

# Online Activities



To help you get active and Stay active Access to Sports are offering a range of free-of-charge online Zoom classes.



## Women's Fitness

In partnership with Elizabeth House

Monday

7 – 8pm



## Youth Fitness

Tuesday

6 – 7pm



## Women's Fitness

In partnership with Elizabeth House

Wednesday

9.30am – 10.30am



## Dance Fitness

Wednesday

6 – 7pm



## Women's Fitness

In partnership with Elizabeth House

Friday

9.15am – 10.15am



## Dance Fitness

Friday

6 – 7pm



## Strength & Conditioning

Saturday

11am – 12pm



## Family Fitness

Sunday

11.30am – 12.15pm

Check online for further activities and ideas for getting active at home or outdoors.

**Join the Access to Sports Project - Get Active Stay Active online challenge**

Register your participation to receive certificates, medals and prizes!

For more information and to book:  
[www.accesstosports.org.uk/bookings](http://www.accesstosports.org.uk/bookings)



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