



LIFE'S A GAME – Shari Cohen

Games are a great way to have fun, build camaraderie and sneak some extra movement into your sessions. Whether you're working with kids, adults, seniors or people with a disability there's a game for everyone. Join Shari as you run, jump, throw, play and build an arsenal of games and fun activities that can be modified to suit any age, skill or ability.

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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