

Free Winter Workout

Shake off those winter blues and step into a gentle workout session to help make a good start to the New Year
No experience needed, easy pace sessions

What's on offer:

walking, cycling, martial arts and more.....

Some activities will require booking so please contact for more details

get.active@haringey.gov.uk

or call

07971 113 463



What's On Where

Activity	Venue	Day	Time	Date	Date	Group
Street Table Tennis	Lordship Rec N17 6NU Table Tennis Area	Friday	5pm - 6pm	3rd to 17 th Dec	7 th Jan to 4 th Feb	Adults
Martial Arts	Tottenham Community Sports Centre N17 8AD	Saturday	1pm -2pm	4 th to 18 th Dec	8 th to 29 th Jan	Girls and Women
Tottenham Heritage Walks	T on the Green Bruce Castle Park N17 8NJ	Wednesday	10.30 -11.30	1 st to 22 nd Dec	5 th to 26 th Jan	Adults
Yoga	Broadwater Farm Community Centre Adams Road N17 6HE	Monday	5pm - 6pm	6 th & 13 th Dec	10 th Jan to 31 st Jan	Women
Walking Basketball	Selby Centre Selby Rd N17 8JL	Sunday	3pm to 4pm	5 th to 19 th Dec	9 th to 30 th Jan	Adults & Families
Dance	Down Lane Park N17 9AU new 3G pitch	Wednesday	6pm – 7pm	1 st to 22 nd Dec	5 th to 26 th Jan	Girls
Walking & Cycling	Lordship Rec Model Traffic Area Next to paddling pool	Friday	10am - 11am	3rd to 17 th Dec	7 th Jan to 4 th Feb	Parents Carers & Toddlers
Soca Dance	Lordship Rec N17 6NU	Sunday	11:30 – 12:30	5 th to 19 th Dec	9 th to 30 th Jan	All