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Welcome





Senior Fitnes z. s. Implementor of the project Seniors to Seniors

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Characteristics of the Association

We organize movement and socially-activating activities for the middle-aged and the elderly.





Association's Scope of Activities

Senior fitness z. s. offer their activities both in Bohemia and in Moravia under the guidance of experienced trainers. We carry out health exercises on mats, health exercises with elements from yoga or dance, health exercises on chairs and water aerobics in swimming pools.





The Main Aim of Physical Education Activities



Our aim is to sustain and prolong mobility of seniors.





Exercising in the Gym



Training in small groups up to 18 people provides for regular contact between the trainer and his/her trainees.





Program of the Gym Training Lesson



Exercises aiming at joint mobility
Balance exercises
Working out
Breathing exercises





Water Aerobics

Trainee groups in rehabilitation pools with warm water.





Training Children



Our activities also aim at general mobility training of children.





A Day for your Health

We organize further sport activities, where the participants can try out various sport skills – eg. a game with pegs called Molkky, Kubb, croquet, baseball, golf, Frisbee, pétanque and many others. The participants can try out electrical bicycles and scooters. We also organize Nordic Walking hikes.





Cyclotrips, Golf, Bowling,



Fitness Circle Training

We organize regular trips on bicycles, golf and bowling and this year we are preparing fitness circular training for men.





Foreign Language Teaching

A lot of seniors were interested in educational courses and therefore we also provide courses of English, German and Italian.





Stays Abroad

We also organize package holidays in Italy and Slovakia.





Contribution of Social Mobilization



We are trying to get out of rut stereotypes.
We are looking for new access and solution to critical situations.
We are getting new communication and social skills.
We are acquiring self-confidence.





We Offer Work to Fresh Trainees

We are looking for and schooling trainers for work with a newly established methodology.

