## FITNESSFEST ARIZONA 2020 CONTINUING EDUCATION CREDITS

Data	Davi	Time	Mandrahan	la atuu atau	1	0500	NASM	NICCA	A F A	NEDT
Date	Day	Time	Workshop	Instructor	ACE	AFAA	IVASIVI	INSCA	AEA	NFPI
			Following Your Fitness Path: Defining Your							
4/17/2020	Friday	7AM - 8:00AM	Individual Journey in the Fitness Industry	Bender	0.1	1	0.1	0	1	0.2
4/17/2020	Friday	8AM - 9:30AM	Swivel, Rotate, Extend, and Roll	Erickson	0.15	1	0.15	0.15	0.75	0.25
4/17/2020	Friday	8AM - 9:30AM	The Menopause Metabolism Myth	Atkinson	0.15	1	0.15	0.15	1.5	0.25
4/17/2020	Friday	8AM - 9:30AM	TRIGGERPOINT™: Movement Prep	Wagner	0.15	1	0.15	0.15	0.75	0.25
4/17/2020	Friday	8AM - 9:30AM	MASHUP®: VIIT is the New HIIT	Silvas/J. Taylor	0.15	1	0.15	0	0.75	0.25
4/17/2020	Friday	8AM - 9:30AM	AFAA®: Ultimate GX Experience	Thomas	0.15	1	0.15	0	0.75	0.25
4/17/2020	Friday	8AM - 9:30AM	Yoga Sculpt	Ward	0.15	1	0.15	0	0.75	0.25
4/17/2020	Friday	8AM - 9:30AM	Combat Connie's Aqua HIIT Bootcamp	Lagerhausen	0.15	1	0.15	0	1.5	0.25
4/17/2020	Friday	9:30AM - 10:00AM	BREAK							
4/17/2020	Friday	10AM - 12PM	Busting through Training Plateaus	Karp	0.2	2	0.2	0.2	2	0.4
4/17/2020	Friday	10AM - 12PM	Functional Aging Circuits and Balance Games for 55+	Ritchie	0.2	2	0.2	0.2	1	0.4
4/17/2020	,	10AM - 12PM	Obtaining and Retaining Quality People: Would You Work for You?	Rickett	0.2	2	0.2	0	2	0.4
1,17,2020	maay	10/11/1	Wednesday to the first real	Murphy		_	0.2			•
4/17/2020	Friday	10AM - 12PM	50 Ways to Leave Your Core Lovers Wanting More	Madden/M. Mylrea/Bender	0.2	2	0.2	0	1	0.4
4/17/2020	Friday	10AM - 12PM	Stretch, Rock, and Roll with CBD	Hamilton	0.2	2	0.2	0	1	0.4
4/17/2020	Friday	10AM - 12PM	Yoga Props for All	Harrington	0.2	2	0.2	0	1	0.4
4/17/2020	Friday	10AM - 12PM	SplAsh Toning	Bishop	0.2	2	0.2	0	2	0.4
4/17/2020	Friday	12PM - 1:30PM	Lunch On Your Own							
4/17/2020	Friday	1:30PM - 3:30PM	Female Core & Pelvic Floor: Post-Natal, Post- Surgery, & More	Osar/Mattek	0.2	2	0.2	0.2	2	0.4
4/17/2020	Eriday	1:30PM - 3:30PM	Developing Skilled Movers: Movement Preparation to Agility Training	Yearby	0.2	2	0.2	0.2	1	0.4
4/17/2020	Titiday	1:30PM -	It's Time to Give Up: Release the Lie that You	rearby	0.2		0.2	0.2	_	0.4
4/17/2020	Friday	3:30PM	Can DO IT ALL	E. Taylor	0.2	2	0.2	0	2	0.4
4/17/2020	Friday	1:30PM - 3:30PM	Bodyweight Bootcamp	M Mylrea	0.2	2	0.2	0	1	0.4
4/17/2020	Friday	1:30PM - 3:30PM	Yoga for Back Health	Irby	0.2	2	0.2	0	1	0.4
4/17/2020	Friday	1:30PM - 3:30PM	Underwater Tension: Tubing at its Finest	Sheron	0.2	2	0.2	0	2	0.4
4/17/2020	Friday	1:30PM - 3:30PM	Ride like a Pro using FTP	Donnelly	0.2	2	0.2	0	1	0.4
4/17/2020	Friday	3:30PM - 4:00PM	BREAK							
4/17/2020	Friday	4:00PM - 6:00PM	Consistent Resistance	Erickson	0.2	2	0.2	0.2	1	0.4

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1/17/2020   Friday   6:00PM   Masala Bhangra**   Jain   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   CARDIO YOGA**: Yoga Focus   Krauss   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   1   0.4     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   0   0     1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   0   0     1/18/2020   Saturday   7AM - 8AM   Ageless Strength Aqua Mix   Neuroplastic Movement   Ageless Ageles   Ageles A	4/17/2020	Friday	4:00PM - 6:00PM	101 Ways to Transition to a Plant-Based Diet	B Mylrea, M Mylrea	0.2	2	0.2	0.2	2	0.4
1/17/2020   Friday   4:00PM	4/17/2020	Friday		Masala Bhangra®	Jain	0.2	2	0.2	0	1	0.4
		-	4:00PM -	9						_	
	4/17/2020	Friday	6:00PM	CARDIO YOGA™: Yoga Focus	Krauss	0.2	2	0.2	0	1	0.4
1/17/2020   Friday   6:00PM   Ageless Strength Aqua Mix   Velazquez   0.2   2   0.2   0   2   0.4     1/17/2020   Friday   6:00PM   6:00PM   6:00PM   6:00PM   6:00PM   6:00PM   6:00PM   6:00PM   7:00PM   Winding Down: Recovery and Meditation   Iululemon ambassador   0   0   0   0   0   0   0     1/18/2020   Saturday   7AM - 8AM   Morning Run @ Mesa Riverview   Karp   0   1   0.1   0   0   0   0   0     1/18/2020   Saturday   7AM - 8AM   Rise & Shine Yoga   Irby   0   1   0.1   0   0   0   0   0     1/18/2020   Saturday   7AM - 8AM   Dance Sweat Sesh   Murphy Madden   0   1   0.1   0   0   0   0   0     1/18/2020   Saturday   7AM - 8AM   Dance Sweat Sesh   Murphy Madden   0   1   0.1   0   0   0   0   0   0     1/18/2020   Saturday   10:00AM   Rettlebell Krazy   Yearby   0.2   2   0.2   0.2   1   0.4     1/18/2020   Saturday   10:00AM   Neuroplastic Movement   Parker   0.2   2   0.2   0.2   0.4     1/18/2020   Saturday   10:00AM   PT + Group Fitness= Skyrocketing Success   Silvas/J. Taylor   0.2   2   0.2   0.2   0.4     1/18/2020   Saturday   10:00AM   BASH: Zumba* + POUND*+"Old Skool" Step   Hall/O'Reilly/Hopki   n   0.2   2   0.2   0.2   0.4     1/18/2020   Saturday   10:00AM   Aqua Strong   Howard   0.2   2   0.2   0.2   0.4     1/18/2020   Saturday   10:00AM   BeatBoss60" + BeatBossPOWER**   Team BeatBoss**   0.2   2   0.2   0.2   0.4     1/18/2020   Saturday   10:00AM   BeatBoss60" + BeatBossPOWER**   Team BeatBoss**   0.15   1   0.15   0.15   1.5   0.25     1/18/2020   Saturday   10:00AM   BeatBoss60" + BeatBossPOWER**   Team BeatBoss**   0.15   1   0.15   0.15   1.5   0.25     1/18/2020   Saturday   10:00AM   BeatBoss60" + BeatBossPOWER**   Team BeatBoss**   0.15   1   0.15   0.15   0.25     1/18/2020   Saturday   10:00AM   BeatBoss60" + BeatBossPOWER**   Team BeatBoss**   0.15   1   0.15   0.15   0.25     1/18/2020   Saturday   10:00AM   BeatBoss60" + BeatBossPOWER**   Team BeatBoss**   0.15   1   0.15   0.15   0.25     1/18/2020   Saturday   10:00AM   BeatBoss60" + BeatBossPOWER**   10:00AM   10:00AM	4/17/2020	Friday		Pilates for Cancer Recovery	Kahn	0.2	2	0.2	0	1	0.4
	4/17/2020	Friday		Ageless Strength Aqua Mix	Velazquez	0.2	2	0.2	0	2	0.4
	4/17/2020	Friday		BeatBossBASIC™	Team BeatBoss	0.2	2	0.2	0	1	0.4
	4/17/2020	Friday		Winding Down: Recovery and Meditation		0	0	0	0	0	0
1/18/2020   Saturday   TAM - 8AM   Dance Sweat Sesh   Murphy Madden   0   1   0.1   0   0   0.2     1/18/2020   Saturday   10:00AM   Kettlebell Krazy   Yearby   0.2   2   0.2   0.2   1   0.4     1/18/2020   Saturday   10:00AM   Neuroplastic Movement   Parker   0.2   2   0.2   0.2   0.2   2   0.4     1/18/2020   Saturday   10:00AM   PT + Group Fitness = Skyrocketing Success   Silvas/J. Taylor   0.2   2   0.2   0.2   0.2   0.4     1/18/2020   Saturday   10:00AM   BASH: Zumba® + POUND® + "Old Skool" Step   Sheron   0.2   2   0.2   0.2   0.2   0.4     1/18/2020   Saturday   10:00AM   Flexibility FASTI   Sheron   0.2   2   0.2   0.2   0.4     1/18/2020   Saturday   10:00AM   Aqua Strong   Howard   0.2   2   0.2   0.2   0.4     1/18/2020   Saturday   10:00AM   BeatBoss60™ + BeatBossPOWER™   Team BeatBoss™   0.2   2   0.2   0.1   0.4     1/18/2020   Saturday   10:30AM - Riches are in the Niches   Sheron   O.5   1   0.15   0.15   1.5   0.25     1/18/2020   Saturday   10:30AM - Riches are in the Niches   Sheron   O.5   1   0.15   0.15   0.75   0.25     1/18/2020   Saturday   10:30AM - Riches are in the Niches   Sheron   O.5   1   0.15   0.15   0.75   0.25     1/18/2020   Saturday   10:30AM - Riches are in the Niches   Sheron   O.5   1   0.15   0.15   0.75   0.25     1/18/2020   Saturday   10:30AM - Riches are in the Niches   Sheron   O.5   1   0.15   0.15   0.75   0.25     1/18/2020   Saturday   10:30AM - Riches are in the Niches   Sheron   O.5   1   0.15   0.15   0.75   0.25     1/18/2020   Saturday   10:30AM - Riches are in the Niches   Sheron   O.5   1   0.15   0.75   0.25     1/18/2020   Saturday   1.2PM   Sheron   O.5   1   0.15   0.75   0.25     1/18/2020   Saturday   1.2PM   Sheron   O.5   0.75   0.25     1/18/2020   O.5   O.5   O.5   O.5   O.5   O.5   O.5   O.5   O.5	4/18/2020	Saturday	7AM - 8AM	Morning Run @ Mesa Riverview	Karp	0	1	0.1	0	0	0.2
1/18/2020   Saturday   Saturday	4/18/2020	Saturday	7AM - 8AM	Rise & Shine Yoga	Irby	0	1	0.1	0	0	0.2
	4/18/2020	Saturday	7AM - 8AM	Dance Sweat Sesh	Murphy Madden	0	1	0.1	0	0	0.2
Note	4/18/2020	Saturday		Kettlebell Krazy	Yearby	0.2	2	0.2	0.2	1	0.4
8:00AM - 10:00AM BASH: Zumba® + POUND® + "Old Skool" Step ns	1/10/2020										
	4/18/2020	Saturday		Neuroplastic Movement	Parker	0.2	2	0.2	0.2	2	0.4
1/18/2020   Saturday   Saturday	4/18/2020	Saturday		PT + Group Fitness= Skyrocketing Success	Silvas/J. Taylor	0.2	2	0.2	0.2	2	0.4
18/2020   Saturday	4/19/2020	Caturday		PASH, 7umba® , POLIND®, "Old Skaal" Stan	Hall/O'Reilly/Hopki	0.2	2	0.2	0	1	0.4
1/18/2020   Saturday   10:00AM   Flexibility FAST!   Sheron   0.2   2   0.2   0   1   0.4     1/18/2020   Saturday   10:00AM   Aqua Strong   Howard   0.2   2   0.2   0   2   0.4     1/18/2020   Saturday   10:00AM   BeatBoss60™ + BeatBossPOWER™   Team BeatBoss™   0.2   2   0.2   0   1   0.4     1/18/2020   Saturday   10:00AM   BREAK	4/10/2020	Saturday		BASH. Zulliba + FOOND + Old Skool Step	115	0.2		0.2	U	_	0.4
1/18/2020   Saturday   10:00AM   Aqua Strong   Howard   0.2   2   0.2   0   2   0.4     1/18/2020   Saturday   10:00AM   BeatBoss60™ + BeatBossPOWER™   Team BeatBoss™   0.2   2   0.2   0   1   0.4     1/18/2020   Saturday   10:30AM   BREAK	4/18/2020	Saturday		Flexibility FAST!	Sheron	0.2	2	0.2	0	1	0.4
108/2020   Saturday   10:00AM   BeatBoss60™ + BeatBossPOWER™   Team BeatBoss™   0.2   2   0.2   0   1   0.4	4/18/2020	Saturday		Aqua Strong	Howard	0.2	2	0.2	0	2	0.4
10AM - 10:30AM - 10:30AM - 12PM Best Shoulder Training for Posture and Function Osar 0.15 1 0.15 0.15 1.5 0.25 1.7 0.25	4/10/2020	Caturday		Dood Doog COIM   Dood Doog DOW FRIM	Table Doot Doos IM	0.3	•	0.3	•	_	0.4
10:30AM -   10:3	4/18/2020	Saturday		BeatBossbo···· + BeatBossPOWER····	ream BeatBoss	0.2	2	0.2	U	1	0.4
10:30AM - 12PM	4/18/2020	Saturday		BREAK							
A/18/2020       Saturday       12PM       Function       Osar       0.15       1       0.15       0.15       1.5       0.25         A/18/2020       Saturday       12PM       Riches are in the Niches       Karp       0.15       1       0.15       1.5       0.25         A/18/2020       Saturday       10:30AM - 12PM       Bender Ball Core: Never Crunch Again       Bender       0.15       1       0.15       0       0.75       0.25         A/18/2020       Saturday       10:30AM - 12PM       BASH: Bollywood Step + EDM BODY FITNESS™ + MASHUP®       Mora/Silvas & J. Taylor       0.15       1       0.15       0       0.75       0.25											
A/18/2020 Saturday 12PM Riches are in the Niches Karp 0.15 1 0.15 0.15 1.5 0.25  A/18/2020 Saturday 12PM Bender Ball Core: Never Crunch Again Bender 0.15 1 0.15 0 0.75 0.25  A/18/2020 Saturday 10:30AM - BASH: Bollywood Step + EDM BODY FITNESS™ + MASHUP® ASHUP® Taylor 0.15 1 0.15 0 0.75 0.25	4/18/2020	Saturday		_	Osar	0.15	1	0.15	0.15	1.5	0.25
10:30AM - Bender Ball Core: Never Crunch Again Bender 0.15 1 0.15 0 0.75 0.25  10:30AM - BASH: Bollywood Step + EDM BODY FITNESS™ + MASHUP® ASHUP® Taylor 0.15 1 0.15 0 0.75 0.25	4/18/2020	Saturday		Riches are in the Niches	Karp	0.15	1	0.15	0.15	1.5	0.25
10:30AM -   BASH: Bollywood Step + EDM BODY   Mora/Silvas & J.   Taylor   0.15   1   0.15   0   0.75   0.25		,	10:30AM -								
10:30AM - BASH: Bollywood Step + EDM BODY   Mora/Silvas & J.   Taylor   0.15   1   0.15   0   0.75   0.25   1   1   1   1   1   1   1   1   1	4/18/2020	Saturday	12PM	Bender Ball Core: Never Crunch Again		0.15	1	0.15	0	0.75	0.25
10:30AM -	4/18/2020	Saturday			Mora/Silvas & J.	0.15	1	0.15	0	0.75	0.25
1/18/2020 Saturday 12PM Flexibility & Tone Purdy 0.15 1 0.15 0 0.75 0.25			10:30AM -								
	4/18/2020	Saturday	12PM	Flexibility & Tone	Purdy	0.15	1	0.15	0	0.75	0.25

		10:30AM -				1				1
4/18/2020	Saturday		Noodle Combos	Bishop	0.15	1	0.15	0	1.5	0.25
4/18/2020	Saturday		HIIT the Road	Murphy Madden	0.15	1	0.15	0	0.75	0.25
4/18/2020	Saturday	12PM - 12:30PM	EXPO BREAK							
4/18/2020		12:30PM -	UNSTOPPABLE: THE 3 PRINCIPLES FOR DEVELOPING SUPERHUMAN PERFORMANCE & CREATING THE LIFE YOU'VE IMAGINED	Osar	1	1	0.1	0	1	0.2
		1:30PM -								
4/18/2020	Saturday	2:00PM -	EXPO BREAK							
4/18/2020	Saturday		Steel Mace Training	Valencia	0.2	2	0.2	0.2	1	0.4
4/18/2020	-		Cognified Fitness for Optimal Aging	Ritchie/Glatt	0.2	2	0.2	0.2	2	0.4
4/18/2020		2:00PM - 4:00PM	Answers to 20 Social Media Questions	Atkinson	0.2	2	0.2	0	2	0.4
4/18/2020		2:00PM -	BASH: Express Core + Cardio Yoga + PiYo® + JACS Bootcamp + Fire Up GX™	Mylrea/Murphy Madden/Bender/K rauss/Lasiter/Silvas /Carr		2	0.2	0	1	0.4
4/10/2020	Saturday	2:00PM -	JACS BOOKCallip + File Op GA	/Cdii	0.2		0.2			U.¬ 
4/18/2020	Saturday		Lower Cross Syndrome	Segawa	0.2	2	0.2	0	1	0.4
4/18/2020	Saturday		Pilates Fit + Pilates Strong	Kahn	0.2	2	0.2	0	1	0.4
4/18/2020	Saturday		Hydro Lift Off!	Howard	0.2	2	0.2	0	2	0.4
4/18/2020	Saturday	4:00PM - 4:30PM	BREAK							
4/18/2020		4:30PM -	Upper Extremity Movement Mechanics and Exercise Technique	Comana	0.15	1	0.15	0.15	1.5	0.25
4/18/2020			The Physiology of Fat Loss	Kravitz	0.15	1	0.15	0.15	1.5	0.25
4/18/2020	Saturday		Brain Health Nutrition	Tom	0.15	1	0.15	0	1.5	0.25
4/18/2020	•		Self-Defense Bootcamp		0.15	1	0.15	0	0.75	0.25
4/18/2020			BASH: Booty Up! + STRONG by Zumba® + HIGH Fitness	Hopkins/Wu- Hall/Tycksen	0.15	1	0.15	0	0.75	0.25
4/18/2020	Saturday	4:30PM - 6:00PM	Barre Triology	Bender	0.15	1	0.15	0	0.75	0.25
4/18/2020	Saturday	4:30PM - 6:00PM	Aqua Yoga	Irby	0.15	1	0.15	0	1.5	0.25
								<u> </u>		
4/19/2020		7AM - 8AM	Twist & Shout!	Tarrant	0	1	0	0	0	0.4
4/19/2020	1	8AM - 10AM	Transformer Bootcamp	Silvas	0.2	2	0.2	0	1	0.4
4/19/2020	Sunday	8AM - 10AM	Clarifying the Postural Torsion Syndrome	Gellert	0.2	2	0.2	0	2	0.4

4/19/2020	Sunday	8AM - 10AM	The Age Antidote	Kravitz	0.2	2	0.2	0.2	2	0.4
4/19/2020	,	8AM - 10AM	Becoming the Creative Genius of Functional Circuits	Purdy	0.2	2	0.2	0	1	0.4
4/19/2020	Sunday	8AM - 10AM	YoMo®: Yoga in Motion	Parker	0.2	2	0.2	0	1	0.4
4/19/2020	Sunday	8AM - 10AM	Hysterical Historical Aqua	Lagerhausen	0.2	2	0.2	0	1	0.4
4/19/2020	Sunday	10AM - 11AM	The Next 5 Big Things in Fitness (and how to be ready!)	Ritchie	0.1	1	0.1	0	1	0.2
4/19/2020	Sunday	11:15AM - 12:45PM	Lower Extremity Movement Mechanics and Exercise Technique	Comana	0.15	1	0.15	0.15	1.5	0.25
4/19/2020	Sunday	11:15AM - 12:45PM	Optimizing Nutrition for Longevity	Tom	0.15	1	0.15	0.15	1.5	0.25
4/19/2020	Sunday	11:15AM - 12:45PM	Upper Cross Syndrome	Segawa	0.15	1	0.15	0	0.75	0.25
4/19/2020	Sunday	11:15AM - 12:45PM	Core and Much More!	Sheron	0.15	1	0.15	0	0.75	0.25
4/19/2020	Sunday	11:15AM - 12:45PM	Yoga Journey: Yin & Yang	Howard/Velazquez	0.15	1	0.15	0	0.75	0.25
4/19/2020	Sunday	11:15AM - 12:45PM	Dynamically Rhythmic	Bishop	0.15	1	0.15	0	1.5	0.25
4/19/2020	Sunday	12:45PM - 1:15PM	BREAK							
4/19/2020	Sunday	1:15PM - 3:15 PM	Controversies in Resistance Training: SOLVED	Kravitz	0.2	2	0.2	0.2	2	0.4
4/19/2020	Sunday	1:15PM - 3:15 PM	The Fitness Assessment for Mature Clients	Ritchie	0.2	2	0.2	0.2	2	0.4
4/19/2020	Sunday	1:15PM - 3:15 PM	Conscious Eating	Kreun	0.2	2	0.2	0.2	2	0.4
4/19/2020	Sunday	1:15PM - 3:15 PM	Buns, Legs, Core, & More	M Mylrea	0.2	2	0.2	0	1	0.4
4/19/2020	Sunday	1:15PM - 3:15 PM	Sole Intention	Krauss	0.2	2	0.2	0	1	0.4
4/19/2020	Sunday	1:15PM - 3:15 PM	Aqua Men x 2	Howard/Velazquez	0.2	2	0.2	0	2	0.4