

**IAFC 2019  
CEC Allocations**

Date	Type	Code	Session Title	Presenter	AEA	ACE	AFAA	ATRI	NASM
5/7/19	WAKE	100	Aqua Awakenings Ai Chi	Lemahieu/Schellen-de	1	0	0	0	0
5/7/19	WAKE	101	Rise & Shine Yoga with Tinoca	Senra	1	0	0	0	0
5/7/19	WAKE	102	Beach Power Walk	See	1	0	0	0	0
5/7/19	AMC	103A	TaeKwon Tabata 3	An/Kim	1	0	0	0	0
5/7/19	AMC	103B	SAF® Aqua Drums Vibes Pool Percussions	Lemahieu/Anaya	1	0	0	0	0
5/7/19	AMC	104A	AfroRobics	dos Santos	1	0	0	0	0
5/7/19	AMC	104B	H to O Training Challenge	Perelomova	1	0	0	0	0
5/7/19	LMC	105A	Chair Fit: Arthritis Exercises that Challenge	Grevelding	1	0	0	0	0
5/7/19	L2W	105B	Stretch Fusion: Balance	Denomme	1	0	0	0	0
5/7/19	AMC	107A	Kick Combat & Knock Out	Benetti	1	0	0	0	0
5/7/19	AMC	107B	Therapy Aqua: Walking & Ai Chi Blend	Ohnuki	1	0	0	0	0
5/7/19	AMC	108A	Pump & Jump Circuit	De Luca/Collu	1	0	0	0	0
5/7/19	AMC	108B	Pedal & Push Power Training	Ragnoli/deLuca	1	0	0	0	0
5/7/19	L2W	109A	Ai Chi Progressions for Hips and Backs	Sova	1	0	0	0	0
5/7/19	L2W	109B	Terra-Agua Yoga	Senra	1	0	0	0	0
5/7/19	AMC	110	Dynamic Deep	Schellen-de Jong	1	0	0	0	0
5/7/19	AMC	111	Rock Pilates	Solier	1	0	0	0	0
5/7/19	L2W	112	Postural Pool Solution	Toogood	1	0	0	0	0
5/7/19	AMC	114	Back to the Core	Westfall	1	0	0	0	0
5/7/19	AMC	115	LaBlast Splash Master Class	van Amstel	1	0	0	0	0
5/7/19	LMC	116	Ground Force Exploration	Levia	1	0	0	0	0
5/7/19	AMCX	119	Aqua Body Strong (Boards) (Deep/NO BELT)	Aqua Body Strong	1	0	0	0	0
5/7/19	AMCX	120	HydroRider Super Circuit	HydroRider	1	0	0	0	0
5/7/19	AMCX	121	Ohm, Nekdoodle, NZ Mfting & Cubii	Misc.	1	0	0	0	0
5/7/19	AMCX	122	Aqua Body Strong (Boards) (Deep/NO BELT)	Aqua Body Strong	1	0	0	0	0
5/7/19	AMCX	123	Aqualogix & Aquastrength (deep/shallow)	Aqua Group LLC	1	0	0	0	0
5/7/19	AMCX	124	Indigo Aquatics Specialized Circuit	Indigo Aquatics	1	0	0	0	0
5/8/19	WAKE	200	Yoga Nidra & Ai Chi	Lewen	1	0	0	0	0
5/8/19	WAKE	201	Rise & Shine Yoga with Lauren	Eirk	1	0	0	0	0
5/8/19	WAKE	202	Intro to Tai Chi Beach	Templeman	1	0	0	0	0
5/8/19	AWS	203	Aquafit Freestylin' (deep/shallow)	Triple Delight	2	0.2	2	2	0.2
5/8/19	AWS	204	Senior Strength	Yaniglos	2	0.2	2	2	0.2
5/8/19	AWS	205	HIYO Interval Express	Denomme/Sherlock	2	0.2	2	2	0.2
5/8/19	AWS	206	Acquapole & Bands	Manfredi	2	0.2	2	2	0.2
5/8/19	LEC	207	B.Y.O.B. Build Your Own Brand	Patterson LaCour	2	0.2	2	2	0.2
5/8/19	LAB	208	Enchanted Waters	Grevelding	2	0.2	2	2	0.2
5/8/19	AWS	209	Cross Trainig for Athletes	Huey	2	0.2	2	2	0.2
5/8/19	AWS	210	The Fountain of Youth	Westfall	2	0.2	2	2	0.2
5/8/19	AWS	211	Acquapole Boxing (2 people per bag)	Gilardoni	2	0.2	2	2	0.2
5/8/19	AWS	212	2B or Not 2B-Partner Work	Harush	2	0.2	2	2	0.2
5/8/19	LEC	213	Carbohydrate Craziiness	Kravitz	2	0.2	2	2	0.2
5/8/19	LWS	214	Killer Core	Eirk	2	0.2	2	2	0.2
5/8/19	AMC	215	Unilateral Hand Bar & Core Challenge	Santos, J	1	0	0	1	0
5/8/19	AMC	216	Acquacombat Cardio Mix	Gilardoni	1	0	0	1	0
5/8/19	LMC	217	LaBlast Fitness Master Class	van Amstel	1	0	0	1	0
5/8/19	AMC	218	H2O Yoga Flow	Senra	1	0	0	1	0
5/8/19	AMC	219	Thaifit Water Combat & HIIT Training	Senati	1	0	0	1	0
5/8/19	LMC	220	Seat Cubii Workout Innovations	Pringle Burnell	1	0	0	1	0
5/8/19	AWS	221	Post Rehab Fitness	Huey	2	0.2	2	2	0.2
5/8/19	AWS	222	Deep Water Running	Stuart	2	0.2	2	2	0.2

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5/8/19	AWS	223	Triad Training	Thielen	2	0.2	2	2	0.2
5/8/19	AWS	224	SAF@ Aqua Drums Vibes	Anaya	2	0.2	2	2	0.2
5/8/19	LEC	225	Exercise, Fat Loss & Weight Management: The Real Story	Kravitz	2	0.2	2	2	0.2
5/8/19	LAB	226	Wet Barre Stool	Brock	2	0.2	2	2	0.2
5/8/19	AWS	227	Dim Mak	Levia	2	0.2	2	2	0.2
5/8/19	AWS	228	One Sided Deep	Lebeau	2	0.2	2	2	0.2
5/8/19	AWS	229	Aqua Triathlon Training	Collu/DeLuca/Ragnoli	2	0.2	2	2	0.2
5/8/19	AWS	230	All Generations Circuit	Brasil/Santos P/J/Senra	2	0.2	2	2	0.2
5/8/19	LEC	231	Liquid Form	Mehanni	2	0.2	2	2	0.2
5/8/19	LAB	232	Fluid Pilates-Body & Mind Adaptations for Water	Bergas del Rio	2	0.2	2	2	0.2
5/9/19	AWS	300	Cross Country Ski: Unlimited Ideas for One Move	Bergas del Rio	2	0.2	2	2	0.2
5/9/19	AWS	301	Restoration Aqua: A Journey for the Body & Soul	Delfino/Melotto	2	0.2	2	2	0.2
5/9/19	AWS	302	HydroRider MetCon	Brasil	2	0.2	2	2	0.2
5/9/19	AWS	303	Total Body Hydro Functional Training	Collu	2	0.2	2	2	0.2
5/9/19	LEC	304	Exercise: The Ultimate Brain Booster and Stress Reducer	Kravitz	2	0.2	2	2	0.2
5/9/19	LWS	305	From Frail to Functional	Huff	2	0.2	2	2	0.2
5/9/19	AWS	306	HIIT + CV Conditioning	Ryzkova	2	0.2	2	2	0.2
5/9/19	AWS	307	Deep Dance Intervals	Sullivan	2	0.2	2	2	0.2
5/9/19	AWS	308	Pore it to the Core	Stuart	2	0.2	2	2	0.2
5/9/19	AWS	309	Task Oriented Training	Sherlock	2	0.2	2	2	0.2
5/9/19	LEC	310	Posture and Alignment Essentials for Aquatic Exercise	Westfall	2	0.2	2	2	0.2
5/9/19	LAB	311	CardiYogaaah	Thielen	2	0.2	2	2	0.2
5/9/19	AMC	312	Energy Flow	Perelomova	1	0	0	0	0
5/9/19	AMC	313	Step to Jump	An/Kim	1	0	0	0	0
5/9/19	LMC	314	Yoga Body Break	Templeman	1	0	0	0	0
5/9/19	AMC	315	YOQUA VI™	Dziubinski	1	0	0	0	0
5/9/19	AMC	316	Flowing & Fluid Pilates	Collu	1	0	0	0	0
5/9/19	LMC	317	Meditate in a Minute	Lewen	1	0	0	0	0
5/9/19	AWS	318	LaBlast Splash Fitness	van Amstel	2	0.2	2	0	0.2
5/9/19	AWS	319	Creating Cardio Combinations	Mondick	2	0.2	2	2	0.2
5/9/19	AWS	320	StretchTension: Core Balance Suspension	Pringle Bumell	2	0.2	2	2	0.2
5/9/19	AWS	321	Turbulence Trouble	Lemahieu	2	0.2	2	2	0.2
5/9/19	LEC	322	Pregnancy & Postpartum: Research to Practice	Senra/Tarevnic	2	0.2	2	2	0.2
5/9/19	LAB	323	Ready in 10!	Yaniglos	2	0.2	2	2	0.2
5/9/19	AWS	324	Go Deep: Aquatic Circuit Training	Harush	2	0.2	2	2	0.2
5/9/19	AWS	325	Cardio Combos: Dual Depth (deep/shallow)	Bishop	2	0.2	2	2	0.2
5/9/19	AWS	326	Core Connections	Denomme	2	0.2	2	2	0.2
5/9/19	AWS	327	Aqua Obstacle	Lebeau	2	0.2	2	2	0.2
5/9/19	LEC	328	Age with Grace & Vitality	Dziubinski	2	0.2	2	2	0.2
5/9/19	LAB	329	Functional Fusion	Senati	2	0.2	2	2	0.2
5/10/19	AWS	400	H2O Go Go Go (deep/shallow)	dos Santos/Lemahieu	2	0.2	2	2	0.2
5/10/19	AWS	401	Pool School Deep Travel	Triple Delight	2	0.2	2	2	0.2
5/10/19	AWS	402	Aquatic Core Applications	Acton	2	0.2	2	2	0.2
5/10/19	AWS	403	Deck Blocks	Patterson LaCour	2	0.2	2	2	0.2
5/10/19	LEC	404	The Female Training Advantages 2019	Kravitz	2	0.2	2	2	0.2
5/10/19	LWS	405	Functional Movement and the Breath	Sova	2	0.2	2	2	0.2
5/10/19	AWS	406	Move Train Play	Toogood	2	0.2	2	2	0.2
5/10/19	AWS	407	Bootcamp Trifecta	Watkins	2	0.2	2	2	0.2
5/10/19	AWS	408	Stir Fried Noodles	Mehanni	2	0.2	2	2	0.2
5/10/19	AWS	409	Wet Barre: Suspend	Brock	2	0.2	2	2	0.2
5/10/19	LWS	410	YogaArt	Sullivan	2	0.2	2	2	0.2
5/10/19	LAB	411	The Change Game	Greveling	2	0.2	2	2	0.2
5/10/19	AWS	412	Turbulence Workout	Solier	2	0.2	2	2	0.2

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5/10/19	AWS	413	H2O High & Low	Schellen-de Jong	2	0.2	2	2	0.2
5/10/19	AWS	414	Choreo Core Circuit	Senati	2	0.2	2	2	0.2
5/10/19	AWS	415	Water Pilates	Khapkova	2	0.2	2	2	0.2
5/10/19	LEC	416	Where is Your Spark?	Mondick	2	0.2	2	2	0.2
5/10/19	LAB	417	Skills & Techniques for Success	Santos, P	2	0.2	2	2	0.2
5/10/19	AWS	418	Arabesque to Aqua	Bishop	2	0.2	2	2	0.2
5/10/19	AWS	419	Teaching Old Dogs New Tricks	Huff	2	0.2	2	2	0.2
5/10/19	AWS	420	WWW2-Water Wall Work in Pairs	Benetti	2	0.2	2	2	0.2
5/10/19	AWS	421	3-2-1 Kick It!	Thielen	2	0.2	2	2	0.2
5/10/19	LAB	423	Proven Hacks for Class Design	See	2	0.2	2	2	0.2