



# FREE AUTUMN AND WINTER WORKOUT '24/25

Activities to help you get ready for the change of season, shake off those Winter blues and step into a gentle workout to keep you moving, connect, have some fun and make a good start to the new year!

## WHAT'S ON OFFER:

Tai Chi, dance, chair exercise, and more... see overleaf. Some activities will require you to book, so please contact for more details

✉ [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)

☎ 07971 113 463 or 07973 571 921

To join a **Walking Group**  
scan the QR code:



**Haringey**  
LONDON

## Autumn workout programme: 7 October - 28 November 2024

Activity	Venue	Day	Time	Group
Tai Chi	Cypriot Centre, Earlham Grove N22 5HJ	Monday	10 - 11am	50+
Tai Chi	Cypriot Centre, Earlham Grove N22 5HJ	Monday	11:30am - 12:30pm	50+
Nordic Walks	Stationers Park 36 Denton Road, London N8 9NS	Monday	2 - 3pm	50+
Yoga	Tottenham Green Pools & Fitness Philip Lane N17	Monday	5 - 6pm	Women
Hula Hoops start from 14 October	Tottenham Green Pools & Fitness Philip Lane N17	Monday	7 - 8pm	All
Reggaectivity	Coombes House 40 Bromley Road N17 0AR	Wednesday	12noon - 1pm	Sheltered Housing
Circuit Training	The Grange 32-34 White Hart Lane, Tottenham, N17 8DP	Thursday	11am- 12pm	Women
Line Dance	Cypriot Centre, Earlham Grove N22 5HJ	Thursday	10 - 11am	All 50+
Yoga	Neighbourhood Resource Centre Northumberland Park N17 0HJ	Friday	11am - 12pm	All 50+
Tennis	Downhills Park Road N17	Friday	12noon - 1pm	Women

**Winter Workout dates: 2 December to 20 December and 13 January to 28 February 2025**

