



1-800-244-1344

www.exercisetc.com

Strength & Conditioning for Seniors

Portland, OR: Saturday, Sept 24, 2016

Embassy Suites / Portland Airport

7900 NE 82 Avenue, Portland, OR 97220

Age-appropriate exercise programs specially designed for the needs of older clients.
Take all four courses & get your FREE certificate as a "Senior Conditioning Specialist!"

THE SCHEDULE

1. 8:30 am – 10:30 am

Core Training for Seniors

Core strength is the foundation of any strength & conditioning program. This workshop starts with age-appropriate screening guidelines & then shows functional core exercises selected to improve function and independence.

2. 10:30 am - 12:30 pm

Strength & Conditioning for Seniors

This is the workshop that really gets your senior conditioning program started! With a foundation of core stability you can progress to specific upper and lower body strength and power drills to motivate, challenge & empower your seniors!

3. 1:30 pm – 3:30 pm

Functional Mobility Drills

The ultimate goal of any conditioning program for seniors is to allow the older client to live functionally & independently for as long as possible. This outstanding program blends mobility, agility & quickness training to help achieve that goal.

4. 3:30 pm - 5:30 pm

A Dozen Practical Exercises for Seniors

This awesome workshop will teach you specific drills & activities that are designed to teach your clients to multi-task. Combining physical activity with specific tasks that improve balance & reduce fall risk will take your clients to a whole new functional level!

Each class is only \$32. Take all 4 for only \$109!

Take all 4 sessions & earn your FREE Certificate as a "Senior Conditioning Specialist!"



1-800-244-1344

www.exerciseetc.com

Each class is only \$32 (0.2/2.0 CEs)

Take all 4 classes for \$109 (0.8/8.0 CEs)



Strength & Conditioning for Seniors
Portland, OR: Saturday, Sept 24, 2016
Embassy Suites / Portland Airport
Your Instructor: Mike Deibler, MS, CSCS

Each 2-hour class is pre-approved for continuing education credits as shown:

0.2 CECs: ACE, CSCS, NASM, NCCPT, NESTA, NFPT, NSCA.

2.0 CEUs: ACSM, AEA, AFAA, AFPA, AMFPT, BOC, ISSA, IFPA, NATA, & many more!

To learn about our **FREE** Specialty Certificate visit: exerciseetc.com

1881 NE 26 Street, # 202
Ft. Lauderdale, FL 33305
1-800-244-1344
www.exerciseetc.com

Presorted
First Class Mail
US Postage
PAID
Accurate
Mailing Service