

FREE WINTER WORKOUT '23

Shake off those winter blues and step into a gentle workout session to help make a good start to the New Year

✉ get.active@haringey.gov.uk

☎ 07971 113 463

WHAT'S ON OFFER:

Martial arts, dance, chair exercise, and more... see over

Some activities will require you to book, so please contact for more details

To join a **Walking Group** visit:

🌐 www.haringey.gov.uk/haringey-walks



Activity	Venue	Day	Time	Date	Group
Chair Exercise	Sophia House Anthill Road N15 4AQ	Monday	2pm - 3pm	9 Jan to 27 Mar	50+
Pilates	Kurdish Advice Centre 1 Eastfield Road N8 7AD	Monday	2pm - 3pm	9 Jan to 27 Mar	Women
Tai Chi	The Cypriot Community Centre Earlham Grove N22 5HJ	Monday	11am - 12pm	23 Jan to 27 Mar	50+
Chair Exercise	The Community Hub 8 Caxton Road N22 6TB	Tuesday	12 - 1pm	10 Jan to 28 Mar	50+
Stretch, Tone & Grow	Down Lane Park Park View Road N17 9EY Living Under One Sun	Wednesday	12 - 1pm	11 Jan to 29 Mar	Women
Line Dancing	The Cypriot Community Centre Earlham Grove N22 5HJ	Wednesday	2pm - 3pm	11 Jan to 29 Mar	Parents & Toddlers
Reggaectivity	Coombes House 40 Bromley Road N17 0AR	Wednesday	10am - 11am	11 Jan to 29 Mar	50+
Stretch, Tone & Grow	Latimer House 1-32 Latimer Road N15 6NW	Thursday	12:30 - 1:30	12 Jan to 30 Mar	50+
Chair Exercise	Summer Hill Village 57 – 117 Summerhill Road N15 4HR	Friday	1:30 - 2:30	13 Jan to 31 Mar	50+
Yoga / Mindfulness	Neighbourhood Resource Centre 177 Park Lane N17 0HJ	Friday	11am - 12pm	20 Jan to 31 Mar	50+
Street Table Tennis	Lordship Rec N17 6NU Table Tennis Area	Saturday	2pm - 3pm	14t Jan to 25 Mar	50+
Martial Arts	Tottenham Community Sports Centre N17 8AD	Saturday	1pm - 2pm	14 Jan to 25 Mar	G&W