



1-800-244-1344
www.exerciseetc.com

Exercise for the Aging Baby Boomer

Fort Myers: Saturday, August 10, 2024

Hilton Garden Inn: University Drive

12600 University Dr, Ft Myers 33907 *Featuring FREE Parking!*

Revised, rewritten & updated with brand new video content, new course titles and new course numbers. Take the entire day and become a "Baby Boomer Fitness Consultant"!

THE SCHEDULE

1. 8:30 am – 10:30 am

Sustainable Strength Training for Older Boomers

Your Boomer client expects strength training to be effective, enjoyable and not painful! You'll love these age-appropriate modifications that seamlessly merge all 3 goals!

2. 10:30 am - 12:30 pm

Balance & the Aging Boomer

Boomers need to start balance training before they become a fall risk. And these new balance drills are so much fun your clients will keep coming back for more.

3. 1:30 pm – 3:30 pm

Baby Boomer Boot Camp

Boot camps are not just for Millennials! This innovative class will show you FUNctional, whole-body training drills that you can do with singles or groups large and small.

4. 3:30 pm - 5:30 pm

Nutrition & Weight Mgmt for Aging Boomers

Weight management for Boomers needs to combine fat loss and muscle management and this evidence-based class will teach you how to integrate the two!

SAVE! Early-bird registration: \$79!

Regular registration: \$129 (after 8-5-24)



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info@exercisetc.com

Registration fee: \$129 (0.8 CECs /8.0 CEUs)

Register before 8-5 & pay only \$79!



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Ft Myers: Saturday August 10, 2024
Hilton Garden Inn / University Dr
Your Instructor: Guy Andrews, MA, CSCS

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

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

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

Register before August 5 & pay only \$79!

Exercise ETC, Inc.
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Prst First Class

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