

DCAC FITCON CEC GRID - AUGUST 5-6, 2022

Group 1: Friday 8/5/22 7:00 am – 8:30 am		AEA	ACE	AFAA	AFPA	NASM	PEAK
301	Schwinn® Indoor Cycling: Ride or Die: Killer Vibe to Connect with your Tribe with Robert Sherman	0	0.15	1	1	0.1	0
302	“Toning” is NOT a Thing. WORK is Part of Work Out! – Nautilus with Alex McLean	0	0.15	1	1	0.1	0
303	Boats, Bands and Beasts: The Rowing and Resistance Training Trilogy™ with Sgt. Ken®	0	0.15	1	1	0.1	0
304	HIIT The Barre with Riley Shaia	0	0.15	1	1	0.1	0
305	Battle Ropes: Beyond Just a Finisher with Aaron Guyett	0	0	1	1	0.1	0
306	FAI®: Exercise Program Design for the 55+ Client with Dr. Dan Ritchie	0	0.15	1	1	0.1	0
307	4 Keys to ACCELERATING Your Online Fitness Business with Rodney Morris	0	0.15	1	1	0.1	1
308	Peak Pilates® Hip Help with Zoey Trap	0	0.15	1	1	0.1	2
309	Sensory-Based Balance Training with Dr. Emily Splichal	0	0.15	1	1	0.1	1
310	AquaFIIT - Power of Ω with Jenni Lynn Patterson-LaCour	1.5	0.15	1	1	0.1	0

Group 2: Friday 8/5/22 8:45 am – 10:15 am		AEA	ACE	AFAA	AFPA	NASM	PEAK
311	Schwinn® Cycling: Work Not Twerk - Results with Rhythm with Alex McLean	0	0.15	1	1	0.1	0
312	Your Brain on HIIT – Bonus Benefits of High Intensity Training – StairMaster® with Sonja Friend-Uhl	0	0.15	1	1	0.1	0
313	Movement Play with Elizabeth Andrews	0	0.15	1	1	0.1	0
314	G.R.A.N.T. Grooves! with Clay Grant	0	0	1	1	0.1	0
315	FAI®: How to Launch or Jumpstart Your Business in 2022! with Dr. Dan Ritchie	0	0.15	1	1	0.1	0
316	Top Foods for a Healthy Gut Microbiome with Bruce & Mindy Mylrea	0	0.15	1	1	0.1	0
317	Yoga Restore The Bannister Method™ with Gail Bannister-Munn	0	0.15	1	1	0.1	0
318	WARRIOR Strength™ with Ellen de Werd	0	0.15	1	1	0.1	0
319	AQUA Combat with Andrea Velazquez & Jeannie Brown Johnson	1.5	0.15	1	1	0.1	0

FRIDAY PANEL 8/5/22 10:30 am – 11:30 am		AEA	ACE	AFAA	AFPA	NASM	PEAK
320	Leveraging Community within the Fitness Industry with Staci Alden, Michelle Leachman, Alex McLean & Clay Grant	0	0.1	1	1	0.1	1

Group 3: Friday 8/5/22 12:30 pm – 2:00 pm		AEA	ACE	AFAA	AFPA	NASM	PEAK
321	Schwinn® Cycling: Pedal N Pulse with Mindy Mylrea	0	0.15	1	1	0.1	0
322	Breaking the Core with Tyler Valencia	0	0.15	1	1	0.1	0
323	LaBlast® Fitness: Dance is Mental and Emotional Health with Megan Cooperman	0	0.15	1	1	0.1	0
324	Happy Hour At The Barre powered by Savvier Fitness® with Tricia Murphy Madden, Lauren George & Megan Lesko	0	0.15	1	1	0.1	0
325	7 Skills Every Elite Trainer NEEDS to Have with Kaleena Ruskin	0	0.15	1	1	0.1	0
326	The No Stretching Solution to Tight Hip Flexors with Dr. Evan Osar	0	0.15	1	1	0.1	0
327	Launch, Grow, and Elevate your Brand! with Rodney Morris	0	0.15	1	1	0.1	0
328	Pilates Mat Exercises To Enhance Your Movement Experiences with Staci Alden	0	0.15	1	1	0.1	0
329	Yoga Core with Kim Gray	0	0.15	1	1	0.1	0
330	Liquid Star with Andrea Velazquez	1.5	0.15	1	1	0.1	0

Group 4: Friday 8/5/22 2:30 pm – 4:00 pm		AEA	ACE	AFAA	AFPA	NASM	PEAK
331	Schwinn Cycling®: Master Your One – Rule Yourself & Rock Your Room with Robert Sherman	0	0.15	1	1	0.1	0
332	Welcome to the Jungle – StairMaster® HIIT with Sonja Friend-Uhl	0	0.15	1	1	0.1	0

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333	Leaps and Bounds: JumpSport® Athletic Training™ with Sgt. Ken®	0	0.15	1	1	0.1	0
334	Barre Beats powered by Savvier Fitness® with Heidi Neal	0	0.15	1	1	0.1	0
335	Kettlebell Flow and Why with Aaron Guyett	0	0.15	1	1	0.1	0
336	Breath: How to Assess and Address with Jenice Mattek	0	0.15	1	1	0.1	0
337	The Aquatic Anomaly with Andrea Velazquez	1.5	0.15	1	1	0.1	0
338	Hands On Stretching with Gail Bannister-Munn	0	0.15	1	1	0.1	0
339	Feet, Fascial and Functional Movement with Dr. Emily Splichal	0	0.15	1	1	0.1	1
340	S'WET™ Boot Camp with Jenni Lynn Patterson-LaCour	1.5	0	1	1	0.1	0

Group 5: Friday 8/5/22 4:30 pm – 6:00 pm		AEA	ACE	AFAA	AFPA	NASM	PEAK
341	Schwinn® Cycling: A DJ Saved My Life: The Secret to Savvy Playlists with Alex McLean	0	0.15	1	1	0.1	0
342	E5 COLLECTIVE® - Med Ball Power with Aimee Nicotera	0	0.15	1	1	0.1	0
343	Yoga Body Lab with Elizabeth Andrews	0	0.15	1	1	0.1	0
344	Buns, Legs and More powered by Savvier Fitness® with Mindy Mylrea	0	0.15	1	1	0.1	0
345	Training the Corporate Athlete in the New Normal with Michael Piercy	0	0.15	1	1	0.1	0
346	Corrective Exercise for Common Shoulder Problems with Dr. Evan Osar	0	0.15	1	1	0.1	1
347	6 Secrets to Converting Your Network into Clients with Rodney Morris	0	0.15	1	1	0.1	1
348	FUNctional Chair Based Workout by Chair One® with Alexis Perkins	0	0.15	1	1	0.1	0
349	Coconut Beach Camp with FitBodies Inc. Team	0	0.15	1	1	0.1	0
350	LaBlast® Splash: Dance. Water. Emotional Health. with Megan Cooperman	1.5	0.15	1	1	0.1	0

Group 6: Saturday 8/6/22 7:00 am – 8:30 am		AEA	ACE	AFAA	AFPA	NASM	PEAK
351	Schwinn® Cycling: Polishing Diamonds – How to Create a Successful Cycling Mentoring Program with Robert Sherman	0	0.15	1	1	0.1	0
352	Basic Movement Assessments for Cardio Modalities by Star Trac with Sonja Friend-Uhl	0	0.15	1	1	0.1	0
353	LaBlast Fitness: Active Aging For All with Megan Cooperman	0	0	1	1	0.1	0
354	50 Unique Core Lovers Exercises powered by Savvier Fitness® with Tricia Murphy Madden & Mindy Mylrea	0	0.15	1	1	0.1	0
355	Why Restoration is the New Cardio with Kaleena Ruskin	0	0.15	1	1	0.1	0
356	Core Recovery for Women: From Strategy to Strength with Jenice Mattek	0	0.15	1	1	0.1	0
358	Taking a Weight-Neutral Approach in your Group Fitness Classes with Christine DeFilippis	0	0.15	1	1	0.1	0
359	YogaLean with Beth Shaw	0	0.15	1	1	0.1	0
360	Drum Vibes with Andrea Velazquez	1.5	0.15	1	1	0.1	0

Group 7: Saturday 8/6/22 8:45 am – 10:15 am		AEA	ACE	AFAA	AFPA	NASM	PEAK
361	Schwinn® Cycling: Set the Stage: Planning the Perfect Ride Every Time with Mindy Mylrea	0	0.15	1	1	0.1	0
362	Nautilus Strength – Does size REALLY matter? with Keli Roberts	0	0.15	1	1	0.1	0
363	Cardio Dance powered by Savvier Fitness® with Pattie Bostick-Winn	0	0.15	1	1	0.1	0
364	LET THE PRAISE BEGIN! with Clay Grant	0	0	1	1	0.1	0
365	Glutes: Controversy and Corrective Exercise with Dr. Evan Osar	0	0.15	1	1	0.1	1
366	It's You... No... Really. How To Get Professionally "Unstuck" and Out of Your Own Way! with Rodney Morris	0	0.15	1	1	0.1	0
367	Peak Pilates® Prop-a-palooza with Zoey Trap	0	0	1	1	0.1	2
368	Introduction to Brain. Breath. Barefoot with Dr. Emily Splichal	0	0.15	1	1	0.1	1

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369	S'WET™ Silver with Jenni Lynn Patterson-LaCour	1.5	0	1	1	0.1	0
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SATURDAY PANEL 8/6/22 10:30 am – 11:30 am		AEA	ACE	AFAA	AFPA	NASM	PEAK
370	Take Control of Your Career with Staci Alden, Ellen de Werd, Rodney Morris, Tricia Murphy Madden & Alexis Perkins	0	0.1	1	1	0.1	0

Group 8: Saturday 8/6/22 12:30 pm – 2:00 pm		AEA	ACE	AFAA	AFPA	NASM	PEAK
371	Schwinn® Cycling: F.E.A.R. Face Everything and RIDE with Keli Roberts	0	0.15	1	1	0.1	0
372	E5 COLLECTIVE® - Loop Band Play with Aimee Nicotera	0	0.15	1	1	0.1	0
373	Row, Recover, Roll and Repeat™ with Sgt. Ken®	0	0.15	1	1	0.1	0
374	Tabata Bootcamp™ powered by Savvier Fitness® with Mindy Mylrea	0	0.15	1	1	0.1	0
375	Biggest Mistakes and Biggest Benefits of Battle Ropes with Ethon Burns	0	0	1	1	0.1	0
376	FAI® Power Training for Older Adults, How to Safely Train for Power and Speed with Dr. Dan Ritchie	0	0.15	1	1	0.1	0
377	Strategic Ways to Defeat Burnout in the Industry with Michelle Leachman	0	0.15	1	1	0.1	0
378	Pilates Principles for All Fitness Professionals with Staci Alden	0	0.15	1	1	0.1	0
379	WARRIOR Rhythm™ with Ellen de Werd	0	0.15	1	1	0.1	0
380	LaBlast® Splash: Dancing with Aquatic Principles with Megan Cooperman	1.5	0	1	1	0.1	0

Group 9: Saturday 8/6/22 2:30 pm – 4:00 pm		AEA	ACE	AFAA	AFPA	NASM	PEAK
381	Schwinn® Cycling: Dry-Tri: Beast Mode Fusion. with Robert Sherman	0	0.15	1	1	0.1	0
382	Purpose NOT Circus – Legit HIIT – StairMaster® with Keli Roberts	0	0.15	1	1	0.1	0
383	Apple Bottom! with Elizabeth Andrews	0	0.15	1	1	0.1	0
384	Let The Beat Drop powered by Savvier Fitness® with Lauren George	0	0.15	1	1	0.1	0
385	Let's Play - The Science of Fitness Fun! with Michael Piercy	0	0.15	1	1	0.1	0
386	FAI®: Balance Training Games and Circuits with Dr. Dan Ritchie	0	0.15	1	1	0.1	0
387	How to Become a 10-Minute Social Media Pro with Rodney Morris	0	0.15	1	1	0.1	0
388	Aging Wellness by Chair One® with Alexis Perkins	0	0.15	1	1	0.1	0
389	Healing Trauma with Yoga with Beth Shaw	0	0.15	1	1	0.1	0
390	Wave Warrior with Jenni Lynn Patterson-LaCour	1.5	0.15	1	1	0.1	0

Group 10: Saturday 8/6/22 4:30 pm – 6:00 pm		AEA	ACE	AFAA	AFPA	NASM	PEAK
391	Schwinn® Cycling: Breathly Not Breathless – Base-Building Threshold Training with Keli Roberts	0	0.15	1	1	0.1	0
392	Breaking Barriers Involved with Exercise Selection with Tyler Valencia	0	0.15	1	1	0.1	0
393	Let Me See You Bounce: JumpSport® AMRAP Challenge™ with Sgt. Ken®	0	0.15	1	1	0.1	0
394	Redefining Your Fitness Identity and Intuitive Programming Blueprint with Lamarr Smith	0	0.15	1	1	0.1	0
395	Beyond Strength with Kettlebells with Ethon Burns	0	0	1	1	0.1	0
396	FAI® Functional Aging Training Model and Why your Clients Over 40 Need this Approach with Dr. Dan Ritchie	0	0.15	1	1	0.1	0
397	Transition to a Plant-Based Diet with Bruce & Mindy Mylrea	0	0.15	1	1	0.1	0
398	Peak Pilates® Mat Magic with Zoey Trap	0	0.15	1	1	0.1	2
399	Pelvic Floor & Postural Stability with Dr. Emily Splichal	0	0.15	1	1	0.1	1
400	Liquid Gym Tool Kit with Jeannie Brown Johnson	1.5	0.15	1	1	0.1	0