



Sports Link Yoga & You Events

FITNESS TASTER SESSIONS WITH YOU & YOGA

DATES

Time: 6:00pm – 6:30pm

**Tuesdays & Thursdays starting from
23rd February**

SUITABLE FOR CARE LEAVERS, SOCIAL
WORKERS & CARERS

**Level up your fitness and have
fun. This total body workout will
focus on:**

- **Core**
- **strength**
- **cardio**
- **flexibility**
- **mobility**

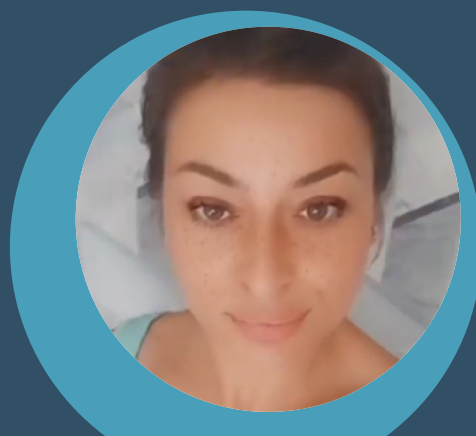
Benefits of the work outs include;

- **Increased metabolism**
- **reduction of body fat**
- **improvements of wellbeing and confidence.**

no equipment needed just bring your trainers.

**These sessions will be provided by Zoom and are live
sessions. These sessions are for adults 18 years +**

[REGISTER HERE](#)



**Your teacher:
Rhianne Lilley**

Rhianne is a yoga instructor
which is the training that focuses
your mind, helps with flexibility
and does wonder your soul and
wellbeing.