

Exercise Classes and Health Hubs Schedule

Day	Time	Activity	Location/Details
Monday (excluding Bank Holidays)	1pm - 2:30pm	Health Hub Including Exercise Session*	Currently Unable to Accept New Participants
	2pm - 3pm	Exercise Class with Standing & Seated Adaptations (online)	Please email to register: healthierlifestyles@ageukcroydon.org.uk
Tuesday	11:30am - 12:15pm	Seated Exercise Class	Peony Court, 58 Addiscombe Rd, Croydon, CR0 5PH
	1pm - 2:30pm	Health Hub Including Exercise Session	Purley Library, Banstead Rd, CR8 3YH
Wednesday	10:30am - 11:15am	Exercise Class with Standing & Seated Adaptations*	Currently Unable to Accept New Participants
	11:30am - 12:15pm	Exercise Class with Standing & Seated Adaptation	Scratchley Hall, 81 Brigstock Road, CR7 7JH
Thursday	10am - 11am	Seated Exercise with Health and Wellbeing Talk (online)	Please email to register: healthierlifestyles@ageukcroydon.org.uk
	11am-12:30pm	Health Hub Including Exercise Session	Edward Jobson Court, 19 Canning Road, CR0 6QD
	1:30pm-3pm	Health Hub Including Exercise Session	Scratchley Hall, 81 Brigstock Road, CR7 7JH
Friday	10:30am-12pm	Health Hub Including Exercise Session	Claremont Court, 172 Selhurst Road, South Norwood, SE25 6LD
	2pm - 3pm	Exercise Class with Standing & Seated Adaptations (online)	Please email to register: healthierlifestyles@ageukcroydon.org.uk

* Due to limitations with space and oversubscription we are unable to accept new participants at some of our classes. Please consider attending one of our other sessions online and across Croydon.

Excluding Bank Holidays / We reserve the right to change events at the last minute