

PNW FitCon presented by Core Health Fitness April 29-30, 2022

#	Time/Session/Name/Presenter	ACE	AEA	AFAA	NASM
	Group 1 FRI 4/29/22 7:00 am– 8:30 am			1	0.1
301	Schwinn® Cycling: Work Not Twerk - Results with Rhythm with Helen Vanderburg	0.15	0	1	0.1
302	Welcome to the Jungle – StairMaster® HIIT with Doris Thews	0.15	0	1	0.1
303	Pilates Mat Exercises To Enhance Your Movement Experiences with Staci Alden	0.15	0	1	0.1
304	Alignment, The Missing Link For Optimal Client and Student Results with Leslee Bender	0.15	0	1	0.1
305	Sensory-Based Balance Training with Dr. Emily Splichal	0.15	0	1	0.1
306	FAI®: Exercise Program Design for the 55+ Client with Dr. Dan Ritchie	0.15	0	1	0.1
307	4 Keys to ACCELERATING Your Online Fitness Business with Rodney Morris	0.15	0	1	0.1
308	Acquapole® with Andrea Velazquez	0	1.5	1	0.1
	Group 2 FRI 4/29/22 8:45 am-10:15 am				
309	Schwinn® Cycling: Polishing Diamonds – How to Create a Successful Cycling Mentoring Program with Doris Thews	0.15	0	1	0.1
310	Your Brain on HIIT – Bonus Benefits of High Intensity Training – StairMaster® with Janelle Veteri	0.15	0	1	0.1
311	Happy Hour At The Barre with Tricia Murphy Madden & Lauren George	0.15	0	1	0.1
312	WARRIOR Strength™ with Ellen de Werd	0.15	0	1	0.1
313	FAI®: How to Launch or Jumpstart your business in 2022! with Dr. Dan Ritchie	0.15	0	1	0.1
314	Top Foods for a Healthy Gut Microbiome with Bruce & Mindy Mylrea	0.15	0	1	0.1
315	S'WET™ Boot Camp with Katy Coffey	0.15	1.5	1	0.1
	FRI PANEL 4/29/22 10:30 am-11:30 am				
316	Collaboration over Competition with Staci Alden, Adia Callahan, Rebecca Garity Pinto, Jason Schneider & Doris Thews	0.1	0	1	0.1
	Group 3 FRI /4/29/22 12:30 pm-2:00 pm				
317	Schwinn Cycling®: Master Your One – Rule Yourself & Rock Your Room with Helen Vanderburg	0.15	0	1	0.1
318	Breaking the Core with Tyler Valencia	0.15	0	1	0.1
319	Best Buns and Leg Exercises on the Planet with Mindy Mylrea	0.15	0	1	0.1
320	DancePowered Masterclass with Jennifer Cepeda	0.15	0	1	0.1
321	Healing Trauma with Yoga with Kim Gray	0.15	0	1	0.1
322	Mastering the Anchor Point with Chris Severs	0.15	0	1	0.1
323	Launch, Grow, and Elevate your Brand! with Rodney Morris	0.15	0	1	0.1
324	Liquid Star with Andrea Velazquez & Yvette Class	0.15	1.5	1	0.1
	Group 4 FRI 4/29/22 2:30 pm-4:00 pm				
325	Schwinn® Cycling: A DJ Saved My Life: The Secret to Savvy Playlists with Jason Schneider	0.15	0	1	0.1
326	Purpose NOT Circus – Legit HIIT – StairMaster® with Doris Thews	0.15	0	1	0.1

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327	Pilates Principles for Personal Trainers with Staci Alden	0.15	0	1	0.1
328	Your Core - Where Science Meets Function with Leslee Bender	0.15	0	1	0.1
329	Feet, Fascial and Functional Movement with Dr. Emily Splichal	0.15	0	1	0.1
330	Connecting with Resistance with Chris Severs	0.15	0	1	0.1
331	The Aquatic Anomaly with Andrea Velazquez	0.15	1.5	1	0.1
332	AquaFITcation with Katy Coffey	0.15	1.5	1	0.1
	<u>Group 5 FRI 4/29/22 4:30 pm–6:00 pm</u>				
333	Schwinn® Cycling: Dry-Tri: Beast Mode Fusion. with Doris Thews	0.15	0	1	0.1
334	Strength and Tone with Phil Berry	0.15	0	1	0.1
335	Get it from the Ground with Dan McDonogh	0.15	0	1	0.1
336	Zumba® with Madalene Aponte	0.15	0	1	0.1
337	Fascia + Function with Helen Vanderburg	0.15	0	1	0.1
338	Ground Forces with Anchored Resistance with Chris Severs	0.15	0	1	0.1
339	6 Secrets to Converting Your Network into Clients with Rodney Morris	0.15	0	1	0.1
340	Acquapole® Strong Circuit with Andrea Velazquez & Yvette Class	0.15	1.5	1	0.1
	<u>Group 6 SAT 4/30/22 7:00 am– 8:30 am</u>				
341	Schwinn® Indoor Cycling: Ride or Die: Killer Vibe to Connect with your Tribe with Janelle Veteri	0.15	0	1	0.1
342	Nautilus Strength – Does size REALLY matter? with Jason Schneider	0.15	0	1	0.1
343	Core Off The Floor with Rebecca Garity Pinto & Amanda Scales	0.15	0	1	0.1
344	50 Unique Core Lovers Exercises with Tricia Murphy Madden & Mindy Mylrea	0.15	0	1	0.1
345	YogaLean with Kim Gray	0.15	0	1	0.1
346	Neuro Cross Training - a Theory of Holistic Resistance Training with Chris Severs	0.15	0	1	0.1
347	Time by Design with Shannon Fable	0.15	0	1	0.1
348	AquaFIT - Power of Ω with Katy Coffey	0.15	1.5	1	0.1
	<u>Group 7 SAT 4/30/22 8:45 am-10:15 am</u>				
349	Schwinn® Cycling: F.E.A.R. Face Everything and RIDE with Doris Thews	0.15	0	1	0.1
350	Basic Movement Assessments for Cardio Modalities by Star Trac with Jason Schneider	0.15	0	1	0.1
351	HIIT The Ballet with Vicki Hatch-Moen	0.15	0	1	0.1
352	Introduction to Brain. Breath. Barefoot with Dr Emily Splichal	0.15	0	1	0.1
353	Self Anchored Loop Bands for Personal and Group Training with Chris Severs	0.15	0	1	0.1
354	It's You... No... Really. How To Get Professionally "Unstuck" and Out of Your Own Way! with Rodney Morris	0.15	0	1	0.1
355	Drum Vibes with Andrea Velazquez		1.5	1	0.1

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	SAT PANEL 4/30/22 10:30 am-11:30 am				
356	Take Control of Your Career with Shannon Fable, Dan McDonogh, Rodney Morris & Tricia Murphy Madden	0.1	0	1	0.1
	Group 8 SAT 4/30/22 12:30 pm-2:00 pm				
357	Schwinn® Cycling: Set the Stage: Planning the Perfect Ride Every Time with Jason Schneider	0.15	0	1	0.1
358	Strength and Tone with Phil Berry	0.15	0	1	0.1
359	Move Better: Enhance Strength through Increased Mobility and Activation with Dan McDonogh	0.15	0	1	0.1
360	Tabata Bootcamp™ with Mindy Mylrea	0.15	0	1	0.1
361	WARRIOR Rhythm™ with Ellen de Werd	0.15	0	1	0.1
362	FAI® Power Training for Older Adults, How to Safely Train for Power and Speed with Dr. Dan Ritchie	0.15	0	1	0.1
363	Building and Sustaining Community Through Strategic Events with Staci Alden	0.15	0	1	0.1
364	S'WET™ Challenge with Katy Coffey	0.15	1.5	1	0.1
	Group 9 SAT 4/30/22 2:30 pm-4:00 pm				
365	Schwinn® Cycling: Pedal N Pulse with Mindy Mylrea	0.15	0	1	0.1
366	“Toning” is NOT a Thing. WORK is Part of Work Out! – Nautilus with Jason Schneider	0.15	0	1	0.1
367	Fierce Fight Club with Rebecca Garity Pinto & Amanda Scales	0.15	0	1	0.1
368	Let The Beat Drop with Lauren George	0.15	0	1	0.1
369	YogaCore with Kim Gray	0.15	0	1	0.1
370	FAI®: Balance Training Games and Circuits with Dr. Dan Ritchie	0.15	0	1	0.1
371	How to Become a 10-Minute Social Media Pro with Rodney Morris	0.15	0	1	0.1
372	Liquid Gym Tool Kit with Andrea Velazquez & Yvette Class	0.15	1.5	1	0.1
	Group 10 SAT 4/30/22 4:30 pm-6:00 pm				
373	Schwinn® Cycling: Breathy Not Breathless – Base-Building Threshold Training with Jason Schneider	0.15	0	1	0.1
374	Breaking Barriers Involved with Exercise Selection with Tyler Valencia	0.15	0	1	0.1
375	Bodyweight Bootcamp with Adia Callahan	0.15	0	1	0.1
376	Dance Club with Medora Cesarano	0.15	0	1	0.1
377	Pelvic Floor & Postural Stability with Dr. Emily Splichal	0.15	0	1	0.1
378	FAI® Functional Aging Training Model and Why your Clients Over 40 Need this Approach with Dr. Dan Ritchie	0.15	0	1	0.1
379	Transition to a Plant-Based Diet with Bruce & Mindy Mylrea	0.15	0	1	0.1
380	Tabata H2O with Katy Coffey	0.15	1.5	1	0.1