

Facebook Live Classes

Free exercise sessions delivered remotely via Facebook Live. The following sessions will take place on a weekly basis.

This schedule will change every 10 weeks where we will bring you a change of activities and instructors.

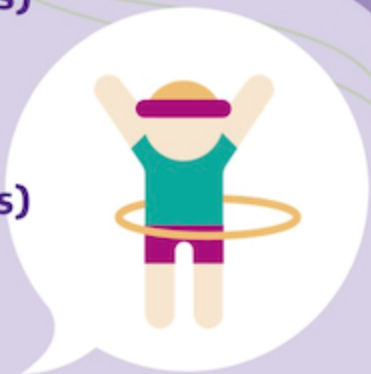
**These classes will start from
Monday 14th June**

Central
Bedfordshire

great
lifestyles

**Wednesday @ 9.30am (45 minute class)
with Steph**
Low impact seated exercise

**Wednesday @ 7.45pm (45 minutes class)
with Rebecca**
Bootcamp



**Friday @ 9.15am (20 minute class)
with Trudy**
Wake up and shine low impact workout




**Saturdays @ 9am (45minute class)
With Adele**
Pilates


low impact class focuses on core movement
with some early morning flexibility and
strength.



Active
Lifestyles

A great place to live and work.

Find us online  www.centralbedfordshire.gov.uk

 [getactivewith](https://www.facebook.com/getactivewith)

 [@letstalkcentral](https://twitter.com/letstalkcentral)