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Facebook Live exercise classes from our Active Lifestyles Team

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Facebook Live exercise classes

Whilst we haven't been able to provide our community outdoor programme due to the latest government restrictions, we have been working hard behind the scenes to provide an excellent virtual service for our communities.

It's important that we help our residents keep active during this time, so our Active Lifestyles Team have been working hard to launch their [Facebook Live](#) exercise classes. There is something for everyone from [bootcamp](#), buggy fitness, [seated exercises](#) and [low impact HIIT and abs workout](#), which can all be completed from the comfort of your own home.

Facebook Live Classes

Free exercise sessions delivered remotely via Facebook Live. The following sessions will take place on a weekly basis.

- Monday @ 10.30am with Steph
Low impact seated exercise
- Monday @ 6pm with Rebecca
Legs, Bums & Tums
- Wednesday @ 10am with Steph
Buggyfitness
- Saturdays @ 10am with Rebecca
Bootcamp
- Sundays @ 10am with Alex
Low impact HIIT & abs workout

The classes are for all abilities

Central Bedfordshire
great lifestyles

Active Lifestyles

As part of our leisure services, our Active Lifestyles Team is dedicated to the development and delivery of physical activities and wellness programmes, ensuring the whole community has the opportunity to lead an active, healthy and happier life.

Being physically active is really good for your mind as well as your body. Getting some physical activity each day can help improve both your mental and physical health. Moving more can also help you get a good night's sleep, which helps your brain to rest and recharge.

Whether you are completely new physical activity or would like to do a little more each day, why not try one of the sessions on offer.

Active Lifestyles Facebook



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