

Face to Face Exercise Classes (Havering)

Venue	Day	Time
Chair Based Exercises – with Heidi FULLY BOOKED Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	Monday	11.30am – 12.20pm
Chair Based Exercises – with Heidi North Romford Community Centre, Collier Row	Monday	1.00pm – 1.50pm
Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham	Thursday	1.00pm – 2.00pm
Tai Chi – With Karl North Romford Community Centre, Collier Row	Thursday	10.00am – 11.am
Tai Chi – With Karl Cranham Community Centre	Monday	1.00pm – 1.50pm

For more information call 07535 953763 or Email: aimi.davies@ageukrbh.org.uk

Face to Face (B&D)

Venue	Day	Time
Chair based class – with Anne Marsh, East Road Baptist Church	Thursday	2.00pm – 3.00pm
Chair based class – with Heidi - Kilsby Walk – open to non residents	Thursday	10.00am – 11.00am
Chair based class – with Heidi -Turner Court open to non residents	Thursday	11.30am – 12.30am
Chair based class – with Heidi George Crouch Centre – not open to non residents	Tuesday	12.00am – 1.00pm
Chair based class – with Heidi Ted Hennem – not open to non residents	Thursday	10.00am - 11.00am
Chair based class – with Heidi In Skip Road, open to non residents	Tuesday	11.15am – 12.15pm

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Face to Face (Redbridge)

Venue	Day	Time
Tai Chi FULLY BOOKED - with John Poon at Age UK	Wednesday	10.00am – 10.50am
Tai Chi - with John Poon at Ilford Library	Monday	10.00am – 10.50am
Chair based exercise Yoga - with Sami at Ilford Library	Monday	11.00am – 12.00pm
NORDIC WALKING – STARTING 20TH JULY IN VALENTINES PARK!!		
Chair based at Chadwell House - with Keeley - open to non-residents from July	Friday	11.15am – 12.15pm
Chair based at Cambridge park - with Sami - currently unavailable to non residents	Tuesday	10.15am – 11.15am
Chair based at Forest Dene - with Sami - currently unavailable to non-residents	Tuesday	11.30am – 12.30am
Chair based at Bernard House - with Natalie - open to non-residents	Tuesday	10.30am – 11.30am
Chair based at Rowan House - with Natalie - currently unavailable to non-residents	Tuesday	12.00pm – 1.00pm

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

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	12:15pm -1:00pm

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Classes are **Free** - but must be booked as limited spaces!