

Please **DO NOT ATTEND** a class without registering with us first, as you will be declined by the trainer

Face to Face Exercise Classes (Havering)

All free!!

Venue	Day	Time
Chair Based Exercises – with Heidi Ardleigh Green Community Association, Hornchurch, RM11 2LG FULLY BOOKED!!!!	Wednesday	12.15pm – 1.15pm
Chair Based Exercises – with Heidi All Saints Church , Ardleigh Green, Hornchurch FULLY BOOKED!!!	Wednesday	1.30pm – 2.30pm
Chair Based Exercises – with Heidi All Saints Church , Ardleigh Green, Hornchurch, RM11 2LG	Thursday	11.30am- 12.30pm
Chair Based Exercises – with Heidi FULLY BOOKED!!! Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	1.00pm – 2.00pm
Chair Based Exercises – with Heidi Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	2.00pm-3.00pm
Tai Chi – with Karl Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Thursday	10.00am – 11.am
Tai Chi – with Karl Cranham Community Centre, RM14	Monday	1.00pm – 1.50pm
Chair Based Exercises – with Heidi Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR FULLY BOOKED!!!	Monday	11.20am – 12.20pm
Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham, RM14 1XN FULLY BOOKED!!!	Thursday	1.00pm – 2.00pm
Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham, RM14 1XN	Thursday	2.00pm – 3.00pm

For more information call 07535 953763 or Email: amber.mirza@ageukrbh.org.uk

Face to Face Exercise Classes (Redbridge)

Venue		Day	Time
Easy Chair based Yoga - with Sami Ilford Library, Clements Road, Ilford, IG1 1EA	FULLY BOOKED!!!	Monday	10.00am – 11.00am
Chair based exercise class - with Keeley Chadwell House -open to non-residents		Friday	11.00am – 12.00pm
Nordic Walking - with Anne Valentines Park, Ilford		Wednesday	1.30pm– 2.30pm
Chair based Tai Chi - with John Poon Ilford Library, Clements Road, Ilford, IG1 1EA	FULLY BOOKED!!!	Monday	10.00am – 10.50am
Chair based exercise Yoga - with Sami Ilford Library, Clements Road, Ilford, IG1 1EA	FULLY BOOKED!!!	Monday	11.00am – 12.00pm
Tai Chi - with John Poon Age UK, 103 Cranbrook Road, Ilford, IG1 4PU	ADVANCED ONLY	Wednesday	10.00am – 10.50am
Chair based exercise – with Sami Cambridge Park: currently unavailable to non residents		Tuesday	3.00pm – 4.00pm
Chair based exercise - with Sami Forest Dene: currently unavailable to non residents		Thursday	10.00am – 1.45am
Chair based Tai Chi - with John Poon Ilford Library, Clements Road, Ilford, IG1 1EA	FULLY BOOKED!!!	Wednesday	11.00am-11.50am

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Face to Face (B&D)

Venue		Day	Time
Chair based exercise class – with Anne Marsh, East Road Baptist Church, East Road, RM6 6YJ		Thursday	2.00pm – 3.00pm
Chair based exercise class – with Heidi George Crouch Centre, Dagenham, RM10 7DG		Tuesday	11.20am – 12.20pm
Chair based exercise class – with Heidi St Chad’s Church, Eric Road, RM6 6JH	FULLY BOOKED!!!	Tuesday	1.15pm – 2.15pm
Chair based exercise class – with Becontree leisure centre Althorne Way RM10 7FH	FULLY BOOKED!!	Tuesday	10.00am – 11.00am
Chair based Tai Chi – with John St Chad’s Church, Eric Road, RM6 6JH	FULLY BOOKED!!!	Friday	12:30pm-13:20pm

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Online Exercise Classes (BHR)

Venue	Day	Time
Chair Based Exercises - with Elaine	Wednesday	11:00am-12:30pm
Chair Based Exercise - with Elaine	Thursday	11:00am-12:30pm
Tai-Chi - with John Poon	Thursday	11:00am – 12.00pm

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