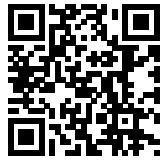


Start Looking Forward to Mondays. Exercise to Music with Alison. (5 GBP)



Location

Yorkshire and the Humber, North Yorkshire

<https://www.freeadsz.co.uk/x-490253-z>

No shouting. No star-jumps. No sit-ups. Just an all-over body workout for adults of all ages (mostly 60+) and super music. Only as high-impact and challenging as you want it to be. Stay flexible and take it to your own level.

Everyone welcome. It doesn't matter if you haven't been before, or if you can't make it every time, as I go through all the routines each week, so you won't miss out or be left behind.

Please bring a mat/ towel for the toning, and stretching. Wear layers and supportive trainers. And bring a!



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