

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

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

Chair Based Exercise Classes:			
Venue	Day	Time	Availability
Cranham Community Centre RM14 1SR	Monday	11:20-12:20	Fully booked.
Highlands Apartments RM2 5EH	Monday	11:45-12:45	Residents only.
Sapphire Jubilee Community Centre (Collier Row) RM5 3BW	Monday	13:00-14:00	2 spaces available.
Sapphire Jubilee Community Centre (Collier Row) RM5 3BW	Monday	14:00-15:00	2 spaces available.
Lumiere Cinema – Screen 6 Mercury Shopping Centre RM1 3EE	Tuesday	14:30-15:30	Spaces available.
Harold Hill Library – 1st Floor Community Hub RM3 8ED	Wednesday	11:15-12:15	Spaces available.
Ardleigh Green Community Association RM11 2LG	Wednesday	12:15-13:15	Fully booked. Waiting List.
All Saints Church RM11 2LG	Wednesday	13:30-14:30	2 spaces available.
All Saints Church RM11 2LG	Thursday	13:30-14:30	Few spaces available.
Cranham Social Hall Club RM14 1XN	Thursday	13:00-14:00	Fully booked. Waiting List.
Cranham Social Hall Club RM14 1XN	Thursday	13:00-14:00	2 spaces available.
Beam Park Living Room RM13 8RQ	Friday	12:00-13:00	New class in October! Please sign up!
Tai Chi Classes:			
Cranham Community Centre RM14 1SR	Monday	13:00-14:00	Spaces available.
Sapphire Jubilee Community Centre (Collier Row)	Thursday	10:00-11:00	Spaces available.

RM5 3BW			
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All classes are free of charge in Redbridge and Barking and Dagenham.

Redbridge

<u>Chair Based Yoga Classes:</u>			
<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Availability</u>
Ilford Library IG1 1EA	Monday	10:00-11:00	Fully booked. Waiting List.
Ilford Library IG1 1EA	Monday	11:00-12:00	Fully booked.
Forest Dene E11 2AP	Friday	9:45-10:45	Residents only.
Chadwell House E11 2AP	Friday	11:00-12:00	Residents only.
<u>Chair Based Tai-Chi Classes:</u>			
Ilford Library IG1 1EA	Monday	10:00-11:00	Fully booked. Waiting List.
Ilford Library IG1 1EA	Monday	11:00-11.50	Fully booked. Waiting List.

Barking and Dagenham

<u>Chair Based Exercise Classes:</u>			
<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Availability</u>
Becontree Leisure Centre RM10 7FH	Tuesday	10:00-11:00	2 spaces available.
George Crouch Centre RM10 7DG	Tuesday	11:20-12:20	Residents only.
St Chads Church RM6 6JH	Tuesday	13:15-14:15	Fully booked.
St Chads Church RM6 6JH	Thursday	12:15-13:15	Spaces available.
East Road Baptist Church RM6 6YJ	Thursday	14:00-15:00	2 spaces available.
<u>Chair Based Tai-Chi Classes:</u>			
St Chads Church RM6 6JH	Friday	11:30-12:30	Spaces available.



New classes coming in Barking and Dagenham, please get in touch to sign up.

Online Exercise Classes (BHR)

<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Availability</u>
Online Chair Exercise – Zoom	Wednesday	11:00-12:00	Spaces available.
Online Chair Exercise – Zoom	Thursday	11:00-12:00	Spaces available.
Online Chair Tai Chi – Zoom	Thursday	11:00-12:00	Spaces available.

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