

ACTIVE AGEING PROGRAM AT GRANDZ

Daily exercise sessions specially designed for ages 50 & above to maintain and improve health & fitness level in a medically monitored environment.

WEEKLY SCHEDULE

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10am	Arrivals /Registration/ Meet and Greet/ Blood pressure / blood sugar checks				
10.15 am	STRETCHY MONDAY Reach out! Stretch and balance series of exercises. Fall prevention tactics	GET GOING TUESDAY Dancercise Exercise with music and dance steps Combine coordination, rhythm and balance.	FLEXIBLE WEDNESDAY Yoga Increase flexibility, strengthen your muscles, centre your thoughts. Calming and relaxing effect	YIN- YANG THURSDAY Taichi Integration of mind and body, control of movement & breathing	READY TO ROLL FRIDAY Move it! Exercise circuit/gym ball / chair aerobics Functional mobility
11.15 am	Relax and Refreshments				
11.45am	See you next class!				

CALL 018- 989 9901 FOR BOOKING or visit WWW.GRANDZUNLIMITED.COM

MONTHLY PROGRAM FEES	
4 SESSIONS	RM220 /month
8 SESSIONS	RM400/month
12 SESSIONS	RM540/month
1 extra session	RM 45/session

Terms & Conditions:

1. Classes will be conducted with minimum 3 pax to maximum of 10 pax.
2. Pre-booking of classes are required.
3. Pre-payment is required before the commencement of each classes. No refund will be made for absenteeism.
4. Postponement is allowed with prior notification.
5. The Management reserves the right to reschedule the classes with prior notification.

FREE TRIAL
for 2 weeks

Venue: Grandz Unlimited @ Global Doctors Hospital, Mont Kiara