

THURS, MAR 19  
& FRI, MAR 20  
WEBINAR & CERTS

**SCW**  
**FREE WEBINAR: ACTIVE AGING - THE NEXT CHAPTER**  
Kooperman, Linkul, Rothschild, Gilbert, Ritchie, & Splichal • Thurs: 7-8pm ET

**SCW**  
**FUNCTIONAL PILATES CERTIFICATION**  
Bender • Friday: 10am-4pm ET

**SCW**  
**ACTIVE AGING CERTIFICATION**  
Lemons • Friday: 10am-6pm ET

		<b>A</b> FUNCTIONAL TRAINING		<b>B</b> STRONG & STRAIGHT		<b>C</b> MIND-BODY & BALANCE		
<b>SATURDAY, MARCH 21, 2026</b>	<b>SA1</b>	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	<b>NEW!</b> Functional Fitness Flow Toole	<b>NEW!</b> Anchor Strong Bannister-Munn	<b>NEW!</b> Breath With Movement Ratliff			
	<b>SA2</b>	11:15am-12:15pm ET 10:15am-11:15am CT 8:15am-9:15am PT	<b>NEW!</b> Hip Mobility for Peak Performance Bannister-Munn	<b>NEW!</b> Kettlebell Confidence for Older Adults Ross	<b>NEW!</b> Harmonius Yoga: Embrace the Flow Haan			
	<b>SA3</b>	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	<b>NEW!</b> Trifecta: Ankles, Hips, Spine Melani	<b>NEW!</b> Ageless Power Training Strategies D'Agati	<b>NEW!</b> Energy, Resilience & Healthy Aging Moyer			
	<b>30 MINUTE BREAK</b>							
	<b>SA4</b>	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 11:00am - 12:00pm PT	<b>NEW!</b> Roll It Out Rockit	<b>NEW!</b> Get Off Your Back! Ross	<b>NEW!</b> Balance Brain & Spine Wartenberg			
	<b>SA5</b>	3:15pm - 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	<b>NEW!</b> 50+ FUNCTIONal Fitness Carroll	<b>NEW!</b> CoreSpring Spine & Strength Reset Huss	<b>NEW!</b> Setting the Cornerstones of Your Foundation Ratliff			
<b>SA6</b>	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	<b>NEW!</b> Functional HIIT for Active Aging Melani	<b>NEW!</b> Ageless Techniques for Better Posture Bender	<b>NEW!</b> Wellness is the New Fitness Spreen-Glick				
<b>SUNDAY, MARCH 22, 2026</b>	<b>SU1</b>	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	<b>NEW!</b> Dual Task Brain Training Dennis	Exercise Program Design for the 55+ Ritchie	Qi Gong: Breathe, Balance, Energize Haan			
	<b>SU2</b>	11:15am-12:15pm ET 10:15am- 11:15am CT 8:15am-9:15am PT	<b>NEW!</b> Bone Strong Gilbert	<b>NEW!</b> Strong for Life Training Phillips	<b>NEW!</b> Active Aging: Science in Motion Pinkowski			
	<b>SU3</b>	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	<b>NEW!</b> Sit to be Fit Gilbert	<b>NEW!</b> Core without Crunches Conti	<b>NEW!</b> Movement Meditation Rockit			
	<b>30 MINUTE BREAK</b>							
	<b>SU4</b>	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 11:00am - 12:00pm PT	<b>NEW!</b> The Bolder Older Shoulder! K. Roberts (PRE-RECORDED)	Ageless Core Bender	<b>NEW!</b> Communities That Inspire Lifelong Engagement Pinkowski			
	<b>SU5</b>	3:15pm - 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	Functional Balance Training Circuits Ritchie	<b>NEW!</b> Stronger Feet, Less Falls Linkul	<b>NEW!</b> The Recovery Revolution Phillips			
<b>SU6</b>	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	<b>NEW!</b> Great Gait Dennis	<b>NEW!</b> Bulletproof Back and Cohesive Core! K. Roberts (PRE-RECORDED)	<b>NEW!</b> REBEL Flow Fidanzo				

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# CHAIR YOGA CERTIFICATION

Ratliff • Friday: 10am-6pm ET

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

Carroll • Friday: 12pm-7pm ET

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# GROUP EXERCISE CERTIFICATION

Velazquez • Friday: 10am-6pm ET



ActiveAgingSummit.com

## D STRONGER LONGER

## E NUTRITION/EX.SCIENCE/ LEADERSHIP

## F AGING GRACEFULLY PRE-RECORDED SESSIONS

## G ADLs & LONGEVITY PRE-RECORDED SESSIONS

**NEW!** Functional Pilates for Real Life  
George

**NEW!** Profitable Fitness Business at 50+  
Hofacker

Plyometric Exercise for Older Adults  
Aslakson  
PRE-RECORDED

Boost Brain & Body Balance  
Gilbert  
PRE-RECORDED

SA1

**NEW!** Grip the Ground  
Splichal

**NEW!** The Trainer's Edge: Measuring Nutrition  
Caldwell

Older And Wiser  
Rothschild  
PRE-RECORDED

Essential Mobility for Aging Well  
Webb  
PRE-RECORDED

SA2

**NEW!** Dementia Client Strategies for Trainers  
Rothschild

**NEW!** Aging Without Limits  
Kooperman & Laskowski

Intro to Meditation  
Rockit  
PRE-RECORDED

ASK Amber: Anti-Aging Kit  
Toole  
PRE-RECORDED

SA3

30 MINUTE BREAK

**NEW!** Safe, Pain-Free Training Gains  
D'Agati

**NEW!** Strength Training for Healthier Aging  
Jo  
PRE-RECORDED

Yin+Restore: Stretch & Rebalance  
Greenbaum  
PRE-RECORDED

Combat Loneliness Through Fitness  
Nitschke  
PRE-RECORDED

SA4

**NEW!** Hormones & Heels  
Splichal

**NEW!** Mindset and Midlife: Redefining Perimenopause  
Nitschke

Ageless Pilates  
Bender  
PRE-RECORDED

Restorative Stretching for Knees & Shoulders  
Bannister-Munn  
PRE-RECORDED

SA5

**NEW!** Recovery Tools for Active Agers  
Metcalf

**NEW!** Five Key Strategies for Longevity  
Linkul

Tai Chi for Body & Mind  
DD. Ross  
PRE-RECORDED

Perfect Programming for Active Agers  
Toole  
PRE-RECORDED

SA6

**NEW!** Tone Up for Longevity  
Davis

**NEW!** Protein and Creatine Research in Aging  
Layne

Senior Circuit  
Haggard  
PRE-RECORDED

Bone Health Bootcamp  
Conti  
PRE-RECORDED

SU1

**NEW!** Engaging Senior Fitness Experiences  
Thickstun

**NEW!** Spinal Mobilization for Aging Adults  
Hopper

More Than Muscle: Welcome to the Brain Game  
Lemons  
PRE-RECORDED

Everyday Strength - Coaching the Active Aging Female  
Roberts  
PRE-RECORDED

SU2

**NEW!** Sensory Strength for Aging Bodies  
Splichal

**NEW!** Inside-Out Fitness: Assessing Antioxidant Balance  
Caldwell

BARRefusion: Balance, Strength & Mobility  
Vandenberg  
PRE-RECORDED

Fall Prevention for Fitness Professionals  
Conti  
PRE-RECORDED

SU3

30 MINUTE BREAK

**NEW!** Mobilizing the Aging Spine  
Hopper

**NEW!** Storing Issues in our Tissues  
Foss

Chair Yoga  
Spreen-Glick  
PRE-RECORDED

Bodyfit: Tips on Modifications  
K. Ross  
PRE-RECORDED

SU4

**NEW!** Stroke Recovery Training Essentials  
Davis

**NEW!** Coaching Mental Fitness in Active Aging  
Nitschke

Smart Warm-Ups for Active Aging  
D'Agati  
PRE-RECORDED

Strength Training For Longevity & Vitality II  
Kooperman  
PRE-RECORDED

SU5

**NEW!** Empowering Tools for Healthy Aging  
Thickstun

**NEW!** Arthritis Exercise from Head to Toe  
Conti

Forever Pilates  
Appel  
PRE-RECORDED

Time With Tissue  
Gilbert  
PRE-RECORDED

SU6