**Age UK RBH**

**Havering Exercise Classes**

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| **Venue** | **Day** | **Time** | |
| **Chair Based Exercise to Music**  Romford Baptist Church, Main Road, RM1 3BL | **Monday** | | **1.00pm - 1.50pm** |
| **Mindful Movement**  Romford Baptist Church, Main Road, RM1 3BL | **Monday** | | **2.00pm - 2.50pm** |
| **Chair Based Exercise to Music**  Cranham Community Centre  [115A Marlborough Gardens, Upminster RM14 1SR](https://www.bing.com/local?lid=YN1029x930059383814013751&id=YN1029x930059383814013751&q=Cranham+Community+Association&name=Cranham+Community+Association&cp=51.568153381347656%7e0.2654424011707306&ppois=51.568153381347656_0.2654424011707306_Cranham+Community+Association) | **Tuesday** | | **1.00pm - 1.50pm** |
| **Mindful Movement**  Cranham Community Centre  [115A Marlborough Gardens, Upminster RM14 1SR](https://www.bing.com/local?lid=YN1029x930059383814013751&id=YN1029x930059383814013751&q=Cranham+Community+Association&name=Cranham+Community+Association&cp=51.568153381347656%7e0.2654424011707306&ppois=51.568153381347656_0.2654424011707306_Cranham+Community+Association) | **Tuesday** | | **2.00pm - 2.50pm** |
| **Walking for Wellbeing Group**  Raphaels Park, Main Road, RM2 5EB | **Thursday** | | **10.30am -11.15am** |
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**Free - but must be booked as limited spaces!**

**For more information call 07341 278919 or Email:** [**lorraine.barfoot@ageukrbh.org.uk**](mailto:lorraine.barfoot@ageukrbh.org.uk)

**Or visit** [**www.ageuk.org.uk/redbridgebarkinghavering/**](http://www.ageuk.org.uk/redbridgebarkinghavering/)