

STRONGER FOR LONGER

Functional Strength & Conditioning Classes for Older Adults

at Sports Therapy, 132 Collingwood Street, Nelson

Stay stronger for longer through
life - keep your functional
independence and prevent falls



Fun and challenging physio-led
group classes focusing on
mobility, strength and stability
exercises for everyday life

**Check at Front Desk for the
start date of our next course**

- **Wednesdays at 11:45 am** - for 1 hour
- A **10 week block of classes** with progressive exercises
- Functional strength testing in Weeks 1 & 10 to track improvements
- 8 weeks of supervised conditioning sessions, **PLUS home exercises**
- **\$160 for the course** of 10 x 1 hour sessions

Call 03 548 1221 to book

Sports Therapy
PHYSIOTHERAPISTS