

2024 Atlanta MANIA® July 19-21 CEC Form

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

SCW = 20
 ACE = 2.1
 ACSM = 20
 AEA = 17
 AFAA = 15
 NASM = 1.7

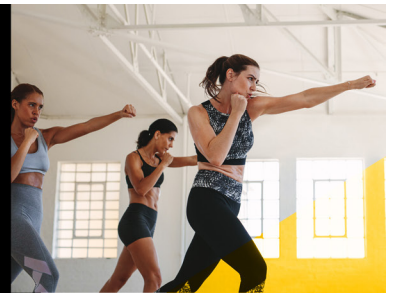
Please print this Form, circle applicable sessions, sign, and save for your records (you do not need to send this form to SCW)

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, July 19, 2024

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	AT24	CEP290063	NA	11797	10241	316
FR1 7:30am-8:45am						
FR1A: Pro Athlete Core Conditioning II - Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR1B: Athletic Flow - Jeff McMullen	1.25	0.125	1.25	1.0	1.0	0.1
FR1C: Beyond Squat: Unconventional Lower Body Training - Yury Rockit	1.25	0.125	1.25	1.0	1.0	0.1
FR1D: Yoga-Pilates Restore Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR1F: Ride the Wave - Manuel Velazquez & Autumn Hammer	1.25	0.125	1.25	1.0	1.0	0.1
FR1G: The Gut – Sleep Network Effect - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR1H: Build the Financial Future of Your Dreams - Kylie Ross, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR2 9:00am-10:15am						
FR2A: Athletic Woman: Function and Strength - Michael Hughes	1.25	0.125	1.25	1.0	1.0	0.1
FR2B: Sitting Pretty: Strength & Support With Ann Gilbert	1.25	NA	1.25	1.0	1.0	0.1
FR2C: SoulBody Barre+LIIT - Stacey Vandiver	1.25	0.125	1.25	1.0	1.0	0.1
FR2D: Tiger Tail@ Goodbye Back Pain - Dr. Julie Zuleger, PhD	1.25	0.125	1.25	1.0	1.0	0.1
FR2E: Schwinn@: Biker Barre – Killer Cycling Cocktail - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR2F: LaBlast@ Splash: Buoyant Ballroom Blitz - Laura Mikszan	1.25	0.125	1.25	1.0	1.0	0.1
FR2G: Magnesium: The Mighty Mineral Unveiled - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR2H: Start & Grow Your Business - Sara Kooperman, JD, Ruston Webb, MS, Miriam Ball, Brandi Clark & Elizabeth Mooney	1.25	0.125	1.25	1.0	1.0	0.1
FR3 11:00am-12:15pm						
FR3A: Mobility Training: Online or In-Person - Ruston Webb, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR3B: No Floor Core and Balance - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR3C: Exercise and Pain: A Paradigm Shift - Greg Mack	1.25	0.125	1.25	1.0	1.0	0.1
FR3D: Symmetry: Advanced Postural Corrective Exercise - Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
FR3E: Schwinn@: Savvy Cycling for Real Results - Robert Sherman	1.25	0.125	1.25	1.0	1.0	0.1
FR3F: Liquid Gym Acqua Punch & Pump - Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR3G: Navigating Nutrition Overwhelm: Fact vs. Fiction - Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
FR3H: Find Your Next 50 Leads - Brandi Clark	1.25	NA	1.25	1.0	1.0	0.1
FR4 12:30pm-1:45pm or 1:15pm-2:30pm						
FR4A: 2 Legit 2 HIIT - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR4B: Bring the Toys! - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR4C: Strengthen & Support - Jeff McMullen	1.25	0.125	1.25	1.0	1.0	0.1
FR4D: The Warrior@ Workout - Jani Roberts	1.25	0.125	1.25	1.0	1.0	0.1



FR4E: Schwinn®: Rock & Roll Ride - Robert Sherman	1.25	0.125	1.25	1.0	1.0	0.1
FR4F: Country Fusion® Aquatics - Elizabeth Mooney	1.25	0.125	1.25	1.0	1.0	0.1
FR4G: Six Root Causes of Decreased Longevity - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR4H: FIT FOR BUSINESS: Leading for Maximum Performance - Sara Kooperman, JD	1.25	0.125	1.25	1.0	1.0	0.1
FR5 2:45pm-4:00pm						
FR5A: Hit The Wall - Yury Rockit	1.25	0.125	1.25	1.0	1.0	0.1
FR5B: Athletic Aging - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR5C: Balls, Blocks, Bands: Pilates Fusion - Andrea Metcalf	1.25	0.125	1.25	1.0	1.0	0.1
FR5D: Tai-Chi Fused Yoga - Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR5E: Schwinn®: Hear Us ROAR - Jenn Hogg & Leigh Johnson, MA	1.25	0.125	1.25	1.0	1.0	0.1
FR5F: Aqua Drums Vibes - Billie Wartenberg	1.25	NA	1.25	1.0	1.0	0.1
FR5G: How to Create a Mental Well-Being Culture - C. Victor Brick & Lynne Brick, RN, MA	1.25	0.125	1.25	1.0	1.0	0.1
FR5H: Effective GX & PT Sales Strategies Panel Sara Kooperman, JD, Brandi Clark, Dane Robinson & Michael Hughes	1.25	0.125	1.25	1.0	1.0	0.1
FR6 4:30pm-5:45pm						
FR6A: Band Camp - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR6B: "Don't Just Sit There!" - Gusti Ratliff, MEd, E-RYT 500, C-IAYT	1.25	0.125	1.25	1.0	1.0	0.1
FR6C: Strength Training for Longevity & Vitality II - Sara Kooperman, JD	1.25	NA	1.25	1.0	1.0	0.1
FR6D: By Any Stretch - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR6E: Warrior® Ride - Jani Roberts	1.25	0.125	1.25	1.0	1.0	0.1
FR6F: Aqua Boot Camp BOQ-style - Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR6G: Preventing Common Fitness Injuries - Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
FR6H: Personal Training: A Lifelong Career - Michael Hughes	1.25	0.125	1.25	1.0	1.0	0.1
FR7 6:00pm-7:00pm						
FR7B: Fitness Idol - Judges: Sara Kooperman, JD, Amber Toole, Ann Gilbert & Dane Robinson	1.0	1.0	1.0	1.0	1.0	0.1
FR7C: MANIA® DANCE OFF!!	1.0	NA	1.0	1.0	1.0	0.1
FR7D: Recovery Through Meditation - Yury Rockit	1.0	1.0	1.0	1.0	1.0	0.1
FR7H: Keynote & Cocktails: Fitness Business Strategies for Impact and Income - Brandi Clark	1.0	NA	1.0	1.0	1.0	0.1
FRIDAY TOTALS						

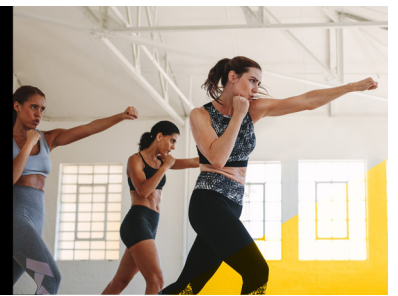
SATURDAY, July 20, 2024

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	AT24	CEP290063	NA	11797	10241	316
SA1 7:30am-8:45am						
SA1A: BBB Workout – Ball, Band, Bar - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA1B: Time With Tissue - Ann Gilbert	1.25	NA	1.25	1.0	1.0	0.1
SA1C: Barre Hard Core - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA1D: SoulBody Yoga Sculpt - Chrissy Dawson	1.25	0.125	1.25	1.0	1.0	0.1
SA1E: Schwinn®: Cycle A la Mode - Robert Sherman	1.25	0.125	1.25	1.0	1.0	0.1
SA1F: Water Running - Yury Rockit	1.25	0.125	1.25	1.0	1.0	0.1
SA1G: How You Move Matters - Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
SA1H: Your Financial Health - Kylie Ross, MS, MBA	1.25	0.125	1.25	1.0	1.0	0.1

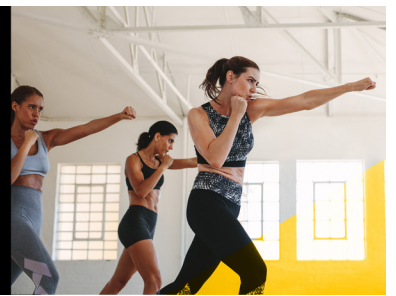


Atlanta MANIA[®]

SCW FIT PRO CONVENTION



SA2 9:15am-10:30am - KEYNOTE ADDRESS:						
SA2B: Where Healthy Meets Happy - Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
SA3 11:00am-12:15pm						
SA3A: Full Body 3D HIIT- Circuit - Michael Hughes	1.25	0.125	1.25	1.0	1.0	0.1
SA3B: S.E.A.T.® Supported Exercise for Ageless Training - Ann Gilbert	1.25	NA	1.25	1.0	1.0	0.1
SA3C: LaBlast® Fitness: Ballroom Blitz - Laura Mikszan	1.25	0.125	1.25	1.0	1.0	0.1
SA3D: Tiger Tail® Recovery for Longevity - Dr. Julie Zuleger, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SA3E: Schwinn® Indoor Cycling: Beast Mode - Jenn Hogg	1.25	0.125	1.25	1.0	1.0	0.1
SA3F: Aquatic Equipment Innovations - Tom Ford	1.25	NA	1.25	1.0	1.0	0.1
SA3G: Physics of Pain & Performance - Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
SA3H: Navigating Legal Pitfalls in Fitness - Fireside Chat with Miriam Ball and Sara Kooperman	1.25	NA	1.25	1.0	1.0	0.1
SA4 12:30pm-1:45pm or 1:15pm-2:30pm						
SA4A: Deep Core and Pelvic Floor - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA4B: Master Knee-Pain Reduction Strategies - Ruston Webb, MS	1.25	0.125	1.25	1.0	1.0	0.1
SA4C:Eliminating Back Pain with Deadlifts - Craig Bongelli	1.25	0.125	1.25	1.0	1.0	0.1
SA4D: Warrior® Tai Chi Yoga and Qi Gong Fusion - Jani Roberts	1.25	0.125	1.25	1.0	1.0	0.1
SA4E: Schwinn®: R.I.S.E. & #RideRight - Jenn Hogg	1.25	0.125	1.25	1.0	1.0	0.1
SA4F: Aqua ZUMBA® - Guillermo Melendez	1.25	0.125	1.25	1.0	1.0	0.1
SA4G: Trending Diets & Weight Loss Meds - Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
SA4H: Stretching For Strength - Flexible Foundations Panel - Sara Kooperman, JD, Abbie Appel, Andrea Metcalf & Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA5 2:45pm-4:00pm						
SA5A: Posture & Alignment with Personal Training - Patrick Mummy & Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA5B: Country Fusion® 2024 - Elizabeth Mooney	1.25	0.125	1.25	1.0	1.0	0.1
SA5C: Ultimate Leg Day - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SA5D: Yoga Touch - Sara Kooperman, JD	1.25	NA	1.25	1.0	1.0	0.1
SA5E: Schwinn®: Rhythm Roadtrip-Mastering Cycling Musicality - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA5F: Buoy, Oh Buoy, Oh Buoy! - Manuel Velazquez, Billie Wartenberg & Autumn Hammer	1.25	0.125	1.25	1.0	1.0	0.1
SA5G: Myofascial Release: The Vagus Nerve - Dr. Julie Zuleger, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SA5H: Find & Enroll Clients Using Social Media - Brandi Clark	1.25	NA	1.25	1.0	1.0	0.1
SA6 4:30pm-5:45pm						
SA6A: Fundamentals of Squat Progressions and Variations - Jonathan Mike, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SA6B: Shoulder Pain: Optimize Through Exercise - Ruston Webb, MS	1.25	0.125	1.25	1.0	1.0	0.1
SA6C: ZUMBA® - Erick Santana	1.25	NA	1.25	1.0	1.0	0.1
SA6D: Flexibility - Stop Doing It Wrong - Andrea Metcalf	1.25	0.125	1.25	1.0	1.0	0.1
SA6E: Schwinn®: Cycle Mixology: Curating Killer Playlists - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA6F: 4 Functional Aqua Circuits - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA6G: When Exercise Makes Client's Worse - Greg Mack	1.25	0.125	1.25	1.0	1.0	0.1
SA6H: Operating a Profitable Boutique Studio - Sara Kooperman, JD, Ann Gilbert, Michael Hughes, Jani Roberts & Amber Toole	1.25	NA	1.25	1.0	1.0	0.1
SATURDAY TOTALS						



SUNDAY, July 21, 2024

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	AT24	CEP290063	NA	11797	10241	316
SU1 7:30am-8:45am						
SU1A: Core by 4 - Billie Wartenberg	1.25	NA	1.25	1.0	1.0	0.1
SU1B: Bone Health Boot Camp - Christine Conti, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU1C: Retro - Aerobics - Aktzi Mushin	1.25	NA	1.25	1.0	1.0	0.1
SU1D: SoulBody Restore - Chrissy Dawson	1.25	0.125	1.25	1.0	1.0	0.1
SU1F: Knockout Aqua with HIIT - Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU1G: Sugar, Snacks & Heart Attacks - Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
SU1H: From Struggling to Streaming - Craig Bongelli	1.25	0.125	1.25	1.0	1.0	0.1
SU2 9:00am-10:15am						
SU2A: LaBlast® Kids Fitness: Creative Movement Revolutionized - Laura Mikszan	1.25	0.125	1.25	1.0	1.0	0.1
SU2B: Active Aging Playground - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU2C: Training the Neurodivergent Client - Christine Conti, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU2D: The Battle for Mobility - Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU2F: Silver Tsunami - Billie Wartenberg & Autumn Hammer	1.25	NA	1.25	1.0	1.0	0.1
SU2G: Solve 30 Training & Nutrition Mistakes - Dr. Jonathan Mike, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SU2H: Individualized Semi-Private Training - Greg Johnson, MS	1.25	0.125	1.25	1.0	1.0	0.1
SU3 10:45am-12:00pm						
SU3A: Optimal Overhead Pressing - Jonathan Mike, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SU3B: LaBlast® Chair Fitness: Pull up a Seat - Laura Mikszan	1.25	0.125	1.25	1.0	1.0	0.1
SU3C: Bringing Back Foundational Strength Training - Greg Johnson, MS	1.25	0.125	1.25	1.0	1.0	0.1
SU3D: Functional Soft Tissue: Mobility & Stability - Michael Hughes	1.25	0.125	1.25	1.0	1.0	0.1
SU3F: Liquid Gym Acqua Toner Stretch & Tone - Billie Wartenberg	1.25	NA	1.25	1.0	1.0	0.1
SU3G: Kitchen Makeover for Food Lovers - Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
SU3H: Monetize Your Bottom Line - Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU4 12:15pm-1:30pm						
SU4A: Power in the Transverse Plane: How to Become a Rotational Powerhouse - Dr. Jonathan Mike, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SU4B: Creative Programming 55+ - Billie Wartenberg	1.25	NA	1.25	1.0	1.0	0.1
SU4C: Glute Training: Beginner to Advanced - Greg Johnson, MS	1.25	0.125	1.25	1.0	1.0	0.1
SU4D: Heat Ups & Finishers - Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU4F: Strong & Stable Aqua - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU4G: Mindset Magic: Guiding Nutrition Mastery - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU4H: Attract, Motivate & Retain Clients with Chronic Illness - Christine Conti, MEd	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: _____



CERTIFICATE OF ATTENDANCE

PRESENTED TO

ATLANTA MANIA® 2024
FITNESS PROFESSIONAL CONVENTION

CONTINUING EDUCATION CREDITS & UNITS

SCW - SCW Fitness Education - 20 CECs (AT24)

ACE - American Council on Exercise - 2.0 CECs (CEP290063)

ACSM - American College of Sports Medicine - 20 CECs (N/A)

AEA - Aquatic Exercise Association - 17 CECs (11797)

AFAA - Aerobics and Fitness Association of America - 15 CEUs (10241)

NASM - National Academy of Sports Medicine - 1.7 CEUs (316)



A handwritten signature in black ink that reads 'Sara Kooperman'.

Sara Kooperman, JD
CEO, SCW FITNESS EDUCATION

[SCWFIT.COM/MANIA](https://scwfit.com/mania)