

## Videos for Classes the week commencing 16<sup>th</sup> November 2020

- 1 Pilates with wobble disc/hedgehog/yoga block or no equipment  
<https://youtu.be/EeRug5RLULc>
  
- 2 Zumba  
[https://zoom.us/rec/share/SvWb7USV7KjD6C5UdbY\\_jSJU5uWcGyX2ozSmBWAoPBL0hvFtLoE-MtGK5pzw5PW.PM5gbIRVcLk2xM3M?startTime=1605691928000](https://zoom.us/rec/share/SvWb7USV7KjD6C5UdbY_jSJU5uWcGyX2ozSmBWAoPBL0hvFtLoE-MtGK5pzw5PW.PM5gbIRVcLk2xM3M?startTime=1605691928000)
  
- 3 Body weight strong 12<sup>th</sup> November – strength and conditioning without equipment <https://youtu.be/-FnV5u-yYJc>
  
- 4 Body weight strong 19<sup>th</sup> November – strength and conditioning without equipment  
<https://youtu.be/lZUW1lkv0q0>