



New York City Fitness Conference

Friday, Saturday & Sunday: Nov 20, 21 & 22, 2015
Doubletree Hotel / Midtown East (Lexington & 51 St)

THE WORKSHOPS: Presented by: Guy Andrews, MA, CSCS & Mike Deibler, MS, CSCS

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| <i>Fri, Nov 20</i>
5:00 pm - 7:00 pm | 1) Boot Camp Gold (Andrews)
<i>Age-appropriate activities geared towards your more active seniors!</i> |
| <i>Fri, Nov 20</i>
7:00 pm - 9:00 pm | 2) Myths, Motivation & Weight Management (Andrews)
<i>The most pervasive weight loss misconceptions ("a pound of fat = 3500 calories") are debunked.</i> |
| <i>Sat, Nov 21</i>
8:30 am - 10:30 am | 3) The Core Training Continuum (Andrews)
<i>Discover "vertical core training" & "resisted core training": two of the hottest trends in fitness.</i> |
| <i>Sat, Nov 21</i>
10:30 am - 12:30 pm | 4) High Intensity Interval Training (Andrews)
<i>The next generation of HIIT includes "microburst workouts," "building blocks" & much more!</i> |
| <i>Sat, Nov 21</i>
1:30 pm - 3:30 pm | 5) Designing Exercise Complexes (Deibler)
<i>Explore how to combine complementary exercises to build strength & annihilate fat.</i> |
| <i>Sat, Nov 21</i>
3:30 pm - 5:30 pm | 6) Avoiding Common Fitness Injuries (Deibler)
<i>Real-world tips to prevent the most common injuries of the back, knees and shoulders.</i> |
| <i>Sun, Nov 22</i>
8:30 am - 10:30 am | 7) Fitness 2015: Three Dimensional Flexibility (Deibler)
<i>Improve performance by integrating myofascial release, dynamic flexibility & facilitated stretching.</i> |
| <i>Sun, Nov 22</i>
10:30 am - 12:30 pm | 8) Top Trends in Health Promotion (Andrews)
<i>A holistic approach to managing chronic conditions that merges diet, exercise & health screening.</i> |
| <i>Sun, Nov 22</i>
1:30 pm - 3:30 pm | 9) Designing Practical Programs: The Maximal Muscle Workout (Deibler)
<i>A contemporary approach to training which will accelerate gains in strength & size.</i> |
| <i>Sun, Nov 22</i>
3:30 pm - 5:30 pm | 10) Nutrient Timing (Deibler)
<i>The latest guidelines on when (and what!) to eat before, during and after a workout.</i> |

Each workshop is \$32; Take any 8 for \$219. Take all 10 for only \$249!



1-800-244-1344

www.exerciseetc.com

Each class is only \$32 (0.2/2.0 CE)

Take all 10 classes for \$249 (2.0/20.0 CE)



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November 20, 21 & 22, 2015**

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569 Lexington Ave @ E. 51 St, NYC, 10022

**Each 2-hour class is
pre-approved for
continuing education
credit as shown:**

**0.2 CECs: ACE, CSCS, NASM,
NCCPT, NFPT, NSCA, SFA**

**2.0 CEUs: ACSM, AEA,
AFAA, AFPA, AMFPT, BOC,
ISSA, IFPA, NATA, NESTA,
SCW & more!**

*Join us in NYC! Register
for individual classes or
take the entire weekend;
you'll be glad you did!*

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