

# **EXERCISE CLASSES - UPDATE**

Activities organised by the Church Broughton CLP  
Sports & Leisure Working Group

## **Yoga**

**Zoom sessions commencing January 2021**

Contact: Claire 07967 384560 for details

[www.moveintobalance.co.uk](http://www.moveintobalance.co.uk)

## **Chair Based Exercise**

ON HOLD UNTIL POSSIBLE TO RESUME

Contact: Helen 07426 569780

## **Pilates**

**Tuesday/Wednesday/Thursday Zoom sessions**

Contact George: [www.bygeorgepilates.co.uk](http://www.bygeorgepilates.co.uk) for details

## **Dance Fit**

**Live class on Jody's website every day at 8am for all ages and abilities, recorded classes available later in the day**

Contact Jody: [www.jodybunting.com](http://www.jodybunting.com) or 07473 739969

## **Ballroom Dancing**

ON HOLD UNTIL POSSIBLE TO RESUME

## **Ballet be Fit**

**Gentle/Over 55's, Beginners, Improvers, Pure Ballet and Family Fitness low impact Zoom exercise classes inspired by ballet**

Contact Elaine Tomlinson

<https://mailchi.mp/e7adf9b52c09/ballet-be-fit-midlands>