

L4 Postural Stability Instructors - delivering outside GLL and YMCA.

This is a list of all L4 training in Camden (that we are aware of) Nov – 2019

Class schedule

Day	Time	Location	Postcode	Session description	Price
Monday	12:45-13:45	Royal Free Recreation Club, Fleet Road,	NW3 2QG	Osteo Class - Augusto Pardo-Perez A strength class aimed at improving bone health	Contact Augusto 07759820476
	14:30-15:30	Claremont Project, 24-27 White Lion St	N1 9PD	Strength and Balance Augusto Pardo-Perez A falls prevention/bone building Class designed to improve, strength, bone density, balance and flexibility	£4
	18:00-19:00	The Armoury, 25 Pond Street	NW3 2PN	Tai Chi (all levels) – Jane Ward	£3.50 (plus £12.50 membership)
Tuesday	13:00-14:00	Abbey Community Centre, 222C Belsize Road	NW6 4DJ	Strength and Balance (chair assisted) - Jane Ward To improve strength, balance and flexibility	£3
Wednesday	10.00-11.00	Claremont Project, 24- 27 222c Belsize Road	N1 9PD	Strength and Balance for beginners - Augusto Pardo-Perez A falls prevention/bone building Class designed to Improve, strength, bone density, balance and flexibility	£2
	15.30-16.30	Abbey Community Centre, 222C Belsize Road	NW6 4DJ	Men's Circuit - Augusto Pardo-Perez For men over 50. Get strong, improve Cardiovascular fitness, manage medical conditions/health goals in a friendly environment.	£1.50 or £10 per quarter
Thursday	09.45-11.00	The Armoury, 25 Pond Street	NW3 2PN	Nordic Walking – Suzanne Grundy Hampstead Heath	£6 poles available

	12.00-13.00	Arc Centre, 98 St Paul St	N1 7DF	Keep Fit for over 50's - Augusto Pardo-Perez Improve bone density, balance, coordination, strength, Stamina, Blood pressure	£3
	15.00-16.00	Kentish Town Congregational Church, Kelly Street	NW1 8PH	Circuit Class – Tony Snook Part of the Castlehaven Community Centre over 60s programme, can be adapted for different levels of fitness.	£20/year membership to all classes. Or £3/session