



seniors personal training

overview

Everyone can benefit from exercise – and age should not stop you from getting the rewards.

Busy Beats seniors personal training focuses on helping you discover a balanced, healthy and active lifestyle.

We take the time to understand your current lifestyle, your physical condition and you as a person. We discuss where you want to be physically and mentally, and then create the perfect program to help you achieve it.

Whether you are beginning exercise, or looking to improve or maintain your fitness, our personalised approach will help you to feel good – inside and out.

benefits

- Reduce impact of illness/ conditions
- Enhance mobility
- Boost mood & confidence
- Maintain a healthy weight

inclusions

- Qualified, registered & experienced trainer
- 45 minute sessions
- Regular health & fitness assessments
- Fully mobile service – all equipment provided

styles

- Yoga
- Mobility
- Strength & conditioning

pricing

Private session - \$55

Payment can be made in cash, or Electronic Funds Transfer (EFT) or online via the Busy Beats website. All payments must be made in full, prior to the commencement of the session. Prices are GST inclusive.

EFT payments can be made to:

ANZ BANK

Name: Busy Beats Fitness and Dance

Bsb: 014 690

Account: 4012 64883

(Please write your name in the description)