

Seniors' Fit and Fab Fitness Group
Classes conducted weekly on Mondays at 10am & Thursday at 10:30am

Name.....

Address.....

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Phone/Mobile number.....Date of birth

Contact person name and phone number in event of emergency

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1. The city of Burnside will ensure that each class has qualified fitness instructor and first aid officer on site.
2. Participants agree to follow instructions given by the instructor taking the class.
3. To wear suitable clothing and foot wear at all times during the class.
4. Participants are aware that an ambulance will be called at the discretion of the instructor if you have a medical incident during the class.
5. Participant to take responsibility for their fitness to participate in this fitness program and sign the member waiver/indemnity to this effect.

I agree to the terms and condition mention above.

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Signature of participant

Date.....

MEMBER WAIVER / INDEMNITY

- In accepting membership of The Fit and Fab Seniors Fitness Class at Burnside City Council Community, I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in organised fitness programmes.
- I acknowledge that I have read the Fit and Fab Fitness programme listed on page two of this form and that I understand and agree to take part in the class exercise routines prescribed.
- **I declare that I am in good health and that I will be properly conditioned for the activities that I take part in.**
- I agree to assume all risks of loss, damage, and injury including death that I may sustain as a consequence of my participation.
- I release Burnside City Council and the Fitness leaders from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in the Fit and Fab Seniors class.

Thank you for completing this form

Office use only

Date of renewal.....

Fitness Instructor.....Date.....

Seniors' Fit and Fab Fitness Group

Monday exercise classes are specially designed for seniors to improve their functional fitness, strength and flexibility. Exercises focus on:

- Balance:** Improving your balance will help to prevent falls, improve your confidence while walking and in everyday life.
- Muscle Strength:** We use gentle weight training for your arms and legs to improve your strength and control. This will benefit your daily activities and help you to get up more easily from chairs or the ground.
- Flexibility and Mobility:** Moving your joints will help you maintain a good range of movement and remain active during your senior years. We will use fun modified dance and Tai Chi movements to help improve your flexibility and mobility.
- Endurance:** Improving your endurance will allow you to do more! Regular exercise can help improve your ability to go up stairs, enjoy gardening, play with your grandchildren and walk in the park.
- Breathing:** Learn how to breathe, bringing greater vitality into your day.
- Relaxation:** Reduce the stress in your life with calming breathing and meditation.
- Fitness: Fitness:** Participate in group class fitness programs to improve your state of health and well-being and more specifically the ability to perform aspects of day to day life activities.

Work on these objectives by attending the weekly exercise classes conducted by accredited trainers in a friendly and sociable environment at Burnside Community Centre.