

Fusion at Home - Movement4Life

Active Newcastle share with you FUSION at HOME.

With a daily timetable of online classes with no equipment there is something for everyone. You can view these videos at any time.

Find out more [here](#)

This Movement4Life video focuses on evidence-based programming for people with specific medical conditions. A gentle low impact program of light cardiovascular work, functional strength and mobility. (There will be chair based options available).

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Organiser: Active Newcastle

Useful Organisations

Active Newcastle

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