

COURSE

Provider Number

INSTRUCTOR**SCW****AFAA****AEA****ACE****ISSA****WITS****NETA****ACSM****Friday, February 20, 2009**

1A Step Diversity University	Taylor	2.0	1.5	1.0	0.2	0.5
1B BODYPUMP	McBee	2.0	1.5	1.0	0.2	0.5
1C Bootcamp!	Roberts	2.0	1.5	1.0	0.2	0.5
1D del.icio.us yog-ahh	Arney	2.0	1.5	1.0	0.2	0.5
1E BOSU Athletic Balance	Brooks	2.0	1.5	1.0	0.2	0.5
1F Bridging the Gap Series: Lower Extremity	Wolf	2.0	2.0	2.0	0.2	0.5
1G Stretch for the Weekend Warrior	Gasper	2.0	1.5	1.0	0.2	0.5
1H Scientific Rotational Training	Stone	2.0	2.0	2.0	0.2	0.5
1I Schwinn Cycling HRM Training	Blahnik	2.0	1.5	1.0	0.2	0.5
1J PT H2O	Mehanni	2.0	1.5	2.0	0.2	0.5
1K Aqua Buddha Camp	Biscontini	2.0	1.5	2.0	0.2	0.5
1L 7 Steps to WillPower	Krauss	2.0	1.5	1.0	0.2	0.5
1M Peak Pilates Mve Reformer Basics	Trap	2.0	1.5	1.0	0.2	0.5
1N I Can Do That!	Fable	2.0	2.0	2.0	0.2	0.5
2A The Bender Method of Selected Stabilization	Bender	1.5	1.25	0.5	0.1	0.5
2B BODYJAM	Haskell Oglesby	1.5	1.25	0.5	0.1	0.5
2C Airope Assault for the Fitness Professional	Fable	1.5	1.25	0.5	0.1	0.5
2D Cut & Paste Circuits	Patterson	1.5	1.25	0.5	0.1	0.5
2E BOSU Athletic Movement Strength & Power	Brooks	1.5	1.25	0.5	0.1	0.5
2F Bridging the Gap Series Functional Integrated Core	Wolf	1.5	1.5	1.5	0.1	0.5
2G Curved Step Interval	Gasper	1.5	1.25	0.5	0.1	0.5
2H Digital Music & Technology Get Up To Speed	Arney	1.5	1.5	1.5	0.1	0.5
2I Schwinn Cycling Class My Favorite Ride	Large	1.5	1.25	0.5	0.1	0.5
2J Aqua Core Training	Velazquez	1.5	1.25	1.5	0.1	0.5
2K Newer Waves	Kooperman	1.5	1.25	1.5	0.1	0.5
2L Spa For The Soul	Biscontini	1.5	1.25	0.5	0.1	0.5
2M Peak Pilates Mve Perfect Pair Chair and Reformer Combo	Trap Krauss	1.5	1.25	0.5	0.1	0.5
2N Coach Approach to Fitness	Baumgartner	1.5	1.5	1.5	0.1	0.5
3A Cardio Crazy	Mylrea	1.5	1.25	0.5	0.1	0.5
3B BODYCOMBAT	Kimball	1.5	1.25	0.5	0.1	0.5
3C Cardio Funk	Murphy Madden	1.5	1.25	0.5	0.1	0.5
3D Tri Balletone	Fable	1.5	1.25	0.5	0.1	0.5
3E Have Gym Will Travel	Heckert	1.5	1.25	0.5	0.1	0.5
3F Bridging The Gap Series Upper Extremity	Wolf	1.5	1.5	1.5	0.1	0.5
3G Kettle Weights	Kooperman	1.5	1.25	0.5	0.1	0.5
3H Athletic Specific vs. Sport Specific Training	Brooks	1.5	1.5	1.5	0.1	0.5
3I Schwinn Cycling for Yogis	Arney	1.5	1.25	0.5	0.1	0.5
3J Kick and Splash	Layne	1.5	1.25	1.5	0.1	0.5
3K The Cutting Edge	Mehanni	1.5	1.25	1.5	0.1	0.5
3L Peak Pilates Mve Hard Core	Krauss	1.5	1.25	0.5	0.1	0.5
3N Transformational Posture Transform Your Life	Bender	1.5	1.5	1.5	0.1	0.5
4A Partner Play	Mylrea	1.5	1.25	0.5	0.1	0.5
4B Adapt Improve and Overcome	Patterson	1.5	1.25	0.5	0.1	0.5
4C Absolutely Amazing Abs and Glutes with Gymstick	Murphy Madden	1.5	1.25	0.5	0.1	0.5
4D BODYFLOW	Laney	1.5	1.25	0.5	0.1	0.5
4E Total Stretch by BOSU	Blahnik	1.5	1.25	0.5	0.1	0.5
4F Essential Stages of Human Development for Rehabilitation & Performance	Stone	1.5	1.5	1.5	0.1	0.5
4G Kettlebell Tech	Shute	1.5	1.25	0.5	0.1	0.5
4H Advanced Reps Sets and Loads Principles for Hypertrophy & Strength	Brooks	1.5	1.25	1.5	0.1	0.5
4I Schwinn Cycling Make Your Mark	Krauss	1.5	1.25	0.5	0.1	0.5
4J Fluid Fusion	Velazquez	1.5	1.25	1.5	0.1	0.5
4K Choreography Currents	Layne	1.5	1.25	1.5	0.1	0.5
4M Peak Pilates Principles for Fitness	Trap	1.5	1.25	0.5	0.1	0.5
4N The ABC's of Fitness The Simplest Approach	Biscontini	1.5	1.5	1.5	0.1	0.5

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<u>COURSE</u>	<u>INSTRUCTOR</u>	<u>SCW</u>	<u>AFAA</u>	<u>AEA</u>	<u>ACE</u>	<u>ISSA</u>
Provider Number						
Saturday, February 21, 2009					NETA	
					ACSM	
1A Racy Robica	Murphy Madden	2.0	1.5	1.0	0.2	0.5
1B BODYATTACK	Hopkins	2.0	1.5	1.0	0.2	0.5
1C Total E Fit and Fighting Forty	Heckert	2.0	1.5	1.0	0.2	0.5
1D The Bender Ball Build	Bender	2.0	1.5	1.0	0.2	0.5
1E BOSU All Core	Fable	2.0	1.5	1.0	0.2	0.5
1F Flexibility Highways A Road Map to Enhanced Performance	Wolf	2.0	2.0	2.0	0.2	0.5
1G One on One Partner Training	Hutton	2.0	1.5	1.0	0.2	0.5
1H Heart Burn or Head Ache	Patterson	2.0	2.0	2.0	0.2	0.5
1I Schwinn Cycling Get Smart	Large	2.0	1.5	1.0	0.2	0.5
1J The Spirit of the Water Yoga and Pilates for Water Fitness Instructors	McCormick	2.0	1.5	2.0	0.2	0.5
1K Water in Motion Wave II	Biscontinini	2.0	1.5	2.0	0.2	0.5
1L Functional Kinesiology in Clay Evolution of the Breath and Core	Johnson	2.0	1.5	1.0	0.2	0.5
1M Peak Pilates Mve Perfect Pair Chair and Reformer Combo	Krauss Trap	2.0	1.5	1.0	0.2	0.5
1N Instructor Intervention	Grosshauser	2.0	2.0	2.0	0.2	0.5
2A Step Two	Taylor	1.5	1.25	0.5	0.1	0.5
2B Les Mills Taster Class	Laney Haskell Oglesby	1.5	1.25	0.5	0.1	0.5
2C Pilates With The E Fit	Bender	1.5	1.25	0.5	0.1	0.5
2D Yoga Dance	Kooperman	1.5	1.25	0.5	0.1	0.5
2E BOSU Cardio Express	Fable	1.5	1.25	0.5	0.1	0.5
2F Myofascial Matrix	Wolf	1.5	1.5	1.5	0.1	0.5
2G Curved Step Athletic Step	Gasper	1.5	1.25	0.5	0.1	0.5
2H The Success Principles	Patterson	1.5	1.5	1.5	0.1	0.5
2I Schwinn Cycling Ride A Century	Arney	1.5	1.25	0.5	0.1	0.5
2J Aqua Revival	Mehanni	1.5	1.25	1.5	0.1	0.5
2K Aquatic Shakti the experience	Biscontinini	1.5	1.25	1.5	0.1	0.5
2L Functional Kinesiology in Clay Understanding the Shoulder and Its' Disorders	Johnson	1.5	1.25	0.5	0.1	0.5
2M Peak Pilates Mve Hard Core Chair	Krauss	1.5	1.25	0.5	0.1	0.5
2N 25 Powerful Questions to Motivate Change	Baumgartner	1.5	1.5	1.5	0.1	0.5
3A Gliding Plug and Play	Mylrea	1.5	1.25	0.5	0.1	0.5
3B BODYVIVE	Laney	1.5	1.25	0.5	0.1	0.5
3C Jump Rope Training	Lee Sandwall	1.5	1.25	0.5	0.1	0.5
3D Fit2Cheer	Leetham	1.5	1.25	0.5	0.1	0.5
3E BOSU Complete Total Body Athletic Conditioning	Hutton	1.5	1.25	0.5	0.1	0.5
3F Squatlogy	Stone	1.5	1.5	1.5	0.1	0.5
3G Curved Step Strength	Gasper	1.5	1.25	0.5	0.1	0.5
3H Animation Vs Education	Bannister-Munn	1.5	1.25	1.5	0.0	0.5
3I Schwinn Cycling Class Design In No Time	Fable	1.5	1.25	0.5	0.1	0.5
3J The Coaching Connection	Alonzo	1.5	1.25	1.5	0.1	0.5
3K Aquatic Interval Science Simplified	Layne	1.5	1.25	1.5	0.1	0.5
3L Functional Kinesiology in Clay Understanding Hip and Low Back Disorders	Johnson	1.5	1.25	0.5	0.1	0.5
3M Peak Pilates Mve Chair	Krauss	1.5	1.25	0.5	0.1	0.5
3N Group Fitness Management	Kooperman	1.5	1.5	2.0	0.1	0.5
4A Mirror Mirror Off The Ball	Puskarich	1.5	1.25	0.5	0.1	0.5
4B BODYSTEP	Stokes	1.5	1.25	0.5	0.1	0.5
4C Core Down	Taylor	1.5	1.25	0.5	0.1	0.5
4D Jump Rope Training Basics Level One	Lee Sandwall	1.5	1.25	0.5	0.1	0.5
4E BOSU Skills and Drills	Mylrea	1.5	1.25	0.5	0.1	0.5
4F Better Butt Better Back	Stone	1.5	1.5	1.5	0.1	0.5
4G Bars Bells and Bands	Shute	1.5	1.25	0.5	0.1	0.5
4H Childhood Obesity Stop The Epidemic	Koulourides	1.5	1.25	1.5	0.1	0.5
4I Schwinn Cycling World Class Coaching	Blahnik	1.5	1.25	0.5	0.1	0.5
4J Use Your Noodle	McCormick	1.5	1.25	1.5	0.1	0.5
4K Gymstick Hydro Power	Mehanni	1.5	1.25	1.5	0.1	0.5
4L Functional Kinesiology in Clay Bringing It Together	Johnson	1.5	1.25	0.5	0.1	0.5
4M Peak Pilates Mve Reformer Energize Workout	Trap	1.5	1.5	0.5	0.1	0.5
5A iAy Carumba	Velazquez	1.5	1.25	0.5	0.1	0.5
5B Les Mills Taster Class	Laney McBee Oglesby	1.5	1.25	0.5	0.1	0.5
5C Airopo Group Action	Fable	1.5	1.25	0.5	0.1	0.5
5D The Gymstic Stability Ball Sensation	Mehanni	1.5	1.25	0.5	0.1	0.5
5E Workout	Mylrea	1.5	1.25	0.5	0.1	0.5
5F Integrated Strength Training	Dalcourt	1.5	1.5	1.5	0.1	0.5
5G Plyometric Progressions for Athletes and Everyday Clientele	Hutton	1.5	1.25	0.5	0.1	0.5
5H Shaping Up Is More Than Workout Out	Koulourides	1.5	1.5	1.5	0.1	0.5
5I Schwinn Cycling InterAction	Gekko	1.5	1.25	0.5	0.1	0.5
5J Tools Toys and Technique	Alonzo	1.5	1.25	1.5	0.1	0.5
5K Waterpark for Kids	Layne	1.5	1.25	1.5	0.1	0.5
5L Timeout	Leetham	1.5	1.25	0.5	0.1	0.5
5M Peak Pilates Reformer On the Mat	Trap	1.5	1.25	0.5	0.1	0.5
5N Legal Advise for the Personal Trainer or Group Fitness Instructor	Kooperman Roth	1.5	1.5	1.5	0.1	0.5

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COURSE

Provider Number

INSTRUCTOR SCW AFAA AEA ACE ISSA

WITS NETA ACSM

Sunday February 22, 2009

1A E Fit Foundations	Bender	1.5	1.25	0.5	0.1	0.5
1D Total Body Conditioning with Gymstick	Murphy	1.5	1.25	0.5	0.1	0.5
1E Ball Training	Hutton	1.5	1.25	0.5	0.1	0.5
1F Flatten Your Abs Forever	Stone	1.5	1.5	1.5	0.1	0.5
1G WillPower and Grace	Krauss	1.5	1.25	0.5	0.1	0.5
1H Isolation or Integration Which Is Our Best Approach	Dalcourt	1.5	1.5	1.5	0.1	0.5
1I Schwinn Cycling My Favorite Ride	Mylrea	1.5	1.25	0.5	0.1	0.5
1J Water Tools	McCormick	1.5	1.25	1.5	0.1	0.5
1K Aquatic Programming For Seniors & Special Populations	Biscontini	1.5	1.25	1.5	0.1	0.5
1L Peak Pilates Inner Strength	Trap	1.5	1.25	0.5	0.1	0.5
1M Horizontal Conditioning	Koulourides	1.5	1.25	0.5	0.1	0.5
1N Shoulder Disorders and Stabilizations	Johnson	1.5	1.5	1.5	0.1	0.5

2A Step and The City!	Puskarich	1.5	1.25	0.5	0.1	0.5
2D Fitness Acceleration	Shute	1.5	1.25	0.5	0.1	0.5
2E Sport Core	Hutton	1.5	1.25	0.5	0.1	0.5
2F Train the Movement Not the Muscle	Stone	1.5	1.5	1.5	0.1	0.5
2G We Can Do Both The Transformation of Fitness Professionals	Bannister-Munn	1.5	1.25	0.5	0.0	0.5
2H How To Develop A Reactive Body	Dalcourt	1.5	1.5	1.5	0.1	0.5
2I Schwinn Cycling Music Magic	Krauss	1.5	1.25	0.5	0.1	0.5
2J Never Knock The Noodle	Layne	1.5	1.25	1.5	0.1	0.5
2K Aqua Abdominals Series of 5	Alonzo	1.5	1.25	1.5	0.1	0.5
2L Peak Pilates Mat With Props	Trap	1.5	1.25	0.5	0.1	0.5
2M Chair-Licious	Murphy Madden	1.5	1.25	0.5	0.1	0.5
2N You The Brand	Large	1.5	1.5	1.5	0.1	0.5

3A Step Under Construction	Mehanni	1.5	1.25	0.5	0.1	0.5
3D Power Hour	Grosshauser	1.5	1.25	0.5	0.1	0.5
3E Jump Rope Training Level II	Lee & Sandwall	1.5	1.25	0.5	0.0	0.5
3F An Integrated Look At The Shoulders	Dalcourt	1.5	1.5	1.5	0.1	0.5
3G Curved Step Pilates	Biscontini	1.5	1.25	0.5	0.1	0.5
3H New Beauty Diet and Exercise Vs. Surgery	McCormick	1.5	1.25	1.5	0.0	0.5
3I Schwinn Cycling Ride A Century	Fable	1.5	1.25	0.5	0.1	0.5
3J Hydro Zen	Velazquez	1.5	1.25	1.5	0.1	0.5
3K Take 5 Pilates for Water Fitness Professionals	Alonzo	1.5	1.25	1.5	0.1	0.5
3L The Bannister Method Balance Strength Flexibility and Core	Bannister-Munn	1.5	1.25	0.5	0.0	0.5
3M Fit For Kids 2009	Mylrea	1.5	1.25	0.5	0.1	0.5
3N So You Want To Make A DVD	Murphy Madden	1.5	1.5	1.5	0.1	0.5

4A Street Dance Mix	Velazquez	1.5	1.25	0.5	0.1	0.5
4D Top Knotch Kickbox Combos	Layne	1.5	1.25	0.5	0.1	0.5
4E Core Commotion Training For Real Life	Grosshauser	1.5	1.25	0.5	0.1	0.5
4F Body Of Evidence	McCormick	1.5	1.5	1.5	0.1	0.5
4H Girls 40+ What's Going On	Koulourides	1.5	1.5	1.5	0.1	0.5
4J Hydro Works	Mehanni	1.5	1.25	1.5	0.1	0.5
4K Toys for Two	Alonzo	1.5	1.25	1.5	0.1	0.5
4M STEP Up Then FLOW Down	Puskarich	1.5	1.25	0.5	0.1	0.5
4N Discovering The Diamond	Bannister-Munn	1.5	1.5	1.5	0.0	0.5

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Convention Totals _____

Name _____

Address _____ City _____ State _____ Zip Code _____

Signature of SCW Fitness Education Employee for Approval _____