



### **Live open-air classes in Islington Parks**

Healthy Generations and Islington Parks Team are running 6 new exercise classes in local parks around the borough. These classes will run Spring-Autumn 2022 and aim to provide great eco-therapy exercise classes.

These classes are FREE to attend with a £3 optional donation. The classes that include a social part at the end of the class, will be an opportunity to meet residents and talk to the instructors, each of these parks have a café where you can get hot / cold drinks.

- **MONDAYS - Outdoor Qi Gong Class** in Dartmouth Park 10-11.00am
- **TUESDAYS - Total Body Workout** in Tufnell Park Playing Fields 10-11.00am
- **TUESDAYS - Outdoor Qi Gong Class + Social** in Kings Square 10-11.15am
- **WEDNESDAYS - Outdoor Cardio and Muscles Keep fit + social** In Caledonian Park 10.30-11.45am
- **THURSDAY – Fitness Pilates + Social** in Whittington Park tbc May
- **FRIDAYS - Outdoor Total Body Workout** in Highbury Fields 9.45am-10.45am

To register and for more information please visit <https://healthygenerations.org.uk/in-the-park/>

### **The Islington Rock & Roll Walk**

Wednesday 4<sup>th</sup> May 11.00am-1.00pm with Mary Tyler

Starting in Highbury Fields, we will work our way south down Upper Street and finish near Islington Green. Along the way, stops will include former homes of Elton John, Keith Richards grandad who gave him his first guitar, the Sex Pistols and Gracie Fields, Britannia Row Recording Studios, and a host of popular music venues. We will finish at the Euphorium Bakery for a post walk coffee and cake!

To register and for more information please visit <https://healthygenerations.org.uk/rock-and-roll-walk/>

**For all further enquiries you can email Sam – [sam@healthygenerations.org.uk](mailto:sam@healthygenerations.org.uk) or phone – 0798 114 2376**