

Don't Tone Alone 12 SESSIONS OF ONLINE EXERCISE CLASSES

23

Jan

🕒 All Day

📍 Online.

Don't Tone Alone CIC's offer of 6 online exercise classes for £15 is for those people who would like a little extra help along their journey to improved health and Join our empathetic and highly qualified instructors, and access Circuits, Boxfit and Enerchi. The sessions can be taken over a 2 month period so go at your pace and feel great in the process.

Organiser and Contact Details

Organiser

Richmond Carers

Website

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

Costs

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£15

Event Repeats

Repeats

This event repeats on the following dates:

- 23Jan
- 24Jan
- 25Jan
- 26Jan
- 27Jan
- 28Jan
- 29Jan
- 30Jan

Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Don't Tone Alone 12 SESSIONS OF ONLINE EXERCISE CLASSES' is taking place on 23 January 2022.