

**SCW Atlanta Mania® 2025: July 25-27 CEC/CEU Form**

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

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

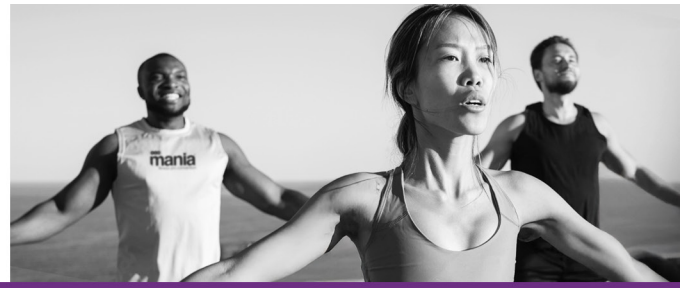
Please print this Form, circle applicable sessions, sign, and save for your records (you do not need to send this form to SCW)

To renew your SCW Certification, you need 20 CECs every 2 years: [www.scwfit.com/certifications-faq](http://www.scwfit.com/certifications-faq)

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

**Friday, July 25, 2025**

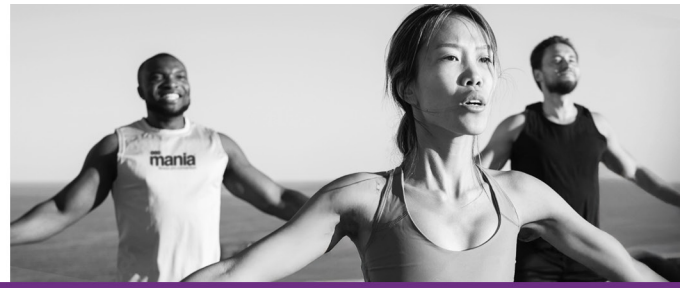
	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	AT25	CEP315879	NA	11930	10241	316
<b>FR1 7:30am-8:45am</b>						
FR1A: Functional Fitness for all Levels – Bill Shuttic, MBA, CPT	1.25	0.125	1.25	1.0	1.0	0.1
FR1B: Pump Your Peach! – Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR1C: Quiet Chaos, Find Your Rhythm – Robert Sherman	1.25	0.125	1.25	1.0	1.0	0.1
FR1D: Pro Athlete Recovery – Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR1E: Joint Replacements: Returning Triumphant! – Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
FR1F: Aqua Intervals – Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
FR1G: Debunking Exercise Science Myths – Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR1H: Build a High-Performance Team – Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
<b>FR2 9:00am-10:15am</b>						
FR2A: Dementia Client Strategies for Trainers – Deborah Rothschild, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR2B: Everyday Strength: Coaching the Active Aging Female – Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1
FR2C: Ride the Rhythm: Mastering Music & Choreography – Ynessa Smith	1.25	0.125	1.25	1.0	1.0	0.1
FR2D: Group Strength Blueprint – Lauren George, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR2E: Ayurveda for Self-Care – Tracy Jennings-Hill, E-RYT 500, C-IAYT	1.25	0.125	1.25	1.0	1.0	0.1
FR2F: Wave Works – Tanisha (Tani) Haggard & Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
FR2G: How to Avoid Being My Patient – Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
FR2H: Women's Leadership: Climbing, Creating & Conquering in Fitness Panel – Sara Kooperman, JD, Gail Bannister-Munn, Christine Conti, MEd, Amber Toole, Ann Gilbert & Danielle Ontiveros	1.25	0.125	1.25	1.0	1.0	0.1
<b>FR3 11:00am-12:15pm</b>						
FR3A: Master Knee-Pain Reduction Strategies – Ruston Webb, MS, FMS II, TPI-CGFI III	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: Trends In Cycling – Robert Sherman	1.25	0.125	1.25	1.0	1.0	0.1
FR3D: ZUMBA® – Erick Santana	1.25	0.125	1.25	1.0	1.0	0.1
FR3E: Symmetry AlignSmart® – Scientific Stretching – Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
FR3F: LaBlast® Splash: Buoyant Ballroom Blitz – Louis van Amstel	1.25	0.125	1.25	1.0	1.0	0.1
FR3G: Supporting Clients on Anti-Obesity Medications – Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR3H: Start & Grow Your Business – Sara Kooperman, JD, Amber Toole, Kylie Ross & Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
<b>FR4 12:30pm-1:45pm or 1:15pm-2:30pm</b>						
FR4A: Prime Performance for 50+ – Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR4B: Intervals Reimagined: Strength – Power – Roll – Christine Conti, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR4C: Fit for Life: Active Agers – Eric Thomson, MA	1.25	0.125	1.25	1.0	1.0	0.1
FR4D: Step it Up! – Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1



FR4E: Human Reformer Pilates – Lauren George, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR4F: Water Running – Yury Rockit	1.25	0.125	1.25	1.0	1.0	0.1
FR4G: Nutrition: Hot Topic Research – Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR4H: Marketing to Active Agers Panel – Sara Kooperman, JD, Ann Gilbert, Deborah Rothschild, MS & Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
<b>FR5 2:45pm-4:00pm</b>						
FR5A: Dare to Chair – Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR5B: Kettlebell Krush – Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1
FR5C: Full Body Fusion: Balanced HIIT – Kelli Brightwell, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR5D: Bodyfit: Tips on Modifications – Kylie Ross, MSM, MBA	1.25	0.125	1.25	1.0	1.0	0.1
FR5E: Shoulder Pain: Optimize Through Exercise – Ruston Webb, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR5F: Aqua Disco – Tanisha (Tani) Haggard	1.25	0.125	1.25	1.0	1.0	0.1
FR5G: Body Composition Scales For Teachers & Trainers – Joseph Han, CSM, PMP	1.25	0.125	1.25	1.0	1.0	0.1
FR5H: Making Sales Suck Less – Dane Robinson	1.25	NA	1.25	1.0	1.0	0.1
<b>FR6 4:30pm-5:45pm</b>						
FR6A: Aging Brains & Bones – Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR6B: Beyond Squat: Unconventional Lower Body Training – Yury Rockit	1.25	0.125	1.25	1.0	1.0	0.1
FR6C: Awaken Athleticism in HIIT Sessions – Kelli Brightwell, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR6D: Stretch Savvy: Hands-On Techniques – Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR6E: Functional Pilates Powerhouse – Lauren George, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR6F: Liquid Gym Acqua Toner Stretch & Tone – Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
FR6G: Chair Yoga for Mobility & Strength – Sara Kooperman, JD	1.25	0.125	1.25	1.0	1.0	0.1
FR6H: Mastering Macros – Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
<b>FR7 6:00pm - 7:00pm</b>						
FR7A: Dance Off! - Manuel Velazquez, Tricia Murphy Madden, Javier Alvarez, Felix Ojeda, MS, MBA	1.0	1.0	1.0	1.0	1.0	0.1
FR7C: SCW Fitness Star Search Sara Kooperman, JD, Sara Vandenberg, MS, Michele Park, Gail Bannister-Munn	1.0	NA	1.0	1.0	1.0	0.1
FR7D: Stretch-Breathe-Recover - Kimberly Spreen-Glick	1.0	1.0	1.0	1.0	1.0	0.1
FR7G: Business Keynote: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI III	1.0	NA	1.0	1.0	1.0	0.1
<b>FRIDAY TOTALS</b>						

## Saturday, July 26, 2025

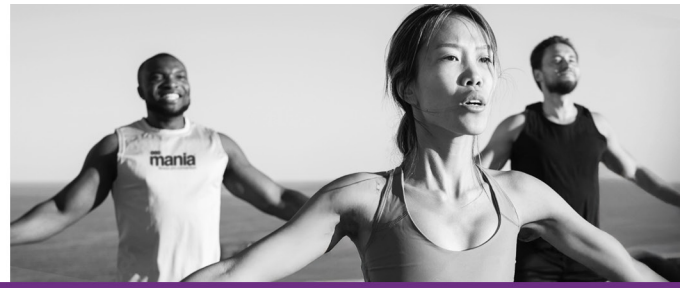
	<b>SCW</b>	<b>ACE</b>	<b>ACSM</b>	<b>AEA</b>	<b>AFAA</b>	<b>NASM</b>
Provider Number	AT25	CEP315879	NA	11930	10241	316
<b>SA1 7:30am-8:45am</b>						
SA1A: Athletic Aging by Ever Flexed - Lauren George, MS	1.25	0.125	1.25	1.0	1.0	0.1
SA1B: Don't Forget Your Unilateral Exercises - Rosie Lemons, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SA1C: Connect With Music, Messaging, Motivation - Robert Sherman	1.25	0.125	1.25	1.0	1.0	0.1
SA1D: SOULkickboxing™ - Lindsey Coleman, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA1E: Hip Mobility for Peak Performance - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA1F: Ageless Aqua - Tanisha (Tani) Haggard & Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SA1G: Women: Training Through The Stages - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA1H: Your Financial Health - Kylie Ross, MSM, MBA	1.25	0.125	1.25	1.0	1.0	0.1
<b>SA2 9:15am-10:30am - KEYNOTE ADDRESS:</b>						
SA2A: The Purpose-Driven Fitness Formula – Ruston Webb, MS, FMS II, TPI-CGFI III	1.25	0.125	1.25	1.0	1.0	0.1



SA3 11:00am-12:15pm						
SA3A: S.E.A.T. Supported Exercise for Ageless Training – Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
SA3B: Welcome to the Terrordome – Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1
SA3C: HIIT Every Energy System – Kelli Brightwell, MS	1.25	0.125	1.25	1.0	1.0	0.1
SA3D: Barreless Barre – No Barre, No Limits – Lauren George, MS	1.25	0.125	1.25	1.0	1.0	0.1
SA3E: Prana Energy – Lisa Greenbaum, E-RYT 500, C-IAYT	1.25	0.125	1.25	1.0	1.0	0.1
SA3F: Aquatic Strength Training – Irene PlumMentz, PT	1.25	0.125	1.25	1.0	1.0	0.1
SA3G: Body Composition 101: Tools & Insights – Joseph Han, CSM, PMP	1.25	0.125	1.25	1.0	1.0	0.1
SA3H: Marketing Mastery – Christine Conti, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA4 12:30pm-1:45pm or 1:15pm-2:30pm						
SA4A: ToughAgers® Active Older Adult Fitness – Deborah Rothschild, MS	1.25	0.125	1.25	1.0	1.0	0.1
SA4B: Full Body Workout with BillyStix™ – Bill Shuttic, MBA, CPT	1.25	0.125	1.25	1.0	1.0	0.1
SA4C: Glute Goals – Eric Thomson, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA4D: LaBlast® Fitness: Ballroom Blitz – Louis van Amstel	1.25	0.125	1.25	1.0	1.0	0.1
SA4E: SOULfusion™ EXPERIENCE – Lindsey Coleman, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA4F: Aqua Drums Vibes – Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SA4G: Physics of Pain & Performance – Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
SA4H: Strength Training for Active Agers Panel – Sara Kooperman, JD, Dane Robinson, Ann Gilbert & Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
SA5 2:45pm-4:00pm						
SA5A: Mobility Training – Online or In-Person – Ruston Webb, MS	1.25	0.125	1.25	1.0	1.0	0.1
SA5B: The Core 6: Strength & Movement Essentials – Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA5C: Create Rides With AI – Robert Sherman	1.25	0.125	1.25	1.0	1.0	0.1
SA5D: Yoga-Bata VIIT – Rosie Lemons, MS, ERYT	1.25	0.125	1.25	1.0	1.0	0.1
SA5E: Posture & Alignment with Personal Training – Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
SA5F: Liquid Gym: Star Workout – Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SA5G: Boost Your Pre-Workout & Recovery – Sara Kooperman, JD, Danielle Ontiveros, Amber Toole & Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA5H: The Sold-Out Class Strategy – Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
SA6 4:30pm-5:45pm						
SA6A: Pelvic Floor from the Outside In – Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA6B: HIIT Dance Jam – Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1
SA6C: Strong Her – Eric Thomson, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA6D: Step 'N Sweat – Amanda Holtsclaw, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA6E: Pair Up With Pilates – Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SA6F: Tides of Power – Tanisha (Tani) Haggard & Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SA6G: Fall Prevention for Fitness Professionals – Christine Conti, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA6H: Stretching Strategies: Flexibility, Recovery, Performance Panel – Sara Kooperman, JD, Gail Bannister-Munn, Ruston Webb, MS, FMS II, TPI-CGFI III, & Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
SATURDAY TOTALS						

**Sunday, July 27, 2025**

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	AT25	CEP315879	NA	11930	10241	316
SU1 7:30am-8:45am						
SU1A: Forever Fit: Flexibility, Strength, Flow – Christine Conti, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU1B: SOULstrength™ EXPERIENCE – Lindsey Coleman, MA	1.25	0.125	1.25	1.0	1.0	0.1



SU1D: LaBlast® Fitness for all Ages – Laura Mikszan	1.25	0.125	1.25	1.0	1.0	0.1
SU1E: Yin+Restore Yoga – Lisa Greenbaum, E-RYT 500, C-IAYT	1.25	0.125	1.25	1.0	1.0	0.1
SU1F: All-Inclusive Aquatics – Irene PluimMentz, PT	1.25	0.125	1.25	1.0	1.0	0.1
SU1G: Balancing the Burn – Managing Inflammation – Rosie Lemons, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SU1H: Nutrition for Healthy Aging – Gregory Charlop, MD	1.25	0.125	1.25	1.0	1.0	0.1
<b>SU2 9:00am-10:15am</b>						
SU2A: Age Defying Mobility Training: Enhancing Longevity – Ruston Webb, MS	1.25	0.125	1.25	1.0	1.0	0.1
SU2B: Strength & Grace: Back to Power – Rosie Lemons, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SU2D: BARREfusion™ Experience – Lindsey Coleman, MA	1.25	0.125	1.25	1.0	1.0	0.1
SU2E: Authentic Mat Pilates Uncovered – Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU2F: AQUAHOLIC – Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU2G: Preventing Common Fitness Injuries – Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
SU2H: Client to Competitor – Shalom Singer	1.25	0.125	1.25	1.0	1.0	0.1
<b>SU3 10:45am-12:00pm</b>						
SU3A: AASK Amber: Anti-Aging Survival Kit – Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU3B: Step Up Your Groove – Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU3D: FitLife: Adapted Fitness for Special Abilities – Laura Mikszan	1.25	0.125	1.25	1.0	1.0	0.1
SU3E: Yin to my Yang – Rosie Lemons, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SU3F: Soca Splash – Tanisha (Tani) Haggard	1.25	0.125	1.25	1.0	1.0	0.1
SU3G: Alcohol & Aging: Myths vs. Facts – Gregory Charlop, MD	1.25	0.125	1.25	1.0	1.0	0.1
SU3H: Hydrate Before You Dehydrate – Jaymar Saniatan, RD, CPT	1.25	0.125	1.25	1.0	1.0	0.1
<b>SU4 12:15pm-1:30pm</b>						
SU4A: LaBlast® Chair Fitness: Pull Up a Seat – Laura Mikszan	1.25	0.125	1.25	1.0	1.0	0.1
SU4B: Flex Like a Boss – Tanisha (Tani) Haggard	1.25	0.125	1.25	1.0	1.0	0.1
SU4D: Kardio Kenpo – Bill Shuttic, MBA, CPT	1.25	0.125	1.25	1.0	1.0	0.1
SU4E: Dynamic Stretching – Shalom Singer	1.25	0.125	1.25	1.0	1.0	0.1
SU4F: Aqua Boost Cardio Splash – Amanda Holtsclaw, MA	1.25	0.125	1.25	1.0	1.0	0.1
SU4G: Stress & Inflammation: Impacts & Outcomes – Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU4H: Create Content to Boost Sales – Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
<b>SUNDAY TOTALS</b>						

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Signature: \_\_\_\_\_



# CERTIFICATE OF ATTENDANCE

PRESENTED TO

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## ATLANTA MANIA® 2025 FITNESS PROFESSIONAL CONVENTION

### CONTINUING EDUCATION CREDITS & UNITS

SCW - SCW Fitness Education - 20 CECs (AT25)

ACE - American Council on Exercise - 2.1 CECs (CEP315879)

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

AEA - Aquatic Exercise Association - 17 CECs (11930)

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)