

**STAY STRONG
STEADY
INDEPENDENT**

**Choose your way to
build your strength and
balance and age well**

Strength and Balance Classes List

Brighton & Hove

**Visit www.ageingwellbh.org
or call 01273 322947**



**AGEING
WELL**

**STAY STRONG
STEADY
INDEPENDENT**

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Pilates-based classes Thursdays & Fridays

About the class

This is a friendly, relaxed class for people looking for a gentle introduction to physical activity. If you find getting up from a chair more difficult than you used to, carrying your shopping more tiring than you think it should be or struggle to open a bag of crisps, you may find these Pilates based exercises helpful. No need to hunt out your leotards or running shorts, you just need some enthusiasm and to wear comfortable clothes.

Instructor

John Rignell

John is a fully insured Pilates teacher with additional qualifications in teaching older adults and those with health needs that makes them anxious about exercise.

To book or for more information

Contact: 07730008737 / johnrignell@yahoo.co.uk

Cost

Thursdays - free of charge, Fridays - £2.



When?

Thursdays 12:30–13:30, 14:00–15:00pm and **Fridays** 11:15am–12:15pm

Where?

Thursdays at:

Patching Lodge, 1 Park Street, Kemp Town BN2 0AQ, Accessible.

Fridays at:

Cornerstone, Church Road, Hove. Accessible (lift).

Travel

Buses 1, 1A, 2, 7, 14C, 14B, 23, 52 to Park Street

Buses 1, 1a, 2, 5, 5A, 5B, 6, 21, 25, 46, 49, 60, 71 to Cornerstone. Nearest stop: 2nd Avenue, Palmeira Sq

Dancing for Health and Wellbeing

Mondays & Tuesdays

About the class

Are you in a transitional stage in your life (physical or mental?) Are you suffering from a long term illness that is reducing your energy? Are you interested in losing weight or just learning different dances?

Then, this is the class for you. The sessions are fun and nurturing. The sessions include GYROKINESIS® stretches, Lebed method techniques and short dances (from Latin to Bollywood, from 80s to current music).

The sessions are designed for people that are going through challenging health conditions and those that just want to keep fit. It is a movement based session that will aim to support clients and their friends and/or family. Some of the participants may be living with cancer, depression, diabetes to name but a few.

This is a fun and caring session.

Instructor

Dr. Rosaria M. Gracia, PhD, PGCE, FHEA

International Dance Specialist, Choreologist, Dance Science specialist, Dance & health projects

To book or for more information

Healthy Lifestyles Team

Contact: 01273 294589 / HealthyLifestylesTeam@brighton-hove.gov.uk

Cost

£3/£2 conc.



When?

Mondays 10:00–11:00am and **Tuesdays** 11:15am–12:15pm

Where?

Mondays at:

St. Luke's church (Queens Park) – few steps to get in

Tuesdays at:

Bishop Hannington Youth & Community centre, 38 Holmes Avenue, BN3 7LD

Travel

Buses 21, 23 and 18 to St. Luke's church

Buses 5 and 5A to Bishop Hannington Youth & Community centre

Get Active for 65+!

Tuesdays & Thursdays

About the class

It's never too late to do something. Come and join our drop-in class in comfortable clothes. You'll be welcomed by a slow gradual warm up ready for the resistance band work, OTAGO exercises and stretches that lie ahead. This class is perfect for those looking to increase their mobility, improve posture, balance, strength, self-confidence and self-esteem. Hot beverages freely available with some healthy social chat, of course! All movements meet NHS recommendations and the OTAGO evidence based exercise programme, which reduces the risk of falling, is promoted by Brighton & Hove Council. Please contact Suzy to secure your place.

Instructor

Suzy Hawker

L3 Advanced Diploma in Personal Training, L3 Diploma in Adapting Exercise for Independently Active Older Adults, OTAGO Leader, England Athletics Leader in Running Fitness

To book or for more information

Contact: 07948284678 / suzy.hawker@ntlworld.com

Cost

£5



When?

Tuesdays and Thursdays 10:30am

Where?

The Parish Room, St Barnabas Church, Hove, BN3 3HE, accessed by the red vicarage door in Byron Street. You'll need to climb a couple of steps to enter.

Travel

Buses 5, 5A, 5B to Coleridge Street

Buses 7, 21, 21A to Hove Station

Strength & Balance for 50+ Otago Tuesdays & Thursdays

About the class

These are fun and sociable weekly classes, with a focus on strengthening the lower body and challenging and improving balance following The Otago programme.

Resistance to lower limb muscles is provided through use of ankle weights. The classes are tailored to the individuals needs and are suitable for a range of people with mobility challenges, combining seated and standing exercises with a chair for support as necessary.

There is a focus on posture and breathing throughout.

Instructor
Anne Brindley

To book or for more information

Contact: 01273 729603

Cost

£4. First class is free! Join in or watch.



When?

Tuesdays 15:00–16:00pm and **Thursdays** 10:00–11:00am

Where?

The lounge, The Hop50+, Palmeira Square, Hove. BN3 2FL.
Behind St.Johns Church, Accessed via garden patio, or
back door behind Flower Stall

Travel

Buses 2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700.
Palmeira Square stop or Second Avenue.

Strength & Balance for Men 50+ Otago

Mondays

About the class

These are fun and sociable weekly classes, with a focus on strengthening the lower body and challenging and improving balance following The Otago programme.

Resistance to lower limb muscles is provided through use of ankle weights. The classes are tailored to the individuals needs and are suitable for a range of people with mobility challenges, combining seated and standing exercises with a chair for support as necessary.

There is a focus on posture and breathing throughout.

Instructor

Paula Carter

To book or for more information

Contact: 01273 729603

Cost

£3. First class is free! Join in or watch.

When?

Mondays 10:00–10:40 am

Where?

The lounge, The Hop50+, Palmeira Square, Hove. BN3 2FL. Behind St.Johns Church, Accessed via garden patio, or back door behind Flower Stall

Travel

Buses 2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700.
Palmeira Square stop or Second Avenue.

ForeverFit Classes for 50+ Twice a day every day

About the class

Our ForeverFit Club Is Designed Just For You. Morning & Evening Classes. Invigorating. Relaxing. Motivating.

Wide range of classes available for over 50 health enthusiasts: Coached Classes And Gym Sessions. Balance, Mobility, Strength, Endurance, Confidence.

Instructor

The ForeverFit Team

To book or for more information

Contact: 01273 944 089 / lynzi@changehove.com

Cost

Free taster for all 50+ classes. No Joining Fee & Bring A Friend For Free, for the first month.



When?

Check changehove.com/foreverfit/ for details.

Where?

CHANGE Hove, Unit 1, Portland Road Trading Estate, Hove, BN3 5NT.

Travel

Buses 2, 46, 49

Table Tennis for 50+ Mondays & Tuesdays

About Brighton's Table Tennis Club

Brighton's Table Tennis Club is registered charity. The club has brought more than £300,000 into the city to support youth and community work and create local jobs in times of austerity.

BTTC is also a centre of sporting excellence. It has two teams in the Senior British League, eight teams in the Brighton League and many Junior teams playing in various competitions. Its members include Gold, Silver and Bronze medal winners in the UK Down's National Championship and a Gold medal winner at the 2017 World Championships for players with Down's Syndrome.

Former City Mayor Bill Randall, a BTTC trustee, describes it as "One of the city's brightest sporting lights."

To book or for more information

Contact: 01273 670 145

info@brightontabletennisclub.com

tim@brightontabletennisclub.com for coaching enquiries

Cost

The first session £2. Free for any new players during the Ageing Well festival.



When?

Mondays and Tuesdays 11:00am-13:00pm

Where?

Brighton Table Tennis Club at The Fitzherbert's Centre,
36 Upper Bedford Street, Brighton, BN2 1JP

Travel

Buses 1, 1A, 2, 7

Vida Active Classes for 60+ Mondays & Fridays

About the classes

The Vida Active Club offers 60+ classes concentrating on Falls Prevention at the Eastbrook Manor Centre in Fishersgate.

Vida Active Club (previously QuickFit for women) has been part of the Hove Fitness scene since 2010. It is a place “as happy and positive as ever”, offering fitness classes for all abilities.

Vida Active is about being fit and healthy for sure, but much more than that, they are a community. They support, help and encourage each other and countless friendships have developed inside the club over the years. Every new person walking through their doors is greeted with a warm welcome and soon becomes part of the Vida magic.

For more information

Contact: No need to book, just turn up.
07766744871 / www.vidaactive.club

Cost

Free of charge. £1.50 for tea and biscuits after the class.



When?

Mondays and Fridays 10.30 – 11.30am

Where?

Eastbrook Manor Community Centre in Fishersgate,
West Rd, Portslade, Brighton BN41 1QH.

Travel

Train to Fishergate Station

Strength and Flexibility for 50+ Tuesdays

About the class

These are fun and sociable weekly classes, with a focus on strengthening the lower body and challenging and improving balance following The Otago programme.

Resistance to lower limb muscles is provided through use of ankle weights. The classes are tailored to the individuals needs and are suitable for a range of people with mobility challenges, combining seated and standing exercises with a chair for support as necessary.

There is a focus on posture and breathing throughout.

Instructor Paula Carter

To book or for more information

Contact: 01273 729603

Cost

£3. First class is free! Join in or watch.



When?

Tuesdays 10:30-11:15am

Where?

The lounge, The Hop50+, Palmeira Square, Hove. BN3 2FL. Behind St.Johns Church, Accessed via garden patio, or back door behind Flower Stall

Travel

Buses 2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700.
Palmeira Square stop or Second Avenue.

In Shape for Life

Tuesdays, Wednesdays & Thursdays

About the class

Come and join our fun and friendly In Shape for Life circuit classes. In Shape for Life is a circuit based exercise programme for adults of all ages and abilities, run in different venues across the city. The content of the sessions is based on using a whole body approach, making sure there are also elements of strength, flexibility and balance. All sessions are drop in, so there is no need to book just turn up.

Beginners are welcome!

Most sessions also have a social aspect to them. Please wear comfortable clothes and flat footwear and bring a drink.

Instructors

Healthy Lifestyles Team

To book or for more information

Contact: 01273 294589 / HealthyLifestylesTeam@brighton-hove.gov.uk

Website: brighton-hove.gov.uk/healthylifestyles

Cost

£3 or £2 concession

When?

Tuesdays 11:00–12:00pm session; 12:00–12:30pm (with refreshments). **Wednesdays** 12:00–13:00pm & 17:30–18:15.

Thursdays Women only 10:30–11:30am *Term time only.

Fridays 9:30–10:30

Where?

Tuesdays at Moulsecoomb Hall, Moulsecoomb Place, Lewes Road, Brighton BN2 4GA;

Wednesdays at Brighthelm Community Centre– Activities Hall, North Road, Brighton BN1 1YD and 17:30 at the Mannor Sports Centre, Manor Rd, Brighton BN2 5EA;

Thursdays at All Saints Church Hall, The Drive, Hove, BN3 3QE.

Fridays at Portslade Sports Centre, Chalky Rd, Portslade, Brighton BN41 2WS

Travel

Buses 23, 24, 25, 25X, 28, 29, 29B, 29X to Moulsecoomb;

Buses 37, 37B, 48, 49, 52, 70, 74, 75, 78, 79, 38, 50U to Brighthelm Centre;

Buses 2, 5, 5A, 5B, 21, 21A, 25, 25X, 46 to All Saints;

Buses 21A, 23, 25,

Buses 1, 1A, 24, 25, 28 to Portslade.

Tai-Chi

Mondays

About the class

Tai Chi in the park is a warm and welcoming session delivered by the Taoist Tai Chi Society and supported by Active for Life. It involves gentle turning and stretching that is specifically designed to improve health by contributing to better balance and posture, increased strength and flexibility whilst also improving mental wellbeing.

The class is held at the MacLaren Room at The Level for most of the year, but for a few weeks in winter moves to The Open Market. Beginners are welcome! Do please use the contact details provided if you are unsure of the location! Please wear comfortable clothes with lots of layers as the class will go ahead in almost all weather!

Instructors

Healthy Lifestyles Team

To book or for more information

Contact: 01273 294589 / HealthyLifestylesTeam@brighton-hove.gov.uk

Website: brighton-hove.gov.uk/healthylifestyles

Cost

Free although a £2 donation is suggested

When?

Mondays 11:00am-12:00pm

Where?

MacLaren Room at The Level or Open Market, London Road

Travel

Buses 26, 46, 50, 50U, 79

Ping & Short Tennis

Get Active for those 50+

Wednesdays

About the class

Join our fun sociable weekly table tennis session with an additional Short Tennis option. Just drop in, there is no need to book and all equipment is provided. Beginners are welcome!

Please wear comfortable clothes and flat footwear and bring a drink.

Instructors

Healthy Lifestyles Team

To book or for more information

Contact: 01273 294589 / HealthyLifestylesTeam@brighton-hove.gov.uk

Website: brighton-hove.gov.uk/healthylifestyles

Cost

£2.50 for 1.5 hours

£2.00 for 1 hour



When?

Wednesdays 10:30am-12:00pm

Where?

King Alfred Leisure Centre, Kingsway, Hove BN3 2WW

Travel

Buses 25, 26, 700

FUNKFIT

Thursdays

About the class

The session is for adults and is a fun, friendly drop in class. The session is dance-based to funky music and includes simple moves but no learned routines.

All abilities are welcome.

Instructors

Healthy Lifestyles Team

To book or for more information

Contact: 01273 294589 / HealthyLifestylesTeam@brighton-hove.gov.uk

Website: brighton-hove.gov.uk/healthylifestyles

Cost

£3 or £2 concession



When?

Thursdays 16:45–17:45pm

Where?

Brighton Youth Centre, 64 Edward Street, BN2 1TW

Travel

Buses 1, 1A, 2, 7, 14B, 14C, 18, 27C, 71, 71A, 73, 271, 272

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