

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. Snively	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. Crosby & 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. Snively	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		