

# Zoom Mamma Mia 1 Workout

Saturday May 8 - Zoom Mamma Mia 1 Workout

Let's dance and get a workout in to 5 songs from Mamma Mia. This workout is 19 minutes long. You know you already dance whenever you hear these songs, even if it's just in your mind, so let's workout, dance and have fun together.

It's not strenuous and is all standing/moving/dancing. All are welcome.

Please contact Louise to register or for help with Zoom and for all questions.

Date:

Saturday May 8, 8:30 am

Location:

via Zoom

Cost:

Free for members

Sign Up:

Let Louise know you're coming by email.

Deadline:

1 hour prior to start

Contact:

Louise Hearty, [louise@insideedgeclub.bc.ca](mailto:louise@insideedgeclub.bc.ca)