



May 2021 Live-Stream MANIA® Express May 21st - May 23rd, 2021 CEC Form

*Please print this form, circle applicable sessions, and save for your records. You do not need to send this form to SCW Fitness since there is record of your participation.

**If you renew an SCW Certification, you also do not need to send this form to SCW Fitness.

Please renew your SCW Certification by going to the following website: www.scwfit.com/certification-renewal

***To renew your SCW Certification, you need 20 Continuing Education Credits every 2 years: www.scwfit.com/certifications-faqs

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

SCW = 16

ACE = 1.6

ACSM = 16

AEA = 16

AFAA = 16

NASM = 1.6

FRIDAY, May 21, 2021

	SCW	ACE	ACSM	AFAA	NASM
Provider Number	LS221	CEP216535	NA	112	316
FR1 9:00am-10:00am					
FR1A: FOUR QUARTERS OF FITNESS with Dane Robinson	1.0		1.0	0.5	0.1
FR1B: INTERVAL TRAINING FOR THE ACTIVE AGER with Ann Gilbert	1.0		1.0	0.5	1.0
FR1C: HOT BOOTY BALLET with Suaad Ghadban		0.1	1.0	1.0	0.1
FR1D: "TONING" IS NOT A THING with Sonja Friend-Uhl		0.1		1.0	0.1
FR1E: MENTAL HEALTH: THE PARALLEL PANDEMIC with Lynne Brick & Victor Brick	1.0	0.1		1.0	0.1
FR1F: DESIGN YOUR BUSINESS TO RUN ITSELF with Cyndy Barnes & Travis Barnes	1.0	0.1	1.0	1.0	0.1
FR1G: GRX STREAMING TO SUCCESS with Jeff Howard	1.0	0.1	1.0	1.0	0.1
FR2 10:15am-11:15am					
FR2A: INNOVATIVE PLANKING FOR CORE STRENGTHENING with Siri Chilazi	1.0	0.1	1.0	0.5	1.0
FR2B: FUNCTIONAL CHAIR-BASED DANCE FITNESS with Alexis Perkins		NA	1.0	0.5	1.0
FR2C: MAXIMIZE YOUR SESSIONS WITH CLUSTER CIRCUITS with Maurice William		0.1	1.0	0.5	1.0
FR2D: SCHWINN® BREATHY NOT BREATHELESS with Abbie Appel	1.0	0.1	1.0	0.5	1.0
FR2E: ACTIVE AGING NUTRITION INSIGHTS with Tricia Silverman	1.0	0.1	1.0	1.0	0.1
FR2F: MARKETING WITHOUT MONEY with Christine Cavanagh	1.0	0.1	1.0	1.0	0.1
FR2G: ATTRACTING TALENT POST-COVID with Allison K.	1.0	0.1	1.0	1.0	0.1
FR3 11:30am-12:30pm					
FR3A: MIND® FUTURE-PROOF YOUR BODY with Will Brereton	1.0	NA	1.0	0.5	1.0
FR3B: MELT AWAY NECK & SHOULDER TENSION with Margot McKinnon	1.0	0.1	1.0	0.5	1.0
FR3C: JUST2SWEAT with Nike C.	1.0	0.1	1.0	0.5	1.0
FR3D: BEATBOSS: INSPIRED BY THE MOVING COUNTRY with Andrea Austin & Rob Bradley	1.0	0.1	1.0	0.5	1.0
FR3E: FASCINATING FACTS TO PREVENT YOUR FAMILISH with Megan	1.0	0.1	1.0	1.0	0.1
FR3F: 2021 GROWTH PANEL with Bill M., Chris Stegman, & Dr. David	1.0	0.1	1.0	1.0	0.1
FR3G: CREATING AN INSPIRING COMMUNITY with Maurer	1.0	0.1	1.0	1.0	0.1
FR4 12:30pm-1:30pm					
FR4A: BOX COMBAT with Kimberly Spreen	1.0	0.1	1.0	0.5	1.0
FR4B: LET'S FACE IT TOGETHER with Chantel Monti	1.0	0.1	1.0	0.5	1.0
FR4C: IMPROVING YOUR TRAINING with Paul Christopher	1.0	0.1	1.0	0.5	1.0
FR4D: PUMP with Abbie	1.0	0.1	1.0	0.5	1.0
FR4E: NUTRITION PANEL with Tricia Silverman, Amanda Fearheiley, Candice Seti, and Gregory Charlop	1.0	0.1	1.0	1.0	0.1
FR4F: MEMBER EXPERIENCE INSIDE THE SHUTDOWN with Blair McHaney	1.0	NA	1.0	1.0	0.1
FR4G: SPEND LESS with Summer Sides	1.0	0.1	1.0	1.0	0.1



FR5 2:15pm-3:15pm

FR5A: GET UPRIGHT FOR AN UPGRADED CORE with Jeff Howard	1.0	0.1	1.0	0.5	1.0	0.1
FR5B: YIN & YANG YOGA JOURNEY with Manuel Velazquez	1.0	0.1	1.0	0.5	1.0	0.1
FR5C: MINI BAND, MEGA BENEFITS with Suaad Ghadban	1.0	0.1	1.0	0.5	1.0	0.1
FR5D: SCHWINN® BALANCING ACT with Helen Vanderburg	1.0	0.1	1.0	0.5	1.0	0.1
FR5E: THE WHEEL OF WELL BEING with Kimberly Spreen-Glick	1.0	0.1	1.0	0.5	1.0	0.1
FR5F: INTERNAL GUIDELINES - INSPECTING WHAT YOU EXPECT with Bill McBride	1.0	0.1	1.0	0.5	1.0	0.1
FR5G: LIFE COACHING STRATEGIES FOR FITNESS PROFESSIONALS with Gretchen Gegg	1.0	0.1	1.0	0.5	1.0	0.1

FR6 3:30pm-4:30pm

FR6A: 8 M'S OF MODERN MEDITATION with Gretchen Gegg	1.0	0.1	1.0	0.5	1.0	0.1
FR6B: MOBILITY THROUGH MOVEMENT with Helen Vanderburg	1.0	0.1	1.0	0.5	1.0	0.1
FR6C: FIRED UP CARDIO & CORE FOR MOTHERHOOD with Jessica Maurer	1.0	0.1	1.0	0.5	1.0	0.1
FR6D: LET'S GET FHIIT with Dane Robinson	1.0	0.1	1.0	0.5	1.0	0.1
FR6E: FUNCTIONAL FOODS FOR A FANTASTIC YOU with Amanda Fearheiley	1.0	0.1	1.0	0.5	1.0	0.1
FR6F: LIFELONG LESSONS IN LEADERSHIP with Chris Stevenson	1.0	0.1	1.0	0.5	1.0	0.1
FR6G: CREATE THE PERFECT PROGRAM with Giovanni Roselli	1.0	0.1	1.0	0.5	1.0	0.1

FRIDAY

SATURDAY, May 22, 2021

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	LS221	CEP216535	NA	11201	10241	316
SA1 9:00am-10:00am						
SA1A: ABSOLUTELY CORE TRAINING with Maurice Williams	1.0	0.1	1.0	0.5	1.0	0.1
SA1B: YOGA FOR HEALTHY BACK with Summer Sides	1.0	0.1	1.0	0.5	1.0	0.1
SA1C: ANATOMY OF A SMART WAIST with Paige Pogg	1.0	0.1	1.0	0.5	1.0	0.1
SA1D: SCHWINN® SET THE STAGE with Helen Vanderburg	1.0	0.1	1.0	0.5	1.0	0.1
SA1E: LET'S FACE IT TOGETHER SPECIALTIES with Christine Gegg	1.0	0.1	1.0	0.5	1.0	0.1
SA1F: 5 TIPS & TIPS: ROCK THE REVERSE with Emma Barry	1.0	0.1	1.0	1.0	1.0	0.1
SA1G: JUST-KNOW PRO SECRETS with Will	1.0	NA	1.0	1.0	1.0	0.1
SA2 11:15am-12:15pm						
SA2A: SLOW YOGA: DYNAMIC FLOW with Summer Sides	1.0	0.1	1.0	0.5	1.0	0.1
SA2B: SPINE SPARING CORE with Christine Gegg	1.0	0.1	1.0	0.5	1.0	0.1
SA2C: SH1FT®: STRENGTH & FUNCTIONAL TRAINING with Kayla Bonina	1.0	0.1	1.0	0.5	1.0	0.1
SA2D: DIET MYTHS & MISCONCEPTIONS with Alex Bryce	1.0	0.1	1.0	1.0	1.0	0.1

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SA2F: LEGAL ESSENTIALS FOR FITNESS PROS & STUDIO OWNERS IN A COVID WORLD with Cory Sterling	1.0	0.1	1.0	1.0	1.0	0.1
SA2G: SPECIALIZE YOUR EXERCISE with Myrna Brady	1.0	0.1	1.0	1.0	1.0	0.1
SA3 11:30am-12:30pm						
SA3A: KETTLEBELL TRAINING FOR ALL AGES with Giovannie Roselli	1.0	0.1	1.0	0.5	1.0	0.1
SA3B: THE INFLUENCE OF FASCIA ON THE ACTIVE ADULT with Irene McCormick	1.0	0.1	1.0		1.0	0.1
SA3C: JUMP ROPE: QUARANTINE CARDIO with Siri Chilazi	1.0	0.1	1.0	0.5	1.0	0.1
SA3D: SCHWINN®: WORK NOT TWERK with Abbie Appel	1.0	0.1		0.5	1.0	0.1
SA3E: MEALTIME MAKEOVER FOR WEIGHT LOSS SUCCESS with Candice Seti	1.0	0.1		1.0	1.0	0.1
SA3F: FUTURE OF GX PANEL with Jeff Howard, Kimberly Spreen-Glick, & Emma Barry	1.0	0.1	1.0		1.0	0.1
SA3G: MARKETING MESSAGES with Debra Atkinson	1.0	0.1	1.0		1.0	
SA4 1:00pm-2:00pm						
SA4A: FUNDAMENTALITY BASIC with Michelle Leachman	1.0	0.1	1.0	0.5		0.1
SA4B: ESSENTIAL EXERCISES TO FIX LOW BACK PAIN with Margot McKinnon	1.0		1.0	0.5	1.0	0.1
SA4C: BARRE BURSTS & BENDS with Jessica Maurer	1.0		1.0		1.0	0.1
SA4D: BEATBOSS: APPLIED SCIENCE OF MOVEMENT with Andrea Austin & Robert Leadley		0.1	1.0		1.0	0.1
SA4E: WHY ALL WOMEN SHOULD STRENGTH TRAIN with Alex Bryce	1.0	0.1		1.0	1.0	0.1
SA4F: LEADING DIVERSITY & INCLUSION IN FITNESS with Siri Chilazi	1.0	0.1	1.0		1.0	0.1
SA4G: FACEBOOK FOR YOUR FITNESS BUSINESS with Marisa Hoff	1.0	NA	1.0	1.0	1.0	0.1
SA5 2:15pm-3:15pm						
SA5A: BODYWEIGHT BOOTY with Abbie Appel		0.1	1.0	0.5	1.0	0.1
SA5B: CORE FOR BOOMERS with Billie Wartenberg		0.1	1.0	0.5	1.0	0.1
SA5C: WARRIOR WORKOUT with Kimberly Spreen-Glick	1.0	0.1	1.0	0.5	1.0	0.1
SA5D: GET A CUE! VIRTUAL TRAINING with Sheldon McBe	1.0	0.1	1.0	1.0	1.0	0.1
SA5E: AGELESS INTENSITY with Pete McCall	1.0	0.1	1.0	0.5	1.0	0.1
SA5F: SOCIAL MEDIA PANEL with Christine Conti, Jessica Man	1.0	0.1	1.0	1.0	1.0	0.1
SA5G: SIX STEPS TO SIX FIGURES with Jordana Schelberg	1.0	0.1	1.0	1.0	1.0	0.1
SA6 3:30pm-4:30pm						
SA6A: GAME YOUR CORE with	1.0	0.1	1.0	0.5	1.0	0.1
SA6B: STRESS-BUSTING RECOVER with Giovannie Roselli	1.0	0.1	1.0	0.5	1.0	0.1
SA6C: CHAIR: DON'T CARE with Billie Wartenberg	1.0	0.1	1.0	0.5	1.0	0.1
SA6D: DOWN & DIRTY 30 with Irene Mc	1.0	0.1	1.0	0.5	1.0	0.1
SA6E: STRENGTHEN YOUR IMMUNE SYSTEM with Candice Seti	1.0	0.1	1.0	1.0	1.0	0.1
SA6F: WORLD SALES & SALES MANAGEMENT with Bill McBride	1.0	0.1	1.0	1.0	1.0	0.1
SA6G: CREATE A SERVICE CULTURE with Lisa G	1.0	NA	1.0	1.0	1.0	0.1
SATURDAY TOTALS						



SUNDAY, May 23, 2021

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	LS221	CEP216535	NA		10241	316
SU1 9:00am-10:00am						
SU1A: PERFECT PEACHES with Jeff Howard	1.0	0.1	1.0	0.5	1.0	0.1
SU1B: GET A HEAD START ON AGING with Ann Gilbert	1.0	0.1		0.5		0.1
SU1C: THE BARE ESSENTIAL: STRENGTH TRAINING 101 with Gail Bannister-Munn	1.0	0.1		0.5	1.0	0.1
SU1D: HOUSE PARTY FITNESS® CARDIO HIP-HOP with Brooke Pias	1.0	NA	1.0		1.0	0.1
SU1E: MOVEMENT THERAPY TO SUSTAIN OPTIMAL HEALTH with Kim Miller	1.0	0.1	1.0		1.0	
SU1F: FINANCING OPTIONS TO GROW YOUR BUSINESS with Marisol Cruz	1.0	0.1	1.0	1.0		0.1
SU1G: BLUEPRINT FOR SUCCESS with Dane Robinson	1.0	0.1	1.0	1.0		0.1
SU2 10:15am-11:15am						
SU2A: CREATIVE BARRE WARM-UPS with Billie Wartenberg		0.1	1.0		1.0	0.1
SU2B: YOGA FOR GRACEFUL AGING with Gretchen Gegg		0.1		0.5	1.0	0.1
SU2C: STRETCH & PERFORM: THE BANNISTER METHOD with Gail Bannister-Munn	1.0	0.1		0.5	1.0	0.1
SU2D: SCHWINN®: ROCK STEADY-RECOVERY RIDES with Keli Roberts	1.0	0.1	1.0	0.5	1.0	0.1
SU2E: ALL ABOUT INTERMITTENT FASTING with Gregory Charlop		0.1	1.0	1.0	1.0	0.1
SU2F: RECRUIT, TRAIN, MOTIVATE & RETAIN with Myrna Brady		0.1	1.0	1.0	1.0	0.1
SU2G: DO YOU HAVE MAD CRED? with Michele Leachman		0.1	1.0	1.0	1.0	0.1
SU3 11:45am-12:45pm						
SU3A: GLUTE CAMP with Keli Roberts	1.0	0.1	1.0	0.5	1.0	0.1
SU3B: STRONG & STEADY YOGA FITNESS with Nathalie Miller	1.0	0.1	1.0	0.5	1.0	0.1
SU3C: FLUID CORE FUSION with Manuel Velazquez	1.0	0.1	1.0	0.5	1.0	0.1
SU3D: YOUR BRAIN ON HIIT BY STAIRMASTER with Pete Miller	1.0	0.1	1.0	0.5	1.0	0.1
SU3E: TRAINING INDIVIDUALS WITH NEUROLOGICAL CONDITIONS with Kim Miller	1.0	0.1	1.0	1.0	1.0	0.1
SU3F: THE IT FACTOR- BUILD A BRAND with Lisa Simone-Richards	1.0	0.1	1.0	1.0	1.0	0.1
SU3G: WHAT WOMEN WANT! with Lisa Simone-Richards	1.0	0.1	1.0	1.0	1.0	0.1



SU4 1:00pm-2:00pm						
SU3A: TRANSFORMATION AFTER 40 - STRENGTH TRAINING FOR WOMEN with Irene McCormick	1.0	0.1	1.0	0.5	1.0	0.1
SU4B: FLEXIBILITY FOR THE INFLEXIBLE with Keli Roberts	1.0	0.1	1.0	0.5	1.0	0.1
SU4C: GLUTE TRAINING FOR STRENGTH & PERFORMANC with Alex Bryce	1.0	0.1	1.0	0.5	1.0	0.1
SU4D: OBSTACLE FITNESS FOR KIDS! Phillip Pirolo	1.0	0.1	1.0		1.0	0.1
SU4F: KNOW BODY, CLIENT & SOUL with Ann Gilbert	1.0	0.1	1.0	0.5	1.0	0.1
SUNDAY TOTALS						

First Name: _____

Last Name: _____

Email Address: _____



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WEDNESDAY, May 19, 2021

Certification	Presenter	SCW		ACE		ACSM		AEA		AFAA		NASM	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Active Aging Certification	Gilbert	8.0		0.7		8.0		4.0		7.0		0.7	
SCW Corrective Exercise Certification	Roselli	7.0		0.6		7.0		6.5		6.0			
SCW Functional Training Certification	Bryce	7.0		0.7		7.0		8.0		8.0			
SCW Tai Chi Certification	Velazquez	8.0		0.7		8.0		7.0		8.0		0.8	
SCW Virtual Training Certification	Maurer	4.0		0.4		4.0		4.0		4.0		0.4	

THURSDAY, May 20, 2021

Certification	Presenter	SCW		ACE		ACSM		AEA		AFAA		NASM	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Group Exercise Certification	Howard	8.0		NA		8.0		6.5		8.0		0.8	
SCW Life Coaching Certification	Spreen-Glick	7.0		0.7		7.0				7.0		0.7	
SCW Nutrition Coaching Certification	Silverman	7.0		0.7						7.0		0.7	
SCW Personal Training Certification	McCormick	8.0		NA		8.0		4.0		NA		NA	
SCW Pilates Matwork Certification	Appel	8.0		0.8		8.0		4.5		8.0		0.8	
SCW Yoga 1 Certification	Velazquez	8.0				7.0		4.0		7.0		0.7	
Chair One Fitness Certification	Perkins	8.0		NA				NA		8.0		0.8	
Schwinn Cycling Instructor Certification	Sherman	9.0						NA		8.0		0.8	

SUNDAY, May 23, 2021

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Certification	Presented by	ACE		ACSM		AEA		AFAA		NASM	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Broadcast Certification	Appel	0.6		7.0		4.0		7.0		0.7	
SCW Social Media Certification	Maurer	0.7		7.0		8.0		8.0		0.8	