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|--|---|--|---|---|--|---|--|
| <b>JULY 25 &amp; 26</b><br><b>CERTIFICATIONS</b> |  <b>S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION</b><br>Gilbert • 11:00am-6:00pm ET<br><small>Thur, July 25</small> |  <b>ACTIVE AGING CERTIFICATION</b><br>Gilbert • 10am-6pm ET<br><small>Fri, July 26</small> |  <b>LIFE COACHING CERTIFICATION</b><br>Spreen-Glick • 11am-5pm ET<br><small>Fri, July 26</small> |  <b>AGELESS TRAINING ACADEMY PILATES ESSENTIALS WORKSHOP</b><br>Bender • 10am-3pm ET<br><small>Fri, July 26</small> |  <b>FUNCTIONAL AGING SPECIALIST PRE-CERTIFICATION WORKSHOP</b><br>Ritchie • 10am-6pm ET<br><small>Fri, July 26</small> |  <b>ZUMBA® JUMP START GOLD WORKSHOP</b><br>Bullard • 10am-6pm ET<br><small>Fri, July 26</small> |  <b>Active Aging Summit</b><br>ActiveAgingSummit.com |
|--|---|--|---|---|--|---|--|

|                          |  | <b>A</b><br>FUNCTIONAL TRAINING                                  | <b>B</b><br>STRONG & STRAIGHT                               | <b>C</b><br>MIND-BODY & BALANCE  |   |
|--------------------------|--|--|---|--|---|
| <b>SATURDAY, JULY 27</b> | <b>SA1</b>   | 10:00am-11:00am ET<br>9:00am-10:00am CT<br>7:00am-8:00am PT      | S.E.A.T. Supported Exercise for Ageless Training<br>Carroll | Adapting Exercises for Aging Athletes<br>Hughes (pre-recorded)         | Harmonious Yoga, Embrace the Flow<br>Haan                 |
|                          | <b>SA2</b>   | 11:15am-12:15pm ET<br>10:15am-11:15am CT<br>8:15am-9:15am PT     | Older and Wiser<br>Rothschild                               | Smart Strength Strategies for the Female Lower Extremity<br>K. Roberts | Brain Balance Training<br>Splichal                        |
|                          | <b>SA3</b>   | 12:30pm-1:30pm ET<br>11:30am-12:30pm CT<br>9:30am-10:30am PT     | Ageless Core<br>Bender                                      | LaBlast® Chair Fitness: Pull Up a Seat<br>Figueroa                     | Balls, Blocks, Bands: Pilates Fusion<br>Metcalf           |
|                          | <b>30 MINUTE BREAK</b>   |  |   |  |   |
|                          | <b>SA4</b>   | 2:00pm - 3:00pm ET<br>1:00pm - 2:00pm CT<br>11:00am - 12:00pm PT | Train Your Planes!<br>Aslakson                              | Ageless Techniques for Better Posture<br>Bender                        | Balance & Coordination for Active Agers<br>Velazquez      |
|                          | <b>SA5</b>   | 3:15pm - 4:15pm ET<br>2:15pm - 3:15pm CT<br>12:15pm - 1:15pm PT  | Functional Training for Older Adults<br>Ritchie             | BARREFUSION™<br>Park & L. Roberts                                      | Flexibility - Stop Doing It Wrong<br>Metcalf              |
|                          | <b>SA6</b>   | 4:30pm - 5:30pm ET<br>3:30pm - 4:30pm CT<br>1:30pm - 2:30pm PT   | Training the Active Aging Female Client<br>K. Roberts       | Understanding Posture and Balance for the Active Ager<br>Mummy         | Gentle Yoga for Mobility<br>Velazquez                     |
| <b>SUNDAY, JULY 28</b>   | <b>SU1</b>   | 10:00am-11:00am ET<br>9:00am-10:00am CT<br>7:00am-8:00am PT      | ToughAgers® Active Older Adult Fitness<br>Rothschild        | SOULstrength™<br>Park & L. Roberts                                     | Barefoot Therapy for Fall Prevention Strategy<br>Melani   |
|                          | <b>SU2</b>   | 11:15am-12:15pm ET<br>10:15am- 11:15am CT<br>8:15am-9:15am PT    | The Functional Chair<br>Haan                                | Athletic Aging<br>Madden   | Mobility, Stability & Balance for Active Aging<br>Melani  |
|                          | <b>SU3</b>   | 12:30pm-1:30pm ET<br>11:30am-12:30pm CT<br>9:30am-10:30am PT     | Barre Hard Core<br>George                                   | ZUMBA GOLD®<br>Bullard   | Walking Speed as a Predictor of Longevity<br>Splichal     |
|                          | <b>30 MINUTE BREAK</b>   |  |   |  |   |
|                          | <b>SU4</b>   | 2:00pm - 3:00pm ET<br>1:00pm - 2:00pm CT<br>11:00am - 12:00pm PT | Age Defying Mobility Training: Enhancing Longevity<br>Webb  | The Physics of Pain and Performance<br>Mummy (Lecture)                 | Stay On Your Feet<br>Madden                               |
|                          | <b>SU5</b>   | 3:15pm - 4:15pm ET<br>2:15pm - 3:15pm CT<br>12:15pm - 1:15pm PT  | Eliminating Knee Pain Through Joint Stability<br>Metcalf    | Human Reformer Pilates<br>George                                       | Preventing Pickleball Injuries for Active Agers<br>Bender |
| <b>SU6</b>               | 4:30pm - 5:30pm ET<br>3:30pm - 4:30pm CT<br>1:30pm - 2:30pm PT | Sustainable Vitality for Aging Athletes<br>Hughes (pre-recorded) | Don't Just Sit There! - Chair Yoga<br>Ratliff               | Meditation is My Medication<br>Haan                                    |   |

| <b>D</b><br>AQUA                                    | <b>E</b><br>NUTRITION & EX. SCIENCE  | <b>F</b><br>ADLS & LONGEVITY<br>PRE-RECORDED SESSIONS                     |            |  |
|---|--|---|------------|--|
| Silver Tsunami Kulp                                 | Healthy Eating for Active Agers<br>Malaghan  | Active Aging No Floor Core<br>Layne (pre-recorded)                        | <b>SA1</b> | 10:00am-11:00am ET<br>9:00am-10:00am CT<br>7:00am-8:00am PT      |
| H2O Rapid Resistance Kulp                           | The Ageless Fitness Opportunity<br>Ritchie   | Functional Fitness 50+<br>Toole (pre-recorded)                            | <b>SA2</b> | 11:15am-12:15pm ET<br>10:15am-11:15am CT<br>8:15am-9:15am PT     |
| Get Them in the Water<br>Malaghan                   | Active Aging Panel<br>Kooperman, Splichal, Haan & Rothschild                               | Aging and Nutritional Changes<br>Nitschke (pre-recorded)                  | <b>SA3</b> | 12:30pm-1:30pm ET<br>11:30am-12:30pm CT<br>9:30am-10:30am PT     |
| <b>30 MINUTE BREAK</b>                              |  |   |            |  |
| Aqua Drums Vibes<br>Wartenberg                      | Trending Diets & Weight Loss Meds<br>Digsby  | Strength Training for Longevity & Vitality II<br>Kooperman (pre-recorded) | <b>SA4</b> | 2:00pm - 3:00pm ET<br>1:00pm - 2:00pm CT<br>11:00am - 12:00pm PT |
| H2O Reporting for Duty<br>Haggard                   | More Than Muscle: Welcome to the Brain Game<br>Malaghan                                    | AGING Grate-fully<br>Hagan (pre-recorded)                                 | <b>SA5</b> | 3:15pm - 4:15pm ET<br>2:15pm - 3:15pm CT<br>12:15pm - 1:15pm PT  |
| Aqua Power Barre<br>Wartenberg                      | Navigating Nutrition Overwhelm: Fact vs. Fiction<br>Sohaila Digsby, RDN, LD                | High Roller<br>Appel (pre-recorded)                                       | <b>SA6</b> | 4:30pm - 5:30pm ET<br>3:30pm - 4:30pm CT<br>1:30pm - 2:30pm PT   |
| Beautiful Buoyant Booty<br>Carroll                  | Active Strengthening with Stretch<br>Kylie Ross, MS, MBA                                   | Yoga for Balance<br>Spreen-Glick (pre-recorded)                           | <b>SU1</b> | 10:00am-11:00am ET<br>9:00am-10:00am CT<br>7:00am-8:00am PT      |
| Strength Beneath the Surface<br>PluimMentz          | The Truths and Myths of Growing Old<br>Mummy   | Functional Fluid Fitness For Longevity!<br>Conti (pre-recorded)           | <b>SU2</b> | 11:15am-12:15pm ET<br>10:15am- 11:15am CT<br>8:15am-9:15am PT    |
| LaBlast® Splash: Buoyant Ballroom Blitz<br>Figueroa | Stretching For Strength - Flexible Foundations Panel<br>Kooperman, Metcalf, Mummy & Bender | Hands on Stretching<br>Bannister-Munn (pre-recorded)                      | <b>SU3</b> | 12:30pm-1:30pm ET<br>11:30am-12:30pm CT<br>9:30am-10:30am PT     |
| <b>30 MINUTE BREAK</b>                              |  |   |            |  |
| Aqua Articulations and Cardio<br>Pyle               | Dementia Client Strategies for Trainers<br>Rothschild                                      | Chair Yoga<br>Kooperman (pre-recorded)                                    | <b>SU4</b> | 2:00pm - 3:00pm ET<br>1:00pm - 2:00pm CT<br>11:00am - 12:00pm PT |
| Core Fusion H2O<br>Carroll x                        | Understanding the Aging Foot & its Effect on Movement<br>Splichal                          | Aqua Strides & Strength<br>Dziubinski (pre-recorded)                      | <b>SU5</b> | 3:15pm- 4:15pm ET<br>2:15pm - 3:15pm CT<br>12:15pm - 1:15pm PT   |
| Water Walking for Gait & Balance<br>Pyle            | StairMaster: Your Brain on HIIT<br>K. Roberts  | Pickleball Power & Performance<br>Kooperman (pre-recorded)                | <b>SU6</b> | 4:30pm - 5:30pm ET<br>3:30pm - 4:30pm CT<br>1:30pm - 2:30pm PT   |