



"The Future of Fitness"

Washington, DC: Saturday Oct 31, 2026

Hilton Garden Inn/Arlington Courthouse Plaza

1333 N. Courthouse Rd, Arlington, VA 22201

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
Hormonal and peptide supplementation is rampant in fitness; this timely course explores whether or not hormones and peptides are really the fountain of youth.
- 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 programs for clients who are using these meds for weight control.

SAVE! Early-bird registration: \$99!
(Before Oct 27, 2026) Regular Registration: \$129

**EXERCISE
ETC. INC.**

1-800-244-1344

info@exerciseetc.com

Registration fee: \$129 (0.8 /8.0 CE's)
**Register before 10-27-26
and pay only \$99!**



"The Future of Fitness"

Continuing Education for Fitness Professionals

Washington, DC: Saturday Oct 31, 2026

Hilton Garden Inn / Arlington Courthouse Plaza

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
10-27-26 & pay only**

\$99! (Reg \$129)

**Can't attend? Our next class
in Washington, DC will be
April 2027**

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

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