



Exercise and Balance Classes

Below is a list of the current balance classes administered by Age Concern Waltham Forest. Anyone who wishes to join a class should contact Emma Tozer on 020 8539 8356 or email e.tozer@ageconcernwf.org.uk and arrangements will be made for you to attend one of the classes. Please do **not** just go along as the class may be full and then you will be disappointed!

Gentle Exercise Classes

Venue Name	Venue Address	Day	Time
60+ Keep Fit Group	Christ of the King Church Hall 455 Chingford Rd, E4 8SP	Tuesday	10.00am
Higham's Pk over 60's	Winchester Road Methodist Church, Winchester Road, Highams Park, E4 9JP	Monday	2.00pm
Suffolk Court	25 Cambrian Rd Leyton, E10 7JJ	Monday	3.00pm
Wesleyan Day Centre	1 Harrow Green Rd Leytonstone, E11	Wednesday	12.30pm
Wingrove House	41/49 Sewardstone Rd Chingford, E4 7TA	Friday	12.30pm



Tai Chi



Venue Name	Venue Address	Day	Time
Asian Seniors	Shernall Methodist Church Walthamstow, E17 9HX	Thursday	11.00am
Albany Court	3 Albany Rd Leyton, E10 7EU	Friday	2.00pm
Baytree House	2 Dells Close, Drysdale Rd Chingford, E4 7TW	Friday	11.00am
Millennium House	28 Southcote Rd Walthamstow, E17	Thursday	11.00am
Nicholson Court	32 Forest Road Walthamstow, E17 6JP	Tuesday	2.00pm
Wellspring Wisdom Group	Queen Elisabeth Jubilee Centre, Cathall Road Leyton, E10	Tuesday	11.00am