



# **Strength & Conditioning for Seniors**

## **Denver: Saturday May 18, 2024**

### **Hyatt Regency Hotel: Tech Center**

**7800 E Tufts Ave, Denver, 80237 With FREE Parking!**

*Whether you train in a gym, a park, a community center or your home, this popular ConEd program was recently updated with new content to meet your needs*

## **THE SCHEDULE**

- 1. 8:30 am – 10:30 am**  
**Function = Freedom: Integrated Core Training**  
Move past planks and bridges and into resisted, whole-body core conditioning with these age-positive core drills to maintain your senior's function and independence.
- 2. 10:30 am - 12:30 pm**  
**Balance= Independence: Progressive Fall Prevention**  
"Manipulative Skills Training" is the next trend in balance and fall prevention training. Your clients will love these inventive balance activities – and so will you!
- 3. 1:30 pm – 3:30 pm**  
**Strength= Control: Age-Appropriate Conditioning Exercise**  
Discover age-appropriate training protocols that yield rapid increases in strength and function -- all while minimizing stress on older joints.
- 4. 3:30 pm – 5:30 pm**  
**Cognition = Confidence: Cardio Exercise & Cerebral Blood**  
Explore innovative cardio routines that improve cognition by increasing blood flow to the brain -- and increasing fat burning abilities as well!

**Registration fee: \$129!**  
**SAVE \$30! Early Bird registration: \$99**

EXERCISE

ETC. INC.

1-800-244-1344

info@exerciseetc.com

Registration fee: \$129 (0.8 /8.0 CEs)

Register before 05-13-24

and pay only \$99!



## Strength & Conditioning for Seniors, 2024

Continuing education for Fitness Professionals

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Your Instructor: Guy Andrews, MA, CSCS

Each 2-hour class is pre-approved for continuing education credit as follows:

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

2.0 CEUs: ACSM, AEA, AFAA, BOC, ISSA & more

*Need to cancel after you've registered? We offer a 100% money back guarantee for all 2024 classes. No questions asked. See website for details!*

Exercise ETC, Inc.  
2805 E. Oakland Park Blvd  
# 426  
Ft. Lauderdale, FL 33306

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