



**REGGAETIVITY**

“ I like everything about the class. You know the movements and all. This is not my type of dance but I like the music so I enjoy it. ”



# SILVER ACTIVE

## SUMMER 2020 PROGRAMME



# CLASSES

We've created new ways to connect while we cannot meet in person. Join one or more of our FREE weekly activity sessions for a mood boost and the chance to interact with new people.

If you're new to exercise don't worry, our classes are tailored to all levels of ability. If you are unsure if a class is suitable for you or want help getting onto Zoom, please get in touch.

## Monday Telephone chat

### Tea and Chat 1:30-2:15pm

Led by Silver Active's very own Sarayu.

Make a free call and enjoy a group chat and fun mini quiz on a different topic each week.

Call Sarayu on 07951 391426 for more info and to register - limited spaces available

## Wednesday Zoom session

### Stretch and Strengthen 3:00-4:00pm

Join Michael on Zoom for a mixture of seated and standing gentle exercises

Meeting ID:  
898 9148 8494

Password: 547971

## Thursday Zoom session

### Reggaetivity 1:15-2:30pm

Join Sharon on Zoom for some fun & fitness

Chair-Based exercise  
1:15-1:45pm

Dance fitness  
1:50-2:30pm

Meeting ID:  
844 670 0594

Password: Jahla

Join us on  
your phone,  
tablet or  
computer

## Any questions?

Contact Naomi on  
07736 135 260  
naomi.freeman@groundwork.org.uk

All classes will run from 20<sup>th</sup> July until 4<sup>th</sup> September