



# Active Aging Summit



**MARCH 20-21, 2021**

- **50 Sessions**
- **30 Presenters**
- **5 Certifications**
- **15 CEC/CEUs** (Continuing Education Credits)
- **30 Days Recorded Sessions**
- **Flexible Payment Options**

**[ActiveAgingSummit.com](https://ActiveAgingSummit.com)**

FRIDAY MAR. 19  
CERTIFICATIONS


**FUNCTIONAL TRAINING CERTIFICATION**  
Mullins • 9am-5pm CST


**ACTIVE AGING CERTIFICATION**  
Roberts • 10am-5pm CST


**ACTIVE AGING NUTRITION CERTIFICATION**  
Silverman • 5:30pm-9:30pm CST


**FOUNDATIONAL EXERCISES FOR THE OLDER ADULT WORKSHOP**  
Linkul • 5:30pm-8:30pm CST

ENLARGE & PRINT SCHEDULE »		A FUNCTION / BALANCE / CORE		B STRENGTH / GX
SATURDAY, MARCH 20	SA1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Get Upright for an Upgraded Core Howard	Woven Strength Fusion Thomas
	SA2	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	Balance for Active Aging Roberts	Strength Training for Longevity & Vitality Kooperman
	SA3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Functionally Fit After Fifty Hagan	Training the Active Aging Female Roberts
	EXPO BREAK - 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST			
	SA4	2:25pm - 3:40pm EST 1:25pm - 2:40pm CST 11:25am - 12:40pm PST	Moving with Purpose: Balance Strategies Green	Strong Body Fountain of Youth Howard
	SA5	4:00pm- 5:15pm EST 3:00pm - 4:15pm CST 1:00pm - 2:15pm PST	Stay Grounded Roselli	TRX for the Active Boomer McCloud
	SA6	5:35pm - 6:50pm EST 4:35pm - 5:50pm CST 2:35pm - 3:50pm PST	Smart Strength for the Ageless Female Roberts	Barre Boom Appel
SUNDAY, MARCH 21	SU1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Transformation After 40 - Strength Training for Women McCormick	Plyometric Exercises for Older Adults Aslakson
	SU2	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	Hot Crossed Buns Howard	Brain Power Dennis & Pinkowski
	SU3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Interval Training for the Active Ager Gilbert	Country Fusion® For Active Agers Mooney
	EXPO BREAK - 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST			
	SU4	2:25pm - 3:40pm EST 1:25pm - 2:40pm CST 11:25am - 12:40pm PST	Balance & Stability for Active Agers Gilbert	Multi-Generational Fitness Wartenberg
	SU5	4:00pm- 5:15pm EST 3:00pm - 4:15pm CST 1:00pm - 2:15pm PST	BootCamp for Boomers Warasila	Training the Active Aging Female: Upper Extremity Roberts
	SU6	5:35pm - 6:50pm EST 4:35pm - 5:50pm CST 2:35pm - 3:50pm PST	Function & Fitness...Revisited! VanGalen	Back to Business Roselli

SCW

# CHAIR ONE FITNESS CERTIFICATION

Perkins • 9:00am-6:00pm CST

Register today at  
[activeagingsummit.com](http://activeagingsummit.com)

**C****MIND-BODY / CHAIR / FALL PREVENTION****D****PROGRAMMING / COACHING**

Active Aging Chair Yoga Kooperman	Weight Management for Active Agers Silverman	<b>SA1</b>
Active Aging: Between the Chairs McCormick	Effectively Assessing the Mature Adult Metcalf	<b>SA2</b>
Tai-Chi + Yoga = Bamboo Fusion Ross	How To Train Older Adults Online Linkul	<b>SA3</b>
EXPO BREAK - 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST		
Active Aging 101: Fall Prevention Curth & Conti	Stop Attrition in Aging Populations Gilbert	<b>SA4</b>
Active Aging Panel Kooperman, Linkul, Hagan & Gilbert	Could You be a Life Coach? Spreen-Glick	<b>SA5</b>
Exploring Chair Yoga Spreen-Glick	Exercise & Arthritis: Assess, Create & Implement Conti	<b>SA6</b>
Inclusive Chair-Based Dance Fitness Perkins	Let's FACE It Together™ Active Agers Conti	<b>SU1</b>
Aging HIIT: Chair Today, Gone Manana Gilbert	What Seniors Need Charlop	<b>SU2</b>
Seven Exercises to Overcome Injury Linkul	Meeting Needs & Touching Lives Curth	<b>SU3</b>
EXPO BREAK - 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST		
No Place Like Foam McCormick	Group Fitness Program Design Dennis & Pinkowski	<b>SU4</b>
Tai Chi for Warmup & Recovery Ross	All About Intermittent Fasting Charlop	<b>SU5</b>
ABC's of Fall Prevention Kozacek	Creative Programming 55+ Wartenberg	<b>SU6</b>

SCW **Active  
Aging  
Summit**

**Certifications  
Sessions +  
Schedule**





## ACTIVE AGING SUMMIT • MARCH 20-21

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 ONLY

(Was \$249)

**Now Only \$149**

### LIVE + ALL ACCESS

(Was \$279)

**Now Only \$179**

## CERTIFICATIONS

### FRIDAY, MARCH 19 CERTIFICATIONS

#### SCW FUNCTIONAL TRAINING CERTIFICATION

**Kevin Mullins, MS**

**Friday, March 19, 10:00am-6:00pm EST**

**\$99**

Expand your reach as a Personal Trainer to attract and retain more clients through the use of functional training. Learn dozens of new exercises, refine the positions you and your clients train in, and develop a program that delivers results consistently without risk. Discover and assess how to effectively train your muscles to work together. Explore the training techniques that drive life, sport, and health. Improve human function and performance through this digestible, hands-on, practical course. Leave with a full list of new exercises and practical modifications including regressions and progressions that you can integrate today into your training programs. Grow your training business through this expert functional training course developing both your personal and small group offerings. 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), AFFA (8.0), NASM (0.8). If you can't make the Live Stream Certification, take the course online: <https://scwfit.com/store/product/3d-functional-flexibility-online-certification/>



#### SCW ACTIVE AGING CERTIFICATION

**Keli Roberts**

**Friday, March 19, 10:00am-6:00pm EST**

**\$99**

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://scwfit.com/store/product/active-aging-online-certification/>



## SCW ACTIVE AGING NUTRITION CERTIFICATION



**Tricia Silverman, RD, LDN, MBA**

**Friday, March 19, 6:30pm-10:30pm EST**

**\$99**

Join Tricia 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://scwfit.com/store/product/active-aging-nutrition-online-certification/>.

## FOUNDATIONAL EXERCISES FOR THE OLDER ADULT WORKSHOP



**Robert Linkul**

**Friday, March 19, 6:30pm-9:30pm EST**

**\$99**

Today, more than 45 million adults aged 65 and older are living in the U.S., with an expected population increase of nearly 18 million by 2030. Learn from Robert Linkul, founder of Training the Older Adult (TOA), the TOA Training Methods and the 30 Foundational Exercises to improve your mature client's strength, coordination, balance, stability, ability, and overall quality of life. This one-day, learn-by-demonstration workshop is a CAN'T MISS for group fitness instructors and trainers working with aging populations, as well as managers overseeing active aging programming.

## CHAIR ONE FITNESS CERTIFICATION



**Alexis Perkins**

**Friday, March 19, 10:00am-7:00pm EST**

**\$150**

Elevate your group fitness programming with Chair One Fitness. Learn how to teach chair-based, musically driven workouts that uplift your clients through dance and fitness movements. Discover how to effectively create movement sequences with progressions and modifications to provide an inclusive experience for all participants, regardless of age or ability. Discuss and explore easily implementable accommodations to engage and keep your clients moving beyond their limitations.

SCW (8.0), ACSM (8.0), AFAA (8.0), NASM (8.0), NCCAP (8.0), NCTRC (8.0), NCCDP (8.0), NZSDRT (8.0)

**For more information on certifications visit:  
[activeagingsummit.com/certifications](https://activeagingsummit.com/certifications)**

# SESSIONS

## SATURDAY, MARCH 20

### SA1 - SATURDAY SESSION 1

**9:00am-10:15am EST**

**8:00am-9:15am CST**

**6:00am-7:15am PST**

#### 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 sequences 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!

**SA1A Saturday, 9:00am-10:15am EST**

#### WOVEN STRENGTH FUSION

**Donna Thomas**

Woven Strength Fusion intertwines strength, stability, and flexibility in one unique program to reach all of your fitness goals. The method is simple: combine variations focusing on strength, add stability exercises, and conclude with yoga poses to increase flexibility. Learn how to implement the Woven Strength Fusion method into your active aging offerings to increase your client's lean muscle mass and improve range of motion.

**SA1B Saturday, 9:00am-10:15am EST**

#### 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 work 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 by oneself. 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.

**SA1C Saturday, 9:00am-10:15am EST**

#### WEIGHT MANAGEMENT FOR ACTIVE AGERS

**Tricia Silverman RD, LDN, MBA**

Discuss various nutrition and wellness strategies that support active agers in losing or maintaining weight. Learn age-group specific recommendations to maintain bone health, muscle mass, and optimal nutritional status while managing weight. (Lecture)

**SA1D Saturday, 9:00am-10:15am EST**

### SA2 - SATURDAY SESSION 2

**10:35am-11:50am EST**

**9:35am-10:50am CST**

**7:35am-8:50am PST**

#### 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.

**SA2A Saturday, 10:35am-11:50am EST**

#### STRENGTH TRAINING FOR LONGEVITY & VITALITY

**Sara Kooperman, JD**

Whether a personal quest or way to engage the fastest growing segment of the population, this workout presents effective and manageable training techniques for the 50+ population. Led by an icon in the fitness industry, Sara takes you through this Group Strength Class using simple exercises and portable equipment for a total body workout. Strength, endurance, flexibility and balance are the lenses we use when analyzing our programming. It's not about how long or hard you train, it's about exercising smart for longevity and vitality.

**SA2B Saturday, 10:35am-11:50am EST**

## ACTIVE AGING: BETWEEN THE CHAIRS

**Irene McCormick, MS, CSCS**

Functional movement, range of motion and the ability to perform unassisted daily activities are strongly linked to joint flexibility, soft tissue range of motion, balance and agility. This session explores aging populations with respect to mobility and relaxation techniques including a class design that is unique and appealing for this potentially fragile community.

**SA2C Saturday, 10:35am-11:50am EST**

## EFFECTIVELY ASSESSING THE MATURE ADULT

**Andrea Metcalf**

Your 50 and 60-year-old clients have unique training needs that may not be met by implementing traditional training techniques. This session will address key assessments focused on balance, integrated strength and joint range of motion, memory, and agility for training the active aging population. Develop more effective training programs based on their weaknesses, range of motion and movement analysis.

**SA2D Saturday, 10:35am-11:50am EST**

## SA3 - SATURDAY SESSION 3

**12:10pm-1:25pm EST**

**11:10am-12:25pm CST**

**9:10am-10:25am PST**

## FUNCTIONALLY FIT AFTER 50

**Maureen (Mo) Hagan**

Learn Mo's contemporary approach to building a fit mind, body, and attitude after age fifty, based on 10 functional movement patterns and progressions, 7 training methods, and decades of training baby boomers. Learn how the role of functional movement and purposeful exercise plays in achieving, preserving, and maximizing fitness, health, and wellness.

**SA3A Saturday, 12:10pm-1:25pm EST**

## TRAINING THE ACTIVE AGING FEMALE CLIENT

**Keli Roberts**

The aging female body has specific needs and concerns. As strength, mobility, stability and bone density decline, precise training strategies play a large role in successfully addressing these issues. Review foundational conditioning concepts to transform your approach. Learn to apply these principles through practical application in a hands-on session.

**SA3B Saturday, 12:10pm-1:25pm EST**

## TAI-CHI + YOGA = BAMBOO FUSION

**David-Dorian Ross**

Bamboo Fusion is "the blending of two ancient mind-body practices", tai chi and hatha yoga! Also seen as the marriage of water and wood. The water element will help you discover a deeper level of FLOW, giving you a great infusion of qi energy. The wood element is expressed by the flexible movements of hatha yoga. Experience the principle of surrender, helping you extend and stretch your body and mind.

**SA3C Saturday, 12:10pm-1:25pm EST**



## HOW TO TRAIN OLDER ADULTS ONLINE

**Robert Linkul, MS, CSCS**

Robert will walk you through his On-Line Training program used at TrainingTheOlderAdult.com and educate you on how to assess, program design and macrocycle for the older adult client. He will discuss the equipment needed (for the client & trainer) to successfully train and how to overcome technology issues while maximizing Zooms offerings. (Lecture)

**SA3D Saturday, 12:10pm-1:25pm EST**



## SA4 - SATURDAY SESSION 4

**2:25pm-3:40pm EST**

**1:25pm-2:40pm CST**

**11:25am-12:40pm PST**

## MOVING WITH PURPOSE: BALANCE STRATEGIES

**Sharlyn Green**

Balance is vital for physical performance and health and is an essential component of activities of daily living. Explore balance-inducing and improving movement sequences. Learn how to create individualized strategies for clients of varying physical/cognitive states to mitigate risks and prevent falls.

**SA4A Saturday, 2:25pm-3:40pm EST**

## 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!

**SA4B Saturday, 2:25pm-3:40pm EST**

## ACTIVE AGING 101: FALL PREVENTION



**Jane Curth & Christine Conti**

Join Jane Curth, co-founder and CEO of CEU-provider FitFix-Now, and Christine Conti, an international fitness educator, for a workshop on one of the most basic yet essential needs for training active aging clients — fall prevention. Our primary responsibility is safety, and this session will equip you to train with confidence. (Lecture)

**SA4C Saturday, 2:25pm-3:40pm EST**

## STOP ATTRITION IN AGING POPULATIONS

**Ann Gilbert**

Client retention is important to maintaining a successful business, but can be more difficult to obtain in the aging population. Learn from Ann, the owner of two Shapes for Women franchises, how to decrease client attrition and grow your business. Explore programming that enables seniors to safely remain active and social in an increasingly distant world. (Lecture)

**SA4D Saturday, 2:25pm-3:40pm EST**

## SA5 - SATURDAY SESSION 5

**4:00pm-5:15pm EST**

**3:00pm-4:15pm CST**

**1:00pm-2:15pm PST**

## STAY GROUNDED

**Giovanni Roselli**

The body, much like a house, needs a good foundation to be successful. In this session, learn to build an awesome foundation, literally from the ground up! Dive deep into training methodologies using ground-based movements through developmental kinesiology. Learn progressions and modifications to provide effective, challenging, safe workouts to all clients at any fitness level.

**SA5A Saturday, 4:00pm-5:15pm EST**

## TRX WORKOUT FOR THE ACTIVE BOOMER

TRX

**Rena McCloud**

This TRX workout was created specifically for the Active Boomer client. Designed to improve real-life function, Boomers will increase muscle mass and pursue daily activities with ease and enjoyment. Come with an open mind and a playful spirit as we focus on mobility, balance, muscle strength, and cognitive games!

**SA5B Saturday, 4:00pm-5:15pm EST**

## ACTIVE AGING PANEL

**Sara Kooperman,JD, Maureen (Mo) Hagan,  
Robert Linkul & Ann Gilbert**

Join us for an in-depth look at how we will respond to our active agers once we reopen our facilities. 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! (Lecture)

**SA5C Saturday, 4:00pm-5:15pm EST**

## COULD YOU BE A LIFE COACH?

**Kimberly Spreen-Glick**

The landscape of the health and fitness industry has changed forever. There is now a greater need for solid online life coaches to lift us from this pandemic. Every trainer and teacher can be a top life coach with the right education, a solid structure and a talent for leadership. Join this session and learn about this amazing opportunity to increase both your impact and your income! (Lecture)

**SA5D Saturday, 4:00pm-5:15pm EST**

## SA6 - SATURDAY SESSION 6

**5:35pm-6:50pm EST**

**4:35pm-5:50pm CST**

**2:35pm-3:50pm PST**

## SMART STRENGTH FOR THE AGELESS FEMALE

**Keli Roberts**

Smart strategies for strength training to help your female clients age-less! Chronological aging is just a number: it's function that counts! Interactively review critical principles for functionally training the female client. Learn essential body alignment, precise cueing and movement strategies to provide smart strength training for the ageless female.

**SA6A Saturday, 5:35pm-6:50pm EST**

## BARRE BOOM

**Abbie Appel**

Boomers want to take your Barre class! Rumors and reviews of the class make many reluctant. Since Boomers come in all shapes, sizes, and strengths, they're the most challenging demographic to train. Learn how to accommodate Barre



movements and intensity at all levels while maintaining the essence of Barre. Understand the energy and emotion needed to inspire this ever-growing group to take a class, come back and recruit their friends to come, too!

**SA6B Saturday, 5:35pm-6:50pm EST**

## EXPLORING CHAIR YOGA

**Kimberly Spreen-Glick**

Chair yoga is growing in popularity among mature populations! Explore movement progressions, movement sequences, and modifications to add chair yoga to your active aging programming. Since this exercise requires minimal equipment, add this option to your toolbox to incorporate chair yoga into your virtual and on-demand classes.

**SA6C Saturday, 5:35pm-6:50pm EST**

## EXERCISE & ARTHRITIS: ASSESS, CREATE & IMPLEMENT

**Christine Conti**

As a fitness professional, you have a unique opportunity to assist individuals with various forms of arthritis. A well-designed exercise program is one of the best treatments for arthritis symptoms, meaning that you can help to substantially improve the quality of life for individuals with arthritis. This session will provide you with the basic information about various forms of arthritis, the ways in which exercise improves arthritis symptoms, and how to accurately assess and implement safe and effective exercises.

**SA6D Saturday, 5:35pm-6:50pm EST**



# SUNDAY, MARCH 21

## SU1 - SUNDAY SESSION 1

**9:00am-10:15am EST**

**8:00am-9:15am CST**

**6:00am-7:15am PST**

## TRANSFORMATION AFTER 40 - STRENGTH TRAINING FOR WOMEN

**Irene McCormick, MS, CSCS**

Cardio may be Queen, but Strength Training is KING when it comes to overcoming the biological processes of aging. New research and updated guidelines recommend strength training for women 40 to 60-years and older, as primary to maintain optimal health and fitness. This group is not fragile. Your clients are looking for a challenge, so an understanding of the right intensity, including volumes, is critical. Gain

insights from research including the importance of the SAID Principle, Tri-Sets, Cluster Sets, and Single-Joint exercises in a transformational training program for women over 40.

**SU1A Sunday, 9:00am-10:15am EST**

## PLYOMETRIC EXERCISES FOR OLDER ADULTS

**Aaron Aslakson**

Plyometric exercises are not just for athletes but for older adults too! Learn how to modify traditional plyometric exercises for safety and effectiveness in older adults. The presentation will include variations for all ability levels and provide guidance on implementation and application.

**SU1B Sunday, 9:00am-10:15am EST**

## INCLUSIVE CHAIR-BASED DANCE FITNESS

**Alexis Perkins**

We are breaking down boundaries & making fun fitness options available to anyone no matter their age or ability! Check out our session filled with dance moves, smiles, and the opportunity to add something fabulous to your fitness resume - all you need is a chair! This is not only for seniors but also plus size, wheelchair users, those with dementia, recovering from injury, and more!

**SU1C Sunday, 9:00am-10:15am EST**



## LET'S FACE IT TOGETHER™

### ACTIVE AGERS

**Christine Conti**

Join international fitness educator Christine Conti, the creator of Let's FACE It Together™, for an interactive session designed specifically for the active aging client. Learn the benefits of facial exercise and myofascial release techniques to reduce the signs of aging and prolonging the onset of disease. Leave this session with the basic knowledge of facial and neck muscles, fascia tissue, myofascial release techniques, and how to implement Let's FACE It Together™ into your current fitness routines. Get ready to grow your skill set and stand out from the rest with this one-of-a-kind program! Let's FACE It Together™! (Lecture)

**SU1D Sunday, 9:00am-10:15am EST**

## SU2 - SUNDAY SESSION 2

**10:35am-11:50am EST**

**9:35am-10:50am CST**

**7:35am-8:50am PST**

### HOT CROSSED BUNS

**Jeff Howard**

Hot Crossed Buns is the perfect experience for the mature client! This complete lower body workout targets the glutes, quads and hamstrings to tone and strengthen these muscle groups, as well as targeting the abdominal and lower back muscles for conditioning and improved flexibility. Learn easily implemented progressions and modifications to train your mature clients in a safe, fun way that will have them cheering for more!

**SU2A Sunday, 10:35am-11:50am EST**

### BRAIN POWER

**Cammy Dennis & Jessica Pinkowski**

This fitness class, designed for brain health, combines exercises with cognitive challenges. Participate in a "Brain Power" class and review the neuroscience that supports healthy cognitive aging. Focus on exercises that improve balance and gait and cognitive challenges proven to improve attention, memory, reaction time, and executive functioning.

**SU2B Sunday, 10:35am-11:50am EST**

### AGING HIIT:

### CHAIR TODAY, GONE MAÑANA

**Ann Gilbert**

Chairs are not just for sitting, we can use them in a fitness class for so much! Experts agree that there are numerous benefits to performing a HIIT routine with those considered to be active agers. Launch a new format shown to efficiently and effectively increase strength, endurance and aerobic capacity while decreasing joint impact in a shorter period - from a chair!

**SU2C Sunday, 10:35am-11:50am EST**

### WHAT SENIORS NEED

**Dr. Gregory Charlop, MD**

Seniors are a growing share of the population and will soon be a big part of your business. In this lecture, a leading physician explains how the body changes with age and what you can do to meet your older clients' needs. (Lecture)

**SU2D Sunday, 10:35am-11:50am EST**

## SU3 - SUNDAY SESSION 3

**12:10pm-1:25pm EST**

**11:10am-12:25pm CST**

**9:10am-10:25am PST**

### 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!

**SU3A Sunday, 12:10pm-1:25pm EST**

### COUNTRY FUSION® FOR ACTIVE AGERS

**Elizabeth Mooney**

Country Fusion® for active agers is a new fitness workout that incorporates country music and dance. This workout will burn calories and create a healthy and strong mind! In this 75 minute session, you will learn easy to follow line dances, improve flexibility, and correct posture alignment, all while having fun!

**SU3B Sunday, 12:10pm-1:25pm EST**

### SEVEN EXERCISES

### TO OVERCOME INJURY

**Robert Linkul, MS, CSCS**

Robert will teach you seven exercises geared toward improving those struggling with physical limitations. These seven resistance training exercises will feature pulleys, dual tensions, landmines, pivot points, fatbells, and more. Some of the most lingering injuries can be neutralized utilizing common equipment in unique ways.

**SU3C Sunday, 12:10pm-1:25pm EST**



### MEETING NEEDS & TOUCHING LIVES



**Jane Curth**

Training active agers requires a fundamental change in mindset. Their needs are unique, and learning about them can make a sincere difference in outcomes. Join Jane Curth, a former professor and an expert in active aging, as she breaks down what active agers need to be successful. (Lecture)

**SU3D Sunday, 12:10pm-1:25pm EST**

## SU4 - SUNDAY SESSION 4

**2:25pm-3:40pm EST**  
**1:25pm-2:40pm CST**  
**11:25am-12:40pm PST**

### BALANCE & STABILITY FOR ACTIVE AGERS

**Ann Gilbert**

Balance and gait deficits expand with age and are associated with the increased incident of falls seen in the aging population. Participate in one on one or small group training protocols to address this decline. Discuss the need for assessing and increasing skeletal muscle in the active, but aging, client in the facility or in the home. Learn from a 30+ year trainer schooled in health and fitness modalities for the aging population.

**SU4A Sunday, 2:25pm-3:40pm EST**

### MULTI-GENERATIONAL FITNESS

**Billie Wartenberg**

Is it possible to blend the ages of Millennials through Baby Boomers in your classes? YES, it can be done! Bridge the generational gap with effective and functional ways you can successfully have classes for ALL Fitness Ages and Levels.

**SU4B Sunday, 2:25pm-3:40pm EST**

### NO PLACE LIKE FOAM

**Irene McCormick, MS, CSCS**

his exploratory session addresses foam rolling for the Active Ager. Self-care is increasingly important to incorporate into our daily activity to ensure that our body functions optimally. Get "on a roll" to evaluate and experience safe methods of myofascial release, including self-massage, to manage reduced flexibility, accumulated injuries and decreased mobility and circulation for the 50+ market. Start with a researched-based lecture portion and end with a simple but creative foam-rolling activity session to accommodate this fast-growing segment of the population.

**SU4C Sunday, 2:25pm-3:40pm EST**

### GROUP FITNESS PROGRAM DESIGN

**Cammy Dennis & Jessica Pinkowski**

Create and manage effective group fitness for active aging adults. Older adults should select exercise based on their capabilities, not their age. Explore training models that support strength and function, as well as fall risk reduction. In addition to physical outcomes, discover how to create inspired programs that embrace the multi-dimensions of wellness. (Lecture)

**SU4D Sunday, 2:25pm-3:40pm EST**

## SU5 - SUNDAY SESSION 5

**4:00pm-5:15pm EST**  
**3:00pm-4:15pm CST**  
**1:00pm-2:15pm PST**

### BOOTCAMP FOR BOOMERS

**Connie Warasila**

This workshop puts the fun in function for active agers who want to stay strong and build skills for daily living. Review two different class designs that focus on proper warmups, building strength, improving balance, and activating core musculature. Learn how to add affirmations and motivation techniques specifically for Boomers.

**SU5A Sunday, 4:00pm-5:15pm EST**

### 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.

**SU5B Sunday, 4:00pm-5:15pm EST**

### TAI CHI FOR WARMUP & RECOVERY



**David-Dorian Ross**

Make your classes stand out by using Tai Chi for warmups and active recovery periods. As ancient and profound as yoga, Tai Chi simultaneously activates every part of the kinetic chain. It's a moving meditation that instantly gets your students into a calm, focused, and mindful state. For active recovery periods, use Tai Chi to re-align and balance the body and calm the sympathetic nervous system.

**SU5C Sunday, 4:00pm-5:15pm EST**

### ALL ABOUT INTERMITTENT FASTING

**Dr. Charles Charlop, MD**

All of your intermittent fasting questions answered! You'll learn the who, what, when, why, and how of the hottest diet and anti-aging craze. After this lecture, you'll be ready to give intermittent fasting a try. (Lecture)

**SU5D Sunday, 4:00pm-5:15pm EST**

## SU6 - SUNDAY SESSION 6

**5:35pm-6:50pm EST**

**4:35pm-5:50pm CST**

**2:35pm-3:50pm PST**

### FUNCTION & FITNESS....REVISITED!

**Patricia VanGalen**

Does training transfer to feeling and moving better outside of the gym? If not, we're missing the mark. Learn the seven "S" Buckets and how to train each one for a healthier, happier life. Join Pat, the owner of Active & Agile, in this provocative session guaranteed to inspire you to up your game of life and the lives of those you touch.

**SU6A Sunday, 5:35pm-6:50pm EST**

### BACK TO BUSINESS

**Giovanni Roselli**

More than ever clients are suffering from back pain; likely due to sedentary desk and office jobs or the constant care of small children. But, what are the actual underlying issues of frequent low back pain? Can this pain be alleviated or prevented all together? In this session, learn unique steps and approaches to managing and handling this common, often-times

**SU6B Sunday, 5:35pm-6:50pm EST**

### ABC'S OF FALL PREVENTION

**Cindy Kozacek**

Fall prevention starts with the ABCs of training: agility, balance, and coordination. This workshop will offer specific exercises and movements that should be included in all fitness classes and private sessions to improve participants' ability to remain "steady and strong" on their feet.

**SU6C Sunday, 5:35pm-6:50pm EST**

### CREATIVE PROGRAMMING 55+

**Billie Wartenberg**

Americans age 55+ make up the largest segment of our population and these individuals are on fire when it comes to fitness and having fun. This Active Aging group is just that - Active! Learn creative ways to make your fitness programming fun and engaging while meeting the exercise needs for everyone.

**SU6D Sunday, 5:35pm-6:50pm EST**



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