Livestream fitness class trial

Many people experienced loneliness before COVID-19 but have now been joined in this world of isolation during lockdown by the rest of us, experiencing what it is like to not see anyone for days! For a percentage of older people who have embraced WhatsApp and Zoom etc., making the transition to a livestreamed exercise class will be much easier. For those who can’t get out due to mental or physical disability, who have no one to go with or who struggle to get transport, this brings the outside world to them with a bit of help.

My question to you all is:

Would a group of you be interested in joining me to run a few trial sessions providing live-streamed exercise / mobility classes for older people?

Technology: You need access to the internet, so you enter the class via a weblink

Level and style of exercise / mobility provided: to be decided together

Tutors for the class: We can provide

“I don’t want to be seen exercising by others”: Each person can easily select their own privacy preference - seen by everyone, no-one, or only seen by the qualified trainer

Feedback: We would love your feedback so we can make the sessions exactly how you want them!

Interested? Email me please with your name / contact details and the group that you represent.

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