

DSEngage Live - Mr. Motivator Live Workout

08
Apr

⌚ 6.30pm to 7pm
📍 Online.

Mr Motivator's Live Wednesday Workout is 30 minutes of movement to music. Run and managed by Mr Motivator himself, it is a class which is perfect for any age group, any level of fitness and great for the whole family to take part.

Sign up here: https://www.downs-syndrome.org.uk/our-work/services-projects/dsengage/?utm_source=Twitter&utm_medium=social&utm_campaign=Orlo

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:

- 8Apr
- 15Apr
- 22Apr
- 29Apr
- 6May
- 13May
- 20May
- 27May

Additional useful information to download

File attachments

- DSEngage Live 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

We can remind you about this event

Please create an account or login to set up reminders for this event.