

Public Programme



Silver Fitness Programme – Vitality Beyond Fifty

RM 1200 [as low as RM150/ session]

- 4 weeks programme (8 sessions)

INCLUDE

Silver Fitness Programme
Booklet, Exercise Band,
Loop Band, Exercise
Tubing & Towel

DATE & TIME

Every Tuesday & Thursday
10:00 am – 11:00 am

LOCATION

Synapse Menara HSC
Lot 7.04 & 7.05,
Level 7, Menara HSC,
187 Jalan Ampang,
50450 Kuala Lumpur, Malaysia

The Silver Fitness Programme is a unique approach to wellness for men and women in the second half of life, designed to keep you fit in years to come.

The programme blends physical, mental and social components that will condition you to new levels of vitality over the course of 8 sessions in 4 weeks.

Supervised by professional physiotherapist trainers, the programme will guide you through exercises that look into:

- Cardio endurance exercise
- Strength & power training
- Flexibility training
- Balance training



Benefits

- ✓ Professional & experienced physiotherapists
- ✓ Improved muscular strength
- ✓ Enhanced balance, flexibility and mobility
- ✓ Decreased fall risks and prevention of chronic conditions



Silver Fitness Programme

WHO SHOULD JOIN?

50 years old & above

HIGHLIGHTS

- Personalised training (max 12 per group)
- Pre & post assessment
- Goal oriented exercises



REGISTRATION

Call **+603-2142 1666** or **Scan** to participate



www.acgconcept.com.my

ORGANISER

ACG Concept is Malaysia's first Lifestyle Advocate in aged care. We are an organization whose purpose is to promote 'Healthy Ageing' as the modern lifestyle choice and empowering individuals to take charge of how they age. We organise programmes designed to activate functional ability and prosper individuals across the ageing spectrum.



PARTNER