



2022 DC MANIA® February 25th-27th CEC Form

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

SCW = 20
 ACE = 2.0
 ACSM = 20
 AEA = 17
 AFAA = 17
 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

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

FRIDAY, February 25, 2022

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	BN21	CEP231221	NA	11325	10241	316
FR1 7:30am-8:45am						
FR1A: Smart Strength for the Ageless Female Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
FR1B: Incorporating ROM Into Your Training Andrea Metcalf	1.25	0.125	1.25	1.0	1.0	0.1
FR1C: Freeform Tai Chi Josh Craddock	1.25	0.125	1.25	1.0	1.0	0.1
FR1D: Back to Business Giovanni Roselli	1.25	0.125	1.25	1.0	1.0	0.1
FR1E: LaBlast® Splash: Dancing with Aquatic Principles Megan Cooperman	1.25	0.125	1.25	1.0	1.0	0.1
FR1F: Nutrition Coaching for the General Population Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR1G: Largest Fitness Opportunity in History Dan Ritchie	1.25	0.125	1.25	1.0	1.0	0.1
FR1H: Make Financial Decisions with More Confidence Katie Swanson	1.25	0.125	1.25	1.0	1.0	0.1
FR2 9:45am-11:00am						
FR2A: Active Agers from the Ground Up Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR2B: ABSolutely Core Training Maurice Williams	1.25	0.125	1.25	1.0	1.0	0.1
FR2C: The Art of Flow: Yoga Basics Christine Conti	1.25	0.125	1.25	1.0	1.0	0.1
FR2D: Stretching - What Are You Doing Wrong? Andrea Metcalf	1.25	0.125	1.25	1.0	1.0	0.1
FR2E: AB-Solutely Aqua Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
FR2F: Pros and Cons of Fasting Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
FR2G: Cognified Fitness for Optimal Aging Dan Ritchie	1.25	0.125	1.25	1.0	1.0	0.1
FR2H: Solution Based Sales Chris Stevenson	1.25	0.125	1.25	1.0	1.0	0.1
FR3 11:15am-12:30pm						
FR3A: S.E.A.T. - Supported Exercise for Ageless Training Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR3B: Maximize Your Sessions With Cluster Circuits Maurice Williams	1.25	0.125	1.25	1.0	1.0	0.1
FR3C: Namaste Away from Knee & Hip Pain Sara Kooperman	1.25	0.125	1.25	1.0	1.0	0.1
FR3D: Barre Bang Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR3E: H2O Rapid Resistance Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR3F: Nutrition Math - Calories, Grams & Size, Oh My! Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR3G: The Future of Group Fitness Erin Kelly	1.25	0.125	1.25	1.0	1.0	0.1
FR3H: Industry Trends & Directions 2022 Sal Pellegrino	1.25	0.125	1.25	1.0	1.0	0.1
FR4 12:45pm-2:00pm or 1:30pm-2:45pm						
FR4A: Don't Fall For It Giovanni Roselli	1.25	0.125	1.25	1.0	1.0	0.1
FR4B: Fight Night Diva Richards	1.25	NA	1.25	1.0	1.0	0.1



FR4C: Fascia, ROM & Flexibility Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR4D: Getting to the Core: Core Training Methods Kevin Mullins	1.25	0.125	1.25	1.0	1.0	0.1
FR4E: Turbulence Training Irene Plum-Mentz	1.25	0.125	1.25	1.0	1.0	0.1
FR4F: Fad Diet Update Digsby	1.25	0.125	1.25	1.0	1.0	0.1
FR4G: Small Group Training Profits & Programs Chris Stevenson	1.25	0.125	1.25	1.0	1.0	0.1
FR4H: Working in Niche Markets Panel Kooperman, Ritchie, Appel & Ross	1.25	NA	1.25	1.0	1.0	0.1
FR5 3:00pm-4:15pm						
FR5A: LaBlast® Fitness: Active Aging for All Megan Cooperman	1.25	0.125	1.25	1.0	1.0	0.1
FR5B: Bodyweight Booty Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR5C: TaiJiFIT Original Flow David-Dorian Ross	1.25	0.125	1.25	1.0	1.0	0.1
FR5D: Stop Hurting Your Shoulders Giovanni Roselli	1.25	0.125	1.25	1.0	1.0	0.1
FR5E: Knee Knowledge & Water Work Velazquez, Kulp & Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
FR5F: Metabolism Reality Check Sohailia Digsby	1.25	0.125	1.25	1.0	1.0	0.1
FR5G: Unlocking the Service Within Us Frank Ancharski	1.25	0.125	1.25	1.0	1.0	0.1
FR5H: New World Sales & Management Bill McBride	1.25	0.125	1.25	1.0	1.0	0.1
FR6 4:45pm-6:00pm						
FR6A: Functional Chair-Based Dance Fitness Alexis Perkins	1.25	NA	1.25	1.0	1.0	0.1
FR6B: Completely Core Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR6C: Somatic Yoga & Myofascial Release Josh Craddock	1.25	0.125	1.25	1.0	1.0	0.1
FR6D: Building Better Butts Kevin Mullins	1.25	0.125	1.25	1.0	1.0	0.1
FR6E: Smart Sets for Aqua Dumbbells Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR6F: Killing the Buzz Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
FR6G: Differentiation is NOT an Option Billy Polson	1.25	0.125	1.25	1.0	1.0	0.1
FR6H: Fitness & Wellness Advocacy Panel Kooperman, Clark, Richards, McBride & Stevenson	1.25	NA	1.25	1.0	1.0	0.1
FR7 6:15pm-7:15pm						
FR7C: Functional Fluid Fitness for Longevity Christine Conti	1.0	0.1	1.0	1.0	1.0	0.1
FR7D: Weight at the Barre Billie Wartenberg	1.0	0.1	1.0	1.0	1.0	0.1
FR7E: Barracuda Body Cheri Kulp	1.0	0.1	1.0	1.0	1.0	0.1
FRIDAY TOTALS						

SAMPLE



SATURDAY, February 26, 2022

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	BN21	CEP231221	NA	11325	10241	316
SA1 7:30am-8:45am						
SA1A: Kickbox N Chaos Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1
SA1B: 50 Unique Core Lovers Exercises Tricia Madden	1.25	0.125	1.25	1.0	1.0	0.1
SA1C: Tai-Chi + Yoga = Bamboo Fusion David-Dorian Ross	1.25	0.125	1.25	1.0	1.0	0.1
SA1D: Zumba® Lucrecia Venosta	1.25	0.125	1.25	1.0	1.0	0.1
SA1E: Progressive Aqua VIIT Rosie Malaghan	1.25	0.125	1.25	1.0	1.0	0.1
SA1F: Holistic Health & Longevity Christine Conti	1.25	0.125	1.25	1.0	1.0	0.1
SA1G: 5 G's to a Stronger Mindset Jessica Moyer	1.25	0.125	1.25	1.0	1.0	0.1
SA1H: Get More Clients Without Ads Billy Polson	1.25	0.125	1.25	1.0	1.0	0.1
SA2 9:45am-11:00am - KEYNOTE ADDRESS:						
SA2A: Health, Wellness & Empowerment in 2022 Bailey DeVries	1.25	NA	1.25	1.0	1.0	0.1
SA3 11:15am-12:30pm						
SA3A: Core for Boomers Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SA3B: HIIT the Ballet Patti Bostick-Winn	1.25	0.125	1.25	1.0	1.0	0.1
SA3C: Forever Pilates Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA3D: Killer Kardio Diva Richards	1.25	NA	1.25	1.0	1.0	0.1
SA3E: LaBlast® Splash: Dance, Water, Emotional Health Megan Cooperman	1.25	0.125	1.25	1.0	1.0	0.1
SA3F: Stopping Inflammation Through Nutrition Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
SA3G: Operations and Business Modeling Joseph Harrison	1.25	NA	1.25	1.0	1.0	0.1
SA3H: Maximize Your Business's Earning Potential Billy Polson	1.25	0.125	1.25	1.0	1.0	0.1
SA4 12:45pm-2:00pm or 1:30pm-2:45pm						
SA4A: No Equipment, No Problem Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA4B: Head Games: Balance & Core Training Robert Sherman	1.25	0.125	1.25	1.0	1.0	0.1
SA4C: Rhythmic Vinyasa Flow Lori Lowell & Jeremy Lowell	1.25	0.125	1.25	1.0	1.0	0.1
SA4D: Barre Moves - Update Your Choreography Heidi Neal	1.25	0.125	1.25	1.0	1.0	0.1
SA4E: H2O Personal Training MaryBeth Dziubinski	1.25	NA	1.25	1.0	1.0	0.1
SA4F: How to Eat Sugar Sohailia Digsby	1.25	0.125	1.25	1.0	1.0	0.1
SA4G: Benefits of Peripheral Heart Action System Maurice Williams	1.25	0.125	1.25	1.0	1.0	0.1
SA4H: State of the Industry, Kooperman, Ancharski, Polson & Madden	1.25	NA	1.25	1.0	1.0	0.1
SA5 3:00pm-4:15pm						
SA5A: Training the Active Aging Female: Upper Extremity Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
SA5B: Funtensity™ Brain Games Jonathan Ross	1.25	0.125	1.25	1.0	1.0	0.1
SA5C: Balance Flow & Core Heat Robert Sherman	1.25	0.125	1.25	1.0	1.0	0.1
SA5D: STRONG Nation™ Kelly Bullard	1.25	0.125	1.25	1.0	1.0	0.1
SA5E: H2O Strength Through the Ages Kulp, Carvalho, Wartenberg & Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
SA5F: Mastering Menopause Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
SA5G: How to Reach ALL the People Tricia Madden & Leah Rich	1.25	0.125	1.25	1.0	1.0	0.1
SA5H: World Class Fitness Service Frank Ancharski	1.25	0.125	1.25	1.0	1.0	0.1
SA6 4:45pm-6:00pm						
SA6A: Strong Body Fountain of Youth Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA6B: Heart & Science Fitness Transformation Jonathan Ross	1.25	0.125	1.25	1.0	1.0	0.1
SA6C: Warm Beginnings & Cool Endings Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1



SA6D: Boogie Barre Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
SA6E: Aqua Yoga Barre Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SA6F: "Golden" Nutrition Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SA6G: Recovery with Muscle Stimulation Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA6H: Building Dynamic Performance Teams Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
SATURDAY TOTALS						

SUNDAY, February 27, 2022

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	BN21	CEP231221	NA	11325	10241	316
SU1 7:30am-8:45am						
SU1A: Functional Training for the Active Ager Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
SU1B: Game Your Core Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
SU1C: Tai Chi + Weights = Iron Fusion David-Dorian Ross	1.25	0.125	1.25	1.0	1.0	0.1
SU1D: Balletone® Meets Barre Riley Shaia	1.25	0.125	1.25	1.0	1.0	0.1
SU1E: Mix-Match Aqua: Moves to the Max Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SU1F: Art of Food as Fuel Rosie Malaghan	1.25	0.125	1.25	1.0	1.0	0.1
SU1G: Finding Your Functional Fitness Kevin Mullins	1.25	0.125	1.25	1.0	1.0	0.1
SU1H: New Client Retention Sheldon McBee	1.25	0.125	1.25	1.0	1.0	0.1
SU2 9:00am-10:15am						
SU2A: Balance for Active Aging Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
SU2B: Barefoot Kickbox Karla Medina	1.25	NA	1.25	1.0	1.0	0.1
SU2C: M.E.P.S. Full Body Experience Jessica Moyer	1.25	0.125	1.25	1.0	1.0	0.1
SU2D: LaBlast® Fitness: Dance is Mental & Emotional Health Megan Cooperman	1.25	0.125	1.25	1.0	1.0	0.1
SU2E: Aqua Excellence for the Active Ager Velazquez, Carvalho, Kulp & Cofield	1.25	0.125	1.25	1.0	1.0	0.1
SU2F: Breaking Down Macros Alec Lowell	1.25	0.125	1.25	1.0	1.0	0.1
SU2G: Unleash the Power of Super Fruits Samantha Davis	1.25	0.125	1.25	1.0	1.0	0.1
SU2H: Getting Hired & Hiring in the New World Tricia Madden & Leah Rich	1.25	0.125	1.25	1.0	1.0	0.1
SU3 10:45am-12:00pm						
SU3A: Redefine Functional Training - Redefine Yourself Kevin Mullins	1.25	0.125	1.25	1.0	1.0	0.1
SU3B: Funtensity™: Sneaky Intensity Jonathan Ross	1.25	0.125	1.25	1.0	1.0	0.1
SU3C: Pilates Medicine Ball Training Demetrious Hill	1.25	NA	1.25	1.0	1.0	0.1
SU3D: Coaching Core Stability Sheldon McBee	1.25	0.125	1.25	1.0	1.0	0.1
SU3E: Swim Up Barre Posie Malaghan	1.25	0.125	1.25	1.0	1.0	0.1
SU3F: Why You Can't Stop Eating Sohailia Digsby	1.25	0.125	1.25	1.0	1.0	0.1
SU3G: Growth of a Muscle Cell Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
SU3H: Maintain a Strong Business Acumen Lori Lowell & Jeremy Lowell	1.25	0.125	1.25	1.0	1.0	0.1
SU4 12:15pm-1:30pm						
SU4A: Core Control Pilates Demetrious Hill	1.25	NA	1.25	1.0	1.0	0.1



SU4C: Create a Signature HIIT Class Karla Medina	1.25	NA	1.25	1.0	1.0	0.1
SU4D: The Art of Adjusting Your Students in Yoga Lori Lowell & Jeremy Lowell	1.25	0.125	1.25	1.0	1.0	0.1
SU4F: Spine Sparing Core Workshop Sheldon McBee	1.25	0.125	1.25	1.0	1.0	0.1
SU4H: Aqua Pilates Harley Cofield	1.25	0.125	1.25	1.0	1.0	0.1
SU4H: Protein: Best Practices for All Alec Lowell	1.25	0.125	1.25	1.0	1.0	0.1
SU4H: 5 Fundamentals of Elite Personal Trainers Kevin Mullins	1.25	0.125	1.25	1.0	1.0	0.1
SU4I: Winning at Business When Your Passion is Fitness Kelly Young	1.25	0.125	1.25	1.0	1.0	0.1
SUNDAY TOTALS						

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

First Name: _____

Last Name: _____

Signature: _____

SAMPLE



2022 DC MANIA® February 25th-27th 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

THURSDAY, February 24th, 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		4.0		0.4	
SCW Chronic Disease & Fitness Specialist Certification	Conti	4.0		NA		4.0		NA		NA		NA	
SCW Corrective Exercise Certification	Roselli	7.0		0.6		7.0		6.5		6.0		0.6	
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 Yoga 1 Certification	Velazquez	8.0		0.8		8.0		4.0		7.0		0.7	
SCW Yoga 2 Certification	Velazquez	4.0		0.8		4.0		2.0		4.0		0.4	
WATERinMOTION® Certification	Kulp	7.0		0.9		7.0		8.0		7.0		0.7	
Barre Above® - Powered by Savvier Fitness®	Shaia	12.0		1.2		12.0		NA		12.0		1.2	

SUNDAY, February 27th, 2022

Certification	Presenter	SCW		ACE		ACSM		AEA		AFAA		NASM	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Aquatic Exercise Certification	Dziubinski	8.0		0.7		8.0		9.0		8.0		0.8	
SCW Barre Certification	Appel	7.0		0.6		7.0		4.0		7.0		0.7	
SCW Group Exercise Certification	Howard	8.0		NA		8.0		4.5		8.0		0.8	
S.E.A.T. - Supported Exercise for Ageless Training Certification	Gilbert	7.0		NA		0.7		NA		NA		NA	
STRONG by ZUMBA® Instructor Training	Bayersdorfer	8.0		0.8		8.0		NA		8.0		NA	
Zumba® Basic 1 Instructor Training	Venosta	8.0		0.7		8.0		NA		5.5		NA	