

DCAC FitCon 2024 CEC Grid

<u>Group 1 FRI 8/2/24 9:00 am – 10:15 am</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
701	Flat Feet! How our Foundation Affects Function with Dr. Emily Splichal		1.0	1.0	1.0	0.1	1.0 *
702	DCAC Combo: The Ultimate Crossover Fit Pro Techniques with Michael Piercy & Aimee Nicotera		1.0	1.0	1.0	0.1	0.0
703	Ballin' On The Mat Pilates Flow with Alicia Jerome		1.0	1.0	1.0	0.1	0.0
704	Fountain of Youth by Nautilus® Strength with Mindy Mylrea		1.0	1.0	1.0	0.1	0.0
705	Body Weight HIIT Training with Dr. Len Kravitz (lecture)		1.0	1.0	1.0	0.1	0.0
706	SAF Aqua Drumming with Andrea Velazquez (aqua)		1.0	1.0	1.0	0.1	0.0

<u>Group 2 FRI 8/2/24 10:30 am – 11:45 am</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
707	Symmetry: Advanced Postural Measurement and Corrective Exercise with Patrick Mummy		1.0	1.0	1.0	0.1	0.0
708	Human Reformer with Lauren George		1.0	1.0	1.0	0.1	0.0
709	WARRIOR Rhythm™ Secrets to Successful Students with Ellen de Werd		1.0	1.0	1.0	0.1	0.0
710	Restorative Yoga with Gail Bannister Munn		1.0	1.0	1.0	0.1	0.0
711	Schwinn® Cycling: Rhythm Roadtrip - Mastering Cycling Musicality with Abbie Appel		1.0	1.0	1.0	0.1	0.0
712	Beating The Odds: Reshaping Special Population Exercise Classes with Ruben Pereyra (lecture)		1.0	1.0	1.0	0.1	0.0
713	Turbulence Training with Irene Pluim Mentz (aqua)		1.0	0.0	0.0	0.1	0.0

<u>Group 3 FRI 8/2/24 12:15pm-1:30pm</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
714	FAI® Ageless Fitness Opportunity to Train Clients Over age 50 with Dr. Dan Ritche		1.0	1.0	1.0	0.1	0.0
715	Your Brain on Play with Aimee Nicotera		1.0	1.0	1.0	0.1	0.0
716	WERQ® Dance Fitness with Ruben Pereyra		1.0	1.0	1.0	0.1	0.0
717	Hands on Stretching with Gail Bannister-Munn		1.0	1.0	1.0	0.1	0.0
718	Schwinn® Cycling: Hear us ROAR with Mindy Mylrea		1.0	1.0	1.0	0.1	0.0
719	Earning Your Worth: Mastering Pricing and Financial Stability as a Personal Trainer with Jen Gerasimas (lecture)		1.0	1.0	1.0	0.1	0.0

<u>Group 4 FRI 8/2/24 2:00pm-3:15pm</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
720	Low Back Pain: Core Exercise Myths and Corrective Exercise Mastery powered by Rollga® with Dr. Evan Osar		1.0	1.0	1.0	0.1	1.0 *
721	Athletic Aging with Tricia Murphy Madden		1.0	1.0	1.0	0.1	0.0
722	MYFIIT HIIT and VIIT with Mindy Mylrea		1.0	1.0	1.0	0.1	0.0
723	Your Brain on HIIT by StairMaster® with Sonja Friend-Uhl		1.0	1.0	1.0	0.1	0.0
724	Schwinn® Indoor Cycling: Beast Mode with Aimee Nicotera		1.0	1.0	1.0	0.1	0.0
725	The Science of High Intensity Functional Training with Dr. Len Kravitz (lecture)		1.0	1.0	1.0	0.1	0.0
726	Acquapole® Tone with Andrea Velazquez (aqua)		1.0	1.0	1.0	0.1	0.0

<u>Group 5 FRI 8/2/24 3:45pm–5:00pm</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
727	FAI® Functional Balance Circuits for Clients Over 50 with Dr. Dan Ritchie		1.0	1.0	1.0	0.1	0.0
728	DCAC Combo: Glute Recruit with Abbie Appel & Tricia Murphy Madden		1.0	1.0	1.0	0.1	0.0
729	Next Level Yoga – Sequencing, Mechanics & Cueing with Robert Sherman		1.0	1.0	1.0	0.1	0.0
730	BOUNCE Basics with Sabrina Ursaner		1.0	1.0	1.0	0.1	0.0
731	WARRIOR Revolution™ Beat-Based Benefits on the Bike with Ellen de Werd		1.0	1.0	1.0	0.1	0.0
732	Be a Playmaker: Lessons from a life in Fitness & Sports with Michael Piercy (lecture)		1.0	1.0	1.0	0.1	0.0
733	Aqua Fight Club with Andrea Velazquez (aqua)		1.0	1.0	1.0	0.1	0.0

<u>Group 6 FRI 8/2/24 5:30pm-6:45 pm</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
734	DCAC Core Concept: Coaching & Communication with Lauren George & Tricia Murphy Madden featuring FAI®, Fit Pro Programming, Indigo Aquatics Schwinn® Indoor Cycling, WARRIOR Instructor Academy		1.0	1.0	1.0	0.1	0.0

<u>Group 7 SAT 8/3/24 7:00am– 8:15 am</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
735	FAI® Exercise Program Design for the 55+ with Dr. Dan Ritchie		1.0	1.0	1.0	0.1	0.0
736	The Fitness Fun Formula with Michael Piercy		1.0	1.0	1.0	0.1	0.0
737	Rise & Grind Pilates with Alicia Jerome		1.0	1.0	1.0	0.1	0.0
738	JUMPstart your day with Sabrina Ursaner		1.0	1.0	1.0	0.1	0.0
739	Schwinn® Indoor Cycling: Go with the Flow with Robert Sherman		1.0	1.0	1.0	0.1	0.0
740	Diet Diagnosis with Mindy & Bruce Mylrea (lecture)		1.0	1.0	1.0	0.1	0.0
741	Liquid Gym Shine with Andrea Velazquez (aqua)		1.0	1.0	1.0	0.1	0.0

<u>Group 8 SAT 8/3/24 8:30am– 9:45am</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
742	Breath Centered Recuperation and Restoration Sessions with Jenice Mattek		1.0	1.0	1.0	0.1	1.0 *
743	WARRIOR Combat™ Keep Fighting with Diva Richards		1.0	1.0	1.0	0.1	0.0
744	Movement Assessments by Star Trac® with Sonja Friend-Uhl		1.0	1.0	1.0	0.1	0.0
745	Schwinn® Cycling: R.I.S.E. & #RideRight with Abbie Appel		1.0	1.0	1.0	0.1	0.0
746	Ultimate Calorie Burning Transformation with Dr. Len Kravitz (lecture)		1.0	1.0	1.0	0.1	0.0
747	Strength Beneath the Surface with Irene Pluim Mentz (aqua)		1.0	1.0	1.0	0.1	0.0

DCAC FitCon 2024 CEC Grid

<u>PANEL SAT 8/3/24 10:15am– 11:30am</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
	Becoming a Multifaceted Fit Pro powered by NASM® with Jamie Nicholls, Patrick Mummy, Aimee Nicotera & Ruben Pereyra		1.0	1.0	1.0	0.1	0.0

<u>Group 9 SAT 8/3/24 12:15pm– 1:30pm</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
748	The Physics of Pain & Performance with Patrick Mummy		1.0	1.0	1.0	0.1	1.0 *
749	Integrated Strength with Lauren George		1.0	1.0	1.0	0.1	0.0
750	Amazing ZUMBA® Class Just for You! with Beatriz Busch		1.0	1.0	1.0	0.1	0.0
751	Ride the Rocket (Yoga) Blast with Isabella Gutfreund & Laura Kuah		1.0	1.0	1.0	0.1	0.0
752	Schwinn® Cycling: Kettle and Pedal with Aimee Nicotera		1.0	1.0	1.0	0.1	0.0
753	Advanced Resistance Training Techniques with Dr. Len Kravitz (lecture)		1.0	1.0	1.0	0.1	0.0
754	Bollywood Drums Vibes with Andrea Velazquez (aqua)		1.0	1.0	1.0	0.1	0.0

<u>Group 10 SAT 8/3/24 2:00pm– 3:15pm</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
755	STRONG Nation® with Jenny Han		1.0	1.0	1.0	0.1	0.0
756	Ageless Action Hero 2.0 with Michael Piercy		1.0	1.0	1.0	0.1	0.0
757	FitCore™ Mat: Fit to the Core by Peak Pilates® with Courtney Weis		1.0	1.0	1.0	0.1	1.0
758	HIIT & Rest by StairMaster® with Sonja Friend-Uhl		1.0	1.0	1.0	0.1	0.0
759	Schwinn® Cycling: Rock & Roll Ride with Robert Sherman		1.0	1.0	1.0	0.1	0.0
760	The Sold-Out Class Strategy with Dane Robinson (lecture)		1.0	1.0	1.0	0.1	0.0
761	Liquid Gym Circuit with Andrea Velazquez & Irene Pluim Mentz (aqua)		1.0	1.0	1.0	0.1	0.0

<u>Group 11 SAT 8/3/24 3:45pm– 5:00pm</u>		ACE	AEA	AFAA	AFPA	NASM	PEAK
762	The Only Foot Exercise You Need to Know! with Dr. Emily Splichal		1.0	1.0	1.0	0.1	1.0 *
763	Pro Athlete Core Conditioning with Dane Robinson		1.0	1.0	1.0	0.1	0.0
764	WARRIOR Strength™ Simple & Seriously “Sticky” with Ellen de Werd		1.0	1.0	1.0	0.1	0.0
765	SharQui - The bellydance workout® with Oreet		1.0	1.0	1.0	0.1	0.0
766	Schwinn® Indoor Cycling: Biker Barre – The Killer Cycling Cocktail with Abbie Appel		1.0	1.0	1.0	0.1	0.0
767	What To Eat Every Day for Optimal Health with Mindy & Bruce Mylrea (lecture)		1.0	1.0	1.0	0.1	0.0
768	Band Camp (SPLASH) with Andrea Velazquez (aqua)		1.0	1.0	1.0	0.1	0.0

DCAC FitCon 2024 CEC Grid

Group 12 SAT 8/3/24 5:15pm– 6:30pm		ACE	AEA	AFAA	AFPA	NASM	PEAK
769	Common Shoulder Issues and Corrective Exercise Solutions powered by Rollga® with Dr. Evan Osar		1.0	1.0	1.0	0.1	0.0
770	DCAC Combo: Harmonizing Strengths: Group X with PT with Lauren George & Dane Robinson		1.0	1.0	1.0	0.1	0.0
771	Killer Core with Abbie Appel		1.0	1.0	1.0	0.1	0.0
772	Mind & Motion: Functional Fitness In Our Later Years with Ruben Pereyra		1.0	1.0	1.0	0.1	0.0
773	WARRIOR Revolution™ Beat-Based Benefits on the Bike with Ellen de Werd		1.0	1.0	1.0	0.1	0.0
774	Close the Gap between Group Ex & PT with Gail Bannister-Munn (lecture)		1.0	1.0	1.0	0.1	0.0
775	Aqua Tabata with Andrea Velazquez (aqua)		1.0	1.0	1.0	0.1	0.0

Group 13 SUN 8/4/24 7:00am–8:15am		ACE	AEA	AFAA	AFPA	NASM	PEAK
776	DCAC Combo: Posture & Alignment with Personal Training with Patrick Mummy & Gail Bannister-Munn		1.0	1.0	1.0	0.1	0.0
777	Pickle Ball & Tennis Conditioning with Aimee Nicotera		1.0	1.0	1.0	0.1	0.0
778	WERQ® Like A Boss with Ruben Pereyra		1.0	1.0	1.0	0.1	0.0
779	Dance To Define with SharQui® Bellydance with Oreet		1.0	1.0	1.0	0.1	0.0
780	Lifestyles of SuperAgers: Live Long and Prosper with Dr. Len Kravitz (lecture)		1.0	1.0	1.0	0.1	0.0

Group 14 SUN 8/4/24 8:30am–9:45am		ACE	AEA	AFAA	AFPA	NASM	PEAK
781	DCAC Core Concept: Calculate Your Biz Macros with Ellen de Werd, Dane Robinson, Diva Richards & Ruben Pereyra		1.0	1.0	1.0	0.1	0.0

Group 15 SUN 8/4/24 10:15am–11:30am		ACE	AEA	AFAA	AFPA	NASM	PEAK
782	Toe Spacers Foot Fad, Recovery Tool or Balance Hack? with Dr. Emily Spichal		1.0	1.0	1.0	0.1	0.0
783	Barre Hard Core with Tricia Murphy Madden		1.0	1.0	1.0	0.1	0.0
784	Band Camp with Gail Banister-Munn		1.0	1.0	1.0	0.1	0.0
785	Seated, Assisted, Standing - Tackling a Multilevel Active Aging Group X Class Mindy Mylrea		1.0	1.0	1.0	0.1	0.0
786	From Free Consult to Forever Client: Mastering the Sales Funnel for Trainers with Jen Gerasimas (lecture)		1.0	1.0	1.0	0.1	0.0

Group 16 SUN 8/4/24 12:15pm– 1:30pm		ACE	AEA	AFAA	AFPA	NASM	PEAK
787	Symmetry Postural Measurement Workshop with Patrick Mummy		1.0	1.0	1.0	0.1	1.0 *
788	The Recovery Recharge with Dane Robinson		1.0	1.0	1.0	0.1	0.0
789	FitCore™ Mat: Ball Blaster by Peak Pilates® with Courtney Weis		1.0	1.0	1.0	0.1	1.0
790	Prep Your Body for Monday (Yoga) with Isabella Gutfreund & Laura Kuah		1.0	1.0	1.0	0.1	0.0

* These credits can apply toward the non-Peak 6 CECs that must be earned.