



1-800-244-1344
www.exerciseetc.com

Exercise for Aging Baby Boomers

Milwaukee: Saturday, June 8, 2024

Sheraton Hotel / Brookfield Mall

375 S. Moorland Rd, Brookfield 53005 *Featuring FREE Parking!*

Revised, rewritten & updated with brand new video content, new course titles and new course numbers. Take the entire day and become a "Baby Boomer Fitness Consultant"!

THE SCHEDULE

1. 8:30 am – 10:30 am

Sustainable Strength Training for Older Boomers

Your Boomer client expects strength training to be effective, enjoyable and not painful! You'll love these age-appropriate modifications that seamlessly merge all 3 goals!

2. 10:30 am - 12:30 pm

Balance & the Aging Boomer

Boomers need to start balance training before they become a fall risk. And these new balance drills are so much fun your clients will keep coming back for more.

3. 1:30 pm – 3:30 pm

Baby Boomer Boot Camp

Boot camps are not just for Millennials! This innovative class will show you FUNctional, whole-body training drills that you can do with singles or groups large and small.

4. 3:30 pm - 5:30 pm

Nutrition & Weight Mgmt for Aging Boomers

Weight management for Boomers needs to combine fat loss and muscle management and this evidence-based class will teach you how to integrate the two!

Registration fee: \$129!

SAVE! Early Bird registration: \$99 (Prior to 6-3-24)



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Registration fee: \$129 (0.8 /8.0 CEUs)

Register before 6-3-24 & pay only \$99!



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Your Instructor: Guy Andrews, MA, CSCS

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

0.2 CECs: ACE, CSCS, NASM, NCCPT, NFPT, NSCA.

2.0 CEUs: ACSM, AEA, AFAA, AFPA, BOC, ISSA, IFPA, NATA, & many more!

Need to cancel after you've registered? We offer a 100% money back guarantee for all 2024 classes. No questions asked. See website for details

Exercise ETC, Inc.
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Ft. Lauderdale, FL 33306

Prst First Class

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"Live" Continuing Education for Fitness Professionals!