

Get Moving & Get Active

Please be aware that the details on this timetable are subject to alteration or cancellation.

For further information call Active for Health

FREE on 0800 587 5833

www.greenwichhealthliving.nhs.uk

**For an explanation of each activity, please ask your
AHP**

Monday

Exercise To Music (50+)	Anstridge Hall, Anstridge Road, New Eltham, SE9 2LL	9.30 – 10.30
Exercise To Music (50+)	Glyndon Community Centre, Raglan Road, Plumstead, SE18 7LB	9.45 – 10.45
Health Walk	Meet in Café, Eltham South Park, Glenesk Road, SE9	9.45 – 10.45
Exercise To Music (50+)	Trinity Centre, Burrage Road, Plumstead, SE18 7JW	10.00 – 11.00
Gentle Tai Chi	Slade Hall, Pendrill Street, Plumstead, SE18 2NB	10.00 – 11.00
Staying Strong & Steady	Forum @ Greenwich, Trafalgar Road, SE10 9EQ	10.00 – 11.00
Exercise To Music (50+)	Anstridge Hall, Anstridge Road, New Eltham, SE9 2LL	10.45 – 11.45
Fitness for 50+	Glyndon Community Centre, Raglan Road, Plumstead, SE18 7LB	11.15 – 12.15
Staying Strong & Steady	Lionel Road Community Centre, 540 Westhorne Avenue, Eltham, SE9 6DH	14.00 – 15.00
Exercise to Music (50+)	Abbey Wood Community Centre, 4 Knee Hill, Abbey Wood, SE2 0YS	14.30 – 15.30

Tuesday

Health Walk	Meet at St Mary's Gate, King William Walk, Greenwich Park, SE10	9.45 – 10.45
Health Walk	Meet outside NatWest Bank, Woolwich Market end of Powis St, SE18 6LE	10.15 – 11.15
Line Dancing	Broadwater Village Hall, Goosander Way, Thamesmead West, SE28 0ER	12.30- 13.30
Sit and Get Fit	Our lady of Grace Church Hall, 145 Charlton Road, SE7 7EZ	13.00 – 13.45
Tai Chi (Intermediate)	Glyndon Community Centre, Raglan Road, Plumstead, SE18 7LB	13.45 – 14.45
Sit and Get Fit	C2K, 2 Penmon Road, Abbey Wood, SE2 9PH	14.00 – 15.00
Tai Chi (Beginners)	Glyndon Community Centre, Raglan Road, Plumstead, SE18 7LB	15.00 – 16.00
Walk to Jog to Run	Meet in front of Charlton House, Charlton Road, SE7 8RE	18.00 – 19.00

Wednesday

Chi Ball	The Pavillion, Bostall Gardens, off McLeod Road, Abbeywood, SE2 0TQ	9.15 – 10.00
Body Conditioning (Term-time only)	Greenacres Children's Centre, Witherston Way, SE9 3JN	9.30 – 10.30
Women only Gym £2.50/Session	Glyndon Community Centre, Raglan Road, Plumstead, SE18 7LB	9.30 – 10.30
Health Walk	Meet outside Anstidge Hall, Anstridge Road, New Eltham, SE9 2LL	9.30 – 10.30
Chi Ball	The Pavillion, Bostall Gardens, off McLeod Road, Abbeywood, SE2 0TQ	10.15 – 11.00
Sit and Get Fit	Beacham Close, St Alfege Road, Charlton, SE7 8JA	11.00 – 11.45
Nordic Walking	Meet in front of Charlton House, Charlton Road, SE7 8RE	12.00 – 13.00
Line Dancing (fortnightly – call for dates)	Our Lady of Grace Church Hall, 145 Charlton Road, SE7 8RE	13.00 – 13.45
Tai Chi (Intermediate)	Coldharbour Community Centre, William Barefoot Drive, SE9 3AY	13.15 – 14.15
Body Conditioning	Discovery Children's Centre, Battery Road,	13.30 – 14.30

(Term-time only)	Thamesmead West, SE9 3AY	
Tai Chi	Turning Pages Community Centre, 6 Nesbitt Road, Kidbrooke, SE9 6HS	13.30 – 14.30
Tai Chi (Beginners)	Coldharbour Community Centre, William Barefoot Drive, SE9 3AY	14.30 – 15.30
Line Dancing	C2K, 2 Penmon Road, Abbeywood, SE2 9PH	14.30 – 15.30
Tai Chi (Beginners)	Community Hall, Walpole Place, 1 – 87 Brookhill Road, Woolwich, SE18 6TP	18.30 – 19.30
Tai Chi (Intermediate)	Community Hall, Walpole Place, 1 – 87 Brookhill Road, Woolwich, SE18 6TP	19.45 – 20.45

Thursday

Line Dancing	Coldharbour Community Centre, William Barefoot Drive, Eltham, SE9 3AY	9.00 – 10.00
Fitness for 50+	Trinity Centre, Burrage Road, Plumstead, SE18 7JW	9.45 – 10.45
Sit & Get Fit	Clockhouse Community Centre, Defiance Walk, Woolwich, SE18 5Q	10.00 – 11.00
Chi Ball	Valley Central, Charlton Football Ground, The Valley, Floyd Road, SE7 8BL	10.00 – 11.00
Line Dancing	Coldharbour Community Centre, William Barefoot Drive, Eltham, SE9 3AY	10.15 – 11.15
Fitness for 50+	Trinity Centre, Burrage Road, Plumstead, SE18 7JW	11.00 – 12.00
Chi Ball	Valley Central, Charlton Football Ground, The Valley, Floyd Road, SE7 8BL	10.00 – 11.00
Sit and Get Fit	Southend House, 141 Footscray Road, Eltham, SE9 2TA	11.30 – 12.15
Sit and Get Fit	Progress Hall, Admiral Seymour Road, Well Hall, SE9 1SL	12.00 – 12.45
Tai Chi (Intermediate)	Anstridge Hall, Anstridge Road, New Eltham, SE9 2LL	12.15 – 13.15
Sit and Get Fit	Strand Court, 33 Strandfield Close, Plumstead, SE18 1LB	12.45 – 13.30
Tai Chi (Beginners)	Anstridge Hall, Anstridge Road, New Eltham, SE9 2LL	13.30 – 14.30
Line Dancing	Holy Trinity Church Hall, Orchard Hill, Lewisham, SE13	14.00 – 15.00

Thursday (Cont.)

Sit and Get Fit	Collerston House, Armitage Road, Greenwich, SE10 0HU	15.30 – 16.30
Fitness Circuit	Glyndon Community Centre, Raglan Road, SE18 7LB	18.30 – 19.30

Friday

Nordic Walking	Gallions Reach Health Centre, Bentham Road, SE28 8BE	9.15 – 10.15
Line Dancing	Trinity Centre, Burrage Road, SE18 7JW	9.30 – 10.30
Exercise to Music	Coldharbour Community Centre, William Barefoot Drive, SE9 3AY	9.45 – 10.45
Women Only Exercise & Movement	Glyndon Community Centre, Raglan Road, SE18 7LB	10.00 – 11.00
Tai Chi (Beginners)	Jubilee Community Centre, Lytton Strachey Path, off Titmus Avenue, SE28 8DU	10.00 – 11.00
Line Dancing	Trinity Centre, Burrage Road, SE18 7JW	10.45 – 11.45
Exercise To Music (50+)	Coldharbour Community Centre, William Barefoot Drive, SE9 3AY	11.00 – 12.00
Tai Chi (Intermediate)	Jubilee Community Centre, Lytton Strachey Path, off Titmus Avenue, SE28 8DU	11.15 – 12.15
Fitness for 50+	Progress Hall, Admiral Seymour Road, Well Hall, SE9 1SL	11.30 – 12.30
Sit and Get Fit	Sikh Temple, Masons Hall, SE18	11.30 – 12.30

Body Conditioning	Simple routines to music and floor based conditioning exercises to improve stamina and muscle strength
Chi Ball	Chi Ball is a unique blend of Qi Gong & Tai Chi, Yoga, Pilates & Relaxation
Exercise to Music (50+)	Gentle routines to music and exercises to improve stamina, strength & flexibility. Although aimed at people aged 50+, these sessions are also suitable for people with long-term health condition & reduced mobility.
Fitness Circuit	Simple, easy to follow exercises designed to increase your strength and stamina. You will use weights, bands, steps and floor work.
Fitness for 50+	Simple easy to follow exercises to improve stamina, strength & flexibility. Although aimed at people aged 50+, these sessions are also suitable for people with long-term health conditions & reduced mobility
Gentle Tai Chi	Very gentle movements, especially suitable for people with long-term health conditions and reduced mobility
Health Walks	Join a led walk and explore your local area. Enjoy being outdoors and meeting new people. You will be encourage to walk at your own pace
Line Dancing	Fun routines to country music. No partner or experience necessary.
Nordic Walking	Using walking poles working your upper body as well as your legs, making your walk twice as effective, Equipment provided
Sit and Get Fit	Gentle chair based exercise to improve strength, flexibility and maintain independence
Staying Strong & Steady	A gentle exercise session to improve your balance & help prevent slips & trips. The session includes strength, coordination and balance exercises with standing & seated options.
Tai Chi	Ancient Chinese exercise balance, strength and coordination as well as promoting overall health & well-being
Walk to Jog to Run	Whether you are a complete beginner or regular runner this training session will help you progress towards your goals. All abilities welcome.
Women Only Exercise & Movement	Female exercise tutor will lead a simple exercise and movement session to improve strength, flexibility & improve your health. Mo music is used in these sessions.
Women Only Gym	Guidance from a female exercise tutor in the use of the fitness equipment at Glyndon Community Centre - £2.50 is charged for this session – payable at reception.