

FITNESSFEST ARIZONA 2020 CONTINUING EDUCATION CREDITS

Date	Day	Time	Workshop	Instructor	ACE	AFAA	NASM	NSCA	AEA	NFPT
4/17/2020	Friday	7AM - 8:00AM	Following Your Fitness Path: Defining Your 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	Friday	10AM - 12PM	Obtaining and Retaining Quality People: Would You Work for You?	Rickett	0.2	2	0.2	0	2	0.4
4/17/2020	Friday	10AM - 12PM	50 Ways to Leave Your Core Lovers Wanting More	Murphy 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	Friday	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	Friday	1:30PM - 3:30PM	It's Time to Give Up: Release the Lie that You 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

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
4/17/2020	Friday	4:00PM - 6:00PM	Masala Bhangra®	Jain	0.2	2	0.2	0	1	0.4
4/17/2020	Friday	4:00PM - 6:00PM	CARDIO YOGA™: Yoga Focus	Krauss	0.2	2	0.2	0	1	0.4
4/17/2020	Friday	4:00PM - 6:00PM	Pilates for Cancer Recovery	Kahn	0.2	2	0.2	0	1	0.4
4/17/2020	Friday	4:00PM - 6:00PM	Ageless Strength Aqua Mix	Velazquez	0.2	2	0.2	0	2	0.4
4/17/2020	Friday	4:00PM - 6:00PM	BeatBossBASIC™	Team BeatBoss	0.2	2	0.2	0	1	0.4
4/17/2020	Friday	6:00PM - 7:00PM	Winding Down: Recovery and Meditation	lululemon ambassador	0	0	0	0	0	0
4/18/2020	Saturday	7AM - 8AM	Morning Run @ Mesa Riverview	Karp	0	1	0.1	0	0	0.2
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
4/18/2020	Saturday	8:00AM - 10:00AM	Kettlebell Krazy	Yearby	0.2	2	0.2	0.2	1	0.4
4/18/2020	Saturday	8:00AM - 10:00AM	Neuroplastic Movement	Parker	0.2	2	0.2	0.2	2	0.4
4/18/2020	Saturday	8:00AM - 10:00AM	PT + Group Fitness= Skyrocketing Success	Silvas/J. Taylor	0.2	2	0.2	0.2	2	0.4
4/18/2020	Saturday	8:00AM - 10:00AM	BASH: Zumba® + POUND®+ "Old Skool" Step	Wu-Hall/O'Reilly/Hopkins	0.2	2	0.2	0	1	0.4
4/18/2020	Saturday	8:00AM - 10:00AM	Flexibility FAST!	Sheron	0.2	2	0.2	0	1	0.4
4/18/2020	Saturday	8:00AM - 10:00AM	Aqua Strong	Howard	0.2	2	0.2	0	2	0.4
4/18/2020	Saturday	8:00AM - 10:00AM	BeatBoss60™ + BeatBossPOWER™	Team BeatBoss™	0.2	2	0.2	0	1	0.4
4/18/2020	Saturday	10AM - 10:30AM	BREAK							
4/18/2020	Saturday	10:30AM - 12PM	Best Shoulder Training for Posture and Function	Osar	0.15	1	0.15	0.15	1.5	0.25
4/18/2020	Saturday	10:30AM - 12PM	Riches are in the Niches	Karp	0.15	1	0.15	0.15	1.5	0.25
4/18/2020	Saturday	10:30AM - 12PM	Bender Ball Core: Never Crunch Again	Bender	0.15	1	0.15	0	0.75	0.25
4/18/2020	Saturday	10:30AM - 12PM	BASH: Bollywood Step + EDM BODY FITNESS™ + MASHUP®	Jain/Young & Mora/Silvas & J. Taylor	0.15	1	0.15	0	0.75	0.25
4/18/2020	Saturday	10:30AM - 12PM	Flexibility & Tone	Purdy	0.15	1	0.15	0	0.75	0.25

4/18/2020	Saturday	10:30AM - 12PM	Noodle Combos	Bishop	0.15	1	0.15	0	1.5	0.25
4/18/2020	Saturday	10:30AM - 12PM	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	Saturday	12:30PM - 1:30PM	UNSTOPPABLE: THE 3 PRINCIPLES FOR DEVELOPING SUPERHUMAN PERFORMANCE & CREATING THE LIFE YOU'VE IMAGINED	Osar	1	1	0.1	0	1	0.2
4/18/2020	Saturday	1:30PM - 2:00PM	EXPO BREAK							
4/18/2020	Saturday	2:00PM - 4:00PM	Steel Mace Training	Valencia	0.2	2	0.2	0.2	1	0.4
4/18/2020	Saturday	2:00PM - 4:00PM	Cognified Fitness for Optimal Aging	Ritchie/Glatt	0.2	2	0.2	0.2	2	0.4
4/18/2020	Saturday	2:00PM - 4:00PM	Answers to 20 Social Media Questions	Atkinson	0.2	2	0.2	0	2	0.4
4/18/2020	Saturday	2:00PM - 4:00PM	BASH: Express Core + Cardio Yoga + PiYo® + JACS Bootcamp + Fire Up GX™	Mylrea/Murphy Madden/Bender/Krauss/Lasiter/Silvas/Carr	0.2	2	0.2	0	1	0.4
4/18/2020	Saturday	2:00PM - 4:00PM	Lower Cross Syndrome	Segawa	0.2	2	0.2	0	1	0.4
4/18/2020	Saturday	2:00PM - 4:00PM	Pilates Fit + Pilates Strong	Kahn	0.2	2	0.2	0	1	0.4
4/18/2020	Saturday	2:00PM - 4:00PM	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	Saturday	4:30PM - 6:00PM	Upper Extremity Movement Mechanics and Exercise Technique	Comana	0.15	1	0.15	0.15	1.5	0.25
4/18/2020	Saturday	4:30PM - 6:00PM	The Physiology of Fat Loss	Kravitz	0.15	1	0.15	0.15	1.5	0.25
4/18/2020	Saturday	4:30PM - 6:00PM	Brain Health Nutrition	Tom	0.15	1	0.15	0	1.5	0.25
4/18/2020	Saturday	4:30PM - 6:00PM	Self-Defense Bootcamp	Reed	0.15	1	0.15	0	0.75	0.25
4/18/2020	Saturday	4:30PM - 6:00PM	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 Trilogy	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
4/19/2020	Sunday	7AM - 8AM	Twist & Shout!	Tarrant	0	1	0	0	0	0.4
4/19/2020	Sunday	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	Sunday	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