & HIIT with Lauren Schroder	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4D - CENTER YOURSELF with Dr. James Bach	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4E - ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4J - STAGES®: PARTY THROUGH THE DECADES with Ben Kohler, Marina Mitchell, Dennis Melnick, Loretta McGrath	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4K - HAPPY AQUA FLOW with Andrea Velazquez & Paula Raphael	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4L - FROM NOVICE TO WATER MANIAC! with Connie Martin	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4M - PROS AND CONS OF FASTING with Melissa Layne	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4Q - SAVVY SOCIAL MEDIA IN FITNESS with Jenn Hagg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5 3:15pm-4:45pm							
SA5A - STRENGTH IN THE STORM™ with SGT KEN®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5B - RUMBLEROLLER® GROUP EXERCISE FLOW with Brian Bettendorf, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5C - LIFT OFF! with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5D - CORE TO SOARI with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5E - TRAINING THE ACTIVE AGING FEMALE CLIENT with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5F - STRUCTURAL UNIFICATION - BODY, MIND, SOUL with Leslee Bender	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5G - FLOOR BARRE with Whitney Chapman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5H - RESIS-DANCE TRAINING with Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5I - SCHWINN®: BALANCING ACT - CYCLING WITH PAM with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5J - STAGES®: THE POWER OF CUE-MUNIC with Pam Pappas	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5K - LABLAST® SPLASH: AQUA DANCE INTERLUDE with Len Kravitz, Cori Warasila, Billie Wartenberg & Amy Weisenmiller	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5L - SILVER AQUA SOLUTIONS with Manuel Velazquez	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA5M - THE FEMALE TRAINING ADVANTAGES 2.0 with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5N - 3:1 PUNCHOUT with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5O - THE JOY OF EX with Nathalie Lacombe	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5P - MARKET TO YOUR TARGET CONSUMER with Jasmine Gagliardi	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5Q - WHAT'S UP WITH WEARABLES? with Pete McCall, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6 5:00pm-6:30pm							
SA6A - MANDATORY TEAM WORK with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6B - GLIDING REINVENTED with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6C - CORE STABILITY BALL TRAINING with Josh Bowen	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6D - POUND® WHY YOUR BODY ROCKS! with Yesenia Marrero	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6E - COUNTRY FUSION® FOR ACTIVE AGERS with Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6F - LEARN TO STRETCH YOUR CLIENTS with Loretta McGrath	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6G - WEIGHT AT THE BARRE with Billie Wartenberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6H - HIGH FITNESS: AEROBICS IS BACK! with Ricki Smith & Melissa Zurcher	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6I - SCHWINN®: RIDE AND ROW with Keli Roberts & Jason Schneider	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 - AQUA ABS: WIM-SY with Amy Weisenmiller	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6L - AQUATIC SOLUTIONS FOR THE AGING with Ann Gilbert	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6M - 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
SA6N - STAIRMASTER: HIIT & REST with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6O - NUTRITION FOR FITNESS PROFESSIONALS with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6P - HIGH STANDARDS OF THE ACTIVE AGING with Kathy Ankrom	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6Q - PREVENTION AND PERFORMANCE FOR RUNNERS with Brian Bettendorf, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA7 6:45pm-7:45pm							
SA7F - RECOVERY THROUGH MEDITATION with Yury Rockit	1.0	1.0	0.5	0.15	0.1	0.2	1.0
SA7K - ACQUAPOLE® CIRCUIT REVOLUTION with Andrea Velazquez & Paula Raphael	1.5	1.0	0.5	0.15	0.1	0.25	1.5

SUNDAY, April 14, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
SU1 7:00am-8:30am							
SU1A - GAMIFY YOUR WORKOUT with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1B - TOP2BOTTOM BOOTCAMP with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1C - EVERY BODY FIGHTS: BOXING PT with Josh Bowen	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1D - ROLL WITH IT - FOAM ROLLERS AS TRAINING TOOLS with Dr. James Bach	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1F - OMNIA YOGA: GODDESS FLOW with Tiffany Jolly	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1I - SCHWINN®: MASTER THE MOMENT with Jenn Hagg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1J - STAGES®: PLAYING WITH POWER with Dennis Mellon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1L - AQUA DRUMS with Andrea Velazquez & Paula Raphael	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1M - NUTRITION TIPS, TIDBITS AND TREATS with Bruce Mylrea & Mindy Mylrea	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU1O - NUTRITION & SLEEP: FASCINATING CONNECTIONS with Tricia Silverman, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1P - WHAT FITPROS WANT FROM LEADERS with Nathalie Lacombe, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1Q - MOVEMENT PREP HOW TO'S with Brian Bettendorf, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2 8:45am- 10:15am							
SU2A - QUICK & DIRTY 30 with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2B - HIT THE WALL with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2C - CARDIO KICKBOXING with Julian Diasa	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2D - LOWER EXTREMITY TRAINING - FEMALE CLIENT with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2F - WARRIOR TAI CHI YOGA™ with Jani Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2I - SCHWINN®: LET THE MUSIC PLAY with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2J - STAGES® LIVE! THE CONCERT EXPERIENCE with Dennis Mellon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2L - STROOPS H2O with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2M - CARBOHYDRATE CRAZINESS with Len Kravitz, PhD, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2O - WHY AREN'T YOUR MEMBERS IMPROVING? with Kathy Ankrom	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2P - FAILING IS SUCCEEDING with Giovanni Roselli	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2Q - EXPERIENCE & INSIGHTS ON BOUTIQUES & FRANCHISES with Ann Gilbert	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3 11:15am-12:45pm							
SU3A - CORE INJURY EPIDEMIC with Carrie Harper	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3B - I'VE FALLEN BUT CAN GET UP! with Giovanni Roselli	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3C - BASICS OF PERSONAL TRAINING PROGRAMMING with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3D - SWEAT IT with Julian Diasa	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3F - ROLLING WITH MINDFULNESS AND BREATHWORK with Brian Bettendorf, MSM, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3I - STAGES®: THE INVISIBLE ROAD with Marina Mitchell	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3L - DIVE IN with Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3M - FAT LOSS: THE REAL STORY with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3O - TRENDS FOR 2019 & GROWTH with Ann Gilbert, Irene Lewis-McCormick, MS, Jodi Lacombe, MS, Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3P - THE WORLD AWAITS YOUR BRILLIANCE with Whitney Chapman	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3Q - EMOTIONAL INTELLIGENCE IN PERSONAL TRAINING with Josh Bowen	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4 1:00pm-2:30pm							
SU4A - THE POSTPARTUM CLASS PARTICIPANT with Carrie Harper	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 - LOWER BODY BLASTER with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4D - THE VALUE OF BODYWEIGHT TRAINING with Josh Bowen	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4J - YOGA BASICS: GOING DEEPER with Whitney Chapman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4L - HYDRO PILATES with Ann Anthony	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4M - EXERCISE: THE ULTIMATE BRAIN BOOSTER with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4O - AGILE APPROACH TO PRODUCT DEVELOPMENT with Brian Bettendorf, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4P - IN BODY RECOVERY with Irene Lewis-McCormick, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4Q - SOFT SKILLS FOR TOUGH EMPLOYERS with Jodi Lacombe, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5

Name _____

Address _____ City _____ State _____ Zip Code _____

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Florida MANIA® April 12th - April 14th, 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	4/11/19	8.0	CEP96226	0.7	1102	4.0	7.0	0.7	1.6
SCW Active Aging Nutrition Certification	Silverman	4/11/19	4.0	CEP138044	0.4	NA	NA	4.0	0.4	0.8
SCW Aqua Barre Certification	Wartenberg	4/11/19	6.0	CEP116610	0.7	1104	6.0	6.0	0.6	1.2
SCW Aquatic Exercise Certification	Howard	4/10/19	8.0	CEP29607	0.7	1105	9.0	8.0	0.7	1.6
SCW Ballet Barre Certification	Appel	4/14/19	7.0	CEP83598	0.7	1106	4.0	7.0	0.7	1.4
SCW Boxing Certification	Feinberg	4/14/19	7.0	CEP112200	0.8	1107	4.0	7.0	0.7	1.4
SCW Core Training Certification	McCall	4/11/19	4.0	CEP112270	0.7	1108	2.0	4.0	0.4	0.8
SCW Corrective Exercises & Coaching Techniques Certification	Comana	4/11/19	7.0	NA	NA	NA	NA	NA	NA	NA
SCW Foam Rolling Certification	Lewis-McCormick	4/11/19	6.0	CEP112368	0.4	NA	2.0	4.0	0.4	1.2
SCW Group Exercise Certification	Howard	4/11/19	8.0	NA	NA	1112	4.5	8.0	0.8	1.6
SCW Meditation Certification	Rockit	4/11/19	4.0	CEP138023	0.4	NA	NA	4.0	0.4	0.8
SCW Nutrition, Hormones & Metabolism Certification	Layne	4/14/19	7.0	CEP112375	0.7	1118	8.0	6.0	0.6	1.4
SCW Personal Training Certification	Roberts	4/11/19	8.0	NA	NA	1116	4.0	NA	NA	1.6
SCW Pilates Matwork Certification	Appel	4/11/19	7.0	CEP179900	0.7	1117	4.5	8.0	0.8	1.6
WATERinMOTION® Certification	Velazquez	4/14/19	8.0	CEP196858	0.9	1121	8.0	7.0	0.7	1.4
SCW Women's Leadership Summit	SCW Staff	4/11/19	4.0	NA	NA	NA	4.0	4.0	0.4	0.8
SCW Yoga I Certification	Velazquez	4/11/19	8.0	CEP179928	0.8	1122	4.0	8.0	0.8	1.6
SCW Yoga II Certification	Velazquez	4/11/19	8.0	CEP179938	0.4	1123	2.0	4.0	0.4	0.8
Barre Above® With Pilates Focus Certification	Bender	4/11/19	8.0	CEP72664	0.8	NA	NA	8.0	0.8	NA
Country Fusion® Star Instructor Certification	Mooney	4/11/19	7.0	NA	NA	NA	NA	7.0	0.7	NA
High Fitness Instructor Training	Smith & Zurcher	4/11/19	7.5	NA	NA	NA	NA	8.0	0.8	NA
One Day to Wellness Certification	Mylrea & Mylrea	4/11/19	9.0	CEP106950	0.9	NA	NA	9.0	0.9	NA
Schwinn Cycling Instructor Certification	Sherman & Hogg	4/11/19	1.2	CA181238	1.2	NA	NA	8.0	0.8	NA
Stairmaster®: HIIT Just Got Real Certification	Friend-Uhl	4/11/19	4.0	CEP117184	0.4	NA	NA	4.0	0.4	NA
Strong by ZUMBA® Instructor Training	Ferreira	4/14/19	8.0	CEP102225	0.8	NA	NA	8.0	NA	NA
ZUMBA® Basic Skills Level 1 Instructor Training	Stefanik	4/11/19	8.0	CEP102225	0.7	NA	NA	5.5	NA	NA

Page Total _____

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Signature of SCW Fitness Education Employee for Approval _____