

SCENE 1. A MUNICIPAL LEISURE CENTRE.

DENISE: Hello, I'm Denise and I'm a fitness coach here at Green Oaks Leisure. We've been running the "Golden Oldies" sessions here for some time. The aim of the programme is to give the over sixties an opportunity to stay fit and active in a supportive environment. However, I felt they weren't really stretched. "A brisk walk in the park" didn't seem to be cutting it. With that in mind, I decided to introduce a set of sessions with a harder, more urban, edge. So, it was goodbye "Golden Oldies"...

RANDY: Hello Cardio Street Funk Parkour...for oldies!

FX: HIP HOP MUSIC PLAYING IN THE  
BACKGROUND.

DENISE: I brought in Randy here to develop a regime incorporating elements of high impact aerobics combined with parkour style freerunning in a fun, entertaining and safe environment.

RANDY: Not too safe though. What doesn't kill these old folks makes them stronger.

DENISE: Quite. The "third-ager" of today isn't content to while away their twilight years playing bowls or cribbage. Our old folks want to be out there. Doing it.

RANDY: Yeah. They want to be getting some exercise as well.

DENISE: Easy, tiger. A session will typically start with simple warm up exercises. Walking lunges. Toe touches. High knees.

RANDY: Really get the blood pumping round those sad, tired old veins.

DENISE: We gradually work up to the more high impact elements of the session. Jumping jacks. Plyometrics. Step aerobics and high intensity cardio dancing.

RANDY: Putting the funk into Cardio Street Funk. Putting the heart into I don't want a heart attack.

DENISE: Of course we don't push our clients more than is clinically acceptable. Some of our senior citizens aren't ready for this level of commitment. We have a high drop out rate compared with other over sixties groups. Old bones can be brittle. We get that. But bones heal, they really do. For those willing to stay the distance and pay the increased health cover the improvement in general well-being and level of fitness is immeasurable.

RANDY: It's for this hardcore of committed, mature, adrenalin junkie that we took things to the next level. We created Third Age Rampage.

DENISE: High intensity parkour free running for the over sixties. Kick away your walking stick. Better still, use it in your Pop Vault. Dodgy knees? Strap them up, neck some pain killers and do that Wall Run. Stretch the boundaries. Push the envelope.

RANDY: Break a leg.

DENISE: We don't want our clients to go that far, but we do encourage them to get out into the real world. The local shopping centre. The underground car park. The disused warehouse. Get out there and reclaim those spaces. Don't let mobility issues hold you back. If you see a wall, run it. If you see a rail, leap it.

RANDY: You see a ditch, jump that mutha. Sometimes it seems as if there's nothing but rules in this world. Don't be unusual. Don't climb on stuff. Don't do cartwheels on the grass. We say, to hell with that. You want to handstand on a skateboard, you do it. What's the worst that can happen? Well, death, obviously. But they're old anyway. Would you rather die attempting a skateboard headstand or lying on a piss stained mattress in a some beat up old nursing home. Sad and lonely and loved by no one.

DENISE: I think what you're trying to say is, our old folks, they fall on their asses, they laugh and get up again.

RANDY: What I'm trying to say is it's a jungle out there. Not everyone's gonna make it. The Devil take the ...

DENISE: No one gets left behind. if anybody doesn't get up we have a trained first aider on call to provide immediate assistance.

RANDY: You think this sounds hardcore. Baby, this ain't nothing. Once a year we host a weekend we call Camp Endurance. A 15 K trail of torment for the committed

senior free runner. We've got an assault course designed by veterans of the Paratroop Regiment. Run across a field of burning coals. Leap over a pool of ravenous alligators.

DENISE: Had to get rid of the alligators. Some animal rights thing.

RANDY: Whatever. The point is, life is all about risk. Pushing yourself. If you give up on that, hell, you might as well give up on everything.

DENISE: That's right.

RANDY: Just top your self. Stick your head in the oven and turn on that gas. Throw yourself under that train. Neck those pills. Finish it. Life has absolutely no point.

DENISE: Think we got that, Randy.

THE END.