



fitness tapas

f LIVE Thursday 14th May

Join us LIVE for more than 2 hours of fun and fitness, with some of your favourite instructors. #InThisTogether

- 5.00pm Warm up fun with Ant and Dec
Jamie McDonough and Mark Bishop**
- 5.20pm Summerhouse Step
Vicky Dunbar**
- 5.30pm Tums, Bums and Thighs
Val Castles**
- 5.40pm Zumba
Heather Mason**
- 5.50pm HIIT Combat
Claire Cunningham**
- 6.00pm Half-time Stretch
Susan Wilson**
- 6.10pm Aerobics
Sheona McHale**
- 6.20pm Fit Kids Step
Debbie Young**
- 6.30pm Bounce
Eileen Davis**
- 6.40pm Penalty Box Workout
Jamie McDonough**
- 6.50pm Pilates
Carla Sawko**
- 7.00pm Prosecco, PJs and Q&A
Your chance to speak with the
instructors, give feedbacks etc**



As a thank you to all our wonderful NHS staff and keyworkers would like to offer you these sessions for FREE!

