



KEEP FIT

by Emma Northcott

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# **Keep Fit!**

*By Emma Northcott*

*A short play for Zoom performance.*

## ***Characters***

Mary  
Celia  
Viv  
Penny  
Jean  
David

## ***Synopsis:***

*Despite being in lockdown the Keep Fit class attempt to reinstate their weekly workout.*

# Keep Fit!

*Scene: Zoom screens in the actors own homes.*

(All six screens are blank, except for the name of the character to whom it belongs. As the characters arrive their screen changes to show them in their homes. Viv arrives first, quickly followed by Celia, Mary and Penny.)

**Celia:** Hello! Here we are again! Thank you to Vivienne for setting up tonight's zoom.

**Viv:** No problem.

**Celia:** Well, I'll hand over to Penny, without further ado.

**Penny:** Thank you Celia. Thank you Viv. Hello everyone.

**Mary:** Hello Penny. Hi Celia, Viv.

**Celia:** Hello. How is everybody?

**Mary:** I'm not sure about this, I haven't done keep fit for a while.

**Viv:** I've got to get back into doing something.

**Celia:** Me too. I think I've put on a stone since lockdown started.

**Mary:** And the rest.

**Celia:** Excuse me?

**Mary:** Me, I meant me. I've put on more than a stone.

**Celia:** Oh, I see.

**Viv:** We can all see!

**Celia:** No, that's not what I ...

**Penny:** So, who's been keeping up with their keep fit?

**Celia:** **(Pause.)** I've been watching the gorgeous Joe Wicks every morning.

**Penny:** Well done Celia, I am impressed. He's very stimulating isn't he?

**Celia:** That's one word for it!

**Penny:** Great. Anyone else?

**Mary:** **(Pause.)** I've been for my twice daily walk, twice a day, but I haven't done a proper work out for, well, since lockdown started and your classes stopped.

**Penny:** Viv?

**Viv:** Obviously, my fitness level will have fallen, but I'm still in the best shape I've ever been, after training for the London Marathon.

**Celia:** }(As Viv says it.) London Marathon.

**Penny:** }(As Viv says it.) London Marathon.

**Viv:** It is such a pity that I wasn't able to run. I'm convinced I would have made it within the four hour target, although to be honest, I'd have been happy with five. Anyway, thanks to Coronavirus my training regime has been significantly curtailed, so this is a welcome addition to my daily routine. Oh, hang on, someone's waiting in the lobby. Hello Jean, come on in.

**(Jean's turns her camera on.)**

**Jean:** **(Chewing bubble gum.)** Thanks Viv. Hello everyone.

**Celia:** Hi Jean! You look, um, fantastic!

**Jean:** Thank you Celia, as it was just us girls I thought I'd risk a leotard. Don't think I've worn this since my cousin's wedding.

**Mary:** Really? **(Beat.)** You look great Celia.

**Celia:** What, this old thing?

**Penny:** It doesn't really matter what you wear, so long as you're comfortable.

**Mary:** That's just as well.

**Celia:** Are we all here?

**Viv:** Sofia said it wasn't really Brian's thing, but she'd try and join us if she could persuade him to give up the laptop for an hour.

**Mary:** He's still playing that on-line poker?

**Jean:** Sounds like it.

**Mary:** Probably won't see them then.

**Viv:** I invited George and Sebastian too.

**Mary:** Oh, how is poor Seb?

**Celia:** He's getting there, but neither of them are up to grape-vining around the kitchen table just yet.

**Penny:** Pity.

**Viv:** And of course David.

**Jean:** I don't think he'll come Penny. It's not really his thing, is it?

**Viv:** He's never been to any of the classes in the hall.

**Penny:** Well, it's never too late to start.

**Viv:** Talking of which, shall we?

**Penny:** Right ho!

**Mary:** Nothing too strenuous please Penny.

**Penny:** Don't worry Mary, you can take it at your own pace. Just keep marching if you feel yourself flagging.

**Viv:** I think we all need to boost our fitness, after being in lock down for two months and you know, statistically, being over-weight is definitely not a good thing when it comes to corona...

**Penny:** **(Cutting in.)** Viv's right. Keeping fit and healthy helps to boost the immune system, making you stronger, if the worst should happen.

**(Penny turns on her cassette player and plays keep fit music, with a good rhythm. She turns to face the camera again and starts marching on the spot. She shouts over the music.)**

**Penny:** Right, can you all hear me?

**Celia:** } **(Together.)**

**Viv:** } Yes.

**Mary:** } Yes.

**Jean:** } Yes.

**(All march along with Penny. Most are in time with the music, but Jean is out of time and struggles to catch up, putting an extra hop in from time to time to get the right foot.)**

**Penny:** Okay. Here we go. So, marching on the spot everyone. Feel the beat and left, left, left, that's right. Well done. Listen for the beat. Now give me eight more, on the spot. And four, three, two, one. Right, now we have the rhythm, let's get moving. Okay, so I want you to warm up, get some juice in those joints. That's it girls. We're going to take a walk. Four steps up, four steps back. Ready? And one and two...

**Mary:** Ouch!

**(Mary rubs her shin and probably disappears from view in the process. Everybody stops marching and Penny stops the music.)**

**Jean:** What's the matter Mary?

**Mary:** I've just taken a chunk out of my shin on the bloody coffee table.

**(Mary picks up and moves the coffee table out of view.)**

**Penny:** Are you alright to carry on?

**Mary:** Yes, I'll just move the table.

**(Mary limps back into view.)**

**Penny:** Yes, that's the ticket. Move the furniture! Make room for movement everyone.

**Celia:** Must be tricky in such a small place.