



ATLANTA MANIA® Fitness Pro Convention



2023 Atlanta MANIA® July 21-23 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

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

FRIDAY, July 21, 2023

	SCW	ACSM	AFAA	NASM		
FR1 7:30am-8:45am						
SU1A: PERFECT PROGRAMMING FOR AGERS Amber Toole	0.125	1.25	1.0	1.0	0.1	
SU1B: FUNCTIONAL CORE TRAINING Herson Garcia	0.125	1.25	1.0	1.0	0.1	
SU1C: POPPIN' BOOTY PILATES Rachel Stys	1.25	0.125	1.25	1.0	1.0	0.1
SU1D: HARD CORE BY PHYSIQUE 57 Tanya Becker & Kerri Melissaratos	1.25	1.25	1.25	1.0	1.0	0.1
SU1F: AQUA AGILITY Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU1G: BIOENERGETICS: REVIEW OF ENERGY SYSTEMS Dr. Park, PhD	0.125	1.25	1.0	1.0	0.1	
SU1H: MAX ENGAGEMENT = MAX RETURN Jeff Switalaski	0.125	1.25	1.0	1.0	0.1	
FR1H: PERSONAL AND SMALL GROUP TRAINING SALES Strategies	0.125	1.25	1.0	1.0	0.1	
FR2 9:00am-10:15am						
FR2A: FUNCTIONAL FITNESS 50+ Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR2B: E.M.H TRAINING Andrew Gavigan	1.25	0.125	1.25	1.0	1.0	0.1
FR2C: BRING THE TOYS! Gail Bannister	1.25	0.125	1.25	1.0	1.0	0.1
FR2D: DISCOVER A TEACHING VACATION! YOGA, PILATES, TRX, PLYO, YACEP	1.25	0.125	1.25	1.0	1.0	0.1
FR2E: SCHWINN®: R.I.S.E. & #RIDERIGHT Appeal	1.25	0.125	1.25	1.0	1.0	0.1
FR2F: LABLAST® SPLASH: EMOTIONAL VIBES Louis van Amstel	1.25	0.125	1.25	1.0	1.0	0.1
FR2G: HEALTHY WEIGHT: DEFINED BY A DIET! Phyllis, RD, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR2H: FIND & FOLLOW UP ON CLIENTS ONLINE	1.25	NA	1.25	1.0	1.0	0.1
FR3 11:00am-12:15pm						
FR3A: DEXTERITY TRAINING Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR3B: ANDY Abbie Apple	1.25	0.125	1.25	1.0	1.0	0.1
FR3C: COUNTRY: ANIMALS IN PERSPECTIVE EXERCISE Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
FR3D: TRAINER JOY: JOY OF TRAINING Joanna Stone & Kenyetta Brasher	1.25	0.125	1.25	1.0	1.0	0.1
FR3E: SCHWINN®: DYNAMIC DUOS - CYCLES DIVISION Doris Thews	1.25	0.125	1.25	1.0	1.0	0.1
FR3F: WATER WORKS Manuel Velazquez & Mari Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR3G: FIVE FAT-BURNING Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR3H: 5 STAR MANAGEMENT Strategy Sreen-Glick	1.25	0.125	1.25	1.0	1.0	0.1
FR4 12:30pm-1:45pm or 1:15pm-2:30pm						
FR4A: STRENGTH TRAINING FOR LONGEVITY & VITALITY Sara Kooperman, JD	1.25	NA	1.25	1.0	1.0	0.1
FR4B: TOP TIER CORE CONDITIONING Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR4C: THE ART OF FLOW: YOGA BASICS Christine Conti, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR4D: LABLAST® FITNESS: DANCE. DIVERSITY. INCLUSION. Louis van Amstel	1.25	0.125	1.25	1.0	1.0	0.1
FR4E: SCHWINN®: LEADER OF THE PACK Robert Sherman	1.25	0.125	1.25	1.0	1.0	0.1



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FR4F: SILVER TSUNAMI Manuel Velazquez & Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR4G: FAD DIETS & FAILED EXPECTATIONS Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR4H: NEGOTIATION STRATEGIES FOR FITNESS PROS Doris Thews	1.25	0.125	1.25		1.0	0.1
FR5 2:45pm-4:00pm						
FR5A: FUNCTIONAL TRAINING FOR ACTIVE AGERS Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR5B: BODY WEIGHT EXERCISES YOU ARE UNDERUTILIZING Maurice Williams, MS, CSCS	1.25	0.125	1.25			0.1
FR5C: YOGA FOR BALANCE Kimberly Spreen-Glick	1.25	0.125	1.25			0.1
FR5D: PHYSIQUE 57 BARRE BASICS Kerrie Melissaratos	1.25	NA	1.25	1.0	1.0	0.1
FR5E: SCHWINN@: LET THE BEAT DROP Abbie Appel	1.25	0.125	1.25	1.0		
FR5F: 10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING Irene McCormick, MS, CSCS	1.25		1.25	1.0		
FR5G: PROTEIN POWER Sohailla Digsby, RDN, LD	1.25		1.25	1.0	1.0	0.1
FR5H: CLUB, STUDIO & CLIENT RETENTION Sara Kooperman, JD	1.25	NA	1.25	1.0	1.0	0.1
FR6 4:30pm-5:45pm						
FR6A: ARTHRITIS EXERCISES: FROM HEAD TO TOE Christine Conti, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR6B: SEXY, SMART STRENGTH FOR WOMEN Irene McCormick, MS, CSCS	1.25	0.125	1.25		1.0	0.1
FR6C: CORRECTIVE EXERCISE STRATEGIES FOR THE ANKLE Maurice Williams, MS, CSCS	1.25		1.25		1.0	0.1
FR6D: FIT X KARDIO KICKBOX Beatrice "Bea" Savage	1.25		1.25	1.0	1.0	0.1
FR6E: SCHWINN@: PRIME DESIGN 2.0 Helen Vanderburg	1.25	0.125	1.25	1.0	1.0	0.1
FR6F: AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR6G: NUTRITION AND HORMONES: HEALTHY AGING Dr. Julie Zuleger, PhD, CSCS		0.125	1.25	1.0	1.0	0.1
FR6H: EFFECTIVE GX & PT SALES STRATEGIES PANEL Sara Kooperman, JD, Brandi...le, Detric Smith & Dane Robinson		0.125	1.25	1.0	1.0	0.1
FR7 6:15pm-7:15pm						
FR7A: FITNESS IDOL - JUDGES: Sara Kooperman, JD, Ann Gilbert, Kimberly Spreen-Glick	1.0	NA	1.0	1.0	1.0	0.1
FR7C: TAI-CHI FUSED YOGA Manuel Velazquez		1.0	1.0	1.0	1.0	0.1
FR TOTALS						

SATURDAY, July 22, 2017

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number						
SA1 7:30am						
SA1A: SUPPORTED EXERCISE FOR AGEL...NING Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
SA1B: CIRCUIT BLAST FOR POWER Maurice Williams, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SA1C: VICE YOGA K...	1.25	0.125	1.25	1.0	1.0	0.1
SA1D: ...	1.25	0.125	1.25	1.0	1.0	0.1
SA1E: SC...AL N PULSE Abbie	1.25	0.125	1.25	1.0	1.0	0.1
SA1F: H2O REPORTING FOR DUTY Tani... Haggard	1.25	NA	1.25	1.0	1.0	0.1
SA1G: GETTING CLIENTS...AN HE... Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
SA1H: CREATE VALU... Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SA2 9:15am-10:30am - KEYNOTE ADDRESS:						
SA2A: THE ROLE OF FITNESS PROFESSIONALS IN THE HEALTHCARE SYSTEM Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
SA3 11:00am-12:15pm						
SA3A: BALANCE & COORDINATION FOR ACTIVE AGERS Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
SA3B: BAND CAMP Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1



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SA3C: HAPPY MUSCLES!@365 TIGER TAIL® RECOVERY Dr. Julie Zuleger, PhD, CSCS, Certified Nutrition Specialist, RYT-500	1.25	0.125	1.25	1.0	1.0	0.1
SA3D: PHYSIQUE 57 HIIT THE BARRE Tanya Becker	1.25	0.125	1.25		1.0	0.1
SA3E: SCHWINN®: TRI-CYCLE TRIPLE THREAT Doris Thews	1.25	0.125	1.25	1.0	1.0	0.1
SA3F: STRENGTH BENEATH THE SURFACE Irene PlumMentz, PT	1.25	0.125	1.25			0.1
SA3G: PHYSICS OF PAIN & PERFORMANCE Patrick Mummy	1.25	0.125	1.25			0.1
SA3H: BECOMING THE BOSS Detric Smith	1.25	0.125	1.25		1.0	0.1
SA4 12:30pm-1:45pm or 1:15pm-2:30pm						
SA4A: STABILIZE THE SHOULDER Andrew Gavigan	1.25	0.125	1.25	1.0		
SA4B: SOULSTRENGTH™ CARDIO KICKBOXING INTERVALS Magda Lubov	1.25		1.25	1.0	1.0	0.1
SA4C: HIPS DON'T LIE Gail Bannister-Munn	1.25		1.25	1.0	1.0	0.1
SA4D: LABLAST® FITNESS: EMOTIONAL WEALTH Louis van Amstel	1.25	0.125	1.25	1.0	1.0	0.1
SA4E: SCHWINN®: CYCLE MIXOLOGY - KILLER PLAYLISTS Helen Vanderburg		0.125	1.25	1.0	1.0	0.1
SA4F: H2O STRENGTH Manuel Velazquez & Cheri Kulp		0.125	1.25	1.0	1.0	0.1
SA4G: KETOGENIC DIETS: HISTORY AND APPLICATIONS Dr. Parker Hyde, PhD	1.25		1.25		1.0	0.1
SA4H: STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL Sara Kooperman, JD, Patrick Mummy, Dr. Jonathan Mike, PhD, Irene McCormick, MS, CSCS & Abbie Appel	1.25		1.25	1.0	1.0	0.1
SA5 2:45pm-4:00pm						
SA5A: FUNCTIONAL TRAINING WITH FOAM ROLLERS Herson Garcia		0.125	1.25	1.0	1.0	0.1
SA5B: KETTLEBELL KRUSH Tara Turner		0.125	1.25	1.0	1.0	0.1
SA5C: POSTURE & ALIGNMENT WITH PERSONAL TRAINING Patrick Mummy		0.125	1.25	1.0	1.0	0.1
SA5D: COCONUT BEACH CAMP BY FIT BODIES, INC. Remelyn Stanley	1.25		1.25	1.0	1.0	0.1
SA5E: SCHWINN®: BREATHY NOT BREATHLESS Doris Thews	1.25	0.125	1.25	1.0	1.0	0.1
SA5F: AQUA AB ARSENAL Ann Gilbert	0.25	0.125	1.25	1.0	1.0	0.1
SA5G: OPTIMAL RECOVERY Melissa Layne, MED		0.125	1.25	1.0	1.0	0.1
SA5H: FITNESS IN THE WORKPLACE Joanna Stone		0.125	1.25	1.0	1.0	0.1
SA6 4:30pm-5:45pm						
SA6A: CHAIR-AGILITY Melissa Layne, MED	1.25	0.125	1.25	1.0	1.0	0.1
SA6B: FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Jonathan Minkoff, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SA6C: BY ANY STRETCH Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA6D: SMR: FUNCTIONAL FASCIA TENSION RELEASE Techniques for Mobility and Performance	1.25	0.125	1.25	1.0	1.0	0.1
SA6E: SCHWINN®: RECOVERY RX Helen Vanderburg	1.25	0.125	1.25	1.0	1.0	0.1
SA6F: EASY-GRIP AQUA DUMBBELL WORKOUT Manuel Velazquez & Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SA6G: SPORTS SUPPLEMENTATION: SCIENCE AND PRACTICE BY BACK TO THE BASICS WITH DR. PARKER HYDE, PH.D.	1.25	0.125	1.25	1.0	1.0	0.1
SA6H: GROW YOUR BUSINESS BY ADDING VALUE TO YOUR CLIENTS' EXPERIENCE WITH PERSONAL TRAINING MA, NSCA-CPT	1.25	0.125	1.25	1.0	1.0	0.1
SATURDAY TOTALS						



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SUNDAY, July 23, 2023

	SCW	ACE	ACSM	NSCA	AFAA	NASM
Provider Number						
SU1 7:30am-8:45am						
SU1A: PERFECT PROGRAMMING FOR AGERS Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU1B: FUNCTIONAL CORE TRAINING Herson Garcia	1.25	0.125	1.25	1.0		
SU1C: POPPIN' BOOTY PILATES Rachel Stys	1.25	0.125	1.25	1.0		
SU1D: HARD CORE BY PHYSIQUE 57 Tanya Becker & Kerri Melissaratos	1.25		1.25	1.0	1.0	0.1
SU1F: AQUA AGILITY Melissa Layne, MEd	1.25		1.25	1.0	1.0	0.1
SU1G: BIOENERGETICS: REVIEW OF ENERGY SYSTEMS Dr. Parker Hyde, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SU1H: MAX ENGAGEMENT = MAX RETURN Jeff Switalaski	1.25	NA	1.25	1.0	1.0	0.1
SU2 8:45am-10:00am						
SU2A: LABLAST@ CHAIR FITNESS Louis van Amstel	1.25		1.25		1.0	0.1
SU2B: OPTIMAL OVERHEAD PRESSING Jonathan Mike, PhD	1.25		1.25	1.0	1.0	0.1
SU2C: SOULFUSION™ EXPERIENCE Magda Lubov	1.25	0.125	1.25	1.0	1.0	0.1
SU2D: FIT X STEP & SCULPT Beatrice "Bea" Savage	1.25	NA	1.25	1.0	1.0	0.1
SU2F: STRONG & STABLE AQUA Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU2G: HOW CALORIES & FAT TISSUE WORK Sohaila Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
SU2H: THE FUTURE OF FITNESS PANEL Sara Kooperman, Amber Toole, Bob Esquerre, Patricia Smith & Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
SU3 10:45am-12:00pm						
SU3A: STEP INTO ACTIVE AGING Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SU3B: CORE CONNECTION Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1
SU3C: GOT BACK PAIN? Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
SU3D: HOW TO HANDLE HYPERTROPHY Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
SU3F: AQUA DISCO Tanisha (Tani) Haggard	1.25	NA	1.25	1.0	1.0	0.1
SU3G: CHASING THE DRAGON: FOOD ADDICTION Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU3H: SMART STRATEGIES FOR SERVICEMEMBERS Patricia Smith	1.25	0.125	1.25	1.0	1.0	0.1
SU4 12:15pm-1:30pm						
SU4A: TRANSFORMATIONAL TRAINING FOR WOMEN Irene Smith, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU4B: MASTER THE DEADLIFT Dr. Jonathan Mike, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SU4C: MYOFASCIAL RECOVERY Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
SU4D: KICKBOXING Tanisha (Tani) Haggard	1.25	NA	1.25	1.0	1.0	0.1
SU4F: TIPS FOR TIPS Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SU4G: WHY WEIGHT LOSS ISN'T FOR EVERYONE Rachel Stys	1.25	0.125	1.25	1.0	1.0	0.1
SU4H: FITNESS BLUEPRINT FOR WOMEN Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
SUNDAY TOTALS						

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

First Name: _____

Last Name: _____

Signature: _____