



Brains & Balance Past 60^(TM)
Washington, DC: Saturday April 11, 2026
Doubletree Hotel: Arlington (Crystal City)
300 Army Navy Drive, Arlington, VA 22202

Our newest ConEd class has been completely rewritten and updated and boasts new balance drills, new video content and brand new course titles and numbers.

THE SCHEDULE

- 1. 8:30 am – 10:30 am**
Functional Balance: Training Clients who are a Fall Risk
The task-specific needs of the frail elder are front and center in this important course that explores the realities of frailty -- and the improvements balance training can bring.
- 2. 10:30 am - 12:30 pm**
Dynamic Balance: Innovative Drills to Build Confidence & Reduce Fall Risk
You're going to love this fast paced course that will demonstrate brand new balance drills to empower, strengthen and maintain independence for the more functional senior.
- 3. 1:30 pm – 3:30 pm**
Primal Balance: Strength Training to Reduce Fall Risk
This innovative course cleverly merges primal exercise with more advanced dynamic balance and agility drills for a workout that is both challenging and effective.
- 4. 3:30 pm – 5:30 pm**
Cognitive Balance: Using Movement & Music to Improve Cognition
The role of the hippocampus takes center stage in this evidence-based course that explores the effect carefully selected music can have on memory and the aging brain.

SAVE! Early-bird registration: \$79!
(Before April 7, 2026) Regular Registration: \$129

**EXERCISE
ETC. INC.**

1-800-244-1344

info@exerciseetc.com

Registration fee: \$129 (0.8 /8.0 CE's)

**Register before 4-7-26
and pay only \$79!**



Brains & Balance Past 60 (TM)

Continuing Education for Fitness Professionals

Washington, DC: Saturday April 11, 2026

Doubletree Hotel: Arlington (Crystal City)

Your Instructor: Guy Andrews, MA, CSCS

Each 2-hour class is pre-approved for 0.2 CECS and/or 2.0 CEUs by:

ACE, ACSM, AEA, AFAA, BOC, CSCS, ISSA, NASM, NSCA & more

**Save! Register before
4-7-26 & pay only**

\$79! (Reg \$129)

**Can't attend? Our next class
in Washington DC will be
April 2027**

**Exercise ETC, Inc.
2805 E. Oakland Park Blvd # 426
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