

THE DVD COLLECTION: SIMPLICITY & RELIABILITY

No internet? No problem.

Forget the frustration of buffering, lost passwords, or 'low signal' interruptions. Our DVD Collection is designed for those who value reliability and ease of use. Simply pop the disc into your player, press 'Play' on your remote, and follow along with Carol and Trudi.

It's your favourite instructors, in your living room, exactly when you want them. It's the stress-free way to stay strong without ever needing to touch a computer.

Ready to start shopping?

Use your phone camera here

Or click your finger here

MOBILITY MASTERS DVDS

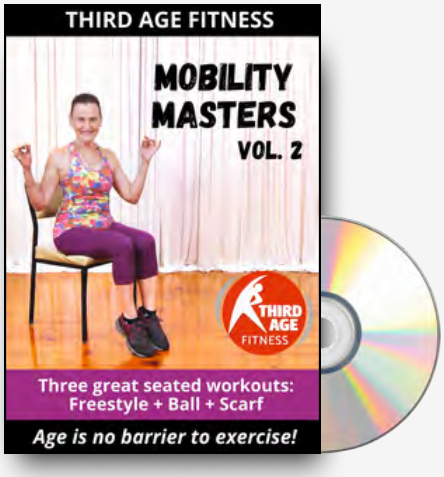
Fun seated routines incorporating band, ball, scarf, spoons and freestyle exercises

Great for seniors looking to keep moving, and who love variety - Carol will keep you entertained! Includes hand exercises to improve grip strength!

MOBILITY MASTERS Vol. 1-3 - $10 each



MOBILITY MASTERS Vol. 1
1x Mobility Freestyle +
Mobility Band + Mobility Spoons
Runtime: 90mins



MOBILITY MASTERS Vol. 2
1x Mobility Freestyle +
Mobility Ball + Mobility Scarf
Runtime: 90mins



MOBILITY MASTERS Vol. 3
1x Mobility Freestyle +
Mobility Band + Mobility Spoons
Runtime: 90mins

MOBILITY MASTERS Vol. 4-6 - $16 each



MOBILITY MASTERS Vol. 4
1x Mobility Freestyle +
Mobility Ball + Mobility Scarf
Runtime: 90mins



MOBILITY MASTERS Vol. 5
1x Mobility Freestyle +
Mobility Band + Mobility Spoons
Runtime: 90mins



MOBILITY MASTERS Vol. 6
1x Mobility Freestyle +
Mobility Ball + Mobility Scarf
Runtime: 90mins

SPECIALISED MOBILITY DVDS

Gentle seated exercises, dedicated to improving mobility and strength.

Carol's exercises are gentle on the joints, but tough on the ageing process. Keep the body moving, and getting stronger, with every push and pull!

MOBILITY FREESTYLE - $14 each



MOBILITY FREESTYLE Vol. 1
2x Mobility Freestyle
Runtime: 60mins



MOBILITY FREESTYLE Vol. 2
2x Mobility Freestyle
Runtime: 60mins



MOBILITY FREESTYLE Vol. 3
2x Mobility Freestyle
Runtime: 60mins

MOBILITY WEIGHT - $14 each



MOBILITY WEIGHT Vol. 1
2x Mobility Weight
Runtime: 60mins



MOBILITY WEIGHT Vol. 2
2x Mobility Weight
Runtime: 60mins



MOBILITY WEIGHT Vol. 3
2x Mobility Weight
Runtime: 60mins

SPECIALISED BALANCE + CARDIO DVDS

Prevent falls with balance exercises. Get the heart rate up without going outside.

Balance *can* be improved with practice. We've got all the exercises you need to stop the fall before it even happens. Each title includes BONUS STRETCHES!

BETTER BALANCE - $12 each



BETTER BALANCE Vol. 1
2x Balance + Stretches
Runtime: 50mins

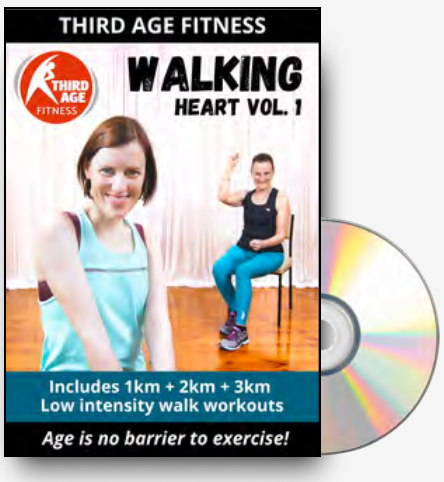


BETTER BALANCE Vol. 2
2x Balance + Stretches
Runtime: 50mins



BETTER BALANCE Vol. 3
2x Balance + Stretches
Runtime: 50mins

WALKING - $12 each



WALKING Heart Vol. 1
Low intensity
10min + 20min + 30min
Runtime: 60mins



WALKING Zest Vol. 1
Medium intensity
10min + 20min + 30min
Runtime: 60mins



WALKING Plus Vol. 1
High intensity
10min + 20min + 30min
Runtime: 60mins

HAPPY HEART DVDS

Low intensity workouts incorporating seated, standing, and floor workouts.

Great for beginners or older adults returning from injury or surgery. Exercise to well-paced music with easy-to-follow along routines that build confidence.

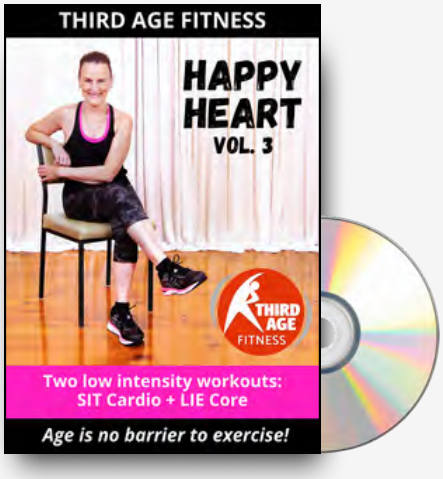
HAPPY HEART Vol. 1-3: $14 each



HAPPY HEART Vol. 1
SIT Strength + STAND Cardio
Runtime: 60mins



HAPPY HEART Vol. 2
STAND Strength + COMBO
Runtime: 60mins



HAPPY HEART Vol. 3
SIT Cardio + LIE Core
Runtime: 50mins

HAPPY HEART Vol. 4-6: $10 each



HAPPY HEART Vol. 4
LIE Core + COMBO
Runtime: 50mins



HAPPY HEART Vol. 5
STAND Strength + STAND Cardio
Runtime: 60mins

NOW ON SALE!



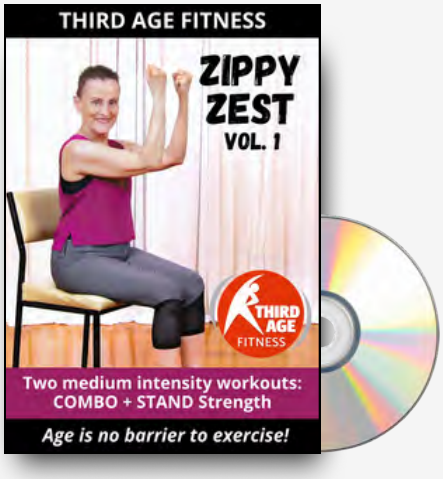
HAPPY HEART Vol. 6
SIT Strength + SIT Cardio
Runtime: 60mins

ZIPPY ZEST DVDS

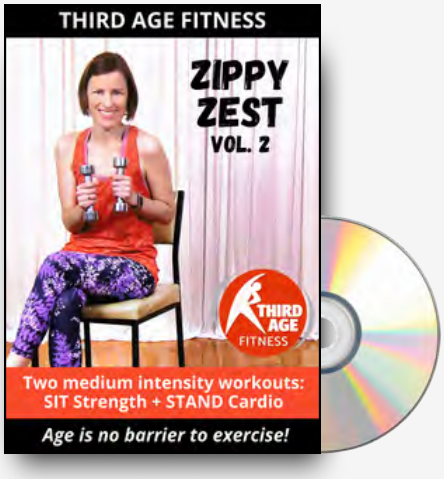
Medium intensity workouts to promote strength, stability, and balance.

Pick up the pace a little and challenge your coordination with more challenging combinations and routines. Adaptations are provided so everyone can join in.

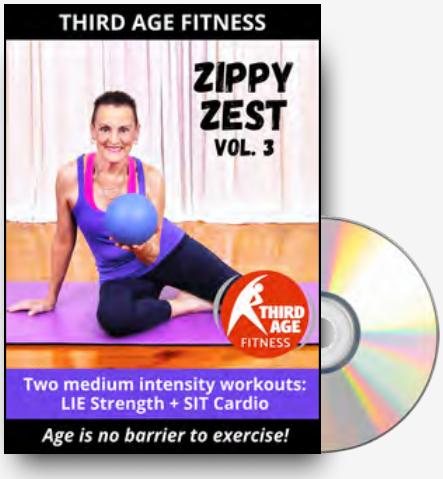
ZIPPY ZEST Vol. 1-3: $14 each



ZIPPY ZEST Vol. 1
STAND Strength + COMBO
Runtime: 60mins



ZIPPY ZEST Vol. 2
SIT Strength + STAND Cardio
Runtime: 60mins

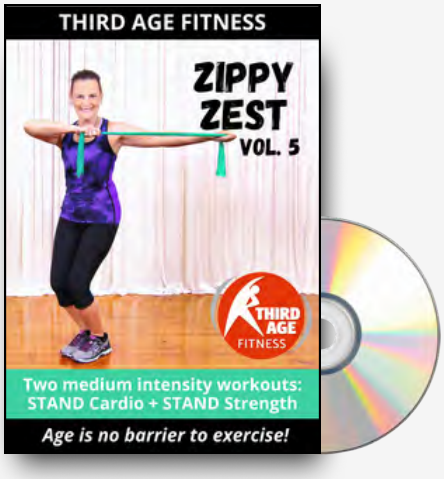


ZIPPY ZEST Vol. 3
LIE Strength + SIT Cardio
Runtime: 50mins

ZIPPY ZEST Vol. 4-6: $10 each



ZIPPY ZEST Vol. 4
SIT Strength + SIT Cardio
Runtime: 60mins



ZIPPY ZEST Vol. 5
STAND Cardio + STAND Strength
Runtime: 60mins



ZIPPY ZEST Vol. 6
COMBO + LIE Core
Runtime: 50mins



LIVE VIRTUAL CLASSES: COMMUNITY & ACCOUNTABILITY

The social buzz of the gym, from your own home.

Missing the social side of fitness? Our TAF/Live Virtual Classes bring the 'community' back into your workout. Join a group of like-minded older adults from around Australia in real-time, where you can see your friends and receive expert guidance as you move.

TAF/Live is the perfect choice if you want that extra 'nudge' of accountability to keep you showing up. You aren't just exercising alone; you're part of a movement. You're part of our community.

Visit our online studio to get started!

Use your phone camera here

Or click your finger here

NEVER EXERCISE ALONE AGAIN

Join Our Live, Interactive Community on Zoom

Expert-Guided Movement Classes Where Your Instructor Actually Sees You, Corrects Your Form, and Keeps You Safe —All From Your Living Room.



Classes run at 9.30am, every week of the school term

Most home workouts are just you following a screen, hoping you're doing it right. Our Live Zoom classes are different. We see you, we cheer for you, and we make sure every move you make is building your strength — not risking an injury.

Come join one of our live 30 minute Zoom classes!

Confidence & Floor Safety (Agility Focus):
Master the techniques to move with total confidence and the leg strength needed to get up off the floor safely.

Seated Strength & Vitality (Chair Focus)
High-energy workouts designed for total-body power, cardio, and balance—all from the safety and stability of your chair.

Coordination & Power (Strength Focus)
Use dumbbells, bands, and balls to sharpen your coordination and keep your body moving fluidly.

Classes run Monday through Friday. Join us live to get real-time form corrections and the motivation of a community that cheers for you!

"But I'm Not a Tech Expert..."

Don't worry — neither are we! If you can open an email, you can join us.

We will help you get set up with a new account, and we can test your Zoom connection before your first class!

CLICK HERE TO JOIN US

Join Us This Week (No Contracts, No Stress)

We've made it simple to fit fitness into your life. Choose the option that suits you:

$13 per class — **See For Yourself Trial:** Book a single class, perfect for testing which class is right for you. Experience the live interaction and see how much better you feel after 30 minutes.

$11 per class — **10-Class Freedom Pass:** Use your pass to pick and choose any class you like, whenever you like!

$10 per class — **Full Term Saver Pass:** For those committed to real change. Get big gains with big savings, automatic bookings and exclusive access to every recording. MOST POPULAR OPTION!



THE ON-DEMAND LIBRARY: FREEDOM & VARIETY

Your personal fitness vault, available 24/7.

For the tech-savvy older adult who loves to mix things up. Our On-Demand Library with our Total Agility Membership gives you instant access to our entire vault of workouts — from standing, to seated, to floor, from cardio to full-body strength.

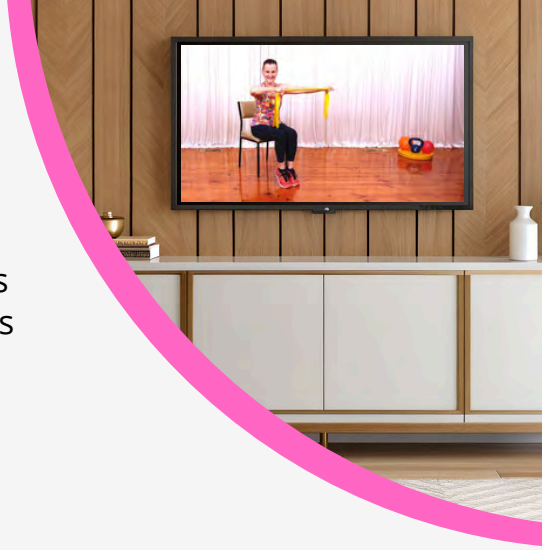
Whether you have 10 minutes before lunch or an hour on a rainy afternoon, you have the freedom to choose the exact routine that fits your mood and your energy level today. Hundreds of seniors have used this 'Netflix for Fitness' to stay independent and energised.

Want to learn more?

Use your phone camera here

Or click your finger here

ON-DEMAND LIBRARY



Our Total Agility Members around the world have access to a huge range of online workouts that they can do anywhere, anytime, and as many times as they want to! Our library is available 24/7, and includes 10, 20 and 30 minute programs.

So many membership benefits, packed in to keep you motivated!

- **24/7 Access** - Enjoy unlimited access to our full library of agility workouts any time of day, anywhere in the world!
- **Variety of Workouts** - Choose from low, medium, and high-intensity cardio and strength workouts tailored to your fitness level.
- **Reduce Falls Risk** - Improve balance and coordination with dedicated balance workouts, complete with helpful handouts.
- **Fun Challenges** - Stay inspired with our Active April, September Sweep, and other workout challenges throughout the year
- **Personalised Support** - We are only ever a phone call or email away, to support you in your fitness journey.
- **Weekly Updates** - Hear from Carol every Monday with motivation, new research, and new workouts.
- **Bonus Programs** - Free Strong Hands: 21 Days to Improve Grip Strength and Toothbrush Challenge enrolments.
- **Flexible Membership** - No lock-in contracts — pause while you're on holidays, no cancellation fees!

$22 monthly or get THREE MONTHS FREE with an annual membership!

SO MANY WORKOUTS AND STYLES IN ONE PLACE!

Balance - Sit Cardio - Stand Strength - Walk - Combo - Lie Core
Dance - Stand Cardio - Lie Strength - Christmas - Sit Strength - Stretches
Low Intensity - Medium Intensity - High Intensity





THE EXERCISE CARDS: YOUR "ANYWHERE" MOBILITY KIT

Beginner-friendly, printable, and fast.

The ultimate 'low-impact' tool for any fitness level. Whether you're just starting your movement journey or looking to add extra mobility between your daily walks, these digital cards fit perfectly into a busy schedule.

Keep them on your phone or tablet for a quick 10-minute reset. It's the simplest way to support your joints and stay active, whether you're at home or on the go, one swipe at a time, with options to build up and keep improving in balance, strength, mobility and stretch.

When you've chosen your cards, visit our online store!

Use your phone camera here

Or click your finger here

DIGITAL EXERCISE CARDS

Download onto your tablet or phone, or print off a hard copy.

Looking for physical A4 laminated exercise cards? Just call us to put in your order!



Great for going on holidays, or having by the bed!

SINGLE EXERCISE CARDS - $9 download
Choose from Strength, Balance, Mobility, Stretches
Includes Home Exercise Safety Checklist + My Exercise Record



COMBO EXERCISE CARDS - $16 download
Combine Card #01 and #02 in Strength, Balance, Mobility, Stretches
Includes: Exercises + Instructions + Home Exercise Safety Checklist + My Exercise Record + Track My Gains self- assessment to show your improvements over time.









FREEDOM TO MOVE BUNDLE - $27 download
Get the complete system with exercises, plans, and progress!

Includes:

- Card #01 in Strength, Balance, Mobility, Stretches
- Home Exercise Safety Checklist
- My Exercise Record
- 4x Track My Gains self-assessments
- 5x Monthly Planners to remove the guesswork from exercise



CHOOSE YOUR PATH TO STAYING ACTIVE, INDEPENDENT, AND VIBRANT.



"Which option is right for me?"

The DVD Library: Best if you prefer to exercise at your own pace without an internet connection.
Live Zoom Classes: Best if you love the community feel and want real-time feedback from our instructors.
Online Membership: Best for the tech-savvy older adults who want instant access to everything, anywhere.
Exercise Cards: Best for quick, daily movements you can do in the kitchen or living room with or without a screen.

Still unsure?

Choosing a new routine is a big step, and we want you to feel 100% confident. Call Carol for a complimentary 10-minute 'Fitness Path Finder' call. She'll listen to your goals, hear about any 'niggles' or injuries, and tell you exactly which option will get the best results safely.
Call Carol now for a free consultation on 0411 246 741

Why You're In Safe Hands

With over 60 years of combined experience working with older adults, mother and daughter fitness instructors Carol and Trudi have seen it all. We don't do 'general' fitness; we specialise in adaptive techniques specifically for your stage of life. Whether you're recovering from a hip replacement or just want to keep up with the grandkids, we ensure you're moving safely, effectively, and — most importantly — happily.



OUR 'KEEP MOVING' GUARANTEE
If you try any of our programs and don't feel more confident and mobile within the first 30 days, we'll help you find a different option or give you a full refund. Your health is our priority.

Ready to reclaim your energy and independence? Your journey to a stronger, more confident you is just a page-turn away. Flip to the Order Form or contact Carol to take the first step toward your most vibrant years yet!

Contact Carol 0411 246 741 | carol@thirdagefitness.com.au
www.thirdagefitness.com.au

THIRD AGE FITNESS

ORDER FORM

HAVE A QUESTION?
Contact Carol 0411 246 741

RESOURCE	QUANTITY	QUANTITY	QUANTITY	PRICE	TOTAL
Mobility Masters	Vol. 1 x____	Vol. 2 x____	Vol. 3 x____	$10	
Mobility Masters	Vol. 1 x____	Vol. 2 x____	Vol. 3 x____	$16	
Mobility Freestyle	Vol. 1 x____	Vol. 2 x____	Vol. 3 x____	$14	
Mobility Weight	Vol. 1 x____	Vol. 2 x____	Vol. 3 x____	$14	
Better Balance	Vol. 1 x____	Vol. 2 x____	Vol. 3 x____	$12	
Walking	Heart x____	Zest x____	Plus x____	$12	
Happy Heart	Vol. 1 x____	Vol. 2 x____	Vol. 3 x____	$14	
Happy Heart	Vol. 4 x____	Vol. 5 x____	Vol. 6 x____	$10	
Zippy Zest	Vol. 1 x____	Vol. 2 x____	Vol. 3 x____	$14	
Zippy Zest	Vol. 4 x____	Vol. 5 x____	Vol. 6 x____	$10	
Card - Strength	#01 x____	#02 x____	Combo x____	$9 / $15	
Card - Balance	#01 x____	#02 x____	Combo x____	$9 / $15	
Card - Mobility	#01 x____	#02 x____	Combo x____	$9 / $15	
Card - Stretches	#01 x____	#02 x____	Combo x____	$9 / $15	
Freedom to Move	#01 x____	#02 x____		$27	

HOW TO ORDER

1. Complete this order form
2. Pay the total via credit card or bank transfer
3. Email your form to carol@thirdagefitness.com.au.

Sub Total	
Postage	$13.00
TOTAL PAID	

CONTACT DETAILS

Name/Club: _____ Phone: _____

Email: _____

Postal address: _____

Suburb: _____ State: _____ Post Code: _____

PAYMENT DETAILS

Card Name: _____

Card No: _____ / _____ / _____ / _____

Card Expiry: _____ / _____ CVV: _____

Name: Third Age Fitness
BSB: 013381
Account: 424446241
Reference: Full name/club