



## 2023 World Spinning® Experience

### Continuing Education Credit Form

WSX 2023 awards continuing education credits for ACE, AFAA and Spinning® Certified Instructors. Please see the details below and contact us for any questions at [education@spinning.com](mailto:education@spinning.com)

#### SPINNING® CECs

WSX attendees who are Spinning® Certified Instructors and have a SpinU account will have SPIN® CECs automatically applied to their accounts 2-3 weeks after attending the event. No form or paperwork is necessary, and you will receive an email confirmation. The number of CECs are based on the day(s) attended:

- Friday, September 8: 5 SPIN® CECs
- Saturday, September 9: 5 SPIN® CECs
- Sunday September 10: 4 SPIN® CECs
- Dream Ride with Josh Taylor: 2 SPIN® CECs

#### ACE and AFAA CECs

To receive continuing education credits/units from ACE and AFAA, complete this form as well as the grids on the following pages that indicate the sessions you attended, and submit the completed forms to ACE and/or AFAA.

Instructor Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone: (            ) \_\_\_\_\_ E-mail: \_\_\_\_\_

ACE Certification Number: \_\_\_\_\_ Total ACE CECs Earned: \_\_\_\_\_  
ACE Approval Number: **CEP263246** (1.3 credits max)

AFAA Instructor Number: \_\_\_\_\_ Total AFAA CEUs Earned: \_\_\_\_\_  
AFAA CE Provider Number: **10240** (15 CECs max)

Your Signature: \_\_\_\_\_ Date: \_\_\_\_\_

START DATE & TIME	SESSION TITLE	PRESENTER	ACE	AFAA	ATTENDED
9/08/2023 7:00 - 8:15 AM	Nuevas Tecnologías Aplicadas al Spinning®	Fernando Acevedo	NA	1	<input type="checkbox"/>
9/08/2023 7:00 - 8:15 AM	Cultivating an All-Star Team	Angela Amedio	0.1	1	<input type="checkbox"/>
9/08/2023 7:00 - 8:15 AM	Training the Female Body	Polona Gosar	0.1	1	<input type="checkbox"/>
9/08/2023 7:00 - 8:15 AM	Rating of Perceived Euphoria	Maria Renee Galvez	NA	NA	<input type="checkbox"/>
9/08/2023 7:00 - 8:15 AM	The Power of the Cue	Melanie Guadalupe	NA	1	<input type="checkbox"/>
9/08/2023 7:00 - 8:15 AM	What's the Race?	Peter Pastijn	NA	NA	<input type="checkbox"/>
9/08/2023 7:00 - 8:15 AM	Fórmula 1	Jhonny Leandro	NA	NA	<input type="checkbox"/>
9/08/2023 7:00 - 8:15 AM	Genética, Epigenética y Ejercicio HIIT	Randall Kaver Chacón	0.1	1	<input type="checkbox"/>
9/08/2023 7:00 - 8:15 AM	Cardio Yoga	Stacey Lei Krauss	0.1	1	<input type="checkbox"/>
9/08/2023 9:00 - 10:15 AM	Virtual Suite: The Hybrid Set Up	Krzysztof Glab	NA	NA	<input type="checkbox"/>
9/08/2023 9:00 - 10:15 AM	Sharing the Spotlight	Karen Gorman	NA	NA	<input type="checkbox"/>
9/08/2023 9:00 - 10:15 AM	Fit Into Your Genes	Heather Anderson-Santín	0.1	1	<input type="checkbox"/>
9/08/2023 9:00 - 10:15 AM	Assault to Power	Eva Garcia	NA	NA	<input type="checkbox"/>
9/08/2023 9:00 - 10:15 AM	Power Training for Beginners	Martin Timmermann	NA	1	<input type="checkbox"/>
9/08/2023 9:00 - 10:15 AM	From 60 to 110: The Full Cadence Ride	Karsten Krause	NA	NA	<input type="checkbox"/>
9/08/2023 9:00 - 10:15 AM	Spinning® & Zwift Part 1: Setup & Basics	Josh Taylor; Cesar Valera	NA	NA	<input type="checkbox"/>
9/08/2023 9:00 - 10:15 AM	Athletic Body in Balance	Tami Reilly	0.1	1	<input type="checkbox"/>
9/08/2023 9:00 - 10:15 AM	Bushido Flow - The Secret Code of Samurai	Andrea Bertino	0.1	1	<input type="checkbox"/>
9/08/2023 10:45 - 12:00 PM	Virtual Suite: The Hybrid Delivery	Melanie Guadalupe	NA	1	<input type="checkbox"/>
9/08/2023 10:45 - 12:00 PM	Your Network is Your Net Worth	Polona Gosar	0.1	1	<input type="checkbox"/>
9/08/2023 10:45 - 12:00 PM	Eating Disorders Dismantled	Rose O'Donovan	NA	NA	<input type="checkbox"/>
9/08/2023 10:45 - 12:00 PM	Ride Latinoamericano Global	Randall Kaver Chacón	NA	1	<input type="checkbox"/>
9/08/2023 10:45 - 12:00 PM	Bright Light	Sarah Morelli	NA	1	<input type="checkbox"/>
9/08/2023 10:45 - 12:00 PM	Watt's Your Power?	Joao Ferreira	NA	NA	<input type="checkbox"/>
9/08/2023 10:45 - 12:00 PM	Spinning® & Zwift Part 2: Training & Racing	Josh Taylor; Cesar Valera	NA	NA	<input type="checkbox"/>
9/08/2023 10:45 - 12:00 PM	Head2Toe Tubing	Delys Poynton	NA	NA	<input type="checkbox"/>
9/08/2023 10:45 - 12:00 PM	A Wall Does It ALL	Stacey Lei Krauss	0.1	1	<input type="checkbox"/>
9/08/2023 2:00 - 3:15 PM	Tech Your Teaching	Heather Anderson-Santín	0.1	1	<input type="checkbox"/>
9/08/2023 2:00 - 3:15 PM	Strength Underrated?	Sarah Morelli	0.1	1	<input type="checkbox"/>
9/08/2023 2:00 - 3:15 PM	Peak is Key	Carlos Uribe	0.1	1	<input type="checkbox"/>
9/08/2023 2:00 - 3:15 PM	10 Years - The Journey	Iain McKendry	NA	NA	<input type="checkbox"/>
9/08/2023 2:00 - 3:15 PM	The Power to Stand Up	Peter Pastijn	NA	NA	<input type="checkbox"/>
9/08/2023 2:00 - 3:15 PM	Unbroken	Jhonny Leandro	NA	NA	<input type="checkbox"/>

START DATE & TIME	SESSION TITLE	PRESENTER	ACE	AFAA	ATTENDED
9/08/2023 2:00 - 3:15 PM	Joint Setup - Behind the Scenes	Andrea Bertino	0.1	1	<input type="checkbox"/>
9/08/2023 2:00 - 3:15 PM	Push Ups: The Fusion Solution!	Maria Renee Galvez	NA	NA	<input type="checkbox"/>
9/08/2023 2:00 - 3:15 PM	Breath in Serenity	Angela Amedio	0.1	1	<input type="checkbox"/>
9/08/2023 3:45 - 5:00 PM	Check 1-2	Karen Gorman	NA	NA	<input type="checkbox"/>
9/08/2023 3:45 - 5:00 PM	The Evolving FitPro	Tami Reilly	0.1	1	<input type="checkbox"/>
9/08/2023 3:45 - 5:00 PM	¿Un Gran Evento Spinning® en Tu Mente?	Rodrigo Vilches	0.1	1	<input type="checkbox"/>
9/08/2023 3:45 - 5:00 PM	Glimmers	Delys Poynton	NA	1	<input type="checkbox"/>
9/08/2023 3:45 - 5:00 PM	Fartlek: Speed Game	Barbara D'Onza	NA	NA	<input type="checkbox"/>
9/08/2023 3:45 - 5:00 PM	Supercompensación	Eva Garcia	NA	NA	<input type="checkbox"/>
9/08/2023 3:45 - 5:00 PM	Let's Create a Criterium	Karsten Krause	NA	NA	<input type="checkbox"/>
9/08/2023 3:45 - 5:00 PM	Fascia Focused Fitness	Krzysztof Glab	NA	NA	<input type="checkbox"/>
9/08/2023 3:45 - 5:00 PM	How to Correct Dysfunctional Breathing Patterns	Rose O'Donovan	NA	NA	<input type="checkbox"/>
9/08/2023 6:00 - 7:30 PM	Anthem - Welcome Ride	Luciana Marcial-Vincion; Josh Taylor; Rodrigo Vilches	NA	1	<input type="checkbox"/>
9/09/2023 7:00 - 8:15 AM	La Transformación Está Aquí	Eva Garcia	NA	NA	<input type="checkbox"/>
9/09/2023 7:00 - 8:15 AM	Creating Profiles: The Sky's the Limit!	Carlos Uribe	0.1	1	<input type="checkbox"/>
9/09/2023 7:00 - 8:15 AM	New World, New You	Andrea Bertino	0.1	1	<input type="checkbox"/>
9/09/2023 7:00 - 8:15 AM	Inception	Krzysztof Glab; Melanie Guadalupe	NA	1	<input type="checkbox"/>
9/09/2023 7:00 - 8:15 AM	The Rise of the Phoenix	Tami Reilly	NA	1	<input type="checkbox"/>
9/09/2023 7:00 - 8:15 AM	Circle of Trust: Loop Profiles	Karen Gorman	NA	NA	<input type="checkbox"/>
9/09/2023 7:00 - 8:15 AM	Peak Power Value Toolbox	Delys Poynton	NA	NA	<input type="checkbox"/>
9/09/2023 7:00 - 8:15 AM	Running Drills	Cesar Valera	NA	NA	<input type="checkbox"/>
9/09/2023 7:00 - 8:15 AM	Reunited	Heather Anderson-Santín	0.1	1	<input type="checkbox"/>
9/09/2023 9:00 - 10:15 AM	Maximize Music Streaming Services	Jhonny Leandro	NA	NA	<input type="checkbox"/>
9/09/2023 9:00 - 10:15 AM	Magnetismo Spinning® en Redes Sociales	Rodrigo Vilches	0.1	1	<input type="checkbox"/>
9/09/2023 9:00 - 10:15 AM	Storytellers	Peter Pastijn	NA	NA	<input type="checkbox"/>
9/09/2023 9:00 - 10:15 AM	Last Night a DJ Saved My Life	Karsten Krause	NA	NA	<input type="checkbox"/>
9/09/2023 9:00 - 10:15 AM	Mauna Kea	Martin Timmermann	NA	1	<input type="checkbox"/>
9/09/2023 9:00 - 10:15 AM	Submerging Into Deep Intensity	Maria Renee Galvez	NA	NA	<input type="checkbox"/>
9/09/2023 9:00 - 10:15 AM	KISS the Technology!	Polona Gosar	0.1	1	<input type="checkbox"/>
9/09/2023 9:00 - 10:15 AM	Oxygen Advantage Workout	Rose O'Donovan	NA	NA	<input type="checkbox"/>
9/09/2023 9:00 - 10:15 AM	HIT: Holistic Interval Training	Stacey Lei Krauss	0.1	1	<input type="checkbox"/>
9/09/2023 10:45 - 12:00 PM	You Are a Social Media Influencer	Joao Ferreira	NA	NA	<input type="checkbox"/>
9/09/2023 10:45 - 12:00 PM	Stage Presence	Karen Gorman	NA	NA	<input type="checkbox"/>

START DATE & TIME	SESSION TITLE	PRESENTER	ACE	AFAA	ATTENDED
9/09/2023 10:45 - 12:00 PM	Creating Community	Tami Reilly	0.1	1	<input type="checkbox"/>
9/09/2023 10:45 - 12:00 PM	Avatar	Krzysztof Glab; Melanie Guadalupe	NA	1	<input type="checkbox"/>
9/09/2023 10:45 - 12:00 PM	Battle of the KJs	Sarah Morelli; Cesar Valera	NA	1	<input type="checkbox"/>
9/09/2023 10:45 - 12:00 PM	Épico	Fernando Acevedo	NA	NA	<input type="checkbox"/>
9/09/2023 10:45 - 12:00 PM	Flirting with SPINPower® Zone 3	Angela Amedio	NA	1	<input type="checkbox"/>
9/09/2023 10:45 - 12:00 PM	La Ciencia del Entrenamiento Funcional	Randall Kaver Chacón	0.1	1	<input type="checkbox"/>
9/09/2023 10:45 - 12:00 PM	Mindful or Mind Full?	Carlos Uribe	0.1	1	<input type="checkbox"/>
9/09/2023 2:00 - 3:15 PM	Creating Professional Videos for Spinning® Classes	Jhonny Leandro	NA	NA	<input type="checkbox"/>
9/09/2023 2:00 - 3:15 PM	MET: The Metabolic Unit	Martin Timmermann	0.1	1	<input type="checkbox"/>
9/09/2023 2:00 - 3:15 PM	Inclusive Fitness	Heather Anderson-Santín	0.1	1	<input type="checkbox"/>
9/09/2023 2:00 - 3:15 PM	Hard Rock Ride	Carlos Uribe	NA	1	<input type="checkbox"/>
9/09/2023 2:00 - 3:15 PM	Miami Beats	Peter Pastijn; Maria Renee Galvez; Karen Gorman; Rodrigo Vilch	NA	NA	<input type="checkbox"/>
9/09/2023 2:00 - 3:15 PM	Flow	Polona Gosar	NA	1	<input type="checkbox"/>
9/09/2023 2:00 - 3:15 PM	Cadencia con Ciencia	Eva Garcia	NA	NA	<input type="checkbox"/>
9/09/2023 2:00 - 3:15 PM	Stretch and Release	Delys Poynton	NA	NA	<input type="checkbox"/>
9/09/2023 2:00 - 3:15 PM	Cardio Yoga	Stacey Lei Krauss	0.1	1	<input type="checkbox"/>
9/09/2023 3:45 - 5:00 PM	Tour de France Finale	Rose O'Donovan	NA	NA	<input type="checkbox"/>
9/09/2023 3:45 - 5:00 PM	High Fidelity - The Ride	Andrea Bertino; Barbara D'Onza; Francesco Sivieri	NA	NA	<input type="checkbox"/>
9/09/2023 3:45 - 5:00 PM	Primeros Pasos con el Entrenamiento de Potencia	Jhonny Leandro	NA	NA	<input type="checkbox"/>
9/09/2023 3:45 - 5:00 PM	Crea Tu Sala de Spinning®: Hazla Realidad	Randall Kaver Chacón	0.1	1	<input type="checkbox"/>
9/09/2023 3:45 - 5:00 PM	It's Not an Event, It's an Experience	Krzysztof Glab	NA	NA	<input type="checkbox"/>
9/09/2023 3:45 - 5:00 PM	All About Thresholds	Cesar Valera	NA	NA	<input type="checkbox"/>
9/09/2023 3:45 - 5:00 PM	Power Training Design	Joao Ferreira	NA	NA	<input type="checkbox"/>
9/09/2023 3:45 - 5:00 PM	Group HIIT: Training with Elastic Resistance	Sarah Morelli	0.1	1	<input type="checkbox"/>
9/09/2023 3:45 - 5:00 PM	CRave!	Angela Amedio	0.1	1	<input type="checkbox"/>
9/09/2023 6:00 - 7:30 PM	Dream Ride	Josh Taylor	NA	NA	<input type="checkbox"/>
9/10/2023 7:30 - 8:45 AM	Visual Ride Secrets	Joao Ferreira	NA	NA	<input type="checkbox"/>
9/10/2023 7:30 - 8:45 AM	#thebesthashtag	Krzysztof Glab	NA	NA	<input type="checkbox"/>
9/10/2023 7:30 - 8:45 AM	Construye Tu Propio Plan de Entrenamiento de Spinning	Jhonny Leandro	NA	NA	<input type="checkbox"/>
9/10/2023 7:30 - 8:45 AM	Final Encounter	Fernando Acevedo; Carlos Uribe	NA	NA	<input type="checkbox"/>
9/10/2023 7:30 - 8:45 AM	The Big Chill: Deep Dive	Sarah Morelli	NA	1	<input type="checkbox"/>
9/10/2023 7:30 - 8:45 AM	21 Bends - The Mythical Alpe d'Huez	Karsten Krause	NA	NA	<input type="checkbox"/>
9/10/2023 7:30 - 8:45 AM	The Power of Rhythm	Heather Anderson-Santín	0.1	1	<input type="checkbox"/>

START DATE & TIME	SESSION TITLE	PRESENTER	ACE	AFAA	ATTENDED
9/10/2023 7:30 - 8:45 AM	El Poder de los HIIT	Randall Kaver Chacón	0.1	1	<input type="checkbox"/>
9/10/2023 7:30 - 8:45 AM	Yoga Like a Warrior	Tami Reilly	0.1	1	<input type="checkbox"/>
9/10/2023 9:15 - 10:30 AM	Be an Online Star!	Polona Gosar	0.1	1	<input type="checkbox"/>
9/10/2023 9:15 - 10:30 AM	Journey to the Unknown	Maria Renee Galvez	NA	NA	<input type="checkbox"/>
9/10/2023 9:15 - 10:30 AM	Magnetic Selection	Andrea Bertino	0.1	1	<input type="checkbox"/>
9/10/2023 9:15 - 10:30 AM	Rock Royalty Reawakening	Angela Amedio	NA	1	<input type="checkbox"/>
9/10/2023 9:15 - 10:30 AM	Mashup Party Mix	Karen Gorman	NA	NA	<input type="checkbox"/>
9/10/2023 9:15 - 10:30 AM	Intensity Coaching for Every Rider	Martin Timmermann	NA	1	<input type="checkbox"/>
9/10/2023 9:15 - 10:30 AM	Face to Face: Potencia vs. F.C.	Eva Garcia	NA	NA	<input type="checkbox"/>
9/10/2023 9:15 - 10:30 AM	Breathing: Improved Aerobic Performance	Rose O'Donovan	NA	NA	<input type="checkbox"/>
9/10/2023 9:15 - 10:30 AM	The Five Tibetan Rites: Yoga for Everyone	Stacey Lei Krauss	0.1	1	<input type="checkbox"/>
9/10/2023 11:00 - 12:15 PM	Tomorrowland Energy Festival Ride	Joao Ferreira	NA	NA	<input type="checkbox"/>
9/10/2023 11:00 - 12:15 PM	Ford vs. Ferrari	Josh Taylor; Francesco Sivieri	NA	NA	<input type="checkbox"/>
9/10/2023 11:00 - 12:15 PM	Cosmic Silence	Rodrigo Vilches	NA	1	<input type="checkbox"/>
9/10/2023 11:00 - 12:15 PM	SPINPower® 7-Layer Cake	Delys Poynton	NA	NA	<input type="checkbox"/>
9/10/2023 11:00 - 12:15 PM	Move, Groove, Flow	Stacey Lei Krauss	0.1	1	<input type="checkbox"/>
9/10/2023 11:00 - 12:15 PM	Stretch it Out	Tami Reilly	0.1	1	<input type="checkbox"/>
9/10/2023 11:00 - 12:15 PM	Tu Mejor Clase Virtual	Fernando Acevedo	NA	NA	<input type="checkbox"/>
9/10/2023 11:00 - 12:15 PM	Creating a Spinning® Event	Karsten Krause	NA	NA	<input type="checkbox"/>
9/10/2023 11:00 - 12:15 PM	The Fifth Population	Melanie Guadalupe	NA	1	<input type="checkbox"/>
9/10/2023 1:30 - 2:30 PM	MI Team Celebration Ride		NA	1	<input type="checkbox"/>