

Online Exercise Classes for Beginners

Monday 10-10:45 AM - Beginners Yoga

Monday 11:30 AM - 12:15 PM- Beginners Strength and
Conditioning

Monday 1-1:45 PM - Gentle Exercise

Tuesday 2-2:45 PM - Mindfulness

Wednesday 10:45-11:30 AM - Beginners Pilates

Wednesday 11:30 AM-12:15 PM - Seated Exercise

Thursday 10-10:45 AM - Falls Prevention

Thursday 11-11:45 AM - Low Impact Aerobics

To register please contact greenhealth@dvva.scot
or 01382305757

