

Senior Circuits

A fun circuit class incorporating both aerobic and resistance work using equipment such as barbells, dumbbells, hula hoops and steps.

Line Dancing

A fun workout to a variety of music which helps to increase brain function, bone health, balance and coordination and mental wellbeing.

Fit Steps

A combination of Latin and Ballroom dance which are accessible to all, lots of fun and you don't need a partner.

Get Walking, Get Talking

These are fun and friendly walking groups which take place in town and country parks. Suited to varying abilities.

Gentle Activities

A workout to tone the whole body including exercises to improve balance and seated exercises using a resistance band.

Party Dance

A fun workout to great party tunes.

Zumba Gold

Latin-inspired dance workout that tones and sculpts the body.

Nifty Fifties Aerobics

A fun aerobic workout to 60's, 70's and 80's music, finishing with seated stretch and tone exercises.

Move, Stretch and Tone

A workout based on 15-minute intervals incorporating aerobics, resistance band work and stretching.

Cycling with Confidence

For beginners to intermediate riders. Bicycles and trikes are available to use.

Pilates

Teaches body awareness and good posture. Improves strength and agility and can alleviate back pain.

Monthly Quiz

Online quiz the first Friday of the month.

Prices

First exercise class	Free
Subsequent classes	£5
Cycling with Confidence	Free
Get Walking, Get Talking	*£2
*(suggested donation)	

*Complimentary refreshments
available at some venues*

**For more information contact
the Fit for Life team:**

E: admin@ageukenfield.org.uk

T: 020 8375 4120 or 07824 845 784

ageukenfield.org.uk

Funded by



Charity Number: 1063696



Fit for Life 50+

Fun and friendly fitness classes
for all levels and abilities.

Supporting lives, strengthening communities

FIT FOR LIFE CLASS TIMETABLE

STAY ACTIVE – MAKE FRIENDS – FEEL GREAT – FOR ALL ABILITIES

DAY	CLASS	VENUE	TIME	ADDRESS
Monday	Nifty Fifties	North Enfield Conservative Club	10.00am–10.50am	North Enfield Conservative Club 278 Baker Street, Enfield, EN1 3LD
	Senior Circuits	St Aldhelm's Church Hall	11.00am–12.00pm	
	Line Dancing	Southbury Leisure Centre	13.00pm–15.00pm	St Aldhelm's Church Hall Windmill Road, Edmonton, N18 1PA
Tuesday	Fit Steps	Southgate Methodist Church	10.00am–10.50am	
	Party Dance	Southgate Methodist Church	11.00am–11.45am	Southbury Leisure Centre 192 Southbury Road, Enfield, EN1 1YP
Wednesday	Nifty Fifties Aerobics	St Aldhelm's Church Hall	10.00am–10.50am	
	Get Walking, Get Talking	Broomfield Park Community Cafe	10.45am–11.45am	Southgate Methodist Church 47 The Bourne, Southgate, N14 6RS
	Seated Class	St Aldhelm's Church Hall	11.00am–11.45pm	
	Nifty Fifties Aerobics	Enfield Baptist Church	14.00pm–14.50pm	Broomfield Park Community Cafe Palmers Greenery, Palmers Green, N13 4PL (By the Tennis Courts, Off Aldermans Hill)
	Get Walking, Get Talking	Whitewebbs Park Cafe	14.30pm–15.30pm	
Thursday	Gentle Activities	Southgate Methodist Church	12.10pm–13.10pm	Enfield Baptist Church Cecil Road, EN2 6TG
	Move, Stretch & Tone	Southgate Methodist Church	13.20pm–14.05pm	
	Line Dancing	St Aldhelm's Church Hall	13.30pm–14.30pm	
	Pilates	St Aldhelm's Church Hall	15.00pm–16.00pm	Whitewebbs Park Cafe Beggars Hollow Enfield, EN2 9JW
Friday	Zumba Gold	St Aldhelm's Church Hall	10.00am–10.45am	
	Get Walking, Get Talking (FAST)	Trent Park Cafe	10.20am–11.20am	Trent Park Cafe Trent Park, Cockfosters Road, EN4 OPS
	Get Walking, Get Talking (LEISURE STROLLERS)	Trent Park Cafe	10.20am–11.20am	
	Get Walking, Get Talking (MEDIUM)	Trent Park Cafe	10.30am–11.30am	Bush Hill Park Lincoln Road, Enfield, EN1 1PS
	Get Walking, Get Talking	Pymmes Park Visitors Centre	14.00pm–15.00pm	
Friday 1st May–25th September	Cycling with Confidence	Bush Hill Park	11.00am–14.00pm	Pymmes Park Visitors Centre Pymmes Park, Victoria Road, Edmonton, N18 2UF
First Friday of every month	Monthly Zoom Quiz (October–May)	www.zoom.us/join ID: 656 127 7877 Passcode: ffERf1	15.00pm–16.00pm	

To book a place or for further information, please contact the Fit for Life team on 020 8375 4120 or 07824 845 784 Email: admin@ageukenfield.org.uk