

#VitalityHalfTerm

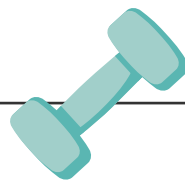
15th - 21st February Calendar

Afternoon
12:30 - 1pm

Evening
6 - 6:30pm

15

Rugby Workout
with **Jonny Wilkinson**



Mental Wellbeing
with **James Rodwell**
& **Ellie Simmonds**

16

Family Workout
with **Jessica Ennis Hill**



Pancake Day Cookalong!
with Rugby star
James Hudson

17

Football fun workout
with **Alex Scott**

Headspace
Move Session
for the Family
with **Leon Taylor**



18

Cookalong
with **Tracey Neville**
& **James Vickers**
- healthy granola bars



Vitality Roses
& Rosettes Q&A Live

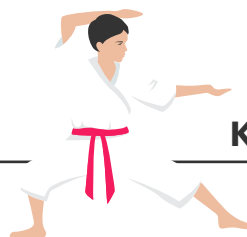
19

Fancy Dress Pilates
(letter 'P' Theme)
with **Louise & Jos Buttler**

Big Vitality
Dancercise Workout!

20

Karate with
James Rodwell &
Vitality Coach Jonny



Kids Yoga

21

Live Q&A with
Jessica Ennis-Hill
for aspiring athletes
and kids with big dreams

Stanley Book
read along -
Vitality Kids

