

# ACTIVITY PYRAMID

Each week try to balance your physical activity using this guide

Choosing from different parts of the pyramid will contribute to better health and a more active lifestyle.



## Things to consider










- Plan activity in your day
- Set realistic goals
- Choose activities from all levels of the pyramid
- Change your routine if you start to get bored
- Explore new activities

## If you're inactive














- Increase daily activities at the base of the pyramid
- Walk whenever you can
- Make leisure time as active as possible

# ACTIVITIES

50+ Age UK Redbridge, Barking & Havering  US Girls  Family Fit & Fun

MONDAY				
Time	Class	Venue	Price * booking required	Contact
10am-11am	<b>Bounce Back</b>  <b>NEW</b>	Loxford Youth Centre	£2.50 or 6 for £12.50	020 8708 0952
10am-11am	<b>Zumba</b> 	Allan Burgess Centre, Wanstead E11 2DL	£30 (10 weeks)*	020 8989 6338
10am-1pm	<b>Badminton</b> (daytime social)	Redbridge Sports & Leisure Centre	£5.80 member* £6.40 non-member*	020 8498 1010
11am-12noon	<b>Strength &amp; Stretch</b>  <b>NEW</b>	Loxford Youth Centre	£2.50 or 6 for £12.50	020 8708 0952
11.15am-12.15pm	<b>Chair Based Yoga</b> 	Allan Burgess Centre, Wanstead E11 2DL	£30 (10 weeks)*	020 8989 6338
12.30pm-2pm	<b>Yoga</b>	Redbridge Town Hall, Ilford	£4.20/£4	020 8708 0951
1.30pm-2.30pm	<b>Zumba</b> 	Allan Burgess Centre, Wanstead E11 2DL	£30 (10 weeks)*	020 8989 6338
2.15pm-3.15pm	<b>Keep Fit</b>	Redbridge Town Hall, Ilford	£3.70/£3.50	020 8708 0951
6pm-8pm	<b>Cycling Sessions</b> 	Redbridge Cycling Centre	£5 includes bike hire	080 8500 9359
6.30pm-7.30pm	<b>Zumba</b> 	Vine Church (Holstock Road entrance)	£4	020 8708 0952
6.45pm	<b>Goodgym</b>	Wanstead House Community Centre E11 2NT james@goodgym.org	FREE	Please email
7pm-8pm	<b>Box Circuits</b>	Wanstead Leisure Centre, Redbridge	£6.50	020 8989 1172
7pm-8pm	<b>Indoor Row Fitness for beginners</b> (on rowing machines)	Fairlop Rowing Club, Fairlop Waters, Forest Road IG6 3HD	£4	020 8908 0950
7pm-8.30pm	<b>Basketball</b> 	Palmer Catholic Academy, Aldborough Road South, Ilford IG3 info.muslimahsports@gmail.com	£5	07738 701564
7.15pm-8pm	<b>Adult Learn to Swim</b>	Caterham High School	£102.60 for 12 week course	07941 674568
8pm-8.45pm	<b>Adult Learn to Swim</b>	Caterham High School	£102.60 for 12 week course	07941 674568
8pm-10pm	<b>Badminton</b> (No strings)	Redbridge Sports & Leisure Centre	£4.55 member* £5.25 non-member*	020 8498 1010
TUESDAY				
6am-7am	<b>Indoor Rowing &amp; WRS Resistance Sliding</b>	Ilford Sports Club info@weiningers.com	£5 a session or £24 PCM	Please email
10am-11am	<b>Golf</b> (50+)	Fairlop Waters, Forest Road, Barkingside IG6 3HD	£5*	020 8500 9911
10am-11am	<b>Bootcamp</b> 	Ilford Sports Club, Ilford IG1 1FY info.muslimahsports@gmail.com	£36 for 6 weeks*	07738 701564
10am-11am	<b>Bollywood Dance</b> 	Chadwell CC, Grove Road RM6 4XB	£2.50 or 6 for £12.50	020 8708 0952

# ACTIVITIES

TUESDAY				
Time	Class	Venue	Price * booking required	Contact
10am-11am	<b>Aerobics</b> 	Forest CC, Davis Way, Hainault IG6 3BQ	£2.50 or 6 for £12.50	020 8708 0952
10am-12noon	<b>Keep Fit</b> 	The Jack Carter Centre, The Drive, Ilford IG1 3PS	£2.50	020 8518 0992
1pm-2pm	<b>Zumba</b> 	Redbridge School CC, College Gardens, IG4 5HW	£2.50 or 6 for £12.50	020 8708 0952
1pm-2pm	<b>Stretch &amp; Tone/Energise</b> 	Orchard CC, Broadmead Road	£2.50 or 6 for £12.50	020 8708 0952
1pm-3pm	<b>Short Mat Bowls</b> 	The Jack Carter Centre, The Drive, Ilford IG1	£2.50	020 8518 0992
2.30pm-3.30pm	<b>Chair Based Exercise</b> 	Manford Way, Hainault	£30 (10 weeks)*	020 8220 6000
3.15pm-4.15pm	<b>Chair Based Exercise</b>	Fullwell Cross Leisure Centre, Barkingside	£2.60	020 8708 0951
5.30pm-6.30pm	<b>Pilates</b>	Redbridge Central Library, Ilford Call to confirm as venue may change	£4.20/£4	020 8708 0951
6pm-7.30pm	<b>Yoga</b> (term time only)	Seven Kings High School, Ley Street, Ilford	£5.20/£5	020 8708 0951
6.30pm-7.30pm	<b>Park Fitness</b>	Ashton Playing Fields	£5 or £40 for 10	020 8708 0950
7pm-8pm	<b>Back2Netball</b> 	St Aubyns School, Bunces Lance IG8 9DU	£3	07854 090628
7.30pm-8.30pm	<b>Back2Netball</b> 	Redbridge Sports and Leisure Centre, Forest Road IG6 3HD	£3	020 8498 1037
7.30pm-8.30pm	<b>Karate</b> 	Ilford Sports Club, Ilford IG1 1FY info.muslimahsports@gmail.com	£32 for 6 weeks*	07738 701564
7.30pm-8.30pm	<b>Bollywood Dance Fitness</b> 	Frenford Clubs, The Jack Carter Centre, The Drive, Ilford IG1 3PS	£5	07708 427486
WEDNESDAY				
9.30am-11.30am	<b>Ladies only Badminton</b>  (No strings)	Redbridge Sports and Leisure Centre, Forest Road IG6 3HD	£4.25 member* £4.85 non-member*	020 8498 1010
6am-7am	<b>Indoor Rowing &amp; WRS Resistance Sliding</b>	Ilford Sports Club info@weiningers.com	£5 per session or £24 PCM	Please email
9.30am-10.30am	<b>Back2Netball</b> 	Redbridge Sports and Leisure Centre	£3.10	07854 090628
9.30am-10.30am	<b>Antenatal Yoga</b> 	Newbury Hall CC, Newbury Park IG2 7LD	£2.50 or 6 for £12.50	020 8708 0952
9.45am-11.15am	<b>Yoga</b>	Fullwell Cross Library, Barkingside	£5.20/£5	020 8708 0951
10am-11am	<b>Park Fitness</b>	Fairlop Waters	£5 or £40 for 10	020 8708 0950
10am-12noon	<b>Short Mat Bowls</b>	Wanstead Youth Centre, Wanstead	£4.20/£4	020 8708 0951
11am-12noon	<b>Nordic Walking for beginners</b>	Fairlop Waters	£5 or £40 for 10	020 8708 0950

 Age UK Redbridge, Barking & Havering

 US Girls

 Family Fit & Fun










#DOMOREspring17

# ACTIVITIES


## WEDNESDAY

Time	Class	Venue	Price * booking required	Contact
11am-12noon	<b>Aerobics</b> 	St Luke's CC, Baxter Road IG1 2HN	£2.50 or 6 for £12.50	020 8708 0952
1.30pm-2.30pm	<b>Antenatal Yoga</b> 	Orchard CC, Liston Way IG8 7BL	£2.50 or 6 for £12.50	020 8708 0952
2pm-3pm	<b>Chair Based Exercise</b> 	Allan Burgess Centre, Wanstead E11 2DL	£30 (10 weeks)*	020 8989 6338
6.30pm-9.30pm	<b>Swimming</b> 	Loxford Pool, Loxford Lane, Ilford	£3.90	020 8478 5634
7pm-8pm	<b>Back2 Hockey</b> 	Redbridge Sports and Leisure Centre	Free	redbridgehc@gmail.com
7.30pm-9.30pm	<b>Badminton</b> 	Issac Newton Academy, Ilford IG1 1FY info.muslimahsports@gmail.com	£5	07738 701564
8.15pm-9pm	<b>Adult Learn to Swim</b>	Caterham High School	£102.60 for 12 week course	07941 674568
8.30pm-10.30pm	<b>Badminton</b> (No strings)	Redbridge Sports & Leisure Centre	£4.55 member* £5.25 non-member*	020 8498 1010

## THURSDAY

9.45am	<b>Beginner Running</b> 	Valentines Park, meet outside Café	£3	07967 190026
10am-11am	<b>Buggy Fitness</b> 	Ray Lodge CC IG8 7PG	£2.50 or 6 for £12.50	020 8708 0952
10am-12noon	<b>Badminton</b> (daytime social)	Wanstead Youth Centre, Wanstead	£3.70/£3.50	020 8708 0951
10am-1pm	<b>Badminton</b> (daytime social)	Redbridge Sports & Leisure Centre	£5.80 member* £6.40 non member*	020 8498 1010
10.30am-11.30am	<b>Chair Based Exercise</b> 	Redbridge Central Library, Ilford	£30 (10 weeks)*	020 8220 6000
11am	<b>Dementia Walk &amp; Talk</b>	Valentines Park, Gardeners Cottage Café	Free	020 8708 0951
12.30pm-1.30pm	<b>Postural Stability Instruction</b> 	Redbridge Central Library, Ilford	£30 (10 weeks)*	020 8220 6000
1pm-2pm	<b>Antenatal Yoga</b> 	Loxford CC, Ilford Lane IG1 2LG	£2.50 or 6 for £12.50	020 8708 0952
2pm-3pm	<b>Postural Stability Instruction</b> 	Redbridge Central Library, Ilford	£30 (10 weeks)*	020 8220 6000
2pm-3pm	<b>Chair Yoga</b> 	Allan Burgess Centre, Wanstead E11 2DL	£30 (10 weeks)*	020 8989 6338
6.30pm-7.30pm	<b>Zumba</b> 	Loxford Youth Centre	£3	020 8708 0952
7.30pm-9pm	<b>Squash Social</b>	Wanstead Leisure Centre	£4	020 8989 1172
8pm-9pm	<b>Bootcamp</b> 	Ilford Sports Club, Ilford IG1 1FY info.muslimahsports@gmail.com	£36 for 6 weeks *	07738 701564

# ACTIVITIES

FRIDAY				
Time	Class	Venue	Price * booking required	Contact
9.30am-11.30am	<b>Ladies only Badminton</b> (No strings)	Redbridge Sports & Leisure Centre	£4.25 member* £4.85 non-member*	020 8498 1010
10am-11am	<b>Chair Based Exercise</b> 	Allan Burgess Centre, Wanstead E11 2DL	£30 (10 weeks)*	020 8989 6338
10am-11.30am	<b>Yoga</b>	Hainault Forest Community Association, Chigwell IG7 4DF	£6.20/£6	020 8708 0951
10am-11.30am	<b>Yoga</b>	St Mary with Christ Church, Wanstead	£4.20/£4	020 8708 0951
12noon-1pm	<b>Gym Circuit</b> (50+)	Fullwell Cross Leisure Centre, Barkingside IG6 2EA	£2.50*	020 8550 2366
1pm-4pm	<b>Wanstead Community Allotment Gardening</b>	Nutters Lane E11 2JA (next to Eton Manor Rugby Club)	Free	Michelle 020 8708 0951
2pm-3pm	<b>Chair Based Exercise</b> 	Allan Burgess Centre, Wanstead E11 2DL	£30 (10 weeks)*	020 8989 6338
7pm-9pm	<b>Badminton</b> (No strings)	Redbridge Sports & Leisure Centre	£4.55 member* £5.25 non-member*	020 8498 1010
7.30pm-10.30pm	<b>Badminton Club Session</b> (advanced players)	Redbridge Sports & Leisure Centre	POA member* £10.95 non-member*	020 8498 1010
7.45pm-8.45pm	<b>Bollywood Dance Fitness</b> 	Seven Kings Methodist Church (hall) Balmoral Gardens IG3 80H	£5 for 1 hour	07708 427486
8.45pm-9.15pm	<b>Bollywood Dance</b> 	Seven Kings Methodist Church (hall) Balmoral Gardens IG3 80H	£8 for 90 mins	07708 427486
SATURDAY				
9am	<b>parkrun</b>	Valentines Park, Cranbrook Road, Ilford	Free	020 8708 0952
9am	<b>parkrun</b>	Wanstead Flats	Free	020 8708 0952
11am-3pm	<b>Wanstead Community Allotment Gardening</b>	Nutters Lane E11 2JA (next to Eton Manor Rugby Club)	Free	Michelle 020 8708 0951
12noon-2pm	<b>Badminton</b> (No strings)	Wanstead Leisure Centre, Redbridge Lane West E11 2JZ	£3.50	020 8989 1172
SUNDAY				
9am	<b>Junior parkrun</b> (4-14 yrs)	Central Park, Dagenham	Free	020 8708 0952
9.45am	<b>Beginner Running</b> 	Valentines Park, meet outside Café	£3	07967 190026
12noon-2pm	<b>Badminton</b> (No strings)	Loxford Leisure Centre, Loxford Lane	£3.50	020 8478 5634
6pm-9pm	<b>Badminton Club Session</b> (advanced players)	Redbridge Sports & Leisure Centre	POA member* £12.75 non-member*	020 8498 1010

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# Fit for Fun



Working in partnership

**Let 2017 be the year you get fit and healthy!**

Are you a member of a voluntary/community group or maybe a group of friends, work colleagues, family members, children aged 5+ or young people who would like to have fun exercising together but never seem to get round to it!

## Why not try Fit for Fun?

We will give you 20 weeks of FREE fitness and fun exercise or sporting activity with a vetted and qualified instructor. You choose the activity, the venue, day and time to exercise.

Groups must be a minimum of 10 people who will attend regularly.

For further information and an application pack please contact: Tracy Andrews  
[tracy@redbridgecvs.net](mailto:tracy@redbridgecvs.net) 020 8514 9618

## Inclusive Activities

### Adult Multi Sports

16 yrs+

**Tuesdays**

The Jack Carter Centre, The Drive, Ilford  
**11am-12.30pm**  
£3, £2.80 for Leisure Pass holders  
020 8708 0951

### Wheelchair Basketball

**Sundays**

*All abilities and ages welcome*

The Jack Carter Centre, The Drive, Ilford  
**12noon-1pm**  
£3.50, no booking required, pay on the day. 020 8518 0992



## Saturday 13 May

**12noon-4pm**

**Clayhall Park**

To register please visit

<https://clubspark.lta.org.uk/OpenDays/ClayhallPark/>



Sign up on the day for discounts on our 6 week tennis courses at Clayhall and Goodmayes Park