**Online Activity Fit for Life Programme 2021**

**Our Fit for Life Programme has transferred online, we have 9 new classes and a quiz for you to join, all via Zoom.**

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| **Monday** | Senior Circuits | 11.00 -12.00 | Circuit class incorporating aerobics and dumbbells.  Suitable for both Beginners and Intermediates. |
| **Tuesday** | Fit Steps | 10.00 -10.50 | Combination of Latin and Ballroom dances which are easy fun and don’t need a partner.  Good for fitness and coordination. Suitable for all levels. |
| **Tuesday** | Party Dances | 11.00 -11.45 | A fun workout to great party and classic songs which will give you a full body workout and leave you smiling. Suitable for all levels. |
| **Wednesday** | Nifty Fifties Aerobics Class | 10.00 - 10.50 | This class varies from week to week challenging the group with different exercises.  Suitable for all levels. |
| **Wednesday** | Fit Steps | 11.00 - 11.50 | Combination of Latin and Ballroom dances which are easy, fun and don’t need a partner.  Good for fitness and coordination. Suitable for all levels. |
| **Wednesday** | Pilates | 12.30 -13.30 | Teaches body awareness and good posture, improves strength, agility and can help alleviate back pain.  Suitable for all levels. |
| **Thursday** | Zumba Gold | 10.00 - 11.00 | Latin-inspired dance workout that tones and sculpts the body. A fun workout for all.  Suitable for all levels. |
| **Thursday** | Line Dancing | 13.30 -14.30 | A fun workout to music of all genres which will test your mind and body.  Suitable for all levels. |
| **Friday** | Party Dances | 11.15 -12.00 | A fun workout to great party and classic songs which will give you a full body workout and leave you smiling. Suitable for all levels. |
| **Friday** | Afternoon Quiz | 14.00 -15.00 | Join us for a fun quiz.  General knowledge, Television, Film, Music and Sport.  Suitable for all. |

Please join ourZoom Meeting Meeting ID: 656 127 7877

<https://us02web.zoom.us/j/6561277877>

**If you need help setting up zoom please email:** [**onlineactivities@ageukenfield.org.uk**](mailto:onlineactivities@ageukenfield.org.uk)

**Any questions please email** [**mark.huggard@ageukenfield.org.uk**](mailto:mark.huggard@ageukenfield.org.uk) **or call 07824 845 784.**