

## Age UK Redbridge, Barking and Havering

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

**Classes in Havering are £4 per session, payable in 6-week intervals.**

### Face to Face Exercise Classes (Havering)

Venue	Day	Time
<b>Chair Based Exercises – with Heidi</b> <span style="float: right;"><b>FULLY BOOKED!!!</b></span> Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	Monday	11.20am – 12.20pm
<b>Chair Based Exercises – with Heidi</b> <span style="float: right;"><b>FULLY BOOKED!!!</b></span> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	1.00pm – 2.00pm
<b>Tai Chi – with Karl</b> Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	Monday	1.00pm – 1.50pm
<b>Chair Based Exercises – with Heidi</b> <span style="float: right;"><b>FULLY BOOKED!!!</b></span> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	2.00pm-3.00pm
<b>Chair Based Yoga – With Sami</b> <span style="float: right;"><b>NEW CLASS!!!!</b></span> <u>Lumiere Cinema, Screen 6</u> Level 3, The Mercury Shopping Centre, Mercury Gardens, Romford RM1 3EE	Tuesday	2.30pm-3.30pm
<b>Chair Based Exercises – with Carly</b> <span style="float: right;"><b>NEW CLASS!!!!</b></span> <b>Harold Hill Library</b> , Community Hub, 19a Farnham Road · Harold Hill · RM3 8ED	Wednesday	11.15am-12.15pm
<b>Chair Based Exercises – with Heidi</b> <span style="float: right;"><b>FULLY BOOKED!!!</b></span> Ardleigh Green Community Association, Hornchurch, RM11 2LG	Wednesday	12.15pm – 1.15pm
<b>Chair Based Exercises – with Heidi</b> <span style="float: right;"><b>FULLY BOOKED!!!</b></span> <b>All Saints Church</b> , Ardleigh Green, Hornchurch, RM11 2LG	Wednesday	1.30pm – 2.30pm
<b>Tai Chi – with Karl</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Thursday	10.00am – 11.am
<b>Chair Based Exercises – with Heidi</b> <span style="float: right;"><b>FULLY BOOKED!!!</b></span> <b>All Saints Church</b> , Ardleigh Green, Hornchurch, RM11 2LG	Thursday	11.30am- 12.30pm
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham, RM14 1XN	Thursday	1.00pm – 2.00pm
<b>Chair Based Exercises – with Heidi</b> <span style="float: right;"><b>FULLY BOOKED!!!</b></span> Cranham social hall club, Front Lane, Cranham, RM14 1XN	Thursday	2.00pm – 3.00pm

**New class coming soon in Rainham. Get in touch to be registered onto our waiting lists for!**

### Face to Face Exercise Classes (Redbridge)

Venue	Day	Time
<b>Easy Chair based Yoga - with Sami</b> <span style="float: right;"><b>FULLY BOOKED!!!</b></span> <b>Iford Library</b> , Clements Road, Ilford, IG1 1EA	Monday	10.00am – 11.00am
<b>Chair based Tai Chi - with John Poon</b> <span style="float: right;"><b>FULLY BOOKED!!!</b></span> <b>Iford Library</b> , Clements Road, Ilford, IG1 1EA	Monday	10.00am – 10.50am

<b>Chair based exercise Yoga - with Sami</b> Ilford Library, Clements Road, Ilford, IG1 1EA	<b>FULLY BOOKED!!!</b>	<b>Monday</b>	<b>11.00am – 12.00pm</b>
<b>Chair based exercise – with Sami</b> Cambridge Park: currently unavailable to non-residents		<b>Tuesday</b>	<b>2.30 – 3.30pm</b>
<b>Chair based Tai Chi - with John Poon</b> Ilford Library, Clements Road, Ilford, IG1 1EA	<b>FULLY BOOKED!!!</b>	<b>Wednesday</b>	<b>11.00am-11.50am</b>
<b>Chair based exercise - with Sami</b> Forest Dene: currently unavailable to non-residents		<b>Friday</b>	<b>9.45am– 10.45am</b>
<b>Chair based exercise class - with Keeley</b> Chadwell House –unavailable to non-residents		<b>Friday</b>	<b>11.00am – 12.00pm</b>

## Face to Face Exercise Classes (B&D)

Venue		Day	Time
<b>Chair based exercise class – with Heidi</b> Becontree leisure centre Althorne Way RM10 7FH	<b>FULLY BOOKED!!</b>	<b>Tuesday</b>	<b>10.00am – 11.00am</b>
<b>Chair based exercise class – with Heidi</b> George Crouch Centre, Dagenham, RM10 7DG		<b>Tuesday</b>	<b>11.20am – 12.20pm</b>
<b>Chair based exercise class – with Heidi</b> St Chad’s Church, Eric Road, RM6 6JH	<b>FULLY BOOKED!!</b>	<b>Tuesday</b>	<b>1.15pm – 2.15pm</b>
<b>Chair based exercise class – with Anne Marsh</b> St Chad’s Church, Eric Road, RM6 6JH		<b>Thursday</b>	<b>12.15pm-1.15pm</b>
<b>Chair based exercise class – with Anne Marsh</b> East Road Baptist Church, East Road, RM6 6YJ		<b>Thursday</b>	<b>2.00pm – 3.00pm</b>
<b>Chair based Tai Chi – with John</b> St Chad’s Church, Eric Road, RM6 6JH		<b>Friday</b>	<b>12:30pm-13:20pm</b>

## Online Exercise Classes (BHR)

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

For more information, call [07535 953763](tel:07535953763) or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)

All classes are free of charge in Redbridge and Barking and Dagenham.