

FOREVER

Active

Affordable exercise classes and sport sessions for the over 50s and those returning to a more active lifestyle in Cambridgeshire

New On-line classes

Mondays

3.00-4.00pm

Online Strength & Balance with Davina

Tuesdays

11.15-12.15

Online Yoga with Sabrina

12.00-1.00pm

Online T'ai Chi Fit (or Fitness) with Faradena

2.30-3.30pm

Online Exercise to Music with Sabrina

2.15-3.15pm

Online Zumba Gold with Davina

Wednesdays

11.15-12.15pm

Online Strength & Balance with Sabrina

Thursdays

11.30-12.30pm

Online Pilates with Ines

Fridays

11.15-12.15pm

Online Chair-Based Yoga with Sabrina

Cost: **£4.00** per session per person plus
annual membership **£15.00**

First Class Free

YOU WILL NEED

- A laptop, PC or tablet
- A good internet connection since we use Zoom for classes
- An account with Forever Active Clubz
- Details available from enquiries@forever-active.org.uk or phone 07432 480105



In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

www.forever-active.org.uk

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