

Get Active Project

Introducing the WEA Get Active project for residents in Sussex

Are you feeling really unfit? Do you want to start to get active again and feel fitter?

We will support you to achieve your fitness goals. Join others returning to exercise and build up your activity levels in a safe, fun and friendly environment and from the comfort of your home. We are currently offering the following **free** courses:

Yoga 4 All
Mondays 10-11.30

Just Dance
Mondays 1-2.30

Dancercise
Wednesdays
11.30-12.30



Available for free online via zoom

For more information about the project and to book your place contact:

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Or Beverley T. 07500 973 266 E: bsell@wea.org.uk

This project is for people who typically do less than half an hour of exercise a week. As it is a funded research project there will be surveys to fill in to track your progress.