



## Better 55+ programme

Location	Time	Day	Activity	Instructor
Kentish Town	1.15pm - 2pm	Monday	Water Workout	Penney
Kentish Town	9.15am - 10.15am	Tuesday	Mindfulness	Halina
Kentish Town	10:15am - 11.15am	Tuesday	Pilates	Richard
Pancras Square Leisure	11.15am – 12pm	Tuesday	Tai Chi	Jane Ward
Swiss Cottage	2.30pm - 3.30pm	Wednesday	Strength	Jane Ward
Swiss Cottage	11.15am – 12pm	Thursday	Water Workout	Magda
Kentish Town	1.15pm - 2pm	Thursday	Water Workout	Vaneese
Swiss Cottage	2.30pm - 3.30pm	Thursday	Tai Chi	Jane Ward
Pancras Square Leisure	3.30pm - 4.30pm	Thursday	Yoga	Chloe Nevett
Kentish Town	9.15am - 10am	Friday	Pilates	Laura
Kentish Town	4pm - 4.45pm	Saturday	WO Aqua	Vaneese
Swiss Cottage	11am – 12pm	Sunday	Walking Football	Abu Hussain

### Get active through swimming!

**Swimming** - We also offer free swimming for over 55s at Swiss Cottage Leisure Centre, Kentish Town Sports Centre, Oasis Sports Centre and Pancras Square Leisure on weekdays between 6.30am and 12pm!

If you have limited mobility and find accessing the pool difficult, Kentish Town Sports Centre and Swiss Cottage Leisure Centre have a Poolpod, please speak to a member of staff or visit

[www.better.org.uk/lp/pool-pod](http://www.better.org.uk/lp/pool-pod) for more information

**For more information** on any of the above activities, please email [camdenpartnership@gll.org](mailto:camdenpartnership@gll.org) or speak to a member of staff in one of our Better Camden centres.