

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

SCW

Active Aging Summit

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