






Clare Mount Specialist Sports College



Timetable for Virtual Classes: Please use the link below, or the ID and Password to access all classes on Zoom.

<https://zoom.us/j/95928174204?pwd=azZhbIVFWFR5VS9UZXZJcmhDNzZQZz09>

Meeting ID: 959 2817 4204 Passcode: 8T8ZUz

| Activity | 10am- 10.40 | 1.30pm | 2.30-3pm |
|---|---|---|---|
| 'Motivation Monday' with Shadow Dance | Zumba- A fun dance fitness class to get you motivated. Starts Monday 11 th January | 'Home Panathlon' Activity using pre-recorded workshop. Starts week beginning 18 th January | Active Across Ages- A Dance project including residents from local nursing homes. Starting 11 th January Email for further details |
| 'Team-up Tuesday' | Zumba- A fun dance fitness class to get you motivated. Starts Tuesday 12 th January |  <div data-bbox="1160 842 1863 1359" style="background-color: #4a86e8; color: white; padding: 10px; text-align: center;"> <p>Keep your eyes on our socials for extra challenges/activities;</p> <p>Instagram</p> <p>@clare_mount_pe @WirralSGO @sha.dowdancelucy</p> <p>Twitter</p> <p>@PE_ClareSSC @WirralSG @shadowdancelucy</p> <p>Website: shadowdance.co.uk</p> </div>   | |
| 'Wellness Wednesday' | Inclusive Dance (especially for young people with SEND) Starts Wednesday 13 th January | | |
| 'Thoughtful Thursday' | Stretches/Relaxation/Mindfulness Starts Thursday 14 th January | | |
| 'Fitness Friday' | Fun Fitness Starts Friday 15 th January | | |

Join us throughout the week to stay **FIT, HEALTHY** and **HAPPY** together!