



BAND-ASTIC for older adults –Rayanne Hutchins

Therabands and Elastics are yet another tool for adding resistance training into your sessions. In this masterclass with Rayanne, she will provide you with more strength training exercises both traditional and alternative to capture the interest and enthusiasm of your older adults.

When functional movement and exercising for strong effective activities of daily living (ADL) is so important in this demographic, this session provides further opportunities to vary strength exercises particularly for lower body strength, abdominal activation and balance .

Rayanne has been instructing for over 25 years; with her experience and knowledge she presents with flair and energy.

Her focus is primarily on Fitness Training for Older Adults and all facets of Fitball. She is passionate about bridging the gap between the Health and Fitness Industry and the fitness needs of the older population. As such, she is continuing to embrace and promote this area that is such a wonderful and fulfilling sector. Rayanne's presentations are packed with information, skills and techniques that are useable, achievable AND FUN.



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