

Zoom Mamma Mia 2 Workout

Saturday May 29 - Zoom Mamma Mia 2 Workout

This event is same as Mamma Mia event above on May 8, but with different songs. Six songs from Mamma Mia in this workout. This workout is 23 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 29, 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