

SILVER ACTIVE PRESENTS

REGGAETIVITY



ONLINE EVERY THURSDAY

1:15 – 1:45 Chair Dance

1:50 – 2:30 Dance Fitness

Stay happy and healthy during the COVID-19 Isolation period by meeting your community online.

Download the Zoom app on your phone, tablet or laptop.

At the time of the class, click "Join"

Enter the meeting ID: 844 670 0594. Enter the password: Jahla

For more information or phone support to set up Zoom on your device, please call Naomi on 07736 135260 or email naomi.freeman@groundwork.org.uk



Homes for Haringey

