



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

# Exercise for Aging Baby Boomers

Charlotte: Saturday, July 27, 2024

**Hilton Garden Inn: Ayrslley**

1920 Ayrslley Town Blvd, 28273 *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: \$99!**

**Regular registration: \$129** (after 7-22-24)



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info@exerciseetc.com

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

Register before 7-22 & pay only \$99!



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**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  
July 22 & pay only  
\$99!**

Exercise ETC, Inc.  
2805 E. Oakland Pk. Blvd  
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