



SCW DC Mania® 2025: February 28 - March 2 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-faqs

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

Friday, February 28, 2025

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	DC25	CEP306996	NA	11859	10241	316
FR1 7:30am-8:45am						
FR1A: Kettlebell Training for Women - Phil Ross, George Corso	1.25	0.125	1.25	1.0	1.0	0.1
FR1B: Dare to Chair - Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR1C: ZUMBA® - Beatriz Busch	1.25	0.125	1.25	1.0	1.0	0.1
FR1D: Flow Like a Pro - David-Dorian Ross	1.25	0.125	1.25	1.0	1.0	0.1
FR1E: Liquid Gym Acqua Toner Stretch & Tone - Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR1F: Debunking Exercise Science Myths - Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
FR1G: Making Sales Suck Less - Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR2 9:00am-10:15am						
FR2A: Welcome II the Terrordome - Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1
FR2B: Aging Brains & Bones - Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
FR2C: Barre-Raising Workout - Veronika Batyan	1.25	0.125	1.25	1.0	1.0	0.1
FR2D: Iron and Silk: Power Meets Precision - David-Dorian Ross	1.25	0.125	1.25	1.0	1.0	0.1
FR2E: Buoy, Oh Buoy, Oh Buoy - Team Session	1.25	0.125	1.25	1.0	1.0	0.1
FR2F: Mastering Macros - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR2G: Stretching Strategies - Sara Kooperman, Dr. Edward Laskowski, et al.	1.25	0.125	1.25	1.0	1.0	0.1
FR3 11:00am-12:15pm						
FR3A: The Core 6: Strength & Movement Essentials - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR3B: Prime Performance for 50+ - Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
FR3C: Flex & Power: Hip Mobility Mastery - Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
FR3D: Unlocking Revenue Streams with Stretch Therapy - Evans Armantrading Jr.	1.25	0.125	1.25	1.0	1.0	0.1
FR3E: Aqua Ease: Flexibility for Active Agers - Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR3F: Boost Your Pre-Workout & Recovery - Sara Kooperman, Danielle Ontiveros	1.25	0.125	1.25	1.0	1.0	0.1
FR3G: Marketing Mastery - Christine Conti	1.25	0.125	1.25	1.0	1.0	0.1
FR4 12:30pm-1:45pm or 1:15pm-2:30pm						
FR4A: Kettlebell Krush - Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1
FR4B: ToughAgers® Active Older Adult Fitness - Deborah Rothschild	1.25	0.125	1.25	1.0	1.0	0.1
FR4C: Hip Mobility for Peak Performance - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR4D: CoreSpring® Pilates: Abs & Glutes - Charlyn Huss	1.25	0.125	1.25	1.0	1.0	0.1
FR4E: Liquid Gym Acqua Punch & Pump - Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR4F: Transforming Training for GLP-1 Clients - Eric Durak	1.25	0.125	1.25	1.0	1.0	0.1
FR4G: Start & Grow Your Business - Panel Discussion	1.25	0.125	1.25	1.0	1.0	0.1



FR5 2:45pm-4:00pm						
FR5A: Mobility Training – Online or In-Person - Ruston Webb, MS, FMS II, TPI-CGFI III	1.25	0.125	1.25	1.0	1.0	0.1
FR5B: Strength Training for Longevity & Vitality II - Sara Kooperman, JD	1.25	0.125	1.25	1.0	1.0	0.1
FR5C: SOULfusion™ EXPERIENCE - Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
FR5D: SYMMETRY - Scientific Stretching - Patrick Mummy, Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR5E: Aqua ZUMBA® - Jenna Bostic	1.25	0.125	1.25	1.0	1.0	0.1
FR5F: Nutrition for Lasting Change - Merle Lee, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR5G: Find & Enroll Clients Using Social Media - Brandi Clark	1.25	NA	1.25	1.0	1.0	0.1
FR5H: Retention Strategies: Unlocking The Key To Customer Loyalty - Eduardo Netto, MS	1.25	0.125	1.25	1.0	1.0	0.1
FR6 4:30pm-5:45pm						
FR6A: Next-Level Core Training - Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
FR6B: Boost Brain & Body Balance - Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR6C: Pump Your Peach! - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR6D: Gentle Yoga for Mobility - Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR6E: LaBlast® Splash: Buoyant Ballroom Blitz - Deanna Dovel	1.25	0.125	1.25	1.0	1.0	0.1
FR6F: Nutrition: Hot Topic Research - Melissa Layne, MED	1.25	0.125	1.25	1.0	1.0	0.1
FR6G: Your Financial Health - Kylie Ross, MSM, MBA	1.25	0.125	1.25	1.0	1.0	0.1
FR7 6:00pm-7:00pm						
FR7A: MANIA® DANCE OFF!!	1.0	1.0	1.0	1.0	1.0	0.1
FR7B: Fitness Idol - Sara Kooperman, JD, Ann Gilbert, Dane Robinson, Amber Toole	1.0	NA	1.0	1.0	1.0	0.1
FR7D: Yin to My Yang - Rosie Lemons, MS, ERYT-200	1.0	1.0	1.0	1.0	1.0	0.1
FR7G: Keynote & Cocktails – Fitness Business Strategies for Impact & Income - Brandi Clark	1.0	NA	1.0	1.0	1.0	0.1
FRIDAY TOTALS						

Saturday, March 1, 2025

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	DC25	CEP306996	NA	11859	10241	316
SA1 7:30am-8:45am						
SA1A: Killer Core - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA1B: More Than Muscle: Welcome to the Brain Game - Rosie Lemons, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SA1C: Step it Up! - Tara Turner	1.25	0.125	1.25	1.0	1.0	0.1
SA1D: CoreSpring® Pilates Functional Performance - Charlyn Huss d'Anconia, MA, NCPT	1.25	0.125	1.25	1.0	1.0	0.1
SA1E: Aqua Boot Camp BOQ-style - Tom Ford	1.25	0.125	1.25	1.0	1.0	0.1
SA1F: Pro Athlete Recovery - Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
SA1G: Rebrand and Thrive - Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
SA2 9:15am-10:30am - KEYNOTE ADDRESS:						
SA2B: The Fitness Evolution - Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
SA3 11:00am-12:15pm						
SA3A: Shoulder Pain: Optimize Through Exercise - Ruston Webb, MS, FMS II, TPI-CGFI III	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	0.125	1.25	1.0	1.0	0.1
SA3C: Barre Hard Core - Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA3D: Stretch Savvy: Hands-On Techniques - Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA3E: HIIT the Flow - Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SA3F: Body Composition 101 - Joseph Han, CSM, PMP	1.25	0.125	1.25	1.0	1.0	0.1
SA3G: Run Your Fitness Business! - Erica Day	1.25	0.125	1.25	1.0	1.0	0.1



SA4 12:30pm-1:45pm or 1:15pm-2:30pm						
SA4A: SOULstrength™ EXPERIENCE - Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
SA4B: Pumped Up Strength - Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA4C: No Gym Equipment? No Excuses! - Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
SA4D: Forever Pilates - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA4E: Aqua Drums Vibes - Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SA4F: Physics of Pain & Performance - Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
SA4G: Find Your Next 50 Leads - Brandi Clark	1.25	0.125	1.25	1.0	1.0	0.1
SA5 2:45pm-4:00pm						
SA5A: The Hidden Core - Phil Ross, MS, George Corso	1.25	0.125	1.25	1.0	1.0	0.1
SA5B: 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
SA5C: LaBlast® Fitness: Ballroom Blitz - Megan Cooperman, MEd, MS	1.25	0.125	1.25	1.0	1.0	0.1
SA5D: Yin+Restore - Lisa Greenbaum, E-RYT 500, C-IAYT	1.25	0.125	1.25	1.0	1.0	0.1
SA5E: Silver Tsunami - Cheri Kulp, Manuel Velazquez, Zoraida (Zory) Sepulveda, Mac Carvalho	1.25	0.125	1.25	1.0	1.0	0.1
SA5F: Nutrition Panel - Melissa Layne, MEd, Rosie Lemons, MS, ERYT-200, Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SA5G: Bringing Medicine and Fitness Together - Dave Appel	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: Posture & Alignment with Personal Training - Patrick Mummy, Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA6C: The Secret to Rockin' Dance Fitness Classes - Veronika Batyan	1.25	0.125	1.25	1.0	1.0	0.1
SA6D: High Roller - Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA6E: AB-Solute Aqua Strength! - Chris Henry	1.25	0.125	1.25	1.0	1.0	0.1
SA6F: How to Avoid Being My Patient - Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
SA6G: Pack Your PT Sessions: Successful Sales - Sara Kooperman, JD, Ann Gilbert, Amber Toole, Deborah Rothschild, MS, NASM-CPT, ACE-CPT, AFAA-CGFI, Ruston Webb, MS, FMS II, TPI-CGFI III	1.25	0.125	1.25	1.0	1.0	0.1
SATURDAY TOTALS						

Sunday, March 2, 2025

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	DC25	CEP306996	NA	11859	10241	316
SU1 7:30am-8:45am						
SU1A: Cardio Kickboxing for the Active Ager - Rosie Lemons, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SU1B: LaBlast® Chair Fitness: Pull Up a Seat - Deanna Dovel	1.25	0.125	1.25	1.0	1.0	0.1
SU1C: Prop Power: Amp Up Your Barre Workouts - Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	1.0	0.1
SU1D: Prana Energy - Lisa Greenbaum, E-RYT 500, C-IAYT	1.25	0.125	1.25	1.0	1.0	0.1
SU1E: Aqua Fiesta: Latin Rhythms for All - Zoraida (Zory) Sepulveda	1.25	0.125	1.25	1.0	1.0	0.1
SU1F: Preventing Common Fitness Injuries - Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
SU1G: Boost Memberships: Women 50+ - Jennifer Shaver	1.25	0.125	1.25	1.0	1.0	0.1
SU2 9:00am-10:15am						
SU2A: Intervals Reimagined: Strength – Power – Roll - Christine Conti, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU2B: Fifty, Fit & Fierce - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU2C: Step Up Your Groove - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU2D: Human Reformer Pilates - Siri Chilazi, MBA, MA	1.25	0.125	1.25	1.0	1.0	0.1
SU2E: Aqua Intervals Roulette - Sara Vandenberg, MS	1.25	0.125	1.25	1.0	1.0	0.1
SU2F: Balancing the Burn – Managing Inflammation - Rosie Lemons, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SU2G: Power of "8": Business Growth Strategies - Bob Esquerre, MA, NSCA-CPT	1.25	0.125	1.25	1.0	1.0	0.1



SU3 10:45am-12:00pm						
SU3A: Train the Female Athlete - Phil Ross, MS, George Corso	1.25	0.125	1.25	1.0	1.0	0.1
SU3B: Conquering Sciatic Pain - Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
SU3C: LaBlast® Fitness for All Ages - Deanna Dovel	1.25	0.125	1.25	1.0	1.0	0.1
SU3D: Breath Empowerment - Joshua Craddock	1.25	0.125	1.25	1.0	1.0	0.1
SU3E: AQUAHOLIC - Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU3F: Strength Training for Hormonal Health - Jennifer Shaver	1.25	0.125	1.25	1.0	1.0	0.1
SU3G: Create Value – Retain Clients - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU4 12:15pm-1:30pm						
SU4A: Active Strengthening with Stretch - Kylie Ross, MSM, MBA	1.25	0.125	1.25	1.0	1.0	0.1
SU4B: AASK Amber: Anti-Aging Survival Kit - Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU4C: Ankle Mechanics for Peak Performance - Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
SU4D: Barefoot: More than a Trend - Joshua Craddock	1.25	0.125	1.25	1.0	1.0	0.1
SU4E: Aquatic Equipment Innovations - Tom Ford	1.25	0.125	1.25	1.0	1.0	0.1
SU4F: Healthy Eating for Active Agers - Rosie Lemons, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SU4G: Fitness Manager: Are You Ready? - Bob Esquerre, MA, NSCA-CPT	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

DC MANIA® 2025
FITNESS PROFESSIONAL CONVENTION

CONTINUING EDUCATION CREDITS & UNITS

SCW - SCW Fitness Education - 20 CECs (DC25)

ACE - American Council on Exercise - 2.1 CECs (CEP306996)

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

AEA - Aquatic Exercise Association - 17 CECs (11859)

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