

### What news this week?..

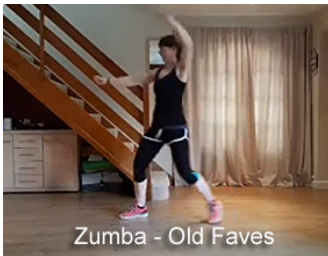
We have been blessed over the last week with the lovely weather, allowing us to get out and enjoy the countryside around us. This week however, it looks as if we could have some much needed rain, but that doesn't mean the exercise has to stop.

We have a collection of videos that you can easily do from the comfort of your own home - why not give one a try...

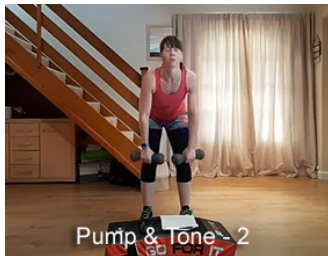
### New videos...

We're pleased to say we've two new videos for you! Debbie has recorded her popular Zumba class, going over some old favourites as well as a second Pump & Tone class. If you don't have the equipment, don't worry, use some tins from the cupboard, just as Si did in his 20-20-20 - improvise :)

[Zumba - Old Faves](#)



[Pump & Tone - 2](#)



We hope to see you all very soon, but in the meantime, we'll be in touch with more tips. If you want to get in touch with us though, email: [info@uplandsc.com](mailto:info@uplandsc.com) and we'll get back to you as soon as possible. Keep safe.

Uplands Sports Centre Team

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

Click on any of our videos to help you, or visit the [video gallery](#) on our website and you can see them all. There are more videos on LUCA Academy's [YouTube](#) channel

[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