



60+ Fitness sessions

Provider	Activity	Location	Day	Time	Gender	Price	Contact and Website
Age UK	Chair Movement to Music	Hope Corner Community Centre 185 Mays Lane EN5 2DY	Monday	10:30-11:30	Mixed	£5.00	Jane Harrison jane.harrison@ageukbarnet.org.uk
	Circuits & Strength	Unitas Barnet Youth Zone 76 Montrose Avenue HA8 0DT	Wednesday	9.30 – 10.15	Mixed	£5.00	
	Gentle seated exercise	Sheltered Housing St. Johnstone 49 Woodside Park Road N12 8RX	Wednesday	11.30 - 12.30	Mixed	£5.00	
			Wednesday	14:00-13:00	Mixed	£5.00	

	Tai Chi	Anunciacion RC Church 4 Thirleby Road, Burnt Oak HA8 0HQ	Wednesday	14:00-13:00	Mixed	£5.00	Jane Harrison jane.harrison@ageukbarnet.org.uk
	Active Movement to Music	Ann Owens Centre Oak Lane, N2 8LT	Wednesday	14:00-13:00	Mixed	£5.00	
	Gentle seated exercise	Ann Owens Centre Oak Lane, N2 8LT	Wednesday	15:30-14:00	Mixed	£5.00	
	Active Movement to Music	Tarling Road Community Centre N2 8LG	Friday	10:30-11:30	Mixed		
		Manor Drive Church Manor Dr London N20 ODZ	Friday	10:30-11:30	Mixed	£5.00	
	Movement , Strength, & Stretch to music		Friday	19:00-20:00	Mixed	£5.00	
Arts Depot	Dance Group	Arts Depot 5 Nether Street Tally Ho Corner N12 0GA	Friday	11:15-12:45	Mixed	Base Rate: £10 Supporter Rate: £15 Subsidised Rate: £7	020 8369 5454 www.artsdepot.co.uk Isabelle Hetherington: participation@artsdepot.co.uk

						(per session) Free taster sessions available	
Arts Depot	Upstandin g Citizens (Falls Prevention Movement class)	Tarling Road Community Hub (East Finchley)	Friday	13:30- 14:45	Mixed	Base Rate: £10 Supporter Rate: £15 Subsidised Rate: £7 (per session) Free taster sessions available	020 8369 5454 www.artsdepot.co.uk Isabelle Hetherington: participation@artsdepot.co.uk
Barnet Lawn Tennis club	Walking tennis	Gloucester Road, New Barnet, Herts EN5 1RS	Monday	11:30- 12:45	Mixed	See the contact detail. Free taster Session	Johnhallbltc@gmail.com 07713951489
Barnet Table Tennis Club	Social Table Tennis suitable for all ages	Barnet Lane, Barnet, Herts EN5 2ND	Monday, Tuesday, Thursday and Friday	10:00- 12:00	Mixed		020 8449 7845 btcc.contact@gmail.com Barnet Table Tennis Centre
			Wednesdays between	14:00- 16:00			

Barnet Walking Football Club	Walking Football	The Hive Camrose Avenue HA8 6AG	Friday	13:30-14:30	Mixed	£4.50 per session	Shaun Sherrik 07870 205940 barnetwft@yahoo.com https://thehivefoundation.com/walking-football-4/
Barnet Wellness Circle	Chair yoga	Hendon NW4	Friday	11:00-12:00	Mixed	See the contact	yoga.classes.hendon@gmail.com chair.yoga.hendon@gmail.com
BAWA	Pilates	Manor Drive Methodist Church Manor Drive Whetstone N20 0DZ	Monday	11:30-12:30	Mixed	£4.00 per session	Nila Patel nilapatel16@yahoo.co.uk
	Bollywood dancing		Wednesday	11:00-12:00			
BAWA Women only Asian Group	Pilates	Friern Barnet Park Friary House N20 0NR	Tuesday	11:30-12:30	Women Only	Annual membership	Neena Patel Nila Patel neenais@gmail.com nilapatel16@yahoo.co.uk
	Chair Based Exercise		Friday	11:45-12:45			
BETTER Leisure Centre	Multisport sessions Pickleball & Badminton	Barnet Copthall Leisure Centre Champions Way, London NW4 1PX	Friday	10:00-12:00	Mixed	Free for members £2.50 for FAB registered	Barnet.Copthall@GLL.ORG

BETTER Leisure Centre	Walking Netball	Burnt Oak Leisure Centre Watling Ave Edgware HA8 ONP	Tuesday	14:00-15:00	Women Only	Free for full BETTER members £2.50 for FAB registered £5.00 ordinary price	Burnt-Oak@GLL.ORG
	Walking Football		Wednesday	10:00-11:00	Mixed		
	Multisport Session. short tennis, table-tennis, Pickleball,		Thursday	11:00-13:00	Mixed		
				13:00-15:00			
	Badminton						
Classes suitable for 60+	All five Better Centres in Barnet	Monday to Sunday	Out of pick time (9:00-16:00)	Mixed	See the contact on the side	Barnet.Copthall@GLL.ORG Burnt-Oak@GLL.ORG Finchley-lido@GLL.ORG New.Barnet@GLL.ORG	
BETTER Leisure Centre	Balance class GP Referral only class falls prevention	Barnet Copthall Leisure Centre Champions Way, London NW4 1PX	Tuesday	1.30 - 2.30pm	Mixed	'Discounted membership that allows access to gym, swim and classes	Healthwise service 0208 457 9910 Healthwise.barnet@gll.org FAB Hub - Health & Wellbeing

	8 Week Programme <u>Criteria</u> Score of 0-2 on FRAT At risk or fear of falling independently mobile with or without a walking aid	New Barnet Leisure centre 1 Lawton Road, Barnet EN4 9BS	Friday	1.30 - 2.30pm		'Discounted membership that allows access to gym, swim and classes	Healthwise service 0208 457 9910 Healthwise.barnet@gll.org FAB Hub - Health & Wellbeing
BHM Cardiovascular Health & Rehabilitation	Sessions suitable for older adults with cardiovascular conditions	One to one and community sessions. See the contact on the side	See the contact on the side	See the contact on the side	Mixed	See the contact on the side	neville@bodyheartandmind.co.uk www.bodyheartandmind.com
Brampton Tennis Club	Tennis sessions for 60+	Prothero Gardens, London NW4 3SJ	See the contact details	See the contact details	Mixed	See the contact details	Keren kerenaviva1@gmail.com
Colindale Community Trust	Bollywood suitable for 60+	Graham Park, the Old Library NW9 5XA	Monday	13:00-14:00	Mixed	See the contact on the side	CCT@colindalecct.org Or 020 8200 3014

Dare2Dance Creative Dance 55+	Dance suitable for people with mobility and balance issues. The class support physical and mental wellbeing	Wesley Hall, High Barnet	Thursdays	14:15-15:15	Mixed	See the contact on the side	dare2dancecompany@gmail.com
East Finchley Table Tennis Club	Table tennis	Greenman Community Centre, Strawberry Vale N2 9BA	Tuesday Thursday	14:15-15:45 10:15-11:45	Mixed	See the website	To book text 07592048330 or email nina.gentry@blpc.org.uk
Finchley Victorian Bowling and Croquet Club	Bowls Croquet Table Tennis Pétanque	Victoria Park in Finchley Church End Ballards Lane N3 1LP	Please see the timetable on website	Please see the timetable on the website	Mixed	Membership and pay as you go Please see the website	hello@fvbcc.com bowls@fvbcc.com croquet@fvbcc.com tabletennis@fvbcc.com petanque@fvbcc.com Finchley Victoria Bowling and Croquet Club – The Club in the Park

Friary Park Bowling Club Season is open from April until the end of September	Bowls	Friary Park Friary Rd Whetstone N20 0NR	Wednesday & Saturday Roll ups Please contact club to arrange games on the other days	From 1pm	Mixed	Membership and pay as you go. Please see the website for details of membership and pay as you go costs	Bill -07873420127 John 07931188236 Leslie 07934674272 www.friaryparkbowls.com
	Table tennis		Wednesday	13:00-16:00		Members £3 Non-member's £4	
Meridian Wellbeing all sessions are suitable for 60+	Line Dancing	Meritage Centre, Hendon NW4 4JT	Monday	10:00-11:00	Mixed	£3.00 per session	https://www.meridianwellbeing.com/Barnet-Wellbeing-Hub info@barnetwellbeing.org.uk
	Tai-chi			11:00-12:00			
	Health Dance			12:00-13:00			
	Group exercise Yuij dance			13:45-14:45		£2.00per session	
	Keep Fit and Active Low impact		Tuesday	10:30 Include social time, tea and coffee		£3.00 per session	
	Pilates		Wednesday	12:30-13:30			

Meridian Wellbeing all sessions are suitable for 60+	Table tennis	Meritage Centre, Hendon NW4 4JT	Wednesday (once a fortnight)	13:30-16:30	Mixed	£3.00 per session	https://www.meridianwellbeing.co.uk/Barnet-Wellbeing-Hub info@barnetwellbeing.org.uk
	Zumba		Saturday	12:00-13:00			
	Table tennis			14:00-17:00			
	Tai-chi beginners	Zoom sessions	Tuesday	15:00-16:00			
	Physical exercise		Thursday	14:30-15:15			
	Chair yoga			15:15-16:00			
Middlesex Cricket	Walking cricket suitable for 55+	Summer: Stanmore Cricket Club, HA7 4LB	Thursday	Summer: 10:00 – 11:30	Mixed	Summer sessions require a payment of £40 for the season.	
		Winter: Middlesex Indoor Cricket School, East end Road N3 2TA	Thursday	9:30-11:00		Winter sessions are free of charge.	
LHM Health Fitness	Total Health Mixtape	All Saint's Church Hall Oakleigh Rd North N20 9EZ	Monday	12:00-13:00	Mixed	See the website to book	lhmhealthfitness.co.uk tine@lhmhealthfitness.co.uk Tina 07862290047
	Total Health Strength and Stretch		Wednesday	13:00-14:00			

Saracen Foundation	Love to dance	Stone X Stadium, Saracens, Greenlands Lane, London, NW4 1RL	Monday	10:00-12:00	Mixed, predominantly women	See the website to book	jameshoulbrooke@saracens.net https://saracenssportfoundation.org/our-programmes/love-to-dance/
		Underhill Baptist Church, 42 Elton Avenue, Barnet, EN5 2EA	Tuesday	10:00-12:00			
		One Stone grove Community Centre, 5 Hayling Way, Edgware, HA8 8BN	Friday	1:00-2:30			
Saracen Foundation	Love to Fitness	One Stone grove Community Centre, 5 Hayling Way, Edgware, HA8 8BN	Wednesday	1:15-2:15		See the website to book	jameshoulbrooke@saracens.net https://saracenssportfoundation.org/our-programmes/love-to-dance/
Social Sports Society	Padel suitable for 60+	Prince Child Drive NW4 3FP	See the website	See the website	Mixed	See the Website	Sally McGuckin Sally@socialsportsociety.com
Sport and Health	Personalised exercise programmes tailored to individual goals, abilities	Online	See the website	See the website	See the website	See the website	wayne@sportandhealth.world www.sportandhealth.world

Taiji and Qigong	Tai-chi and Qigong	East Finchley Methodist Hall, 197 High Road, N2 8AJ.	Wednesday	12:00-13:00	Mixed Intermediate	£5.00 for trial session For the fee see the contact	07836-710281 taijiandqigong@gmail.com www.taiji.co.uk www.qigonghealth.co.uk
			Wednesday	13:00-14:00	Mixed all levels		
		Zoom	Tuesday	12:00-13;00	All level		
Texan Dudes	Line Dancing	Woodside Park Club South over N12 7JG	Monday	19:00-20:00 Improvers 20:00-21:30 Beginners 20:00-21:45 Advanced	Mixed	See the website	The Texan Dudes Line Dancing Classes texandudes@aol.com 0208 440 7340 07786 248740
	Line Dancing	Brookside Methodist Hall 2 Cat Hill EN4 8JB	Tuesday	10:00-11:30 Improvers			

U3A Barnet	Aerobic	S St. John's United Reformed Church Somerset Road New Barnet Barnet EN5 1RH	Monday	14:00	Mixed	For U3A members only	https://barnet.u3asite.uk/u3a-contact-form/?contact_id=28961 Groups - Barnet
	Balance and Coordinati on 1	Church House 2 Wood Street Barnet EN5 4BW	Wednesday term time	13:45			
	Balance and Coordinati on 2		Wednesday Term time	15:00			
	Balkan Folk Dancing		Friday Monthly weeks 2	10:00- 12:00			
	Ballet silver swan	Pennyfather Memorial Hall Christ Church Barnet St Albans Road Barnet EN5 4LA	Monday 14:00	14:00			

	Bowls Croquet both outdoor Only in the summer	Barnet Bowls & Croquet Club Old Courthouse Recreation Ground	Tuesdays and Thursdays	14:00- 16:00	Mixed	For U3A Members only	https://barnet.u3asite.uk/u3a-contact-form/?contact_id=28961
	Cycling	https://barnet.u3asite.uk/u3a-contact-form/?contact_id=29025	Fortnightly on Tuesday Weeks 2 & 4	10:00- 12:00			
	Darts	The Barrington Pub 26-27 Greenhill Parade New Barnet EN5 1EU	Fortnightly on Friday Weeks 1 & 3	11:30- 12:30			
	Golf	Oak Hill Park Golf Course Parkside Gardens East Barnet EN4 8JS	Wednesday during the summer season	10:00- 11:00			
	Jive dancing	Church Hall, Church of St Alban North Finchley 51 Nether Street London N12 7NN	Tuesday	14:30			
	Line Dancing Advanced	St. John's United Reformed Church Somerset Road EN5 1RH	Tuesday	14:30 pm			

	Line Dancing Beginner	St. John's United Reformed Church Somerset Road EN5 1RH	Tuesday During term time.	15:45-16:45	Mixed	For U3A members only	https://barnet.u3asite.uk/contact/ https://barnet.u3asite.uk/groups/
	Pilates Chair 1	St. John's United Reformed Church Somerset Road New Barnet Barnet EN5 1RH	Wednesday	10:30			
	Pilates Chair 2	Wesley Hall Stapylton Road Barnet EN5 4JJ	Tuesday Term time	15:00			
	Pilates 1	North London Reform Synagogue	Monday	14:00-15:00			
	Pilates 2	120 Oakleigh Road North Whetstone London N20 9EZ	Thursday	14:25			
	Pilates 3		Tuesday	15:15-15:15			
	Pilates 4		Thursday	12:30			
	Pilates 5	St. John's United Reformed Church Somerset Road EN5 1RH	Monday	15:15-16:15			

	Pilates 6	St. John's United Reformed Church Somerset Road EN5 1RH	Tuesday	13:30-14:30	Mixed	For U3A members only	https://barnet.u3asite.uk/u3a-contact-form/?contact_id=28961
	Pilates 7		Wednesday	10:30			
	Pilates 8		Wednesday	11:45			
	Pilates 9		Monday	10:30			
	Tai Chi 1	St. John's United Reformed Church Somerset Road EN5 1RH	Tuesday during Term Time	10:00			
	Tai Chi 2	Mary Immaculate & St Peter Church 63 Somerset Road New Barnet Herts EN5 1RF	Wednesday during Term Time	9:30			
	Tai Chi 3	St. John's United Reformed Church Somerset Road New Barnet Barnet EN5 1RH	Tuesday during Term Time	11:00			

	Tai Chi 4	Mary Immaculate & St Peter Church 63 Somerset Road New Barnet Herts EN5 1RF	Wednesday during Term Time	10:30	Mixed for U3A members only		https://barnet.u3asite.uk/u3a-contact-form/?contact_id=28961
	Tap Dancing	St Stephen's Church Hall 150 Bells Hill Barnet London EN5 2SL	Monday	13:00			
	Ten Pin Bowling	Hollywood Bowl Finchley Leisure Way High Road, Finchley London N12 0GL	Fortnightly on Wednesday	10:30			
	Yoga 1 Mat	Wesley Hall Stapylton Road Barnet EN5 4JJ	Thursday	14:00			
	Yoga 2 Chair	St. John's United Reformed Church Somerset Road New Barnet Barnet EN5 1RH	Thursday - 1:00 pm not Week 1	12:00-13:00			

U3A Mill Hill	Bowling	Bowling - Mill Hill U3A	Bowling - Mill Hill U3A	Bowling - Mill Hill U3A	Mixed	For U3A member only	enquiries@millhillu3a.co.uk 07438 796059
	Chair Yoga	Mill Hill East Church Hall in Salcombe Gardens	Wednesdays	14:00 - 15:00			Gail Hunt daveandgail47@gmail.com
	Laughter Yoga	Hartley Hall, 1 Flower Lane, NW7 2JA	Weekly on Mondays, 1.30 - 2.30 pm.	13.30 - 14.30			Susan Garcia 1suegarcia@gmail.com
	Line Dancing	Mill Hill East Church, Salcombe Gardens, NW7 2NT	Mondays, 12 noon - 1 pm.	12:00-13:00			Gail Hunt daveandgail47@gmail.com
	Table Tennis	Every Monday from 1 to 4 p.m.	Every Monday	13:00-16:00			Christopher Cole cacolenw7@aol.com