

FRIDAY, September 6, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
<b>FR1 7:30am-9:00am</b>							
FR1A - HIIT THE TURF - Jen Keenan-Stryka & Angelique Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR1B - HIGH FITNESS: AEROBICS IS BACK! - Ricki Smith & Melissa Zurcher	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1C - NO EQUIPMENT, NO EXCUSES - Herson Garcia	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1D - SPEEDBALL CORE - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR1E - TRAINING THE ACTIVE AGING FEMALE CLIENT - Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1F - 8 M'S OF MODERN MEDITATION - Gretchen Gegg, MEd	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1G - POWER BODY BARRE - Billie Wartenberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR1H - LABLAST® FITNESS: HIGHLY INVOLVED INTERVAL TRAINING - Megan Cooperman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1I - SCHWINN®: HOW TO WOW! - Jenn Hogg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1J - STAGES®: THE POWER OF PROGRESSION - Pam Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1K - ACQUAPOLE® NEXT GENERATION - Andrea Velazquez & Sonja Burns	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR1L - AQUATIC SOLUTIONS FOR THE AGING - Ann Gilbert	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1M - STAIRMASTER HIIT - REAL RATIOS FOR RESULTS - Sonja Friend-Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR1N - THE WHY & HOW OF FASTING - Bruce Mylrea	1.5	1.0	1.5	NA	0.1	0.25	1.5
FR1O - METABOLISM & FAT - SCIENCE & APPLICATION - Fabio Comana, MA, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1P - WHAT FITPROS WANT FROM LEADERS - Nathalie Lacombe, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1Q - CONSUMER SALES & REVENUE GENERATION - Bill McBride	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR1R - 17 SOCIAL MEDIA MARKETING TRICKS - Jenn Hall	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>FR2 10:00am-11:30am</b>							
FR2A - PULLING FOR POWER, PROGRAM 003™ - SGT Ken®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2B - FROM THE GROUND UP! - Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2C - TEACHING THE DEADLIFT - Jonathan Mike Phd	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2D - POUND® - SWEAT. SCULPT. ROCK. - Amy Ward	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 - MAT TO THE MAX - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2G - BARRE MOVES - UPDATE YOUR CHOREOGRAPHY - Pattie Bostick-Winn	1.5	1.0	0.75	0.15	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 - Jeffrey Scott	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2J - STAGES® LIVE! THE CONCERT EXPERIENCE - Pam Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR2K - AQUA BOOTCAMP CIRCUIT - Irene Lewis-McCormick, MS, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2L - HYDRO LIFT OFF! - Jeff Howard	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 - SUGAR VS. NON-NUTRITIVE SWEETENERS? - Fabio Comana, MA, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2O - NERVOUS SYSTEM HACKS FOR MOBILITY - Brian Bettendorf, MSM, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2P - STRATEGIES FOR FITNESS CAREER LONGEVITY - Carolyn Erickson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2Q - FUTURE OPPORTUNITIES WITHIN THE FITNESS INDUSTRY - Bill McBride	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR2R - SAVVY SOCIAL MEDIA IN THE FITNESS SPACE - Jenn Hogg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>FR3 11:45am-1:15pm</b>							
FR3A - FUNTENSITY BOOTCAMP - Jonathan Ross	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 - PREVENTION & RECOVERY THROUGH MUSCLE STIMULATION - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3G - BARRE TRAINING: GRACE & FLOW - Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3I - SCHWINN®: PRIME DESIGN - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3K - ZENERGY H2O - Irene Lewis-McCormick, MS, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3L - GIRLS JUST WANNA HAVE FUN! - Sara Kooperman, JD, Melissa Layne, MS, CSCS, Martin, MEd, Billie Wartenberg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3M - STAIRMASTER HIIT: SCIENCE OF VARIABILITY FOR SERIOUS HIIT - Jenn Hogg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3P - EMOTIONAL INTELLIGENCE AND HIGH PERFORMANCE LEADERSHIP - Linda Poleski, 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 - Adam Bramski	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3C - TRAINING BY THE NUMBERS - Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3F - YOGA FOR HEALTHY BACKS - Nathalie Lacombe, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3H - ZUMBA® CARDIO BLAST - Lucrecia Venosta	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR3J - STAGES®: TRIPLE THREAT MINDSET - Kristy Kilcup	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR3N - FAD DIET UPDATE - Sohaila Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3O - SIMPLE APPROACHES TO WEIGHT LOSS - Fabio Comana, MA, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3Q - WINNING IN BUSINESS REQUIRES STRATEGY - Bill McBride	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR3R - METRICS THAT MATTER AND DRIVE PERFORMANCE - Erin Kelly	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>FR4 2:15pm-3:45pm</b>							
FR4A - THE ART OF CIRCUITS - Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4B - COACH BEYOND EXPECTATIONS - Carrie Harper, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4C - SHIFTING IS THE NEW LIFTING - Jonathan Ross	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4D - JUNGSHIN® ATHLETIC FLOW - JUNG SWORD WARRIOR - Annika	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4E - ACTIVE AGING: NO PLACE LIKE HOME - Sam	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4F - CORE FORWARD PILATES - Jennifer	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4G - BARRE WITH A TWIST - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4H - COUNTRY FUSION® FOR ACTIVE - Elizabeth Mooney	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4I - SCHWINN®: MUSIC & SO MUCH MORE! - Jeffrey Scott	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4J - STAGES®: MIXED EMOTIONS, A PRACTICAL APPROACH - Dennis Mellon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR4K - LABLAST® SPLASH: SHALLOW AQUA FITNESS - Megan Cooperman	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4L - DIVE INTO AQUA CHOREOGRAPHY - Manuel Velazquez, Connie Warasila, Ann Gilbert & Billie Wartenberg	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4M - BOXING: THE METHOD - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR4N - NUTRITION PANEL - Melissa Layne, MEd, Bruce Mylrea, Tricia Silverman, RD, LDN, MBA, Sohaila Digsby, RDN,	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4O - ECCENTRIC TRAINING UNLEASHED - Jonathan Mike	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4P - CREATING AN ENGAGED & PRODUCTIVE TEAM - Erin Kelly	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4Q - BEST PRACTICES TO INCREASE RETENTION - Lindsay Vastola, NSCA-CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR4R - APP-ETITE FOR WELLNESS - Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>FR5 4:00pm-5:30pm</b>							
FR5A - WORKOUT CREATION: HOW & WHY - Christine Conti	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR5B - CORE INJURY EPIDEMIC - Carrie Harper	1.5	1.0	0.75	0.15	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 - LOWER EXTREMITY TRAINING - FEMALE CLIENT - Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5E - RUMBLEROLLER: ROLL BETTER, ROLL LESS - Brian Bettendorf, MSM, MA	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5F - INTERACTIVE YOGA FOR LARGE GROUPS - Gretchen Gegg, MEd	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5G - PILOXING® BARRE: FRIDAY HAPPY HOUR! - Jordan Ballard	1.5	1.0	0.75	NA	0.1	0.25	1.5
FR5H - THINK YOU CAN'T DANCE? - Jennifer Eskridge	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5I - SCHWINN®: MASTER THE MOMENT - Jenn Hogg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5J - STAGES®: WORK YOUR RECOVERY - Kristy Kilcup	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5K - DIVE IN - Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5L - AQUA YOGA FLOW - Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5M - STAIRMASTER HIIT - REST & HIIT - Sonja Friend - Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
FR5N - FOOD FOR THOUGHT: BRAIN SUPERFOODS - Tricia Silverman RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
FR5O - OVERCOMING PLATEAUS - Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5

SATURDAY, September 7, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
<b>SA1 7:00am-8:30am</b>							
SA1A - CONSISTENT RESISTANCE - Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1B - GLIDING REINVENTED - Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1C - TRAINING THE FEMALE CORE - Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1D - POUND® WHY YOUR BODY ROCKS! - Amy Ward	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1E - AGING FIT - Ann Gilbert	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1F - GOT BACK PAIN - Herson Garcia	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1G - FLOOR BARRE - Whitney Chapman	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA1H - LABLAST™: DANCE INTERVALS FOR EVERYONE - Megan Cooperman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1I - SCHWINN®: BALANCING ACT - CYCLING FUSION - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1J - STAGES®: THE SIXTH SENSE - Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA1K - WATER RUNNING - Yury Rockit	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1L - AQUA CORE OPTIONS - Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1N - SELF-COACHING STRATEGIES FOR WELLNESS - Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1O - ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA1P - STUDIO STARTUP: DESIGN, MOMENTUM & SUCCESS - Les Wiehe & Barbara Chancey	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA1Q - YOU CAN'T RUN WITH A REFRIGERATOR - Jarrod Saracco	1.5	1.0		0.15	0.1	0.25	1.5
SA1R - SURVIVING & THRIVING SOCIAL MEDIA - Jenn Hogg	1.5	1.0		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			0.1	0.2	1.0
<b>SA3 11:00am-12:30pm</b>							
SA3A - BATTLE WITH BOATS AND ROPES - SGT Ken®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3B - STRONG BY ZUMBA® - Ricardo Alas	1.5		0.75	0.15	0.1	0.25	1.5
SA3C - YOUR REAR IS THE GEAR - Jonathan Ross	1.5		0.75	0.15	0.1	0.25	1.5
SA3D - SPEEDBALL FOR PERSONAL TRAINERS - Steve Feinberg	1.5		0.75	NA	0.1	0.25	1.5
SA3E - STRENGTH TRAINING FOR LONGEVITY & VITALITY - Sara Kooperman, JD	1.5	1.0		NA	0.1	0.25	1.5
SA3F - VINAYASA FLOW: FEEL THE RESISTANCE - Christine Conti	1.5	1.0		NA	0.1	0.25	1.5
SA3G - CREATIVE BARRE WARM-UPS - Billie Wartenberg	1.5	1.0		NA	0.1	0.25	1.5
SA3H - BALLESTONE - THE NON-DANCER WORKOUT - Pattie Bostick-Winn	1.5	1.0		0.15	0.1	0.25	1.5
SA3I - SCHWINN®: TAKE IT TO THE MAX - Keli Roberts	1.5	1.0		0.15	0.1	0.25	1.5
SA3J - STAGES®: W.T.F.T.P.? - Dennis Mellon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3K - 6 STEPS TO AQUA DRILLS - Melissa Layne	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	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3M - STAIRMASTER HIIT - HIGH FIVE - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3N - THE CARB & PROTEIN MYTH - Bruce & Mindy Mylrea	1.5	1.0		0.15	0.1	0.25	1.5
SA3O - PREVENTION AND PERFORMANCE FOR RUNNERS - Brian Bettendorf, MSM, MS	1.5	1.0		0.15	0.1	0.25	1.5
SA3P - THE FUTURE OF GROUP FITNESS - Erin Kelly	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA3Q - ESSENTIALS TO SELLING BEYOND PRICE - Lindsay Vastola, NSCA-CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA3R - SOFT SKILLS FOR TOUGH EMPLOYEES - Nathalie Lacombe, MS	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! - Ricki Smith & Melissa Zurcher	1.5		0.75	0.15	0.1	0.25	1.5
SA4D - GAMIFY YOUR WORKOUT - Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4F - CONSCIOUS MOVEMENT & FUNCTIONAL YOGA - Manuel Velazquez	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4H - THE MIX: DANCE IT OFF - Jordan Ballard	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4J - STAGES®: BUILD IT (FASTER!), THEY WILL COME - Pam Benchley	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4K - HAPPY AQUA FLOW - Andrea Velazquez	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA4L - LABLAST™ SPLASH: AQUA DANCE INTERVALS - Megan Cooperman	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4O - THE WORLD AWAITS YOUR BRILLIANCE - Whitney Chapman	1.5	1.0	1.5	NA	0.1	0.25	1.5
SA4R - PODCASTING 101 - Christine Conti	1.5	1.0	1.5	NA	0.1	0.25	1.5
<b>SA4 1:30pm-3:00pm</b>							
SA4A - HIT THE TURE: YOGA FUSION - Jen Keenan-Strycka & Angelique Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4C - AAA - ABS AT ALL ANGLES - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA4E - YOGA FOR THE YOUNG AT HEART: CHAIR - Sara Kooperman, JD	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4G - WEIGHT AT THE BARRE - Billie Wartenberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA4I - SCHWINN®: STEP INTO YOUR SHINE - Mindy Mylrea	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
SA4N - ABS ARE MADE IN THE KITCHEN - Sohaila Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4P - STANDARD OF SERVICE MODELS - Lindsay Vastola, NSCA-CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA4Q - SIX SIGMA SERVICE - IN A CAN? - Jarrod Saracco	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™ - SGT Ken®	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5B - BODYATTACK® - Adam Bramski	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5C - THE ULTIMATE FITNESS EQUATION - Dane Robinson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5D - MANDATORY TEAM WORK - Andrew Gavigan	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5E - FUNCTIONAL FLUID FITNESS FOR LONGEVITY! - Christine Conti	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5F - ROLLING WITH MINDFULNESS AND BREATHWORK - Brian Bettendorf	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5G - BARRE NECESSITIES - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5H - COUNTRY FUSION® WORKSHOP - Elise Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5I - SCHWINN®: R&R - RIDE & RESTORE - Keli Roberts	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5J - STAGES®: POWER VS. RHYTHM - Dennis Mellon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA5K - TAB-AQUA QUICKIES - Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5L - SILVER AQUA SOLUTIONS - Manuel Velazquez, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5M - 3:1 PUNCHOUT - Steve Feinberg	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA5N - NUTRITION FOR FITNESS PROFESSIONALS - Melissa Layne, Med	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5O - THE FEMALE TRAINING ADVANTAGE - Sharon Kravitz, PhD	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5P - CONQUERING LOW COST COMPETITION - Jarrod Saracco	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5Q - CREATING VALUE BASED COACHES - Sheldon McRee, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA5R - MULTI-MEDIA MARKETING FOR GROWTH & PROFITABILITY - Sara Kooperman, JD	1.5	1.0	1.5	NA	0.1	0.25	1.5
<b>SA6 5:00pm-6:30pm</b>							
SA6A - SL@T - STRENGTHEN, LENGTHEN & TONE - Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6B - THE POSTPARTUM CLASS PARTICIPANT - Carrie Harper	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6C - BASICS OF PERSONAL TRAINING PROGRAMMING - Andrew Gavigan	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6D - JUNGSHIN® FITNESS - RHYTHM - SHORT SWORDS WORKOUT - Annika Kahn	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA6E - MOBILITY 101 - Jennifer Eskridge	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6F - MANTRAS, MUDRAS & MEDITATION - Whitney Chapman	1.5	1.0	0.75	NA	0.1	0.25	1.5
SA6G - BARRE INTENSITY - Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6H - RESIS-DANCE TRAINING - Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6I - SCHWINN®: RHYTHM DONE RIGHT - Abbie Appel	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6J - STAGES®: PLAYING WITH POWER - Dennis Mellon	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6K - FROM NOVICE TO WATER MANIAC! - Connie Martin, MA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6L - AQUA FUSIONMANIA - Melissa Layne, MEd	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6M - STAIRMASTER: OPTIMIZING HIIT INTERVALS - Sonja Friend-Uhl	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SA6N - WHAT IF YOU DON'T DIET? - Sohaila Digsby, RDN, LD, CPT	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6O - CARBOHYDRATE CRAZINESS - Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6P - THE OTHER 80% - Jonathan Ross	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6Q - FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL - Sara Kooperman, JD, Keli Roberts & Ann Gilbert	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SA6R - CONQUERING FACEBOOK'S FREQUENT FACELIFTS - Jenn Hall	1.5	1.0	1.5	NA	0.1	0.25	1.5
<b>SA7 6:45pm-7:45pm</b>							
SA7F - MANIA® REST & RECOVERY - Namirsa, RumbleRoller	1.0	1.0	0.5	NA	0.1	0.2	1.0
SA7K - ACQUAPOLE® CIRCUIT REVOLUTION - Kristy Anaya & Sonja Burns	1.0	1.0	1.0	NA	0.1	0.2	1.0

SUNDAY, September 8, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
<b>SU1 7:00am-8:30am</b>							
SU1A - QUICK & DIRTY 30 - Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1B - RUMBLEROLLER® GROUP EXERCISE FLOW - Brian Bettendorf, MSM, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1D - ROCKIT STRENGTH®: HARD CORE/PEACE CORE - Yury Rockit	1.5	1.0	0.75	0.15	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®: LET THE MUSIC PLAY - Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1J - STAGES®: DIFFERENT ROADS, ONE WORLD - Javier Santin	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU1L - BARRE-A-CUDA 2 - Billie Wartenberg	1.5	1.0	1.5	NA	0.1	0.25	1.5
SU1N - CRAVINGS AND SUGAR UNSWEETENED - Tricia Silverman RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1O - THE METABOLIC EFFECTS OF RESISTANCE TRAINING - Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1P - THE FUNCTIONAL TRAINING DEBATE - Giovanni Roselli	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1Q - DRIVE THE EXPERIENCE - Dane Robinson	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU1R - S.T.A.R. SOCIAL MEDIA SKILLS - Jenn Hall	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>SU2 8:45am-10:15am</b>							
SU2A - DOUBLE THE FUN! DOUBLE THE RESULTS! - Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2B - HIGH FITNESS: AEROBICS IS BACK! - Ricki Smith & Melissa Zurcher	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2D - COACHING CORE STABILITY - Sheldon McBee, MS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2E - MULTI-GENERATIONAL FITNESS - Billie Wartenberg	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2F - RESTORATIVE YOGA: PROP FREE - Whitney Chapman	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2J - STAGES®: TEAM PURSUIT: THE EXPERIENCE - Pam Benchley & Kristy Kilcup	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU2L - WAVES ON FIRE: ACTIVE AGERS - Connie Martin, MA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2N - NUTRITION TIPS, TIDBITS AND TREATS - Bruce & Mindy Mylrea	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2O - IT'S NOT PERSONAL, IT'S FITNESS - Giovanni Roselli	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2P - AQUATIC PROGRAMMING FOR SUCCESS: THE EBBS AND FLOWS - Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2Q - 8 SALES SKILLS TO MASTER - Connie Warasila	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU2R - FASTING PROGRAMS TO INCREASE REVENUE - Dr. Robert Silverman, DC, MS	1.0	1.0	1.5	0.15	0.1	0.25	1.5
<b>SU3 11:15am-12:45pm</b>							
SU3A - LET'S GET FHIIT - Dane Robinson	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU3B - LOWER BODY BLASTER - Jeff Howard	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3D - POUND® - SWEAT. SCULPT. ROCK. - Amy Ward	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3E - RUMBLEROLLER MEETS STROOPS: COMPRESSION & AGGRESSION - Brian Bettendorf, MSM, MS, Carolyn Erickson	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3F - THE CHILL METHOD - Dianne Sykes	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU3L - AQUA DRUMS VIBES - Andrea Velazquez	1.5	1.0	1.5	NA	0.1	0.25	1.5
SU3N - IMMUNITY BOOSTERS AND BUSTERS - Tricia Silverman, RD, LDN, MBA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3O - FAT LOSS: THE REAL STORY - Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3P - THE JOY OF EX - Nathalie Lacombe, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3Q - EXPERIENCE & INSIGHTS ON BOUTIQUES & FRANCHISES - Ann Gilbert	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU3R - CORPORATE WELLNESS: CREATE A NEW REVENUE STREAM - Andrew Gavigan	1.5	1.0	1.5	0.15	0.1	0.25	1.5
<b>SU4 1:00pm-2:30pm</b>							
SU4A - FLUID STRENGTH™ MEETS EXTREME HIIT CHAOS™ - Carolyn Erickson & Mindy Mylrea	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4B - I'VE FALLEN BUT CAN GET UP! - Giovanni Roselli	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4D - HIIT THE TURF: FOR PERSONAL TRAINERS - Jen Keenan & Danielle Hughes	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU4E - ACTIVE AGING: BETWEEN THE CHAIRS - Irene Lewis-McCormick, MS, CSCS	1.5	1.0	0.75	0.15	0.1	0.25	1.5
SU4F - YOGA: TWIST & SHOUT - Whitney Chapman	1.5	1.0	0.75	NA	0.1	0.25	1.5
SU4L - AQUATIC POWER HOUR - Connie Martin, MA	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4N - HOW TO FAST WITH CONFIDENCE - Dr. Robert Silverman, DC, MS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4O - EXERCISE: THE ULTIMATE BRAIN BOOSTER - Len Kravitz, PhD, CSCS	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4P - TRENDS FOR 2019 & GROWTH PANEL - Ann Gilbert, Nathalie Lacombe, MS, Len Kravitz, PhD, CSCS & Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4Q - RAISING SALES AND SERVICE AWARENESS - Dianne Rich	1.5	1.0	1.5	0.15	0.1	0.25	1.5
SU4R - WORLD CLASS SGT DEPARTMENT - Jeff Howard	1.5	1.0	1.5	0.15	0.1	0.25	1.5

Name \_\_\_\_\_

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

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

**Philly MANIA® September 6th - September 8th, 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	9/5/19	8.0	CEP96226	0.7	1102	4.0	7.0	0.7	1.6
SCW Active Aging Nutrition Certification	Silverman	9/5/19	4.0	CEP138044	0.4	NA	NA	4.0	0.4	0.8
SCW Aqua Barre Certification	Wartenberg	9/5/19	6.0	CEP116610	0.7	1104	6.0	6.0	0.6	1.2
SCW Aquatic Exercise Certification	Howard	9/4/19	8.0	CEP29607	0.7	1105	9.0	8.0	0.7	1.6
SCW Ballet Barre Certification	Appel	9/8/19	7.0	CEP83598	0.7	1106	4.0	7.0	0.7	1.4
SCW Boxing Certification	Feinberg	9/8/19	7.0	NA	0.7	1107	4.0	7.0	0.7	1.4
SCW Corrective Exercises & Coaching Techniques Certification	Comana	9/5/19	7.0	NA	0.7	NA	NA	NA	NA	NA
SCW Foam Rolling Certification	Lewis-McCormick	9/5/19	6.0	CEP112368	0.4	1108	2.0	4.0	0.4	1.2
SCW Group Exercise Certification	Howard	9/5/19	8.0	NA	0.8	1109	4.5	8.0	0.8	1.6
SCW Meditation Certification	Rockit	9/5/19	4.0	CEP138023	0.4	NA	NA	4.0	0.4	0.8
SCW Nutrition, Hormones & Metabolism Certification	Layne	9/8/19	7.0	CEP10075	0.7	1118	8.0	6.0	0.6	1.4
SCW Personal Training Certification	Roberts	9/5/19	8.0	NA	0.8	1116	4.0	NA	NA	1.6
SCW Pilates Matwork Certification	Appel	9/5/19	8.0	CA179938	0.8	1117	4.5	8.0	0.8	1.6
WATERinMOTION® Certification	Velazquez	9/8/19	8.0	CA196858	0.8	1121	8.0	7.0	0.7	1.4
SCW Women's Leadership Summit	SCW Staff	9/5/19	7.0	NA	0.7	1120	7.0	7.0	0.7	1.4
SCW Yoga I Certification	Velazquez	9/5/19	8.0	CA179928	0.8	1122	4.0	8.0	0.8	1.6
SCW Yoga II Certification	Velazquez	9/5/19	8.0	CA179938	0.4	1123	2.0	4.0	0.4	0.8
Barre Above Certification	Bostick-Winn	9/5/19	8.0	CEP72664	0.8	NA	NA	8.0	0.8	NA
Country Fusion® Star Instructor Certification	Mooney	9/5/19	7.0	NA	0.7	NA	NA	7.0	0.7	NA
High Fitness Instructor Training	Smith & Zurcher	9/5/19	7.5	NA	0.75	NA	NA	8.0	0.8	NA
Jungshin® Certification	Kahn	9/8/19	7.0	NA	0.7	NA	NA	NA	NA	NA
One Day to Wellness Certification	Mylrea & Mylrea	9/5/19	9.0	CEP106950	0.9	NA	NA	9.0	0.9	NA
Piloxing SSP Instructor Training Certification	Ballard	9/8/19	8.0	NA	0.8	NA	NA	8.0	0.8	NA
Schwinn Cycling Instructor Certification	Hogg & Scott	9/5/19	9.0	CA181238	1.2	NA	NA	8.0	0.8	NA
Strong by ZUMBA® Instructor Training	Alas	9/8/19	8.0	CEP102225	0.8	NA	NA	8.0	NA	NA
ZUMBA® Basic Skills Level 1 Instructor Training	Menosta	9/5/19	8.0	CEP102225	0.7	NA	NA	5.5	NA	NA

Name \_\_\_\_\_

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

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

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