



Strength & Conditioning for Seniors

Chicago: Saturday August 24, 2024

Doubletree Hotel/Arlington Heights

75 W. Algonquin, Arlington Hts 60005 With FREE Parking!

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

THE SCHEDULE

- 1. 8:30 am – 10:30 am**
Uncommon Performance: Assessment, Stability & Independence
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**
Exceptional Vitality: Balance, Fall Prevention & Longevity
"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**
Amazing Strength: Performance, Function & Power
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**
Extraordinary Stamina: Cardio, Cognition & Quality of Life
Explore innovative cardio routines that improve cognition by increasing blood flow to the brain -- and increasing fat burning abilities as well!

SAVE! Early-bird registration: \$79!

Regular registration: \$129 (after 8-19-24)



1-800-244-1344

info@exercisetc.com

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

Register before 08-19-24

and pay only \$79!



Strength & Conditioning for Seniors, 2024

Continuing education for Fitness Professionals

Chicago: Saturday August 24, 2024

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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

Save! Register before August 19 & pay only \$79!

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

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A brand-new "live" continuing education program!