

DEDHAM HEALTH

& Athletic Complex

3/27/20

We hope you are using and enjoying our customized videos designed specifically by our exercise physiologist for you, our members. We will consistently continue adding videos to our Dedham Health at Home Library in the days and weeks to come.

Because of our relationship with group exercise giant, Les Mills, we are excited to forward you access to over 130 of their outstanding videos for you to use as a Dedham Health member.

We have been asked by the company that this link is not shared.

[Click here to start watching](#)

We know many of you enjoy seeing the familiar faces from Dedham Health, rest assured we will keep producing videos and sending them to. This opportunity is just a great way to add some instant variety from a trusted expert in the field. Remember to work at your own level and listen to your body.

Stay active, be well

Enjoy