**Age UK Enfield Fit for Life Programme of Activities**

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| **Day** | **Class** | **Time** | **Venue** | **Class Information** |  |
| **Monday****(Starts 7th June)** | **Nifty Fifties** | **10.30 - 11.30** | **St Pauls Community Centre, 102A Church Street, Enfield, EN2 6AR** | **A class for the more energetic, this class varies from week to week challenging the participants with different exercises.** |  |
| **Monday**  | **Senior Circuits** | **11.00 -12.00** | **St Aldhelms Church Hall, 2 Windmill Road, Edmonton, N18 1PA** | **Circuit class incorporating aerobics and dumbbells.****Suitable for both Beginners and Intermediates.**  |  |
| **Monday** | **Line Dancing** | **1.30 - 2.30** | **Zoom -****Meeting ID: 656 127 7877** | **A fun workout to music of all genres which will test your mind and body. Suitable for all levels.** |  |
| **Tuesday**  | **Fit Steps** | **10.00 -10.50** | **Southgate Methodist Church, 47 The Bourne, Southgate, N14 6RS** | **Combination of Latin and Ballroom dances which are easy, fun and you don’t need a partner.****Good for fitness and coordination. Suitable for all levels.**  |  |
| **Tuesday**  | **Party Dances** | **11.00 -11.45** | **Southgate Methodist Church, 47 The Bourne, Southgate, N14 6RS** | **A fun workout to great party and classic songs which will give you a full body workout and leave you smiling. Suitable for all levels.** |  |
| **Wednesday**  | **Nifty Fifties Aerobics Class** | **10.00 - 10.50** | **St Aldhelms Church Hall, 2 Windmill Road, Edmonton, N18 1PA** | **This class varies from week to week challenging the group with different exercises. Suitable for all levels.** |  |
| **Wednesday** | **Get Walking Get Talking** | **10.45 - 11.45** | **Broomfield Park, Palmers Greenery Community Café, off Aldermans Hill, N13 4PL** | **This is a friendly fun walking group taking place in a town park. Suitable for all levels.** |  |
| **Wednesday**  | **Fit Steps** | **11.00 - 11.50** | **St Aldhelms Church Hall, 2 Windmill Road, Edmonton, N18 1PA** | **Combination of Latin and Ballroom dances which are easy, fun and you don’t need a partner.****Good for fitness and coordination. Suitable for all levels.** |  |
| **Wednesday**  | **Pilates** | **12.30 -13.30** | **St Aldhelms Church Hall, 2 Windmill Road, Edmonton, N18 1PA** | **Teaches body awareness and good posture, improves strength and agility and can help alleviate back pain.****Suitable for all levels.**  |  |
| **Wednesday** | **Get Walking Get Talking** | **14.30 - 15.30** | **Whitewebbs Park, Whitewebbs Café, Beggars Hollow, Enfield, EN2 9JN** | **This is a friendly fun walking group taking place in a country park.**  |  |
| **Thursday** | **Zumba Gold** | **10.30 - 11.15** | **Zoom -****Meeting ID: 656 127 7877** | **Latin-inspired dance workout that tones and sculpts the body. A fun workout for all. Suitable for all levels.** |  |
| **Thursday** | **Gentle Activities** | **12.15 - 13.15** | **Southgate Methodist Church, 47 The Bourne, Southgate, N14 6RS** | **These exercises will stretch and tone you and help improve your balance.** |  |
| **Thursday**  | **Line Dancing** | **13.30 -14.30** | **St Aldhelms Church Hall, 2 Windmill Road, Edmonton, N18 1PA** | **A fun workout to music of all genres which will test your mind and body.****Suitable for all levels.** |  |
| **Friday** | **Zumba Gold** | **10.00 - 10.45** | **St Aldhelms Church Hall, 2 Windmill Road, Edmonton, N18 1PA** | **Latin-inspired dance workout that tones and sculpts the body. A fun workout for all. Suitable for all levels.** |  |
| **Friday** | **Get Walking Get Talking****(Fast Walkers)** | **10.00 - 11.00** | **Trent Park, Trent Park Café, Cockfosters Road, EN4 0PS** | **This is a friendly fun walking group taking place in a country park. Only suitable for power walkers.** |  |
| **Friday** | **Get Walking Get Talking****(Leisure Strollers)** | **10.20 - 11.20** | **Trent Park, Trent Park Café, Cockfosters Road, EN4 0PS** | **This is a friendly fun walking group taking place in a country park. Suitable for leisure strollers or people who walk at a slower pace.** |  |
| **Friday** | **Get Walking Get Talking****(Medium)** | **10.40 - 11.40** | **Trent Park, Trent Park Café, Cockfosters Road, EN4 0PS** | **This is a friendly fun walking group taking place in a country park. Suitable for medium walkers.** |  |
| **Friday** | **Get Walking Get Talking****(Medium)** | **11.00 - 12.00** | **Trent Park, Trent Park Café, Cockfosters Road, EN4 0PS** | **This is a friendly fun walking group taking place in a country park. Suitable for medium walkers.** |  |
| **Friday** | **Afternoon Quiz** | **14.00 -15.00** | **Zoom - Meeting ID: 656 127 7877** | **Join us for a fun quiz. Suitable for all.** |  |
| **Friday****(Starts June 25th)** | **Confident Cycling** | **14.00 - 15.00** | **Pymmes Park, Visitors Centre, (Large White Building in Park), Edmonton, N18, near Silver Street Entrance** | **Our trained cycling instructors will help complete beginners to ride a bike or help those who wish to improve and gain more confidence. Bikes and Trikes will be supplied.** |  |
| **Friday** | **Get Walking Get Talking** | **14.00 - 15.00** | **Pymmes Park, Visitors Centre, (Large White Building in Park), Edmonton, N18, near Silver Street Entrance** | **This is a friendly fun walking group taking place in a town park. Suitable for all levels.** |  |
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