



International Women's Day

Monday 8th March at 10am

Free Online Exercise Class

Interactive and Empowering Total Body
Workout For Women Only

Stronger – Fitter – Together

TO REGISTER:

[https://us02web.zoom.us/meeting/register/
tZwuc-2qpzMtEtOthGRcOGNwMgFAVzCHHJWE](https://us02web.zoom.us/meeting/register/tZwuc-2qpzMtEtOthGRcOGNwMgFAVzCHHJWE)

This class will take place via ZOOM on **Monday the 8th of March at 10am (GMT)**. The session will contain a mixture of high intensity and static exercises and will be suitable for women of all ages, all abilities as well as those with long term conditions or lower back problems. For more information, please contact **Don't Tone Alone CIC** through info@donttonealone.co.uk.