

JULY 25 & 26
CERTIFICATIONS

SEAT

Thur, July 25

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

SCW

Fri, July 26

ACTIVE AGING CERTIFICATION
Gilbert • 10am-6pm ET

SCW

Fri, July 26

LIFE COACHING CERTIFICATION
Spreen-Glick • 11:am-5pm ET

AGELESS TRAINING ACADEMY

Fri, July 26

AGELESS TRAINING ACADEMY PILATES ESSENTIALS WORKSHOP
Bender • 10am-3pm ET

FAI

Fri, July 26

FUNCTIONAL AGING SPECIALIST PRE-CERTIFICATION WORKSHOP
Ritchie • 10am-6pm ET

ZUMBA

Fri, July 26

ZUMBA® JUMP START GOLD WORKSHOP
Bullard • 10am-6pm ET

Active Aging Summit

ActiveAgingSummit.com

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

D AQUA	E NUTRITION & EX. SCIENCE	F ADLs & LONGEVITY PRE-RECORDED SESSIONS			
Silver Tsunami Kulp	Healthy Eating for Active Agers Malaghan	Active Aging No Floor Core Layne (pre-recorded)	SA1	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	SATURDAY, JULY 27
H2O Rapid Resistance Kulp	The Ageless Fitness Opportunity Ritchie	Functional Fitness 50+ Toole (pre-recorded)	SA2	11:15am-12:15pm ET 10:15am-11:15am CT 8:15am-9:15am PT	
Get Them in the Water Malaghan	Active Aging Panel Kooperman, Splichal, Haan & Rothschild	Aging and Nutritional Changes Nitschke (pre-recorded)	SA3	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	
30 MINUTE BREAK					
Aqua Drums Vibes Wartenberg	Trending Diets & Weight Loss Meds Digsby	Strength Training for Longevity & Vitality II Kooperman (pre-recorded)	SA4	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 11:00am - 12:00pm PT	
Aqua Running & Conditioning Wartenberg	More Than Muscle: Welcome to the Brain Game Malaghan	AGING Grate-fully Hagan (pre-recorded)	SA5	3:15pm- 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	
Aqua Power Barre Wartenberg	Navigating Nutrition Overwhelm: Fact vs. Fiction Digsby	High Roller Appel (pre-recorded)	SA6	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	
Beautiful Buoyant Booty Carroll	Active Strengthening with Stretch Ross	Yoga for Balance Spreen-Glick (pre-recorded)	SU1	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	SUNDAY, JULY 28
Strength Beneath the Surface PluimMentz	The Truths and Myths of Growing Old Mummy	Functional Fluid Fitness For Longevity! Conti (pre-recorded)	SU2	11:15am-12:15pm ET 10:15am- 11:15am CT 8:15am-9:15am PT	
LaBlast® Splash: Buoyant Ballroom Blitz Figueroa	Stretching For Strength - Flexible Foundations Panel Kooperman, Metcalf, Mummy & Bender	Hands on Stretching Bannister-Munn (pre-recorded)	SU3	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	
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Aqua Articulations and Cardio Pyle	Dementia Client Strategies for Trainers Rothschild	Chair Yoga Kooperman (pre-recorded)	SU4	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 11:00am - 12:00pm PT	
Core Fusion H2O Carroll x	Understanding the Aging Foot & its Effect on Movement Splichal	Aqua Strides & Strength Dziubinski (pre-recorded)	SU5	3:15pm- 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	
Water Walking for Gait & Balance Pyle	StairMaster: Your Brain on HIIT K. Roberts	Pickleball Power & Performance Kooperman (pre-recorded)	SU6	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	

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