



StrongerU

Senior Fitness

In partnership with...



Red Deer
Polytechnic



ASCHA
ALBERTA SENIORS & COMMUNITY
HOUSING ASSOCIATION

StrongerU Senior Fitness is a fitness education company empowering recreation, fitness, and wellness professionals to deliver high-quality senior fitness experiences.

Our programming bridges the gap between theoretical knowledge and practical application with **4 fitness formats**:

Cardio

Strength

Stretch

Balance



We are the first company globally

to provide activity teams with 30 minutes of brand, new class content on a month-to-month basis, in a rotation of four formats, keeping classes fun and engaging.

WHY STRONGERU?



- ✓ **ONLINE**, self-paced course with access to Instructor for live support
- ✓ **28 HOURS** of instruction
- ✓ **30 MINUTES** of brand, new class content monthly
- ✓ **FOUR FORMATS** included: Cardio, Strength, Stretch, and Balance



Includes:

Enrollment in online course

First year of monthly class content

Visit www.StrongerUseriorfitness.com/become-an-instructor to learn more and use promo code **RDPACC** to enroll for **\$400 + GST**.

Questions? Email contact@strongeruseriorfitness.com or education@ascha.com