



2023 DC MANIA® Feb 24 - 26 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, February 24, 2023

	SCW	ACSM	AFAA	NASM		
FR1 7:30am-8:45am						
FR1A: FUNCTIONAL TRAINING FOR ACTIVE AGERS Ann Gilbert	0.125	1.25	1.0	1.0	0.1	
FR1B: TOP TIER CORE CONDITIONING Dane Robinson	0.125	1.25	1.0	1.0	0.1	
FR1C: TAI-CHI INFUSED YOGA Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR1D: TRAMP CAMP - LET'S JUMPSTART MANIA® Sabrina Ursaner	1.25	0.125	1.25	1.0	1.0	0.1
FR1E: KINESTHERAPY Brittainye Wise	1.25	0.125	1.25	1.0	1.0	0.1
FR1F: AQUA INTERVAL INTEGRATION MaryBeth Dziubinski	0.125	1.25	1.0	1.0	0.1	
FR1G: FAD DIETS & FAILED EXPECTATIONS	0.125	1.25	1.0	1.0	0.1	
FR1H: SMART STRATEGIES FOR SERIOUS SALES Detric Smith	0.125	1.25	1.0	1.0	0.1	
FR2 9:00am-10:15am						
FR2A: STRENGTH TRAINING FOR LONGEVITY & VITALITY Sara Koopman	1.25	0.125	1.25	1.0	1.0	0.1
FR2B: SOULSTRENGTH™ EXPERIENCE Manda Lubov	1.25	0.125	1.25	1.0	1.0	0.1
FR2C: MAT TO THE MAX Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR2D: LABLAST@ FITNESS: DANCE. DANCE. DANCE. Dani Perodeau	1.25	0.125	1.25	1.0	1.0	0.1
FR2E: LIT 101 (LOW IMPACT TRAINING) Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR2F: WATER WORKS Cheri Kulp, Mac Carver, Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR2G: FIVE FAT-BURNING HORMONES Melissa Med	1.25	0.125	1.25	1.0	1.0	0.1
FR2H: CONTENTMENT IN PARADISE Suaz	1.25	0.125	1.25	1.0	1.0	0.1
FR3 11:00am-12:15pm						
FR3A: SUPPORTED EXERCISE FOR AGELESS AGING Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR3B: CORELESS CORE FOR ALL AGES Lisa Wehl	1.25	0.125	1.25	1.0	1.0	0.1
FR3C: BACK PAIN MANAGEMENT Suadd Ghaf	1.25	0.125	1.25	1.0	1.0	0.1
FR3D: COCONUT BEACH CAMP BY FIT BOARDS C. Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	1.0	0.1
FR3E: BARRACUDA BOOTY Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR3G: HEALTHY WEIGHT LOSS STRATEGIES METITIAN Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
FR3H: THE FUTURE OF FITNESS Sara Koopman, JD, Liz Clark, Amber Toole, Sheldon McBee, & Brent Darden	1.25	NA	1.25	1.0	1.0	0.1
FR4 12:30pm-1:45pm or 1:15pm-2:30pm						
FR4A: JETTI: FITNESS FOR ALL AGES Carrie Boyle	1.25	0.125	1.25	1.0	1.0	0.1
FR4B: WARRIOR STRENGTH™ Ellen De Werd	1.25	0.125	1.25	1.0	1.0	0.1
FR4C: MYOFASCIAL RECOVERY Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
FR4D: MOVE YOUR CORE THE LATIN WAY Jackie Rodriguez	1.25	0.125	1.25	1.0	1.0	0.1



DC SCW MANIA® Fitness Pro Convention



SATURDAY, February 25, 2023

	SCW	ACE	ACSM	AEA	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	1.0	1.0	0.1
SA1B: SEXY, SMART STRENGTH FOR WOMEN Irene McCormick, MS, CSCS	1.25	0.125	1.25		1.0	0.1
SA1C: 5 SECONDS TO IMPROVED FLEXIBILITY Ronnie Fulton	1.25	0.125	1.25		1.0	0.1
SA1D: BUILDING BETTER BUTTS Kevin Mullins, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SA1E: KILLER KARDIO Diva Richards	1.25	0.125	1.25			0.1
SA1F: TIDAL TONING Cheri Kulp	1.25	0.125	1.25			0.1
SA1G: OPTIMAL RECOVERY Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA1H: LOWER THE LEARNING CURVE Sheldon McBee, MS	1.25	0.125	1.25	1.0		
SA2 9:15am-10:30am - KEYNOTE ADDRESS:						
SA2A: EXERCISE IS MEDICINE Dr. Edward Laskowski, MD	1.25		1.25	1.0	1.0	0.1
SA3 11:00am-12:15pm						
SA3A: AGING WITH STRENGTH & GRACE MaryBeth Dziubinski	1.25	0.125		1.0		0.1
SA3B: FUNCTIONAL CORE TRAINING Herson Garcia		0.125		1.0	1.0	0.1
SA3C: SOULFUSION™ EXPERIENCE Magda Lubov	1.25	0.125	1.25		1.0	0.1
SA3D: BARE BARRE Tanya Becker	1.25		1.25		1.0	0.1
SA3E: MAKE YOUR BRAIN SWEAT Alison Robbins	1.25		1.25	1.0	1.0	0.1
SA3F: AQUA EXCELLENCE FOR THE ACTIVE AGER Manuel Velazquez, Cheri Kulp & Mac Carvalho	1.25	0.125	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: INEXPENSIVE MARKETING FOR GROWTH & PROFITABILITY Sara Kooperman		0.125	1.25	1.0	1.0	0.1
SA4 12:30pm-1:45pm or 1:15pm-2:30pm						
SA4A: TRAMP CAMP: BOUNCE BASICS Sabrina Ursaner	1.25	0.125	1.25	1.0	1.0	0.1
SA4B: WARRIOR RHYTHM: THE GUTS TO STAND OUT Ellen de Werd	1.25	0.125	1.25	1.0	1.0	0.1
SA4C: DISCOVER A TEACHING VACATION Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA4D: JETTI FLOW & BARRE Jenny Mendoza		0.125	1.25	1.0	1.0	0.1
SA4E: ARM CANDY Abbie Appel		0.125	1.25	1.0	1.0	0.1
SA4F: H2O STRENGTH Manuel Velazquez, Cheri Kulp & Mac Carvalho	1.25	NA	1.25	1.0	1.0	0.1
SA4G: PERFECT PRACTICE MAKES PERFECT Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
SA4H: KNOW YOUR WORTH: FITNESS FINANCIAL WELLNESS Kylie Rose	1.25	0.125	1.25	1.0	1.0	0.1
SA5 2:45pm-4:00pm						
SA5A: ACTIVE AGERS FROM THE GRASSROOTS Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
SA5B: BRING THE TOYS! Gail Bannister	1.25	0.125	1.25	1.0	1.0	0.1
SA5C: POSTURE & ALIGNMENT Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
SA5D: LABLAST® FITNESS: EMOTIONAL WELLNESS Yoni Perod	1.25	0.125	1.25	1.0	1.0	0.1
SA5E: FIGHT CLUB Diva Richards	1.25	0.125	1.25	1.0	1.0	0.1
SA5F: STRENGTH ON THE SURFACE Irene McCormick	1.25	0.125	1.25	1.0	1.0	0.1
SA5G: NUTRITION AND FITNESS FOR THE ACTIVE AGER Melissa Layne, MEd, Susan G. Cosby, RDN, LD, Amber Toole & Rosie Malaghan, MS	1.25	NA	1.25	1.0	1.0	0.1
SA5H: BECOMING THE BOSS Dina Medina	1.25	0.125	1.25	1.0	1.0	0.1
SA6 4:15pm-5:45pm						
SA6A: CORE TRAINING WITH FLOW Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
SA6B: GAME YOUR CORE Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
SA6C: YOGA RESTORE Gail Bannister	1.25	0.125	1.25	1.0	1.0	0.1
SA6D: CORE TRAINING FOR THE ACTIVE AGER Dina Medina	1.25	0.125	1.25	1.0	1.0	0.1
SA6E: BAREFOOT KICKBOXING Dina Medina	1.25	0.125	1.25	1.0	1.0	0.1



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SA6F: AQUA HIIT & BOX Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SA6G: STOPPING INFLAMMATION THROUGH NUTRITION Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA6H: EFFECTIVE GX & PT SALES STRATEGIES Sara Kooperman, JD, Diva Richards, Amber Toole & Ann Gilbert	1.25	NA	1.25	1.0	0	0.1
SATURDAY TOTALS						

SUNDAY, February 26, 2023

Provider Name	CE	ACE	AEA	FAA	NASM	
SU1 7:30am-8:45am						
SU1A: LABLAST® CHAIR FITNESS Koni Perodeau	1.25	0.125	1.25	1.0	1.0	0.1
SU1B: CORE TRAINING METHODS Kevin Mullins, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU1C: THE BATTLE FOR MOBILITY Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU1D: JUST BEAT IT Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SU1E: KINESTHERAPY CIRCUIT Brittainye Wise	1.25	0.125	1.25	1.0	1.0	0.1
SU1F: STRONG & STABLE AQUA Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU1G: GETTING CLIENTS LEAN HEALTHFULLY Sohailla Digsby, RDN, LD	1.25	0.125	1.25	1.0	1.0	0.1
SU1H: TOP 10 REX STRATEGIES FOR 2023 Allison Flatley, MS	1.25	0.125	1.25	1.0	1.0	0.1
SU2 9:00am-10:15am						
SU2A: PRE-HAB FOR OLDER ADULTS Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SU2B: WARRIOR RHYTHM™ Rebecca Conser	1.25	0.125	1.25	1.0	1.0	0.1
SU2C: ACTIVE RECOVERY FOR OPTIMAL PERFORMANCE Ronnie Fulton	1.25	0.125	1.25	1.0	1.0	0.1
SU2D: POWER DANCE Veronika Batyan	1.25	0.125	1.25	1.0	1.0	0.1
SU2E: THE GRAVITY OF GRAVITY Jenna	1.25	0.125	1.25	1.0	1.0	0.1
SU2F: AQUA DISCO Tanisha Haggard	1.25	0.125	1.25	1.0	1.0	0.1
SU2G: WHAT DO YOU EAT? Kylie Ross	1.25	0.125	1.25	1.0	1.0	0.1
SU2H: CONNECT YOUR PASSION TO YOUR BUSINESS Tanya Becker	1.25	0.125	1.25	1.0	1.0	0.1
SU3 10:45am-12:00pm						
SU2A: PRE-HAB FOR OLDER ADULTS Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SU2B: WARRIOR RHYTHM™ Rebecca Conser	1.25	0.125	1.25	1.0	1.0	0.1
SU2C: ACTIVE RECOVERY FOR OPTIMAL PERFORMANCE Ronnie Fulton	1.25	0.125	1.25	1.0	1.0	0.1
SU2D: POWER DANCE Veronika Batyan	1.25	0.125	1.25	1.0	1.0	0.1
SU2E: THE GRAVITY OF GRAVITY Jenna	1.25	0.125	1.25	1.0	1.0	0.1
SU2F: AQUA DISCO Tanisha Haggard	1.25	0.125	1.25	1.0	1.0	0.1
SU2G: WHAT DO YOU EAT? Kylie Ross	1.25	0.125	1.25	1.0	1.0	0.1
SU2H: CONNECT YOUR PASSION TO YOUR BUSINESS Tanya Becker & Alicia Wehl	1.25	0.125	1.25	1.0	1.0	0.1
SU4 12:15pm-1:30pm						
SU4A: REDEFINE FUN FITNESS - REDEFINE YOURSELF Kevin Mullins, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU4B: LONG, STRONG, SCULPTED: DYNAMIC FLEXIBILITY Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	1.0	0.1
SU4C: TRAMP CAMP: REBOUND RECOVERY Sabrina Ursaner	1.25	0.125	1.25	1.0	1.0	0.1
SU4D: FITBARRE Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1



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SU4E: DISCO & DUMBBELLS Tanisha Haggard	1.25	0.125	1.25	1.0	0.1
SU4F: SWIM UP BARRE Rosie Malaghan, MS, ERYT-200	1.25	0.125	1.25	1.0	0.1
SU4G: LOW T FOR WOMEN? Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	0.1
SU4H: PERSONAL AND SMALL GROUP TRAINING SALES Sheldon McBee, MS	1.25	0.125	1.25	1.0	0.1
SUNDAY TOTALS					

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

First Name: _____

Last Name: _____

Signature: _____

SAMPLE