

KEEPING ACTIVE AT HOME

We are all having to spend more time indoors than we normally would which can make it harder to stay active. However, there's no reason staying inside means staying still!

Keep active with Get Newham Moving our FREE, fun, low impact sessions to keep you moving at home. We have a variety of sessions including family activities. We even have a virtual coffee morning where you can hear from local mental health services that can provide advice and support with your mental wellbeing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11am-12noon Tai Chi		10-11.30am Wellbeing Coffee Morning			9.15-10.15am Beginners Pilates 10.20-11.20am Family Dance Fit	9-10am Move with Bisi Family Yoga
			12-1pm Zumba	12-1pm Low Impact Activity		1-2pm Yoga with Indira
6.30-7.30pm Yoga with Indira		5.30-6.30pm Get Active with Active Newham 6.45-7.30pm Advanced Pilates	5.30-6.30pm Starting 6 May Move with Bisi – Family Fun Fitness 7.30-8.30pm Tai Chi			

To sign up, please visit activenewham.eventbrite.co.uk

All classes are inclusive and delivered by qualified instructors.

Can't attend our sessions at the time that they're on? All classes are recorded and will be available on the activeNewham YouTube channel.

www.youtube.com/channel/UCG8qVnzgyvN3Yr1ikQd0d8Q

ACTIVITY DESCRIPTIONS

Advanced Pilates

This advanced session offers low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility supporting osteopathic (hips/knees/back), standing mobility.

Beginners Pilates

Low-impact exercise for beginners that aims to strengthen muscles while improving postural alignment and flexibility supporting osteopathic (hips/knees/back), standing mobility.

Family Dance Fit

Dancing is a great way to stay fit for people of all ages, shapes and sizes. Dance the time away with your children on our fun family dance fit sessions.

Get Active with Active Newham

This HIIT session gets your pulse racing and sweat on in this intense activity session.

Low Impact Activity

Low impact activity, getting people moving with gentle stretches and exercise, with seated adaptations for those with mobility issues.

Move with Bisi - Family Fun Fitness

(starting 6th May 2021)

Build healthy habits in your child by getting active with them with our fun family fitness session, plus you all get the daily exercise you need at the same time!

Move with Bisi Family Yoga

Learn how to strengthen your core and develop stamina and breathing control, in the family friendly sessions.

Tai Chi

Cultivate your internal energy, mind and physical body in these unique and challenging sessions. To generate relaxation, Tai Chi practice requires a deep level of concentration and a focused mind, thus allowing the mind to lead and guide the body's energy.

Wellbeing Coffee Morning

Struggling emotionally and would like to find out about local mental health support? Come and join activeNewham and local Mental Health providers for a coffee and chat.

Yoga with Indira

Learn how to correct your posture, practice yoga postures to strengthen your core muscles, develop stamina and breathing control. For more on the instructor

www.sirilakshmi.com/

Zumba

Dance the hour away with Dancefit Rhythm instructors in this fun filled class and learn some new dance moves.

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