

Women and Girls Aerobics

Details

Description

Aerobics exercises to strengthen muscles, the heart and lungs as well as burn fat. This event will run via Zoom.

You must register to attend this event.

Date

13 July 2020

Start Time

15:00

End Time

16:00

Costs

Costs

Free

Event Repeats

Repeats

There are currently no upcoming scheduled repeats