



Fitness Trends: 2026

Chicago: Saturday July 18, 2026

Doubletree Hotel / Arlington Heights

75 W. Algonquin Rd, Arlington Hts, 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**
Exercise, Hormones and Function
This timely course explores the effect of exercise on hormones -- and the effect of hormones on exercise. Discover how intensity and hormonal response affect results.
- 2. 10:30 am - 12:30 pm**
How to Look Better on the Beach
This course is an unapologetic approach to using exercise for cosmetic results. You'll also discover how to counter common misconceptions & unreasonable expectations.
- 3. 1:30 pm – 3:30 pm**
Functional Power Training
Power training is the hottest trend in fitness training right now! Learn how to safely add power drills for men and women for performance, function and weight control.
- 4. 3:30 pm – 5:30 pm**
The Ozempic Effect: Weight Management, Medication & Exercise
Unheard of several years ago, Ozempic and Wegovy are suddenly everywhere. Learn to design training programs for clients using these meds for weight control.

SAVE! Early-bird registration: \$79!

(Before July 14, 2026) Regular Registration: \$129

**EXERCISE
ETC. INC.**

1-800-244-1344

info@exerciseetc.com

Registration fee: \$129 (0.8 /8.0 CEs)
**Register before 7-14-26
and pay only \$79!**



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Continuing Education for Fitness Professionals

Chicago: Saturday July 18, 2026

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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
7-14-26 & 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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A brand-new "live" continuing education program!