

The DMU Queen Elizabeth II Diamond Jubilee Leisure Centre face book page has lots of videos, including our own Rachel Clarke, demonstrating Pilates, Yoga and LBT.

If you don't have a Facebook creating one is very simple. Just Google Facebook and follow the instructions.

If you are logged in to Facebook on your PC or laptop simply click on the link below and it will take you to the relevant page with Rachels and other videos for you to follow.

[https://www.facebook.com/pg/DMUleisure/videos/?ref=page\\_internal](https://www.facebook.com/pg/DMUleisure/videos/?ref=page_internal)

If you use a tablet or phone then install and log into the app from Apple Store or Play Store and search for DMU Queen Elizabeth Diamond Jubilee Leisure Centre. It will take you to a page with videos. Click on See All if you can't find Rachel's videos.

Have Fun