

Communities In Motion

YOUR GENTLE START TO EXERCISE

Free exercise classes specially designed for adults aged 65+ who do little or no regular exercise

**Been inactive for a while?
Not sure where to start
when it comes to exercise?**

**That's exactly why this
class is for you!**

**Our qualified Instructors
will gently guide you into
exercise, helping you
become more active safely,
gradually, and at your own
pace.**

**You don't need to be fit to
join.**

**We'll help you take those
first gentle steps towards a
more active, healthier and
more confident you.**



Weekly Class Dates & Times:

**Every Tuesday starting from 6th Oct
Time: 12:30 - 1:25pm**

**Every Wednesday starting from 7th Oct
Time: 12:30 - 1:25pm**

**Location: Albany Leisure Centre, 505
Hertford Rd, Enfield EN3 5XH**

BOOKING IS ESSENTIAL

**For more information or to book your place email
referrals@ageukenfield.org.uk
or call: 0208 375 4120**

Frequently asked questions

Who is the class for?

The class is for adults aged 65+ who want to become more active, improve their health and wellbeing, and enjoy being active with others.

What are the benefits?

Exercise can improve your strength, balance, mobility, flexibility, confidence and overall wellbeing.

What exercises will we do?

Gentle seated and standing exercises suitable for different abilities. You can work at your own pace.

What is the class like?

Friendly, relaxed and welcoming. There's no pressure to keep up, and it's a great way to meet others.

Is the class safe?

Yes. Sessions are led by qualified, experienced instructors in a safe and supportive environment.

Why should I join?

It's a great way to move more, feel stronger, improve your confidence and meet new people.

How much does each session cost?

Your first 12 sessions are free. After this, you can continue attending an established exercise class for a fee.

Can I attend just one session?

No. You must enrol and complete a health and wellbeing assessment before starting the programme.

Why do I need an assessment?

It helps us make sure the programme is suitable and safe for you, and understand how best to support you.

What if I cannot attend a session?

Please let us know in advance by calling our main phone number 0208 375 4120 or email referrals@ageukenfield.org.uk

Do I have to complete surveys?

Yes. Participants must complete programme surveys to help us measure its impact and improve our services.