

# Free Zoom class timetable



## FEBRUARY 2021 SCHEDULE

### THURSDAY 4TH

#### 4:30pm - Yoga with Emma

- Yoga for all the family.
- Find a quiet spot and join us for some relaxation.
- Great for building flexibility.
- Ends with some breathing exercises.
- Suitable for all ages.

### WEDNESDAY 10TH

#### 4:30pm - Music & Movement with Action Amanda

- Jump, dance and sing along to your favourite pop tracks.
- A fun and relaxed class designed to get you moving and having fun.
- Suitable for all ages.

### MONDAY 15TH

#### 4:30pm - Let's Move with Jo

- Fun introduction to fitness for all the family.
- A high energy but low-impact exercise class.
- Suitable for all fitness levels and abilities.

### THURSDAY 18TH

#### 5:30pm - Street Dance with Zara

- Get grooving with this introduction to street dance.
- An exciting and energetic class for the whole family.
- No experience needed.

**For more information please email [CarolineH@Familylives.org.uk](mailto:CarolineH@Familylives.org.uk)  
or call 07714 747089 to sign up**

**[www.familylives.org.uk](http://www.familylives.org.uk)**

**We build better family lives together**

