

Functional Training

for Older Adults

Functional training are exercises that are based on peoples day to day activities This can be from something like carrying bags of groceries, going up and down the stairs, etc.

The exercises are compound movements which involves multiple joints and different muscle groups

The movement also engages in stabilizing the core and spine which can help improve balance and coordination

Free Taster Class

May 10 & 24, 2023

Studio 7

WEDNESDAYS

10:AM - 10:45AM

ADULTS 55+yrs

**Booking via Mardyke App
or via Reception**



Mardyke Arena

UNIVERSITY COLLEGE CORK