



SCW DC Mania® 2026: Feb 27 - March 1 CEC/CEU Form

Total Conference CEC/CEUs (based upon attendance at all Conference Sessions)

- SCW = 20
- ACE = 2.1
- ACSM = 20
- AEA = 17
- AFAA = 1.7
- 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 Certification you need 20 CECs every 2 years www.scwfit.com/certifications-faq

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

Friday, February 27, 2026

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	DC26	CEP327968	NA	12009		316
FR1 7:30am-10:45am						
FR1A: Line Up & Core Dance - Gizelle Merced	1.25	0.125	1.25	1.0	1.0	0.1
FR1B: Palango! Strength - Felix Ojeda, MS, MBA	1.25	0.125	1.25	1.0	1.0	0.1
FR1C: Get Off Your Back! - Phil Ross, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR1D: Core Strength Meets Control Freaks - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR1E: Wave Works - Cheri Kulp & Jackie Carroll	1.25	0.125	1.25	1.0	1.0	0.1
FR1F: Blood Sugar Blueprint - Amy Beyer, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR1G: SomaPWR: From Idea to Creation - Rachel Friedman, MEd, 500	1.25	0.125	1.25	1.0	1.0	0.1
FR2 9:00am-10:15am						
FR2A: Strength Training for Longevity & Vitality - Sara Kooperman, JD	1.25	0.125	1.25	1.0	1.0	0.1
FR2B: Kettlebell Training for Women - Maura Phillips, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR2C: More Than Just a Workout - Kelly Young, MPH	1.25	0.125	1.25	1.0	1.0	0.1
FR2D: Hands-On vs. Self-Stretching - Evan Armantrading, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR2E: Prevention in the Pool - Melissa Payne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR2F: Internal Wellness Fuels for Better Business - Dr. Greg Caldwell, OD, FAAO	1.25	0.125	1.25	1.0	1.0	0.1
FR2G: On-Camera Technique for Fitness - Soraya Doherty, MA	1.25	0.125	1.25	1.0	1.0	0.1
FR2H: Intro to Reformer Essentials - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR3 11:00am-12:30pm						
FR3A: Forever Pilates - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR3B: Arms, Butts & Core On the Floor! - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR3C: SHiNE Dance Fitness™ - Kendall Nielson	1.25	0.125	1.25	1.0	1.0	0.1
FR3D: The Low Back Blueprint - Brendan Fox	1.25	0.125	1.25	1.0	1.0	0.1
FR3E: Aqua Power: One Dumbbell Circuit - Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR3F: Protein Quality, Synthesis, Structure and Deficiency - Melissa Payne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR3G: The Employee Wellness World - Megan Cooperman, MEd, 500	1.25	0.125	1.25	1.0	1.0	0.1
FR4 12:30pm-1:45pm or 1:15pm-2:30pm						
FR4A: Balance & Stability Toolbox - Christopher Genovese, MS, MPT	1.25	0.125	1.25	1.0	1.0	0.1
FR4B: The Hidden Core - Maura Phillips, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR4C: Luscious Explosive Barre - Soraya Doherty, MA	1.25	0.125	1.25	1.0	1.0	0.1
FR4D: More Than Just a Workout - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR4E: Liquid Gym Aqua Pump - Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR4F: Stretching Strategies: Flexibility, Recovery, Performance Panel - Sara Kooperman, JD, Gail Bannister-Munn, Brenda Fox, Jeff Melis, & Evan Armantrading, Jr.	1.25	0.125	1.25	1.0	1.0	0.1
FR4G: Build Protein Community - Kelly Young, MPH	1.25	0.125	1.25	1.0	1.0	0.1
FR4H: Glutes, Quads, and Hamstrings Burn - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1

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FR5 2:45pm-4:00pm						
FR5A: S.E.A.T. BEATS - Jaysa Angles & Jackie Carroll	1.25	0.125	1.25	1.0	1.0	0.1
FR5B: Band Strong: Train Anywhere Power - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR5C: Broadway Dance Fitness - Megan Cooperman, MEd, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR5D: Knee Replacement Recovery Fitness - Christopher Gelle	1.25	0.125	1.25	1.0	1.0	0.1
FR5E: Aqua Disco - Tanisha (Tani) Haggard	1.25	0.125	1.25	1.0	1.0	0.1
FR5F: Physiology of Obesity and Weight Loss - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR5G: Muscle Aging and Recovery Panel - Sara Kooperman, JD, Amber Toole & Cheri Kulp, MSM, MBA	1.25	0.125	1.25	1.0	1.0	0.1
FR6 4:15pm-5:45pm						
FR6A: High Roller - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR6B: Strength Training for Seniors - Rachel Ferman, MS, E-RTY 500	1.25	0.125	1.25	1.0	1.0	0.1
FR6C: Step it Up! - Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1
FR6D: Mindful Meditations - Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR6E: Ageless Aging - Cheri Kulp, Jackie Carroll, Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
FR6F: Lipids: The Skinny on Fat - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR6G: Know Your Worth - Kylie Ross, MSM, MBA	1.25	0.125	1.25	1.0	1.0	0.1
FR6H: Core Intelligence: Strength from Center - Leslee Bender	1.25	0.125	1.25	1.0	1.0	0.1
FR7 6:00pm-7:00pm						
FR7A: SCW Fitness Star Search - Judges: Sara Kooperman, JD, Jani Roberts, & Cheri Kulp	1.0	1.0	1.0	1.0	1.0	0.1
FR7C: MANIA® DANCE OFF!! - Join the stars of MANIA®	NA	NA	NA	NA	NA	NA
FR7G: Stronger Muscles, Younger Body - Dr. Grazyna Pajunen, PhD	NA	NA	NA	NA	NA	NA

Saturday, February 28, 2020

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	DC26	CEP327968	NA	12009	316	316
SA1 7:00am-8:00am						
SA1A: Life Happens on One Leg - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA1B: Kettlebell Krush - Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1
SA1C: UPLIFT - Lizzie Dolan	1.25	0.125	1.25	1.0	1.0	0.1
SA1D: Warrior® Tai Chi Yoga and Qi Gong Fusion - Jani Roberts	1.25	0.125	1.25	1.0	1.0	0.1
SA1E: Drip & Drop - Tanisha (Tani) Haggard	1.25	0.125	1.25	1.0	1.0	0.1
SA1F: Muscle Meets Mind - Carrie Karkoska, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA1G: Conflict to Connection: Navigating Tough Conversations - Sohaila Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
SA1H: Intro to Reformer Essentials - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SA2 9:15am-10:30am - KEYNOTE ADDRESS:						
SA2A: Trends In Fitness - Sara Kooperman, JD	1.25	0.125	1.25	1.0	1.0	0.1
SA3 11:00am-12:15pm						
SA3A: Warrior® Workout - Jani Roberts	1.25	0.125	1.25	1.0	1.0	0.1
SA3B: Strong, Ball, Bounce - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA3C: Dupa Dupa Fly - Kimberlee Helm	1.25	0.125	1.25	1.0	1.0	0.1
SA3D: Lifting Strategies for Major Lifts - Cheri Kulp & Armantrading	1.25	0.125	1.25	1.0	1.0	0.1
SA3E: Liquid Gym Acqua Torches - Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SA3F: Ditch Diet Drama - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SA3G: Behavioral Science for Holistic Wellness - Marie Crichlow, RN	1.25	0.125	1.25	1.0	1.0	0.1
SA3H: Stronger Shoulders, and Backs - Leslee Bender	1.25	0.125	1.25	1.0	1.0	0.1



SA4 12:30pm-1:45pm or 1:15pm-2:30pm						
SA4A: S.E.A.T.® Supported Exercise for Ageless Training - Jaysa Angles & Jackie Carroll	1.25	0.125	1.25	1.0	1.0	0.1
SA4B: Developing an Intuitive Warm-Up - Joshua Craddock	1.25	0.125	1.25	1.0	1.0	0.1
SA4C: ZUMBA® - Beatriz Busch	1.25	0.125	1.25	1.0	1.0	0.1
SA4D: Prevent Injury by Restoring Function - Jeff Melis	1.25	0.125	1.25	1.0	1.0	0.1
SA4E: Tides of Power - Cheri Kulp, Jackie Carroll, Mac Carvalho, Amber van der Meer	1.25	0.125	1.25	1.0	1.0	0.1
SA4F: Women: Training Through The Stages - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA4G: Strength Training for Active Aging - Sara Kooperman, Jackie Carroll, Gail Bannister-Munn, Jani Roberts, Kylie Ross, MSM, MBA, Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SA4H: Deep Dive for Amateur Athletes - Leslee Bender	1.25	0.125	1.25	1.0	1.0	0.1
SA5 2:30pm-3:45pm						
SA5A: Bodyfit: Tips on Modifications - Kylie Ross, MSM, MBA	1.25	0.125	1.25	1.0	1.0	0.1
SA5B: SOULstrength™ EXPERIENCE - Mac Carvalho & Jaysa Angles	1.25	0.125	1.25	1.0	1.0	0.1
SA5C: PALMIST Cardio - Alex Ojeda, MS, MBA	1.25	0.125	1.25	1.0	1.0	0.1
SA5D: Restorative Stretch - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA5E: Soca Splash - Tanisha (Tani) Haggard	1.25	0.125	1.25	1.0	1.0	0.1
SA5F: Smart Food Choices for Longevity - Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
SA5G: Train Smarter, Not Harder - Carrie Karkoska, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA6 4:30pm-5:45pm						
SA6A: 50+ FUNCTIONal Fitness - Jackie Carroll	1.25	0.125	1.25	1.0	1.0	0.1
SA6B: Power, Precision & Plyo Step - Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA6C: Glow, Glitter & Groove - Jaysa Angles	1.25	0.125	1.25	1.0	1.0	0.1
SA6D: Tai Chi: The Original Group Exercise - Joshua Craddock	1.25	0.125	1.25	1.0	1.0	0.1
SA6E: Liquid Stars - Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SA6F: Stress & Inflammation: Impacts & Outcomes - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA6G: Women's Leadership: Climbing, Coaching, and Conquering - Sara Kooperman, JD, Gail Bannister-Munn, Kylie Ross, MSM, Amber Toole, Jani Roberts	1.25	0.125	1.25	1.0	1.0	0.1
SA6H: Mobility, Flexibility, and Recovery - Leslee Bender	1.25	0.125	1.25	1.0	1.0	0.1
SATURDAY TOTALS						

Sunday, September 13, 2026

	SCW	EA	ACSM	NSCA	NASM
Provider Number	0	27968	NA	09	316
316					
SU1 7:30am-8:45am					
SU1A: Keys TO Unlock Shoulder Pain - Brendan Fox	1.25	0.125	1.25	1.0	1.0
SU1B: Glide & Grind - Tanisha (Tani) Haggard	1.25	0.125	1.25	1.0	1.0
SU1C: Coaching Clients with Pain - Damien Michel, MS	1.25	0.125	1.25	1.0	1.0
SU1D: A Barre Above the Rest - Veronika Munn	1.25	0.125	1.25	1.0	1.0
SU1E: Dive Deep or Don't Bother - Chris Perry	1.25	0.125	1.25	1.0	1.0
SU1F: Cracking the Code to Weight Loss - Amber Toole	1.25	0.125	1.25	1.0	1.0
SU1G: Glow, Digest, Thrive, and Glow - Tracy O'Brien, PharmD, RD	1.25	0.125	1.25	1.0	1.0
SU2 9:00am-10:15am					
SU2A: Mindful, Move, Eat & Mindfulness - Sara Kooperman, Jeremy Lowell & Kelly Shelton	1.25	0.125	1.25	1.0	1.0
SU2B: Programming Core Workouts and Classes - Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	1.0
SU2C: Simplify Your Sweat Sessions - Amber Zywiec, MS	1.25	0.125	1.25	1.0	1.0
SU2D: SOULstrength™ EXPERIENCE - Mac Carvalho & Jaysa Angles	1.25	0.125	1.25	1.0	1.0
SU2E: AQUA-BATA - Amber van der Meer	1.25	0.125	1.25	1.0	1.0



SU2F: Personal Training Meets Stretch Therapy - Evans Armantrading, Jr.	1.25	0.125	1.25	1.0	0.1
SU2G: High-Performance Fitness Culture - NEW	1.25	0.125	1.25	1.0	0.1
SU3 10:45am-12:00pm					
SU3A: Chair Yoga for Mobility & Strength - Sara Kooperman, JF	0.125	0.125	1.25	1.0	0.1
SU3B: Welcome to the Terrordome - Tara Turner	1.25	0.125	1.25	1.0	0.1
SU3C: STEP IGNITION! - Amber van der	1.25	0.125	1.25	1.0	0.1
SU3D: SomaPWR: Hands-On Training - Rachel Korman, MS, E-RT	1.25	0.125	1.25	1.0	0.1
SU3E: Anatomic Approach to Move Your Core - Steffan Williams	1.25	0.125	1.25	1.0	0.1
SU3F: The Truth About Processed Foods - Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	0.1
SU3G: Programming for GLP-1 Users - Dr. Daniel, MS	1.25	0.125	1.25	1.0	0.1
SU4 12:15pm-1:45pm					
SU4A: Flex & Power: Hip Mobility Masterclass - Cheri Kulp	1.25	0.125	1.25	1.0	0.1
SU4B: Fight Club - Amy Bennett, Ed	1.25	0.125	1.25	1.0	0.1
SU4C: Exploring Connective Tissue - Gusti Ratliff, MEd, E-RYT 500, C-IAYT	1.25	0.125	1.25	1.0	0.1
SU4D: Buttery Joints for Life - Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	0.1
SU4E: H.E.A.T. WAVES - Chris Henry	1.25	0.125	1.25	1.0	0.1
SU4F: Trending Diets & Weight Loss Meds - Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	0.1
SU4G: Digital Marketing Kickstart - Kimberlee Helmuth	1.25	0.125	1.25	1.0	0.1
SUNDAY TOTALS					

First Name: _____

Last Name: _____

Signature: _____

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