



WHY HOST A TOUGHAGERS® WORKSHOP AT YOUR FACILITY?

- **Elevate Staff Expertise:** Empower your group fitness instructors and personal trainers with research-backed strategies to coach active older adults with total confidence.
- **Turn-Key & Adaptable Framework:** Give your team a versatile movement system, not a rigid script. Instructors and trainers learn principles they can immediately apply to group classes and training sessions.
- **Drive Member Retention & Community:** Safe, engaging programming leads to higher class attendance, longer membership tenure, and a thriving community culture among your active aging demographic.
- **Risk Reduction & Safety:** Protect your members and facility with specialized movement protocols tailored for high-prevalence conditions like Osteopenia, Osteoporosis, and Knee Osteoarthritis.

Ready to bring ToughAgers® to your facility?

Contact us today to
check workshop
availability and discuss
customized host pricing
for your team.



408-367-3247



toughagers.com



toughagers@gmail.com

Join us in transforming lives—
Empower active older adults to
embrace strength and vitality
while bringing your team's
unique passion and expertise to
the forefront.



TOUGH AGERS LLC

TOUGHAGERS® ACTIVE OLDER ADULT FITNESS



EMPOWER
AGING!

LIVE ON-SITE TRAINING

Bring Industry-Leading Active Aging Education to Your Facility

Equip your group fitness instructors and personal trainers with science-based, athletic movement strategies designed specifically for active older adults. ToughAgers® gives your team safe, purposeful, and impactful programming tools that drive member retention and elevate your facility's offerings.

COMPREHENSIVE ACTIVE AGING CURRICULUM

HOW HOSTING WORKS FOR YOUR FACILITY



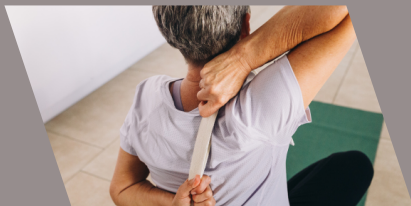
CARDIO & ATHLETIC DRILLS

Simple, easy-to-follow patterns-free of complex choreography-combining low-impact conditioning, upper body range-of-motion work, multi-directional footwork, and functional power moves.



FUNCTIONAL BALANCE CHALLENGES

Combination movement patterns designed to sharpen neuromuscular control, agility, and fall prevention.



CORE & FLEXIBILITY PROTOCOLS

Safe posture work, core stability, and functional mobility.



INTEGRATED RESISTANCE & STRENGTH TRAINING

Dynamic combination movements that build functional strength, preserve muscle, and support joint longevity.



SPECIAL POPULATIONS MASTERY

Clear safety guidelines and exercise modifications for clients with low bone density (Osteopenia/Osteoarthritis) and Knee Osteoarthritis.

Schedule Your On-Site Event: 1

We bring the workshop directly to your facility at a time that fits your team's schedule.

Train & Earn CECs: 2

Your instructors and trainers complete the live practical training, receive full access to the online self-paced course, and pass the online quiz (80%+) to earn CECs and their Certificate of Completion.

Unlock Ongoing Support (Optional): 3

After completing the training, instructors and trainers can join the **Tuff Squad** membership to access the ToughAgers® video exercise library, quarterly content updates, and official trademark permissions.

