



AUGUST VIRTUAL WELLBEING



MON

TUES

WEDS

THURS

FRIDAY

SATURDAY

SUNDAY

10am
Chair Based exercise

6pm
Beginner's Salsa

1pm
Wellbeing
Crafternoon

6pm **NEW**
Women's Only
Zumba
New Instructor

10am
Chair Based Exercise

10am
Cardio Combat

7th August
12:30pm
**SUPRISE
EVENT**

3pm
Zumba Gold

11:00am **NEW**
Low Impact
Exercise HYBRID
EVENT in person at
eSpearhead Trust
Community

11:30am
Dance Fitness

6pm
Beginners Yoga
3rd & 10th August

12:30pm
Accessible Somatic
Yoga
5th & 12th August

5:30pm
Beginners Afro Beats

8th & 22nd
August
3pm 5pm
Virtual Community
Festival for
#BeBoldBham

25th August
5pm
Facebook Live
Cookalong



Follow 'The Active Wellbeing Society' and join when live



Enter www.activewellbeing.link/zoom in your browser

For more information or to get involved, feel free to contact us at virtualwb@theaws.org

We offer a number of wellbeing classes and events online for you to access when & where suits you best. With events for a variety of abilities and interests.

View our regularly updated timetable here: www.activewellbeing.link/virtual-timetable

Let us know what events you'd like to see available online or ask any questions by emailing us: virtualwb@theaws.org

