

FRIDAY, February 22, 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 - HIGH FITNESS: AEROBICS IS BACK! with Emily Nelson & Amber Zenith	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 - KEEP IT SIMPLE. KEEP IT SMART with Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1E - 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
FR1F - RUNHABX: CHIRUNNING with Joel Matalon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1G - BARRE BANDS AND BEATS with Tricia Murphy Madden	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1H - COUNTRY FUSION® with Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1I - SCHWINN®: SCHWINTENSITY with Jeffrey Scott	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 - AQUA YOGA FLOW with Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1L - DIET DIAGNOSIS with Bruce & Mindy Mylrea	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1M - METABOLISM AND FAT - SCIENCE & APPLICATION with Fabio Comana, MA, MS	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	1.5	0.15	0.1	0.25	1.5
FR1O - HOW TO BECOME TOP DOG! with NT Etuk	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1P - EMOTIONAL INTELLIGENCE AND HIGH-PERFORMANCE LEADERSHIP with Lindsay Vastola	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1Q - POWER OF MOTIVATION with Maureen Hagan	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2 10:00am-11:30am							
FR2A - MASHUP®: VIIT IT! with Barbie Brown	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2B - RUMBLEROLLER® GROUP EXERCISE FLOW with Tripp Miller, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2C - 50 UNIQUE CORE LOVERS EXERCISES with Tricia Murphy Madden	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 - SIZZLING SENIORS with Denise Hunt	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 - BARRE WITH A TWIST with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2H - LABLAST®: DANCE THAT'S A HIIT with Louis Van Amstel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2I - SCHWINN®: PRIME DESIGN with Amy Dixon	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 - HYDRO LIFT OFF! with Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2L - ABS ARE MADE IN THE KITCHEN with Sohailla Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2M - BEST PRACTICES: OPERATIONS, POLICIES & HR with Alexandra Bonetti	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2O - FITNESS BUSINESS TRENDS FOR 2019 with Sara Kooperman, JD	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2P - FACEBOOK FOR YOUR FITNESS BUSINESS with Marisa Hoff	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2Q - INTROVERSION IS POWER with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3 11:45am-1:15pm							
FR3D - LES MILLS GRIT™ CARDIO & HIIT with Adam Bramski	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3F - GO WITH THE FLOW SALUTATIONS with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3H - SOUL CLAP: BECOME THE MUSIC with Khalid Freeman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3I - SCHWINN®: RHYTHM DONE RIGHT with Jenn Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3K - GIRLS JUST WANNA HAVE FUN! with Sara Kooperman, JD, Melissa Layne, MEd, Irene Lewis-McCormick, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3L - WHAT TO EAT: END THE FIGHT with Sohailla Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3N - STAIRMASTER HIIT - SCIENCE OF VARIABILITY with Pete McCall, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3O - BEST PRACTICES TO INCREASE RETENTION with Lindsay Vastola	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3P - MAXIMIZING THE MEMBER EXPERIENCE with Chantel Stevenson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3Q - THE BUSINESS OF NEGOTIATION with Tricia Murphy Madden	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3 12:30pm-2:00pm							
FR3A - HIIT THE TURF with Jen Keenan-Stryka & Angeline Hughes	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3B - RUNHABX: THE CHISTROM GAMES with Joel Matalon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3C - PROGRAMMING FOUNDATIONS FOR THE OBESE POPULATION with Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3E - FUNCTIONAL FITNESS AFTER 50 with Maureen Hagan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3G - GRACE AND FLOW with Keli Roberts	1.5	1.0	0.76	0.15	0.1	0.25	1.5
FR3J - STAGES®: W.T.F.T.P.? with Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3M - HEART RATE ZONES 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 - MAKE FUNCTION SIMPLE with Jason Hamera	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4B - STRONGBOARD YOGA™ I: STRENGTHEN YOUR WEAKNESSES with Elizabeth Scheer	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4C - CONSISTENT RESISTANCE with Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4D - POUND® - SWEAT. SCULPT. ROCK. with Shannon Roentved	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4E - FITNESS THROUGH THE AGES with Maureen Hagan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4F - FOAM ROLLING YOUR INNER ATHLETE with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4G - BARREFLOW FIRE AND FE with Karli Taylor	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4H - ZUMBA® CARDIO BLAST with Irena Meletioui	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4I - SCHWINN®: MASTER THE MOMENT with Jeffrey Scott & Amy Dixon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4J - STAGES®: MIXED EMOTIONS with Javier Santin & Dennis Mellan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4K - DIVE INTO AQUA CHOREOGRAPHY with Sara Kooperman, JD, Manuel Velazquez & Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4L - NUTRITION PANEL with Fabio Comana, MA, MS, Sohailla Digsby, RDN, LD, CPT, Melissa Layne, MEd, Bruce	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4M - HIGH FITNESS: BRINGING AEROBICS BACK! with Emily Nelson & Amber Zenith	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4N - BOXING: THE METHOD with Steve Feinberg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4O - WINNING IN BUSINESS REQUIRES STRATEGY with Bill McBride	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4P - FINANCING OPTIONS FOR YOUR BUSINESS with Paul Bosley	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4Q - ESSENTIALS TO SELLING BEYOND PRICE with Lindsay Vastola	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	0.15	0.1	0.25	1.5
FR5B - HIGH FITNESS: AEROBICS IS BACK! with Emily Nelson & Amber Zenith	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5C - DEVELOPING ELITE FITNESS EXPERIENCES with Kevin Mullins, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5D - CORE TO SOAR! with Yury Rockit	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	0.15	0.1	0.25	1.5
FR5F - RELAX & RESTORE FOAM ROLLER TRAINING with Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5G - FLOOR BARRE with Whitney Chapman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5H - DANCE AFTER DARK: EXCLUSIVE TO NYC MANIA®! with Allison Lilly, Anthony Rue II aka 'Ant', Jason Facey	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5I - SCHWINN®: BALANCING ACT with Eric Thomson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5J - STAGES®: TEAM PURSUIT: THE EXPERIENCE with Kristy Kilcup	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5K - LABLAST® SPLASH with Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5L - ARE YOU CBD CURIOUS? with Melissa Gibson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5M - NATURAL REMEDIES FOR ATHLETES/ENTHUSIASTS with Dr. Dawn Figlo	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SATURDAY, February 23, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
SA1 7:00am-8:30am							
SA1A - TRAINING THE FEMALE CORE with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1B - STRONGBOARD BURN!™ GO BEYOND BALANCE™ with Rachael Novello	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1C - LET'S GET FHIIT with Dane Robinson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1D - CORE STABILITY BALL TRAINING with Josh Bowen	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1E - THE SCIENCE OF AGING GRACEFULLY with Pete McCall, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1F - RUMBLEROLLER® ACTIVE RECOVERY with Tripp Miller, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1G - BARRE SO HARD - SAVVIER FITNESS with Tricia Murphy- Madden	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1H - SOUL CLAP: ONE TEAM, ONE SOUND with Khalid Freeman	1.5	1.0	0.75	0.15	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®: WORK YOUR RECOVERY with Kristy Kilcup	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1K - LABLAST® SPLASH with Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1L - HOW TO EAT SUGAR with Sohaila Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1M - WALK TOWARDS PEACE, HEALTH, HAPPINESS with Dr. Dawn Figlo	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1N - STAIRMASTER HIIT - REST & HIIT with Sonja Friend-Uhl	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1O - KEY TECHNOLOGIES TO WATCH with NT Etuk	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1P - TIDBITS TO GROW YOUR BUSINESS with Paul Bosley	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1Q - DRIVING TRENDS IN THE FITNESS INDUSTRY with Maureen Hagan	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 EPOCALYPSE WATERROWER® POWER WORKOUT™ with Irene Lewis-McCormick, MS CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3B - STRONG BY ZUMBA® with Ricardo Alas	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3C - TRAINING THE ACTIVE AGING FEMALE CLIENT with Keli Roberts	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 - 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
SA3F - MAT TO THE MAX with Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3G - BARREFLOW with Karli Taylor	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3H - HIGH FITNESS: AEROBICS IS BACK! with Emily Nelson & Amber Zenith	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3I - SCHWINN®: HOW TO WOW! with Doris Thews	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3J - STAGES®: ONE SIZE DOESN'T FIT ALL with Ben Kohler	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3K - IT'S RAINING MEN! EQUIPMENT REVEALED with Jeff Howard, Manuel Velazquez & Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3L - NUTRITION TIPS, TIDBITS AND TREATS with Bruce & Mindy Mylrea	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3M - BUILDING CHOREOGRAPHY LIKE A PRO with Louis Van Amstel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3N - STAIRMASTER HIIT - A MOMENT IN TIME with Pete McCall, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3O - PERSONAL SOCIAL MEDIA BRANDING with Alexandra Bonetti	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3P - STUDIO SYNERGY: 8-WEEK PROGRAMS with Sohaila Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3Q - KEYS TO EMPLOYEE ENGAGEMENT & MOTIVATION with Chris Stevenson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4 12:45pm-2:15pm							
SA4C - WORKOUTS THAT WORK with Pete McCall, MS	1.5	1.0	0.75	0.15	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 - LABLAST® BALLROOM FITNESS PARTNER FREE with Louis Van Amstel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4J - STAGES®: POWER VS. RHYTHM with Kristy Kilcup & Marina Mitchell	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4K - AQUA CORE OPTIONS with Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4L - METABOLISM REALITY CHECK with Sohaila Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4N - 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 - FUNTENSITY BOOTCAMP with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4B - COUNTRY FUSION® WORKSHOP with Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4D - HIIT THE TURF: YOGA FUSION with Jenn Hoag, Jen Huska & Angelia Huahesa	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4E - STRENGTH TRAINING FOR LONGEVITY & VITALITY with Sara Kooperman, JD	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4F - RESISTANCE YOGA with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4I - SCHWINN®: RIDE AND ROW with Jeffrey Scott & Doris Thews	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4M - THE FEMALE TRAINING ADVANTAGE 2019 with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4O - CONSUMER SALES & REVENUE GENERATION with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4P - FITNESS PRESENTING - THE NEXT STEP with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4Q - DRIVE THE EXPERIENCE with Dane Robinson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5 3:15pm-4:45pm							
SA5A - NO MORE "SQUEEZING YOUR GLUTES" with Jason Haggard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5B - GLIDING REINVENTED with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5C - TRAINING BY THE NUMBERS with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5D - THE NEXT GENERATION OF POUND® with Shannon Roentved	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5E - FACE IT TOGETHER: FACIAL EXERCISE PROGRAM with Christine Conti	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5F - TRENDING NOW: HIIT WITH ACTIVE RECOVERY with Barbie Brown	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 - SOUL CLAP: STEPPING & BODY PERCUSSION with Khalid Freeman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5I - SCHWINN®: MAXIMIZE YOUR RIDE with Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5J - STAGES®: PARTY THROUGH THE DECADES with Pam Benchley, Dennis Mellon, Marina Mitchell & Ben Kohler	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5K - SILVER AQUA SOLUTIONS with Sara Kooperman, JD, Manuel Velazquez & Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5L - NUTRITION FOR FITNESS PROFESSIONALS with Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5M - ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE with Steve Feinberg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5N - STAIRMASTER HIIT - HIGH FIVE with Abbie Appel	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5O - FUTURE OPPORTUNITIES WITHIN THE FITNESS INDUSTRY with Bill McBride	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5P - SURVIVING & THRIVING SOCIAL MEDIA with Jenn Hoag	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5Q - STUDIO STRATEGIES FOR GROUP X SUCCESS with Marisa Hoff	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6 5:00pm-6:30pm							
SA6A - PLYO PLAY with Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6B - THE WARRIOR® WORKOUT with Jani Roberts	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	0.15	0.1	0.25	1.5
SA6D - REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELF with Kevin Mullins, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6E - "I WISH I KNEW BEFORE..." with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6F - CONSCIOUS MOVEMENT & FUNCTIONAL YOGA with Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6G - BARREFLOW FIRE AND FE with Karli Taylor	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6H - DANCE AFTER DARK: EXCLUSIVE TO NYC MANIA®! with Calvin Wiley, Frida Persson, Jordan Washington	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6I - SCHWINN®: STEP INTO YOUR SHINE with Jenn Hoag	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6J - STAGES®: THE POWER OF CUE-MUNICIPATION with Ben Kohler	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6K - TAB-AQUA QUICKIES with Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6L - PROS AND CONS OF FASTING with Melissa Layne, MEd	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 - 3:1 PUNCHOUT with Steve Feinberg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6O - FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL with Keli Roberts	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6P - TEAM WORK MAKES THE DREAM WORK with Chris Stevenson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6Q - STANDARD OF SERVICE MODELS with Lindsay Vastola	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA7 6:45pm-7:45pm							
SA7J - LES MILLS SPRINT™: CYCLING SUCCESS with Adam Bramski	1.0	1.0	0.5	0.1	0.1	0.2	1.0
SA7K - RECOVERY THROUGH MEDITATION with Yury Rockit	1.0	1.0	0.5	0.1	0.1	0.2	1.0

SUNDAY, February 24, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
SU1 7:00am-8:30am							
SU1A - HIIT ACCELERATED with Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1B - BODYATTACK® with Adam Bramski	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 - HIIT THE TURF: FOR PERSONAL TRAINERS with Jen Keenan-Stryska & Angelique Hughes	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1F - CORE FORWARD PILATES with Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1H - COUNTRY FUSION® FOR ACTIVE AGERS with Elizabeth Mooney	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®: THE SIXTH SENSE with Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1L - CRAVINGS AND SUGAR UNSWEETENED with Tricia Silverman RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1M - EXERCISE: THE ULTIMATE BRAIN BOOSTER with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1O - SAVVY SOCIAL MEDIA IN THE FITNESS SPACE with Jenn Hogg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1P - STOP SELLING PACKAGES with Cosmo Wollan	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1Q - COMMUNITY EVENTS TO DRIVE REVENUE with Kerri O'Brien	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2 8:45am - 10:15am							
SU2A - FUNCTIONAL ABS: CORE STRONG! with Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2B - STRONGBOARD SENIORS!™ FOR ACTIVE AGING with Rachael Novello	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2C - EVERY BODY FIGHTS: BOXING PT with Josh Bowen	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
SU2F - ATHLETES & ASANAS with Yury Rockit	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®: DIFFERENT ROADS, ONE JOURNEY with Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2L - IMMUNITY BOOSTERS AND BUSTERS with Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2M - PREVENTION AND PERFORMANCE FOR RUNNERS with Tripp Miller, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2O - STAFFING, OPERATIONS AND TECHNOLOGY with Kerri O'Brien	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2P - THE BUSINESS OF PERSONAL TRAINING with Keli Roberts	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2Q - PODCASTING 101 with Christine Conti	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3 11:15am-12:45pm							
SU3A - CREW CONDITIONING™ with Scott	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3B - URBANDANCELEAGUE: DANCE IS YOUR FRIEND! with Anthony Antboog & Rue II	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3C - DOUBLE THE FUN! DOUBLE THE RESULTS! with Carolyn Jackson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3D - POUND® WHY YOUR BODY ROCKS! with Shannon Roe	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3F - BREATH TO EXCEL: POWERFUL BREATHING with Yury Rockit	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3J - STAGES®: TRIPLE THREAT MINDSET with Ben Kott	1.5	1.0	0.76	0.15	0.1	0.25	1.5
SU3L - WHAT TO EAT FOR OPTIMAL HEALTH with Bruce Mylrea	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 - FRONT DESK - HEART OF YOUR OPERATION with Kerri O'Brien	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3P - BE THE STAND-OUT CLUB with Jennifer Gerasimas	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3Q - PT + GROUP FITNESS = SKYROCKETING SUCCESS with Barbie Brown	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4 1:00pm-2:30pm							
SU4A - SHIFTING IS THE NEW LIFTING with Jonathan Ross	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 - BASICS OF PERSONAL TRAINING PROGRAMMING with Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4D - SIMPLE AND SMART PERSONAL TRAINING with Steve Feinberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4F - RESTORATIVE YOGA: PROP FREE with Whitney Chapman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4J - STAGES®: PLAYING WITH POWER with Dennis Mellon & Pam Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4L - CBD SHOW AND TELL with Melissa Gibson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4M - CARBOHYDRATE CRAZINESS with Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4O - WOW CLIENTS AND KEEP THEM with Jennifer Gerasimas	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4P - MARKETING TO THE 55+ POPULATION with Cosmo Wollan	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4Q - FROM FITNESS ENTHUSIAST TO FIT PRO with Jasmine Graham	1.5	1.0	1.5	0.15	0.1	0.25	1.5

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

New York MANIA® February 22nd - February 24th, 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	2/21/19	8.0	CEP96226	0.7	8374	4.0	7.0	0.7	1.6
SCW Active Aging Nutrition Certification	Silverman	2/21/19	4.0	CEP138044	0.4	NA	NA	4.0	0.4	0.8
SCW Ballet Barre Certification	Appel	2/24/19	7.0	CEP83598	0.7	8379	4.0	7.0	0.7	1.4
SCW Boxing Certification	Feinberg	2/21/19	7.0	CEP112200	0.8	8380	4.0	7.0	0.7	1.4
SCW Core Training Certification	McCall	2/21/19	4.0	CEP112270	0.4	8381	2.0	4.0	0.4	0.8
SCW Corrective Exercises and Coaching Techniques Certification	Comana	2/21/19	7.0	NA	NA	NA	NA	NA	NA	NA
SCW Foam Rolling Certification	Lewis-McCormick	2/24/19	8.0	CEP112368	0.4	8383	2.0	4.0	0.4	1.2
SCW Group Exercise Certification	Howard	2/21/19	8.0	NA	NA	8385	4.5	8.0	0.8	1.6
SCW Women's Leadership & Business Summit	SCW Staff	2/21/19	7.0	CEP148054	0.7	8872	7.0	7.0	0.7	1.4
SCW Meditation Certification	Rockit	2/21/19	4.0	CEP138023	0.4	NA	NA	4.0	0.4	0.8
SCW Nutrition, Hormones & Metabolism Certification	Layne	2/21/19	8.0	CEP112370	0.7	8394	8.0	6.0	0.6	1.4
SCW Personal Training Certification	Robert	2/21/19	8.0	NA	NA	8392	4.0	NA	NA	1.6
SCW Pilates Matwork Certification	Appel	2/21/19	8.0	CA179868	0.8	8393	4.5	8.0	0.8	1.6
SCW Yoga I Certification	Velazquez	2/21/19	8.0	CA179928	0.8	8398	4.0	8.0	0.8	1.6
SCW Yoga II Certification	Velazquez	2/21/19	4.0	CA179938	0.4	8399	2.0	4.0	0.4	0.8
Barre Above Certification	Madden	2/21/19	8.0	CEP72664	0.8	NA	NA	8.0	0.8	NA
Country Fusion® Star Instructor Certification	Madden	2/21/19	7.0	NA	NA	NA	NA	7.0	0.7	NA
High Fitness Instructor Training	Nelson & Zoloth	2/21/19	7.5	NA	NA	NA	NA	8.0	0.8	NA
One Day to Wellness Certification	Mylrea & Mylrea	2/21/19	9.0	CEP106950	0.9	NA	NA	9.0	0.9	NA
Rhythm and Soul! With Soul Clap Fitness Certification	Freeman	2/24/19	7.0	NA	0.7	NA	NA	7.0	0.7	NA
Schwinn Cycling Instructor Certification	Scott & Dixon	2/21/19	9.0	CA181238	1.2	NA	NA	8.0	0.8	NA
Stairmaster® Presents: HIIT Mix Solutions Certification	Friend-Uhl	2/24/19	4.0	CEP125206	0.4	NA	NA	4.0	0.4	NA
Strong by ZUMBA Instructor Training	Alas	2/24/19	8.0	NA	0.8	NA	NA	8.0	NA	NA
ZUMBA Basic Skills Level 1 Instructor Training	Meletiou	2/21/19	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 _____