



StrongerU

Senior Fitness

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

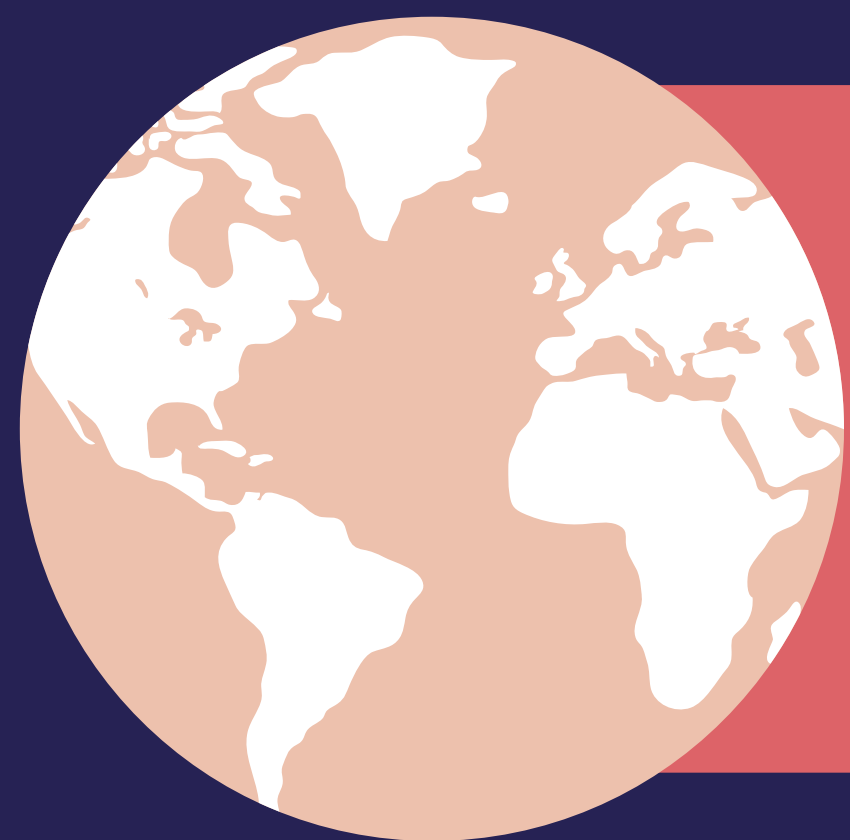
Our unique instructor training bridges the gap between theoretical knowledge and practical application with access to **4 class formats**:

Cardio

Strength

Stretch

Balance



We are the first company globally

to provide our instructors with 30 minutes of brand, new class content on a month-to-month basis, keeping classes fun and engaging.

WHY STRONGERU?

- ✓ **ONLINE**, self-paced course
- ✓ **30 MINUTES** of brand, new class content monthly
- ✓ **Annual Turnover Protection** included
- ✓ **Holistic approach** with a big emphasis on brain health



Contact Debbie Hounshell for more details
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<https://www.strongeruseriorfitness.com/>