

Functional Fitness for Seniors



Fitness is for everyone

As we get older at least 50% of physical decline is due to inactivity.

Functional fitness for seniors can help you turn back the clock, help you move and feel better, increase your confidence and independence. It's fun and brings with it a huge range of health benefits. So sign up today!

If you want to come along, please book your place with:

Parvine, Ageing Well Coordinator
01620 827240 or pjazayeri@eastlothian.gov.uk

OR
Gavin, Functional Fitness Coach
07540 224648 or gavin@crossfiteastrocks.com

1

DUNBAR LEISURE POOL
Mondays 1pm
Cost: £3.00 per class
Starts 10th Feb 2020

2

NORTH BERWICK SPORTS CENTRE
Wednesdays 1pm
Cost: £3.00 per class
Starts 12th Feb 2020

3

AUBIGNY, HADDINGTON
Fridays 2pm
Cost: £3.00 per class
Starts 14th Feb 2020



Strength

The only know way to combat the body's ageing process.



Saves

Retain your independence through improved balance, conditioning and...



Lives

...the health benefits are huge. Weight loss, improved sleep and confidence - and that's just the start!