

Islington
Fitness
Week

16-21 September

Try
something
new!



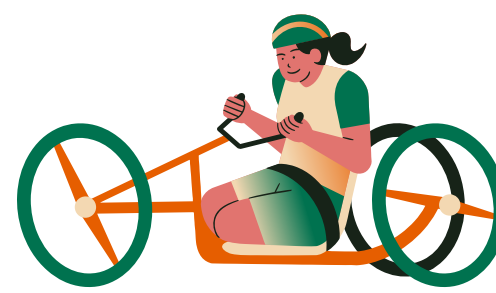
Cycling Session for All - All Ability Club Cycling

Monday 16 September, 10-12pm (free)

Highbury Fields, Highbury Crescent, N5 1AR

Adapted bikes and instructors to get everyone cycling, including older people, with dementia or mobility issues. Contact Bikeworks for further information.

To book: all.ability@bikeworks.org.uk or call 020 8040 0582.



Healthy Minds Healthy Bodies Workshop

Tuesday 17 September 10.30am-12noon (free)

Islington Ecology Centre, Gillespie Park, N5 1PH

Join Lazza and Jack for a fun interactive session to discover what micro-changes we can make in our lifestyles to improve our confidence and wellbeing.

To book: activities@ageukislington.org.uk or call 020 7281 6018.

Line Dancing

Wednesday 18 September, 1-2pm (free)

The Peel, Three Corners Centre, Northampton Road, EC1R 0HU

Get your body moving, enjoy yourself and increase your brain fitness by learning new dance routines.

To book: k.bottomley@peelinstitute.org.uk or call 07535 975244.



Sobell Sports Get Together (50yrs+)

Thursday 19 September, 10.30am-1pm (£2.60 payable on entry)

Sobell Leisure Centre, Hornsey Road, N7 7NY

A relaxed social with the opportunity to take part in some gentle sports and have a cuppa! Try table tennis, indoor bowls, dominoes or an exercise class.

To book: activities@ageukislington.org.uk or call 020 7281 6018.



Pilates

Friday 20 September, 10.30 - 11.30am (free)

Kings Square Community Centre, Blackwell House, Central Street, EC1V 8DY

Jaz Mullings-Lambert will guide you through a pilates routine, which can help with flexibility, strength, muscle tone and aches and pains.

To book: call Healthy Generations on 0798 114 2376 or see their website to book online.



Boxing fitness for adults with or at risk of Type 2 diabetes

Saturday 21 September, 10.30-11.30am (suggested £5 donation)

Claremont, 24-27 White Lion Street, N1 9PD

Physical therapy for adults with or at risk of Type 2 Diabetes to improve your health and wellbeing through non-contact boxing / boxercise.

To book: info@c4cwb.org.uk or call / Whatsapp 07939 979186.

