Fun and Friendly fitness classes for all levels and abilities

Line Dancing - A fun workout to music of all genres

Senior Circuits - A fun circuit class incorporating both aerobic and reistance work using equipment such as barbells, dumbells, and steps

Dance and Tone - An aerobic workout to music, which includes resistance work using dyna-bands

Aqua Aerobics - An aerobic workout to music in the water which includes the use of woggles and dumbells

Pilates - Teaches body awareness and good posture, pilates improves strength and agility and can help alleiviate back pain

Gentle Activities - Aerobic workout to music which includes resistance work

Nifty 50's - A class for the more energetic, this class varies fom week to week challenging the participants with different exercises

Walking Sessions - This is a friendly fun walking group taking place in town and country parks

Fit Steps - A combination of Latin and Ballroom dances which are easy, fun and you dont need a partner

Zumba Gold - Latin-inspired dance workout that tones and sculpts the body

Monthly walks - We run challenging 6 mile walks at various locations on the first Thursday of the month at 10.30am. Contact us for more information.

For more information about Fit for Life, or other Age UK Enfield services, contact us on 020 8375 4120 or admin@ageukenfield.org.uk
www.ageukenfield.org.uk

LOTTERY FUNDED

Age UK Enfield is the operating name of Age Concern Enfield.
Company number 3352062 Charity Number 1063696

Enfield age UK

Fit for Life

Fun and Friendly exercise classes

Class Timetable

Monday	Senior Circuits	St Aldhelm's Church Hall	11.00 – 12.15
Monday	Aqua Aerobics	Edmonton Leisure Centre	13.45 – 14.30
Monday	Line Dancing	Southbury Leisure Centre	14.00 – 16.00
Tuesday	Fit Steps	Southgate Methodist Church	10.00 – 10.50
Tuesday	Zumba Gold	Southgate Methodist Church	11.00 – 11.45
Tuesday	Senior Circuits	Edmonton Leisure Centre	12.45 – 13.45
Tuesday	Aqua Aerobics	Edmonton Leisure Centre	13.00 – 13.45
Tuesday	Aqua Aerobics	Edmonton Leisure Centre	14.00 – 14.45
Wednesday	Aerobics Class	St Aldhelm's Church Hall	10.00 – 11.00
Wednesday	Get Walking Get Talking	Broomfield Park	10.30 – 11.30
Wednseday	Fit Steps	St Aldhelm's Church Hall	11.05 – 12.00
Wednesday	Pilates	St Aldhelm's Church Hall	12.30 – 13.30
Wednesday	Nifty 50's	St Andrew's Church Hall	14.00 – 15.00
Wednesday	Get Walking Get Talking	Whitewebbs Park	14.30 – 15.30
Wednesday	Aqua Aerobics	Southbury Leisure Centre	15.00 – 15.45
Thursday	50+ Gentle Exercise	Southgate Methodist Church	12.10 – 13.10
Thursday	Line Dancing for Beginners	St Aldhelm's Church Hall	13.30 – 14.30
Friday	Zumba Gold	St Aldhelm's Church Hall	10.00 – 10.45
Friday	Get Walking Get Talking	Trent Park	10.30 – 11.30
Friday	Dance and Tone	St Alphege Church	10.15 – 11.15
Friday	Get Walking Get Talking	Pymmes Park (30 min walk optional)	14.00 – 15.00

Monthly Walks: Challenging 6 mile walks on the first Thursday of the month at 10.30. Contact us for more information.

Class prices:

FIRST CLASS FREE!

All classes: £4.00

Walks: Suggested Donation £1.00

Venues

Southgate Methodist Church
The Bourne N14 6RS

Broomfield Park
Meeting Point: Rangers Office
by the tennis courts
off Aldermans Hill N13

Edmonton Leisure Centre
2 The Broadway N9 0TR

Whitewebbs Park
Meeting Point - the Cafe, Beggars
Hollow, off Clay Hill
EN2 9JW

St Andrews Church
18 Silver Street, Enfield
EN1 3EG

Pymmes Park Edmonton
Meeting Point: Visitor
Centre, near Silver Street Entrance

Southbury Leisure Centre
192 Southbury Road EN1 1YP

St Aldhelms Church Hall
Windmill Road, Edmonton, N18 1PA

St Alphege Church Hall
Hertford Road N9 7LG

Trent Park
Meeting Point: Trent Park Cafe
Cockfosters Road EN4 0PS