

Exercise classes for over 60's

Has the pandemic affected your physical and mental wellbeing?



You could be eligible for **8 WEEKS FREE ACTIVITY** on our funded project

Our classes will increase your self-confidence, help you to get **mytimeactive** out and about again, maintain your independence and make new friends whilst improving your mobility strength and balance. Many of our sessions are dementia friendly and we offer seated, standing and supported options.

Contact us now -.

Email: primetime@mytimeactive.co.uk

Tel: 07535 647660 or 020 3589 8399

In West Wickham - we would recommend having a try of:

Venue	Date / DAY	Time	Class	Description
WICKHAM HALL Sussex Rd, West Wickham BR4 0JX	Mondays	12:30-13:15	Dancefit	Great footwork & full body movements for all dance enthusiasts. Variation of dance styles & routines,
		14:30-15:15	Wobble	Improve functional ability, mobility & balance as well as your mental wellbeing. Wobble starts and ends in a chair with additional optional standing exercises.
WEST WICKHAM LEISURE CENTRE Station Road, West Wickham BR4 0PY	Mondays	13:00-13:45	Beginner Line Dance	A fun, popular dance experience learning new steps & routines to all styles of music. Great brain workout too!
WEST WICKHAM LEISURE CENTRE Station Road, West Wickham BR4 0PY	Tuesdays	11:30-12:15	Keep Fit	Choreographed light & easy exercise to music. Some muscular strength & endurance work is included in this class
		12:30-13:15	Paracise	Gentle on the joints. Mobility, Balance & Strength Movements all set to fabulous music, suitable for all
WEST WICKHAM LEISURE CENTRE Station Road, West Wickham BR4 0PY	Wednesdays	10:30-11:15	Zumba	A fun lively dance class to different rhythms, generally not so many spins and jumps as regular Zumba but plenty of energy & enthusiasm needed!
WEST WICKHAM LEISURE CENTRE Station Road, West Wickham BR4 0PY	Thursdays	11:30-12:15	Keep Fit	Choreographed light & easy exercise to music. Some muscular strength & endurance work is included in this class
		12:30-13:15	Strength & Stability	Seated, Supported or Freestanding Balance & Strength exercises to help with activities of daily living, prevent falls & improve posture and confidence
		14:30-15:15	Sosa Dance	Dance exercise class. Fabulous music & routines offering technique and breakdown of routines & steps.