

DSEngage Live - Weekly Workout

06

Apr

🕒 4pm to 4.45pm

📍 Online.

GET YOUR WEEK OFF TO A GREAT START WITH A FUN AND ENJOYABLE LIVE WORKOUT

The live workouts can be easily adapted depending on your fitness level and will be fun for everyone.

What you will need:

- Comfy clothing and trainers/bare feet
- Enough space to safely turn around and swing your arms as you dance and move
- A glass/bottle of water

Please take part at your own pace and stop at any time if you feel unwell. Participants take part in the activity at their own risk. Under 16's must be supervised.

Sign up at this link: <https://www.downs-syndrome.org.uk/our-work/services-projects/dsengage/dsengage-live-workout/>

Organiser and contact details

Organiser

Down's Syndrome Association

Email address

ian.jones-healey@downs-syndrome.org.uk

Costs

Costs

Free

Event repeats

Repeats

This event repeats on the following dates:

- 6Apr
- 13Apr
- 20Apr
- 27Apr
- 4May
- 11May
- 18May
- 25May

Additional useful information to download

File attachments

- DSEngage Schedule (Adobe Portable Document Format, 444 KB)

Accessibility

Accessible building

N/A

Accessible toilets

N/A

Parking facilities

N/A

Dietary needs catered for

N/A

Staff have specialist training

N/A

Event reminders

You can send yourself a reminder email three days prior to events taking place. 'DSEngage Live - Weekly Workout' is taking place on 06 April 2026.