

Elders Exercise



Weekly group exercise sessions that provide strength and balance exercise for over 55s. These classes improve mood and wellbeing, strengthen muscles and improve balance. They help participants to

 Date

Every Tuesday
Every Wednesday

**Tue,
31st Oct
2023**

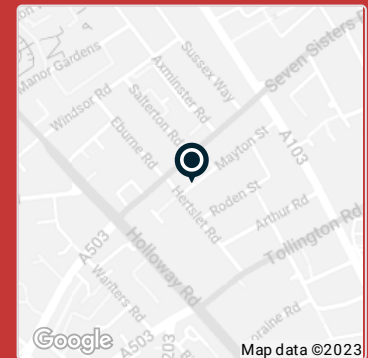
 11:30am - 12:30pm

 Price

Free

 In-Person

**Old Fire Station
Community Centre
84 Mayton Street,
London
N7 6QT**



maintain an active and independent lifestyle by taking part in exercises relevant to daily life.

About this Activity

Our tutor will be leading classes held indoors at the Old Fire Station:

Every Tuesday, Men and Women 11.30am to 12.30pm

Every Wednesday, Men & Women 1.45pm to 2.45pm

Accessibility Information

- The class is accessible to people with a wide range of mobility requirements. There is safe, effective, clear verbal explanation and demonstration of exercises using balancing aids (if necessary). It is suitable for people who are continuing to exercise after completing physiotherapy. We are happy for anyone who is nervous or anxious about joining to visit the centre before registering so we can give them a warm welcome and they can chat to our reception staff and find out who we are and what we are like.

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