

DALLAS MANIA[®] Fitness Pro Convention

2022 Dallas MANIA[®] August 26-28 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

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

FRIDAY, August 26, 2022

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number						
FR1 7:30am-8:45am						
FR1A: FUNCTIONAL TRAINING FOR ACTIVE AGERS Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR1B: TEACH CLIENTS TO LOAD & LIFT SMARTER Sarah Apgar	1.25	0.125	1.25	1.0	1.0	0.1
FR1C: FLOWING YOGA FOR CHAKRA BALANCING Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR1D: LIT 101 Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR1E: SCHWINN®: HIIT & QUIT IT! Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
FR1F: SMART SETS FOR AQUA DUMBBELLS Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR1G: LABLAST® SPLASH: MENTAL HEALTH BENEFITS FROM DANCING Louis van Amstel	1.25	0.125	1.25	1.0	1.0	0.1
FR1H: NUTRIENT TIMING Fabio Comana	1.25	0.125	1.25	1.0	1.0	0.1
FR1I: YOUR FUTURE... YOUR OPTIONS Bob Esquerre	1.25	0.125	1.25	1.0	1.0	0.1
FR1J: SUCCESSFULLY BUILD YOUR MEMBER BASE Jared Williams	1.25	0.125	1.25	1.0	1.0	0.1
FR2 9:00am-10:15am						
FR2A: STRENGTH TRAINING FOR LONGEVITY & VITALITY Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR2B: PRO ATHLETE CORE CONDITIONING Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR2C: SYMMETRY: ADVANCED CORRECTIVE EXERCISE Patrick McKeown	1.25	0.125	1.25	1.0	1.0	0.1
FR2D: LABLAST® DANCE FITNESS: DANCE IS MENTAL & EMOTIONAL Louis van Amstel	1.25	0.125	1.25	1.0	1.0	0.1
FR2E: SCHWINN®: A DJ SAVED MY LIFE Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
FR2F: LIQUID GYM® ACQUA BOX COACHING Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR2G: HIIT THE WALL Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR2H: NUTRITION FOR FITNESS PROFESSIONALS Melissa Layton	1.25	0.125	1.25	1.0	1.0	0.1
FR2I: ENERGY PATHWAYS & KETONES Fabio Comana, MA, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR2J: ANNUAL GROWTH MARKETING CALENDAR Jared Williams	1.25	0.125	1.25	1.0	1.0	0.1
FR3 11:00am-12:15pm						
FR3A: SUPPORTED EXERCISE FOR AGELINE TRAINING Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR3B: YOUR CORE THE LATIN WAY Jackie Rodriguez	1.25	NA	1.25	1.0	1.0	0.1
FR3C: THE ORIGINAL FLOWYOGA Jessi Williams	1.25	0.125	1.25	1.0	1.0	0.1
FR3D: THE SCIENCE OF PROPHETIC DANCE Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR3E: FIGURE FITTING Diva Richards	1.25	NA	1.25	1.0	1.0	0.1
FR3F: H2O STRENGTH THROUGH THE ACQUA BOX COACHING Manuel Velazquez, Mac Carvalho & Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR3G: LABLAST® SPLASH: DANCING TO AQUATIC PRINCIPLES Louis van Amstel	1.25	0.125	1.25	1.0	1.0	0.1
FR3H: ABS ARE MADE IN THE KITCHEN Johallia Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
FR3I: EXERCISE, STRESS, HORMONES & INFLAMMATION Fabio Comana, MA, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR3J: BUILDING YOUR WELLNESS BRAND Kimberly Spreen-Glick	1.25	0.125	1.25	1.0	1.0	0.1

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FR4 12:45pm-2:00pm or 1:30pm-2:45pm

FR4A: BOOGIE, BAND & BALANCE Cheri Kulp	1.25	0.125	1.25			0.1
FR4B: BACK, BOOTY & CORE CONNECTION Abbie Appel	1.25	0.125	1.25			0.1
FR4C: CHAIR YOGA FOR THE YOUNG AT HEART Sara Kooperman, JD	1.25	0.125	1.25	1.0	1.0	0.1
FR4D: SWEXY & FIT POLGA - POLE YOGA Carla Gilfry, MA	1.25	0.125	1.25	1.0		0.1
FR4E: SCHWINN®: MASTER YOUR ONE - RULE YOURSELF & ROCK YOUR ROOM Jenn Hogg	1.25	0.125	1.25	1.0		0.1
FR4F: DRAG ME INTO THE WATER Irene PlumMentz	1.25	0.125	1.25	1.0		0.1
FR4G: TOP IT OFF: AQUA STYLE Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR4H: ENDING YOUR CLIENTS' EXERCISE SELF SABOTAGE Dr. Candice Seti, Psy.D.	1.25	0.125	1.25	1.0		0.1
FR4I: TRANSFORMATION OF FITNESS PROFESSIONALS Gail Bannister-Munn		0.125		1.0	1.0	0.1
FR4J: BUSINESS BLUEPRINT FOR 2022 Dane Robinson		0.125		1.0	1.0	0.1

FR5 3:00pm-4:15pm

FR5A: BETTER BALANCE TRAINING MaryBeth Dziubinski	1.25		1.25		1.0	0.1
FR5B: SOULstrength™ EXPERIENCE Michele Park	1.25	0.125	1.25	1.0	1.0	0.1
FR5C: WARRIOR RHYTHM Ellen de Werd	1.25	0.125	1.25	1.0	1.0	0.1
FR5D: ANATOMY OF A SMART WARM-UP Paul Christopher		0.125	1.25	1.0	1.0	0.1
FR5E: CONTENDER Diva Richards		NA	1.25	1.0	1.0	0.1
FR5F: WATER WORKS Manuel Velazquez, Mac Carvalho & Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR5G: GET FIT WITH AQUA STAND UP® Eric Vandendriessche	1.25	0.125	1.25	1.0	1.0	0.1
FR5H: HOW TO EAT SUGAR Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
FR5I: GROW YOUR BUSINESS Bob Esquerre	1.25	0.125	1.25	1.0	1.0	0.1
FR5J: MAKE FINANCIAL DECISIONS WITH MORE CONFIDENCE Paul Christopher, CPA, CVA		0.125	1.25	1.0	1.0	0.1

FR6 4:30pm-5:45pm

FR6A: AGILITY ABILITY Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR6B: BUILD A BETTER BOOTY Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
FR6C: WARM BEGINNINGS & COOL ENDINGS Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
FR6D: ARM CANDY Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR6E: SCHWINN®: POLISHING DIAMONDS WITH YOUR SUCCESSFUL CLIENTS: A MARKETING PROGRAM Jenn Hogg	1.25	0.125	1.25	1.0	1.0	0.1
FR6F: LIQUID GYM® LIQUID STARS Paula	1.25	0.125	1.25	1.0	1.0	0.1
FR6G: TAKE IT TO THE WATER MaryBeth Dziubinski	1.25	NA	1.25	1.0	1.0	0.1
FR6H: EATING DISORDERED EATING DISORDERED EATING DISORDERED Dr. Candice Seti, Psy.D.	1.25	0.125	1.25	1.0	1.0	0.1
FR6I: STRENGTH & FLEXIBLE FITNESS PANEL Sara Kooperman, JD, Manuel Velazquez, Gail Bannister-Munn, David Dorian Ross & Ronnie Fulton	1.25	NA	1.25	1.0	1.0	0.1
FR6J: CONVERTING SOCIAL MEDIA CONTENT INTO CLIENTS Paul Christopher	1.25	0.125	1.25	1.0	1.0	0.1

FR7 6:00pm-7:15pm

FR7C: ...green	1.0	1.0	1.0	1.0	1.0	0.1
FR7D: ...HAPPY HIPS AND ...THY BACKS Ronnie Fulton	1.0	NA	1.0	1.0	1.0	0.1

FRIDAY TOTALS

DALLAS MANIA® Fitness Pro Convention

SATURDAY, August 27, 2022

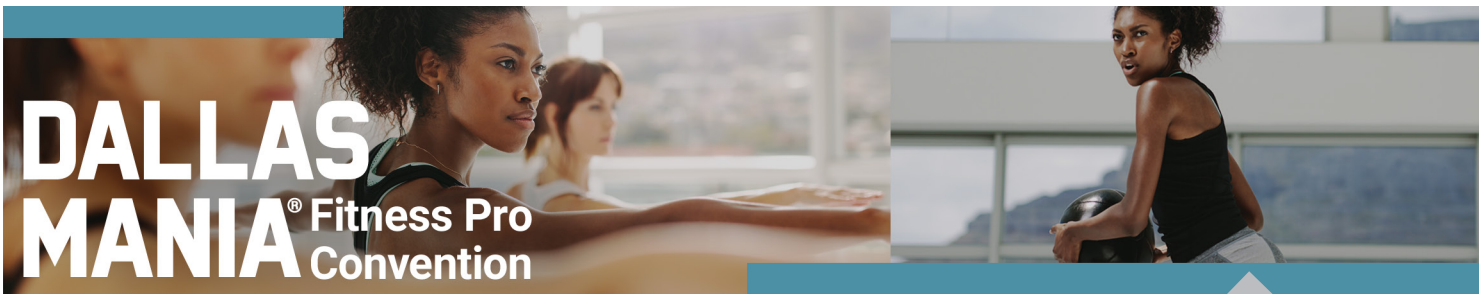
	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number						
SA1 7:30am-8:45am						
SA1A: BUILD BETTER AGING BODY BALANCE Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
SA1B: THE BARE ESSENTIAL - STRENGTH TRAINING 101 Gale Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA1C: CORE FORWARD PILATES Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA1D: KILLER KARDIO Diva Richards	1.25	NA	1.25	1.0	1.0	0.1
SA1E: SCHWINN®: DRY-TRI: BEAST MODE FUSION Jenn Hogg	1.25	0.125	1.25	1.0	1.0	0.1
SA1F: CHEEKS FOR WEEKS Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
SA1G: AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
SA1H: DIET VS. EXERCISE: FOOD CHOICES ALWAYS WIN Amanda Fearheiley, RDN, LDN, CPT	1.25	0.125	1.25	1.0	1.0	0.1
SA1I: SLEEP-RECOVERY-ADAPTATION-CLIENT RESULTS Nicholas Lambe	1.25	0.125	1.25	1.0	1.0	0.1
SA1J: UNIQUE PROGRAMMING FOR BOUTIQUE GYMS Carla Gilfry	1.25	0.125	1.25	1.0	1.0	0.1
SA2 9:00am-10:15am - KEYNOTE ADDRESS:						
SA2A: EXERCISE IS MEDICINE Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
SA3 11:00am-12:15pm						
SA3A: WARRIOR STRENGTH™: PUT FUN IN FUNCTIONAL Ellen de Werd	1.25	0.125	1.25	1.0	1.0	0.1
SA3B: FUNCTIONAL TRAINING: CORE STRATEGY Paul Christopher	1.25	0.125	1.25	1.0	1.0	0.1
SA3C: 5 SECONDS TO IMPROVED FLEXIBILITY Ronnie Fulton	1.25	NA	1.25	1.0	1.0	0.1
SA3D: STRIKE! KICKBOXING Kimberly Spreen-Glick	1.25	0.125	1.25	1.0	1.0	0.1
SA3E: SCHWINN®: ROCK STEADY - RECOVERY RIDES THAT DRIVE RESULTS Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
SA3F: UPS & DOWNS OF AQUA Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
SA3G: REFRESH WITH AQUA STAND UP® YOGA Eric Vandendriessche	1.25	0.125	1.25	1.0	1.0	0.1
SA3H: METABOLISM REALITY CHECK Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
SA3I: PHYSICS OF PAIN & PERFORMANCE Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
SA3J: SO THEY'LL OPEN YOUR EMAIL Debra Atkinson, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA4 12:30pm-1:45pm or 1:15pm-2:30pm						
SA4A: WHERE FUNCTIONAL TRAINING MEETS FUN Jackie Rodden	1.25	NA	1.25	1.0	1.0	0.1
SA4B: LOWER BODY BURNOUT Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA4C: SOULfusion™ EXPERIENCE Michelle Williams	1.25	0.125	1.25	1.0	1.0	0.1
SA4D: BARRE BLUEPRINT Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA4E: FIGHT CLUB Diva Richards	1.25	NA	1.25	1.0	1.0	0.1
SA4F: LABLAST® SPLASH: DANCE. WATER. FUNCTIONAL. LUIS VAN AMSTEL	1.25	0.125	1.25	1.0	1.0	0.1
SA4G: AQUA YOGA BARRE Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SA4H: HORMONE PANEL Melissa Layne, MEd, Sohailla Digsby, RDN, LD, Amanda Fearheiley, RDN, LD, CPT & Dr. Candice S. Williams, MD	1.25	0.125	1.25	1.0	1.0	0.1
SA4I: PERFECT RECOVERY MAKES PERFECT Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
SA4J: COMPREHENSIVE MARKETING FOR GROWTH & SUSTAINABILITY Sara Kooperman, JD	1.25	0.125	1.25	1.0	1.0	0.1
SA5 2:45pm-4:00pm						
SA5A: LABLAST® SPLASH: DANCE. WATER. FUNCTIONAL. LUIS VAN AMSTEL	1.25	0.125	1.25	1.0	1.0	0.1
SA5B: BARRE BLUEPRINT, LENGTHEN & STRENGTHEN Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA5C: TAI CHI + WEIGHTS = IRON FUSION Dorian Ross	1.25	0.125	1.25	1.0	1.0	0.1
SA5D: CREATIVE TRAINING DESIGN Sarah Gagar	1.25	NA	1.25	1.0	1.0	0.1
SA5E: SCHWINN®: BURNOUT-LESS - BASE BUILDING THRESHOLD TRAINING Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA5F: SAF AQUA® DRUMMING Paula Raphael	1.25	0.125	1.25	1.0	1.0	0.1
SA5G: SWIM UP BARRE Rosie Malaghan, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SA5H: BUILDING BONE Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1

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SA5I: RETIRED NOT EXPIRED! STRENGTH TRAINING FOR MATURE ADULTS PANEL Sara Kooperman, JD, Manuel Velazquez, Billie Wartenberg, Steven J. Patrick & Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
SA5J: 5 STAR MANAGEMENT Kimberly Spreen-Glick	1.25	0.125	1.25	1.0	1.0	0.1
SA6 4:15pm-5:30pm						
SA6A: HOT CROSSED BUNS Jeff Howard	1.25	0.125	1.25	1.0	1.0	0.1
SA6B: USE OF MANUAL RESISTANCE WITH CLIENTS Paul Christopher	1.25	0.125	1.25	1.0	1.0	0.1
SA6C: HANDS ON STRETCHING: THE BANNISTER METHOD™ Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA6D: MYOFASCIAL RECOVERY Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
SA6E: SCHWINN®: SET THE STAGE - PLANNING THE PERFECT RIDE EVERY TIME Helen Vanderburg	1.25	0.125	1.25	1.0	1.0	0.1
SA6F: SPLISH SPLASH CALORIE SMASH Rosie Malaghan, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SA6G: H2O TOTAL BODY BLAST MaryBeth Dziubinski	1.25	NA	1.25	1.0	1.0	0.1
SA6H: PUTTING AN END TO STRESS EATING Dr. Candice Seti, Psy.D.	1.25	0.125	1.25	1.0	1.0	0.1
SA6I: LIVE THE LIST Drew Myers	1.25	0.125	1.25	1.0	1.0	0.1
SATURDAY TOTALS						

SUNDAY, August 28, 2022

	SCW	ACE	ACSM	NSCA	AFAA	NASM
SU1 7:30am-8:45am						
SU1A: PRE-HAB FOR OLDER ADULTS Billie Wartenberg		0.125	1.25	1.0	1.0	0.1
SU1B: KINESIOTHERAPY 4 BODY STRONG THERAPY FUSION Brittainye Wise		0.125	1.25	1.0	1.0	0.1
SU1C: TAI CHI + YOGA = BAMBOO FUSION David-Dorian Ross		0.125	1.25	1.0	1.0	0.1
SU1D: BEST OF POLGA - POLE YOGA Carla Gilfry	1.25	0.125	1.25	1.0	1.0	0.1
SU1E: SCHWINN®: RIDE OR DIE - KILLER VIBE TO CONNECT WITH YOUR TRIBE Helen Vanderburg	1.25	0.125	1.25	1.0	1.0	0.1
SU1F: SAF AQUA® PELVIC FLOOR Paula Raphael	1.25	0.125	1.25	1.0	1.0	0.1
SU1G: AQUATIC KICKBOXING: OUT OF THE BOX Melissa		0.125	1.25	1.0	1.0	0.1
SU1H: ART OF FOOD AS FUEL Rosie Malaghan, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SU1I: FIX 7 MENOPAUSE SYSTEMS WITH EXERCISE Debra Atkinson	1.25	0.125	1.25	1.0	1.0	0.1
SU1J: WHAT'S IN YOUR RETENTION TOOLBOX? Michele Melkersom	1.25	0.125	1.25	1.0	1.0	0.1
SU2 9:00am-10:15am						
SU2A: FUNCTIONAL TRAINING WITH HERSON Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
SU2B: WARRIOR STRENGTH™ Ellen Garcia	1.25	0.125	1.25	1.0	1.0	0.1
SU2C: YOGA RESTORE: THE BANNISTER METHOD™ Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SU2D: BARREFUSION™ Michel Park	1.25	0.125	1.25	1.0	1.0	0.1
SU2E: SCHWINN®: WORK. NOT TWERK - REPAIR WITH HIRON	1.25	0.125	1.25	1.0	1.0	0.1
SU2F: AQUA STRENGTH FOR THE ACTIVE ADULT Manuel Velazquez, Billie Wartenberg & Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SU2G: TAI CHI + YOGA = BAMBOO FUSION Irene Plumment	1.25	0.125	1.25	1.0	1.0	0.1
SU2H: FUNCTIONAL FOODS FOR A FANTASTIC YOU Debra Atkinson, RDN, LD, CPT	1.25	0.125	1.25	1.0	1.0	0.1
SU2I: CANADIAN BIOLOGY: THE MATTERS OF THE NORTH Lambe	1.25	NA	1.25	1.0	1.0	0.1
SU2J: BARREFUSION™ GRAMMING	1.25	0.125	1.25	1.0	1.0	0.1
SU3 11:00am-12:15pm						
SU3A: SMART STRENGTH FOR THE AGED FEMALE Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
SU3B: FUNCTIONAL CORE TRAINING Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
SU3C: FASCIA, ROM & POSTURE Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
SU3D: FITBARRE Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SU3F: AB-SOLUTELY AQUA Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
SU3G: AQUA STAND UP@ CIRCUIT TRAINING	1.25	0.125	1.25	1.0	1.0	0.1
SU3H: HOW CALORIES & FAT TISSUE WORK Sohaila Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1



DALLAS MANIA[®] Fitness Pro Convention

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*Please print this form, circle applicable sessions, and save for your records. You do not need to send this form to SCW Fitness since the 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, August 25, 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				7.0		0.7	
SCW Boxing Certification	Richards	7.0		NA				4.0		7.0		0.7	
SCW Corrective Exercise Certification	Comana	7.0		0.6		7.0		6.5				0.6	
SCW Life Coaching Certification	Spreen-Glick	7.0		0.7		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						8.0		8.0		0.8	
SCW T'ai Chi Certification	Ross	8.0						7.0		8.0		0.8	
SCW Yoga 1 Certification	Velazquez	8.0		0.8		8.0		4.0		7.0		0.7	
WATERinMOTION [®] Certification	Kulp	7.0				7.0		8.0		7.0		0.7	
Schwinn [®] Cycling Instructor Certification	Thews	9.0				9.0		NA		8.0		0.8	

SUNDAY, August 28, 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	Diubin	7.0		0.7		8.0		9.0		8.0		0.8	
SCW Barre Certification		7.0		0.6		7.0		4.0		7.0		0.7	
SCW Corrective Exercise Certification		8.0		NA		8.0		4.5		8.0		0.8	
S.E.I. Supported Exercise for Ageless Training Certification	G...	7.0		0.7		7.0		7.0		7.0		0.7	
Zumba Certification	Bullar	8.0		0.7		8.0		NA		5.5		NA	