



[www.theflamecocoach.com](http://www.theflamecocoach.com)

# Flamenco Fitness Program for Seniors

Introducing our 6 week program . . . specially designed for  
residents of  
Aged Care and Lifestyle Retirement Villages



Let your residents indulge in the Spanish rhythms of  
traditional flamenco music . . .

And learn how to accompany the musician with palmas  
and footwork (..aka clapping and stamping)

***Music is therapy***

***Movement is therapy***

with  
Belinda Retamal  
- The Flamenco Coach,  
and Anthony Lindhjem  
- La Guitarrista

M: 0416 098 337

E: [dance@  
theflamecocoach.com](mailto:dance@theflamecocoach.com)



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Regular price for the 6 week program is  
\$400 per week - \$2,400 in total

*Each weekly session runs for one hour*



## **INTRODUCTORY OFFER:**

First 3 weeks are complimentary  
Regular price of \$400 per week will apply  
for the remaining 3 weeks - \$1,200 in total

