

# ATLANTA MANIA<sup>®</sup> Fitness Pro Convention

## 2022 Atlanta MANIA<sup>®</sup> August 5-7 CEC Form

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

- SCW = 20
- ACE = 2.0
- ACSM = 20
- AEA = 17
- AFAA = 15
- NASM = 1.7

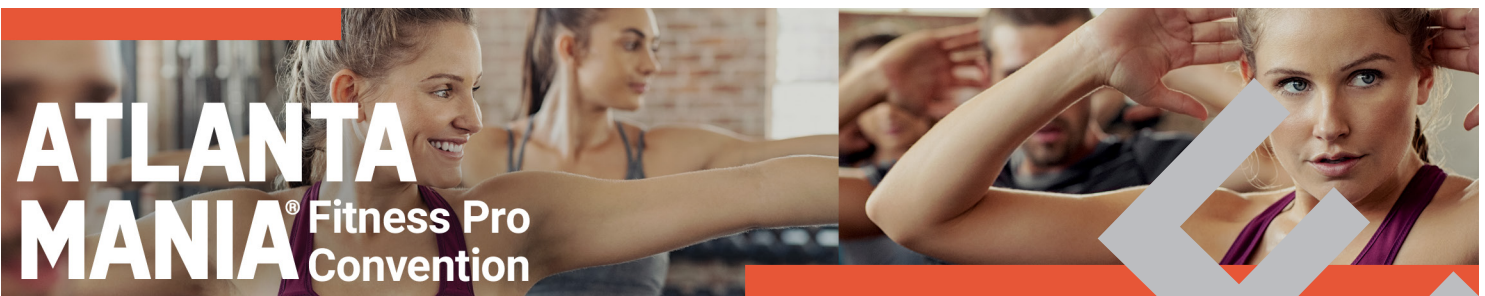
Please print this Form, circle applicable sessions, sign, and save for your records (you do not need to send this form to SCW)

To renew your SCW Certification, you need 20 CECs every 2 years: [www.scwfit.com/certifications-faqs](http://www.scwfit.com/certifications-faqs)

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

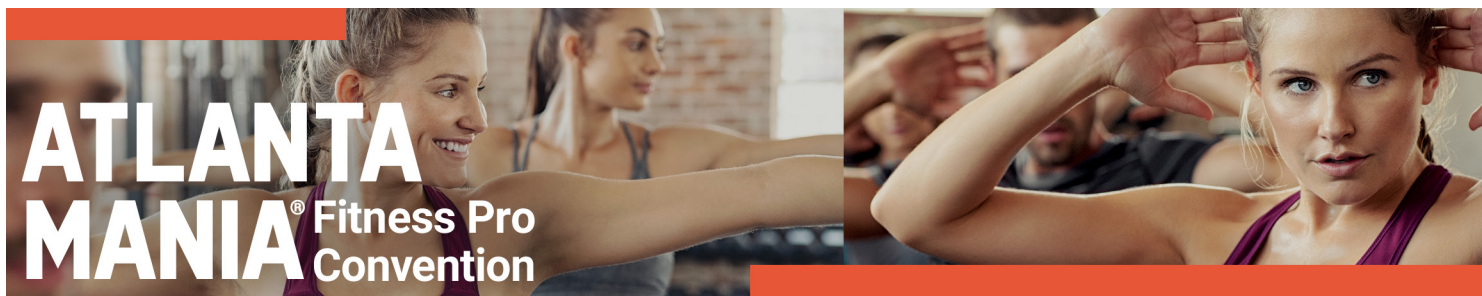
### FRIDAY, August 5, 2022

	SCW	ACSM	AEA	AFAA	NASM
Provider Number AT22					
<b>FR1 7:30am-8:45am</b>					
FR1A: Functional Training for Active Agers with Ann Gilbert	1.25			1.0	0.1
FR1B: Back, Booty & Core Connection with Abbie Appel	1.25	0.25		1.0	0.1
FR1C: Warm Beginnings & Cool Endings with Keli Roberts	1.25	0.25	1.25	1.0	0.1
FR1D: LaBlast <sup>®</sup> Fitness: Dance is Mental & Emotional Health with Apy Figueroa	1.25	0.125	1.25	1.0	0.1
FR1E: Schwinn <sup>®</sup> : Set the Stage: Perfect Ride with Jenn Hogg	1.25	0.125	1.25	1.0	0.1
FR1F: H2O Rapid Resistance with Cheri Kulp	1.25	0.125	1.25	1.0	0.1
FR1G: WORDS MATTER: Eating Disorders & the Fitness Industry with Christine Co		0.125	1.25	1.0	0.1
FR1H: Eccentric Training Unleashed with Jonathan Mike		0.125	1.25	1.0	0.1
FR1I: Lead Generation Bootcamp for Personal Trainers with Marissa Hoff		NA	1.25	1.0	0.1
<b>FR2 9:45am-11:00am</b>					
FR2A: Smart Strength for the Ageless Female with Keli Roberts	1.25	0.125	1.25	1.0	0.1
FR2B: LIT 101 (Low Impact Training) with Dane Robinson	1.25	0.125	1.25	1.0	0.1
FR2C: Flowing Yoga For Chakra Balancing with Manuel M		0.125	1.25	1.0	0.1
FR2D: Load, Lift & Live Better! with Sarah Appgar	1.25	NA	1.25	1.0	0.1
FR2E: Fight Night 2.0 with Diva Richards	1.25	NA	1.25	1.0	0.1
FR2F: HIIT the Wall with Ann Gilbert	1.25	0.125	1.25	1.0	0.1
FR2G: Ketogenic Diets: History and Applications with Parker Hyde	1.25	0.125	1.25	1.0	0.1
FR2H: Sleep-Recovery-Adaptation-Optimization with Nicholas Lambe	1.25	NA	1.25	1.0	0.1
FR2I: 6 Figure Small Group with Ric	1.25	0.125	1.25	1.0	0.1
<b>FR3 11:15am-12:30pm</b>					
FR3A: Build Better Aging Body Balance with Keli Roberts	1.25	0.125	1.25	1.0	0.1
FR3B: Pro Athlete Core Conditioning with Dane Robinson	1.25	0.125	1.25	1.0	0.1
FR3C: TaijiFit Original Flow with David-Doria	1.25	0.125	1.25	1.0	0.1
FR3D: Improving Core Stability with Karli Taylor	1.25	0.125	1.25	1.0	0.1
FR3E: Strength Training: A Dancer's Life with Abbie Appel	1.25	0.125	1.25	1.0	0.1
FR3F: Functional Training Works with Velazquez, Kulp & Carval	1.25	0.125	1.25	1.0	0.1
FR3G: Entering Menopause with Keli Roberts & Layne	1.25	0.125	1.25	1.0	0.1
FR3H: Performance Nutrition with Parker Hyde	1.25	0.125	1.25	1.0	0.1
FR3I: The Fitness Brand with Keli Roberts & Sreen-Glick	1.25	0.125	1.25	1.0	0.1
<b>FR4 12:45pm-1:30pm or 1:30pm-2:45pm</b>					
FR4A: Where Functional Training Meets Strength with Jackie Rodriguez	1.25	NA	1.25	1.0	0.1
FR4B: Armed & Dangerous with Manuel M	1.25	0.125	1.25	1.0	0.1
FR4C: Chair Yoga for Seniors with Sara Kooperman	1.25	0.125	1.25	1.0	0.1
FR4D: Barre Blueprint with Abbie Appel	1.25	0.125	1.25	1.0	0.1



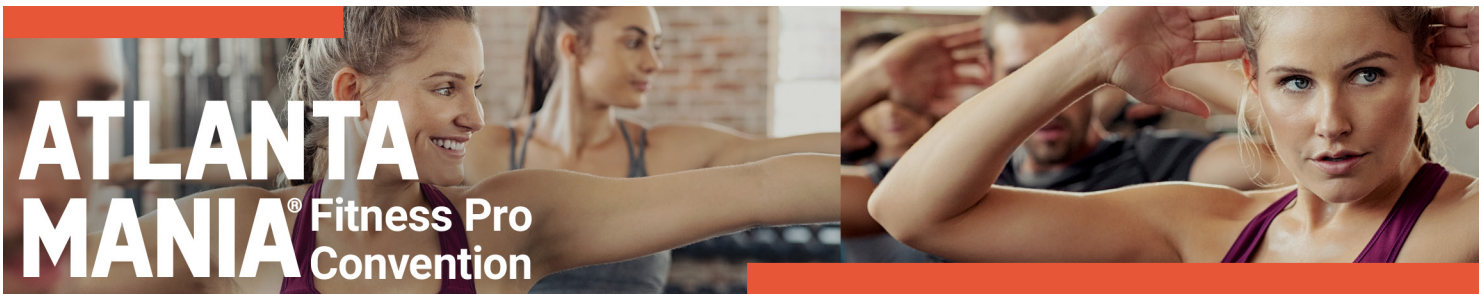
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FR4E: Contender with Diva Richards	1.25	NA	1.25	1.0	1.0	0.1
FR4F: Smart Sets with for Aqua Dumbbells with Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR4G: Sports Supplements & Recovery with Jonathan Mike	1.25	0.25	1.25	1.0	1.0	0.1
FR4H: A Nudge Towards Better Habits with Andrew Gavigan	1.25	0.25	1.25	1.0	1.0	0.1
FR4I: Solution Based Sales with Chris Stevenson	1.25	0.25	1.25	1.0	1.0	0.1
<b>FR5 3:00pm-4:15pm</b>						
FR5A: Arthritis Exercises: From Head to Toe with Christine Conti	1.25	0.125	1.25	1.0	1.0	0.1
FR5B: Build a Better Booty with Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
FR5C: The Breathing Clinic with Demetreous Hill	1.25	0.125	1.25	1.0	1.0	0.1
FR5D: Fit by Numbers with Andrew Gavigan	1.25	0.25	1.25	1.0	1.0	0.1
FR5E: Schwinn®: HIIT & Quit it! with Jenn Hogg	1.25	0.25	1.25	1.0	1.0	0.1
FR5F: LaBlast® Splash: Dancing with Aquatic Principles with Apy Figueroa	1.25	0.125	1.25	1.0	1.0	0.1
FR5G: Nutrition Math - Calories, Grams and Size, Oh My! with Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR5H: Stretching for Strength - Flexible Foundations Panel with Kooperman, Velazquez & Ross	1.25	NA	1.25	1.0	1.0	0.1
FR5I: Pump Up Your Productivity with Marissa Hoff	1.25	NA	1.25	1.0	1.0	0.1
<b>FR6 4:45pm-6:00pm</b>						
FR6A: Fab Women Fifty+ with Amber Toole	1.25	0.25	1.25	1.0	1.0	0.1
FR6B: How to Master the Deadlift with Jonathan Mike	1.25	0.125	1.25	1.0	1.0	0.1
FR6C: Flow Free & Be with Kimberly Spreen-Glick	1.25	0.125	1.25	1.0	1.0	0.1
FR6D: Agility Ability with Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
FR6E: Schwinn®: Polishing Diamonds with Jenn Hogg	1.25	0.125	1.25	1.0	1.0	0.1
FR6F: H2O Strength Through the Ages with Kulp, Carvalho & Hill	1.25	0.125	1.25	1.0	1.0	0.1
FR6G: Micronutrients Broken Down with Larry Howard	1.25	0.125	1.25	1.0	1.0	0.1
FR6H: Lifelong Lessons In Leadership with Chris Stevenson	1.25	0.125	1.25	1.0	1.0	0.1
FR6I: Future of Group Ex & PT Panel with Kooperman, Mayo, Velazquez & Ross	1.25	NA	1.25	1.0	1.0	0.1
<b>FR7 6:15pm-7:15pm</b>						
FR7C: The Art of Flow: Yoga Basics with Christine Conti	1.25	0.125	1.25	1.0	1.0	0.1
FR7F: Top it Off: Aqua Style with Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
<b>FRIDAY TOTALS</b>						



**SATURDAY, August 6, 2022**

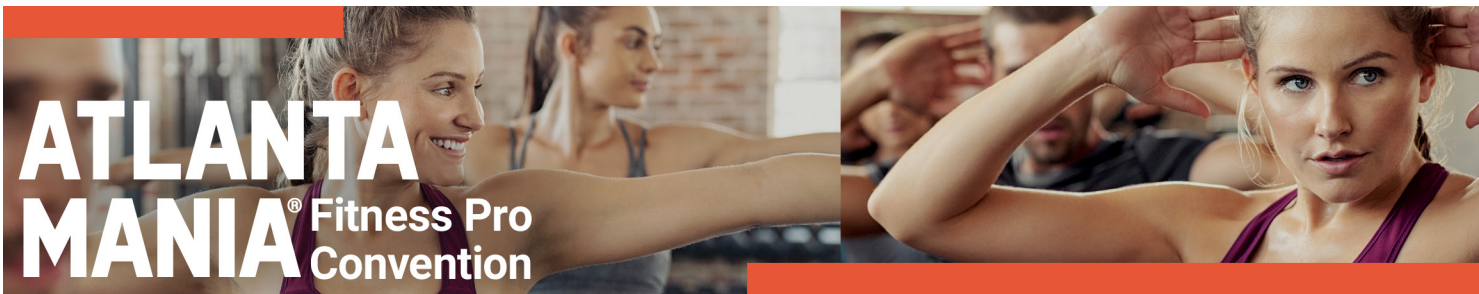
	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	AT22					
<b>SA1 7:30am-8:45am</b>						
SA1A: S.E.A.T.: Supported Exercise for Ageless Training with Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
SA1B: Creative Compounds with Andrew Gavigan	1.25	0.125	1.25	1.0	1.0	0.1
SA1C: Tai Chi + Weights = Iron Fusion with David-Dorian Ross	1.25	0.125	1.25	1.0	1.0	0.1
SA1D: Killer Kardio with Diva Richards	1.25	NA	1.25	1.0	1.0	0.1
SA1E: Schwinn®: Breathly Not Breathless with Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA1F: Tab-Aqua Quickies with Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA1G: Fuel for Performance with Larry Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA1H: Team Leadership - Identifying Team Strengths with Kurt Gillon	1.25		1.25	1.0	1.0	0.1
SA1I: Small Group Training Profits & Programs with Chris Stevenson	1.25		1.25	1.0	1.0	0.1
<b>SA2 9:45am-11:00am - KEYNOTE ADDRESS:</b>						
SA2A: Exercise is Medicine with Edward Laskowski	1.25	NA	1.25	1.0	1.0	0.1
<b>SA3 11:15am-12:30pm</b>						
SA3A: Redefine Functional Training - Redefine Yourself with Kevin Mullins	1.25	0.125	1.25	1.0	1.0	0.1
SA3B: Arm Candy with Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA3C: Core Yoga Strong with Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA3D: Strike! Kickboxing with Kimberly Spreen-Glick	1.25	0.125	1.25	1.0	1.0	0.1
SA3E: Schwinn®: Work Not Twerk with Doris Thews	1.25	0.125	1.25	1.0	1.0	0.1
SA3F: LaBlast® Splash: Dance. Water. Emotional Health. with Louis Van Amstel	1.25	0.125	1.25	1.0	1.0	0.1
SA3G: Metabolism Reality Check with Sohailia Digsby	1.25	0.125	1.25	1.0	1.0	0.1
SA3H: Client Assessment & Exercise Selection with Brian Bettendorf	1.25	0.125	1.25	1.0	1.0	0.1
SA3I: Social Media & Branding for Fit Pros with Diva Richards	1.25	NA	1.25	1.0	1.0	0.1
<b>SA4 12:45pm-2:00pm or 1:30pm-2:45pm</b>						
SA4A: Hot Crossed Buns with Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA4B: Move Your Core the Latin Way with Jackie Rodriguez	1.25	NA	1.25	1.0	1.0	0.1
SA4C: Stress Management Guidance: Trainer To Client with Jeff Howard	1.25	NA	1.25	1.0	1.0	0.1
SA4D: BareFit Super Circuits with Karli Taylor	1.25	0.125	1.25	1.0	1.0	0.1
SA4E: Schwinn®: Rock Steady - Recovery Rides with Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA4F: Power to the Pool with MaryBeth Dziubinski	1.25	NA	1.25	1.0	1.0	0.1
SA4G: Macros: What You Need to Know with Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA4H: Perfect Practice Makes Perfect with Edward Laskowski	1.25	0.125	1.25	1.0	1.0	0.1
SA4I: Inexpensive Marketing For Growth with Sara Kooperman	1.25	0.125	1.25	1.0	1.0	0.1
<b>SA5 3:00pm-4:15pm</b>						
SA5A: LaBlast® Fitness: Active Aging for All with Louis Van Amstel	1.25	0.125	1.25	1.0	1.0	0.1
SA5B: Lower Body Burnout with Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA5C: Fascia, ROM & Flexibility with Manuel Vazquez	1.25	0.125	1.25	1.0	1.0	0.1
SA5D: Warrior's Legacy with Kimberly Spreen-Glick	1.25	0.125	1.25	1.0	1.0	0.1
SA5E: Dr. David's Legendary Team Training Experience with Sarah Apgar	1.25	NA	1.25	1.0	1.0	0.1
SA5F: Personal with Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
SA5G: You Can't Stop Eating with Sohailia Digsby	1.25	0.125	1.25	1.0	1.0	0.1
SA5H: The Power of a Mentor with Chris Stevenson	1.25	0.125	1.25	1.0	1.0	0.1
SA5I: Live Your Best Life in 2022 with David Stevenson	1.25	0.125	1.25	1.0	1.0	0.1
<b>SA6 4:45pm-6:00pm</b>						
SA6A: Shoulder Solution for Pain-Free Movement with Brian Bettendorf	1.25	0.125	1.25	1.0	1.0	0.1
SA6B: SL@T - Strengthen Your Core with Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA6C: Active Recovery for Athletes with Ronnie Fulton	1.25	NA	1.25	1.0	1.0	0.1
SA6D: Building Better Butts with Kevin Mullins	1.25	0.125	1.25	1.0	1.0	0.1
SA6E: Schwinn®: Master Your One with Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA6F: H2O Total Body Blast with MaryBeth Dziubinski	1.25	NA	1.25	1.0	1.0	0.1



SA6G: Fad Diet Update with Sohailia Digsby	1.25	0.125	1.25	1.0	1.0	0.1
SA6H: Circadian Biology: Why Timing Matters with Nicholas Lambe	1.25	NA	1.25	1.0	1.0	0.1
SA6I: 5 Star Management with Kimberly Spreen-Glick	1.25	0.125	1.25	1.0	1.0	0.1
<b>SATURDAY TOTALS</b>						

**SUNDAY, August 7, 2022**

	ACW	ACE	ACSM	AEA	AFAA	NASM
<b>SU1 7:30am-8:45am</b>						
SU1A: Recovery Techniques for Active Agers with Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU1B: Journey to the Core with Brian Bettendorf	1.25	0.125	1.25	1.0	1.0	0.1
SU1C: Muscle Care - Happy Hips & Healthy Backs with Ronnie Fulton	1.25	0.125	1.25	1.0	1.0	0.1
SU1D: How to Handle Hypertrophy with Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
SU1E: Schwinn®: Ride or Die: Killer Vibe with Doris Thews	1.25	0.125	1.25	1.0	1.0	0.1
SU1F: Barracuda Booty with Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SU1G: Train on an Empty Stomach? with Gregory Charlop	1.25	0.125	1.25	1.0	1.0	0.1
SU1H: Finding Your Functional Fitness with Kevin Mullins	1.25	0.125	1.25	1.0	1.0	0.1
SU1I: Creating the Spa Experience with Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
<b>SU2 9:00am-10:15am</b>						
SU2A: Boogie, Band & Balance with Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SU2B: Group Mobility & Strength with Brian Bettendorf	1.25	0.125	1.25	1.0	1.0	0.1
SU2C: Tai Chi + Yoga = Bamboo Fusion with Dorian Dorian	1.25	0.125	1.25	1.0	1.0	0.1
SU2D: Slide Into Your Stronger Self with Karla Digsby	1.25	0.125	1.25	1.0	1.0	0.1
SU2E: Schwinn®: Dry-Tri: Beast Mode Fusion with Doris Thews	1.25	0.125	1.25	1.0	1.0	0.1
SU2F: Ups & Downs with Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
SU2G: The Science of Bones Link with Melissa Digsby	1.25	0.125	1.25	1.0	1.0	0.1
SU2H: The Evolution of Personal Training with Joel Gillon	1.25	NA	1.25	1.0	1.0	0.1
SU2I: From Losses to Revenue with Joseph Maurer	1.25	0.125	1.25	1.0	1.0	0.1
<b>SU3 12:00pm-1:00pm</b>						
SU3A: Aquatic Fitness with Melissa Digsby	1.25	0.125	1.25	1.0	1.0	0.1
SU3B: Low Back Pain Care with Brian Bettendorf	1.25	0.125	1.25	1.0	1.0	0.1
SU3C: Hipster Yoga Stretch Workshop with Doris Thews	1.25	0.125	1.25	1.0	1.0	0.1
SU3D: 5 Seconds To Improved Flexibility with Ronnie Fulton	1.25	NA	1.25	1.0	1.0	0.1
SU3F: Aqua Excellence for All with Velazquez, Carvalho & Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SU3G: How Calories & Fat Burn with Sohailia Digsby	1.25	0.125	1.25	1.0	1.0	0.1
SU3H: Chronic Pain Relief with Christine Conti	1.25	0.125	1.25	1.0	1.0	0.1
SU3I: Engaging Members: Behavior Modification Principles with Kurt Gillon	1.25	NA	1.25	1.0	1.0	0.1
<b>SU4 12:15pm-1:30pm</b>						
SU4A: H.I.I.T - Prevent Chronic Disease with Kurt Gillon	1.25	NA	1.25	1.0	1.0	0.1
SU4B: Getting to the Core: Core Training Methods with Kevin Mullins	1.25	0.125	1.25	1.0	1.0	0.1



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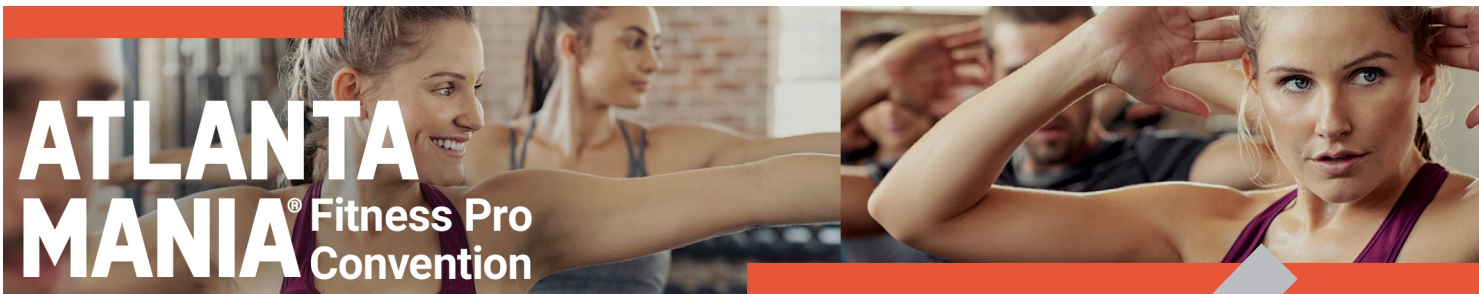
SU4C: Soothe & Strengthen - Pilates Mat/Tai Chi with Demetreous Hill	1.25	NA	1.25	1.0	1.0	0.1
SU4D: EMH: Easy, Moderate, Hard with Andrew Gavigan	1.25	0.125	1.25	1.0	1.0	0.1
SU4F: AB-Solutely Aqua with Mac Carvalho	1.25	0.125	1.25		1.0	0.1
SU4G: Slowing the Aging Process With Nutrition with Gregory Charlop	1.25	0.125	1.25		1.0	0.1
SU4H: Sports Supplementation: Scientifically Backed Performance with Parker Hyde	1.25	0.125	1.25	1.0	1.0	0.1
SU4I: 25 Ways To Repurpose Your Content with Jessica Maurer	1.25	0.125	1.25	1.0		0.1
<b>SUNDAY TOTALS</b>						

If you require any assistance securing CECs/CEUs from other organizations, please reach out to [certs@scwfit.com](mailto:certs@scwfit.com). We are here to help!

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Signature: \_\_\_\_\_



## 2022 Atlanta MANIA® May 20-22 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 we will have a record of your certification.

\*\*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](http://www.scwfit.com/certification-renewal)

\*\*\*To renew your SCW Certification, you need 20 Continuing Education Credits every 2 years: [www.scwfit.com/certifications-faq](http://www.scwfit.com/certifications-faq)

### THURSDAY, August 4, 2022

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 Active Aging Nutrition Certification	Toole	4.0		0.4		4.0		4.0		0.0		0.4	
SCW Chronic Disease & Fitness Specialist Certification	Conti	4.0		0.4		4.0		4.0		0.0		0.4	
SCW Life Coaching Certification	Spreen-Glick	7.0		0.7		7.0		7.0		7.0		0.7	
SCW Personal Training Certification	Roberts	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 Practical Guide to Nutrition Certification	Layne	7.0		0.7		7.0		8.0		8.0		0.8	
SCW T'ai Chi Certification	Ross	8.0		0.8		8.0		8.0		8.0		0.8	
SCW Yoga 1 Certification	Velazquez	8.0		0.8		8.0		4.0		7.0		0.7	
WATERinMOTION® Certification	Kulp	8.0		0.9		8.0		8.0		7.0		0.7	
Schwinn® Cycling Instructor Certification	Hogg	8.0		0.8		9.0		NA		8.0		0.8	

### SUNDAY, August 7, 2022

Certification	Presenter	SCW		ACE		ACSM		AEA		AFAA		NASM	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Aquatic Fitness Certification	Dziuba	8.0		0.7		8.0		9.0		8.0		0.8	
SCW Barre Certification	Appel	8.0		0.6		7.0		4.0		7.0		0.7	
SCW Pilates Certification	Richards	8.0		NA		7.0		4.0		7.0		0.7	
SCW Personal Training Exercise Certification	Ward	8.0		NA		8.0		4.5		8.0		0.8	
S.E.A. Ageless Fitness Certification	Ward	8.0		0.7		7.0		7.0		7.0		0.7	