

FRIDAY, October 4, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
<b>FR1 7:30am-9:00am</b>							
FR1A - QUICK & DIRTY 30 with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1B - HIGH FITNESS: AEROBICS IS BACK! with Metta Semrad & Melissa Zurcher	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1C - COACH BEYOND EXPECTATIONS with Sheldon McBee, MS	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 - GOT BACK PAIN with Herson Garcia	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1G - BARRE MOVES – UPDATE YOUR CHOREOGRAPHY with Kia Williams	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1H - LABLAST® FITNESS: HIGHLY INVOLVED INTERVAL TRAINING with Megan Cooperman, MEd	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1I - SCHWINN®: PRIME DESIGN with Amy Dixon	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 - ACQUAPOLE® NEXT GENERATION with Kristy Anaya, Sonja Burns & Paula Raphael	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1L - AQUA FUSIONMANIA with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1N - STAIRMASTER HIIT - REAL RATIOS FOR RESULTS with Sonja Friend-Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1O - THE WHY & HOW OF FASTING with Bruce & Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1P - METABOLISM & FAT - SCIENCE & APPLICATION with Fabio Comana, MA, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1Q - TECHNIQUES TO UPLEVEL SELF-DISCIPLINE with Aaron Armstrong	1.5	1.0	0.75	0.15	0.1	0.25	1.5
<b>FR2 10:00am-11:30am</b>							
FR2A - PULLING FOR POWER, PROGRAM 003™ with SGT Ken®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2B - FROM THE GROUND UP! with Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2C - NO EQUIPMENT, NO EXCUSES with Herson Garcia	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2D - TRAINING BY THE NUMBERS with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2E - "I WISH I KNEW BEFORE..." with Yuri Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2F - PILATES POWER TOWER with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2G - BARRE TRAINING: GRACE & FLOW with Kell Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2H - DANCE CORPS: HIIT IT HARD! with Danielle Dorsey	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2I - SCHWINN®: SCHWINTENSITY with Jeffrey Scott	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2J - STAGES®: PARTY THROUGH THE DECADES with Pam Benchley, Cameron Chinatti & Ben Kohler	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2K - AQUATIC POWER HOUR with Connie Martin, MA	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2L - HYDRO LIFT OFF! with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2M - HE-MUGS-ME-NOT! with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR2O - SUGAR VS. NON-NUTRITIVE SWEETENERS? with Fabio Comana, MA, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2P - CREATING YOUR FITNESS PRO GAME PLAN with Aida Johnson-Rapp	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR2Q - PREVENTION AND PERFORMANCE FOR RUNNERS – HIIT with Tripp Miller, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>FR3 11:45am-1:15pm</b>							
FR3A - HIIT THE TURF with Jen Keenan-Stryka & Angelique Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3D - POUND® - SWEAT, SCULPT, ROCK. with Michelle Opperman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3E - DEEP STRETCH & THE AGING with Ann Gilbert	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3H - COUNTRY FUSION® with Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3I - SCHWINN®: BALANCING ACT - CYCLING FUSION with Amy Dixon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3K - BARRE-A-CUDA 2 with Cheri Kulp	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR3L - GIRLS JUST WANNA HAVE FUN! with Sara Kooperman, JD, Melissa Layne, MA, MS & Connie Martin, MA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3O - ABS ARE MADE IN THE KITCHEN with Sohaila Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>FR3 12:30pm-2:00pm</b>							
FR3B - LES MILLS GRIT®: CARDIO & HIIT with Nikki Snow	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3C - SHIFTING IS THE NEW LIFTING with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3F - PREVENTION & RECOVERY THROUGH MUSCLE STIMULATION with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3G - LET THE BEAT DROP - BARRE ABOVE® with Kia Williams	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3J - STAGES®: TRIPLE THREAT MINDSET with Ben Kohler	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3M - KIDS FITNESS: BUILD OR BUST? with Beth Vazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3N - STAIRMASTER HIIT: SCIENCE OF VARIABILITY FOR SEEN with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3P - SIMPLE APPROACHES TO WEIGHT LOSS with Fabio Comana, MA, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3Q - SELF-COACHING STRATEGIES FOR WELLNESS with Tricia Silverman, RD	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>FR4 2:15pm-3:45pm</b>							
FR4A - ROWING RESILIENCE™ with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4B - LOWER BODY BLASTER with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4C - ROCKIT STRENGTH®: HARD CORE with Yuri Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4D - GAMIFY YOUR WORKOUT with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4E - ACTIVE AGING: NO PLACE LIKE HOME with Sara Kooperman, JD	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4F - RUMBLEROLLER® ROLL BETTER with Cheri Kulp & Mac	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4G - "HIIT" THE BARRE with Cheri Kulp & Mac	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4H - ZUMBA®: LET IT MOVE YOUR MIND with Tricia Silverman, RD	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4I - SCHWINN®: LET THE MUSIC PLAY with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4J - STAGES®: MIXED EMOTIONS with Javier Santin & Cameron Chinatti	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4K - LABLAST® SPLASH: SHALLOW AQUA FITNESS with Manuel Velazquez, Connie Warasila, Ann Gilbert, Cheri Kulp & Mac	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4L - DIVE INTO AQUA CHOREOGRAPHY with Manuel Velazquez, Connie Warasila, Ann Gilbert, Cheri Kulp & Mac	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	NA	0.1	0.25	1.5
FR4N - STAIRMASTER: HIIT & REST with Sonja Friend-Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4O - NUTRITION PANEL with Melissa Layne, MEd, Bruce Mylrea, Tricia Silverman, RD, LDN, MBA, Sohaila Digsby,	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4P - FITNESS BUSINESS TRENDS FOR 2019 with Sara Kooperman, JD	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR4Q - ENGAGE YOUR INNER MOTIVATOR with Aida Johnson-Rapp	1.5	1.0	1.5	NA	0.1	0.25	1.5
<b>FR5 4:00pm-5:30pm</b>							
FR5A - FLUID STRENGTH™ MEETS EXTREME HIIT CHAOS™ with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5B - BOOTCAMP BEATS with Rachel Lauria	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR5C - COACHING CORE STABILITY with Sheldon McBee, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5D - SL@T - STRENGTHEN, LENGTHEN & TONE with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5E - COUNTRY FUSION® FOR ACTIVE AGERS with Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5F - CONSCIOUS MOVEMENT & FUNCTIONAL YOGA with Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5G - BARRE WITH A TWIST with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5H - DANCE CORPS: BENEFITS OF PERIODIZATION with Danielle Dorsey	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5I - SCHWINN®: MASTER THE MOMENT with Jeffrey Scott	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5J - STAGES®: THE POWER OF CUE-MMUNICATION with Pam Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5K - WAVES ON FIRE: ACTIVE AGERS with Connie Martin, MA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5L - AQUA YOGA FLOW with Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5M - FAITH+FAMILY+FITNESS with Beth Vazquez	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5O - WEIGHT CONTROL UNABRIDGED with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5P - ACQUIRING & RETAINING PERSONAL TRAINING CLIENTS with Herson Garcia	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SATURDAY, October 5, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
<b>SA1 7:00am-8:30am</b>							
SA1A - FUNCTIONAL ABS: CORE STRONG! with Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1B - GLIDING REINVENTED with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1C - GUIDING SKILL ADAPTATION - POWERED BY STROOPS® with Tyler Yearby, MEd	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1D - THE NEXT GENERATION OF POUND® with Michelle Opperman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1E - 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
SA1F - INSIDE OUT WITH THE SHOULDER with Chris Gellert, MPT, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1G - BARRE TRICKS with Cassie Hilleboe	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1H - WEIGH2DANCE with Rachel Lauria	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA1I - SCHWINN®: MUSIC & SO MUCH MORE! with Jeffrey Scott	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1J - STAGES®: THE SIXTH SENSE with Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1K - DIVE IN with Yury Rokkit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1L - UPS & DOWNS OF AQUA with Mac Carvalho	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA1N - STAIRMASTER HIIT - A MOMENT IN TIME with Sonja Friend-Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1O - WHAT TO EAT: END THE FRUSTRATION with Sohailla Digsby, RDN, LD, CPT	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1P - ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA1Q - INSURANCE FOR STUDIOS, INSTRUCTORS & TRAINERS with Jennifer Urmonston Lowe	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	0.1	0.1	0.2	1.0	
<b>SA3 11:00am-12:30pm</b>							
SA3A - BATTLE WITH BOATS AND ROPES with SGT Ken®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3B - 50 UNIQUE CORE LOVERS EXERCISES with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3C - LOWER EXTREMITY TRAINING - FEMALE CLIENT with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3D - SPEEDBALL FOR PERSONAL TRAINERS with Steve Feinberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3E - STRENGTH TRAINING FOR LONGEVITY & VITALITY with Sara Kooperman, JD	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3F - RESTORATIVE YOGA: PROP FREE with Whitney Chapman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3G - POWER BODY BARRE with Billie Wartenberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA3H - LABLAST®: DANCE INTERVALS FOR EVERYONE with Megan Cooperman, MEd	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3I - SCHWINN®: RIDE AND ROW with Doris Thews	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3J - STAGES®: W.T.F.T.P.? with Javier Santin & Pamela Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3K - AQUA ABS: WIM-SY with Cheri Kulp	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA3L - DOUBLE TROUBLE: BAD BOYS OF AQUA with Jeff Howard & Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3M - PAID TO PLAY with Beth Vazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3N - STAIRMASTER HIIT - HIGH FIVE with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3O - THE CARB & PROTEIN MYTH with Bruce Mylrea	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA3P - CREATING VALUE BASED COACHES with Sheldon McBee, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3Q - SENDING YOUR CLIENTS' EXERCISE SABOTAGE with Dr. Candice Seti, Psy.D.	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>SA4 12:45pm-2:15pm</b>							
SA4B - HIGH FITNESS: AEROBICS IS BACK! with Metta Semrad & Melissa Zurcher	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4C - CENTER YOURSELF with Dr. James Bach	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4F - WHOSE BACK? YOUR BACK! with Elian Haan	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4G - WEIGHT AT THE BARRE with Billie Wartenberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4J - STAGES®: BUILD IT (FASTER!). THEY WILL COME with Pamela Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4K - HAPPY AQUA FLOW with Kristy Anaya, Sonja Burns & Paula Raphael	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4L - CUE, PACE, RESIST with MaryBeth Dziubinski	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4M - BOXING BOOTCAMP with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4P - NERVOUS SYSTEM HACKS FOR MOBILITY with Tripp Miller, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>SA4 1:30pm-3:00pm</b>							
SA4A - HIIT LIKE A GIRL with Irene Lewis-McCormick, MS, CSCS, Doris Thews & Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4D - SAMURAI: MARTIAL ARTS WORKOUT with Francisco Sanchez	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4E - YOGA FOR THE YOUNG AT HEART: CHAIR with Sara Kooperman, JD	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4H - ZUMBA® CARDIO BLAST with Jenna Bostic	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4I - SCHWINN®: RHYTHM DONE RIGHT with Jenn Hogg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4O - FAD DIET UPDATE with Sohailla Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4Q - NUTRITION & SLEEP: FASCINATING CONNECTIONS with Tripp Miller, MS, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>SA5 3:15pm-4:45pm</b>							
SA5A - STRENGTH IN THE STORM™ with SGT Ken™	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5B - BODYATTACK® with Nikki Snow	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5C - UNPACKING CUEING & FEEDBACK - POWERED BY STROOPS® with Tyler Yearby, MEd	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5D - POUND® WHY YOUR BODY ROCKS! with Michelle Opperman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5E - PRACTICAL CORE 55+ with Billie Wartenberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5F - ROLLING WITH MINDFULNESS AND BREATHWORK with Trip Miller	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5G - BARRE NECESSITIES with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5H - COUNTRY FUSION® WORKSHOP with Jennifer Urmonston Lowe	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5I - SCHWINN®: TAKE IT TO THE MAX with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5J - STAGES®: POWER VS. RHYTHM with Keli Roberts & Cameron Chinatti	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5K - LABLAST® SPLASH: AQUA DANCE INTERVALS with Sara Kooperman, JD	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5L - SILVER AQUA SOLUTIONS with Manuel Velazquez, Ann Gilbert, Cheri Kulp & Mac Carvalho	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5M - 3:1 PUNCHOUT with Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5N - STAIRMASTER: HIIT & REST with Trip Miller	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5O - NUTRITION FOR FITNESS PROFESSIONALS with Melissa Layman	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5P - THE FEMALE TRAINING ADVANTAGES 2019 with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5Q - PUTTING AN END TO STRESS EATING with Dr. Candice Seti, Psy.D.	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>SA6 5:00pm-6:30pm</b>							
SA6A - HIIT THE TURF: YOGA FUSION with Jen Keenan & Angelique Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA6B - TNT - EXPLOSIVE BODYWEIGHT TRAINING with Dr. James Bach	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6C - THE ULTIMATE FITNESS EQUATION with Dane Robinson	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA6D - YOUR REAR IS THE GEAR with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6E - MULTI-GENERATIONAL FITNESS with Billie Wartenberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA6F - TRUE BALANCE: YIN/YANG YOGA with Whitney Chapman	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA6G - BOOGIE BARRE with Mac Carvalho	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA6H - THE COGNITIVE DANCE EXPERIENCE with Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6I - SCHWINN®: HOW TO WOW! with Doris Thews	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6J - STAGES®: THE INVISIBLE ROAD with Cameron Chinatti	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6K - YOGQUA™ with MaryBeth Dziubinski	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6L - AQUA CORE OPTIONS with Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6O - CARBOHYDRATE CRAZINESS with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6P - FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL with Sara Kooperman, JD, Keli Roberts & Ann Gilbert	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6Q - PERFORMANCE TRAINING FOR PREGNANCY with Brittany Citron	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>SA7 6:45pm-7:45pm</b>							
SA7F - MANIA® REST & RECOVERY with Namirsa & RumbleRoller & Zillis CBD	1.0	1.0	0.5	NA	0.1	0.2	1.0
SA7K - ACQUAPOLE® CIRCUIT REVOLUTION with Kristy Anaya, Sonja Burns & Paula Raphael	1.0	1.0	1.0	0.1	0.1	0.2	1.0

SUNDAY, October 6, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
<b>SU1 7:00am-8:30am</b>							
SU1A - THE ART OF CIRCUITS with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1B - PLYO PLAY with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1D - HIIT THE TURF: FOR PERSONAL TRAINERS with Jen Keenan-Stryska & Angeliqe Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU1E - FITNESS FOR LONGEVITY! with Christine Conti	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU1F - GO WITH THE FLOW SALUTATIONS with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1I - SCHWINN®: R&R - RIDE & RESTORE with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1J - STAGES®: DIFFERENT ROADS, ONE WORLD with Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1L - WATER RUNNING with Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1O - BECOME A MINDFUL EATING MASTER with Dr. Candice Seti, Psy.D.	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1P - THE METABOLIC EFFECTS OF RESISTANCE TRAINING with Len Kravitz, PhD, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1Q - THE TRUTH ABOUT KETOSIS with Melissa Layne, MEd	1.5	1.0	0.75	0.15	0.1	0.25	1.5
<b>SU2 8:45am- 10:15am</b>							
SU2A - LET'S GET FHIIT with Dane Robinson	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU2B - RUMBLEROLLER® GROUP EXERCISE FLOW with Tripp Miller, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2D - BASICS OF PERSONAL TRAINING PROGRAMMING with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2E - TRAINING THE ACTIVE AGING FEMALE CLIENT with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2F - YOGA EXPLORA with Elian Haan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2I - SCHWINN®: MASTER THE MOMENT with Jeffrey Scott & Amy Dixon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2J - STAGES®: ONE SIZE DOESN'T FIT ALL with Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2L - AQUATIC BALANCE SOLUTIONS with MaryBeth Dziubinski	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2O - FOOD FOR THOUGHT: BRAIN SUPERFOODS with Tricia Silverman RD, LDN, MBA	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2P - GOING "DEEP" INTO CORE TRAINING with Brittany Citron	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2Q - The ABC's of CBD with Kelly Ruth	1.5	1.0	1.5	NA	0.1	0.25	1.5
<b>SU3 11:15am-12:45pm</b>							
SU3A - FUNTENSITY BOOTCAMP with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3B - FROM BURNOUT TO BOOST!! with Elian Haan	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU3D - THE ATHLETIC ADVANTAGE with Dane Robinson	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU3E - CORE FORWARD PILATES with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3F - MANTRAS, MUDRAS & MEDITATION with Whitney Chapman	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU3K - FROM NOVICE TO WATER MANIAC! with Connie Martin, MA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3L - AQUA DRUMS VIBES with Kristy Anaya, Sonja Burns & Paula Raphael	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3O - EATING DISORDERS VS. DISORDERED EATING with Dr. Candice Seti, Psy.D.	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3P - FAT LOSS: THE REAL STORY with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3Q - CLARIFYING THE POSTURAL TORSION SYNDROME with Chris Gellert, PhD	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>SU4 1:00pm-2:30pm</b>							
SU4A - LIFT OFF! with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4B - SAMURAI FT: MARTIAL ARTS WORKOUT with Francisco Sanchez	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU4D - MANDATORY TEAM WORK with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4E - SIZZLING SENIORS with Denise Hunt	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU4F - VINIYASA FLOW: FEEL THE RESISTANCE with Christine Conti	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU4K - AQUA TEMPO TRAINING with MaryBeth Dziubinski	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4L - AQUA ZUMBA® with Jenna Bostic	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4O - HEALTHY HAPPY HOLIDAYS with Tricia Silverman RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4P - EXERCISE: THE ULTIMATE BRAIN BOOSTER with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4Q - SELF CARE 101: SMALL STEPS with Whitney Chapman	1.5	1.0	1.5	NA	0.1	0.25	1.5

Name \_\_\_\_\_

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

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

**Midwest MANIA® October 4th - October 6th, 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	10/3/19	8.0	CEP96226	0.7	1102	4.0	7.0	0.7	1.6
SCW Active Aging Nutrition Certification	Silverman	10/3/19	4.0	CEP138044	0.4	NA	NA	4.0	0.4	0.8
SCW Aqua Barre Certification	Wartenberg	10/6/19	6.0	CEP116610	0.6	1104	6.0	6.0	0.6	1.2
SCW Aquatic Exercise Certification	Howard	10/2/19	8.0	CEP29607	0.8	1105	9.0	8.0	0.7	1.6
SCW Ballet Barre Certification	Appel	10/6/19	7.0	CEP83598	0.6	1106	4.0	7.0	0.7	1.4
SCW Boxing Certification	Feinberg	10/6/19	7.0	NA	0.7	1107	4.0	7.0	0.7	1.4
SCW Core Training Certification	McCall	10/3/19	4.0	CEP112270	0.4	1108	2.0	4.0	0.4	0.8
SCW Corrective Exercise Certification	Comana	10/3/19	7.0	NA	NA	1109	6.5	NA	NA	1.4
SCW Foam Rolling Certification	Lewis-McCormick	10/6/19	6.0	CEP112368	0.4	1110	2.0	4.0	0.4	1.2
SCW Group Exercise Certification	Howard	10/3/19	8.0	NA	NA	1112	4.5	8.0	0.8	1.6
SCW Meditation Certification	Rockit	10/3/19	4.0	CEP112223	0.4	NA	NA	4.0	0.4	0.8
SCW Nutrition, Hormones & Metabolism Certification	Layne	10/6/19	7.0	CEP112223	0.7	1118	8.0	6.0	0.6	1.4
SCW Personal Training Certification	Roberts	10/3/19	7.0	NA	0.7	1116	4.0	NA	NA	1.6
SCW Pilates Matwork Certification	Appel	10/3/19	5.0	179866	0.5	1117	4.5	8.0	0.8	1.6
WATERinMOTION® Certification	Warasila	10/3/19	7.0	196858	0.9	1121	8.0	7.0	0.7	1.4
SCW Women's Leadership Summit	SCW Staff	10/3/19	7.0	NA	NA	1122	7.0	7.0	0.7	1.4
SCW Yoga I Certification	Velazquez	10/3/19	8.0	CA179928	0.8	1122	4.0	8.0	0.8	1.6
SCW Yoga II Certification	Velazquez	10/3/19	4.0	CA179938	0.4	1123	2.0	4.0	0.4	0.8
BARRE ABOVE® - POWERED BY SAVVIER FITNESS®	Lewis-McCormick	10/3/19	8.0	CEP72664	0.8	NA	NA	8.0	0.8	NA
Country Fusion® Star Instructor Certification	Mooney	10/3/19	7.0	NA	NA	NA	NA	7.0	0.7	NA
EXTREME HIIT CHAOS® - POWERED BY SAVVIER FITNESS®	Mylrea	10/3/19	8.0	NA	0.8	NA	NA	8.0	0.8	NA
High Fitness Instructor Training	Semrad & Zurch	10/3/19	8.0	NA	NA	NA	NA	8.0	0.8	NA
One Day to Wellness Certification	Mylrea & Mylrea	10/3/19	9.0	CEP106950	0.9	NA	NA	9.0	0.9	NA
Schwinn Cycling Instructor Certification	Dixon & Scott	10/3/19	9.0	CA181238	1.2	NA	NA	8.0	0.8	NA
STAIRMASTER®: HIIT JUST GOT REAL - HIIT CERTIFICATION	Friend-Uhl	10/3/19	4.0	NA	0.4	NA	NA	4.0	0.4	NA
Strong by ZUMBA® Instructor Training	Manendez	10/3/19	8.0	CEP102225	0.8	NA	NA	8.0	NA	NA
ZUMBA® Basic Skills Level 1 Instructor Training	Manendez	10/3/19	8.0	CEP102225	0.7	NA	NA	5.5	NA	NA

**Total** \_\_\_\_\_

Name \_\_\_\_\_

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

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

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

