

| Group 1 FRI 8/4 7:00am - 9:00am |  |              | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|---------------------------------|--|--------------|------|------|-----|-----|------|------|------|------|------|------|
| 201                             | Peak Pilates® MindBody Boot Camp - K. Coyle & Z. Trap                    | Ballroom AB  | 1.0  |      |     | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  | 2.00 | 0.50 |
| 202                             | Operation Peak Performance™: Obstacle Course Master Class - SGT Ken®     | Ballroom D   | 1.0  |      |     | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 203                             | The Best of Both (Step) - G. Gasper & P. Goudeau                         | Ballroom EF  | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 204                             | CHAKABOOM®-The Optimal Dance Fitness EXPERIENCE - L. Lins & R. Magalhaes | Regency A    | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 205                             | SPINNING®: Shift Up, Speed Up - J. Ward                                  | Regency B    | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  | 0.50 | 2.00 |
| 206                             | Peak Pilates® Practical Power Circle - C. Borho                          | Lake Fairfax | 1.0  |      |     | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  | 2.00 | 0.50 |
| 207                             | Credibility Builders in the Fitness Industry - S. Fable                  | Lake Thoreau | 1.0  |      |     | 2.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 208                             | Revolutionary Eating - D. Orringer                                       | Lake Audubon | 1.0  |      |     | 2.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 209                             | Freedom Flow - R. Glick  | Lake Anne    | 1.0  |      |     | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 210                             | Schwinn® Cycling: How to WOW! - Class Design Re-Defined - D. Thews       | Reston ABC   | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 211                             | HIYO: 1-3-5 Graded Intervals (AQUA) - L. Denomme                         | Living Room  | 1.0  |      |     | 2.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |

2.3 CEC'S for the entire DCAC Fitness Education Conference

| Group 2 FRI 8/4 9:30am- 11:00am |  |                | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|---------------------------------|--|----------------|------|------|-----|-----|------|------|------|------|------|------|
| 212                             | Barre Amp'd - T. Murphy-Madden & L. Haupt                              | Ballroom AB    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 213                             | Everybody Dance 2017 - P. Kolber                                       | Ballroom D     | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 214                             | Strong by Zumba® - K. Bullard  | Ballroom EF    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 215                             | Indo-Row® The Perfect Calorie Burn - J. Crosby & D. Thews              | Regency A      | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 216                             | SPINPower®: Personal Spinning® Threshold - M. Tickner                  | Regency B      | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 0.25 | 1.50 |
| 217                             | Peak Pilates® Reformer Progressions - C. Borho                         | Lake Fairfax   | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 1.50 | 0.25 |
| 218                             | Training the Psoas and Glutes - Dr. Osar                               | Lake Thoreau   | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 219                             | PFT Solutions™ Step by Step Balance Basics - N. Guerette & M. Snavelly | Lake Audubon   | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 220                             | AMPD Power Flow - A, Moreland & T. Moreland                            | Lake Anne      | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 221                             | HIIT MIX by StairMaster® - S. Friend-Uhl                               | Town Center AB | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 222                             | Schwinn® Cycling: Music Makeover - There's An App for That! - J. Scott | Reston ABC     | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 223                             | Rebound Detox 2 (AQUA) - L. Ribbins                                    | Pool           | 1.0  |      |     | 1.5 | 1.0  | 0.1  |      | 1.5  |      |      |

| Group 3 FRI 8/4 11:30am - 1:00pm |   |                | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|----------------------------------|---|----------------|------|------|-----|-----|------|------|------|------|------|------|
| 224                              | Prove Your Worth and Escape the "Poor" Teacher/Trainer Mentality! - S. Fable      | Lake Thoreau   | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 225                              | Fit Bodies, Inc. Out of the Gym and onto the Beach! - L. Snowden (*ends at 12:30) | Lake Audubon   | 1.0  |      |     | 1.5 | 1.0  | 0.1  |      | 1.5  |      |      |
| 226                              | Yoga Rx for the Hips - L. Carey   | Lake Anne      | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 227                              | BoxMaster® - S. Friend-Uhl  | Town Center AB | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 228                              | Schwinn® Cycling: Unapologetically Authentic - A. McLean                          | Reston ABC     | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 229                              | Body Bar® Get Wet Cardio Strength (AQUA) - G. Gasper                              | Living Room    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |

| Group 3 FRI 8/4 12:00pm - 1:30pm |  |              | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|----------------------------------|--|--------------|------|------|-----|-----|------|------|------|------|------|------|
| 230                              | Body Bar® Flex Bar at the Barre - T. Murphy-Madden | Ballroom AB  | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 231                              | PILOXING® SSP - J. Ballard                         | Regency A    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 232                              | Shockwave - J. Crosby, A. Dixon, J. Scott          | Ballroom EF  | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 233                              | Hipster Yoga Stretch - D. Thews                    | Ballroom D   | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 234                              | SPINNING®: Hill to Flat - J. Ward                  | Regency B    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  | 0.25 | 1.50 |
| 235                              | Peak Pilates® Teaser Time - Z. Trap                | Lake Fairfax | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 1.50 | 0.25 |

| Group 4 FRI 8/4 2:00pm-4:00pm |   |             | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|-------------------------------|---|-------------|------|------|-----|-----|------|------|------|------|------|------|
| 236                           | Peak Pilates® The Dynamic Duo: Yoga & Pilates - Z. Trap | Ballroom AB | 1.0  |      |     | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  | 2.00 | 0.50 |
| 237                           | Club Vibe® - Dance Meets Fitness - A. Ponte & K. Schur  | Lake Anne   | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 238                           | Step Back - P. Goudeau                                  | Ballroom EF | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |

|     |  |                |     |  |     |     |     |     |     |      |      |
|-----|--|----------------|-----|--|-----|-----|-----|-----|-----|------|------|
| 239 | ActivMotion® Bar Boot Camp: Operation Steady as She Goes™ - SGT Ken®           | Regency A      | 1.0 |  | 1.0 | 2.0 | 0.2 | 0.2 | 2.0 |      |      |
| 240 | SPINPower®: Sweet Spot Training- M.Tickner                                     | Regency B      | 1.0 |  | 1.0 | 2.0 | 0.2 | 0.2 | 2.0 | 0.50 | 2.00 |
| 241 | Peak Pilates® Power with Plyometrics - K. Coyle                                | Lake Fairfax   | 1.0 |  | 1.0 | 2.0 | 0.2 | 0.2 | 2.0 | 2.00 | 0.50 |
| 242 | Training Client with Osteoarthritis - Dr. Osar                                 | Lake Thoreau   | 1.0 |  | 2.0 | 2.0 | 0.2 | 0.2 | 2.0 |      |      |
| 243 | 101 Ways to Transition to a Plant Based Diet - B. Mylrea & M. Mylrea           | Lake Audubon   | 1.0 |  | 2.0 | 2.0 | 0.2 | 0.2 | 2.0 |      |      |
| 244 | Kettlebell AMPD™ - A, Moreland & T. Moreland                                   | Ballroom D     | 1.0 |  | 1.0 | 2.0 | 0.2 |     | 2.0 |      |      |
| 245 | HIIT MIX by StairMaster® - S. Friend-Uhl                                       | Town Center AB | 1.0 |  | 1.0 | 2.0 | 0.2 | 0.2 | 2.0 |      |      |
| 246 | Schwinn® Cycling: Teaching Tips from TED®; From Noble to Noteworthy - J. Scott | Reston ABC     | 1.0 |  | 1.0 | 2.0 | 0.2 |     | 2.0 |      |      |
| 247 | HIYO: Fantastic Four Intervals (AQUA) - L. Denomme                             | Living Room    | 1.0 |  | 2.0 | 2.0 | 0.2 | 0.2 | 2.0 |      |      |

| Group 5 FRI 8/4 4:30pm-6:00pm |  |              | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|-------------------------------|--|--------------|------|------|-----|-----|------|------|------|------|------|------|
| 248                           | netWERQ Fitness Concert - H. Stone                               | Regency A    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 249                           | The Warrior Workout - K. Spreen-Glick                            | Ballroom D   | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 250                           | POUND® Rockout. Workout - C. Burke                               | Ballroom EF  | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 251                           | Functional Fitness for Seniors - G. Gasper                       | Ballroom AB  | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 252                           | SPINNING®: JW's Rappin' CrissXCross Threshold Workout- J. Ward   | Regency B    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  | 0.25 | 1.50 |
| 253                           | Peak Pilates® Theme-Based Pilates Mat Challenge - C. Borho       | Lake Fairfax | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 1.50 | 0.25 |
| 254                           | The Happiness Epidemic - Catch It If You Can - P. Kolber         | Lake Thoreau | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 255                           | NSCA® Your Guide to Stronger Legs and Great Glutes! - N. Clayton | Lake Audubon | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 256                           | Yoga for Dudes - L. Carey  | Lake Anne    | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 257                           | Schwinn® Cycling: To Breathless and Back - A. Dixon              | Reston ABC   | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 258                           | Pool Barre (AQUA) - L Ribbins                                    | Pool         | 1.0  |      |     | 1.5 | 1.0  | 0.1  |      | 1.5  |      |      |

| Group 6 SAT 8/5 7:00am-9:00am |   |                | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|-------------------------------|---|----------------|------|------|-----|-----|------|------|------|------|------|------|
| 259                           | #WERQlikeaboss - H. Stone                                 | Ballroom AB    | 1.0  |      |     | 1.0 | 1.0  | 0.2  |      | 2.0  |      |      |
| 260                           | Zumba® Cardio Blast - A. Smith                            | Ballroom D     | 1.0  |      |     | 1.0 | 1.0  | 0.2  |      | 2.0  |      |      |
| 261                           | Step Lift - G. Gasper                                     | Ballroom EF    | 1.0  |      |     | 1.0 | 1.0  | 0.2  |      | 2.0  |      |      |
| 262                           | PILOXING® Barre: Boxing at the Barre - J. Ballard         | Regency A      | 1.0  |      |     | 1.0 | 1.0  | 0.2  |      | 2.0  |      |      |
| 263                           | SPINPower®: The Omnium! - M. Tickner                      | Regency B      | 1.0  |      |     | 1.0 | 1.0  | 0.2  | 0.2  | 2.0  | 0.50 | 2.00 |
| 264                           | Peak Pilates® Chair Progressions - K. Coyle               | Lake Fairfax   | 1.0  |      |     | 1.0 | 1.0  | 0.2  | 0.2  | 2.0  | 2.00 | 0.50 |
| 265                           | How to Unchain From Your Inbox - S. Fable                 | Lake Thoreau   | 1.0  |      |     | 2.0 | 1.0  | 0.2  |      | 2.0  |      |      |
| 266                           | Nutritional Deficiencies: The Domino Effect - D. Orringer | Lake Audubon   | 1.0  |      |     | 2.0 | 1.0  | 0.2  | 0.2  | 2.0  |      |      |
| 267                           | AMPD Power Flow - A, Moreland & T. Moreland               | Lake Anne      | 1.0  |      |     | 1.0 | 1.0  | 0.2  | 0.2  | 2.0  |      |      |
| 268                           | HIIT MIX by StairMaster® - S. Friend-Uhl                  | Town Center AB | 1.0  |      |     | 1.0 | 1.0  | 0.2  | 0.2  | 2.0  |      |      |
| 269                           | Schwinn® Cycling: Train Right 2 Ride Right - A. Dixon     | Reston ABC     | 1.0  |      |     | 1.0 | 1.0  | 0.2  | 0.2  | 2.0  |      |      |
| 270                           | Acquapole® - S. Burns                                     | Pool           | 1.0  |      |     | 2.0 | 1.0  | 0.2  |      | 2.0  |      |      |

| Group 7 SAT 8/5 9:30am-11:00am |  |              | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|--------------------------------|--|--------------|------|------|-----|-----|------|------|------|------|------|------|
| 271                            | Squad Team Training - H. Vanderburg  | Ballroom AB  | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 272                            | Savvier Fitness® Twice the HIIT - SGT Ken® & M. Mylrea                     | Ballroom D   | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 273                            | Strong by Zumba® - K. Bullard  | Ballroom EF  | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 274                            | Indo-Row® Authentic Skills Drill and Racing Thrills - J. Crosby & D. Thews | Regency A    | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 275                            | SPINNING®: Interactive Climbing - J. Ward                                  | Regency B    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  | 0.25 | 1.50 |
| 276                            | Peak Pilates® Flexible Pilates Solutions with Flexcushion - Z. Trap        | Lake Fairfax | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 1.50 | 0.25 |
| 277                            | Balance Training for the Older Client - Dr. Osar                           | Lake Thoreau | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 278                            | PFT Solutions™ Nutrition & Why Food Matters - N. Guerette & M. Snavely     | Lake Audubon | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |

2.3 CEC'S for the entire DCAC Fitness Education Conference

|     |   |                |     |  |     |     |     |     |     |  |  |
|-----|---|----------------|-----|--|-----|-----|-----|-----|-----|--|--|
| 279 | Yoga Mala Morning In All Directions - L. Carey (*ends at 11:30) | Lake Anne      | 1.0 |  | 0.8 | 1.0 | 0.1 |     | 1.5 |  |  |
| 280 | BoxMaster® - S. Friend-Uhl                                      | Town Center AB | 1.0 |  | 0.8 | 1.0 | 0.1 | 0.2 | 1.5 |  |  |
| 281 | Schwinn® Cycling: C3ycle - J, Scott & R. Sherman                | Reston ABC     | 1.0 |  | 0.8 | 1.0 | 0.1 |     | 1.5 |  |  |
| 282 | Stretch Fusion: 5th Wave (AQUA) - L. Denomme                    | Pool           | 1.0 |  | 1.5 | 1.0 | 0.1 | 0.2 | 1.5 |  |  |

| Group 8 SAT 8/5 11:30am - 1:00pm |  |              | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|----------------------------------|--|--------------|------|------|-----|-----|------|------|------|------|------|------|
| 283                              | Body Bar® Yoga Strength with Yaiba - G. Gasper           | Ballroom AB  | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 284                              | Obstacle Course - P. Goudeau                             | Ballroom D   | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 285                              | Zumba® Let It Move You! - A. Smith                       | Ballroom EF  | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 286                              | Club Vibe® - Dance Meets Fitness - A, Ponte & K. Schur   | Regency A    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 287                              | SPINPower®: Fury Road! - M. Tickner                      | Regency B    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  | 0.25 | 1.50 |
| 288                              | Peak Pilates® Length & Opposition - K. Coyle             | Lake Fairfax | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 1.50 | 0.25 |
| Group 8 SAT 8/5 12:00pm - 1:30pm |  |              | Room | AAAI |     | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
| 289                              | What's Your Next Move - P. Kolber                        | Lake Thoreau | 1.0  |      |     | 1.5 | 1.0  | 0.1  |      | 1.5  |      |      |
| 290                              | Nutrition Tips, Tidbits & Treats - B. Mylrea & M. Mylrea | Lake Audubon | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 291                              | ChakaBOUNCE™ - L. Lins & R. Magalhaes                    | Lake Anne    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 292                              | Schwinn® Cycling: It's all about the BASE - R. Sherman   | Reston ABC   | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 293                              | Creating Aquatic Choreography - D. Watkins               | Living Room  | 1.0  |      |     | 1.5 | 1.0  | 0.1  |      | 1.5  |      |      |

| Group 9 SAT 8/5 2:00pm-4:00pm |   |                | Room | AAAI |  | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|-------------------------------|---|----------------|------|------|--|-----|------|------|------|------|------|------|
| 294                           | Better Body Through Strength & Core - G. Gasper           | Ballroom AB    | 1.0  |      |  | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 295                           | Strike! Kickboxing - K. Spreen-Glick                      | Ballroom D     | 1.0  |      |  | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 296                           | Shockwave - D. Thews, J. Scott & A. McLean                | Ballroom EF    | 1.0  |      |  | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 297                           | Physiological Body Maps by ActivMotion® Bar - D. Mikulski | Regency A      | 1.0  |      |  | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 298                           | SPINNING®: Surge and Breakaway - J. Ward                  | Regency B      | 1.0  |      |  | 1.0 | 2.0  | 0.2  |      | 2.0  | 0.50 | 2.00 |
| 299                           | Peak Pilates® Making the Connection - C. Borho            | Lake Fairfax   | 1.0  |      |  | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  | 2.00 | 0.50 |
| 300                           | Save Your Knees - Dr. Osar                                | Lake Thoreau   | 1.0  |      |  | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 301                           | ClubVibe® The Art of Cueing™ - A. Ponte & K. Schur        | Lake Audubon   | 1.0  |      |  | 2.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 302                           | LSD Yoga - R. Glick                                       | Lake Anne      | 1.0  |      |  | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 303                           | HIIT MIX by StairMaster® - S. Friend-Uhl                  | Town Center AB | 1.0  |      |  | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 304                           | Schwinn® Cycling: The "HARD" Conversation - H. Vanderburg | Reston ABC     | 1.0  |      |  | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 305                           | Fitness and Function Workouts to Go (AQUA) - L. Denomme   | Living Room    | 1.0  |      |  | 2.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |

| Group 10 SAT 8/5 4:30pm-6:00pm |   |              | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|--------------------------------|---|--------------|------|------|-----|-----|------|------|------|------|------|------|
| 306                            | PILOXING® Knockout + Boxing Lab - J. Ballard                              | Regency A    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 307                            | Savvier Fitness® Extreme Exercise Makeover - M. Mylrea                    | Ballroom D   | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 308                            | Get Centered - P. Kolber  | Ballroom EF  | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 309                            | Yoga for Gym Junkies - L. Carey   | Ballroom AB  | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 310                            | SPINPower®: Power Punch- M. Tickner                                       | Regency B    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  | 0.25 | 1.50 |
| 311                            | Peak Pilates® Reformer Rewind - Z. Trap                                   | Lake Fairfax | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 1.50 | 0.25 |
| 312                            | Food for Injury Prevention - D. Orringer                                  | Lake Thoreau | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 313                            | PFT Solutions™ The Mystery of the Pelvic Floor - N. Guerette & M. Snavely | Lake Audubon | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 314                            | Kettlebell AMPD™ - A, Moreland & T. Moreland                              | Lake Anne    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 315                            | Schwinn® Cycling: Girl Power 2.0 - D. Thews & H. Vanderburg               | Reston ABC   | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 316                            | Aquatic Muscle Mix - D. Watkins   | Living Room  | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |

2.3 CEC'S for the entire DCAC Fitness Education Conference

| Group 11 SUN 8/6 7:00am-9:00am                             |   |              | Room | AAAI | ACE | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
|--|---|--------------|------|------|-----|-----|------|------|------|------|------|------|
| 317  | Savvier Fitness® Barre Tricks - M. Mylrea & T. Murphy-Madden                      | Ballroom AB  | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 318  | Operation Take Two™: Partner-Assisted Sports - SGT Ken®                           | Ballroom D   | 1.0  |      |     | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 319  | Flo-etry in Motion - A. McLean  | Ballroom EF  | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 320  | POUND® Rockout. Workout - C. Burke  | Regency A    | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 321  | SPINNING®: Retro Rolling Recovery Ride - J. Ward                                  | Regency B    | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  | 0.50 | 2.00 |
| 322  | Peak Pilates® More than Mermaid - C. Borho  | Lake Fairfax | 1.0  |      |     | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  | 2.00 | 0.50 |
| 323  | Serenity Now! - D. Orringer   | Lake Thoreau | 1.0  |      |     | 2.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 324  | Heavily Meditated & Highly Motivated - P. Kolber                                  | Lake Audubon | 1.0  |      |     | 2.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 325  | NSCA® Bridging the Gap: Personalized Group Exercise Classes - K. Russell          | Lake Anne    | 1.0  |      |     | 1.0 | 2.0  | 0.2  | 0.2  | 2.0  |      |      |
| 326  | Schwinn® Cycling: If You Build It, They WILL Come - H. Vanderburg                 | Reston ABC   | 1.0  |      |     | 1.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 327  | AcquaPole® Boxing Bag - S. Burns  | Pool         | 1.0  |      |     | 2.0 | 2.0  | 0.2  |      | 2.0  |      |      |
| 2.3 CEC'S for the entire DCAC Fitness Education Conference |   |              |      |      |     |     |      |      |      |      |      |      |
| Group 12 SUN 8/6 9:30am-11:00am                            |   |              | Room | AAAI |     | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
| 328  | Peak Pilates® to the Max Circuit - K. Coyle & Z. Trap                             | Ballroom AB  | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 1.50 | 0.25 |
| 329  | Body Weight Blast - P. Goudeau  | Ballroom D   | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 330  | Choreo WERQshop - H. Stone  | Ballroom EF  | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 331  | Functional Balance Circuits for the Active Adult by ActivMotion® Bar - R. Sherman | Regency A    | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 332  | SPINPower®: May The FORCE Be With You - M. Tickner                                | Regency B    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  | 0.25 | 1.50 |
| 333  | Peak Pilates® for the Golden Agers - C. Borho                                     | Lake Fairfax | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 1.50 | 0.25 |
| 334  | Teaching From the Heart - R. Glick  | Lake Thoreau | 1.0  |      |     | 1.5 | 1.0  | 0.1  |      | 1.5  |      |      |
| 335  | Tai Chi: Nurturing body Consciousness: Are You Listening? - C Wolff               | Lake Anne    | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 336  | Schwinn® Cycling: Pedal N Pulse - M. Mylrea                                       | Reston ABC   | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 337  | Baby Boomer Boot Camp (AQUA) - D. Watkins   | Living Room  | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| Group 13 SUN 8/6 11:30am-1:00pm                            |   |              | Room | AAAI |     | AEA | AFAA | NASM | NSCA | NETA | PEAK | SPIN |
| 338  | Peak Pilates® Athletix Mat - K. Coyle   | Ballroom AB  | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 1.50 | 0.25 |
| 339  | Ayurveda 101: Foundation Knowledge and Application - L. Snowden                   | Ballroom D   | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 340  | D'Fine - H. Vanderburg  | Ballroom EF  | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  |      |      |
| 341  | Flow State Yoga - R. Sherman  | Regency A    | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 342  | SPINNING®: Everybody Loves Jumps - J. Ward  | Regency B    | 1.0  |      |     | 0.8 | 1.0  | 0.1  |      | 1.5  | 0.25 | 1.50 |
| 343  | Peak Pilates® A Hundred Ways... - Z. Trap   | Lake Fairfax | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  | 1.50 | 0.25 |
| 344  | BeYOUtiful Vinyasa Yoga - K. Spreen-Glick   | Lake Anne    | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 345  | Schwinn® Cycling: Hot Topics in the Saddle - A. McLean                            | Reston ABC   | 1.0  |      |     | 0.8 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |
| 346  | Aqua Chakra - L Ribbins   | Pool         | 1.0  |      |     | 1.5 | 1.0  | 0.1  |      | 1.5  |      |      |
| 347  | NSCA® Bridging the Gap: Monitoring Client Training - J. Olsen                     | Living Room  | 1.0  |      |     | 1.5 | 1.0  | 0.1  | 0.2  | 1.5  |      |      |