

THURSDAY, MARCH 9

SCW

ACTIVE AGING CERTIFICATION

Gilbert • 10am-6pm ET

FRIDAY, MARCH 10

SCW

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

Gilbert • 10:00am-6:00pm ET

SCW

AQUATIC EXERCISE CERTIFICATION

Dziubinski • 10am-6pm ET

SCHWINN

SCHWINN® CYCLING CERTIFICATION

Roberts • 10:00am-6:00pm ET

SCW

NUTRITION, HORMONES & METABOLISM CERTIFICATION

Layne • 12:00pm-6:30pm ET

SCW

ACTIVE AGING NUTRITION CERTIFICATION

Toole • 5:30pm-9:30pm ET

SCW

CHRONIC DISEASE & FITNESS SPECIALIST CERTIFICATION

Conti • 5:30pm-9:30pm ET



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	F.I.T. Vibe 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	Foot to Core Sequencing & Stabilization Splichal	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