

What's On Guide

Age UK Sutton is working with partner organisations to showcase a variety of **Age-friendly** activities across Sutton.

letsconnect@ageuksutton.org.uk
www.ageuk.org.uk/sutton
0208 078 0002



LET'S STAY ACTIVE
strength and balance
Age-friendly strength and balance
across the borough of Sutton



Meriyaki Yoga Chair Yoga



Mondays 10:20am-11:20am



Adaptable exercise with a chair instead of the floor. Step free access to building



Carshalton Beeches Baptist Church



Chair Yoga is designed to cater for needs of people living with long term health conditions by teaching basic yoga postures at a gentle pace. This class focuses on strength and balance of your body. Taught by a qualified instructor. **Classes cost £10 each with membership options and 50% off your first visit** . Please call Ross on 07427 402 799 for more information.

Did you know...

According to NHS England, we should be doing exercise everyday - ranging from moving around the home and getting up from sitting to standing, to walking and even martial arts - whatever feels most comfortable to you!

LET'S STAY ACTIVE

MORE Age-friendly Strength and Balance across the Borough of Sutton

Here is a sample of active groups across the borough.

PLEASE NOTE: Activities listed on this side are for information only. Please book direct with the organisations.



ACTIVITY	GROUP	AREA	CONTACT FOR MORE INFORMATION
Tai Chi	Wudang Tai Chi	Hackbridge	07796 696 716 https://wudangtaichi.co.uk/
Gentle Cardio Strength & Balance	Sue B Fitness	Sutton Central	0208 405 2909
Gentle Yoga	Merakiyoga	Woodmansterne	07427 402 799
Chair Based	Stronger for Longer	Sutton	0208 405 2909 suebfittness.co.uk
Pilates	Mixed ability pilates	Purley Sports Club	0208 660 0608 https://purleysportsclub.co.uk/
Tai Chi	Wallington Community Wellbeing	Wallington	07770 533 000

Can't see what you're looking for? Check out the full listings online: ageuk.org.uk/sutton or contact us: 0208 078 0002 / letsconnect@ageuksutton.org.uk

