

January 2022			
Time	Activity	Instructor	Place
Monday			
11.00-12.00	Qigong from 10 th January	Marco	ST2
2.00 – 2.50	Disco Stretch from 10 th January	Leonard	ST2
Tuesday			
1.00-1.30	Aquacise from 4 th January	Declan	Pool
1.00-1.45	Easy Cardio Plus from 4 th January	James	Yoga St
2pm-3pm	Supervised Gym – 11 th January	Orrin	Gym floor
2.15-3.00	Strength and Conditioning from 11 th January	Lin	The Box
2.15-2.45	Social Tea 11 th January	All welcome	LCL
Wednesday			
10.30-11.00	Beginner Cycle from 12 th January	Sayed	Cycle Studio
11.10-12:00	Healthy Hearts circuit from 5 th January	Ivan/Robin	Yoga St.
1.45-2.30	Zumba Gold From 5 th January	Declan	Yoga St.
Thursday			
11.45-12.45	Stretch, Core and relaxation From 6 th January	Sheila/Leonard	Yoga St
1.45 –2.45	Strength, Stretch and Balance (Chair based) from 6 th January	Suzanne	Yoga Studio
3.00-3:30	Aquacise from 6 th January	Suzanne	Pool
4.00 – 4.30	Social Tea – 6 th January	All welcome	LCL
Friday			
10.30 – 11.20	Body Sculpt! – 7 th January	James/Declan	Yoga St
11.00-12.00	Brunch with Marion – 7 th January	Marion/Volunteers	LCL
12.00-12.50	Healthy Hearts Circuit - 7 th January	James	Yoga St
1.00-2.00	Tai Chi – 7 th January	Jane	Yoga St
12:30-1pm	Friday Tea – 7 th January	Betty	LCL
Saturday			
11:30-12:30	Belly Dancing – 8 th January	Sharmin	ST2

All sessions on the timetable are suitable for older adults or individuals wishing to take part in activities of a low to moderate intensity.

Sessions have to be booked on the Mind/Body online website.

Please advise the teacher if you are new to the class or if you have any injuries. Brunch is £2.50 and includes soup, rolls, tea and fruit.

Please call Reception on 0203 994 9600 if you need to cancel your visit to the club or cancel on the MBO site.

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Healthy Living Membership

This membership allows full off peak access
(Mon – Fri: 06.30-15.45 Sat – Sun: normal club opening hours)
To be eligible for this membership must be 60 years +

Annual Membership Fee: £30.00

Fee per Visit: £2.50

6 month £170 (no joining fee or entry fee)

12 month £300 (no joining fee or entry fee)

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