



# seniors group classes

## overview

Age is only a number – and we believe everyone, at every age, should feel healthy and happy.

Busy Beats seniors group classes are the perfect level of physical activity to stimulate both the body and the mind.

Every class is carefully planned taking into account the age, mobility levels and exercise preferences of each client, and every class is delivered in a fun, positive and welcoming manner.

With a range of fitness and dance classes on offer, we create the perfect program to suit your needs. There is nothing quite like some classic music, fun moves and great company to make you feel young at heart!

### benefits

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

### inclusions

- Qualified, registered & experienced trainer
- Challenging & engaging exercises
- Vibrant, age appropriate music
- Fully mobile service – all equipment provided

### styles

- Dance
- Yoga
- Strength & conditioning

## pricing

45 minute class - \$8 per senior, per class

60 minute class - \$10 per senior, per class

Prices are GST inclusive.