

 **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 **FULLY BOOKED!!!** | **Wednesday** | **1.30pm – 2.30pm** |
| **Chair Based Exercises – with Heidi** **All Saints Church**, Ardleigh Green, Hornchurch | **Thursday**  | **11.30am- 12.30pm** |
| **Chair Based Exercises – with Heidi FULLY BOOKED!!!** Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW | **Monday** | **1.00pm – 2.00pm** |
| **UPCOMING:****Chair Based Exercises – with Heidi BEGINNING 13TH JANUARY 2025** Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW | **Monday** | **2.00pm-3.00pm** |
| **Tai Chi – with Karl** Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW | **Thursday** | **10.00am – 11.am** |
| **Tai Chi – with Karl** 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 **FULLY BOOKED!!!** | **Thursday** | **1.00pm – 2.00pm** |
| **Chair Based Exercises – with Heidi** Cranham social hall club, Front Lane, Cranham | **Thursday**  | **2.00pm – 3.00pm** |

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

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

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|  **Venue** | **Day**  | **Time**  |
| **Easy Chair based Yoga - with Sami FULLY BOOKED!!!****Ilford Library,** Clements Road, Ilford, IG1 1EA | **Monday** | **10.00am – 11.00am** |
| **Chair based exercise class - with Keeley** **Chadwell House** -open to non-residents  | **Friday** | **11.00am – 12.00pm** |
| **Nordic Walking - with Anne** **Valentines Park,** Ilford | **Wednesday** | **1.30pm– 2.30pm** |
| **Chair based Tai Chi - with John Poon FULLY BOOKED!!!****Ilford Library,** Clements Road, Ilford, IG1 1EA | **Monday** | **10.00am – 10.50am** |
| **Chair based exercise Yoga - with Sami FULLY BOOKED!!!****Ilford Library,** Clements Road, Ilford, IG1 1EA | **Monday** | **11.00am – 12.00pm** |
| **Tai Chi - with John Poon** **Age UK,** 103 Cranbrook Road, Ilford, IG1 4PU | **Wednesday** | **10.00am – 10.50am** |
| **Chair based exercise – with Sami** **Cambridge Park: currently unavailable to non residents** | **Tuesday** | **3.00pm – 4.00pm** |
| **Chair based exercise - with Sami****Forest Dene: currently unavailable to non residents** | **Thursday** | **10.00am – 1.45am** |
| **UPCOMING:****Chair based Tai Chi - with John Poon BEGINNING 15TH JANUARY 2025 Ilford Library,** Clements Road, Ilford, IG1 1EA | **Wednesday**  | **11.00am-11.50am** |

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

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|  **Venue** | **Day**  | **Time**  |
| **Chair based exercise class – with Anne Marsh,** **East Road Baptist Church,** East Road, RM6 6YJ | **Thursday** | **2.00pm – 3.00pm** |
| **Chair based exercise class – with Heidi** **George Crouch Centre,** Dagenham, RM10 7DG  | **Tuesday** | **11.20am – 12.20pm** |
| **Chair based exercise class – with Heidi New class!!!****St Chad’s Church,** Eric Road, RM6 6JH | **Tuesday** | **1.30pm – 2.30pm** |
| **UPCOMING:****Chair based Tai Chi – with John BEGINNING 17th JANUARY 2025****St Chad’s Church,** Eric Road, RM6 6JH | **Friday** | **12:30pm-13:20pm** |

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**Online Exercise Classes (BHR)**

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|  **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**  | **11:00am – 12.00pm** |

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