



ACTIVE AGING CERTIFICATION



THANK YOU FOR ATTENDING THE SCW ACTIVE AGING CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/activeagingexam

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

2 After visiting the link above, you will be asked to create and retain a log-in and password for the exam. This will be used to access your exam, results and certificate.

3 Keep your log-in and password in a safe place and do not lose it.

4 Begin your exam. There is no time limit for the exam - you can even start and stop your exam with the ability to resume later. The exam is available for two weeks after the date of your Live Training.

5 You must obtain a score of 70% or greater to pass. You have two attempts to pass the exam.

6 Once you pass your exam, you can download and print your customized certificate by clicking on the "**Download Certificate**" link, which includes Continuing Education Credit (CEC) information.

7 Once your exam has been completed, evaluate the certification at: www.scwfit.com/certeval

SCW CERTIFICATION RENEWAL: Each SCW Certification is valid for two years. 20 CECs are required with a minimum of 2 CECs from SCW Fitness. Visit www.scwfit.com/scwproviders for a list of approved CEC Providers. Renew your certification online at www.scwfit.com/certification-renewal for \$55. Late renewals are \$75.

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Online or Streaming Certifications offer up to 7 CECs and are available at www.scwfit.com/certifications. Please note that once you pass your Online Exam, you can enroll for a FREE Live Certification at www.scwfit.com/freelivecert. Virtual events and SCW Video CEC Programs also offer valuable CECs at www.scwfit.com/virtual and www.scwfit.com/cecs.

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AQUA EXERCISE CERTIFICATION



THANK YOU FOR ATTENDING THE SCW AQUA EXERCISE CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/aquaexam

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

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Online or Streaming Certifications offer up to 7 CECs and are available at www.scwfit.com/certifications. Please note that once you pass your Online Exam, you can enroll for a FREE Live Certification at www.scwfit.com/freelivecert. Virtual events and SCW Video CEC Programs also offer valuable CECs at www.scwfit.com/virtual and www.scwfit.com/cecs.

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BARRE CERTIFICATION



THANK YOU FOR ATTENDING THE SCW BARRE CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

- 1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/barreexam

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

- 2 After visiting the link above, you will be asked to create and retain a log-in and password for the exam. This will be used to access your exam, results and certificate.
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- 4 Begin your exam. There is no time limit for the exam - you can even start and stop your exam with the ability to resume later. The exam is available for two weeks after the date of your Live Training.
- 5 You must obtain a score of 70% or greater to pass. You have two attempts to pass the exam.
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- 7 Once your exam has been completed, evaluate the certification at: **www.scwfit.com/certeval**

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CHAIR YOGA CERTIFICATION



THANK YOU FOR ATTENDING THE SCW CHAIR YOGA CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

- 1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/chairyogaexam

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

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GROUP EXERCISE CERTIFICATION



THANK YOU FOR ATTENDING THE SCW GROUP EXERCISE CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

- 1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/groupxexam

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

- 2 After visiting the link above, you will be asked to create and retain a log-in and password for the exam. This will be used to access your exam, results and certificate.
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LIFE COACHING CERTIFICATION



THANK YOU FOR ATTENDING THE SCW LIFE COACHING CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

- 1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/lifecoachexam

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

- 2 After visiting the link above, you will be asked to create and retain a log-in and password for the exam. This will be used to access your exam, results and certificate.
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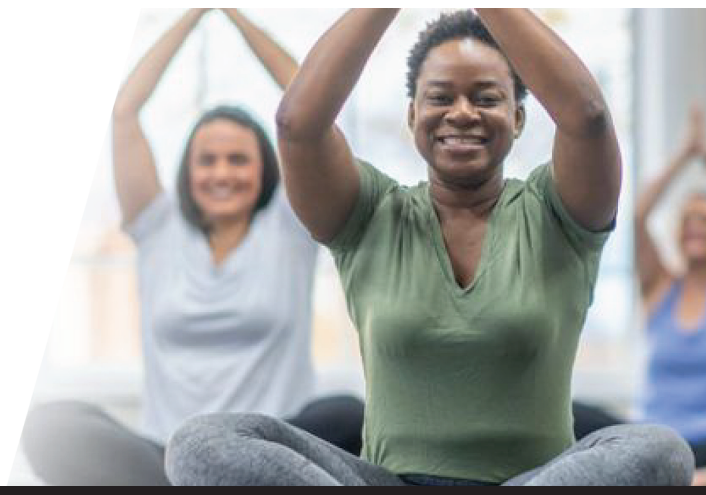
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MENOPAUSE WELLNESS CERTIFICATION



THANK YOU FOR ATTENDING THE SCW MENOPAUSE WELLNESS CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/menopauseexam

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

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PILATES MATWORK CERTIFICATION



THANK YOU FOR ATTENDING THE SCW PILATES MATWORK CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/pilatesexam

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

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PERSONAL TRAINING CERTIFICATION



THANK YOU FOR ATTENDING THE SCW PERSONAL TRAINING CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

- 1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/ptexam

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

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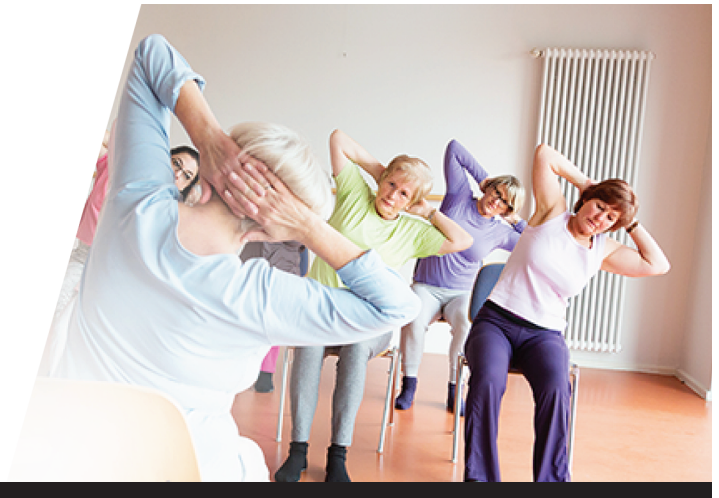
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S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

CERTIFICATION



THANK YOU FOR ATTENDING THE S.E.A.T. CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

- 1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/seatexam

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STRETCHING & FLEXIBILITY CERTIFICATION



THANK YOU FOR ATTENDING THE SCW STRETCHING & FLEXIBILITY CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

- 1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/stretchingexam/

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

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CERTIFICATION



THANK YOU FOR ATTENDING THE WATERinMOTION CERTIFICATION.

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www.scwfit.com/wimexam

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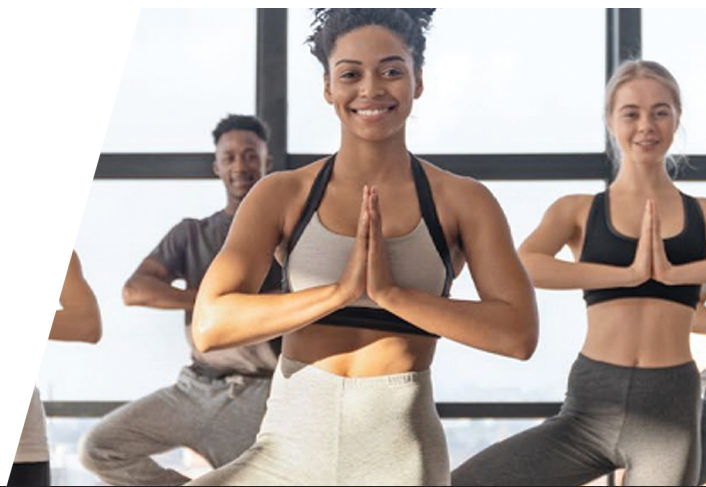
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YOGA I CERTIFICATION



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www.scwfit.com/yoga1exam

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- 3 Keep your log-in and password in a safe place and do not lose it.
- 4 Begin your exam. There is no time limit for the exam - you can even start and stop your exam with the ability to resume later. The exam is available for two weeks after the date of your Live Training.
- 5 You must obtain a score of 70% or greater to pass. You have two attempts to pass the exam.
- 6 Once you pass your exam, you can download and print your customized certificate by clicking on the "**Download Certificate**" link, which includes Continuing Education Credit (CEC) information.
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- 1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/yoga2exam

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ACTIVE AGING NUTRITION CERTIFICATION



THANK YOU FOR ATTENDING THE SCW ACTIVE AGING NUTRITION CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

- 1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

www.scwfit.com/activeagingnutritionexam

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