



Mobility and Movement Coaching

Our Mobility & Movement Coaching sessions are designed to help older adults of all abilities stay active, independent, and confident in their movement. Whether you're looking to improve balance, flexibility, strength, or coordination—or simply want to move with more ease—these sessions provide a supportive, welcoming space for all.

We focus on movements that enhance mobility, reduce fall risk, and support daily activities, all while adapting to your individual needs. Join us for optimal aging exercises that can lead to greater strength, confidence, and overall well-being at any stage of life.

Program Details

Mondays and Wednesdays

One-hour sessions held at 2:00 and 3:00

Cost

\$50 per one-hour session

Up to four participants per session



Registration & Payment

Registration is required at least 24 hours before the session.



Scan the QR code or visit trager.as.me/mobility to register.

Payment is required ahead of scheduled session. We accept check or card.

Payments can be made by phone or in person the day of the session.

Cancellation Policy

Notice of cancellation must be given by participant at least 24 hours prior to session. Failure to provide 24-hour notice will result in a \$30 cancellation fee.

The Instructor

Dennis Trammell

Owner, Kentuckiana Fitness Group
dennistrammell.com