

ACE Credits - 2.20 Credits for the DCAC International Fitness Education Conference

Group 1 FRI 8/3 7:00am–8:30am		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
201	LaBlast® - L. Van Amstel	Ballroom ABC	1	0.75	1	0.1	0	0	0
202	Plyoplay – J. Ross	Ballroom D	1	0.75	1	0.1	1.5	0	0
203	PLYOGA® YOUR BODY IS POWER® - S. Lauren	Regency A	1	0.75	1	0.1	0	0	0
204	CORE De Force™ LIVE – B. Conser	Regency B	1	0.75	1	0.1	0	0	0
205	Peak Pilates®: Circle of Power – C. Herzog	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
206	The Mystery of the Pelvic Floor – M. Snavelly	Lake Thoreau	1	1.5	1	0.1	0.15	0	0
207	Diet Diagnosis - B. Mylrea & M. Mylrea	Lake Audubon	1	1.5	1	0.1	0.15	0	0
208	SPINNING®: Coaching from Start to Finish – S. Sullivan	Lake Anne	1	0.75	1	0.1	0.15	0	3
209	Schwinn® Cycling: Buy 1 Get 1 Free – R. Sherman	Reston ABC	1	0.75	1	0.1	0.15	0	0
210	Acquapole® - S. Burns	Pool	1	1.5	1	0.1	0	0	0

Group 2 FRI 8/3 8:45am–10:15am		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
211	CHAKABOOM® - L. Lins & R. Magalhaes	Ballroom ABC	1	0.75	1	0.1	0	0	0
212	POUND® Rockout. Workout – A. Ward	Ballroom D	1	0.75	1	0.1	0	0	0
213	Yoga Strong for Seniors by Body Bar® – L. Eirk	Regency A	1	0.75	1	0.1	0.15	0	0
214	Combat Cardio Kickbox – L. Skilton-Hayes	Regency B	1	0.75	1	0.1	0.15	0	0
215	Peak Pilates®: MindBody Boot Camp – K. Coyle & Z. Trap	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
216	Glutes and Psoas: Corrective Exercises - E. Osar	Lake Thoreau	1	1.5	1	0.1	0.15	0	0
217	HIIT Extravaganza: New Research & 10 New Programs – L. Kravitz	Lake Audubon	1	1.5	1	0.1	0.15	0	0
218	SPINPower®: Personal Spinning® Threshold – J. Adams	Lake Anne	1	0.75	1	0.1	0.15	0	3
219	StairMaster® Presents – HIIT MIX Solution – S. Friend-Uhl	Town Center AB	1	0.75	1	0.1	0.15	0	0
220	Schwinn® Cycling: The Magic of the Three C's – J. Scott	Reston ABC	1	1.5	1	0.1	0	0	0

Group 3 FRI 8/3 10:45am–12:15pm		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
221	INSANITY® LIVE – B. Conser	Ballroom ABC	1	0.75	1	0.1	0	0	0
222	Mini-Band Breakdown – A. Appel	Ballroom D	1	0.75	1	0.1	0.15	0	0
223	21st Century Body Sculpt – K. Roberts	Regency A	1	0.75	1	0.1	0.15	0	0
224	SPORT™ – B. Boynton	Regency B	1	0.75	1	0.1	0.15	0	0
225	Peak Pilates®: Pilates for the Tall and Tight – C. Herzog	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
226	Take Your Passion to Paradise by Fit Bodies Inc. – L. Snowden	Lake Thoreau	1	1.5	1	0.1	0	0	0
227	Eating for Health – T. Gentes	Lake Audubon	1	1.5	1	0.1	0.15	0	0
228	SPINNING®: Run, Jump, Climb – Repeat! – S. Sullivan	Lake Anne	1	0.75	1	0.1	0	0	3
229	Schwinn® Cycling: Train Right Re-Imagined – A. Dixon	Reston ABC	1	0.75	1	0.1	0.15	0	0
230	Pilates For Posture, Balance & Core Strength – A. Pringle Burnell	Pool	1	1.5	1	0.1	0.15	0	0

Group 4 FRI 8/3 1:15pm–2:45pm		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
231	Pulling for Power™ by Water Rower® - SGT. Ken®	Ballroom ABC	1	0.75	1	0.1	0.15	0	0
232	RUMBLE by R.I.P.P.E.D.® - S. Jessup	Ballroom D	1	0.75	1	0.1	0	0	0
233	Killer Core – L. Eirk	Regency A	1	0.75	1	0.1	0.15	0	0
234	Step Sampler – H. Sanco	Regency B	1	0.75	1	0.1	0	0	0
235	Peak Pilates®: Dynamic Duo: Pilates Stick and Mve® Chair – K. Coyle & Z. Trap	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
236	Knee Osteoarthritis? Corrective Exercise Strategy - E. Osar	Lake Thoreau	1	1.5	1	0.1	0.15	0	0
237	Plant Powered, Paleo Or Keto – What Diet To Do! – T. Gentes	Lake Audubon	1	1.5	1	0.1	0.15	0	0
238	StairMaster® Presents: BoxMaster® - P. McCall	Town Center AB	1	0.75	1	0.1	0.15	0	0
239	Schwinn® Cycling: Rhythm Done Right – R. Sherman	Reston ABC	1	0.75	1	0.1	0	0	0
240	3 B's of Core – K. Cowling	Pool	1	1.5	1	0.1	0.15	0	0

Group 5 FRI 8/3 3:15pm–4:45pm		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
241	STRONG by Zumba® - R. Pickett	Ballroom ABC	1	0.75	1	0.1	0	0	0
242	Power Systems® Funtensity Bootcamp – J. Ross	Ballroom D	1	0.75	1	0.1	0.15	0	0
243	Prana Barre - T. Murphy Madden	Regency A	1	0.75	1	0.1	0.15	0	0
244	Gray Institute®: Rehabilitation Strategies for Lower Extremity Injuries – P. McCloskey	Regency B	1	0.75	1	0.1	0	0	0
245	Peak Pilates®: Power Chair – K. Coyle	Lake Fairfax	1		1	0.1	0.15	3	0
246	The Truth About Kegels – M. Snavelly	Lake Thoreau	1	1.5	1	0.1	0.15	0	0
247	What To Eat Every Day for Optimal Health – B. Mylrea & M. Mylrea	Lake Audubon	1	1.5	1	0.1	0.15	0	0
248	SPINPower®: Physiology of a Power Ride – J. Adams	Lake Anne	1	0.75	1	0.1	0.15	0	3
249	StairMaster® Presents: HIIT MIX Solutions – A. Appel	Town Center AB	1	0.75	1	0.1	0.15	0	0
250	Schwinn® Cycling: The Power Behind POWER – K. Roberts	Reston ABC	1	0.75	1	0.1	0.15	0	0
251	FUNKTIONAL BARRE - A. Pringle Burnell	Pool	1	1.5	1	0.1	0.15	0	0

ACE Credits - 2.20 Credits for the DCAC International Fitness Education Conference

Group 6 FRI 8/3 5:00pm–6:30pm		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
252	PIYO® LIVE – B. Conser	Ballroom ABC	1	0.75	1	0.1	0	0	0
253	LaBlast® SILK - L. Van Amstel	Ballroom D	1	0.75	1	0.1	0	0	0
254	Top 10 Most Effective Yoga-Pilates Exercises – L. Eirk	Regency A	1	0.75	1	0.1	0.15	0	0
255	Step Revival L. Skilton -Hayes	Regency B	1	0.75	1	0.1	0	0	0
256	Peak Pilates®: Flexcushion Fusion Flow – Z. Trap	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
257	Corrective Exercise Strategy for Forward Shoulders - E. Osar	Lake Thoreau	1	1.5	1	0.1	0.15	0	0
258	Secret Life of a Fat Cell – L. Kravitz	Lake Audubon	1	1.5	1	0.1	0.15	0	0
259	SPINNING®: Rockin' Refresher – S. Sullivan	Lake Anne	1	0.75	1	0.1	0	0	3
260	BioExercise™ Total Body Tune-Up – L. Denomme	Pool	1	1.5	1	0.1	0.15	0	0

Group 7 SAT 8/4 7:00am–8:30am		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
261	CHAKABOUNCE® - L. Lins & R. Magalhaes	Ballroom ABC	1	0.75	1	0.1	0	0	0
262	R.I.P.E.D.®: REFORMULATED! – T. & T. Shorter	Ballroom D	1	0.75	1	0.1	0	0	0
263	Yoga for the Inflexible Enthusiast – D. Hill	Regency A	1	0.75	1	0.1	0.15	0	0
264	Gray Institute®: Rehabilitation Strategies for the Upper Body– P. McCloskey	Regency B	1	0.75	1	0.1	0	0	0
265	Peak Pilates®: Reformer on the Chair – C. Herzog	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
266	The Pelvic Floor and your Spine – M. Snavelly	Lake Thoreau	1	1.5	1	0.1	0.15	0	0
267	Mastering the Move To Plant Strong Eating – T. Gentes	Lake Audubon	1	1.5	1	0.1	0.15	0	0
268	SPINPower®: Met Cart Session – J. Adams	Lake Anne	1	0.75	1	0.1	0.15	0	3
269	Schwinn® Cycling:Music MAGIC! – J. Scott	Reston ABC	1	0.75	1	0.1	0	0	0
270	Acquapole® Boxing Bag – S.Burns	Pool	1	1.5	1	0.1	0	0	0

Group 8 SAT 8/4 8:45am–10:15am		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
271	Zumba® Cardio Blast – A. Smith	Ballroom ABC	1	0.75	1	0.1	0	0	0
272	G.R.A.N.T. Groves – C. Grant	Ballroom D	1	0.75	1	0.1	0	0	0
273	Choreography Overload by Body Bar® - T. Murphy Madden	Regency A	1	0.75	1	0.1	0	0	0
274	Shifting Is the New Lifting – J. Ross	Regency B	1	0.75	1	0.1	0.15	0	0
275	Peak Pilates®: Pilates Mve® Chair Variations – K. Coyle	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
276	Group Exercise Instructor? Incorporate Corrective Exercise - E. Osar	Lake Thoreau	1	1.5	1	0.1	0.15	0	0
277	The Female Training Advantage 2018 – L. Kravitz	Lake Audubon	1	1.5	1	0.1	0.15	0	0
278	SPINNING®: The Wellness Ride – S. Sullivan	Lake Anne	1	0.75	1	0.1	0	0	3
279	StairMaster® Presents – HIIT MIX Solutions – P. McCall	Town Center AB	1	0.75	1	0.1	0.15	0	0
280	Schwinn® Cycling:To Breathless and Back -A. Dixon	Reston ABC	1	0.75	1	0.1	0.15	0	0

Group 9 SAT 8/4 10:45am–12:15pm		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
281	TURBO KICK® LIVE – B. Conser	Regency A	1	0.75	1	0.1	0	0	0
282	Fluid Strength – M. Mylrea	Ballroom D	1	0.75	1	0.1	0.15	0	0
283	Power Systems® THE WARRIOR FIT GAMES - SGT Ken®	Ballroom ABC	1	0.75	1	0.1	0	0	0
284	STEP Up to Get Down - C. Grant	Regency B	1	0.75	1	0.1	0	0	0
285	Peak Pilates®: Practical Powerhouse – Z. Trap	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
286	Pop, Hop & Rock – P. Blackburn	Lake Thoreau	1	1.5	1	0.1	0.15	0	0
287	What is too much and not enough water for your Pelvic Floor? - M. Snavelly	Lake Audubon	1	1.5	1	0.1	0.15	0	0
288	SPINPower®: Bringing the Outside In – J. Adams	Lake Anne	1	0.75	1	0.1	0.15	0	3
289	Schwinn® Cycling: #WhoAml – J. Scott	Reston ABC	1	0.75	1	0.1	0.15	0	0
290	PLANK CHALLENGES – A. Pringle-Burnell	Pool	1	1.5	1	0.1	0.15	0	0

Group 10 SAT 8/4 1:15pm–2:45pm		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
291	Crew Conditioning™ by Water Rower® - SGT. Ken®	Ballroom ABC	1	0.75	1	0.1	0	0	0
292	POUND® Rockout. Workout – A. Ward	Ballroom D	1	0.75	1	0.1	0	0	0
293	Cueing and Corrective Exercise for the Hip – L. Eirk	Regency A	1	0.75	1	0.1	0.15	0	0
294	WILLOW – B. Boynton	Regency B	1	0.75	1	0.1	0.15	0	0
295	Peak Pilates®: The Power of Touch – C. Herzog	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
296	Balance Strategy for Older Adults - E. Osar	Lake Thoreau	1	1.5	1	0.1	0.15	0	0
297	Program Design for Active Adults – P. McCall	Lake Audubon	1	1.5	1	0.1	0.15	0	0
298	StairMaster® Presents - BoxMaster® - S. Friend-Uhl	Town Center AB	1	0.75	1	0.1	0.15	0	0
299	Schwinn® Cycling:How to WOW! – M. Mylrea	Reston ABC	1	0.75	1	0.1	0.15	0	0
300	4-in-1: Aqua Intervals – K. Cowling	Pool	1	1.5	1	0.1	0.15	0	0

ACE Credits - 2.20 Credits for the DCAC International Fitness Education Conference

0

Group 11 SAT 8/4 3:15pm-4:45pm		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
301	STRONG by Zumba® - R. Pickett	Ballroom ABC	1	0.75	1	0.1	0	0	0
302	Crazy Core Combos - M. Mylrea	Ballroom D	1	0.75	1	0.1	0.15	0	0
303	PLYOGA® YOUR BODY IS POWER® - S. Lauren	Regency A	1	0.75	1	0.1	0	0	0
304	S.W.A.G. (Step We All Get) - H. Sanco	Regency B	1	0.75	1	0.1	0	0	0
305	Peak Pilates®: Mat Athletix - K. Coyle	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
306	Steps to Motivation - A. Boyd	Lake Thoreau	1	1.5	1	0.1	0	0	0
307	Inflammation and Chronic Pain - T. Gentes	Lake Audubon	1	1.5	1	0.1	0.15	0	0
308	SPINNING®: Building and Loading: Architecture for Spinning® Improvement - S. Sullivan	Lake Anne	1	0.75	1	0.1	0.15	0	3
309	StairMaster® Presents - HIIT MIX Solutions - A. Appel	Town Center AB	1	0.75	1	0.1	0.15	0	0
310	Schwinn® Cycling: Tour de Schwinn® - K. Roberts	Reston ABC	1	0.75	1	0.1	0.15	0	0
311	Noodle A.R.T. - Total Body Conditioning - L. Denomme	Pool	1	1.5	1	0.1	0	0	0

Group 12 SAT 8/4 5:00pm-6:30pm		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
312	CHAKABOOM® - L. Lins & R. Magalhaes	Ballroom ABC	1	0.75	1	0.1	0	0	0
313	LaBlast® SHAPE - L. Van Amstel	Ballroom D	1	0.75	1	0.1	0	0	0
314	Barre Moves - Update Your Choreography by Body Bar® - T. Murphy Madden	Regency A	1	0.75	1	0.1	0	0	0
315	Gray Institute®: Anterior Chain Reaction® for Assessment & Performance - P. McCloskey	Regency B	1	0.75	1	0.1	0.15	0	0
316	Peak Pilates®: Mat with more S- Stretch - Z. Trap	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
317	Corrective Exercise for the Female Core - E. Osar	Lake Thoreau	1	1.5	1	0.1	0.15	0	0
318	World's Best Resistance Training Programs - L. Kravitz	Lake Audubon	1	1.5	1	0.1	0.15	0	0
319	SPINPower®: The Bigger the Power Base, the Better! - J. Adams	Lake Anne	1	0.75	1	0.1	0.15	0	3
320	Schwinn® Cycling: Pedal and Pulse - M. Mylrea	Reston ABC	1	0.75	1	0.1	0.15	0	0
321	ADL's: 'Athletics for Daily Life' - K. Cowling	Pool	1	1.5	1	0.1	0.15	0	0

Group 13 SUN 8/5 7:00am-8:30am		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
322	Abs Revealed - J. Ross	Ballroom AB	1	0.75	1	0.1	0.15	0	0
323	RUMBLE by R.I.P.P.E.D.® - S. Jessup	Ballroom D	1	0.75	1	0.1	0	0	0
324	Core Control - D. Hill	Regency A	1	0.75	1	0.1	0.15	0	0
325	B-Dance - B. Whitaker	Regency B	1	0.75	1	0.1	0	0	0
326	Peak Pilates®: Pilates Mat for Everybody - C. Herzog	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
327	Ten Tips to Ace Eating Great - T. Gentes	Lake Audubon	1	1.5	1	0.1	0.15	0	0
328	SPINNING®: No Music? No Problem! - S. Sullivan	Lake Anne	1	0.75	1	0.1	0	0	3
329	Acquapole® - S. Burns	Pool	1	1.5	1	0.1	0	0	0

Group 14 SUN 8/5 8:45am-10:15am		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
330	Zumba® Cardio Blast - A. Smith	Ballroom ABC	1	0.75	1	0.1	0	0	0
331	Let the Praise Begin - C. Grant	Ballroom D	1	0.75	1	0.1	0	0	0
332	LaBlast® Line Dancing - L. Van Amstel	Regency A	1	0.75	1	0.1	0	0	0
333	Below the Belt - M. Mylrea	Regency B	1	0.75	1	0.1	0.15	0	0
334	Peak Pilates®: Progressing with Props - Z. Trap	Lake Fairfax	1	0.75	1	0.1	0.15	3	0
335	10 Key Rules for Longevity - L. Kravitz	Lake Audubon	1	1.5	1	0.1	0.15	0	0
336	SPINPower®: Give Me Five - J. Adams	Lake Anne	1	0.75	1	0.1	0.15	0	3
337	Schwinn® Cycling: Hot Topics in the Saddle - A. Appel	Reston ABC	1	0.75	1	0.1	0.15	0	0
338	HIYO Interval Express - L. Denomme	Pool	1	1.5	1	0.1	0.15	0	0

Group 15 SUN 8/5 10:45am-12:15pm		Room	AAAI	AEA	AFAA	NASM	NSCA	PEAK	SPIN
339	Dance Like Michael Jackson - D. Hill	Ballroom ABC	1	0.75	1	0.1	0	0	0
340	The BYOB Workout - L. Skilton - Hayes	Ballroom D	1	0.75	1	0.1	0.15	0	0
341	Killer Core - S. Lauren	Regency A	1	0.75	1	0.1	0.15	0	0
342	Mobility, Stability and Balance: A New Paradigm - K. Roberts	Regency B	1	0.75	1	0.1	0	0	0
343	Peak Pilates®: Chair Athletix - Z. Trap	Lake Fairfax	1	0.75	1	0.1	0.15	3	1
344	The Other 23 Hours - B. Mylrea	Lake Audubon	1	1.5	1	0.1	0.15	0	0
345	SPINNING®: Run, Jump, Climb - Repeat! - S. Sullivan	Lake Anne	1	0.75	1	0.1	0	0	3
346	Schwinn® Cycling: Let the Music Play - The Art of Nonverbal Cueing - M. Mylrea	Reston ABC	1	0.75	1	0.1	90.15	0	0
347	Body Balance Matters - L. Denomme & K. Cowling	Pool	1	1.5	1	0.1	0.15	0	0