

D R O MTM

FOR SENIORS

Active Aging to the beat of your own DROM!

About StrongerU Senior Fitness

- Education Company
- 1st senior fitness education organization of our kind globally!
- Established partnerships throughout the US, Canada, the UK, Australia, and New Zealand





Who we serve...

- Recreation, Activity, Fitness and Life Enrichment Professionals
- Senior Living Organizations
- Community Recreation Organizations (ex. 50+ centers)
- Post-secondary Institutions

What we do...

- Online Instructor Education
- 30-minutes of new class content monthly (Pre-choreographed)
- StrongerU Senior Fitness and DROM for Seniors Instructor Courses
- Create Fitness Experiences using the 6 Dimensions of Wellness



Our Goal

- Bridging the gap between knowledge and practice
- Debunking misconception about aging and exercise

DRUM™

FOR SENIORS

Drumming (DRUM) + Mindfulness (OM)

The Importance of Mindfulness

When integrated into fitness programs, mindfulness enhances both the physical and mental benefits of exercise.



Benefits of Mindfulness Fitness Programming

01

Improved Focus & Body Awareness

Encouraging seniors to tune into their movements, breathing, and posture can help prevent injuries and improve exercise effectiveness.

02

Stress Reduction & Emotional Well-Being

Mindfulness practices like deep breathing, guided relaxation, or setting intentions can lower anxiety, improve mood, and enhance overall mental health.

03

Better Physical Performance

When participants are mentally present, they engage muscles more effectively and move with greater control and confidence

The Impact

Incorporating purpose and mindfulness into senior fitness transforms exercise from a routine activity into an enriching, meaningful experience. Where seniors feel valued, connected, and fully engaged in their fitness journey,



The DROM for Seniors Experience

Each DROM for Seniors class features:

- Getting Grounded practice (5 mins)
- Getting Energized practice (20 mins)
- Calm practice (5 mins)



SIX DIMENSIONS OF WELLNESS



PHYSICAL

Engaging and strengthening the heart, lungs, and muscles to improve participants' well-being.



INTELLECTUAL

Stimulating and challenging areas of the brain with exercises that require focus and coordination of the mind and body.



EMOTIONAL

Creating an environment that promotes enhanced emotional wellbeing through music and mindfulness.

SIX DIMENSIONS OF WELLNESS



VOCATIONAL

Providing participants with a sense of purpose through opportunities of contribution



SOCIAL

Fostering strong social connectedness between participants



SPIRITUAL

Encouraging spiritual wellness through the Getting Grounded and Calm practice

DRÖMTM
FOR SENIORS

Instructor Course

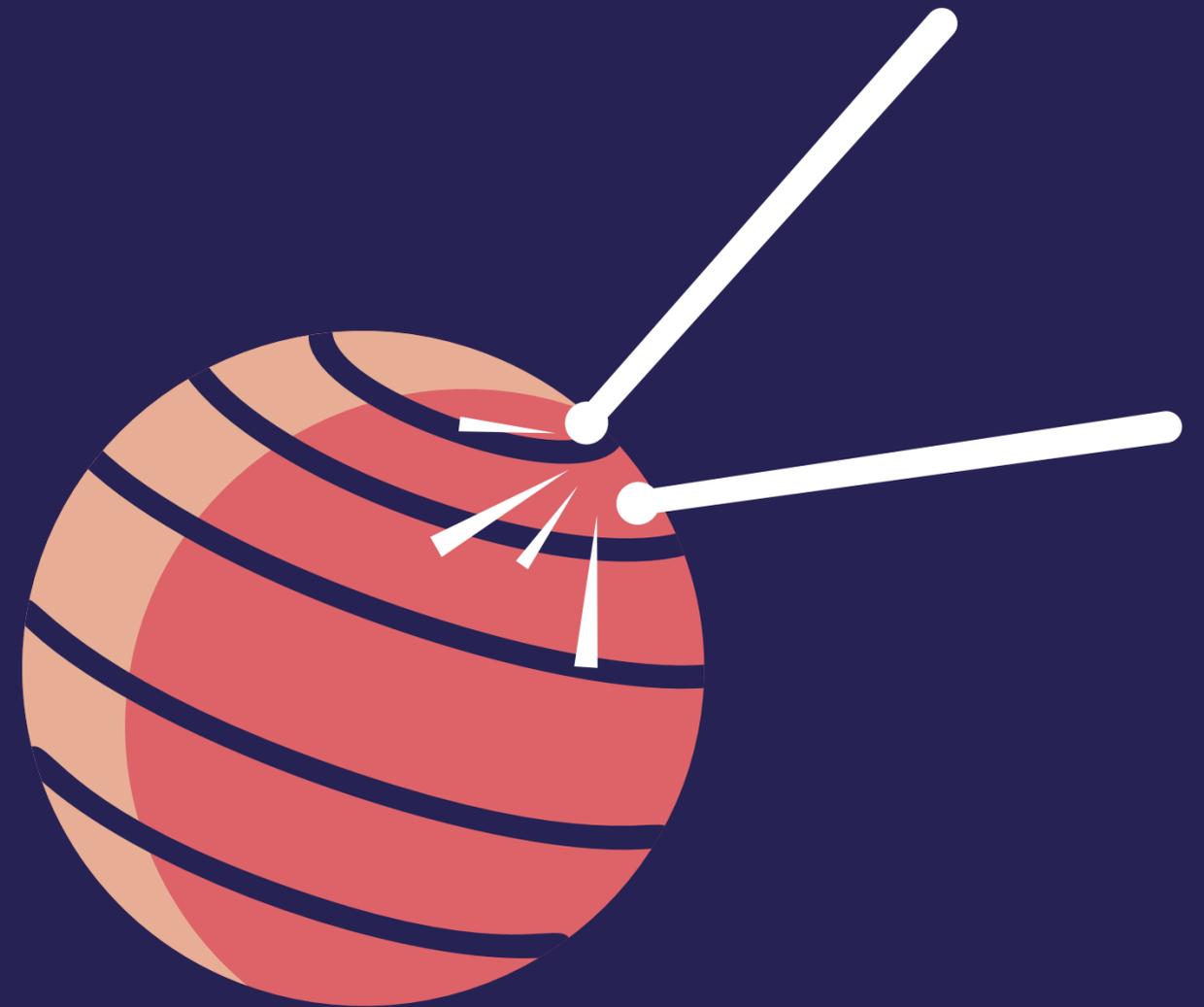
The DROM for Seniors Instructor Course

Part 1: *DROM for Seniors* methodology and the benefits of the program.

Part 2: Learn about *DROM for Seniors* three key elements;

- Getting Grounded
- Getting Energized
- Calm

Part 3: Guided Practice Modules and prepare to film your practical video



Steps to Becoming an Instructor...



COMPLETE ONLINE COURSE

Self-paced modules accessible from any device.
The course takes between 8-12 hours to complete.



SUBMIT VIDEO

All instructors must receive a passing grade on their practical video to become fully certified.



PRACTICE CHOREOGRAPHY

Learn your first DROM for Seniors class through the Guided Practice Modules, then record yourself presenting it as a demo.



CERTIFIED!

Gain access to 30-minutes of new seated and standing class content each month

Pricing

Registration Includes:

- Enrollment in the DROM for Seniors Instructor Course
- One year of monthly class content

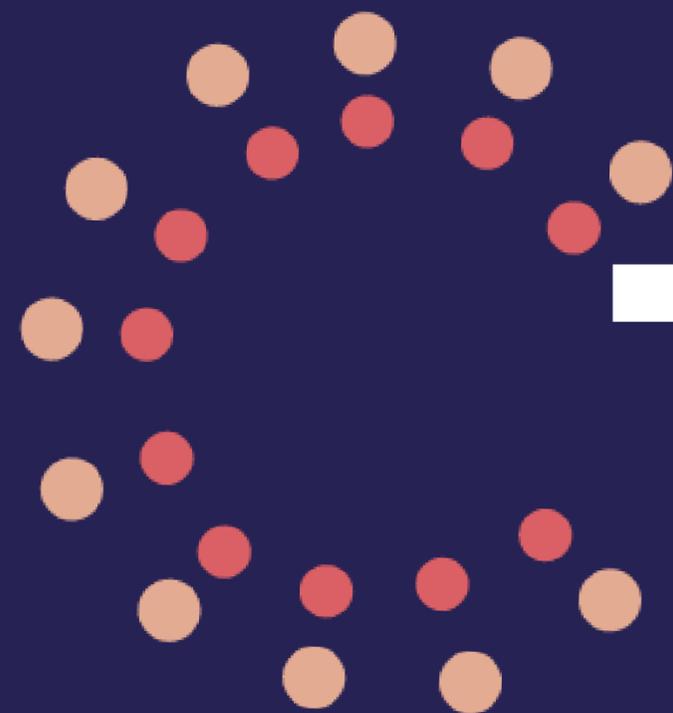
Cost:

- \$370 USD
- \$466 CAD

Includes
Annual Turnover
Protection

*Department discounts available





Thank U

Learn more at www.strongeruseriorfitness.com



Contact us at:
contact@strongeruseriorfitness.com

