

DCAC FitCon 2024 CEC Grid

Column1	Group 1 FRI 8/2/24 9:00 am – 10:15 am	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
701	Flat Feet! How our Foundation Affects Function with Dr. Emily Splichal	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	1.0 *
702	DCAC Combo: The Ultimate Crossover Fit Pro Techniques with Michael Piercy & Aimee Nicotera	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
703	Ballin' On The Mat Pilates Flow with Alicia Jerome	Ballroom EFG	0.000	1.0	1.0	1.0	0.1	0.0
704	Fountain of Youth by Nautilus® Strength with Mindy Mylrea	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0
705	Body Weight HIIT Training with Dr. Len Kravitz (lecture)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0
706	SAF Aqua Drumming with Andrea Velazquez (aqua)	Pool 3rd Floor	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 2 FRI 8/2/24 10:30 am – 11:45 am	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
707	Symmetry: Advanced Postural Measurement and Corrective Exercise with Patrick Mummy	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	0.0
708	Human Reformer with Lauren George	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
709	WARRIOR Rhythm™ Secrets to Successful Students with Ellen de Werd	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	0.0
710	Restorative Yoga with Gail Bannister Munn	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0
711	Schwinn® Cycling: Rhythm Roadtrip - Mastering Cycling Musicality with Abbie Appel	Lake Audubon	0.125	1.0	1.0	1.0	0.1	0.0
712	Beating The Odds: Reshaping Special Population Exercise Classes with Ruben Pereyra (lecture)	Town Center	0.000	1.0	1.0	1.0	0.1	0.0
713	Turbulence Training with Irene Plum Mentz (aqua)	Pool 3rd Floor	0.125	1.0	0.0	0.0	0.1	0.0

Column1	Group 3 FRI 8/2/24 12:15pm-1:30pm	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
714	FAI® Ageless Fitness Opportunity to Train Clients Over age 50 with Dr. Dan Ritche	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	0.0
715	Your Brain on Play with Aimee Nicotera	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
716	WERQ® Dance Fitness with Ruben Pereyra	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	0.0
717	Hands on Stretching with Gail Bannister-Munn	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0
718	Schwinn® Cycling: Hear us ROAR with Mindy Mylrea	Lake Audubon	0.125	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)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 4 FRI 8/2/24 2:00pm-3:15pm	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
720	Low Back Pain: Core Exercise Myths and Corrective Exercise Mastery powered by Rollga® with Dr. Evan Osar	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	1.0 *
721	Athletic Aging with Tricia Murphy Madden	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
722	MYFIIT HIIT and VIIT with Mindy Mylrea	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	0.0
723	Your Brain on HIIT by StairMaster® with Sonja Friend-Uhl	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0
724	Schwinn® Indoor Cycling: Beast Mode with Aimee Nicotera	Lake Audubon	0.125	1.0	1.0	1.0	0.1	0.0
725	The Science of High Intensity Functional Training with Dr. Len Kravitz (lecture)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0
726	Acquapole® Tone with Andrea Velazquez (aqua)	Pool 3rd Floor	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 5 FRI 8/2/24 3:45pm–5:00pm	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
727	FAI® Functional Balance Circuits for Clients Over 50 with Dr. Dan Ritchie	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	0.0
728	DCAC Combo: Glute Recruit with Abbie Appel & Tricia Murphy Madden	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
729	Next Level Yoga – Sequencing, Mechanics & Cueing with Robert Sherman	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	0.0
730	BOUNCE Basics with Sabrina Ursaner	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0
731	WARRIOR Revolution™ Beat-Based Benefits on the Bike with Ellen de Werd	Lake Audubon	0.125	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)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0
733	Aqua Fight Club with Andrea Velazquez (aqua)	Pool 3rd Floor	0.125	1.0	1.0	1.0	0.1	0.0

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Column1	Group 6 FRI 8/2/24 5:30pm-6:45 pm	Room	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	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 7 SAT 8/3/24 7:00am– 8:15 am	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
735	FAI® Exercise Program Design for the 55+ with Dr. Dan Ritchie	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	0.0
736	The Fitness Fun Formula with Michael Piercy	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
737	Rise & Grind Pilates with Alicia Jerome	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	0.0
738	JUMPstart your day with Sabrina Ursaner	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0
739	Schwinn® Indoor Cycling: Go with the Flow with Robert Sherman	Lake Audubon	0.125	1.0	1.0	1.0	0.1	0.0
740	Diet Diagnosis with Mindy & Bruce Mylrea (lecture)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0
741	Liquid Gym Shine with Andrea Velazquez (aqua)	Pool 3rd Floor	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 8 SAT 8/3/24 8:30am– 9:45am	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
742	Breath Centered Recuperation and Restoration Sessions with Jenice Mattek	Ballroom ABC	0.000	1.0	1.0	1.0	0.1	1.0 *
743	WARRIOR Combat™ Keep Fighting with Diva Richards	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	0.0
744	Movement Assessments by Star Trac® with Sonja Friend-Uhl	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0
745	Schwinn® Cycling: R.I.S.E. & #RideRight with Abbie Appel	Lake Audubon	0.125	1.0	1.0	1.0	0.1	0.0
746	Ultimate Calorie Burning Transformation with Dr. Len Kravitz (lecture)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0
747	Strength Beneath the Surface with Irene Pluim Mentz (aqua)	Pool 3rd Floor	0.125	1.0	1.0	1.0	0.1	0.0

Column1	PANEL SAT 8/3/24 10:15am– 11:30am	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
	Becoming a Multifaceted Fit Pro powered by NASM® with Jamie Nicholls, Patrick Mummy, Aimee Nicotera & Ruben Pereyra	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 9 SAT 8/3/24 12:15pm– 1:30pm	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
748	The Physics of Pain & Performance with Patrick Mummy	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	1.0 *
749	Integrated Strength with Lauren George	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
750	Amazing ZUMBA® Class Just for You! with Beatriz Busch	Ballroom EFG	0.000	1.0	1.0	1.0	0.1	0.0
751	Ride the Rocket (Yoga) Blast with Isabella Gutfreund & Laura Kuah	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0
752	Schwinn® Cycling: Kettle and Pedal with Aimee Nicotera	Lake Audubon	0.125	1.0	1.0	1.0	0.1	0.0
753	Advanced Resistance Training Techniques with Dr. Len Kravitz (lecture)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0
754	Bollywood Drums Vibes with Andrea Velazquez (aqua)	Pool 3rd Floor	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 10 SAT 8/3/24 2:00pm– 3:15pm	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
755	STRONG Nation® with Jenny Han	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	0.0
756	Ageless Action Hero 2.0 with Michael Piercy	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
757	FitCore™ Mat: Fit to the Core by Peak Pilates® with Courtney Weis	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	1.0
758	HIIT & Rest by StairMaster® with Sonja Friend-Uhl	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0
759	Schwinn® Cycling: Rock & Roll Ride with Robert Sherman	Lake Audubon	0.125	1.0	1.0	1.0	0.1	0.0
760	The Sold-Out Class Strategy with Dane Robinson (lecture)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0
761	Liquid Gym Circuit with Andrea Velazquez & Irene Pluim Mentz (aqua)	Pool 3rd Floor	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 11 SAT 8/3/24 3:45pm– 5:00pm	Room	ACE	AEA	AFAA	AFPA	NASM	PEAK
762	The Only Foot Exercise You Need to Know! with Dr. Emily Spichal	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	1.0 *
763	Pro Athlete Core Conditioning with Dane Robinson	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
764	WARRIOR Strength™ Simple & Seriously "Sticky" with Ellen de Werd	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	0.0
765	SharQui - The bellydance workout® with Oreet	Lake Anne	0.000	1.0	1.0	1.0	0.1	0.0
766	Schwinn® Indoor Cycling: Biker Barre – The Killer Cycling Cocktail with Abbie Appel	Lake Audubon	0.125	1.0	1.0	1.0	0.1	0.0

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767	What To Eat Every Day for Optimal Health with Mindy & Bruce Mylrea (lecture)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0
768	Band Camp (SPLASH) with Andrea Velazquez (aqua)	Pool 3rd Floor	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 12 SAT 8/3/24 5:15pm– 6:30pm	Column2	ACE	AEA	AFAA	AFPA	NASM	PEAK
769	Common Shoulder Issues and Corrective Exercise Solutions powered by Rollga® with Dr. Evan Osar	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	0.0
770	DCAC Combo: Harmonizing Strengths: Group X with PT with Lauren George & Dane Robinson	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
771	Killer Core with Abbie Appel	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	0.0
772	Mind & Motion: Functional Fitness In Our Later Years with Ruben Pereyra	Lake Anne	0.000	1.0	1.0	1.0	0.1	0.0
773	WARRIOR Revolution™ Beat-Based Benefits on the Bike with Ellen de Werd	Lake Audubon	0.125	1.0	1.0	1.0	0.1	0.0
774	Close the Gap between Group Ex & PT with Gail Bannister-Munn (lecture)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0
775	Aqua Tabata with Andrea Velazquez (aqua)	Pool 3rd Floor	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 13 SUN 8/4/24 7:00am–8:15am	Column2	ACE	AEA	AFAA	AFPA	NASM	PEAK
776	DCAC Combo: Posture & Alignment with Personal Training with Patrick Mummy & Gail Bannister-Munn	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	0.0
777	Pickle Ball & Tennis Conditioning with Aimee Nicotera	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
778	WERQ® Like A Boss with Ruben Pereyra	Ballroom EFG	0.000	1.0	1.0	1.0	0.1	0.0
779	Dance To Define with SharQui® Bellydance with Oreet	Lake Anne	0.000	1.0	1.0	1.0	0.1	0.0
780	Lifestyles of SuperAgers: Live Long and Prosper with Dr. Len Kravitz (lecture)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 14 SUN 8/4/24 8:30am–9:45am	Column2	ACE	AEA	AFAA	AFPA	NASM	PEAK
781	DCAC Core Concept: Calculate Your Biz Macros with Ellen de Werd, Dane Robinson, Diva Richards & Ruben Pereyra	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 15 SUN 8/4/24 10:15am–11:30am	Column2	ACE	AEA	AFAA	AFPA	NASM	PEAK
782	Toe Spacers Foot Fad, Recovery Tool or Balance Hack? with Dr. Emily Splichal	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0
783	Barre Hard Core with Tricia Murphy Madden	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
784	Band Camp with Gail Banister-Munn	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	0.0
785	Seated, Assisted, Standing - Tackling a Multilevel Active Aging Group X Class Mindy Mylrea	Ballroom ABC	0.125	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)	Town Center	0.125	1.0	1.0	1.0	0.1	0.0

Column1	Group 16 SUN 8/4/24 12:15pm– 1:30pm	Column2	ACE	AEA	AFAA	AFPA	NASM	PEAK
787	Symmetry Postural Measurement Workshop with Patrick Mummy	Ballroom ABC	0.125	1.0	1.0	1.0	0.1	1.0 *
788	The Recovery Recharge with Dane Robinson	Ballroom D	0.125	1.0	1.0	1.0	0.1	0.0
789	FitCore™ Mat: Ball Blaster by Peak Pilates® with Courtney Weis	Ballroom EFG	0.125	1.0	1.0	1.0	0.1	1.0
790	Prep Your Body for Monday (Yoga) with Isabella Gutfreund & Laura Kuah	Lake Anne	0.125	1.0	1.0	1.0	0.1	0.0

ACE = 2.1 MAX	AEA = 17 MAX
AFAA = 15 MAX	AFPA = 15 MAX
PEAK = 2 MAX PLUS 5 NON PEAK HOURS	NASM = 1.7 MAX

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