

OVER 50'S TIMETABLES FOR ENFIELD

Southbury (Tuesday)

Tel: 020 8245 3201

09:30 - 10:30 walking netball, Sports hall

09:30 - 10:00 Gym circuit,

09:45 - 10:45 Yoga

10:00 - 10:20 Health walk, Short, Easy

10:00 - 10:30 Gym circuit

10:20 - 11:10 Health walk, Leisurely, Moderate

10:45 - 12:15 walking football, Sports hall

12:00 - 12:45 Dance for your heart, Studio

12:20 - 13:15 Badminton/ table tennis and Pickleball, Sports hall

13:00 - 14:00 Pilates, Studio

12:15 - 13:15 Sporting memories, meeting room

13:15 - 14:15 Walking cricket, Sports Hall

09:30 - 16:00 Gym

09:30 - 16:00 Swim, Steam and Sauna (Subject to opening times)

Southgate (Tuesday)

Tel: 0208 882 7963

11:00 - 11:45 Legs, Bums, Tums (access for 50+)

12:00 - 13:00 Aerobics, Studio

13:00 - 14:00 Yoga (access for 50+)

14:00 - 14:45 Aquafit

15:00 - 16:00 Yoga, Studio

09:30 - 16:00 Gym

09:30 - 16:00 Swim, Steam and Sauna (subject to opening times)

Southbury (Wednesday)

Tel: 020 8245 3201

09:30 - 12:30 Badminton

09:45 - 10:45 Aqua

10:35 - 11:05 Gym circuit

11:05 - 11:35 Gym circuit

11:30 - 12:30 Beginners badminton

11:45 - 12:45 Yoga, Studio

12:30 - 14:00 Table tennis, sports hall

13:15 - 14:15 Chair based Yoga, Studio

14:15 - 15:15-Dance for your heart

09:30 - 16:00 Gym

09:30 - 16:00 Swim, Steam and Sauna (subject to opening times)

Albany

Tel: 020 8804 4255

Mon 10:35 - 11:30 Pilates, Studio

Wed 11:40 - 12:35pm Yoga, Studio

(Thursday)

09:30 - 10:15 Aqua aerobics, Pool

11:40 - 12:40 Pilates, Studio

13:05 - 14:05 Chair Yoga, Studio

09:30 - 16:00 Swim, Steam and Sauna (Subject to opening times)

09:30 - 16:00 Gym

Southgate (Friday)

10:30 - 11:30 Aerobics (access for 50+)

11:30 - 12:30 Yoga (access for 50+)

13:00 - 14:00 Body con (access for 50+)

14:00 - 15:00 Pilates

15:00 - 16:00 Zumba gold

09:30 - 16:00 Gym, swim, sauna and steam (Subject to opening times)

PRICES

£10.50 per day/£6.50 per day (with concession card) Concession card is normally £20.00 for 12 months but with Enfield over 50's forum membership ONLY £7.50. Forum membership available in person at Millfield House, Silver St., London N18 1PJ

Tel 0208 8072076 or via the website

<https://enfieldover50sforum.org.uk/newsite/membership/>

Ask at reception for more details of monthly and Annual memberships that are also available.



Follow us



Like us

