

We will be staying online in Autumn through to Winter, with hope to continue online classes long term as live setting classes start again

Fall Prevention class now online Monday 1.00pm-2.00pm. Please see our updated schedule below.

FALLS PREVENTION CLASS

Falls Prevention Class with Petra Every Monday 1.00pm-2.00pm (optional donation)

Send an email to fit_p38@yahoo.co.uk or a text to 0749 639 9377 and she will send back the URL, you can copy and paste into your browser.

INTERMEDIATE KEEP FIT

Intermediate Keep fit with Gee every Tuesday 1.30pm-2.30pm (optional donation)

Send an email to gee.dudley@blueyonder.co.uk and she will send back the URL, you can copy and paste into your browser.

DARE TO DANCE

Dance class with Jannet every Monday 10.30-11.30am (optional donation)

Send an email to jannet.ellis@aol.co.uk she will send back the URL, you can copy and paste into your browser.

PERSONAL TRAINING

Personal training class with Emma every Wednesday 10.00am-11.00am

Send an email to hello@emmaahlstrom.com or a text to 0775 361 6792 and she will send back the URL, you can copy and paste into your browser.

ZUMBA

Zumba class with Val every Tuesday 6.00pm-7.00pm

Email gymbodyandmindfit@gmail.com and she will send back the URL, you can copy and paste in to your browser

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Zumba classes for 16-65 with Karina every Tuesday and Friday 9.00am-9.45am

Email yummyummyzumba@gmail.com and she will send back the URL, you can copy and paste in to your browser

POST NATAL PREGNANCY PILATES CLASS

Post Natal Pregnancy Pilates class with Alice every Tuesday. Available upon request in September, finding a new time for this class.

You can sign up via this link <https://www.islingtonpilates.com/book-now> and then click "Login/Register" and it will take you through the process.

ALEXANDER TECHNIQUE

Alexander Technique class with Penny every Friday 1.00pm-2.00pm

Email pennyconnor1@gmail.com and she will send back the URL, you can copy and paste into your browser.

DANCERCISE CLASS

Dancercise class with Eburne, from Vera the Diva, is doing her own Dancercise class in partnership with Islington Libraries every Tuesday 11.00am-12.00pm

Email healthgensorg@gmail.com or text 0798 114 2376 and we will send back the URL, you can copy and paste into your browser

DIGITAL HELP CLASS

Digital help class with Peter partnership with IPF (Islington Pensioners Forum) - Wednesday Every Two Weeks 4.30-5.30pm

Email peter@healthygenerations.org.uk or a text to 0757 978 5053 and he will send back the URL you can copy and paste into your browser.

OSTEOPOROSIS FITNESS CLASS

Osteoporosis Fitness class with Petra (optional donation) - Every Wednesday in partnership with Islington Libraries, 11.30am-12.30pm

Send an email to fit_p38@yahoo.co.uk or a text to 0749 639 9377 and she will send back the URL, you can copy and paste into your browser.

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Osteoporosis Fitness class with Petra (optional donation) - Every Saturday in partnership with Islington Libraries, 9.45am-10.45am

Send an email to fit_p38@yahoo.co.uk or a text to 0749 639 9377 and she will send back the URL, you can copy and paste into your browser.

LONGEVITY KEEP-FIT CLASS

Longevity Keep fit class with Peter - Every Thursday in partnership with Islington Libraries 6.30-7.30pm
Send an email to peter@healthygenerations.org.uk or a text to 0757 978 5053 and he will send back the URL, you can copy and paste into your browser.

GENTLE KEEP FIT CLASS

Gentle Keep fit class with Petra – Every Tuesday in partnership with Islington Libraries 1.30pm – 2.30pm (FREE).
Send an email to fit_p38@yahoo.co.uk or a text to 0749 639 9377 and she will send back the URL, you can copy and paste into your browser.

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Gentle Keep fit class with Jannet – Every Wednesday in partnership with Islington Libraries 2.00pm – 3.00pm (FREE).
Send an email to jannet.ellis@aol.co.uk she will send back the URL, you can copy and paste into your browser.

PILATES

Pilates inspired strength class with Emma (optional donation) - Every Monday in partnership with Islington Libraries 10.00am-11.00am

Send an email to hello@emmaahlstrom.com or a text to 0775 361 6792 and she will send back the URL, you can copy and paste into your browser.

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Gentle Beginner / Osteoporosis Pilates with Alice (£3) - Every Thursday in partnership with Islington Libraries, 11.30am-12.30pm

You can sign up via this link <https://www.islingtonpilates.com/book-now> and then click “Login/Register” and it will take you through the process.

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Beginner Pilates with Emma (optional donation) - Friday in partnership with Islington Libraries 9.30am-10.30pm

Send an email to hello@emmaahlstrom.com or a text to 0775 361 6792 and she will send back the URL, you can copy and paste into your browser.

GENTLE YOGA

Chair Yoga with Jessica - Every Monday 2.00pm-3.00pm

More information on the schedule and how to join follow the link - <https://eastofeden.uk/live-stream-classes>

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Chair Yoga with Jessica - Every Tuesday in partnership with Islington Council Finsbury Park Community Hub 12.30pm-1.30pm – Balance and movement practice with Jessica (Free).

More information on the schedule and how to join follow the link - <https://eastofeden.uk/live-stream-classes>

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Chair Yoga with Jessica (optional donation) - Every Friday in partnership with Islington Libraries 3.00pm-4.00pm

More information on the schedule and how to join follow the link <https://eastofeden.uk/live-stream-classes>

CARDIO, CORE AND MORE STANDING AND SEATED EXERCISE CLASS

Seated exercise fitness class with Gee – Every Thursday 12.00pm-1.00pm.

Send an email to gee.dudley@blueyonder.co.uk and she will send back the URL, you can copy and paste into your browser.

For all information on how to join these classes please visit:

<https://www.healthygenerations.org.uk/>

or

Email - healthgensorg@gmail.com / Phone - Sam on 0798 114 2376