



2023 Florida MANIA® April 14 - 16 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, April 14, 2023

	SCW	ACSM	AFAA	NASM		
FR1 7:30am-8:45am						
FR1A: SITTING PRETTY: STRENGTH & SUPPORT Ann Gilbert	0.125	1.25	1.0	1.0	0.1	
FR1B: LEVEL UP YOUR STRENGTH CLASSES! Gail Bannister-Munn	0.125	1.25	1.0	1.0	0.1	
FR1C: YOGA-BATA VIIT Rosie Malaghan, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
FR1D: ELITE HIIT FOR BARRE Irene McCormick, MS, CSCS	1.25	1.25	1.25	1.0	1.0	0.1
FR1E: SCHWINN®: R.I.S.E. & #RIDERIGHT Abbie Appel	1.25	1.25	1.25	1.0	1.0	0.1
FR1F: AQUA STRIDES & STRENGTH MaryBeth Dziubinski	0.125	1.25	1.25	1.0	1.0	0.1
FR1G: DIET VS. EXERCISE: FOOD CHOICES ALWAYS WIN A. J. BROWN, LD, CPT	0.125	1.25	1.25	1.0	1.0	0.1
FR1H: PERSONAL AND SMALL GROUP TRAINING SALES STRATEGIES	0.125	1.25	1.25	1.0	1.0	0.1
FR2 9:00am-10:15am						
FR2A: TOUGHAGERS® ACTIVE OLDER ADULTS FITNESS Deborah Rowland	1.25	0.125	1.25	1.0	1.0	0.1
FR2B: DYNAMIC CORE TRAINING Sheldon McBee, MS	1.25	NA	1.25	1.0	1.0	0.1
FR2C: TAI-CHI FUSED YOGA Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR2D: MOVEMENT TRAINING: KEEPING IT MOVING	1.25	0.125	1.25	1.0	1.0	0.1
FR2E: SCHWINN®: DYNAMIC DUOS - CYCLING DIVISION	1.25	0.125	1.25	1.0	1.0	0.1
FR2F: CHANGING TIDES - H2O TABATA STRENGTH & TONE Keri Kulp	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: ENTREPRENEURSHIP: OPENING DOORS TO SUCCESS	1.25	0.125	1.25	1.0	1.0	0.1
FR3 11:00am-12:15pm						
FR3A: DEXTERITY TRAINING Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
FR3B: CORE Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
FR3C: CORE STRENGTH Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
FR3D: BALANCE. DIVERSION. CONCLUSION. Apy Figueroa	1.25	0.125	1.25	1.0	1.0	0.1
FR3E: SCHWINN®: POLISHING DIAMONDS Sheri Sherman	1.25	0.125	1.25	1.0	1.0	0.1
FR3F: WATER WORKS Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR3G: INFORMATION & INSPIRATION FOR YOUR HEALTH Dr. Tracy Teclaw, ND	1.25	0.125	1.25	1.0	1.0	0.1
FR3H: CONTENT CREATION FOR YOUR BUSINESS Suaad Ghadban	1.25	0.125	1.25	1.0	1.0	0.1
FR4 12:30pm-1:45pm or 1:15pm-2:30pm						
FR4A: FUNCTIONAL FITNESS 50+ Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
FR4B: FUNCTIONAL CORE TRAINING Herson Garcia	1.25	0.125	1.25	1.0	1.0	0.1
FR4C: SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE Patrick Mummy	1.25	0.125	1.25	1.0	1.0	0.1
FR4D: COACHING THE STATION BASED CIRCUIT WORKOUT Sheldon McBee	1.25	0.125	1.25	1.0	1.0	0.1
FR4E: SCHWINN®: LEADER OF THE PACK Jenn Hogg, MA	1.25	0.125	1.25	1.0	1.0	0.1



FR4F: EASY-GRIP AQUA DUMBBELL WORKOUT Cheri Kulp	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: CLUB, STUDIO & CLIENT RETENTION Sara Kooperman, JD	1.25	0.125	1.25		1.0	0.1
FR5 2:45pm-4:00pm						
FR5A: BALANCE & COORDINATION FOR ACTIVE AGERS Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
FR5B: 10 UNDERUTILIZED BODY WEIGHT EXERCISES Maurice Williams, MS, CSCS	1.25	0.125	1.25			0.1
FR5C: YOGA-PILATES RESTORE Gail Bannister-Munn	1.25	0.125	1.25			0.1
FR5D: BRAZILY DANCE EXPERIENCE Andre & Mariana Santos	1.25	NA	1.25	1.0	1.0	0.1
FR5E: SCHWINN@: LET THE BEAT DROP Abbie Appel	1.25	0.125	1.25	1.0		
FR5F: LABLAST@ SPLASH: EMOTIONAL WEALTH Apy Figueroa	1.25		1.25	1.0		
FR5G: HEALTHY EATING FOR ACTIVE AGERS Rosie Malaghan, MS, ERYT-200	1.25		1.25	1.0	1.0	0.1
FR5H: OPERATIONS: 5 COMPONENTS OF BUSINESS Douglas Sheppard	1.25	0.125	1.25	1.0	1.0	0.1
FR6 4:30pm-5:45pm						
FR6A: AGING WITH STRENGTH & GRACE MaryBeth Dziubinski	1.25	0.125	1.25	1.0	1.0	0.1
FR6B: FLUID CORE FUSION Manuel Velazquez	1.25	0.125	1.25		1.0	0.1
FR6C: CORRECTIVE EXERCISE STRATEGIES FOR THE ANKLE Maurice Williams, MS, CSCS	1.25	0.125	1.25		1.0	0.1
FR6D: BAREFOOT KICKBOX Karla Medina, MS	1.25	0.125	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: FUNCTIONAL FOODS FOR A FANTASTIC YOU Amanda Fearheiley, RDN, LDN, CPT	1.25	0.125	1.25	1.0	1.0	0.1
FR6H: EFFECTIVE GX & PT SALES STRATEGIES PANELS Sara Kooperman, JD, Brandi Cooperman, Amber Toole & Paul Christopher, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
FR7 6:15pm-7:15pm						
FR7A: FITNESS IDOL JUDGES: Sara Kooperman, JD, Ann Gilbert, Gail Bannister-Munn	1.0		1.0	1.0	1.0	0.1
FR7C: MYOFASCIAL RECOVERY Herson Garcia	1.0	1.0	1.0	1.0	1.0	0.1
FR7D: MANIA@ DANCE OFF!! with LaBlast, Brazily, Manuel Velazquez, Suaad Ghadban & Tom Sheppard	1.0		1.0	1.0	1.0	0.1
FR TOTALS						

SATURDAY, April 15, 2023

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number						
SA1 7:30am-9:00am						
SA1A: SUPPORTED EXERCISE FOR AGELING Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
SA1B: CIRCUIT BLAST FOR POWER Maurice Williams, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SA1C: YOGA STRETCH	1.25	NA	1.25	1.0	1.0	0.1
SA1D: DANCE EXPERIENCE	1.25	NA	1.25	1.0	1.0	0.1
SA1E: SCIENCE OF FITNESS DESIGN 2.0 Jennifer King, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA1F: SPLISH SPLASH CALORIE SMASH Rosie Malaghan, MS, ERYT-200	1.25	0.125	1.25	1.0	1.0	0.1
SA1G: CHASING THE DREAM Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SA1H: MONETIZING YOUR BUSINESS SKILLS Bob Esquerre MA, NSCA-CPT	1.25	0.125	1.25	1.0	1.0	0.1
SA2 9:15am-10:30am - KEYNOTE ADDRESS:						
SA2A: EXERCISE IS MEDICINE Dr. Edward Laskowski, MD	1.25	0.125	1.25	1.0	1.0	0.1
SA3 11:00am-12:15pm						
SA3A: ABSOLUTE CORE YOU'VE NEVER TRIED Paul Christopher, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SA3B: STABILITY BALL BREAKTHROUGH Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1



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SA3C: HIGH ROLLER Abbie Appel	1.25	0.125	1.25	1.0	1.0	0.1
SA3D: LABLAST® FITNESS: EMOTIONAL WEALTH Apy Figueroa	1.25	0.125	1.25		1.0	0.1
SA3E: SCHWINN®: CYCLE MIXOLOGY - KILLER PLAYLISTS Robert Sherman	1.25	0.125	1.25		1.0	0.1
SA3F: STRENGTH BENEATH THE SURFACE Irene PlumMentz	1.25	0.125	1.25	0	1	0.1
SA3G: PHYSICS OF PAIN & PERFORMANCE Patrick Mummy	1.25	0.125	1.25			0.1
SA3H: STAND OUT ON SOCIAL MEDIA Brandi Clark	1.25	NA	1.25			0.1
SA4 12:30pm-1:45pm or 1:15pm-2:30pm						
SA4A: STRENGTH TRAINING FOR LONGEVITY & VITALITY Sara Kooperman, JD	1.25	0.125	1.25	1.0		
SA4B: CREATE A SIGNATURE HIIT CLASS Karla Medina, MS	1.25		1.25	1.0		
SA4C: GENTLE YOGA FOR MOBILITY Manuel Velazquez	1.25		1.25	1.0	1.0	0.1
SA4D: DISCOVER A TEACHING VACATION Suaad Ghadban	1.25	0	1.25	1.0	1.0	0.1
SA4E: SCHWINN®: BREATHY NOT BREATHELESS Abbie Appel	1.25	0.125		1.0		0.1
SA4F: FREE TO MOVE IN THE POOL MaryBeth Dziubinski		1.25		1.0	1.0	0.1
SA4G: WHAT IS PRIMAL FITNESS? Laura Rupsis	1.25	0.125			1.0	0.1
SA4H: PERSONAL TRAININGS MISSING PLAYBOOK Paul Christopher, CSCS	1.25		1.25		1.0	0.1
SA5 2:45pm-4:00pm						
SA5A: BALANCE & STABILITY FOR ACTIVE AGERS Ann Gilbert	1.25	0.125	1.25	1.0	1.0	0.1
SA5B: RESISTANCE BAND TOTAL BODY WORKOUT Gail Bannister-Munn	1.25	0.125	1.25	1.0	1.0	0.1
SA5C: POSTURE & ALIGNMENT WITH PERSONAL TRAINING Patrick Mummy		0.125	1.25	1.0	1.0	0.1
SA5D: MAKE YOUR BRAINSWEAT® Alison Robbins		0.125	1.25	1.0	1.0	0.1
SA5E: SCHWINN®: TRI-CYCLE TRIPLE THREAT Jenn Hogg, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA5F: TURBULENCE TRAINING Irene PlumMentz, PT	1.25	0.125	1.25	1.0	1.0	0.1
SA5G: FUTURE WELLNESS: BIOENERGETICS Dr. Tracy Teclaw, ND	1.25	0.125	1.25	1.0	1.0	0.1
SA5H: BUILDING SUCCESSFUL HYBRID BUSINESS Reena Volk		0.125	1.25	1.0	1.0	0.1
SA6 4:30pm-5:45pm						
SA6A: FUNCTIONAL TRAINING WITH FOAM ROLLERS Hershey	1.25	0.125	1.25	1.0	1.0	0.1
SA6B: SEXY, SMART STRENGTH FOR WOMEN Irene McCormick, MS	1.25	0.125	1.25	1.0	1.0	0.1
SA6C: HAPPY HIPS & HEALTHY BACKS Ronnie Fulton	1.25	0.125	1.25	1.0	1.0	0.1
SA6D: KICKBOX VS RESISTANCE Karla Medina, MS	1.25	0.125	1.25	1.0	1.0	0.1
SA6E: SCHWINN® PEDAL N PULSE Jenn Hogg, MA	1.25	0.125	1.25	1.0	1.0	0.1
SA6F: SILVER TSUNAMI Manuel Velazquez	1.25	0.125	1.25	1.0	1.0	0.1
SA6G: CHILDHOOD & ADOLESCENT OBESITY & HEALTHY GOALS Heather Healey, RDN, LD, CPT	1.25	0.125	1.25	1.0	1.0	0.1
SA6H: CREATE VALUE - RETAIN CLIENTS Aileen	1.25	NA	1.25	1.0	1.0	0.1
SATURDAY TOTALS						



SUNDAY, April 16, 2023

	SCW	ACE	ACSM	NSCA	AFAA	NASM
Provider Number						
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 HANDLE HYPERTROPHY Dane Robinson	1.25	0.125	1.25	1.0		
SU1C: ACTIVE RECOVERY FOR OPTIMAL PERFORMANCE Ronnie Fulton	1.25	0.125	1.25	1.0		
SU1D: JUST BEAT IT - MAX 29 Billie Wartenberg	1.25		1.25	1.0	1.0	0.1
SU1F: AQUA DISCO Tanisha Haggard	1.25		1.25	1.0	1.0	0.1
SU1G: OPTIMAL RECOVERY Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU2 8:45am-10:00am						
SU2A: PERFECT PROGRAMMING FOR ACTIVE AGERS Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU2B: BEAUTY & THE BEAST: YOGA POWER BAR Billie Wartenberg	1.25		1.25	1.0	1.0	0.1
SU2C: ADAPTIVE TAICHI: MOVING DESPITE LIMITIATIONS Jacob Glassmeyer	1.25		1.25	1.0	1.0	0.1
SU2D: KICKBOXING GROOVE Tanisha Haggard	1.25	0.125	1.25	1.0	1.0	0.1
SU2F: SWIM UP BARRE Rosie Malaghan, MS, ERYT- 200	1.25	NA	1.25	1.0	1.0	0.1
SU2G: FIX 7 MENOPAUSE SYSTEMS WITH EXERCISE Debra Atkinson, MS, CSCS		0.125	1.25	1.0	1.0	0.1
SU2H: STRETCHING FOR STRENGTH - FLEXIBLE FOUNDATIONS PANEL Sara Kopp, Irene McCormick, MS, CSCS, Patrick Mummy & Paul Christopher Fulton,		0.125	1.25	1.0	1.0	0.1
SU3 10:45am-12:00pm						
SU3A: PRE-HAB FOR OLDER ADULTS Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SU3B: TOP TIER CORE CONDITIONING Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
SU3C: SHOULDERS: PROTECTION & PERFORMANCE Paul O'Connell		0.125	1.25	1.0	1.0	0.1
SU3D: QUICK & DIRTY 30 Irene McCormick, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU3F: H2O STRENGTH Cheri Kulp	1.25	0.125	1.25	1.0	1.0	0.1
SU3G: BRAIN SCIENCE Melissa Layne, MEd	1.25	0.125	1.25	1.0	1.0	0.1
SU3H: WELLNESS PROGRAMMING TO ATTRACT THE NON-EXERCISER Debra Atkinson, MS, CSCS	1.25	NA	1.25	1.0	1.0	0.1
SU4 12:15pm-1:30pm						
SU4A: MOBILITY, FASCIA & THE ACTIVE ADULT Amber Toole, MS, CSCS	1.25	0.125	1.25	1.0	1.0	0.1
SU4B: LIT 101 (LOW IMPACT TRAINING) Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
SU4C: 5 SECONDS TO IMPROVE FLEXIBILITY Ronnie Fulton	1.25	0.125	1.25	1.0	1.0	0.1
SU4D: CLUB VIBES Tanisha Haggard	1.25	0.125	1.25	1.0	1.0	0.1
SU4F: AQUA PLYOMETRIC CONDITIONING Billie Wartenberg	1.25	0.125	1.25	1.0	1.0	0.1
SU4G: FASHION & FITNESS: SETTING EXPECTATIONS Amber Toole	1.25	0.125	1.25	1.0	1.0	0.1
SU4H: GROW YOUR BUSINESS BY ADDING VALUE Amber Toole, MA, NSCA-CPT	1.25	NA	1.25	1.0	1.0	0.1
SUNDAY TOTALS						

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

First Name: _____

Last Name: _____

Signature: _____