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MONDAY

10AM

LIVE ON

PE with Debbie and Penny

Perfect for younger school age children and parents.

2PM

Staying mobile

15 minute seated class to help stay mobile. This class is great for beginners that are less mobile.

TUESDAY

10AM

LIVE ON

Family yoga / Parent and baby yoga with Tracey

We will alternate between these two classes each week, starting with family yoga on the first week.

2.30PM

Daily boost for adults

A short three minute video to get you up from your desk!

WEDNESDAY

12.30PM

LIVE ON

HIIT with Claire

A 30 minute interactive high intensity class on Zoom see details below

Meeting ID:953500074

Password:
038282

THURSDAY

12.30PM

LIVE ON

Yoga with Tracey

A 30 / 40 minute class to help relieve some tension.

FRIDAY

11AM

LIVE ON

Stay strong with Danny

30 - 40 minute seated class for beginners over 60 to maintain and improve balance and posture.

2PM

Daily boost for adults

A short three minute video to get you up from your desk!