



12 WEEK PROGRAM

THIS GIRL CAN 2020

Join in the Fun online and get Fit

START DATE 17TH SEPTEMBER 2020
ON THE PLATFORM ZOOM

Every Monday 6.30pm ~

Meeting ID: 820 7590 5457

Thursday Mornings 7.30am~

Meeting ID: 889 8228 1251

ACTION



Book online at www.guidinghands.org.uk

WAKE UP WORK OUT

IT'S TIME FOR THE CHANGE

Women 16-25 and 26 -40
Working out to upbeat music , dance ,
work out or just move to the music ,
its all about making moves

*I can
&
I will*

THIS
GIRL
CAN



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