

Get Moving Move Online

For now times have changed and we need to keep our distance...but it doesn't mean that you can't go the distance.

Wellness Embodied have a range of online courses available to help you through these times. Head to our website to check them out:

<https://www.wellnessembodied Cairns.com/registration>

The below Cairns businesses are also offering online classes - You can head on over to their Facebook pages to find out more:

- Train For Life - Virtual Fitness Consultations, Personal Training, HIIT, Small Group Training, Qigong, Tai Chi, Pilates, and SCIPA - All sessions 30 minutes; all via Zoom - <https://www.facebook.com/Train.for.Life.Cairns/>
- Zumba fitness with the Z crew Cairns - Delivering Zumba classes online - <https://www.facebook.com/zumbazcrewcairns/>
- Barre and Co. - Online memberships to Yoga, Pilates, Barre, and Cardio workout videos. Month to month, 6 month and 12 month memberships available - <https://www.facebook.com/barreandcoau/>
- Happy Pain - Pilates and Yoga - <https://www.facebook.com/Happypainyoga/>
- The C-19 Hub - Health, Fitness and Entertainment - <https://www.facebook.com/groups/213014009913034/about/>
- Pure Joy Naturopathy - Chair Yoga Online and Naturopathic consults via zoom - 15 minute Free Wellness Discovery call <https://www.facebook.com/purejoynaturopathy/>
- Studio A health and fitness - Online Pilates and Fitness Programs - <https://www.facebook.com/StudioAHealthAndFitness/>
- F45 - Offering online classes - <https://www.facebook.com/f45cairnscbd/>
- Active Health Club, Edge Hill - Running a variety of virtual classes through Zoom live streamed - LIFT, PILATES, HIIT, ZUMBA, PUMP, COMBAT - <https://www.facebook.com/activehealthclubs/>
- Core Life Yoga - Online - Hatha Yoga, Vinyasa Flow and Beginners Yoga Course - <https://www.facebook.com/corelifeyoga/>
- Wild Heart Yoga Tribe - 21 Livestream Online Classes a week- <https://www.facebook.com/WildHeartYogaTribe/>

