

FRIDAY, March 27, 2020

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
FR1 7:00am-8:15am							
►FR1A - QUICK & DIRTY 30 with Irene Lewis-McCormick, MS, CSCS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR1B - GROOVE & GAIT with Jessica Pinkowski	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR1C - TAI CHI FOR WARMUP & RECOVERY with David-Dorian Ross	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR1D - BARREFLOW with Karli Taylor	1.25	1.0	0.75	NA	0.1	0.25	1.25
►FR1E - ZUMBA® CARDIO BLAST with Joy Smith	1.25	1.0	0.75	NA	0.1	0.25	1.25
►FR1F - SCHWINN®: WORK NOT TWERK with Abbie Appel	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR1G - WELCOME TO THE JUNGLE (GYM) - HIIT with Eric Thomson	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR1H - WHAT'S YOUR TYPE? with Pete McCall, MS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR1I - DIVE IN with Yury Rockit	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR1J - ACQUAPOLE FITNESS with Andrea Velazquez & Paula Raphael	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR1K - ENERGY PATHWAYS & KETONES with Fabio Comana, MA, MS	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR1L - ENDING YOUR CLIENTS' EXERCISE SABOTAGE with Dr. Candice Seti, Psy.D.	1.25	1.0	1.5	NA	0.1	0.25	1.25
►FR1M - KEYS TO A SUCCESSFUL PROGRAM LAUNCH with Marisa Hoff	1.25	1.0	1.5	NA	0.1	0.25	1.25
►FR1N - 5 SOCIAL MEDIA DO'S & DON'TS with Jessica Maurer	1.25	1.0	1.5	0.125	0.1	0.25	1.25
FR2 9:15am-10:30am							
►FR2A - CREATIVE COMPOUNDS with Andrew Gavigan	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR2B - POWER TRAINING FOR OLDER ADULTS Robert Linkul, MS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR2C - MANAGING MUSCLE SORENESS with Steve Feinberg	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR2D - BARRE SO HARD - POWERED BY SAVVIER FITNESS with Tricia Murphy Madden	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR2E - LABLAST® BALLROOM FITNESS USING PATTERNOGRAPHY with Louis Van Amstel	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR2F - SCHWINN®: A DJ SAVED MY LIFE with Eric Thomson	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR2G - HIGH FIVE - HIIT with Abbie Appel	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR2H - TURN BACK TIME: BENJAMIN BUTTON PROGRAMMING with Mindy Mylrea	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR2I - WATER RUNNING with Yury Rockit	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR2J - GIRLS JUST WANNA HAVE FUN! with Sara Kooperman, JD, Melissa Layne, MEd & Connie Martin, MEd	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR2K - ACTIVE AGING NUTRITION INSIGHTS with Tricia Silverman RD, LDN, MBA	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR2L - EXERCISE, STRESS, HORMONES & INFLAMMATION with Fabio Comana, MA, MS	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR2M - TRAIN YOUR TEAM TO SELL with Lindsay Vastola, NSCA-CPT	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR2N - NEW HIRE TO ALL-STAR with Chris Stevenson	1.25	1.0	1.5	0.125	0.1	0.25	1.25
FR3 10:45am-12:00pm							
►FR3A - CORRECTIVE EXERCISE ROUNDUP: LOWER EXTREMITY with Fabio Comana, MA, MS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR3D - BODYWEIGHT BARRE with Keli Roberts	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR3E - IN BODY RECOVERY with Irene Lewis-McCormick, MS, CSCS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR3G - THE CYCLE - HIIT with Jason Schneider	1.25	1.0	0.75	NA	0.1	0.25	1.25
►FR3K - PROPER HINGES FOR BACK/HIP INJURIES with Robert Linkul, MS	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR3M - ACTIVE AGING PROGRAM DESIGN with Jessica Pinkowski	1.25	1.0	1.5	0.125	0.1	0.25	1.25
FR3 11:30am-12:45pm							
►FR3B - MYZONE® GAMIFIED BOOTCAMP with Amanda Fitzpatrick	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR3C - BREATH TO EXCEL: POWERFUL PRANA with Yury Rockit	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR3F - SCHWINN®: BREATHY NOT BREATHELESSY with Abbie Appel	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR3H - DOES SIZE REALLY MATTER? with Eric Thomson	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR3I - SPLASH OFF! with INDIGO AQUATICS, LABLAST®, WATER AEROBIC® & ZUMBA® LIVE	1.25	1.0	1.5	NA	0.1	0.25	1.25
►FR3J - STROOPS AQUA: SKILLS TO DRILLS with Jeff Howard	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR3L - LEADING TO CREATE POSITIVE CULTURE with Tim Hawley	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR3N - MULTI-MEDIA MARKETING FOR GROWTH & PROFITABILITY with Sara Kooperman, JD	1.25	1.0	1.5	0.125	0.1	0.25	1.25
FR4 1:00pm-2:15pm							
►FR4A - POWER OF MANUAL RESISTANCE TRAINING with Joe Drabowicz, MS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR4B - SECOND ACT - FITNESS FOR 40+ Tricia Murphy Madden & Paula Raphael, MS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR4C - TAI-CHI + YOGA = BAMBOO FUSION with David-Dorian Ross	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR4D - BARREFLOW FIRE & IRON with Karli Taylor	1.25	1.0	0.75	NA	0.1	0.25	1.25
►FR4E - RESIST DANCE TRAINING with Dilyn Erickson	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR4F - SCHWINN®: DRY-TRI: BEAST MODE FUSION with Jennifer Veteri	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR4G - BOXING: THE METHOD with Steve Feinberg	1.25	1.0	0.75	NA	0.1	0.25	1.25
►FR4I - WAVES ON FIRE: LOWER BODY FUSION with Connie Martin, MA	1.25	1.0	1.5	NA	0.1	0.25	1.25
►FR4J - ORIGINAL CHOREOGRAPHY OF THE 1970s with Andrea Velazquez, Connie Warasila, Cheri Kulp & Mac Carvalho	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR4K - THE WHY & HOW OF FASTING with Mindy Mylrea	1.25	1.0	1.5	NA	0.1	0.25	1.25
►FR4L - TRENDS FOR 2020 & GROWTH PANEL with Sara Kooperman, JD, Andrew Gavigan & Jeff Howard	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR4M - BRAND BOOTCAMP - BUILDING A HEALTHY BRAND with Mark Williamson	1.25	1.0	1.5	NA	0.1	0.25	1.25
►FR4N - HOWS AND WHYS OF IN-CLUB EDUCATION with Abbie Appel & Irene Lewis-McCormick, MS, CSCS	1.25	1.0	1.5	0.125	0.1	0.25	1.25
FR5 2:30pm-3:45pm							
►FR5A - HIIT CHAOS - POWERED BY SAVVIER FITNESS with Carolyn Erickson	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR5B - BUILDING BETTER BUTTS with Kevin Mullins, CSCS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR5C - RELAX AND RECOVER WITH RUMBLEROLLER® with Brian Bettendorf, MSM, MA	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR5D - BOOGIE BARRE with Mac Carvalho	1.25	1.0	0.75	NA	0.1	0.25	1.25
►FR5E - SWAGFIT DANCE with Jamilah Merrick	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR5F - SCHWINN®: MOTOSUMO - BE THE VIBE MASTER with Mindy Mylrea	1.25	1.0	0.75	0.125	0.1	0.25	1.25
►FR5G - BOXING & BOXES with Cary Williams	1.25	1.0	0.75	NA	0.1	0.25	1.25
►FR5H - TBD with TBD	1.25	1.0	0.75	NA	0.1	0.25	1.25
►FR5I - HYDRO LIFT OFF! with Jeff Howard	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR5J - MAKING WAVES WITH LABLAST® SPLASH with Louis Van Amstel	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR5K - NUTRITION PANEL with Melissa Layne, MEd, Bruce Mylrea, Tricia Silverman, RD, LDN, MBA & Keli Roberts-	1.25	1.0	1.5	NA	0.1	0.25	1.25
►FR5L - THE MENTOR MENTALITY with Steve Feinberg	1.25	1.0	1.5	NA	0.1	0.25	1.25
►FR5M - ATTRACT, HIRE & RETAIN TOP TEAMS with Lindsay Vastola, NSCA-CPT	1.25	1.0	1.5	0.125	0.1	0.25	1.25
►FR5N - DIGITAL, VIRTUAL & LIVE, OH MY! with Jessica Maurer	1.25	1.0	1.5	0.125	0.1	0.25	1.25

SATURDAY, March 28, 2020

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
SA1 7:30am-8:45am							
*SA1A - SL@T - STRENGTHEN, LENGTHEN & TONE with Jeff Howard	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA1B - KEEP IT SIMPLE. KEEP IT SMART with Eric Thomson	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA1C - FROM THE GROUND UP! with Manuel Velazquez	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA1D - BARRE WITH A TWIST with Abbie Appel	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA1E - LABLAST® FITNESS; WALTZ, TANGO, FOXTROT! with Louis Van Amstel	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA1F - SSCHWINN®: SET THE STAGE with Alex McLean	1.25	1.0	0.75	NA	0.1	0.25	1.25
*SA1G - BRING ON THE 4-LETTER WORDS! - HIIT with Pete McCall, MS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA1H - WORK YOUR WHY with Jason Schneider	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA1I - TAB-AQUA QUICKIES with Mac Carvalho	1.25	1.0	1.5	NA	0.1	0.25	1.25
*SA1J - LIQUID GYM STAR WORKOUT with Andrea Velazquez & Paula Raphael	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA1K - THE CARB & PROTEIN MYTH with Bruce & Mindy Mylrea	1.25	1.0	1.5	NA	0.1	0.25	1.25
*SA1L - TRAINING THE INJURED RUNNER with Brian Bettendorf, MSM, MA	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA1M - ESSENTIALS OF SUCCESSFUL SERVICE MODELS with Lindsay Vastola, NSCA-CPT	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA1N - INSTANT SUCCESS WITH INSTAGRAM with Marisa Hoff	1.25	1.0	1.5	0.125	0.1	0.25	1.25
SA2A - UNLOCK YOUR NEW DIMENSION OF PASSION with Stacey Lei Krauss - 9:45am - 11:00am	1.25	1.0	1.5	0.125	0.1	0.25	1.25
SA3 11:15am-12:30pm							
*SA3A - AAA - ABS AT ALL ANGLES with Abbie Appel	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA3B - STRONG BY ZUMBA® Cheryl Wu-Hall	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA3C - CARDIO YOGA™ - CARDIO FOCUS with Stacey Lei Krauss	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA3D - TAI-CHI FOR VETERANS with David-Dorian Ross	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA3E - MANAGING MUSCLE SORENESS with Steve Feinberg	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA3F - SCHWINN®: F.E.A.R. FACE EVERYTHING AND RIDE with Keli Roberts	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA3G - PURPOSE, NOT CIRCUS - HIIT with Alex McLean	1.25	1.0	0.75	NA	0.1	0.25	1.25
*SA3H - "TONING" IS NOT A THING with Pete McCall, MS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA3I - FEARLESS, FABULOUS, FIRE WATER WORKOUT with Connie Martin, MA	1.25	1.0	1.5	NA	0.1	0.25	1.25
*SA3J - DOUBLE TROUBLE: BAD BOYS OF AQUA with Jeff Howard & Manuel Velazquez	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA3K - STOPPING INFLAMMATION THROUGH NUTRITION with Melissa Layne, MED	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA3L - EMOTIONAL INTELLIGENCE & HIGH PERFORMANCE LEADERSHIP with Lindsay Vastola, NSCA-CPT	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA3M - FITNESS BUSINESS TRENDS FOR 2020 with Sara Kooperman, JD	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA3N - BOOTCAMP FOR YOUR FRONT LINE with Marisa Hoff	1.25	1.0	1.5	NA	0.1	0.25	1.25
SA4 12:45pm-2:00pm							
*SA4A - CREATING CLEVER CIRCUITS WITH STROOPS with Aly Purdy	1.25	1.0	0.75	NA	0.1	0.25	1.25
*SA4D - GLIDING MEETS BARRE - POWERED BY SAVVIER FITNESS with Tricia Murphy Madden & Mindy Mylrea	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA4F - SCHWINN®: RIDE OR DIE with Eric Thomson	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA4H - BOXING BOOTCAMP with Steve Feinberg	1.25	1.0	0.75	NA	0.1	0.25	1.25
*SA4I - WATER WELLNESS with Jessica Pinkowski	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA4J - AQUA ABS: WIM-SY with Mac Carvalho	1.25	1.0	1.5	NA	0.1	0.25	1.25
*SA4L - RESISTANCE TRAINING TECHNIQUES TO IMPROVE ARTHRITIS with Robert Linkul, MS	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA4M - WHAT DO YOUR MEMBERS WANT? with Chris Stevenson	1.25	1.0	1.5	0.125	0.1	0.25	1.25
SA4 1:30pm-2:45pm							
*SA4B - BRINGING UP BOOMERS! with Sara Kooperman, JD	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA4C - UPPER BODY SELF CARE with Brian Bettendorf, MSM, MA	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA4E - RELAX & RESTORE FOAM ROLLER TRAINING with Irene Lewis-McCormick, MS, CSCS	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA4G - WELCOME TO THE JUNGLE (GYM) - HIIT with Keli Roberts	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA4K - EATING DISORDERS VS. DISORDERED EATING with Dr. Candice Seti, Psy.D.	1.25	1.0	1.5	NA	0.1	0.25	1.25
*SA4N - GLOBAL FITNESS TRENDS - WHAT'S THE AGE? with Mark W...	1.25	1.0	1.5	NA	0.1	0.25	1.25
SA5 3:00pm-4:15pm							
*SA5A - ADVANCE YOUR PARTNER TRAINING BY STROOPS with Carl Erickson	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA5B - COACH BY COLOR WITH MYZONE® Amanda Fitzpatrick	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA5C - SOUL YOGA: RHYTHM & BLUES with Sara Kooperman, JD	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA5D - BARRE WHERE YOU ARE with Karli Taylor	1.25	1.0	0.75	NA	0.1	0.25	1.25
*SA5E - BALLESTONE: WHERE CARDIO AND BALLET MEET with Rose Zahn	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA5F - SCHWINN®: ROCK STEADY with Keli Roberts	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA5G - BOXING BOOTCAMP with Steve Feinberg	1.25	1.0	0.75	NA	0.1	0.25	1.25
*SA5I - LABLAST® SPLASH: WALTZING IN THE WATER with Louis Van Amstel	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA5J - PLATINUM - SILVER TSUNAMI with Manuel Velazquez, Connie Warasila, Cheri Kulp & Mac Carvalho	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA5K - NUTRITION COACHING FOR FITNESS - PART II with Melissa Layne, MED	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA5L - CONTROVERSIES IN RESISTANCE TRAINING: SOLVING THE MYSTERY with Billy P...	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA5M - BUILDING YOUR REVENUE STREAM & INCOME with Billy P...	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA5N - MAKING THE MOST OF THE MILL with Tricia Murphy Madden	1.25	1.0	1.5	0.125	0.1	0.25	1.25
SA6 4:30pm-5:45pm							
*SA6A - KICKBOX COMBAT with Kimberly Spreen-Glick	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA6B - MANDATORY CORE TRAINING METHODS with Kevin Mull...	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA6C - CARDIO YOGA™ - YOGA FOCUS with Stacey Lei Krauss	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA6D - MAT TO THE MAX with Abbie Appel	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA6E - FINALE FIXER - UPPER with Danna Parsons	1.25	1.0	0.75	NA	0.1	0.25	1.25
*SA6F - SCHWINN®: BRING IT: VERBAL & VISUAL CUEING with Mindy Mylrea	1.25	1.0	0.75	0.125	0.1	0.25	1.25
*SA6G - PILOXING® BOOTY BUILDER® with Cortney Gornall	1.25	1.0	0.75	NA	0.1	0.25	1.25
*SA6H - TBD with TBD	1.25	1.0	0.75	NA	0.1	0.25	1.25
*SA6I - BRIDGE OVER TROUBLED WATERS with Connie Warasila	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA6J - ACQUAPOLE® CIRCUIT with Andrea Velazquez & Paula Raphael	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA6K - SUCCESS FACTORS FOR WEIGHT LOSS with Tricia Silverman, RD, LDN, MBA	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA6L - HIIT BEYOND YOUR MAX! with Len Kravitz, PhD, CSCS	1.25	1.0	1.5	0.125	0.1	0.25	1.25
*SA6M - NEXT LEVEL NETWORKING with Aaron Armstrong	1.25	1.0	1.5	NA	0.1	0.25	1.25
*SA6N - WEARABLE TECHNOLOGY - EXCEPTIONAL MEMBER ENGAGEMENT with Amanda Fitzpatrick	1.25	1.0	1.5	0.125	0.1	0.25	1.25
SA7 6:00pm-7:00pm							
*SA7C - FLEXIBILITY + PERFORMANCE = WELLNESS with Jeff Howard	1	1.0	0.5	0.1	0.1	0.2	1
*SA7G - HE-MUGS-ME-NOT! with Steve Feinberg	1	1.0	0.5	NA	0.1	0.2	1
*SA7I - AQUA YOGA FLOW with Connie Warasila	1	1.0	1.0	0.1	0.1	0.2	1

SUNDAY, March 29, 2020

COURSE **SCW** **AFAA** **AEA** **ACE** **NASM** **NFPT** **ACSM**
Provider Number

COURSE	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
SU1 7:30am-8:45am							
▶SU1A - CORE FORWARD PILATES <i>with Jeff Howard</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU1B - MAXIMIZING MED BALLS FOR GROUPS <i>with Irene Lewis-McCormick, MS, CSCS</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU1C - FLOW FREE & BE <i>with Kimberly Spreen-Glick</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU1F - SCHWINN®: SCHWINTENSITY <i>with Alex McLean</i>	1.25	1.0	0.75	NA	0.1	0.25	1.25
▶SU1J - HYDRO CSI <i>with Connie Warasila</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
▶SU1K - DAIRY, MEAT & DISASTER <i>with Melissa Layne, MEd</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
▶SU1L - CALORIE BURNING: FACTS VS. CONTROVERSY <i>with Len Kravitz, PhD, CSCS</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU1M - TECHNIQUES TO ENGINEER YOUR LIFE <i>with Aaron Armstrong</i>	1.25	1.0	1.5	NA	0.1	0.25	1.25
▶SU1N - RELEVANT FITNESS: MYTHS, MARKETING & MONEY <i>with David-Dorian Ross</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
SU2 9:00am-10:15am							
▶SU2A - EVOLVED PERFORMANCE TRAINING <i>with Joe Drake, MS</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU2B - TRAINING THE ACTIVE AGING FEMALE CLIENT <i>Keli Roberts</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU2C - DEVELOPING ELITE FITNESS EXPERIENCES <i>with Kevin Mullins, CSCS</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU2F - SCHWINN®: MASTER YOUR OWN <i>with Mindy Mylrea</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU2J - AQUA DRUMS VIBES <i>with Andrea Velazquez & Paula Raphael</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
▶SU2K - FOOD FOR THOUGHT: BRAIN SUPERFOODS <i>with Tricia Silverman RD, LDN, MBA</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
▶SU2L - THE LEADER AND THE HERO <i>with Aaron Armstrong</i>	1.25	1.0	0.75	NA	0.1	0.25	1.25
▶SU2M - THE INSPIRED LIFE PATH <i>with Kimberly Spreen-Glick</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU2N - BUILD & ACHIEVE YOUR IDEAL BUSINESS VISIONS <i>with Billy Polson</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
SU3 11:00am-12:15pm							
▶SU3A - NOTHING BUT THE HIITS <i>with Mindy Mylrea</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU3B - GROUP MOBILITY AND SUCCESS <i>with Brian Bettendorf, MSM, MA</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU3C - GO WITH THE FLOW SALUTATIONS <i>with Jeff Howard</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU3F - SCHWINN® RIDE & ROW <i>with Alex McClean</i>	1.25	1.0	0.75	NA	0.1	0.25	1.25
▶SU3K - PROBIOTICS, PREBIOTICS & THE GUT BIOME <i>with Melissa Layne, MEd</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
▶SU3L - THE AGE ANTIDOTE <i>with Len Kravitz, PhD, CSCS</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
▶SU3M - THE PATHWAY TO CAREER LONGEVITY <i>with Carolyn Erickson</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
▶SU3N - 10 STEPS TO LAUNCHING SUCCESSFUL PROGRAMS <i>with Tricia Madden</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
SU4 12:30pm-1:45pm							
▶SU4A - LIFT OFF! <i>with Jeff Howard</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU4B - THE LADDER APPROACH TO PROGRAM DESIGN <i>Kevin Mullins, CSCS</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU4C - PLAY HARD - RECOVER HARDER <i>with Yury Rockit</i>	1.25	1.0	0.75	0.125	0.1	0.25	1.25
▶SU4K - PUTTING AN END TO STRESS EATING <i>with Dr. Candice Seti, Psy.D.</i>	1.25	1.0	1.5	NA	0.1	0.25	1.25
▶SU4L - WOMEN, HORMONES, METABOLISM AND EXERCISE <i>with Len Kravitz, PhD, CSCS</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
▶SU4M - CREATE A NEW REVENUE STREAM <i>with Andrew Madden</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25
▶SU4N - IMPROVED SUCCESS WITH ONLINE MARKETING <i>with Billy Polson</i>	1.25	1.0	1.5	0.125	0.1	0.25	1.25

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

California MANIA® March 27th - March 29th, 2020 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	Pinkowski	3/26/20	8.0	CEP96226	0.7	1102	4.0	7.0	0.7	1.6
SCW Active Aging Nutrition Certification	Silverman	3/26/20	4.0	CEP138044	0.4	NA	NA	4.0	0.4	0.8
SCW Aqua Barre Certification	Carvalho	3/29/20	6.0	CEP116610	0.7	1104	6.0	6.0	0.6	1.2
SCW Aquatic Exercise Certification	Howard	3/25/20	8.0	CEP29607	0.7	1105	9.0	8.0	0.7	1.6
SCW Ballet Barre Certification	Appel	3/29/20	7.0	CEP83598	0.6	1106	4.0	7.0	0.7	1.4
SCW Boxing Certification	Feinberg	3/29/20	7.0	NA	NA	1107	4.0	7.0	0.7	1.4
SCW Corrective Exercise Certification	Comana	3/26/20	7.0	CEP178847	0.4	1942	6.5	6.0	0.6	1.4
SCW Flowing Yoga Certification	Velazquez	3/26/20	8.0	NA	NA	1113	4.0	7.0	0.7	1.6
SCW Foam Rolling Certification	Lewis-McCormick	3/29/20	6.0	CEP112368	0.4	1110	4.0	4.0	0.4	1.2
SCW Group Exercise Certification	Howard	3/26/20	8.0	NA	NA	1112	4.5	8.0	0.8	1.6
SCW Meditation Certification	Rockit	3/26/20	4.0	138023	0.4	NA	NA	4.0	0.4	0.8
SCW Next Level Personal Training Certification	Roberts	3/26/20	4.0	NA	NA	NA	2.0	NA	NA	0.8
SCW Nutrition Coaching for Fitness Professionals	Layne	3/26/20	7.0	CEP11117	0.7	1118	8.0	6.0	0.6	1.4
SCW Personal Training Certification	Roberts	3/26/20	7.0	NA	NA	1116	4.0	NA	NA	1.6
SCW Pilates Matwork Certification	Appel	3/26/20	8.0	CA179868	0.8	1117	4.5	8.0	0.8	1.6
SCW Small Group Training	Gavigan	3/29/20	4.0	NA	NA	NA	2.0	NA	NA	0.8
SCW Tai-Chi Certification	Ross	3/26/20	8.0	NA	NA	NA	NA	NA	NA	1.6
WATERinMOTION®	Velazquez	3/29/20	7.0	CA196858	0.9	1121	8.0	7.0	0.7	1.4
SCW Women's Leadership Summit	Vastola, Marissa Hoff, Jessica M	3/27/20	7.0	NA	NA	2008	7.0	7.0	7.0	1.4
SCW Yoga I Certification	Velazquez	3/27/20	8.0	CA179928	0.8	1122	4.0	8.0	0.8	1.6
Barre Above Certification	Murphy-Madden	3/26/20	8.0	CEP72664	0.8	NA	NA	8.0	0.8	NA
Core Health HIIT Certification	McCall	3/29/20	4.0	NA	0.4	NA	NA	4.0	0.4	NA
Extreme HIIT Chaos® - Powered by Savvier Fitness®	Erickson & Mylrea	3/26/20	7.0	NA	0.7	NA	NA	7.0	0.7	NA
LABLAST® FITNESS INSTRUCTOR CERTIFICATION	Van Amstel	3/26/20	7.0	NA	0.7	NA	NA	11.0	1.1	NA
MYZONE UNIVERSITY: HEART RATE MONITOR WORKSHOP	Fitzpatrick & Sopo	3/26/20	6.0	NA	0.6	NA	NA	6.0	0.6	1.2
One Day to Wellness Certification	Mylrea & Mylrea	3/29/20	9.0	CEP106950	0.9	NA	NA	9.0	0.9	NA
Schwinn Cycling Instructor Certification	Veteri	3/26/20	9.0	CA181238	1.2	NA	NA	8.0	0.8	NA
Strong by ZUMBA® Instructor Training	McCall	3/29/20	8.0	CEP102225	0.8	NA	NA	8.0	NA	NA
ZUMBA® Basic Skills Level 1 Instructor Training	Smith	3/29/20	8.0	CEP102225	0.7	NA	NA	5.5	NA	NA

Participant Total _____

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

Signature of SCW Fitness Education Employee for Approval _____

