

# Keep Fit Association Eggstravaganza



Programme for the Day

10.00 to 16.30

11 April 2021



## **Welcome to the Keep Fit Association Eggstravaganza**

**11 April 2021.**

**10.00 -10.05 Welcome to the Day - Lynne Dowdican - room opens at 9.55**

**10.05 – 10.35 Session 1 – Sarah Mitchell**

Spring into the day with Sarah Mitchell. Sarah is going to get your body prepared for the day ahead, with a disco groove. Boogie on down to songs like Holiday, 24K Magic and California Girls.

**10.50 – 11.20 Session 2 – Gilly Martin - room opens at 10.45**

Session 2 is a hot and steamy Latin session. Gilly Martin will immerse you in the colour and vibrancy of a Carnival parade. Sharing with you Latin flavoured dance steps & plenty of body movement.

**11.20 – 11.50 Session 3 – Doreen Youngman**

Session 3 and Session 5 are chair based, ideal for those that prefer the security of a chair whilst exercising. Lead by one of the KFA's many specialist chair based teachers, Doreen Youngman. These sessions are slightly shorter to appeal to those who want to go for shorter bursts of activity.

*Doreen Youngman's two sessions are pre - recorded and you have been supplied a link to those videos below. People can pick these up during the timeslot allocated on the programme or at any point that suits you during the day.*

**11.50 -12.35 Session 4 – Mo Manby - room opens at 11 45**

Session 4 is with Mo Manby. Motivating, emotive and uplifting with a message of its own. Using music from a variety of eras and genres to enhance the movement, Mo hopes it will send you all to lunch on a 'High'.

## **Lunch**

**13.05 – 13.35 Session 5 – Doreen Youngman**

Session 3 and Session 5 are chair based, ideal for those that prefer the security of a chair whilst exercising. (see session 3 for details)

**13.35 -14.05 Session 6 – Jeanette Hughes - room opens at 13.30**

Session 6. Jeanette Hughes welcomes you all back with an uplifting piece based on pure Laban. Indulge in the planes and directions whilst you float away to 'Love is a Compass' by Griff.

### **14.20 – 14.50 Session 7 - Sarah Elbourne - room opens at 14.15**

Sarah is passionate about dance and is keen to share with you an upbeat session, with step sequences to test your coordination and to bring a smile to your face!

### **15.05 – 15.50 Session 8 – Lisa Bigley - room opens at 15.00**

Our teacher, Lisa Bigley, is looking forward to delivering a soulful lyrical dance session incorporating subtle, sensitive changes of weight and extensions into space to promote flexibility, balance, posture and muscular strength. During a time of challenge and uncertainty, join Lisa in her interpretation of 'fields of gold' evoking memories of nostalgia, love and hope.

### **16.05 – 16.35 Session 9 – June Billington - room opens at 16.00**

Let's conclude our eggstravaganza with June Billington. June will culminate the day with flowing movements leading into stretches, developing into relaxation. All to gentle, soothing music. A relaxing way to end the day. The session will be mat work but June says all moves can be easily achieved with a few adaptations on an armless chair.

**Please Note** adaptations will be described, but not coached.

Mat, stretch band and blanket/warm top and socks are recommended for this session.

**16.35 - 16.45** Thank you and close the day – Lynne Dowdican

### ***Notes for the Day***

By opting to take part in the sessions you are taking responsibility for your own wellbeing, ensuring that you are fit and well enough to take part today. Anyone with pre-existing medical conditions or disabilities should seek medical advice prior to taking part.

As you will be exercising in your own home, please pay particular attention to the space around you before you start to participate. Ensure the space is clear, look around you for obstacles or objects that may get in your way including above your head and any trip hazards. Make sure the room is well lit and well ventilated.

Make sure you have on suitable loose clothing and footwear for exercise. If you are working on a carpeted floor pay particular attention to footwear you are using, so you do not trip. Do not wear jewellery that may catch - i.e. long beads/necklaces would be a hazard.

When you exercise you are likely to get warm. Have a drink of water nearby but make sure that is placed safely away from your working area.

Session 3 and Session 5 will be using a Chair. Ensure the Chair you use is stable, placed on an even surface and will not slip. It should be flat backed and ideally without arms but you can adjust your position if you only have a chair with arms.

Please note we will try to start and finish precisely at the allotted time. This is necessary for us to be able to manage the full day. We have let tutors know that accurate timekeeping will be essential. We will open each room 5 minutes before the session starts. When the room opens you will be placed in a waiting room, we know you are there and will admit you punctually. You will be muted on entry.

To maximize your enjoyment of the day you may want to check that you have the latest version of Zoom. Here is the link to help you do this [Upgrade / update to the latest version – Zoom Help Center](#). This will help to ensure you give yourself the best chance to access all the zoom facilities including sound.

Enjoy your sessions!

### **KFA Eggstravaganza - Zoom link**

**You will only need one zoom link for the whole day.** This will be sent to you by email. The programme denotes the times that you will be able to get into each session.

You can link in and out of this Zoom room all day by using the link provided. Please try to avoid entering a session once it has started. We will readmit individuals who may have dropped out due to technical reasons.