

Wheelpower Cardio with Ben

02

Feb

🕒 11AM to 12PM

📍 Online.

Join WheelPower and Ben every Tuesday morning at 11 am to experience a free online exercise class from the comfort of your homes.

About this Event

Ben Clark will be your fitness trainer for this week's live class with WheelPower.

Ben will be taking us through a short 40 minute workout aimed at keeping you fit and active during this time. No experience is necessary, and everyone is welcome. Members of your household can join in too!

Provisional programme:

11:00 to 11:05 - Welcome and introduction

11:05 to 11:45 - Workout (approx. 40 minutes)

11:45 to 11:55 - Q&A opportunity

Location

In your home or garden!

Equipment

A laptop/computer or phone to access the class via Zoom.

A bottle of water

Preferably a resistance band or theraband if you have one, but if not something that can be stretched out, tights are a good substitute or even a tyre inner tube!!

Organiser and Contact Details

Organiser

Wheelpower

Website

[https://www.eventbrite.co.uk/e/online-exercise-class-with-ben-clark-tu ...](https://www.eventbrite.co.uk/e/online-exercise-class-with-ben-clark-tu...)

Event Repeats

Repeats

There are currently no upcoming scheduled repeats

Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Wheelpower Cardio with Ben' took place on 02 February 2021.