



Brains & Balance Past 60_(TM)
Chicago: Saturday Jan 31, 2026
Doubletree Hotel: Arlington Hts, IL
75 W. Algonquin Rd, Arlington Hts, IL 60005

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 January 27, 2026) Regular Registration: \$129

**EXERCISE
ETC. INC.**

1-800-244-1344
info@exerciseetc.com

Registration fee: \$129 (0.8 /8.0 CEs)
**Register before 1-27-26
and pay only \$79!**



Brains & Balance Past 60 (TM)
Continuing Education for Fitness Professionals
Chicago: Saturday Jan 31, 2026
Doubletree Hotel: Arlington Hts
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
1-27-26 & pay only
\$79! (Reg \$129)**

**Can't attend? Our next class
in Chicago will be
January, 2027**

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

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