



Community Physical Activity Sessions

For sessions to end May 2024

* Cost for session / membership needed

** Session run but external provider in partnership with LBB council

Monday		
Class	Time	Venue
Line Dancing	10am to 12noon	Valence Community Hub
Yoga and Relaxation *	10am to 11.30am	Abbey Leisure Centre
Chair based Yoga & Meditation	12.15pm to 1.45pm	Park Active Age Centre
Supple Strength	1pm to 2pm	Kingsley Hall
FitSteps	1pm to 2pm	Valence Community Hub
Tai Chi	2.30pm to 3.30pm	Valence Community Hub
Line Dancing / Barn Dancing	2.30pm to 4pm	Park Active Age Centre
Tuesday		
Class	Time	Venue
Line Dancing	12.15pm to 1.30pm	Wantz Community Centre
Darts & Snooker	12noon to 3.45pm	Wantz Community Centre
Darts	1.30pm to 3.30pm	Barking Learning Centre
Tea Dance	2pm to 3.45pm	Wantz Community Centre
Yoga and Relaxation	2.15pm to 3.45pm	Fanshawe Community Centre
Wednesday		
Class	Time	Venue
FitSteps	10am to 11am	Park Active Age Centre
Yoga and Relaxation	10am to 11.30am	Hedgecock Community Centre
Yoga and Meditation (Seated)	11am to 12.15pm	Valence Community Hub
Walking Football *	11.30am to 12.30pm	Becontree Heath Leisure Centre
Chair Exercise	11.30am to 12.15pm	Park Active Age Centre
Chair Zumba**	11.30am to 12.30pm	Dagenham Library
Yoga and Meditation (Mat based)	12.30pm to 1.45pm	Valence Community Hub
Zumba Gold	1.50pm to 2.50pm	Valence Community Hub
Thursday		
Class	Time	Venue
Zumba Gold	9.30am to 10.15am	M&B Sports Club
Yoga & Meditation	10.15am to 11.30am	M&B Sports Club
Short Mat Bowls	10am to 12noon	Ripple Centre
Tai Chi	11am to 12noon	Park Active Age Centre
Self Defence / First Aid	11.30am to 12.30pm	Valence Community Hub
Chair Exercise	12.30pm to 1.15pm	Valence Community Hub
Pilates	2.30pm to 3.30pm	Becontree Heath Leisure Centre
Zumba Gold	3.30pm to 4.30pm	Park Active Age Centre
Zumba**	7.30pm to 8.30pm	Ripple Centre
Friday		
Class	Time	Venue
Led Walk**	10am to 11.30am	Eastbrookend Country Park
Chair Exercise	10.30am to 11.15am	Chadwell Heath Community Centre
Line Dancing	10.30am to 12noon	Chadwell Heath Community Centre
Boccia	10.45am to 11.45am	Chadwell Heath Community Centre
Zumba Gold	12.30pm to 1.30pm	Chadwell Heath Community Centre
Ballroom Dancing *	1.30pm to 2.30pm	Abbey Leisure Centre

Venue Details:

Abbey Leisure Centre, Bobby Moore Way, Barking IG11 7LX

Kingsley Hall, Parsloes Avenue, Dagenham

Barking Learning Centre, 2 Town Square, Barking IG11 7NB

Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7AY

Chadwell Heath Community Centre, High Road, Chadwell Heath, Romford RM6 6AS

Dagenham Library, 1 Church Elm Lane, Dagenham RM10 9QS

Eastbrookend Country Park, Dagenham Road, Dagenham RM7 0SS

Fanshawe Community Centre, Barnmead Road, Dagenham RM9 5DX

Hedgecock Community Centre, 28 Stephen Jewers Gardens, Barking IG11 9FA

M&B Sports Club, Dagenham Road, Dagenham RM7 0QX

Ripple Hall, Ripple Road, Barking IG11 7PB

Valence Community Hub, Becontree Avenue, Dagenham RM8 3HT

Park Active Age Centre, Rectory Road, Dagenham RM10 9SA

Wantz Community Hall, Rainham Road, Dagenham RM10 7NL

To find out more about the programmes on offer:

Email: healthy.lifestyles@lbbd.gov.uk **Telephone:** 020 8724 8018

