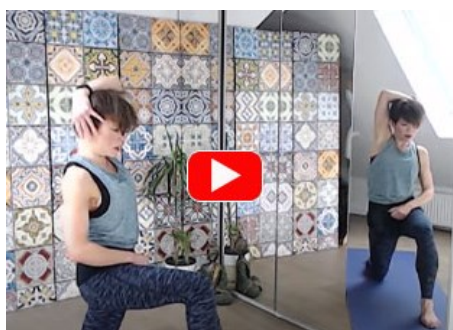


You can choose when
to do your exercise
any time, day or night

Update #19

Dear Members...

Following the Government announcement on easing lockdown, we hope to reopen on 12th April. We will confirm this once this has been set in stone and give you an update on how we will reopen. In the meantime, don't forget to keep active with our numerous video classes... and we're pleased to tell you we've three new ones for you!..



...Helen, our yoga teacher, has put together a session for [whole body strengthening](#)



... and Adam has a new Metafit, [Behind Enemy Lines](#), which he describes as 'brutal' - so how can you not give it a try!



... Lewis has new [Weekly Home Challenge](#) please subscribe to his channel for free access to his weekly training videos.



Don't forget to click on the Uplands Sports Centre YouTube page for some of your old favourite classes, to keep you going through these cold and damp days here: [YouTube channel](#) fans.