



2023 California MANIA® March 31 - April 2 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).
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 Please renew your SCW Certification by going to the following website: www.scwfit.com/certification

FRIDAY, March 31, 2023

	SCW	ACSM	AFAA	NASM		
FR1 7:30am-8:45am						
FR1A: ESSENTIALS OF PROPER SHOULDER MECHANICS Fabio Comana, MA, MS	0.125	1.25	1.0	1.0	0.1	
FR1B: STABILIZE THE SHOULDER Andrew Gavigan	0.125	1.25	1.0	1.0	0.1	
FR1C: CHAIR YOGA Kimberly Spreen-Glick	1.25	0.125	1.25	1.0	1.0	0.1
FR1D: FIGHT CLUB Diva Richards	1.25	1.25	1.25	1.0	1.0	0.1
FR1E: SCHWINN®: R.I.S.E. & #RIDERIGHT Helen Vanderburg	1.25	1.25	1.25	1.0	1.0	0.1
FR1F: AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS Manuel Velazquez	0.125	1.25	1.25	1.0	1.0	0.1
FR1G: MYTHS & SCIENCE OF TRAINING WOMEN Joanne G	0.125	1.25	1.25	1.0	1.0	0.1
FR1H: BUILDING YOUR BUSINESS Chris Stevenson, CSCS	0.125	1.25	1.25	1.0	1.0	0.1
FR2 9:00am-10:15am						
FR2A: FUNCTIONAL TRAINING FOR ACTIVE AGERS Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR2B: SOULSTRENGTH™ WITH CARDIO KICKBOXING INTERVALS Michele	1.25	NA	1.25	1.0	1.0	0.1
FR2C: A WALL DOES IT ALL Stacey Lei Krauss	1.25	0.125	1.25	1.0	1.0	0.1
FR2D: DISCOVER A TEACHING VACATION	1.25	0.125	1.25	1.0	1.0	0.1
FR2E: SCHWINN®: DYNAMIC DUOS - CYCLING & SWIMMING	1.25	0.125	1.25	1.0	1.0	0.1
FR2F: AQUA HIT & BOX Irene McCormick, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR2G: FEASTING & FASTING? Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
FR2H: SUCCESSFUL MARKETING CALLS Bill Werd	1.25	0.125	1.25	1.0	1.0	0.1
FR3 11:00am-12:15pm						
FR3A: SCHWINN® ACTIVE OLDER ADULT FITNESS Sarah Rothschild, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR3B: STRENGTHEN YOUR CORE Manny	1.25	0.125	1.25	1.0	1.0	0.1
FR3C: STRENGTHEN YOUR CORE Manny Zahn	1.25	0.125	1.25	1.0	1.0	0.1
FR3D: STRENGTHEN YOUR CORE Manny Zahn	1.25	0.125	1.25	1.0	1.0	0.1
FR3E: SCHWINN®: LEADER OF THE PACK Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR3F: AQUA BRAIN POWER Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR3G: STRESS!! WHAT? Fabio Comana, MA, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR3H: NEW WORLD SALES & MARKETING BILL McBride	1.25	0.125	1.25	1.0	1.0	0.1
FR4 12:30pm-1:45pm or 1:15pm-2:30pm						
FR4A: 99 REASONS FOR FOOT FITNESS Stacey Lei Krauss	1.25	0.125	1.25	1.0	1.0	0.1
FR4B: KILLER CORE Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR4C: FIRE & ICE YOGA Kimberly Spreen-Glick	1.25	0.125	1.25	1.0	1.0	0.1
FR4D: WARRIOR COMBAT: KEEP FIGHTING Diva Richards & Ellen de Werd	1.25	0.125	1.25	1.0	1.0	0.1
FR4E: SCHWINN®: LET THE BEAT DROP Eric Thomson	1.25	0.125	1.25	1.0	1.0	0.1



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FR4F: WATER WORKS Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR4G: FIVE FAT-BURNING HORMONES Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR4H: CREATING WITH CANVA Marisa Hoff, MEd	1.25	0.125	1.25		1.0	0.1
FR5 2:45pm-4:00pm						
FR5A: MOBILITY, FASCIA & THE ACTIVE AGER Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
FR5B: LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY Siri Chilazi, MBA, MA	1.25	0.125	1.25			0.1
FR5C: SYMMETRY: ADVANCED CORRECTIVE EXERCISE Patrick Mummy	1.25	0.125	1.25			0.1
FR5D: MOVE YOUR CORE THE LATIN WAY Jackie Rodriguez	1.25	NA	1.25	1.0	1.0	0.1
FR5E: SCHWINN®: POLISHING DIAMONDS - LEVEL UP Helen Vanderburg	1.25	0.125	1.25	1.0		
FR5F: LABLAST® SPLASH: EMOTIONAL WEALTH Apy Figueroa	1.25		1.25	1.0		
FR5G: MUSCLE DEVELOPMENT - BUILDING BIGGER MUSCLES EFFECTIVELY Fabio Comana, MA, MS	1.25		1.25	1.0	1.0	0.1
FR5H: REBUILDING SANDCASTLES: 2023 Bill McBride	1.25	0.125	1.25	1.0	1.0	0.1
FR6 4:30pm-5:45pm						
FR6A: SITTING PRETTY: STRENGTH AND SUPPORT Ann Gilbert		0.125		1.0	1.0	0.1
FR6B: GLUTE TRAINING: BEGINNER TO ADVANCED Greg Johnson, MS	1.25	0.125	1.25		1.0	0.1
FR6C: HIGH ROLLER Abbie Appel	1.25		1.25		1.0	0.1
FR6D: E.M.H. TRAINING Andrew Gavigan	1.25		1.25	1.0	1.0	0.1
FR6F: STRONG & STABLE Aqua Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
FR6G: THE SCIENCE & APPLICATION OF ASSESSMENTS Joanne Groves	1.25	0.125	1.25	1.0	1.0	0.1
FR6H: RETAIN AND ENGAGE YOUR PERSONAL TRAINING CLIENTS Marisa Hoff, MEd		0.125	1.25	1.0	1.0	0.1
FR7 6:15pm-7:15pm						
FR7A: FITNESS IDOL JUDGES: Sara Kooperman, JD, Manuel Velazquez, Kimberly Sprague, Kristin Werd	1.0	NA	1.0	1.0	1.0	0.1
FR7C: SMR: FUNCTIONAL FASCIA TECHNIQUES Andrew Gavigan	1.0		1.0	1.0	1.0	0.1
GRAND TOTAL:						

SAMPLE



SATURDAY, April 1, 2023

	SCW	ACE	ACSM	AFAA	NASM
Provider Number					
SA1 7:30am-8:45am					
SA1A: S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING Ann Gilbert	1.25	0.125	1.25		0.1
SA1B: BRINGING BACK FOUNDATIONAL STRENGTH TRAINING Greg Johnson, MS	1.25	0.125	1.25	1.0	0.1
SA1C: SOULFUSION™ EXPERIENCE Michele Park	1.25	NA	1.25	1.0	0.1
SA1D: CORE TRAINING MEETS FUN Jackie Rodriguez	1.25		1.25	1.0	
SA1E: SCHWINN®: PRIME DESIGN 2.0 Jason Schneider	1.25		1.25	1.0	0.1
SA1F: SILVER TSUNAMI Manuel Velazquez	1.25		1.25	1.0	0.1
SA1G: EAT TO LOSE! Dr. Candice Seti, Psy.D.	1.25	0.125	1.25	1.0	0.1
SA1H: STOP GUESSING WHAT YOUR CLIENTS WANT! Chris Stevenson, CSCS		0.125		1.0	0.1
SA2 9:15am-10:30am - KEYNOTE ADDRESS:					
SA2A: EXERCISE IS MEDICINE Dr. Edward Laskowski, MD	1.25		1.25	1.0	0.1
SA3 11:00am-12:15pm					
SA3A: STRENGTH THROUGH THE AGES Abbie Appel	1.25	0.125	1.25	1.0	0.1
SA3B: PLANKS IN ALL THREE PLANES Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	0.1
SA3C: THE ART OF BREATHWORK Stacey Lei Krauss		0.125	1.25	1.0	0.1
SA3D: LABLAST® FITNESS: EMOTIONAL WEALTH Apy Figueroa		0.125	1.25	1.0	0.1
SA3E: SCHWINN®: BREATHY NOT BREATHLESS Helen Vanderburg	1.25	0.125	1.25	1.0	0.1
SA3F: STRENGTH BENEATH THE SURFACE Irene PluimMentz	1.25	0.125	1.25	1.0	0.1
SA3G: PHYSICS OF PAIN & PERFORMANCE Patrick Mummy	1.25	0.125	1.25	1.0	0.1
SA3H: EFFECTIVE GX & PT SALES STRATEGIES PANEL Sara Korman, JD, Diva Richards, MS, The Werder Group Chris Stevenson & Greg Johnson	1.25	NA	1.25	1.0	0.1
SA4 12:30pm-1:45pm or 1:15pm-2:30pm					
SA4A: ACTIVE AGERS FROM THE GROUND UP! Manuel Velazquez	1.25	0.125	1.25	1.0	0.1
SA4B: WARRIOR RHYTHM: STAND OUT Ellen de Werd	1.25	0.125	1.25	1.0	0.1
SA4C: POSTURE & ALIGNMENT Patrick Mummy	1.25	0.125	1.25	1.0	0.1
SA4D: COCONUT BEACH CAMP BY FIT & FUNCTION. Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	0.1
SA4E: SCHWINN®: TRI-CYCLE TRIPLES Jason Schneider	1.25	0.125	1.25	1.0	0.1
SA4F: H2O HIIT THE WALL Ann Gilbert	1.25	0.125	1.25	1.0	0.1
SA4G: CHASING THE DRAGON Melissa L. ...	1.25	0.125	1.25	1.0	0.1
SA4H: STAND OUT ON SOCIAL MEDIA Brant ...	1.25	0.125	1.25	1.0	0.1
SA5 2:45pm-4:00pm					
SA5A: THE ... Melissa Layne, MED ...	1.25	0.125	1.25	1.0	0.1
SA5B: MENTOR, NEW CLIENT Andrew Gavigan	1.25	0.125	1.25	1.0	0.1
SA5C: THE POWER OF YOGA Kimberly Spreen-Glick	1.25	0.125	1.25	1.0	0.1
SA5D: ... ENDER Diva ...	1.25	0.125	1.25	1.0	0.1
SA5E: ... SOL ...	1.25	0.125	1.25	1.0	0.1
SA5F: ... H2O Ann Gilbert	1.25	0.125	1.25	1.0	0.1
SA5G: SLEEP: THE WEIGHT LOSS MIRAC ... Candice Seti, Psy.D.	1.25	0.125	1.25	1.0	0.1
SA5H: BUILDING SUCCESSFUL HYPER ... NESS Reena Yokoun, MS	1.25	0.125	1.25	1.0	0.1
SA6 4:30pm-5:45pm					
SA6A: TRANSFORMATIONAL TRAINING AFTER 40 Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	0.1
SA6B: OPTIMAL OVERHEAD PRESSING Jonathan Mike, PhD	1.25	0.125	1.25	1.0	0.1
SA6C: HAPPY HIPS & HEALTHY BACKS Ronnie Fulton	1.25	0.125	1.25	1.0	0.1
SA6D: ONE & DONE Rose Zahnn	1.25	0.125	1.25	1.0	0.1
SA6E: SCHWINN® CYCLE MIXOLOGY - KILLER PLAYLISTS Eric Thomson	1.25	0.125	1.25	1.0	0.1



SA6F: H2O STRENGTH Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
SA6G: SPORTS SUPPLEMENTATION: SCIENTIFICALLY BACKED PERFORMANCE Dr. Parker Hyde, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SA6H: RETIRED NOT EXPIRED! STRENGTH TRAINING FOR MATURE ADULTS PANEL Sara Kooperman, JD, Ann Gilbert, Melissa Layne, MEd & Abbie Appel	1.25	NA	1.25		1.0	0.1
SATURDAY TOTALS						

SUNDAY, April 2, 2023

	SCW	ACE	NSCA	AEA	NSA	NASM
Provider Name						
SU1 7:30am-8:45am						
SU1A: LABLAST@ CHAIR FITNESS Apy Figueroa	1.25	0.125	1.25	1.0	1.0	0.1
SU1B: HOW TO MASTER THE DEADLIFT Dr. Jonathan Mike PhD	1.25	0.125	1.25	1.0	1.0	0.1
SU1C: SHOULDER SOLUTIONS FOR PAIN-FREE MOVEMENT Brian Bettendorf, MSM, MA	1.25	0.125	1.25	1.0	1.0	0.1
SU1D: STRONGHER & F.I.T. Rossie Ballard	1.25	0.125	1.25	1.0	1.0	0.1
SU1F: TURBULENCE TRAINING Irene PluimMentz, PT	1.25	0.125	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: THE BEAUTY OF BUILDING A BRAND Michele Park	1.25	0.125	1.25	1.0	1.0	0.1
SU2 9:00am-10:15am						
SU2A: INFLUENCE OF FASCIA: ACTIVE ADULT Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU2B: FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS Dr. Jonathan Mike, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SU2C: ACTIVE RECOVERY FOR OPTIMAL PERFORMANCE Rossie Ballard	1.25	0.125	1.25	1.0	1.0	0.1
SU2D: BARREFUSION™ EXPERIENCE Michele Park	1.25	NA	1.25	1.0	1.0	0.1
SU2F: LABLAST@ SPLASH: EMOTIONAL WEALTH Apy Figueroa	1.25	0.125	1.25	1.0	1.0	0.1
SU2G: OPTIMAL RECOVERY Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU2H: INEXPENSIVE MARKETING FOR YOUR BUSINESS PROFITABILITY Sara Kooperman, JD	1.25	NA	1.25	1.0	1.0	0.1
SU3 10:45am-12:00pm						
SU3A: WARRIOR STRENGTH™: PUT FUN IN FUNCTION Rossie Ballard	1.25	0.125	1.25	1.0	1.0	0.1
SU3B: EXERCISE TESTING FOR ATHLETES AND NON-ATHLETES Eve Fleck, MS	1.25	0.125	1.25	1.0	1.0	0.1
SU3C: LOWER BODY SELF CARE Brian Bettendorf, MSM, MA	1.25	0.125	1.25	1.0	1.0	0.1
SU3D: F.I.T. VIBE Rossie Ballard	1.25	0.125	1.25	1.0	1.0	0.1
SU3F: AQUA AGILITY Rosie Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU3G: METABOLIC DIETS: HISTORY & APPLICATION Dr. Parker Hyde, PhD	1.25	0.125	1.25	1.0	1.0	0.1
SU3H: RESEARCHING FOR STRENGTH: A FEASIBLE FUTURE PANEL Sara Kooperman, JD, Ronnie Fulton, Irene PluimMentz, MS, CSCS, Dr. Parker Hyde, PhD & Michele Park	1.25	NA	1.25	1.0	1.0	0.1
SU4 12:00pm-1:15pm						
SU4A: NEW RESEARCH TO MOBILITY AND STRENGTHENING Brian Bettendorf, MSM, MA	1.25	0.125	1.25	1.0	1.0	0.1
SU4B: ANAEROBIX Eve Fleck, MS	1.25	0.125	1.25	1.0	1.0	0.1
SU4C: 5 SECONDS TO IMPROVE YOUR FITNESS Ronnie Fulton	1.25	0.125	1.25	1.0	1.0	0.1
SU4D: ELITE HIIT FOR WOMEN Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU4F: AQUA AGILITY Rosie Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU4G: SELF-CARE FOR YOUR IMMUNE SYSTEM Dr. Candice Seti, Psy.D	1.25	0.125	1.25	1.0	1.0	0.1
SU4H: EVERYDAY LEADERSHIP Francesca Schuler, MBA	1.25	NA	1.25	1.0	1.0	0.1

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