

Exercise Classes and Health Hubs Schedule

Day	Time	Activity	Location/Details
Monday (excluding Bank Holidays)	1pm - 2:30pm	Health Hub Including Exercise Session	Selsdon Library, Addington Rd, South Croydon, CR2 8LA
	2pm - 3pm	Exercise Class with Standing & Seated Adaptations (online)	Please email to register: healthierlifestyles@ageukcroydon.org.uk
Tuesday	11:30am - 12:15pm	Seated Exercise Class	Peony Court, 58 Addiscombe Rd, Croydon, CR0 5PH
	1pm - 2:30pm	Health Hub Including Exercise Session	Purley Library, Banstead Rd, CR8 3YH
Wednesday	10:30am - 11:15am	Exercise Class with Standing & Seated Adaptations	Scratchley Hall, 81 Brigstock Road, CR7 7JH
	11:30am - 12:15pm	Exercise Class with Standing & Seated Adaptations	Scratchley Hall, 81 Brigstock Road, CR7 7JH
Thursday	10am - 11am	Seated Exercise with Health and Wellbeing Talk (online)	Please email to register: healthierlifestyles@ageukcroydon.org.uk
	11am-12:30pm	Health Hub Including Exercise Session	Edward Jobson Court, 19 Canning Road, CR0 6QD
	1:30pm-3pm	Health Hub Including Exercise Session	Scratchley Hall, 81 Brigstock Road, CR7 7JH
Friday	2pm - 3pm	Exercise Class with Standing & Seated Adaptations (online)	Please email to register: healthierlifestyles@ageukcroydon.org.uk

Excluding Bank Holidays / We reserve the right to change events at the last minute