



***Brains & Balance Past 60<sup>(TM)</sup>***  
***Fort Lauderdale: Saturday April 25, 2026***  
**Hilton Garden Inn: Airport (Dania Beach)**  
***180 SW 18 Avenue, Dania Beach, FL 33004***

*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 21, 2026) Regular Registration: \$129***



1-800-244-1344

info@exerciseetc.com

Registration fee: \$129 (0.8 /8.0 CEs)  
Register before 4-21-26  
and pay only \$79!



## Brains & Balance Past 60 (TM)

Continuing Education for Fitness Professionals

Ft Lauderdale: Saturday April 25, 2026

Hilton Garden Inn: Airport (Dania Beach)

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 4-21-26 & pay only

**\$79!** (Reg \$129)

Can't attend? Our next class in Ft Lauderdale will be April 2027

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

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