



SHARE goes on-line, the team has been hard at work, transferring its successful, exercise classes to online delivery model for exercise at home during COVID-19 era. To continue to inspire movement and its positive effects on wellbeing, we will host weekly classes. We are committed to providing regular exercise programs and ensuring you are taking care of your physical and mental health at home.



IS OFFERING THESE CLASSES FOR FREE

PLEASE NOTE: Participants join these events at their own risk. Neither SHARE SMR Inc nor the instructors accept responsibility or liability for loss/injury/damage resulting from participants' involvement.

ENQUIRIES admin@share.org.au OR P: 8580 0628

WHAT'S ON

| Day | Active & Fit | Fitter & Stronger | Relax & Unwind | Strength, Stretch & Relax | Strong & Active | Tai Chi |
|-----|--------------|-------------------|----------------|---------------------------|-----------------|---------|
|-----|--------------|-------------------|----------------|---------------------------|-----------------|---------|

Classes Commence from 5th May until further advise

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|-----------|-----------|--|--|--|---|---|---|
| Tuesday | Zoom Link | | 10.00am - 11.00am Karen Orman https://zoom.us/j/96909350991 | | 12.30pm - 1.30pm Dorothy Senise https://zoom.us/j/97459421876 | | 11.00am - 12.00pm Alex Galvan https://zoom.us/j/99465374900 |
| | Zoom Link | | 12.00pm - 1.00pm Dorothy Senise https://zoom.us/j/99489411398 | | 10.30am - 11.30am Dorothy Senise https://zoom.us/j/97654459810 | | |
| Wednesday | Zoom Link | | 9.30am - 10.30am Bernice Toose https://zoom.us/j/92665923935 | | | | |
| | Zoom Link | | | | | | |
| Thursday | Zoom Link | | 9.00am - 10am Peter White https://zoom.us/j/92863968784 | | | 11.00am - 12.00pm Louise Croan https://zoom.us/j/92419513742 | 10.00am - 11.00am Elena Cortez https://zoom.us/j/97714075675 |
| | Zoom Link | | 1.00pm - 2.00am Dorothy Senise https://zoom.us/j/92232017913 | | | | |
| Friday | Zoom Link | | | 12.30pm - 1.30pm Dorothy Senise https://zoom.us/j/98861305962 | | | |

Classes Commence from 11th May until further advise

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|--------|-----------|---|--|--|--|--|--|
| Monday | Zoom Link | 9.00am - 10am Sonja Gardener https://zoom.us/j/98284573099 | 12.30pm - 1.30pm Dorothy Senise https://zoom.us/j/92954887387 | | | | |
| | Zoom Link | 2.30pm - 3.30pm Dorothy Senise https://zoom.us/j/96967931124 | | | | | |