

		<b>Better Camden 55+ Club Activity Programme</b>			
<b>Time</b>	<b>Activity</b>	<b>Intensity</b>	<b>Instructor</b>	<b>Leisure/Community Centre</b>	<b>Class Description</b>
<b>Monday</b>					
10:00-11:00	Chair Assisted Tai Chi	Gentle	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*	Active	Abu Hussain	Swiss Cottage Leisure Centre, NW3 3NF	
<b>Tuesday</b>					
09:45-10:45	Pilates	Active	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	Active	Khedija Sassi	Swiss Cottage Leisure Centre, NW3 3NF	Standing workout which consists of low impact aerobic, toning and balance work with some dedicated arm and back work as well as posture and spinal alignment.
12:00-12:45	Water Workout	Gentle	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*	Active	Abu Hussain	Swiss Cottage Leisure Centre, NW3 3NF	
15:00-16:00	Yoga	Gentle	Dan	Swiss Cottage Leisure Centre, NW3 3NF	Release tension with floor & standing poses plus relaxation, strength and balance
16:00-17:00	Tai Chi	Gentle	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	Active	Jane Ward	Swiss Cottage Leisure Centre, NW3 3NF	Strength, endurance and balance exercise, using weights or bands.
10:00-11:30	Tai Chi	Active	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	Active	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	Gentle	Jane Ward	Swiss Cottage Leisure Centre, NW3 3NF	Strength & balance exercise, using bands. Chair Assisted.
12:00-13:00	Circuits	Gentle	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	Gentle	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	Active	Daniella	Swiss Cottage Leisure Centre, NW3 3NF	
<b>Thursday</b>					
10:30-11:30	Walking Netball*	Active	Yvonne Rhoden	Pancras Square Leisure, N1C 4AG	Slowed down version of netball in a relaxed and supportive environment
12:00-13:00	Tai Chi	Gentle	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	Active	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*	Active	Abu Hussain	Swiss Cottage Leisure Centre, NW3 3NF	
13:00-14:00	Seated exercise	Gentle	Chloe Nevett	Royal Free Rec Club, Fleet Rd, London NW3 2QG	Condition & stretch muscles with some optional standing
15:00-16:00	Yoga	Gentle	Dan	Swiss Cottage Leisure Centre, NW3 3NF	Release tension with floor & standing poses plus relaxation
15:00-16:00	Yoga	Gentle	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	Active	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	Gentle	Chloe Nevett	Swiss Cottage Leisure Centre, NW3 3NF	Release tension with floor & standing poses plus relaxation, strength and balance
14:00-15:00	Yoga	Gentle	Dan	Talacre Community Sports Centre, NW5 3AF	Release tension with floor & standing poses plus relaxation, strength and balance
15:30-16:30	Yoga	Gentle	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*	Active	Abu Hussain	Swiss Cottage Leisure Centre, NW3 3NF	Slowed down version of football in a relaxed environment

# Better Camden 55+ Club – Further Information

## Intensity

The Camden Club activities vary in intensity.

- 'Gentle' activities are lower intensity with some either chair based or chair assisted.
- 'Active' activities involve more movement, including all sport sessions at Swiss Cottage and some fitness classes.

Activity instructors will be able to advise you on the most suitable intensity activities for you. All instructors will offer adaptations and options to accommodate different levels of fitness and any health conditions.

## 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 (£5.40), 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.**

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

## Booking

While advanced booking is not required for the Club fitness classes, it is recommended to avoid disappointment. Options for bookings are:

- Booking and payment online through your membership, up to 14 days in advance at - [www.better.org.uk](http://www.better.org.uk)
- Booking and payment via reception, either in person or over the phone, up to 14 days in advance
- \*Payment on the day of the class is not available for sessions taking place outside the Better leisure centres; those taking place at either the Peckwater Centre or the Royal Free Rec Club.

## Social Activities

Swiss Cottage Leisure Centre is the 'Hub' for Club activities in Camden. Social activities and tournaments are organised throughout the year.

**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!**

To get involved with social activities, email [SwissCottage@GLL.ORG](mailto:SwissCottage@GLL.ORG), call 0207 974 2012 or contact our Community Sports Officer, Adriana Duarte on [adriana.duarte@gll.org](mailto:adriana.duarte@gll.org)