



Sarah Price
FLexercise
Lead Trainer & Brand
Guardian



FLexercise are on a mission to get people of all ages and abilities looking and feeling great with their unique, proven exercise & dance system. Lead trainer & FLexercise Brand Guardian Sarah Price tells us if technology & FLexercise have a future...

How do you think technology could enhance the FLexercise experience in the future?

The technology question is an interesting one for us. The FLexercise model is group exercise and will remain group work. The key success factor for us is the community spirit created in our face-to-face classes. That is so important in an age where we all live and work in silos. We need face-to-face, in the room contact with other humans.

However, I do see an exciting opportunity for online classes for when participants are unable to attend in person. They should be considered as a value added activity and supplement to our main live class model. For us this may be a little way down the track and it needs clear guidelines and quality assurance, however, it is certainly something we have on our radar.



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