



# Zoom Fitness Classes

**Starts Monday 11<sup>th</sup> Jan 2021**

**Free of charge and open to everyone**

(work at your own pace - after all, no one can see you...!)

Day	Time	Class	Equipment
Monday	18.00	Pump	Hand Weights/Tin of Beans!
Tuesday	18.00	Core & More	Mat/Towel
Wednesday	18.00	Pump	Hand Weights/Tin of Beans!
Thursday	18.00	Core & More	Mat/Towel
Friday	18.00	And relax...! No class today	Sofa & Tipple of Choice!
*Saturday	*09:30	*Dance Fitness	Your Best Moves!
Sunday	09:30	HiiT	Mat/Towel

**Zoom Code for all classes: 476 607 8001 Passcode: fitness**

(\*see Facebook weekly for Dance code) Facebook: /uffculmesportandfitness