

FRIDAY, December 13, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
FR1 7:30am-9:00am							
FR1A - CREATING INGENIOUS FUNCTIONAL CIRCUITS with Aly Purdy	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR1B - HIGH FITNESS: AEROBICS IS BACK! with Ricki Smith & Melissa Zurcher	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR1C - THE ULTIMATE FITNESS EQUATION with Dane Robinson	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR1D - HIT THE WALL with Yury Rockit	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR1E - COGNITIVE FITNESS FOR OPTIMAL AGING with Dan Ritchie	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR1F - RUMBLE ROLLER: ROLL BETTER, ROLL LESS with Brian Bettendorf, MSM, MA	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR1G - BOOGIE BARRE with Mac Carvalho	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR1H - LABLAST® FITNESS: HIGHLY INVOLVED INTERVAL TRAINING with Beth Canuel	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR1I - SCHWINN®: SCHWINTENSITY with Jenn Hogg	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR1J - STAGES®: THE POWER OF PROGRESSION with Pamela Benchley & Ben Kohler	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR1K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR1L - AQUATIC POWER HOUR with Connie Martin, MA	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR1M - AQUATIC SOLUTIONS FOR THE AGING with Ann Gilbert	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR1O - THE WHY & HOW OF FASTING with Bruce & Mindy Mylrea	1.25	1.0	1.25	NA	0.1	0.2	1.25
FR1P - OVERCOMING PLATEAUS with Melissa Layne, MEd	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR1Q - WORLD CLASS SGT DEPARTMENTS with J.P. Richard	1.25	1.0	1.25	NA	0.1	0.2	1.25
FR1R - ASSESSMENTS THAT REVOLUTIONIZE YOUR BUSINESS with Michelle Blakely	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR1S - 17 SOCIAL MEDIA MARKETING TRICKS with Jenn Hall	1.25	1.0	1.25	NA	0.1	0.2	1.25
FR2 10:00am-11:30am							
FR2A - PULLING FOR POWER, PROGRAM 003™ with SGT Ken®	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR2B - POUND® - SWEAT. SCULPT. ROCK. with Amy Ward	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR2C - GAMIFY YOUR WORKOUT with Andrew Gavigan	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR2D - SPEEDBALL CORE with Steve Feinberg	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR2E - TRAINING THE ACTIVE AGING FEMALE CLIENT with Keli Roberts	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR2F - YOGA FOR HEALTHY BACKS with Nathalie Lacombe, MS	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR2G - BARRE WITH A TWIST with Abbie Appel	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR2H - COUNTRY FUSION® with Elizabeth Mooney	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR2I - SCHWINN®: PRIME DESIGN with Dawn Stenis	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR2J - STAGES®: BUILD IT (FASTER!) with Pamela Benchley & Javier Santin	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR2K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR2L - UPS & DOWNS OF AQUA with Mac Carvalho	1.25	1.0	1.25	NA	0.1	0.2	1.25
FR2M - CUE, PACE, RESIST with MaryBeth Dziubinski	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR2N - STAIRMASTER HIIT - REAL RATIOS FOR RESULTS with Sonja Friend-Uhl	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR2O - SELF-COACHING STRATEGIES FOR WELLNESS with Tricia Silverman, RD, LDN, MBA	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR2P - THE BIG 5 OF MVPT'S with Dane Robinson	1.25	1.0	1.25	NA	0.1	0.2	1.25
FR2Q - FITNESS BUSINESS TRENDS FOR 2019 with Sara Kooperman, JD & Jeff Howard	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR2R - MARKETING TO YOUR IDEAL CLIENT with Billy Polson	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR2S - YOU TUBE CENTERED DIGITAL MARKETING with Tyler Valencia, MS	1.25	1.0	1.25	NA	0.1	0.2	1.25
FR3 11:45am-1:15pm							
FR3A - HIIT THE TURF with Jen Keenan-Stryksa & Angeliq Hughes	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR3C - FROM THE GROUND UP! with Manuel Velazquez	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR3E - BALANCE & POWER - TRAINING AGING CLIENTS with Dan Ritchie	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR3F - PREVENTION & RECOVERY THROUGH MUSCLE STIMULATION with Steve Feinberg	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR3G - LET THE BEAT DROP - BARRE ABOVE® with Linda McDonald	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR3I - SCHWINN®: TAKE IT TO THE MAX with Keli Roberts	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR3K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR3N - STAIRMASTER HIIT: SCIENCE OF VARIABILITY with Jenn Hogg	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR3O - NUTRITION & SLEEP: FASCINATING CONNECTIONS with Tricia Silverman, RD, LDN, MBA	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR3R - FITBIZ MASTERY with Travis Barnes, Cyndy Barnes & Jeremy Purifoy	1.25	1.0	1.25	0.126	0.1	0.2	1.25
FR3S - METRICS THAT MATTER AND DRIVE PERFORMANCE with Erin Kelly	1.25	1.0	1.25	NA	0.1	0.2	1.25
FR3 12:30pm-2:00pm							
FR3B - LES MILLS GRIT®: CARDIO & HIIT with Alex Kattar	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR3D - BOXING & BANDS with Cary Williams	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR3H - ZUMBA® CARDIO BLAST with Ann Saldi	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR3J - STAGES®: W.T.F.P.? with Pamela Benchley	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR3L - DIVE IN with Yury Rockit	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR3M - GIRLS JUST WANNA HAVE FUN! with Sara Kooperman, JD & Jeff Howard	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR3P - PREVENTION AND PERFORMANCE FOR RUNNERS with Steve Feinberg	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR3Q - WHAT FITPROS WANT FROM LEADERS with Nathalie Lacombe, MS	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR4 2:15pm-3:45pm							
FR4A - CREW CONDITIONING, PROGRAM 003™ with SGT Ken®	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR4B - GROUP PROGRAMMING WITH TECHNOLOGY with Herson Garcia	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR4C - NO EQUIPMENT, NO EXCUSES with Herson Garcia	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR4D - ROCKIT STRENGTH®: HARBOR PEACE CORE with Yury Rockit	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR4E - BRAIN-BALANCE LINK: FOCUS PRODUCTION with Herson Garcia & Splichal, MS	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR4F - SOUL YOGA: RHYTHM & FLOW with Sara Kooperman, JD & Jeff Howard	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR4G - BARRE NECESSITIES with Abbie Appel	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR4H - RESIS-DANCE TRAINING with Dane Robinson	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR4I - SCHWINN®: MASTER THE MOUNTAIN with Jenn Hogg	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR4J - STAGES®: MIXED EMOTIONS with Javier Santin	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR4K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR4L - HYDRO LIFT OFF! with Jeff Howard	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR4M - DIVE INTO AQUA CHOREOGRAPHY with Steve Feinberg, Ann Gilbert & Mac Carvalho	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR4N - BOXING: THE METHOD with Steve Feinberg	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR4O - NUTRITION PANEL with Melissa Layne, MEd, Bruce Mylrea, Tricia Silverman, RD & Keli Roberts	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR4P - THE WORLD AWAITS YOUR BRILLIANCE with Whitney Chapman	1.25	1.0	1.25	NA	0.1	0.2	1.25
FR4Q - LARGEST FITNESS OPPORTUNITY IN HISTORY with Dan Ritchie	1.25	1.0	1.25	NA	0.1	0.2	1.25
FR4R - THE NEXT GEN SALES PROCESS with Scott Gillespie	1.25	1.0	1.25	NA	0.1	0.2	1.25
FR4S - WEBSITE CLICKS THAT GET CLIENTS with Dave Smith	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR5 4:00pm-5:30pm							
FR5A - LET'S GET FHIIT with Dane Robinson	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR5B - HIGH FITNESS: AEROBICS IS BACK! with Ricki Smith & Melissa Zurcher	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR5C - TRAINING BY THE NUMBERS with Andrew Gavigan	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR5D - AAA - ABS AT ALL ANGLES with Abbie Appel	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR5E - GO HARD OR GO FOAM! with Sara Kooperman, JD & Ann Gilbert	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR5F - CONSCIOUS MOVEMENT & FUNCTIONAL YOGA with Manuel Velazquez	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR5G - BARRE TRAINING: GRACE & FLOW with Keli Roberts	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR5H - COUNTRY FUSION® FOR ACTIVE AGERS with Elizabeth Mooney	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR5I - SCHWINN®: HOW TO WOW! with Mindy Mylrea	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR5J - STAGES®: ONE SIZE DOESN'T FIT ALL with Ben Kohler	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR5K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
FR5L - AQUA BOOT CAMP with Jeff Howard	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR5M - LABLAST® SPLASH: SHALLOW AQUA FITNESS with Beth Canuel	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR5N - STAIRMASTER HIIT - REST & HIIT with Sonja Friend-Uhl	1.25	1.0	0.625	0.125	0.1	0.2	1.25
FR5O - WEIGHT CONTROL UNABRIDGED with Melissa Layne, MEd	1.25	1.0	1.25	0.125	0.1	0.2	1.25
FR5P - ACQUIRING & RETAINING PERSONAL TRAINING CLIENTS with Herson Garcia	1.25	1.0	1.25	0.125	0.1	0.2	1.25

SATURDAY, December 14, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
SA1 7:00am-9:30am							
SA1A - HIIT THE TURF: YOGA FUSION with Jen Keenan-Stryka & Angelique Hughes	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA1B - THE NEXT GENERATION OF POUND® with Amy Ward	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1C - TRAINING THE FEMALE CORE with Keli Roberts	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1D - BOXING & BOXES with Cary Williams	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA1E - AGING FIT with Ann Gilbert	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1F - GOT BACK PAIN with Herson Garcia	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1G - BALLESTONE - THE NON-DANCER WORKOUT with Elizabeth Lenart, MA	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1H - BOOTCAMP BEATS with Rachel Lauria	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA1I - SCHWINN®: MUSIC & SO MUCH MORE! with Abbie Appel	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1J - STAGES®: POWER VS. RHYTHM with Pamela Benchley & Ben Kohler	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA1L - 6 STEPS TO AQUA DRILLS with Melissa Layne, MEd	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1M - WATER RUNNING with Yury Rockit	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1N - STAIRMASTER HIIT - A MOMENT IN TIME with Sonja Friend-Uhl	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1O - NUTRITION TIPS, TIDBITS AND TREATS with Bruce & Mindy Mylrea	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA1P - ELECTRONIC STIMULATION FOR ATHLETIC PERFORMANCE with Steve Feinberg	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA1Q - STRATEGIES FOR FITNESS CAREER LONGEVITY with Carolyn Erickson	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1R - RICHES ARE IN THE NICHEs with Dave Smith	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA1S - SAVVY SOCIAL MEDIA with Jenn Hogg	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA2A - EXERCISE: THE ULTIMATE BRAIN BOOSTER with Dr. Len Kravitz, PhD, CSCS	1.0	1.0	1.0	0.1	0.2	1.0	
SA3 11:00am-12:30pm							
SA3A - BATTLE WITH BOATS AND ROPES with SGT Ken®	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3B - 50 UNIQUE CORE LOVERS EXERCISES with Mindy Mylrea	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3C - BODYWEIGHT WARRIOR with Giovanni Roselli	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3D - SPEEDBALL FOR PERSONAL TRAINERS with Steve Feinberg	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA3E - STRENGTH TRAINING FOR LONGEVITY & VITALITY with Sara Kooperman, JD & Ann Gilbert	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3F - YIN & RESTORE with Lisa Greenbaum	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA3G - FLOOR BARRE with Whitney Chapman	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA3H - COUNTRY FUSION® WORKSHOP with Elizabeth Mooney	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3I - SCHWINN®: BALANCING ACT - CYCLING FUSION with Dawn Stenis	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3J - STAGES®: PARTY THROUGH THE DECADES with Pam Benchley, Ben Kohler & Javier Santin	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA3L - FROM NOVICE TO WATER MANIAC! with Connie Martin, MA	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3M - DOUBLE TROUBLE: BAD BOYS OF AQUA with Jeff Howard & Manuel Velazquez	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3N - STAIRMASTER HIIT - HIGH FIVE with Abbie Appel	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3O - FOOD FOR THOUGHT: BRAIN SUPERFOODS with Tricia Silverman RD, LDN, MBA	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3P - PROS AND CONS OF FASTING with Melissa Layne, MEd	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3Q - SOFT SKILLS FOR TOUGH EMPLOYEES with Nathalie Lacombe, MS	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA3R - ATTRACT & RETAIN MEMBERS USING UNCONVENTIONAL FITNESS with Tyler Valencia	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA3S - TOP SOFTWARE GUIDE: RUN LIKE A BOSS! with Ann Marie Barbour	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA4 12:45pm-2:15pm							
SA4A - FUNTENSITY BOOTCAMP with Jonathan Ross	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4D - STRONG BY ZUMBA® with Natalie Bayersdorfer	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4E - YOGA FOR THE YOUNG AT HEART: CHAIR with Sara Kooperman, JD & Melissa	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4G - BODYWEIGHT BARRE with Keli Roberts	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4J - STAGES®: THE POWER OF CUE-MMUNICATION with Ben Kohler	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA4L - AQUA BOOT CAMP with Jeff Howard	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4M - SILVER AQUA SOLUTIONS with Manuel Velazquez, Connie Brasila, Ann Gilbert & Mac	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4O - CARBOHYDRATE CRAZINESS with Len Kravitz, PhD, CSCS	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4P - NERVOUS SYSTEM HACKS FOR MOBILITY with Brian Be	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4R - THE OTHER 165: KEYS TO RETENTION - with Adam Clark	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4 1:30pm-3:00pm							
SA4B - HIGH FITNESS: AEROBICS IS BACK! with Ricki Smith & Mel	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4C - THE ATHLETIC ADVANTAGE with Dane Robinson	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA4F - RESTORATIVE YOGA: PROP FREE with Whitney Chapman	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA4H - LABLAST™: DANCE INTERVALS FOR EVERYONE with Beth Canu	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4I - SCHWINN®: RHYTHM DONE RIGHT with Abbie Appel	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA4N - BOXING BOOTCAMP with Steve Feinberg	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA4Q - HEART RATE TRACKING: EXP with Emily Sopo	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA4S - INSTAGRAM GLAM: QUALITY over QUANTITY with Jenn Hall	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA5 3:15pm-4:45pm							
SA5A - STRENGTH IN THE STORM with SGT Ken®	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5B - BODYATTACK® with Alicia	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5C - SAMURAI FT: MARTIAL ARTS with Lisa	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA5D - MANDATORY TEAM WORK with	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5E - FITNESS FOR LONGEVITY! with	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA5F - ROLLING WITH MINDFULNESS AND BREATHWORK with	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5G - BARRE WHERE YOU ARE with Karli Taylor	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA5H - THE COGNITIVE DANCE EXPERIENCE with	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5I - SCHWINN®: R&R - RIDE & RESTORE with	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5J - STAGES®: THE SIXTH SENSE with Javier Santin	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA5L - TAB-AQUA QUICKIES with Jeff Howard	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5M - AQUATIC BALANCE SOLUTIONS with MaryBeth Dziubinski	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5N - 3:1 PUNCHOUT with Steve Feinberg	1.25	1.0	0.625	NA	0.1	0.2	1.25
SA5O - NUTRITION FOR FITNESS PROFESSIONALS with Melissa Layne, MEd	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5P - THE FEMALE TRAINING ADVANTAGES 2019 with Len Kravitz, PhD, CSCS	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5Q - FEMALE LEADERSHIP: PERSONAL & PROFESSIONAL with Sara Kooperman, JD, Nathalie Lacombe, MS & Ann Gilbert	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5R - EXTRAORDINARY RETENTION & COMPETITION COMBAT with Travis Barnes, Cyndy Barnes & Jeremy Purifoy	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA5S - IMPROVED SUCCESS WITH ONLINE MARKETING with Billy Polson	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SA6 5:00pm-6:30pm							
SA6F - MANIA® REST & RECOVERY with Namirsa & RumbleRoller	1.25	1.0	0.625	NA	0.1	0.2	1.25

SUNDAY, December 15, 2019

COURSE Provider Number	SCW	AFAA	AEA	ACE	NASM	NFPT	ACSM
SU1 7:00am-8:30am							
SU1A - CONSISTENT RESISTANCE with Carolyn Erickson	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU1B - DEVELOP YOUR STAGE PRESENCE with Marcel Bellanegra	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU1D - YOUR REAR IS THE GEAR with Jonathan Ross	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU1E - GO WITH THE FLOW SALUTATIONS with Jeff Howard	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU1F - INSIDE OUT WITH THE SHOULDER with Chris Gellert, MPT, CSCS	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU1I - SCHWINN®: LET THE MUSIC PLAY with Mindy Mylrea	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU1J - STAGES®: DIFFERENT ROADS, ONE WORLD with Javier Santin	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU1K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU1M - AQUA CHI-FLOW with Elian Haan	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU1O - THE CARB & PROTEIN MYTH with Bruce Mylrea	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU1P - THE METABOLIC EFFECTS OF RESISTANCE TRAINING with Len Kravitz, PhD, CSCS	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU1Q - THE JOY OF EX with Nathalie Lacombe, MS	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU1R - THE BUSINESS OF PERSONAL TRAINING with Keli Roberts	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU1S - CONQUERING FACEBOOK'S FREQUENT FACELIFTS with Jenn Hall	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU2 8:45am- 10:15am							
SU2A - SL@T - STRENGTHEN, LENGTHEN & TONE with Jeff Howard	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU2B - SHIFTING IS THE NEW LIFTING with Jonathan Ross	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU2D - DEVELOPMENTAL STAGES FOR ALL AGES with Giovanni Roselli	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU2E - WHOSE BACK? YOUR BACK! with Elian Haan	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU2F - FOOT TO CORE SEQUENCING & STABILIZATION with Dr Emily Splichal, DPM, MS	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU2K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU2M - AQUA TEMPO TRAINING with MaryBeth Dziubinski	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU2O - IMMUNITY BOOSTERS AND BUSTERS with Tricia Silverman RD, LDN, MBA	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU2P - FAT LOSS: THE REAL STORY with Len Kravitz, PhD, CSCS	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU2Q - TRENDS FOR 2019 & GROWTH PANEL with Ann Gilbert, Nathalie Lacombe, MS & Jeff Howard	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU2R - 8 SALES SKILLS TO MASTER with Suzanne Rich	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU2S - PODCASTING 101: CREATE YOUR PLATFORM with Christine Conti	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU3 11:15am-12:45pm							
SU3A - POUND® WHY YOUR BODY ROCKS! with Amy Ward	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU3B - MUSCULAR ENDURANCE, MYTHS, REALITIES & APPLICATIONS with Dawn Stenis	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU3D - HIIT THE TURF: FOR PERSONAL TRAINERS with Jen Keenan-Stryska & Angelique Hurst	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU3E - DEEP STRETCH & THE AGING with Ann Gilbert	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU3F - YIN YOGA FOR THE HIPS with Lisa Greenbaum	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU3K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU3M - LABLAST® SPLASH: AQUA DANCE INTERVALS with Beth Canuel	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU3O - BODY POSITIVE! with Rachel Lauria	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU3P - IT'S NOT PERSONAL, IT'S FITNESS with Giovanni Roselli	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU3Q - CORPORATE WELLNESS: CREATE A NEW REVENUE STREAM with Ann Gilbert	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU3R - RAISING SALES AND SERVICE AWARENESS with Suzanne Rich	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU3S - APP-ETITE FOR WELLNESS with Yury Rockit	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU4 1:00pm-2:30pm							
SU4A - WORKOUT CREATION: HOW & WHY with Christine Conti	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU4B - RUMBLEROLLER® GROUP EXERCISE FLOW with Brianne Mendorf, MSM, MA	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU4D - BASICS OF PERSONAL TRAINING PROGRAMMING with Tricia Silverman RD, LDN, MBA	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU4E - YOGA DETOX FLOW with Karli Taylor	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU4F - MORE CHI FOR ME with Elian Haan	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU4K - RIDE OF TRUTH®: JOHNNY G SPIRIT BIKE with Sean Yeager-Diamond	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU4M - SPIRITED SURF® with Yury Rockit	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU4O - CRAVINGS AND SUGAR UNSWEETENED with Tricia Silverman RD, LDN, MBA	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU4P - CLARIFYING THE POSTURAL TORSION SYNDROME with Tricia Silverman RD, LDN, MBA	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU4Q - MANAGING LIKE A ZEN MASTER with Whitney Chapman, MPT, CSCS	1.25	1.0	0.625	NA	0.1	0.2	1.25
SU4R - EXPERIENCE & INSIGHTS OF PERSONAL TRAINING & FRANCHISES with Ann Gilbert	1.25	1.0	0.625	0.125	0.1	0.2	1.25
SU4S - DRIVE THE EXPERIENCE with Christine Conti	1.25	1.0	0.625	NA	0.1	0.2	1.25

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

Boston MANIA® December 13th - December 15th, 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 DL19	ACE		AEA		AFAA CECs 10241	NASM CECs 316	NFPT CECs 511008
				Provider # See Below	CECs	Provider # See Below	CECs			
SCW Active Aging Certification	Layne	12/12/19	8.0	CEP96226	0.7	1102	4.0	7.0	0.7	1.6
SCW Active Aging Nutrition Certification	Silverman	12/12/19	4.0	CEP138044	0	NA	NA	4.0	0.4	0.8
SCW Aquatic Exercise Certification	Howard	12/11/19	8.0	CEP29607			9.0	8.0	0.7	1.6
SCW Ballet Barre Certification	Appel	12/15/19	7.0	CEP83598		1106	4.0	7.0	0.7	1.4
SCW Boxing Certification	Feinberg	12/15/19	7.0	NA		1107	4.0	7.0	0.7	1.4
SCW Group Exercise Certification	Howard	12/12/19	8.0	NA	NA	1112	4.5	8.0	0.8	1.6
SCW Meditation Certification	Rockit	12/12/19	4.0	CEP138023	0.4	NA	NA	4.0	0.4	0.8
SCW Nutrition, Hormones & Metabolism Certification	Layne	12/15/19	7.0	CEP112375	0.7		8.0	6.0	0.6	1.4
SCW Personal Training Certification	Roberts	12/12/19	8.0	NA	NA		4.0	NA	NA	1.6
SCW Pilates Matwork Certification	Appel	12/12/19	8.0	CEP112375	0.8	1117	4.5	8.0	0.8	1.6
WATERinMOTION® Certification	Velazquez	12/15/19	7.0	CA179935	0.9	1121	8.0	7.0	0.7	1.4
SCW Yoga I Certification	Velazquez	12/12/19	8.0	CA179935	0.8	1122	4.0	8.0	0.8	1.6
SCW Yoga II Certification	Velazquez	12/12/19	8.0	CA179935	0.8	1123	2.0	4.0	0.4	0.8
Barre Above Certification	Lenart	12/12/19	7.0	CEP172664		NA	NA	8.0	0.8	NA
Country Fusion® Star Instructor Certification	Mooney	12/15/19	7.0	NA	NA	NA	NA	7.0	0.7	NA
High Fitness Instructor Training	Smith & Zurcher	12/12/19	7.5	NA	NA	NA	NA	8.0	0.8	NA
LABLAST® FITNESS INSTRUCTOR CERTIFICATION	Canuel	12/12/19	8.0	NA	0.7	NA	NA	11.0	1.1	NA
MYZONE UNIVERSITY: HEART RATE MONITOR WORKSHOP	Sopo	12/12/19	8.0	NA	0.8	NA	NA	8.0	0.8	NA
One Day to Wellness Certification	Mylrea & Mylrea	12/12/19	9.0	CEP106950	0.9	NA	NA	9.0	0.9	NA
Schwinn Cycling Instructor Certification	Stenis	12/12/19	9.0	NA181238	1.2	NA	NA	8.0	0.8	NA
Strong by ZUMBA® Instructor Training	Bayersdorfer	12/12/19	8.0	CEP102225	0.8	NA	NA	8.0	NA	NA
ZUMBA® Basic Skills Level 1 Instructor Training	Saldi	12/12/19	8.0	CEP102225	0.7	NA	NA	5.5	NA	NA

Page Total _____

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Signature of SCW Fitness Education Employee _____ Approver _____



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