

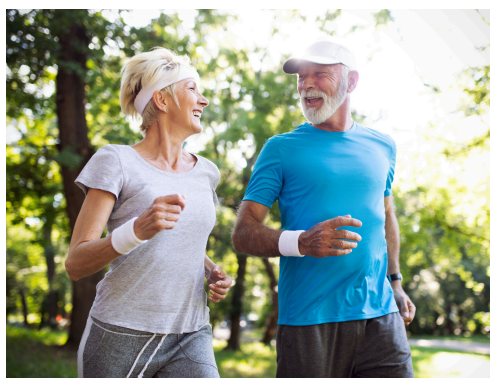


NEW!

Ucan Enfield

June 2025 Activities!

Monday 9th June - Friday 27th June



Introducing a series of fun new FREE activities to keep you moving!



<i>Day & Time</i>	<i>Activity</i>	<i>Where</i>	<i>Type of exercise</i>	<i>Intensity</i>
Monday 3 - 3:30pm	Hula Hoop	Unite in Fitness 9 Oakwood Parade, Queen Anne's Pl, Enfield EN1 2PX	Build core strength and coordination	Low
Monday 3:30 - 4pm	Hula Hoop	Unite in Fitness 9 Oakwood Parade, Queen Anne's Pl, Enfield EN1 2PX	Build core strength and coordination	Low
Monday 2 - 3pm (3 rd Monday of every month only)	Wellbeing Walk No booking required	Durants Park (Hertford Road entrance) Hertford Road Enfield EN3 7ED	Midnfulness and recharge	Low
Tuesday 1 - 2pm	Seated Box Fit	Unite in Fitness 9 Oakwood Parade, Queen Anne's Pl, Enfield EN1 2PX	Get your heart pumping with some cardio and coordination	Medium

Wednesday 11 - 11.45am	Seated exercise	St Aldhelms Church Hall, 2 Windmill Road, Edmonton, N18 1PA	Boost your metabolism, strength, balance and coordination.	Low- Medium
Wednesday 2.15 - 3.15pm	Strength based circuit class	Southbury Leisure centre, 192 Southbury Rd, Enfield EN1 1YP	Feel strong and build strength	Medium
Thursday 2 - 3pm	Zumba Tone	Unite in Fitness 9 Oakwood Parade, Queen Anne's Pl, Enfield EN1 2PX	Dance and have fun whilst working on your cardio	Medium
Thursday 3:15 - 4:15pm	Pilates	St Aldhelms Church Hall, 2 Windmill Road, Edmonton, N18 1PA	Feel strong and move well! Working on your strength and coordination.	Low
Friday 11am - 2pm	Inclusive cycle No booking required	Bush Hill Park, Lincoln Road, EN1 1PS Meeting point is by the containers in the park	Cycle and have fun building strength and looking after your heart through cardio.	Low

Book your space today!



Scan here to book!

Spaces are limited so please book early to avoid disappointment!

Please note you can only attend one of each taster session.

For further information:

Call 0208 375 4120 OR

email

ucanenfield@ageukenfield.org

Funded by

