

 **Live-Stream
& Recorded**



Active Aging Summit



March 11-12, 2023

- **72 Sessions**
- **34 Presenters**
- **7 Certifications**
- **Up to 15 CEC/CEUs** (Continuing Education Credits)
- **40 Days Recorded Sessions**
- **Live-Streaming & Recorded**

ActiveAgingSummit.com

THURSDAY, MARCH 9



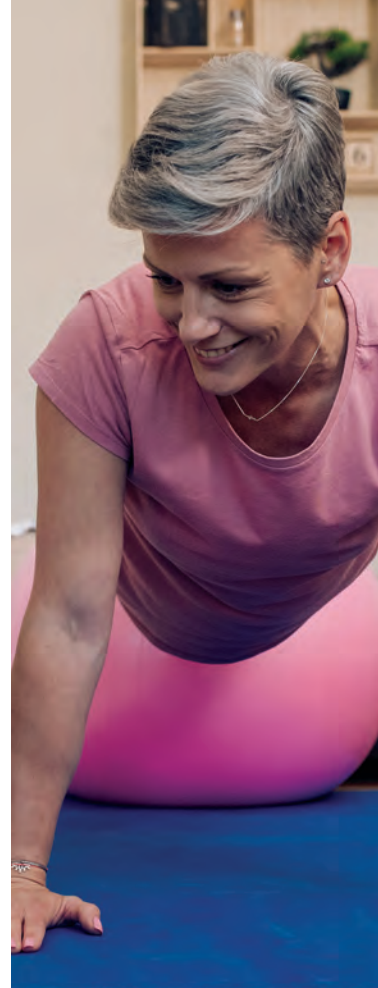
FRIDAY, MARCH 10



Enlarge & Print Schedule		A FUNCTION / CORE		B STRONG & STRAIGHT (POSTURE)	C MIND-BODY / FALL PREVENTION
SATURDAY, MARCH 11	SA1	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	Active Aging No Floor Core Layne	Functional Fitness 50+ Toole	S.E.A.T. Supported Exercise for Ageless Training Gilbert
	SA2	11:15am-12:15pm ET 10:15am- 11:15am CT 8:15am-9:15am PT	Aging Shoulder: Exercise To Function! Aslakson	Strength Through the Ages Appel	Functional Fluid Fitness For Longevity! Conti
	SA3	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	ToughAgers® Active Older Adult Fitness Rothschild	Level Up Your Strength Classes! Bannister-Munn	High Roller Appel
	1:30pm - 2:00pm ET, 12:30pm - 1:00pm CT, 10:30am - 11:00am PT				
	SA4	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 11:00am - 12:00pm PT	AGING Grate-fully Hagan	Strong Vs Weak: Predicting All Cause Mortality Linkul	Yoga for Balance Spreen-Glick
	SA5	3:15pm- 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	Boogie, Band & Balance Kulp	Perfect Programming for Active Agers Toole	Hands on Stretching Bannister-Munn
	SA6	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	The Battle for Mobility McCormick	Longevity Assessments & Training Via Grip Strength Linkul	Chair Yoga Spreen-Glick
SUNDAY, MARCH 12	SU1	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	Ageless Core: Science Meets Function Bender	Pre-Hab for Older Adults Wartenberg	Incorporating ROM Into Your Training Metcalf
	SU2	11:15am-12:15pm ET 10:15am- 11:15am CT 8:15am-9:15am PT	Core for Boomers Wartenberg	Shoulders Shouldn't Hurt Fulton	Maximizing Balance & Flexibility Mummy
	SU3	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	Know Body, Client & Soul Malaghan	Making a SHIFT in Your Balance Sides	Stay On Your Feet Madden
	1:30pm - 2:00pm ET, 12:30pm - 1:00pm CT, 10:30am - 11:00am PT				
	SU4	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 11:00am - 12:00pm PT	Athletic Aging Madden	Aging With Strength & Grace Dziubinski	Stretching - What Are You Doing Wrong? Metcalf
	SU5	3:15pm- 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	Disco & Dumbbells Haggard	Add FUN to Your Workouts! Grant	Stand Up to Sit Down Sides
	SU6	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	Walking - Speed & Longevity Splichal	8 Muscle Functions for Healthy Aging Twist	Muscle Mindfulness - Happy Hips & Healthy Backs Fulton



D AQUA	E NUTRITION / EX. SCIENCE	F FULL BODY BALANCE (RECORDED)	
Aqua Strides & Strength Dziubinski	Protein Power Digsby	Strong Body Fountain of Youth Howard	SA1
Swim Up Barre Malaghan	How to Know if You're Under-Eating Digsby	Active Aging Chair Yoga Kooperman	SA2
YOQUA™ Dziubinski	The Aging Brain Layne	Interval Training for the Active Ager Gilbert	SA3
1:30pm - 2:00pm ET, 12:30pm - 1:00pm CT, 10:30am - 11:00am PT			
Silver Tsunami Kulp	Training Clients With Fibromyalgia McCormick	LIVE SESSION: HMRfit-Slow, Strong and Supple Fit Klinger	SA4
Splish Splash Calorie Smash Malaghan	Active Aging Panel Kooperman, Linkul, Hagan, McCormick & Gilbert	FitQUICK – The Older Wiser Workout Grant	SA5
H2O Functionally Fit & Current Gilbert	BRAIN FITNESS: Use it, don't lose it! Hewlett	Balance for Active Aging Roberts	SA6
Free To Move in the Pool Dziubinski	Testosterone for Women McCormick	Brain-Balance Link: Fall Reduction Splichal	SU1
Aqua Dumbbell Workout Kulp	Arthritis Exercises: Head to Toe Conti	Corrective Exercise for Hip Osteoarthritis Osar	SU2
Aqua Running & Conditioning Wartenberg	Aging and Nutritional Changes Nitschke	Get Upright for an Upgraded Core Howard	SU3
1:30pm - 2:00pm ET, 12:30pm - 1:00pm CT, 10:30am - 11:00am PT			
Aqua Yoga Barre Wartenberg	Healthy Eating for Active Agers Malaghan	Training the Active Aging Female: Upper Extremity Roberts	SU4
Aqua Core Senior Style Kulp	Mobility, Fascia & the Active Ager McCormick	Forever Pilates Appel	SU5
Aqua Rhythmics Dziubinski	Attract, Motivate & Retain Clients with Chronic Illness Conti	Why Fascia Matters Beyond Muscles Hitzmann	SU6



ACTIVE AGING SUMMIT • MARCH 11-12

Elevate your skills for leading active older adult trainings and senior group fitness sessions with SCW Fitness Education's exclusive Active Aging Summit which is Live-Streaming via Zoom

LIVE-STREAM ONLY

(Was \$249)

Now Only \$149

LIVE-STREAM + ALL ACCESS

(Was \$289)

Now Only \$189

CERTIFICATIONS

THURSDAY, MARCH 9

SCW ACTIVE AGING CERTIFICATION



Ann Gilbert

Friday, March 9

10:00am-6:00pm ET

9:00am-5:00pm CT

7:00am-3:00pm PT

was \$259 Now Only \$159

As millions of baby-boomers enter their golden years, staying mentally, socially and physically active is the key to maintaining quality of life. Cutting-edge research reveals there's no secret to aging well. By focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention and balance, we can slow the aging process. Discover ways to empower seniors, not just teach them. Group fitness instructors, trainers and managers overseeing active aging programming will enjoy this one-day course that combines relevant research and proven practical approaches to training brains and bodies of 50+ participants.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7) If you can't make the Live Stream Certification, take the course online. Visit <https://www.scwfit.com/store/product/active-aging-online-certification/>

FRIDAY, MARCH 10

SCW AQUATIC EXERCISE CERTIFICATION



MaryBeth Dziubinski

Friday, March 10

10:00am-6:00pm ET

9:00am-5:00pm CT

7:00am-3:00pm PT

was \$259 Now Only \$159

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this nationally recognized comprehensive certification serves as an essential first step into the field of teaching water exercise. Learn the benefits of aquatic exercise and gain practical skill mastery in the unique environment of water. The principles of aquatic training, as they apply to general anatomy, kinesiology, water depth, movement planes, cueing skills, musicality and special population adaptations, are thoroughly addressed. Professionalism, leadership skills, and legal considerations are reinforced. Experience on-site coaching and one-on-one assessment of teaching skills to successfully develop and deliver effective water programming.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (9.0), AFAA (8.0), NASM (0.8) If you can't make the Live Stream Certification, take the course online. Visit <https://www.scwfit.com/store/product/aqua-ex-certification/>

**For more information on certifications visit:
activeagingsummit.com/certifications**

S.E.A.T. - SUPPORTED EXERCISE FOR AGELESS TRAINING CERTIFICATION



Ann Gilbert

Friday, March 10

10:00am-6:00pm ET

9:00am-5:00pm CT

7:00am-3:00pm PT

was \$259 Now Only \$159

The S.E.A.T. Fitness Certification (Supported Exercise for Ageless Training) is the perfect program for Active Aging and Specialty Format Instructors to take their chair classes to the next level. This comprehensive training includes an effective analysis of the aging process addressing the physiology, kinesiology, and specific needs of students requiring extra support. Use a chair as your base and incorporate sitting, standing, and supported moves needed to enhance your group dynamic teaching skills. Verbal and visual cueing techniques, inspirational and effective memory-improvement strategies, and active aging principles are all included. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Both expert and novice group exercise and small group instructors benefit from S.E.A.T. Fitness through class structure design, routine creation, and leadership development. Leave with a demographically diverse program you can teach Monday morning to anyone, including active agers, rehab patients, overweight or special-needs participants. Certification includes practical training, a comprehensive manual, downloadable choreography video, music, educational materials, flash cards, and online examination. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (7.0), AFAA (7.0), NASM (0.7).

If you can't make the Live Stream Certification, take the course online. Visit <https://seatfitness.com/product/online-certification/>

SCHWINN® CYCLING: INDOOR CYCLING CERTIFICATION



Keli Roberts

Friday, March 10

10:00am-6:00pm ET

9:00am-5:00pm CT

7:00am-3:00pm PT

\$159 early bird price through Feb. 12th

\$179 registration price after Feb. 12th

T#RideRight anywhere & everywhere with the industry's most up to date, respected and progressive indoor cycling instructor training course. Experience the latest in indoor cycling technology with the Schwinn Z Bike and Z Console using accurate power provided by the 4iiii Powermeter! Get the tools you need to become a successful and sought-after instructor on any brand of bike in one power packed day. This critically ac-

claimed certification, based on the Schwinn® Cycling Coach's Pyramid™, allows you to work smart, break through, fill your room, and shine in the studio. The course also covers proper bike fit, cycling science, class design, music, communication skills, & motivation techniques. Takeaways include

- Power Music® Schwinn® Cycling Signature Music
- Seven complete class design plans
- A comprehensive manual & Certificate of Completion

SCW (9.0), ACE (0.8), AFAA (8.0), NASM (0.8), ACSM (9.0)

If you can't make the Live Stream Certification, take the course online. Visit <https://registration1.corehandf.com/default/schwinn-indoor-cycling-training-program-10088.html?continent=&country=&state=>

SCW PRACTICAL GUIDE TO NUTRITION, HORMONES, & METABOLISM CERTIFICATION



Melissa Layne

Friday, March 10

12:00pm-6:30pm ET

11:00am-5:30pm CT

9:00am-3:30pm PT

was \$259 Now Only \$159

This practical program provides participants with cutting-edge information on nutrition, hormones, and metabolism. In easy-to-understand terms, learn how each macronutrient operates within energy pathways and how digestive and reproductive hormones affect metabolism. The body's adaptations to an incomplete diet and/or disease and the physiological consequences during various exercise regimes will be addressed during this session. You receive a handout detailing simple nutritional calculations and recommendations that Fitness Professionals can incorporate into a nutritional counseling session while remaining within the scope of practice. This comprehensive certification also provides information pertaining to Nutritional Health History Forms with prescriptive dietary suggestions that can be used immediately. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (8.0), NASM (0.8)

If you can't make the Live Stream Certification, take the course online. Visit www.scwfit.com/store/product/practical-nutrition-online-certification/



SCW ACTIVE AGING NUTRITION CERTIFICATION

Amber Toole

Friday, March 10

6:30pm-10:30pm ET

5:30pm-9:30pm CT

3:30pm-7:30pm PT

was \$259 Now Only \$129

Join Amber as she shares scientific, research-based, current insights on the distinct nutritional needs of your active-aging classes and over 50 clients. Learn practical tips for preserving and increasing lean body mass, enhancing cognition, losing excess body fat, acquiring essential vitamins and minerals and MORE. Explore nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutritional knowledge on aging.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), ACSM (4.0), AEA (4.0), AFAA (4.0), NASM (0.4). If you can't make the Live Stream Certification, take the course online. Visit <https://www.scwfit.com/store/product/active-aging-nutrition-online-certification/>



SCW CHRONIC DISEASE & FITNESS SPECIALIST CERTIFICATION



Christine Conti, M.Ed.

Friday, March 10

6:30pm-10:30pm ET

5:30pm-9:30pm CT

3:30pm-7:30pm PT

was \$259 Now Only \$129

Chronic diseases are defined broadly as conditions that last one year or more and require ongoing medical attention or limit daily living or both. According to the CDC, heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. This course provides fitness professionals with the basic knowledge to understand the most prevalent chronic diseases, symptoms, causes, and treatment methods to work with this growing demographic safely and effectively. Learn valuable tools to improve client trust, decrease pain, and increase quality of life. Level-up your career as a personal or group fitness professional with an in-depth knowledge of chronic diseases. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACSM (4.0). If you can't make the Live Stream Certification, take the course online. Visit <https://scwfit.com/store/product/chronic-disease-specialist-online-certification/>

SESSIONS

SATURDAY, MARCH 11

SA1 - SATURDAY SESSION 1

10:00am-11:00am ET

9:00am-10:00am CT

7:00am-8:00am PT

Active Aging No Floor Core

Melissa Layne, MEd

As we age, the core, proprioception, and balance become more important to prevent falls, maintain proper gait and keep us active. With core work often comes floor work, which can be uncomfortable for the aging population. This session is jam-packed with muscular core facts, activity ideas, and core exercises off the floor!

SA1A Saturday, 10:00am-11:00am ET

Functional Fitness 50+

Amber Toole

Staying functional is a key component of living a full life. Learn techniques and programming for your 50+ clients that will provide a challenging workout that makes them strong, stable, and able to perform daily tasks with ease. Explore a variety of equipment that provide options for unique exercises perfect for PT and GX.

SA1B Saturday, 10:00am-11:00am ET

S.E.A.T. Supported Exercise For Ageless Training



Ann Gilbert

It's time to take aging sitting down! Discover how incorporating a chair can increase access to your fitness offerings by catering to clients of all abilities. Perfect for deconditioned clients or those overcoming injuries, you'll learn how to design seat-based programming that lacks neither intensity nor fun, guaranteed to get a "seated" ovation from all of your students!

SA1C Saturday, 10:00am-11:00am ET

Aqua Strides & Strength

MaryBeth Dziubinski

Lengthen, strengthen and challenge your lower body in this resistive, shallow water walking class. Striding, gait training and functional movement patterns will be performed to enhance flexibility and balance.

SA1D Saturday, 10:00am-11:00am ET

Protein Power

Sohailla Digsby, RDN, LD

Do we eat too much protein in the US, or too little? How much is needed? What happens if you don't get enough, or get too much? What are the best food sources? What if you're vegetarian? Get your questions answered about this essential macronutrient by our Registered Dietitian.

SA1E Saturday, 10:00am-11:00am ET

Strong Body Fountain Of Youth

Jeff Howard

Combining the latest exercise science and aging research with unique sequences, this workout is guaranteed to help participants build muscle, burn calories and slow the body's aging process. Learn easy-to-implement sequences, progressions and modifications that will increase mobility and strength and accommodate all fitness levels. Your members will feel challenged and successful after this fun, high intensity cardio workout

SA1F Saturday, 10:00am-11:00am ET

[RECORDED]

SA2 - SATURDAY SESSION 2

11:15am-12:15pm ET

10:15am- 11:15am CT

8:15am-9:15am PT

Aging Shoulder: Exercise To Function!

Dr. Aaron Aslakson, PhD

Proper function of the aging glenohumeral joint is crucial to the activities of daily living in older adults. This presentation will focus on simple exercises that can provide valuable results to help older adults maintain function of the shoulder and translate this function to their activities of daily living.

SA2A Saturday, 11:15am-12:15pm ET

Strength Through The Ages

Abbie Appel

Strengthen your body at any age! This workout is strategically designed for 40, 50, 60 and beyond demographics. With a

focus on the fitness needs of active agers including muscular strength, endurance, coordination and balance, enjoy rhythmic and timed-based movements with high energy music. Learn a program design system that you can use on Monday morning!

SA2B Saturday, 11:15am-12:15pm ET

Functional Fluid Fitness For Longevity

Christine Conti, MEd

Experience a Vinyasa-Flow full-body warm-up that seamlessly transitions into segments of FUNCTIONal low-impact interval training. Hone in on your breath, strength, flexibility, and balance while having fun! Explore the magic of guided imagery at the end of class that will leave you feeling strong and empowered.

SA2C Saturday, 11:15am-12:15pm ET

Swim Up Barre

Rosie Malaghan, MS, ERYT- 200

Swim up to the barre for a true poolside playground! This low impact, full-body workout has a high impact on range of motion, posture and mindfulness. Join Rosie and learn how to create a fusion class that meets the needs of your multi-level clients, Serve up a cocktail of yoga, barre and joint mobility.

SA2D Saturday, 11:15am-12:15pm ET

How To Know If You're Under-Eating

Sohailla Digsby, RDN, LD, CPT

Many gym-goers are focused on eating clean foods and staying in a specific calorie range to support weight control goals. However, our fitness clients are often under-eating, triggering their metabolism to backfire and causing the body to compromise important functions – without even meaning to! Could you or your clients be under-eating?

SA2E Saturday, 11:15am-12:15pm ET

Active Aging Chair Yoga

Sara Kooperman, JD

This creative workshop focuses on yoga postures done with the support of a chair. Standing, seated and floor poses are beautifully blended into asanas that encompass a creative strength building and flexibility promoting workout. A union of mind, body and spirit are at the heart of this program with special attention focused on activities of daily living and the ability to rise, fall and flow. Supported by a group of like-minded individuals, this program has far-reaching positive effects on aging exercisers of all shapes and sizes, building communities with a mindful attention to self-awareness.

SA2F Saturday, 11:15am-12:15pm ET

[RECORDED]

SA3 - SATURDAY SESSION 3

12:30pm-1:30pm ET
11:30am-12:30pm CT
9:30am-10:30am PT

Toughagers®

Active Older Adult Fitness

Deborah Rothschild, MS

This total body program is science-based and includes cardio-respiratory, balance, resistance, core, and flexibility training. Leave with program suggestions, choreography, and strength training systems supporting Tough Agers!

SA3A Saturday, 12:30pm-1:30pm ET



Level Up Your Strength Classes!

Gail Bannister-Munn

Challenge your members with a combination of strength movement patterns at every age. This class is perfect for anyone trying to improve their fitness and health no matter what their experience. Beginners can work at their level; intermediate and advanced students will be pushed to their limit by this full-body workout.

SA3B Saturday, 12:30pm-1:30pm ET

High Roller

Abbie Appel

Foam rollers have an illustrious history in the fitness industry for good reason. The research tells us that foam rollers help to loosen tight muscles and activate inhibited ones. It's also known to be the perfect tool to add a balance, challenge and improve alignment. By blending the advantages of foam rolling with your Pilates' routine, you can create one amazing workout. Discover this three-step program and see how you can bring new life to your Pilates' classes or your client's training sessions.

SA3C Saturday, 12:30pm-1:30pm ET

YOQUA™

MaryBeth Dziubinski

This trademarked water yoga program blends the sciences of yoga with water relaxation principles for stress release, realignment of the spine and mind and muscle toning. Learn the "aqua salutation" and how to sequentially create a flow to balance your mental and physical well-being.

SA3D Saturday, 12:30pm-1:30pm ET

The Aging Brain

Melissa Layne, MEd

Starting in our 40's, the brain begins age-related changes. In this lecture and movement session, we will explore the latest research about why mental decline happens and what we can do, both in and out of the fitness arena, to slow this decline.

SA3E Saturday, 12:30pm-1:30pm ET

Interval Training For The Active Ager

Ann Gilbert

Interval training isn't just for the young - it's for the young at heart, too! Join Ann as she discusses the benefits of interval training for mature clients. Study progressions and regressions and how to make transitions as smooth as butter! Learn ready-made sequences to implement into your live and virtual training sessions today, for measurable results and fewer injuries!

SA3F Saturday, 12:30pm-1:30pm ET

[RECORDED]

SA4 - SATURDAY SESSION 4

2:00pm - 3:00pm ET
1:00pm - 2:00pm CT
11:00am - 12:00pm PT

Aging Grate-Fully

Maureen "Mo" Hagan, BScPT, BS

While aging is inevitable, how we approach it does not have to be. The time is now to introduce new attitudes and approaches that ensure our last 3 decades of life are greater than our first 5. In this session, Mo shares her functional fitness program and personal approach to aging that has helped thousands of individuals.

SA4A Saturday, 2:00pm-3:00pm ET

Strong Vs Weak:

Predicting All Cause Mortality

Robert Linkul, MS, CSCS

In this session Robert will review the research on strength training for the aging body and showcase the minimum performance values that the aging body should pursue in order to maximize quality of life and live longer. This will include select strength and conditioning strategies to maximize your efforts with your aging clients.

SA4B Saturday, 2:00pm-3:00pm ET

Don't Miss a Session! \$40 for 40 Days of Recordings 

Yoga For Balance

Kimberly Spreen-Glick

One of the number one needs for the active ager, or anyone who wants to move and groove without injury, is fall prevention. Balance training is key to preventing falls and is sadly often overlooked. This workshop teaches you how to facilitate yoga sequences specifically designed to strengthen the body's ability to stabilize, balance and move with freedom and inspiration.

SA4C Saturday, 2:00pm-3:00pm ET

Silver Tsunami

Cheri Kulp

Make a new aqua splash with these exciting inspired routines. Experience six (6) 64-count choreography blocks of captivating, low-impact aqua sequences and discover why moving in water is natural for our senior population. Manual dexterity, ankle mobility, balance options, and neuroplasticity games are all integrated to improve your aqua aging programming. Comprehensive choreography handouts are provided to enhance your teaching skills and movement mastery. Inspire active aging adults to safely improve cardiovascular endurance, balance, strength, and flexibility. Stay current with these fresh ideas!

SA4D Saturday, 2:00pm-3:00pm ET

Training Clients With Fibromyalgia

Irene McCormick, MS, CSCS

According to the National Institute of Health, fibromyalgia affects 10 million US adults, 90% of whom are women. Many of your class participants & PT clients may suffer from fibromyalgia, and your services and support can be an important source of relief. Explore the causes of fibromyalgia, the toll it can take on our clients, and HOW to manage Fibromyalgia through movement including 5 Key components of training.

SA4E Saturday, 2:00pm-3:00pm ET

HMR FIT - SLOW, STRONG AND SUPPLE

Sharon Klinger

HMR Fit is a unique strength and muscle recovery program featuring a patented solid stainless steel weighted massage roller – allowing your clients to quickly get fit and relax, with one tool. HMR effortlessly, effectively, and independently massages the tension away in the trapezius and neck, and almost all muscles. This self, soft tissue release is a technique originating many years ago to reduce muscle tension, stress, and soreness, and to increase flexibility, range of motion, and muscle performance.

SA4F Saturday, 2:00pm-3:00pm ET

[THIS WILL BE A LIVE SESSION]

SA5 - SATURDAY SESSION 5

3:15pm- 4:15pm ET

2:15pm - 3:15pm CT

12:15pm - 1:15pm PT

Boogie, Band & Balance

Cheri Kulp

This creative total body resistance band workout begins with a simple but effective steady state cardio routine to increase heart rate and movement in all three planes. Continue the class using tubing to strengthen the core with functional movement patterns, challenging balance and integrated body coordination with inspiration. Complete the workout with a unique stretch and relaxation segment to reset the mind and body. Leave with a strengthening and resistance program that includes a touch of “boogie”. Effective for all ages and fitness levels.

SA5A Saturday, 3:15pm-4:15pm ET

Perfect Programming For Active Agers

Amber Toole

PT Programming for active aging clients does not have to be boring! Incorporating a variety of exercise types blended with functional training offers a chance to wow your clients. Walk away with fun, challenging workout sequences that will increase the quality of life for our 50+, 60+, and 90+ clients. Leave with a perfect program for all levels of active agers.

SA5B Saturday, 3:15pm-4:15pm ET

Hands On Stretching

Gail Bannister-Munn

This workshop shows you how important stretching is and demonstrates how easy it is to stretch your clients on a table or the floor. Learn stretches with clear, step-by-step practical applications to increase your skills. Trainer-assisted stretching, as part of each training session, will help your clients improve their flexibility while keeping you within the scope of a personal trainer.

SA5C Saturday, 3:15pm-4:15pm ET

Splish Splash Calorie Smash

Rosie Malaghan, MS, ERYT-200

Get on board with this phenomenal cross-training option, aqua run & conditioning. Take advantage of the Power of Water! With a little imagination, you can adapt land-loving patterns of movement and resistance to the water, reducing joint wear and tear and injuries. Walk away with countless ideas for empowering programming for your clients, from athletes to active agers!

SA5D Saturday, 3:15pm-4:15pm ET

Active Aging Panel

Sara Kooperman, JD, Robert Linkul, MS, CSCS, Maureen (Mo) Hagan, BScPT, BA, Irene McCormick, MS, CSCS & Ann Gilbert

How will we integrate exercise into the 50, 60, 70, 80+ age market? What type of programs will we be offering? What protocols will keep this at-risk population safe? What type of technology will work with this age bracket? Don't miss this interesting session that will address the future of our active aging participants. Perfect for owners, managers, directors, group fitness instructors, and personal trainers alike!

SA5E Saturday, 3:15pm-4:15pm ET

Fitquickness – The Older Wiser Workout

Sue Grant

Join Sue in this innovative and lively workout filled with short and sweet, easy to follow athletic drills with no complicated choreography or fancy dance steps. Follow along with quick, fun cardio, strength & stretching segments, perfect for the Boomers (or anyone!) looking for an energetic and low impact workout that is easy on the knees and other joints.

SA5F Saturday, 3:15pm-4:15pm ET

[RECORDED]

SA6 - SATURDAY SESSION 6

4:30pm - 5:30pm ET

3:30pm - 4:30pm CT

1:30pm - 2:30pm PT

The Battle For Mobility

Irene McCormick, MS, CSCS

What's the difference between FLEXIBILITY and MOBILITY? Muscles and soft tissues are related to flexibility. Mobility is related to joint function. Understand the synergy between both and learn the latest research on training joints for better overall function & flexibility! Enhance your warm up, cool down and get a template for daily mobility programs.

SA6A Saturday, 4:30pm - 5:30pm ET

Longevity Assessments & Training Via Grip Strength

Robert Linkul, MS, CSCS

In this session Robert will introduce and review research on the correlation between longevity and grip strength. Robert will teach you a grip strength assessment that he performs with his older adult clientele and how those results determine their training program. Linkul will teach you multiple complex/compound movements that will increase your clients overall strength performance and increase their longevity.

SA6B Saturday, 4:30pm - 5:30pm ET

Chair Yoga

Kimberly Spreen-Glick

Chair yoga continues to grow in popularity for our growing active aging population. It's accessible and easily accommodates all levels and all ages. Learn how to successfully add this wonderful option to your toolbox as a fitness pro and yoga guru.

SA6C Saturday, 4:30pm - 5:30pm ET

H2O Functionally Fit & Current

Ann Gilbert

Activate the water, the most versatile fitness tool there is, in this trending aquatic format focusing on the functional needs of the active ager. Agitate, circulate, and regulate the waves around you to assure an increase in core stabilization and use of drag.

SA6D Saturday, 4:30pm - 5:30pm ET

Brain Fitness: Use It, Don't Lose It!

Jill Hewlett

Use your body to optimize your brain, to think, feel, and act your best, at every age. Stress compromises mental health, lowers immunity, and shrinks your brain. But you can do something! Learn fun and effective Brain Fitness strategies to build a healthier, happier, and more resilient brain, and life.

SA6E Saturday, 4:30pm - 5:30pm ET

Balance For Active Aging

Keli Roberts

Comprehensively examine the relationship between stability and mobility in the aging body. Learn effective methods to increase core stability and develop mobility in key areas, improving gait efficiency. Apply strategies for fall prevention through effectively training key areas for body balance.

SA6D Saturday, 4:30pm - 5:30pm ET

[RECORDED]

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SUNDAY, MARCH 20

SU1 - SUNDAY SESSION 1

10:00am-11:00am ET

9:00am-10:00am CT

7:00am-8:00am PT

Ageless Core: Science Meets Function

Leslee Bender

This session addresses a system of functional core training that prevents injuries by utilizing a small ball to protect the back in various exercises. These strategies and techniques work particularly well with your active aging clients to promote comfort and fitness longevity.

SU1A Sunday, 10:00am-11:00am ET

Pre-Hab For Older Adults

Billie Wartenberg

"Pre-Hab so you don't need to Re-Hab". This class will help members improve mobility, sit, stand, reach & practice daily activities to enhance their quality of daily life. Pre-Hab will focus on key moments to improve strength, stability, balance, and more! Pre-Hab IS "Pre-Fab"!

SU1B Sunday, 10:00am-11:00am ET

Incorporating ROM Into Your Training

Andrea Metcalf

Every 60 seconds, someone turns 60 in the US. Mobility training is the new buzz! Add this missing link to your programming. Learn the best practices for mobility training and how to add to your group classes and PT. Plus, how to market these programs for increased ROI.

SU1C Sunday, 10:00am-11:00am ET

Free To Move In The Pool

MaryBeth Dziubinski

Utilizing the natural support and resistance of the water is key to relieving stiffness, inflammation and stress associated with chronic conditions like arthritis, fibromyalgia and chronic fatigue. Experience innovative, gentle movement patterns to enrich and free the body of pain while promoting a feeling of total body wellness.

SU1D Sunday, 10:00am-11:00am ET

Testosterone For Women

Irene McCormick, MS, CSCS

Millions of women are undiagnosed and untreated for Testosterone Deficiency Syndrome, TDS. Testosterone is one of the most vital hormones in women, and one of the first they lose.

Symptoms include accelerated aging, fatigue, memory loss, moodiness, low libido, etc. Let's examine HRT and natural ways to increase testosterone.

SU1E Sunday, 10:00am-11:00am ET

Brain-Balance Link: Fall Reduction

Dr. Emily Splichal, DPM, MS

As we age, the #1 concern is reducing falls and maintaining optimal gait. Join Dr. Splichal as she explores how the brain sees movement and processes sensory stimulation for stabilization. Explore topics such as eye movement exercises, dual tasking, and haptic optimization, and experience sensory sequencing that challenges both proprioceptive and cognitive skill sets.

SU1F Sunday, 10:00am-11:00am ET

[RECORDED]

SU2 - SUNDAY SESSION 2

11:15am-12:15pm ET

10:15am- 11:15am CT

8:15am-9:15am PT

Core For Boomers

Billie Wartenberg

This session will lead you in practical exercises to meet the needs of Boomers, the largest population in America. Learn core options and modifications to meet the wide variety of fitness levels within the Active Adult population to keep them young in their golden years!

SU2A Sunday, 11:15am-12:15pm ET

Shoulders Shouldn't Hurt

Ronnie Fulton

Shoulder pain can totally cramp your style! It can restrict your movement, limit your ability to achieve your fitness goals and take your focus away from enjoying your life. This session includes a thorough analysis and hands-on application of strategies to combat the most common problem areas causing shoulder pain. Leave with an understanding of the function and flexibility of this ball and socket joint.

SU2B Sunday, 11:15am-12:15pm ET

Maximizing Balance & Flexibility

Patrick Mummy

Losing balance, mobility and height are three things that are expected as one ages. But it doesn't have to be that way. Learn how Symmetry addresses your client's posture in a scientific way, restoring the natural blueprint we were all born with, thus reversing the stereotype associated with aging.

SU2C Sunday, 11:15am-12:15pm ET



Aqua Dumbbell Workout

Cheri Kulp

The most often-voiced concern when using the aqua dumbbell in a water class might be, "I have arthritis. Holding the dumbbell hurts my hands." Join this session and explore new and varying ways to use your aqua dumbbell without gripping the handle and hiking the shoulders. Enjoy this inspired workout using single, meshed, and independent aqua dumbbell patterns to challenge your traditional cardio and toning water workouts.

SU2D Sunday, 11:15am-12:15pm ET

Arthritis Exercises: Head To Toe

Christine Conti, MEd

Learn the various forms, symptoms, and causes of arthritis that affect 1 in 4 adults in the United States. Identify and experience safe & effective exercises that improve joint mobility, flexibility, and improve range of motion while promoting greater independence. Leave this session with a better understanding of how to communicate with arthritic clients to gain trust and build life-long relationships.

SU2E Sunday, 11:15am-12:15pm ET

Corrective Exercise For Hip Osteoarthritis

Dr. Evan Osar, DC

Chronic hip tightness and weakness is often attributed to a 'tight' psoas and short hip flexors. However, this concept is based upon industry myth rather than reality. During this session, you'll discover how common posture and movement strategies are what leads to hip osteoarthritis. Additionally, you'll learn how to best lengthen and strengthen the flexors and glutes while improving hip longevity.

SU2F Sunday, 11:15am-12:15pm ET

[RECORDED]

SU3 - SUNDAY SESSION 3

12:30pm-1:30pm ET

11:30am-12:30pm CT

9:30am-10:30am PT

Know Body, Client & Soul

Rosie Malaghan, MS, ERYT- 200

Encourage the heart and train the body with play! Join Rosie as she helps formulate new game plans for fun, confidence boosting programming for active agers and create the ultimate wellness experience! Discuss trainer approach and implementation along with new research and strategies that will ensure your clients conquer functional movement and cognitive challenges

SU3A Sunday, 12:30pm-1:30pm ET



Making A Shift In Your Balance

Summer Sides, MS, CSCS, RYT-200

Balance is a key component of effective movement and longevity. As people age, balance training can be intimidating. Using a variety of shifting movements, postures, and visual disturbances, this session explores the science behind balance and how to keep both feet on the ground while challenging it.

SU3B Sunday, 12:30pm-1:30pm ET

Stay On Your Feet

Tricia Murphy Madden

While balance training can feel very clinical for your members, it's an important component for all populations over 40. Explore how to make these workouts fun, playful, and effective. Take away several easy-to-follow formats that will make the art of staying on your feet just a little more fun AND balanced.

SU3C Sunday, 12:30pm-1:30pm ET

Aqua Running & Conditioning

Billie Wartenberg

Join the newest Aqua Craze! We all know the many benefits of running, so now is the time to take your workouts to a new depth! This cardio/strength water workout will combine high-intensity and low-intensity exercises with little impact while strengthening muscles and improving joint function. Combine running, traveling, Tabata intervals, strength, and more!

SU3D Sunday, 12:30pm-1:30pm ET

Aging And Nutritional Changes

Dr. Erin Nitschke

The process of aging affects nutritional needs. Nutrition must remain at the forefront of our attention as we work with an active aging population. This session introduces you to the variety of changes the body undergoes as it ages as well as identifies shifting nutritional needs that occur simultaneously.

SU3E Sunday, 12:30pm-1:30pm ET

Get Upright For An Upgraded Core

Jeff Howard

Get off the floor and build that core! In this session, learn powerful flowing sequences that strengthen the powerhouse of the body. Learn movements and patterns to condition and strengthen the deep stabilizing muscles of the back that support the spine and daily movement, not just the muscles of the coveted "6-pack." Step outside your comfort zone and

transform your mind and body, come ready to sweat, laugh and grow!

SU3D Sunday, 12:30pm-1:30pm ET

[RECORDED]

SU4 - SUNDAY SESSION 4

2:00pm - 3:00pm ET

1:00pm - 2:00pm CT

11:00am - 12:00pm PT

Athletic Aging

Tricia Murphy Madden

With so many of our Active Aging members being strong and fit already, we need to provide programming that keeps them feeling engaged and efficient. Learn to create workouts that help the fit stay. Walk away with some easy format tricks for creating intensity without discouraging the art of listening to their own body.

SU4A Sunday, 2:00pm-3:00pm ET

Aging With Strength & Grace

MaryBeth Dziubinski

Drop the belief that aging is deteriorating. Aging is simply the process of getting older. With age comes wisdom and experience. Understand the statistics and learn useful tips on how to improve one's quality of life and prevent chronic disease. Now is the time to change your perception on the aging process.

SU4B Sunday, 2:00pm-3:00pm ET

Stretching - What Are You Doing Wrong?

Andrea Metcalf

It doesn't matter how much you stretch; you won't get more flexible by stretching alone. In this hands-on workshop, find out what you've been doing wrong while discovering unique and effective ways to increase range of motion. If you've never touched your toes, you'll be amazed how quickly you can do it with this dynamic program.

SU4C Sunday, 2:00pm-3:00pm ET

Aqua Yoga Barre

Billie Wartenberg

Nourish your soul with this Ballet-inspired Aqua Yoga/Barre workout. This session provides you with many ideas for a functional flow in the water. Learn choreography and how to apply sequences to design a seamless, fluid Yoga/Barre class.

SU4D Sunday, 2:00pm-3:00pm ET

Healthy Eating For Active Ager

Rosie Malaghan, MS, ERYT- 200

Expand your knowledge of the nutritional needs of our over 50 clients. Examine caloric needs, protein, fiber, hydration, longevity, disease avoidance, and more! Your active agers need your support because of their decreased appetites, increased social needs, and their constant battle with inflammation. Help them navigate these challenges with effective coaching options.

SU4E Sunday, 2:00pm-3:00pm ET

Training The Active Aging Female:

Upper Extremity

Keli Roberts

Training the Active Aging Female Upper Extremity requires a high level of skill. Observing posture and performing movement screens begins the process. Through practical application in an interactive environment, review the typical postural compensation we see as women age. Review biomechanics and kinesiology while learning specific techniques for training active aging female clients.

SU4F Sunday, 2:00pm-3:00pm ET

[RECORDED]

SU5 - SUNDAY SESSION 5

3:15pm- 4:15pm ET

2:15pm - 3:15pm CT

12:15pm - 1:15pm PT

Disco & Dumbbells

Tanisha Haggard

Shake your "groove thing" in the ultimate cardio-circuit workout simple and fun for all levels. A mix of 70's and 80's tunes will help you get your sweat on in this challenging mind and body workout with a combination of functional training, light weights and dance. Channel your inner "dancing queen" and see you at the disco!

SU5A Sunday, 3:15pm-4:15pm ET

Add Fun To Your Workouts!

Sue Grant

Learn how to add levity and joy to workouts with fun partner activities, brain games, strength training options and seated activities in all three planes of motion. This session will help you spice up your fitness classes, whether virtual or in-person, with creative games and activities.

SU5B Sunday, 3:15pm-4:15pm ET

Stand Up To Sit Down

Summer Sides, MS, CSCS, RYT-200

For many older adults, the act of standing up from a seated position can be difficult, yet it is one of the most foundational movements of life. Explore how to build the stability, mobility, and strength needed to stand up and sit down with ease addressing different levels of ability and function.

SU5C Sunday, 3:15pm-4:15pm ET

Aqua Core Senior Style

Cheri Kulp

Enjoy six different segments of core training exercises for water exercise. This course focuses on working abs, back, obliques, hips and shoulders. Basically, anything core goes! Targeting a senior market demands special emphasis on posture and alignment. Enjoy this session with one of the top aquatic presenters in the world!

SU5D Sunday, 3:15pm-4:15pm ET

Mobility, Fascia & The Active Ager

Irene McCormick, MS, CSCS

As we age, joint range of motion is lost affecting the ability to move our joints correctly and our bodies freely. Learn simple fascia-focused techniques to increase joint range of motion, decrease edema, support positional awareness, and improve balance. Examine percussive recovery tools, foam rollers, and textured balls to perform quick releases for our clients.

SU5E Sunday, 3:15pm-4:15pm ET

Forever Pilates

Abbie Appel

Pilates is for everyone! Develop your Pilates program to help your active agers feel great and continue moving functionally to live their best lives. Experience a Pilates mat program with 15 movement modifications and progression that increases mobility, balance and muscular endurance. Learn why proper technique of postural movements will improve function and overall confidence to help your clients continue doing the things they love!

SU5F Sunday, 3:15pm-4:15pm ET

[RECORDED]



SU6 - SUNDAY SESSION 6

4:30pm - 5:30pm ET

3:30pm - 4:30pm CT

1:30pm - 2:30pm PT

Walking - Speed & Longevity

Dr. Emily Splichal, DPM, MS

Walking. The most foundational and functional movement pattern we do every day. This subconscious movement pattern is often taken for granted; however, the implications of poor walking metrics is actually a huge predictor of vitality and longevity.

SU6A Sunday, 4:30pm - 5:30pm ET

8 Muscle Functions For Healthy Aging

Peter Twist

Muscles play 8 roles for the physicality required of whole-body 3D motion. Training all 8 functions builds the most robust skilled musculature while injury-proofing clients. Discover 10 mechanical strategies for safely managing resistance while making strength training kinder on joints and simultaneously harder on the muscles and brain.

SU6B Sunday, 4:30pm-5:30pm ET

Muscle Mindfulness - Happy Hips & Healthy Backs

Ronnie Fulton

Chronic back pain caused by "tight" hips will undoubtedly stand in the way of your clients achieving their fitness goals. Unhealthy fascia and overactive muscles in this region can affect the quality of movement. Discover the most effective ways to combine foam rollers, therapy balls, and active isolated stretching to minimize pain and improve mobility in the lumbopelvic hip complex.

SU6C Sunday, 4:30pm-5:30pm ET

Aqua Rhythmics

MaryBeth Dziubinski

Learn how the body's autonomic nervous system responds to rhythmic music to release blocked energy which can be a precursor to disease. Discover how to bring the body into balance and harmony when submerged in the water.

SU6D Sunday, 4:30pm-5:30pm ET

Attract, Motivate & Retain Clients with Chronic Illness

Christine Conti, MEd

Those with chronic illness are often living with physical, cogni-

tive, and emotional challenges such as fatigue, pain, balance issues, muscle spasms, vision/hearing challenges, tremors, memory loss, depression, anxiety, and more. Because these health issues are chronic, these challenges don't go away, and often are progressive and worsen over time. In this session, learn appropriate communication tools, exercises, and marketing techniques to attract, motivate and retain this growing demographic.

SU6E Sunday, 4:30pm-5:30pm ET

Why Fascia Matters Beyond Muscles

Sue Hitzmann, MS, CST, NMT

If your goal is to live a vibrant life with fewer aches and pains and more vitality, understanding the role fascia plays in every aspect of your health is critical to achieving that goal. Whether you're working with high performance athletes, active adults, or clients who need rehabilitation, this session will give you the tools to help others and yourself live a better life. From the cellular and molecular level of fascia's critical role in stability to the macro level of postural and structural stability, we'll explore the extracellular matrix in detail and learn simple application concepts to tap into this system.

SU6F Sunday, 4:30pm-5:30pm ET

[RECORDED]

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