



FRIDAY, November 6, 2020

Total Conference CECs (based upon attendance at all Conference Sessions)  
 \*Provider Numbers supplied at end of convention

ACE = 2.1  
 ACSM = 21.25  
 AEA = 20.0  
 AFAA = 17.0  
 NASM = 1.7  
 NFPT = 4.25  
 SCW = 21.25

	ACE	ACSM	AEA	AFAA	NASM	NFPT	SCW
<b>FR1 8:00am-9:15am</b>							
FR1A: HUSTLE@HOMEwith Amy Styles	NA	1.25	0.75	1.0	0.1	0.25	1.25
FR1B: FUNCTIONAL FITNESS ASSESSMENTS FOR MATURE ADULTwith Dr. Dan Ritchie	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR1C: ZUMBA® CARDIO BLASTwith Jenna Bostic	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR1D: TAKE IT LYING DOWNwith Lawrence Biscantini, MA	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR1E: SCHWINN®: THE MAGIC OF MUSICwith Abbie Appel	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR1F: AQUA CORE SENIOR STYLewith Cheri Kulp	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR1G: WATER RUNNINGwith Yury Rockit	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR1H: SHRINKING FAT CELLSwith Melissa Layne, MEd	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR1I: OBESITY FROM A DIFFERENT PERSPECTIVewith Daniel Galanto	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR1J: MILLENNIALS VS. BOOMERS: GETTING GENS TO THE GYwith Sal Pellegrino	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR1K: HOW TO CAPTIVATE & EXPAND YOUR AUDIENCewith Courtney McWaine, MBA	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR1L: HIIT PROGRAMMING: INDOORS, OUTDOORS AND ONLINEwith Sara Kooperman, JD, Mindy Mylrea, Dane Robinson, & Jenni Roselli	0.125	1.25	0.75	1.0	0.1	0.25	1.25
<b>FR2 9:35am-10:50am</b>							
FR2A: BUTT BLASTER & MORwith Jeff Howard	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR2B: BODY BURNOUTwith Irene Lewis-McCormick, MS, CSCS	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR2C: LABLAST® FITNESS: NEW NORMALwith Louis Van Amstel	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR2D: EXERCISE & AGING - BEST PRACTICE PROGRAMMINGwith Sara Kooperman, JD (Pre-recorded)	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR2E: PULLING FOR POWER: PROGRAM 06™ with SGT Ken®	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR2F: CHOREOGRAPHY OVERFLOWwith Manuel Velazquez	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR2G: BARRE H2Owith Billie Wartenberg	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR2H: FACIAL NUTRITION & EXERCISEwith Christine Conti & Tricia Silverman, RD, LDN, MBA	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR2I: FAD DIET UPDATEwith Sahaila Diasby, RDN, LD, CPT	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR2J: PRIME PROGRAMMING FOR BOUTIQUEwith Carla Gilfry	NA	1.25	1.5	1.0	0.1	0.25	1.25
FR2K: TECH TALKwith Jessica Maurer	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR2L: SOCIAL MEDIA DURING COVID-19with Sara Kooperman, JD, Tricia Murphy Maddipati, Lawrence Biscantini, MA, Kim Williams & Jessica Maurer	0.125	1.25	1.5	1.0	0.1	0.25	1.25
<b>FR3 11:0am-12:25pm</b>							
FR3A: THE KINETIC COREwith Keli Roberts	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR3B: STRENGTH TRAINING FOR LONGEVITY & VITALITYwith Sara Kooperman, JD	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR3C: IRESTORE: YOUR REST DAY WORKOUTwith Ronnie Fulton	NA	1.25	0.75	1.0	0.1	0.25	1.25
FR3D: TUKONG CARDIO COMBAT KICKBOXINGwith Janell Smith	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR3E: MASHUP®: DELIVER 3 WORKOUTS IN 1 WITH VIITwith Amber Cura	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR3F: AQUA ZUMBA®with Jenna Bostic	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR3G: AQUA BITS & PIECESwith Melissa Layne, MEd	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR3H: CORE HEALTH FOR WOMENwith Dr. Bruce Crawford & Kim Williams, RD, LDN, MBA	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR3I: SELF COACHING STRATEGIES FOR WELLNESS & WEIGHT LOSSwith Tricia Silverman, RD, LDN, MBA	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR3J: OPPORTUNITIES WITHIN THE HEALTH & FITNESS INDUSTRYwith Bill McBride	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR3K: MARKETING WITHOUT MONEWith Christine Conti	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR3L: MEET FITNESS ICON TODD DURKINwith Sara Kooperman, JD, & Todd Durkin	NA	1.25	1.5	1.0	0.1	0.25	1.25
<b>FR4 1:25pm-2:40pm</b>							
FR4A: REDEFINE FUNCTIONAL TRAINING - REDEFINE YOURSELFwith Kevin Williams, CSCS	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR4B: COACH BY COLOR WITH MYZONE®with Amanda Fitzpatrick	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR4C: TRIUMPH OVER TRANSITIONwith Sara Kooperman, JD	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR4D: DYNAMIC FLEXIBILITY FOR A 360°with Manuel Velazquez	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR4E: PURPOSE, NOT CIRCUS - LEGS with Eric Thomson	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR4F: MAKING WAVES WITH LABLAST® SPLASHwith Louis Van Amstel	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR4G: PLAYFUL AQUA PATTERN with Ann Gilbert	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR4H: BOOSTING IMMUNITY THROUGH SELF-CAREwith Sara Kooperman, JD, & Psy.D. Kelly Schur	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR4I: NUTRITION FOR FITNESS PROFESSIONALwith Melissa Layne, MEd	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR4J: TRENDS FOR 2020 & GROWING ANE with Sara Kooperman, JD, Bill McBride, Sal Pellegrino & Chris Stevenson	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR4K: TEACHING VIRTUALLY LIKE A PRO with Christine Conti & Kelly Schur	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR4L: WHEN COVID-19 STRIKES OUR COMMUNITIESwith Sara Kooperman, JD, Bill McBride, Chris Stevenson & Emma Barry	0.125	1.25	1.5	1.0	0.1	0.25	1.25
<b>FR5 3:00pm-4:15pm</b>							
FR5A: FLOORLESS COREwith Maureen (Mo) Haagan	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR5B: FASCIA & FUNCTIONAL MOBILITYwith Helen Vanderburn	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR5C: #DANCELKENOONE'SWATCHINGwith Sara Kooperman, JD	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR5D: KETTLEBELL HIIT SUPREMEwith Keli Roberts	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR5E: KBX BOOT CAMPwith Kimberly Spreen-Glick	0.125	1.25	0.75	1.0	0.1	0.25	1.25
FR5F: ROUTINE REVOLUTION H2Owith Dominic Gilli & Claire Barker-Hemings	NA	1.25	1.5	1.0	0.1	0.25	1.25
FR5G: H.E.A.T. WAVESwith Chris Henry	0.125	1.25	1.5	1.0	0.1	0.25	1.25
FR5H: BLADDER CONTROL IS A FITNESS ISSUEwith Dr. Bruce Crawford	NA	1.25	1.5	1.0	0.1	0.25	1.25
FR5I: TIPPING THE SCALESwith Fabio Comana, MA, MS	0.125	1.25	1.5	1.0	0.1	0.25	1.25

SATURDAY, November 7, 2020

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 NFPT = 4.25  
 SCW = 21.25

	ACE	ACSM	AEA	AFAA	NASM	NFPT
<b>SA1 8:00am-9:15am</b>						
SA1A: TOTAL BODYWEIGHT BLASTwith Brook Bente	0.125	1.25	0.75	1.0	0.1	0.25
SA1B: ACTIVE AGING NO FLOOR CORBwith Melissa Layne, MEd	0.125	1.25	0.75	1.0	0.1	0.25
SA1C: LABLAST® BALLROOM FITNESS USING PATTERNOGRAPHwith Louis Van Amstel	0.125	1.25	0.75	1.0	0.1	0.25
SA1D: QUICK & DIRTY 30with Irene Lewis-McCormick, MS, CSCS	0.125	1.25	0.75	1.0	0.1	0.25
SA1E: SCHWINN®: TRAIN RIGHT TO RIDE RIGHTwith Helen Vanderburg	0.125	1.25	0.75	1.0	0.1	0.25
SA1F: HIIT THE POOL RUNNINGwith Ann Gilbert	0.125	1.25	1.5	1.0	0.1	0.25
SA1G: TAB-AQUA QUICKIESwith Jeff Howard	0.125	1.25	1.5	1.0	0.1	0.25
SA1H: YOUR KITCHEN = YOUR HAPPY PLACEwith Sahaila Digsby, RDN, LD, CPT	0.125	1.25	1.5	1.0	0.1	0.25
SA1I: DIETARY DIVERSITYwith Melissa Layne, MEd	0.125	1.25	1.5	1.0	0.1	0.25
SA1J: THE CHANGING LANDSCAPE OF FITNESSwith Carrie Kepple	0.125	1.25	1.5	1.0	0.1	0.25
SA1K: VIRTUAL CRASH COURSEwith Dane Robinson	0.125	1.25	1.5	1.0	0.1	0.25
SA1L: MEET FITNESS ICON KATHY SMITHwith Sara Kooperman, JD, & Kathy Smith	NA	1.25	1.5	1.0	0.1	0.25
<b>SA2 9:35am-10:50am</b>						
SA2A: CORE LOVEwith Abbie Appel	0.125	1.25	0.75	1.0	0.1	0.25
SA2B: CHRONOLOGICAL VS PHYSIOLOGICAL AGEwith Julia Salado	0.125	1.25	0.75	1.0	0.1	0.25
SA2C: FUNCTIONAL PILATESwith Helen Vanderburg	0.125	1.25	0.75	1.0	0.1	0.25
SA2D: FUNCTIONAL FITNESS AFTER 50with Maureen (Mo) Hagan	0.125	1.25	0.75	1.0	0.1	0.25
SA2E: ANCHORS AWAY: FUNCTIONALLY FUN ROWING™with SGT Ken®	0.125	1.25	0.75	1.0	0.1	0.25
SA2F: LIQUID GYM ACQUA TONE & SHINwith Paula Raphael	0.125	1.25	1.5	1.0	0.1	0.25
SA2G: AQUATIC KICKBOXING: OUT OF THE BOXwith Melissa Layne, MEd	0.125	1.25	1.5	1.0	0.1	0.25
SA2H: COGNIFIED FITNESS FOR OPTIMAL AGINGwith Dr. Dan Ritchie	0.125	1.25	1.5	1.0	0.1	0.25
SA2I: LONGEVITY LABS: EATS & FEATSwith Tricia Silverman, RD, LDN, MBA	0.125	1.25	1.5	1.0	0.1	0.25
SA2J: FACE YOUR FEARS: RISE & REINVENT YOURSELwith Maureen (Mo) Hagan	0.125	1.25	1.5	1.0	0.1	0.25
SA2K: GET YOUR TIME BACKwith Jessica Maurer	0.125	1.25	1.5	1.0	0.1	0.25
SA2L: SOCIAL MEDIA, SOCIAL RESPONSIBILITY & SOCIAL INTERACTIONwith Sara Kooperman, JD, Marisa Hoff, Kia Williams, & Paul Christopher	0.125	1.25	1.5	1.0	0.1	0.25
<b>SA3 11:10am-12:25pm</b>						
SA3A: MYZONE® GAMIFIED BOOTCAMPwith Emily Sopo, MS	0.125	1.25	0.75	1.0	0.1	0.25
SA3B: BALANCE FOR ACTIVE AGINGwith Keli Roberts	0.125	1.25	0.75	1.0	0.1	0.25
SA3C: WALL YOGA - SENSING CONFIDENCEwith Stacey Lei Krauss	0.125	1.25	0.75	1.0	0.1	0.25
SA3D: ROCKIT STRENGTH®: HARD CORE/PEACE CORBwith Yury Rockit	0.125	1.25	0.75	1.0	0.1	0.25
SA3E: MASHUP®: ACTIVE RECOVERY - ARE YOU IMPLEMENTING ITwith Amber Cura	0.125	1.25	0.75	1.0	0.1	0.25
SA3F: LABLAST® SPLASH: WALTZING IN THE WATERwith Louis Van Amstel	0.125	1.25	1.5	1.0	0.1	0.25
SA3G: AQUATIC SOLUTIONS FOR ACTIVE AGERSwith Ann Gilbert	0.125	1.25	1.5	1.0	0.1	0.25
SA3H: YOUR WALK IS WHACKwith Jason Persaud & Kennedy Lodato	0.125	1.25	0.75	1.0	0.1	0.25
SA3I: PUTTING AN END TO STRESS EATINGwith Dr. Candice Seti, Psy.D.	0.125	1.25	1.5	1.0	0.1	0.25
SA3J: SMALL GROUP TRAINING SUCCESSwith Dane Robinson	0.125	1.25	1.5	1.0	0.1	0.25
SA3K: DIVERSE & INCLUSIVE FITNESS COMMUNITIESwith Kia Williams	0.125	1.25	1.5	1.0	0.1	0.25
SA3L: BARRE TRAINING: THE UPS & DOWNSwith Sara Kooperman, JD, Tricia Murphy Madigan, Billie Wartenberg, & Abbie Appel	0.125	1.25	0.75	1.0	0.1	0.25
<b>SA4 1:25pm-2:40pm</b>						
SA4A: STRAIGHT TO THE CORBwith Dane Robinson	0.125	1.25	0.75	1.0	0.1	0.25
SA4B: STOP HURTING YOUR SHOULDERSwith Giovanni Roselli	0.125	1.25	0.75	1.0	0.1	0.25
SA4C: MASONFLOWwith Diane Mason	NA	1.25	0.75	1.0	0.1	0.25
SA4D: COUNTRY FUSION®with Elizabeth Mooney	0.125	1.25	0.75	1.0	0.1	0.25
SA4E: SCHWINN®: RHYTHM DONE RIGHTwith Abbie Appel	0.125	1.25	0.75	1.0	0.1	0.25
SA4F: LIQUID GYM ACQUA PUNCH & PUMPwith Paula Raphael	0.125	1.25	1.5	1.0	0.1	0.25
SA4G: WAVES ON FIREwith Connie Martin, MA	0.125	1.25	1.5	1.0	0.1	0.25
SA4H: YOUR BRAIN ON EXERCISEwith Ryan Glatt, FAFS, BSc	0.125	1.25	1.5	1.0	0.1	0.25
SA4I: MEATLESS MONDAYS: PLANT PROTEIN DEMYSTIFIEDwith Jenn Ho	NA	1.25	1.5	1.0	0.1	0.25
SA4K: LIVE STREAMING LIKE A BOSSwith Kara	0.125	1.25	1.5	1.0	0.1	0.25
SA4L: ENGAGING & GROWING YOUR BUSINESS WITH SOCIAL MEDIAwith Sara Kooperman, JD, Ann Gilbert, Connie Warasila & Billie Wartenberg	0.125	1.25	1.5	1.0	0.1	0.25
<b>SA5 3:00pm-4:15pm</b>						
SA5A: ACTIVATED BODYwith Eric Tison	0.125	1.25	0.75	1.0	0.1	0.25
SA5B: AGING HIIT: CHAIR TODAY, CHAIR TOMORROWwith Anne Mañan	0.125	1.25	0.75	1.0	0.1	0.25
SA5C: BEST OF POLGA - POLE YOGAwith Carla Gifford	NA	1.25	0.75	1.0	0.1	0.25
SA5D: BIG BALANCE THEORYwith Anna Pinkov	0.125	1.25	0.75	1.0	0.1	0.25
SA5E: WELCOME TO THE JUNGLE (CROSSFIT)with Jenna Friend Uhl	NA	1.25	0.75	1.0	0.1	0.25
SA5F: DOUBLE TROUBLE: BAD BOYS CROSSFITwith Jeff Howard & Manuel Velazquez	0.125	1.25	1.5	1.0	0.1	0.25
SA5G: WEIGHT LOSS AQUATIC STYLEwith Ann Gilbert	0.125	1.25	1.5	1.0	0.1	0.25
SA5H: INTERMITTENT FASTING - FACT OR FICTIONwith Sam Roth	0.125	1.25	1.5	1.0	0.1	0.25
SA5I: IMMUNITY BOOSTERS & BUSTERSwith Tricia Silverman, RD, LDN, MBA	0.125	1.25	1.5	1.0	0.1	0.25
SA5J: CREATE A THRIVING VIRTUAL STUDIOwith	NA	1.25	1.5	1.0	0.1	0.25
SA5K: SOCIAL MEDIA PANELwith Jessica Maurer, Marisa Hoff, Jennifer Esquer, PT, DPT & Christine Conti	NA	1.25	1.5	1.0	0.1	0.25
SA5L: ACTIVE AGING FITNESS PROGRAMMINGwith Sara Kooperman, JD, Cammie Dennis, Keli Roberts & Melissa Layne, MEd	0.125	1.25	0.75	1.0	0.1	0.25
<b>SA6 4:35pm-5:50pm</b>						
SA6A: BABY BOOMwith Kim Vopni	0.125	1.25	0.75	1.0	0.1	0.25
SA6B: I AM AGELESS - THE WORKOUTwith Leslee Bender	0.125	1.25	0.75	1.0	0.1	0.25
SA6C: BIIT: BARRE INTENSITY INTERVAL TRAININGwith Mica O'Dell	0.125	1.25	0.75	1.0	0.1	0.25
SA6D: BARRE FIGHTwith Billie Wartenberg	0.125	1.25	0.75	1.0	0.1	0.25
SA6E: ALL TIME HIITwith Abbie Appel	0.125	1.25	0.75	1.0	0.1	0.25
SA6F: PLATINUM - SILVER TSUNAMwith Manuel Velazquez	0.125	1.25	1.5	1.0	0.1	0.25
SA6G: TAB-AQUA BOOTCAMPwith Jeff Howard	0.125	1.25	1.5	1.0	0.1	0.25
SA6H: TASTE THE MEDITERRANEAN WAWith Tricia Silverman RD, LDN, MBA	0.125	1.25	1.5	1.0	0.1	0.25
SA6I: PROS & CONS OF FASTINGwith Melissa Layne, MEd	0.125	1.25	1.5	1.0	0.1	0.25
SA6J: FUTURE OF GROUP EX PANELwith Sara Kooperman, JD, Jeff Howard, Maureen (Mo) Hagan & Kimberly Spreen-Glick	NA	1.25	1.5	1.0	0.1	0.25
SA6K: THINK YOURSELF® A BUSINESS PROwith Nathalie Plomondon-Thomas	0.125	1.25	1.5	1.0	0.1	0.25
SA6L: RE-OPENING: AN INTERNATIONAL PERSPECTIVEwith Sara Kooperman, Ross Campbell, JoseTeixeira & Kristen Green	0.125	1.25	1.5	1.0	0.1	0.25

SUNDAY, November 8, 2020

**Total Conference CECs (based upon attendance at all Conference Sessions)**

\*Provider Numbers supplied at end of convention

ACE = 2.1  
 ACSM = 21.25  
 AEA = 20.0  
 AFAA = 17.0  
 NASM = 1.7  
 NFPT = 4.25  
 SCW = 21.25

Session	ACE	ACSM	AEA	AFAA	NASM
<b>SU1 8:00am-9:15am</b>					
SU1A: COMPLETE GUIDE TO METABOLIC FLEXIBILITYwith Giovanni Roselli	0.125	1.25	0.75	1.0	0.1
SU1B: SIZZLING SENIORS (RE)ACTIVATIONwith Denise Hunt	NA	1.25	0.75	1.0	0.1
SU1C: CREATING UNFORGETTABLE DANCE FITNESS EXPERIENCESwith Ally Ponte & Kelly Schur	NA	1.25	0.75	1.0	0.1
SU1D: ADVANCED FUNCTIONAL PILATESwith Leslee Bender	0.125	1.25	0.75	1.0	0.1
SU1E: STRONG NATION™with Kelly Bullard	0.125	1.25	0.75	1.0	0.1
SU1F: MIX-MATCH AQUA MOVES TO THE MAwith Jeff Howard	0.125	1.25	0.75	1.0	0.1
SU1G: AQUA SOFT FITNESS FUSIONwith Melissa Layne, MEd	0.125	1.25	0.75	1.0	0.1
SU1H: BETTER SLEEP FOR ACTIVE AGERSwith Tricia Silverman, RD, LDN, MBA	0.125	1.25	0.75	1.0	0.1
SU1I: TIMING IS EVERYTHINGwith Melissa Layne, MEd	0.125	1.25	0.75	1.0	0.1
SU1J: TOP 10 FACTORS IMPACTING RETENTIONwith Paul Bedford	0.125	1.25	0.75	1.0	0.1
SU1K: APPS & SITES FOR FITNESS PROSwith Sahaila Digsby, RDN, LD, CPT	0.125	1.25	0.75	1.0	0.1
SU1L: FUNCTIONAL TRAINING IN A DYSFUNCTIONAL WORLDwith Sara Kooperman, JD, Keli Roberts, Dan Ritchie, Evan Bender	0.125	1.25	0.75	1.0	0.1
<b>SU2 9:35am-10:50am</b>					
SU2A: THE BACK, BOOTY & CORE CONNECTIONwith Abbie Appel & Irene McCormick, MS, CSCS	0.125	1.25	0.75	1.0	0.1
SU2B: STRETCH & PERFORM: THE BANNISTER METHOD™with Gail Bannister-Munn	NA	1.25	0.75	1.0	0.1
SU2C: FLEXY & FIT - POLE YOGAwith Carla Gilfray	NA	1.25	0.75	1.0	0.1
SU2D: LITTLE TWEAKS FOR BIG RESULTSwith Keli Roberts	0.125	1.25	0.75	1.0	0.1
SU2E: SCHWINN®: F.E.A.R. FACE EVERYTHING AND RIDwith Keli Roberts	0.125	1.25	0.75	1.0	0.1
SU2F: WATERINMOTION® STRENGTHwith Cheri Kulp	0.125	1.25	0.75	1.0	0.1
SU2G: DIVE INwith Yury Rockit	0.125	1.25	0.75	1.0	0.1
SU2H: NUTRITION PANELwith Melissa Layne, MEd, Sahaila Digsby, RDN, LD, CPT, Tricia Silverman, RD, LDN, MBA	0.125	1.25	0.75	1.0	0.1
SU2I: CRAVINGS & SUGAR UNSWEETENEDwith Tricia Silverman, RD, LDN, MBA	0.125	1.25	0.75	1.0	0.1
SU2J: 2020 CLIENT ACQUISITION SYSTEMSwith Patrick Curley	0.125	1.25	0.75	1.0	0.1
SU2K: FINDING THE PERFECT VIRTUAL FITwith Kelly Coulter	NA	1.25	0.75	1.0	0.1
SU2L: ACTIVE AGING: PREPARING FOR LIFE REEMERGEDwith Sara Kooperman, JD, Leslee Bender, Angela McBees & Ann Gilbert	0.125	1.25	0.75	1.0	0.1
<b>SU3 11:10am-12:25pm</b>					
SU3A: FLEX YOUR OWN WAYwith Michelle Leachman	0.125	1.25	0.75	1.0	0.1
SU3B: BOOSTING THE BRAIN WITH COGNITIVE TASKSwith Ryan Glatt	0.125	1.25	0.75	1.0	0.1
SU3C: YOGALOTESwith Wendy Santiago	NA	1.25	0.75	1.0	0.1
SU3D: ASSUME THE POSITIONwith Lawrence Biscontini, MA	0.125	1.25	0.75	1.0	0.1
SU3E: METABOLIC MIXERwith Abbie Appel	0.125	1.25	0.75	1.0	0.1
SU3F: DRAG ME INTO THE WATERwith Irene PlumMentz	0.125	1.25	0.75	1.0	0.1
SU3G: AQUA ATHLETESwith Jeff Howard	0.125	1.25	0.75	1.0	0.1
SU3H: FIX 7 MENOPAUSE SYSTEMS WITH EXERCISEwith Dr. Markinson, MS, CSCS	0.125	1.25	0.75	1.0	0.1
SU3I: NUTRITION & CHRONIC PAINwith Kimberly Garcia	0.125	1.25	0.75	1.0	0.1
SU3J: CREATE A ROCKSTAR SALES TEAMwith Ethan Parker	NA	1.25	0.75	1.0	0.1
SU3K: OWN & HONE YOUR NICHE ON SOCIAL MEDIAwith Courtney McWaters	0.125	1.25	0.75	1.0	0.1
SU3L: VIRTUAL PERSONAL TRAINING: THE INS & OUTSwith Sara Kooperman, JD, Angela McBees, Ms, Dane Robinson & Giovanni Roselli	0.125	1.25	0.75	1.0	0.1
<b>SU4 1:25pm-2:40pm</b>					
SU4A: SGT FUNCTIONAL FIRE DRILLwith Irene McCormick, MS, CSCS	0.125	1.25	0.75	1.0	0.1
SU4B: LOWER CROSS SYNDROMEwith Matt Segawa	0.125	1.25	0.75	1.0	0.1
SU4C: TAI CHI FOR WARMUP & RECOVERYwith Marcus Carbo	NA	1.25	0.75	1.0	0.1
SU4D: BOOGIE BARREwith Mac Carlinio	0.125	1.25	0.75	1.0	0.1
SU4E: AQUA YOGA FIRED UPwith Connie Martin, MA	0.125	1.25	0.75	1.0	0.1
SU4F: AQUATIC BEAUTIES & BEASTSwith Greg Keves & Evelyn Keves	NA	1.25	0.75	1.0	0.1
SU4G: COOKING MADE SIMPLE & HEALTHYwith Greg Keves, RDN, CPT	0.125	1.25	0.75	1.0	0.1
SU4H: ARE ALL CALORIES EQUALwith Fabio Galante, MA, RD	0.125	1.25	0.75	1.0	0.1
SU4I: THE FUTURE OF PERSONAL TRAININGwith Keli Roberts, Dane Robinson, & Paul Christopher	NA	1.25	0.75	1.0	0.1
SU4J: THINK YOURSELF A TELLwith Nathalie Plamondon	0.125	1.25	0.75	1.0	0.1
SU4K: GETTING OUR AGING MARKET ACTIVE AGAINwith Sara Kooperman, JD Leslee Bender, Colin Milner & Keli Roberts	0.125	1.25	0.75	1.0	0.1
<b>SU5 3:00pm-4:15pm</b>					
SU5A: ULTIMATE ONE-DUMBBELL CHALLENGEwith Manuel Velazquez	0.125	1.25	0.75	1.0	0.1
SU5B: SMALL GROUP PROGRAMMING FOR AGING CLIENTSwith Ann Gilbert	0.125	1.25	0.75	1.0	0.1
SU5C: TRAMP CAMPwith Christine DeFilippo	0.125	1.25	0.75	1.0	0.1
SU5D: YOGA FOR THE YOUNG AT HEARTwith Sara Kooperman	0.125	1.25	0.75	1.0	0.1
SU5E: STIR FRIED NOODLESwith Marietta Mehanni	NA	1.25	0.75	1.0	0.1
SU5F: IT'S RAINING MENwith Lawrence Biscontini, MA, Jeff Howard, Yury Rockit & Manuel Velazquez	0.125	1.25	0.75	1.0	0.1
SU5G: AQUA SOLUTIONS: THE POSTERIOR CHAINwith Dominic Gili	NA	1.25	0.75	1.0	0.1
SU5H: NUTRITIONAL NEEDS DURING MENOPAUSewith Melissa Layne, MEd	0.125	1.25	0.75	1.0	0.1
SU5I: SMALL GROUP TRAINING PROFITS & PROGRAMSwith Chris Stevenson	0.125	1.25	0.75	1.0	0.1
SU5J: HOW TO BE FLUENT IN EXERCISE LANGUAGEwith Paul Christopher	0.125	1.25	0.75	1.0	0.1
SU5K: TAKE THE PLUNGE: RE-OPEN YOUR POOLwith Sara Kooperman, JD, Ann Gilbert, Connie Warasila, Jeff Howard & Cheri Kulp	0.125	1.25	0.75	1.0	0.1

### November 2020 Live Stream MANIA® Pre-Con CEC Form

WEDNESDAY, November 4, 2020

\*Provider Numbers supplied at end of convention

Certification	Presenter	ACE		ACSM		AEA		AFAA		NASM		NFPT		SCW	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Active Aging Certification	Roberts	0.7		8.0		4.0		7.0		0.7		1.6		8.0	
SCW Aquatic Exercise Certification	Howard	0.7		8.0		9.0		8.0		0.8		1.6		8.0	
SCW Corrective Exercise Certification	Roselli	0.6		7.0		6.5		6.0		0.6		1.4		7.0	
SCW Meditation Certification	Rockit	0.4		4.0		NA		4.0		0.7		0.8		4.0	
SCW Small Group Training Certification	Robinson	0.7		7.0		4.0		7.0		0.7		1.4		7.0	
SCW T'ai Chi Certification	Ross	0.7		8.0		NA		8.0		0.8		1.6		8.0	
SCW Yoga 1 Certification	Velazquez	0.8		8.0		4.0		7.0		0.7		1.6		8.0	
Barre Intensity Certification	Sardy	1.4		14.0		NA		12.0		0.7		2.8		14.0	
Strong by ZUMBA® Certification	Bullard	0.8		8.0		NA		8.0		NA		NA		8.0	

### THURSDAY, November 5, 2020

\*Provider Numbers supplied at end of convention

Certification	Presenter	ACE		ACSM		AEA		AFAA		NASM		NFPT		SCW	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Active Aging Nutrition Certification	Silverman	0.4		4.0		4.0		4.0		0.4		0.8		4.0	
SCW Aqua Barre Certification	Kulp	0.7		6.0		6.0		6.0		0.6		1.2		6.0	
SCW Group Exercise Certification	Howard	NA		8.0		4.5		8.0		0.8		1.6		8.0	
SCW Nutrition Coaching Certification	Layne	0.7		7.0		4.0		7.0		0.7		1.4		7.0	
SCW Personal Training Certification	Roberts	NA		8.0		4.0		NA		NA		1.6		8.0	
SCW Pilates Matwork Certification	Appel	0.8		8.0		4.5		8.0		0.8		1.6		8.0	
SCW Program Design Certification	Roberts	0.7		7.0		4.0		7.0		0.7		1.4		7.0	
SCW Recovery and Rolling Certification	McCormick	0.4		6.0		4.0		6.0		0.6		1.2		6.0	
Mash-Up Certification	Brown	0.7		10.0		4.0		11.0		1.1		NA		10.0	
Schwinn Cycling Instructor Certification	Thews & Sherman	0.8		8.0		NA		8.0		0.8		NA		9.0	
WATERROWER® Certification	Sgt. Ken	0.6		6.0		NA		6.0		0.6		NA		6.0	
ZUMBA® Basic Skills Level 1 Certification	Bostic	0.7		8.0		NA		5.5		NA		NA		8.0	

### SUNDAY, November 8, 2020

\*Provider Numbers supplied at end of convention

Certification	Presenter	ACE		ACSM		AEA		AFAA		NASM		NFPT		SCW	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Virtual Training Certification	Howard & Maurer	0.4		4.0		4.0		4.0		0.4		0.8		4.0	
WATERinMOTION® Certification	Basila	0.7		7.0		8.0		7.0		0.7		1.4		7.0	