

APRIL 4, 2025 CERTIFICATIONS

SEAT

S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION
Gilbert • 11:00am-6:00pm ET

GOV

ACTIVE AGING CERTIFICATION
Roberts • 10am-6pm ET

GOV

MOBILITY, FLEXIBILITY & MYOFASCIAL RELEASE CERTIFICATION
Bannister-Munn • 11am-5pm ET

GOV

CHAIR YOGA CERTIFICATION
Ratliff • 11am-6pm ET

VITAL CORE TRAINING FOR THE ACTIVE AGING CERTIFICATION
Bender • 10am-2pm ET

AQUA PERSONAL TRAINING CERTIFICATION
Lemons • 10am-5pm CST

AQUA EXERCISE CERTIFICATION
Kulp • 10am-6pm CST

Active Aging Summit
ActiveAgingSummit.com

		A FUNCTIONAL TRAINING	B STRONG & STRAIGHT	C MIND-BODY & BALANCE	
SATURDAY, APRIL 5, 2025	SA1	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	ASK Amber: Anti-Aging Kit Toole	Restorative Stretching for Knees & Shoulders Bannister-Munn	
	SA2	11:15am-12:15pm ET 10:15am-11:15am CT 8:15am-9:15am PT	Smart Warm-Ups for Active Aging D'Agati	Forever Fit: Flexibility, Strength, Flow Conti	
	SA3	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	Hip Mobility for Active Aging Bannister-Munn	Ageless Pilates Bender	
	30 MINUTE BREAK				
	SA4	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 11:00am - 12:00pm PT	S.E.A.T.® Supported Exercise for Ageless Training Gilbert"	ToughAgers® Active Older Adult Strength Rothschild	Intro to Meditation Rockit
	SA5	3:15pm - 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	Perfect Programming for Active Agers Toole	Creative Programming 55+ Wartenberg	Boost Brain & Body Balance Gilbert
	SA6	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	Joint Replacements: Returning Triumphant! Roberts	BARREFusion™: Balance, Strength & Mobility Vandenberg	Chair Yoga Spreen-Glick
SUNDAY, APRIL 6, 2025	SU1	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	Prime Performance for 50+ Robinson	Renew & Restore: Flexibility for 50+ K. Ross	
	SU2	11:15am-12:15pm ET 10:15am- 11:15am CT 8:15am-9:15am PT	Joint Surgery Recovery Strategies Metcalf	Country Fusion® 2025 Mooney	
	SU3	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	Supporting Active Agers with Knee Care Fox	SOULstrength™: Fun & Functional Fitness Coleman	
	30 MINUTE BREAK				
	SU4	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 11:00am - 12:00pm PT	Stepping & Balance for Stability Mylrea	Everyday Strength: Coaching the Active Aging Female Roberts	Brain Balance Training Splichal
	SU5	3:15pm - 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	Working Smarter, Not Harder Syverson	Core Strength for Backs & Abs Tumminello	Deconstructing Asanas Ratliff
	SU6	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	Rethinking Intensity for Active Agers Mylrea	Pilates Power: Strength & Balance Haan	CoreSpring® Pilates for Better Balance Huss

		D NUTRITION/ EX SCIENCE/BUSINESS	E AQUA	F ADLs & LONGEVITY PRE-RECORDED SESSIONS			
SATURDAY, APRIL 5, 2025	SA1	Healthy Aging Weight Loss Childers-Richmond	Aquatic Personal Training Lemons	Ageless Core Bender <small>Pre-Recorded</small>	SA1	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	
	SA2	Maximizing Income with Older Clients K. Ross	Country Fusion® Aquatics Mooney	Smart Strength Strategies for the Female Lower Extremity Roberts <small>Pre-Recorded</small>	SA2	11:15am-12:15pm ET 10:15am-11:15am CT 8:15am-9:15am PT	
	SA3	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan	Aqua Ease: Flexibility for Active Agers Velazquez	Harmonious Yoga, Embrace the Flow Haan <small>Pre-Recorded</small>	SA3	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	
	30 MINUTE BREAK						
	SA4	Combat Loneliness Through Fitness Nitschke	Liquid Gym Acqua Punch & Pump Velazquez	Healthy Eating for Active Agers Lemons <small>Pre-Recorded</small>	SA4	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 11:00am - 12:00pm PT	
	SA5	More Than Muscle: Welcome to the Brain Game Lemons	Beautiful Buoyant Booty Carroll	Understanding Posture and Balance for the Active Ager Mummy <small>Pre-Recorded</small>	SA5	3:15pm - 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	
	SA6	Attracting & Retaining the 55+ Market Wollan	Ageless Aqua Carroll	Barefoot Therapy for Fall Prevention Strategy Melani	SA6	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	
SUNDAY, APRIL 6, 2025	SU1	Keeping Baby Boomers Buff Laskowski	Aqua Articulations & Cardio Pyle <small>Pre-Recorded</small>	Balance & Coordination for Active Agers Velazquez <small>Pre-Recorded</small>	SU1	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	
	SU2	Understanding Exercise & Obesity Medications Rogers	Aqua Running & Conditioning Wartenberg <small>Pre-Recorded</small>	Barre Hard Core George <small>Pre-Recorded</small>	SU2	11:15am-12:15pm ET 10:15am- 11:15am CT 8:15am-9:15am PT	
	SU3	Optimized Nutrition for Active Aging Childers-Richmond	Get Them in the Water Lemons <small>Pre-Recorded</small>	Athletic Aging Madden <small>Pre-Recorded</small>	SU3	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	
	30 MINUTE BREAK						
	SU4	Nutrition for Healthy Aging Charlop	Core Fusion H2O Carroll <small>Pre-Recorded</small>	Functional Training for Older Adults Ritchie <small>Pre-Recorded</small>	SU4	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 11:00am - 12:00pm PT	
	SU5	Smart Food Choices for Longevity Digsby	LaBlast® Splash: Buoyant Ballroom Blitz Figueroa <small>Pre-Recorded</small>	Active Aging Panel Kooperman, Splichal, Haan & Rotschild <small>Pre-Recorded</small>	SU5	3:15pm - 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	
	SU6	Smart Growth for Fitness Pros 50+ Hofacker	Water Walking for Gait & Balance Pyle <small>Pre-Recorded</small>	Body Composition 101 Han <small>Pre-Recorded</small>	SU6	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	