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#inthistogether

More news from us!

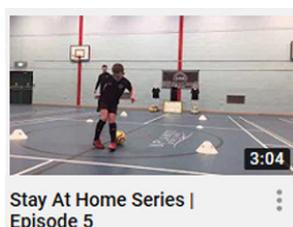
We hope you all had a nice weekend, enjoying the lovely weather and managing to take some exercise outside. For those self isolating, unable to go outdoors, please have a look at our videos, we've put the links to the new ones on Helen's yoga and Simon's 20-20-20 classes below for you.

More videos for you to try...

Our in-house sports coach, Lewis from LUCA Academy is offering weekly football drills for children, as well as some HIIT fitness sessions - something for all members of the family!

Just click on a link below to get started... or go to LUCA Academy's [YouTube](#) Channel for more videos

[Stay at Home Series 5](#)



[Full Body HIIT Workout](#)



We'd love to hear from you!

As difficult as this lockdown is for us all, it does give us time to reflect, to think how we'd change things, what we'd do differently.

So we'd like to hear your thoughts on how we can improve our service in the future when the lockdown is eased. We've put together a [quick survey](#), let us know what you think!

Remember to keep active in any way you can...

Click on any of our videos below to help you, or visit the [video gallery](#) on our website and you can see them all. We'll be in touch with more tips, but if you want to get in touch with us, email: info@uplandsc.com and we'll get back to you as soon as possible. Keep safe.

[Helen's Yoga](#)



Uplands Sports Centre - Covid-19 Yoga

[Simon's 20-20-20](#)



Uplands Sports Centre - Wadhurst Covid-19 20-20-20

[Simon's Boxercise](#)



Uplands Sports Centre ~Wadhurst, Boxercise Covid-19

[Adam's Pilates](#)



Uplands Sports Centre ~ Wadhurst Pilates Covid-19

[Debbie's Pump](#)



Uplands Sports Centre ~Wadhurst Pump Covid-19

[Nadine's Step Aerobics](#)



Uplands Sports Centre ~Wadhurst Step Aerobics Covid-19

[Simon's Pilates-Yoga](#)



Uplands Sports Centre ~ Wadhurst Pilates+Yoga Covid-19

[Adam's Metafit](#)



Uplands Sports Centre ~ Wadhurst Metafit Covid-19

[Debbie's Zumba](#)



UPLANDS SPORTS CENTRE ~Wadhurst Zumba Covid-19

[Nadine's Pump Blast](#)



Uplands Sports Centre ~ Wadhurst Pump Blast Covid-19