



FIT FUN GAMES (for older adults, kids, anyone!) – Shari Cohen

Games and partner activities are a great way to inject some fun, friendly competition and social interaction into your classes. Come and build your toolbox of games and fun activities using traditional equipment, non traditional equipment and no equipment at all. Perfect for clients of all ages and abilities.

Shari is a firm believer that fitness should be accessible and fun for everyone. An extensive background in creating and delivering programs for people of all ages and all abilities in gym, pool and group settings has given her a unique perspective on how to work with clients to design suitable, individualised workouts. Shari works in both the fitness and sport sectors, and she enjoys taking the best of both worlds to give her sessions a twist.



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