**Most classes are now fully booked! – we have limited spaces only. Please see** Spaces available **below.**

 **All free!!**

**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.**

**Face to Face Exercise Classes (Havering)**

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| **Venue** | **Day** | **Time** |
| **Chair Based Exercises – with Heidi**Ardleigh Green Community Association, Hornchurch  | **Wednesday** | **12.15pm – 1.15pm** |
| **Chair Based Exercises – with Heidi****All Saints Church**, Ardleigh Green, Hornchurch | **Wednesday** | **1.30pm – 2.30pm** |
| **Chair Based Exercises – with Heidi** **NEW CLASS!!!****All Saints Church**, Ardleigh Green, Hornchurch | **Thursday**  | **11.30am- 12.30pm** |
| **Chair Based Exercises – with Heidi** Spaces available.Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW | **Monday** | **1.00pm – 2.00pm** |
| **Tai Chi – With Karl** Spaces available. Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW | **Thursday** | **10.00am – 11.am** |
| **Tai Chi – With Karl** Spaces available.Cranham Community Centre | **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 | **Thursday** | **1.00pm – 2.00pm** |
| **Chair Based Exercises – with Heidi** Cranham social hall club, Front Lane, Cranham **NEW CLASS!!!** | **Thursday**  | **2.00pm – 3.00pm** |

**For more information call 07535 953763 or Email: Georgina.fowler@ageukrbh.org.uk**

**Face to Face Exercise Classes (Redbridge)**

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|  **Venue** | **Day**  | **Time**  |
| **Easy Chair based exercise - With Sami** Spaces available.Ilford Library | **Monday** | **10.00am – 11.00am** |
| **Chair based exercise class - with Keeley** Spaces available.Chadwell House-open to non-residents  | **Friday** | **11.00am – 12.00pm** |
| **Nordic Walking - With Anne** Spaces available.**Valentines Park, Ilford** | **Wednesday** | **1.30pm– 2.30pm** |
| **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** |
| **Tai Chi - with John Poon FULLY BOOKED!!!****at Age UK** | **Wednesday** | **10.00am – 10.50am** |
| **Chair based at Cambridge park - with Sami*** **currently unavailable to non residents**
 | **Thursday** | **11.00am – 11.45am** |
| **Chair based at Forest Dene - with Sami*** **currently unavailable to non residents**
 | **Thursday** | **10.00am – 10..45am** |

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

**Face to Face (B&D)**

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|  **Venue** | **Day**  | **Time**  |
| **Chair based class – with Anne Marsh,** **East Road Baptist Church** Spaces available. | **Thursday** | **2.00pm – 3.00pm** |
| **Chair based class – with Heidi** **George Crouch Centre** Spaces available. | **Tuesday** | **11.20am – 12.20pm** |

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**Online Exercise Classes (BHR)**

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

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