

# Better Camden 55+ Club Activity

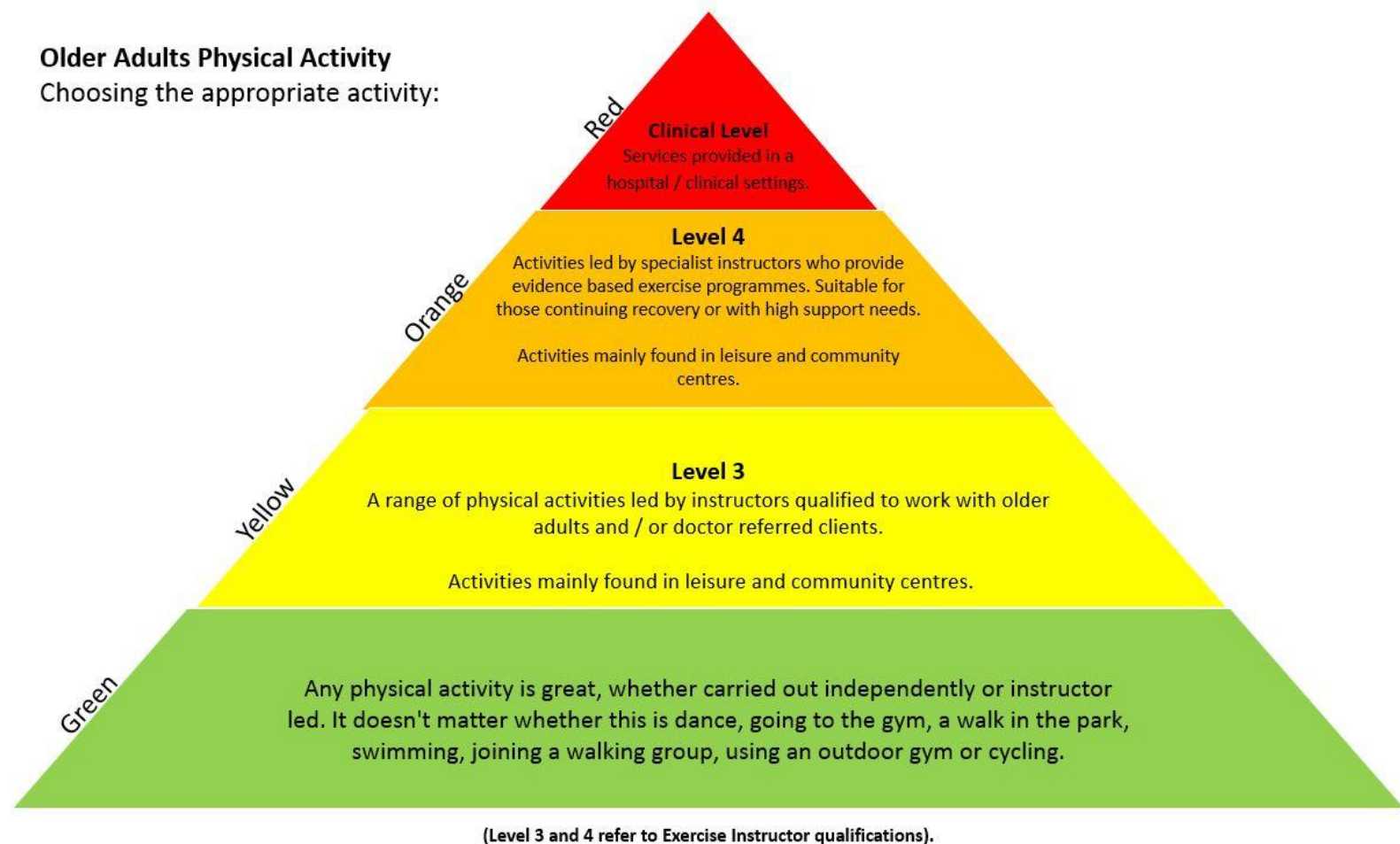
Time	Activity	Name & Level of Instructor	Leisure/Community Centre	Class Description
<b>Monday</b>				
10:00-11:00	Chair Assisted Tai Chi	Steph Fowler	Peckwater Centre, 6 Peckwater St, London NW5 2UP	A combination of Tai Chi basics and resistance band exercises are used to work on strength, flexibility, balance and coordination for the whole body
13:00-14:30	Badminton and Table Tennis*	Abu Hussain	Swiss Cottage Leisure Centre, NW3 3NF	This session provides an excellent opportunity to take part in Badminton and Table Tennis for people of all levels with the support of a specialist coach
<b>Tuesday</b>				
09:45-10:45	Pilates	Richard	Kentish Town Sports Centre, NW5 3DU	Our Pilates classes come in all shapes and sizes, but they all focus on concentration and muscle control, for a highly effective workout.
11:00-12:00	Aerobics	Khedija Sassi	Swiss Cottage Leisure Centre, NW3 3NF	Standing workout which consists of low impact aerobics, toning and balance work with some dedicated arm and back work as well as posture and spinal alignment.
12:00-12:45	Water Workout	Suzanne Grundy	Swiss Cottage Leisure Centre, NW3 3NF	Warm pool class to music -suitable for injuries as adaptations given
13:00-15:00	Short tennis*	Abu Hussain	Swiss Cottage Leisure Centre, NW3 3NF	This session provides an excellent opportunity to take part in Short Tennis for people of all levels with the support of a specialist coach
15:00-16:00	Yoga	Dan	Swiss Cottage Leisure Centre, NW3 3NF	Release tension with floor & standing poses plus relaxation, strength and balance
16:00-17:00	Tai Chi	Jane Ward	Swiss Cottage Leisure Centre, NW3 3NF	Slow, gentle movements to strengthen the body, improve balance and coordination, and relax the mind.
<b>Wednesday</b>				
09:30-10:30	Strength and Conditioning	Jane Ward	Swiss Cottage Leisure Centre, NW3 3NF	Strength, endurance and balance exercise, using weights or bands.
10:00-11:30	Tai Chi	Roy Russell	Oasis Sports Centre, WC2H 9AG	A form of Chinese exercise and also a gentle martial art where movements are performed slowly and smoothly.
11:00-11:50	Core Stability	Sean	Kentish Town Sports Centre, NW5 3DU	This low-impact class uses a range of innovative equipment and your own body weight to develop a stronger core.
11:00-11:50	Strength and Conditioning	Jane Ward	Swiss Cottage Leisure Centre, NW3 3NF	Strength & balance exercise, using bands. Chair Assisted.
12:00-13:00	Circuits	Suzanne Grundy	Swiss Cottage Leisure Centre, NW3 3NF	Cardio, strength and flexibility. Options for challenge and adaptations for injuries
14:00-15:00	Tai Chi	Jane Ward	Peckwater Centre, 6 Peckwater St, London NW5 2UP	Slow, gentle movements to strengthen the body, improve balance and coordination, and relax the mind.
14:30-15:30	Pilates	Daniella	Swiss Cottage Leisure Centre, NW3 3NF	Pilates classes come in all shapes and sizes, but they all focus on concentration and muscle control, for a highly effective workout.
<b>Thursday</b>				
10:30-11:30	Walking Netball*	Yvonne Rhoden	Pancras Square Leisure, N1C 4AG	Slowed down version of netball in a relaxed and supportive environment
12:00-13:00	Tai Chi	Jane Ward	Swiss Cottage Leisure Centre, NW3 3NF	Slow, gentle movements to strengthen the body, improve balance and coordination, and relax the mind.
12:00-13:00	Aerobics	Maria Williams	Swiss Cottage Leisure Centre, NW3 3NF	A combination of strength and endurance, standing strength and ab work
12:00-15:00	Badminton and Table tennis*	Abu Hussain	Swiss Cottage Leisure Centre, NW3 3NF	This session provides an excellent opportunity to take part in Badminton and Table Tennis for people of all levels with the support of a specialist coach
13:00-14:00	Seated exercise	Chloe Nevett	Royal Free Rec Club, Fleet Rd, London NW3 2QG	Condition & stretch muscles with some optional standing
15:00-16:00	Yoga	Dan	Swiss Cottage Leisure Centre, NW3 3NF	Release tension with floor & standing poses plus relaxation
15:00-16:00	Yoga	Chloe Nevett	Talacre Community Sports Centre, NW5 3AF	Release tension with floor & standing poses plus relaxation, strength and balance
<b>Friday</b>				
11:30-12:30	Pilates	Richard	Kentish Town Sports Centre, NW5 3DU	Pilates classes come in all shapes and sizes, but they all focus on concentration and muscle control, for a highly effective workout.
11:50- 12:50	Yoga	Chloe Nevett	Swiss Cottage Leisure Centre, NW3 3NF	Release tension with floor & standing poses plus relaxation, strength and balance
14:00-15:00	Yoga	Dan	Talacre Community Sports Centre, NW5 3AF	Release tension with floor & standing poses plus relaxation, strength and balance
15:30-16:30	Yoga	Chloe Nevett	Pancras Square Leisure, N1C 4AG	Release tension with floor & standing poses plus relaxation, strength and balance
<b>Sunday</b>				
11:00-12:00	Walking Football*	Abu Hussain	Swiss Cottage Leisure Centre, NW3 3NF	Slowed down version of football in a relaxed environment

**\*\* The coloured pyramid below highlights qualification level of each instructor leading sessions for the Better Camden 55+Club Activity Programme \*\***

## Better Camden 55+ Club – Further Information

### Older Adults Physical Activity

Choosing the appropriate activity:



### Membership

You need to be a member to take part in the Club activities. The two membership options are:

1. **Pay & play membership – A small annual cost (£5.50), with an additional payment for each attended activity. Prices start from £3. For more information contact the leisure centre.**
2. **Pre-paid membership – A monthly payment, allowing you to attend as many Club activities as you would like, at no extra charge.**
3. **We also offer free swimming for over 55s at Swiss Cottage Leisure Centre, Kentish Town Sports Centre, Oasis Sports Centre and Pancras Square Leisure on weekdays between 6.30am and 12pm!**

Memberships can either be purchased at [better.org.uk](https://better.org.uk) or in one of the Better Leisure Centres.