

Don't Tone Alone - online circuits class

12
Jan

⌚ 11AM
📍 Online.

For carers - join Don't Tone Alone CIC's instructors for an online Circuits class. You are not expected to need any equipment and there will be variations of exercises for all abilities. Instructors will check on your form and provide appropriate motivation without putting you on the spot. Login and enjoy the benefits of exercise with professionals, from the comfort of your own home.

Organiser and Contact Details

Organiser

Richmond Carers

Website

<https://www.donttonealone.co.uk/shop/exercise-classes>

Costs

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£5

Event Repeats

Repeats

This event repeats on the following dates:

- 13Apr
- 15Apr
- 20Apr
- 22Apr
- 27Apr
- 29Apr
- 4May
- 6May

Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Don't Tone Alone - online circuits class' took place on 12 January 2021.