

Not sure where to start when it comes to fitness?

Get active, have fun and feel more confident.

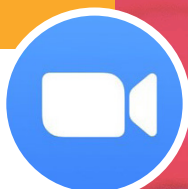
Why not ease yourself in with our **FREE** ten week virtual beginners fitness course?

NEW DATES

Tuesday 13th April (10 weeks)
5.45pm-6.45pm

Wednesday 14th April (10 weeks)
5.45pm-6.45pm

Thursday 15th April (10 weeks)
5.45pm-6.45pm



<https://arun.westsussexwellbeing.org.uk/topics/being-active/wellbeing-active-courses>

If you are still feeling uneasy about leaving the house or have any barriers such as a disability or health condition, please visit the website below for home workouts:
<https://www.youtube.com/c/WeAreUndefeatable/playlists>

arun wellbeing

