

Many of you may remember Jennifer Cowling, who came to our meeting in November 2018 to talk about her involvement in Musical Theatre productions.

Jennifer's "day" job is as a qualified EXTEND Exercise teacher, running informal but effective and safe workouts to music for older people (age range 60s upwards)

Since April 2020 these have been very successfully transferred online and have encouraged more people to join in and keep fit at home, no matter where they live. Each online session lasts for 40 minutes and, as a bonus, access to a recording of Jennifer* teaching is sent to participants after every class.

Anyone who is interested can try a session for free before making any commitment – if you decide to sign up, the cost is £5 per week.

There is a good deal of information on her website including a couple of taster single-exercise videos.

<https://www.jennifercowling.com>

*In accordance with GDPR legislation, no participant is visible on any videos – only the teacher

Jennifer Cowling

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