

YEARLY EVENTS.



[twenty24]

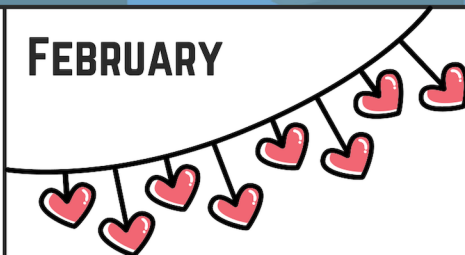
JANUARY

FREE WEBINAR (3RD WEEK)
TOPIC: SKILL DEVELOPMENT 101



FEBRUARY

TOA FOREVER OPENS



MARCH

FREE WEBINAR (1ST WEEK)
TOPIC: ECCENTRIC TRAINING STRENGTH

NEW COURSE
ECCENTRIC 3/23



APRIL



MAY

FREE WEBINAR (1ST WEEK)
TOPIC: ECCENTRIC TRAINING POWER



JUNE

NEW COURSE
POWER FOR FALL PREVENTION



JULY

CLOSED 4-5
FREE WEBINAR (4TH WEEK)
TOPIC: RECOVERY STRATEGIES FOR THE
AGING BODY



AUGUST

LIVE VIRTUAL EVENT
TOA LIVE 3/3 (MULTIPLE SPEAKER EVENT)



SEPTEMBER

FREE WEBINAR (2ND WEEK)
TOPIC: TRAINING FOR SKI AND SNOW
SEASON



OCTOBER



NOVEMBER

CLOSED 28-29

THE WORKSHOP 11/2

FREE WEBINAR (4TH WEEK)
TOPIC: LIVING LIFE WITH LOWER BACK
INJURIES

SHOP - BLACK FRIDAY DEALS



DECEMBER

CLOSED 24-26

