



SENIORS CARD

welcome here

If you're a Seniors Card holder, you can now benefit from a 10% Discount at Human Engineering on our Corrective Exercise, Exercise Physiology and Personal Training services! Please bring your Seniors Card with you to the Initial Consultation for verification and for us to apply the discount for your consultations, coaching or training.

There's never been a better time to improve your flexibility, balance, stability and functional strength for the daily tasks today or to improve the sports and activities that you love and want to continue to enjoy.

With one-on-one coaching in our private studio, you won't be subjected to loud music or having to wear the latest fitness gear.

We have many clients who have taken up or participate in activities, that have benefitted from programs and coaching to increase balance and strength for their Walking, Golf, Tennis, Cricket, Cycling or Swimming, to name just a few.

Call or email chas@humanengineering.com.au today so that you can benefit further from your Seniors Card!