

**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](http://www.ageingwellbh.org)  
or call 01273 322947**

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# Yoga and Strength and Flexibility for 50+

## Wednesdays and Saturdays

### About the class

These are fun & sociable weekly classes to music, with a range of exercises to help build strength & flexibility in your upper body and strength, balance and more stability on your feet. Combining seated and standing exercises with a chair for support as necessary.

Helps increase confidence and balance.

### Instructor

Lisa and Paula

To book or for more information

Contact: 01273 729603

### When?

Wednesdays 9:45-10:45 Gentle Yoga

Wednesdays 11:00-12:00 Chair Yoga

Saturday 10:30-11:30 Strength and Flexibility (Zoom)



### Where?

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

### Cost

£5-6. First class is free!

### Travel

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

## Vida Active Classes for 60+

**Mondays – Fridays**

### About the classes

Vida Active Club 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

No need to book, just turn up. Contact on 07766744871 or visit [www.vidaactive.club](http://www.vidaactive.club)

### When?

Vida Active Studios

**Mondays** 10:30-12:00 and 14:00-15:30

**Tuesdays** 10:30-12:00 and 14:00-15:30

**Wednesdays** 10:30-12:00 and 14:00-15:30

**Thursdays** 10:30-12:00 and 14:00-15:30

**Fridays** 10:30-12:00 and 14:00-15:30



### Eastbrook Manor Community Centre

**Mondays** 10:00-11:00

**Wednesdays** 10:00-11:00

**Fridays** 10:00-11:00

### Bishop Hannington Youth and Community Centre

**Tuesdays** 14:00-15:00

### Where?

Vida Active Studios 74 Blatchington Road, Hove, BN3 3YH

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

**Bishop Hannington Youth and Community Centre**, 38 Holmes Ave BN3 7LD

### Cost

£3 hot drink included after the class.

### Travel

**Vida Active Studios Blatchington Road**

Bus 5, 5a, 5b, 2, 49, 46

**Eastbrook Manor Community Centre**

Train to Fishergate Station

**Bishop Hannington Youth & Community Centre**

Bus 5, 5

## Ping & Short Tennis 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.

### Instructor

Healthy Lifestyles Team

### To book or for more information

Healthy Lifestyles Team

**Contact:** 01273 294589 / [HealthyLifestylesTeam@brighton-hove.gov.uk](mailto:HealthyLifestylesTeam@brighton-hove.gov.uk)



### When?

Wednesdays 10:30-12:00

### Where?

King Alfred Leisure Centre/Hove Seafront,  
Kingsway, Hove BN3 2WW

### Cost

£3 or £2 concession and 60+ (Drop in) Just turn up

## **In Shape for Life (Circuit-based)**

**Mondays, Tuesdays, Wednesdays & Fridays**

### **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, running 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.

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](mailto:HealthyLifestylesTeam@brighton-hove.gov.uk)

**Website:** [www.brighton-hove.gov.uk/healthylifestyles](http://www.brighton-hove.gov.uk/healthylifestyles)

### **Cost**

£3 or £2 concession and 60+ (Drop in) Just turn up

Zoom Classes Free

### **Travel**

Buses 5, 5a, 5b, 47 to Hangleton,

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

Buses 25, 22, 21, 49, 24, 28 to Prince Regent Complex, Buses 1, 1A, to Portslade.

### **When?**

Mondays 9:15-10:15 In Shape for Life HK 50+  
Hangleton Community Centre

Mondays 12:45- 13:45 Pilates (Zoom)

Tuesdays 9:30-10:30 In Shape for Life HK 50+  
Moulsecoomb Hall

Tuesdays 5:30-6:30pm Strength and Conditioning  
(Zoom)

Wednesdays 12:00-13:00 In Shape for Life Prince  
Regent Sports Complex

Thursdays 10:30-11:30 In Shape for Life - Women  
only (Zoom)

Fridays 9:30-10:30 In Shape for Life Portslade  
Sports Centre

### **Where?**

**Hangleton Community Centre**, 14 Harmsworth  
Cres, Hove BN3 8BW

**Moulsecoomb Hall**, Moulsecoomb Place, Lewes  
Road, Brighton BN2 4GA

**Prince Regent Swimming Complex**, Church St,  
Brighton BN11YA

**Portslade Sports Centre**, Chalky Rd, Portslade,  
Brighton BN41 2WS

## Strength & Balance for 50+ Otago

**Mondays & 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

£5. First class is free! Join in or watch.



### When?

**Mondays** 11:00-12:00pm (available also via zoom)

**Thursdays** 10:30-11:30am

### 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.

# Dancing for Health and Wellbeing and Zumba

**Mondays & Tuesdays**

## About the class

Are you in a transitional stage in your life? 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

Healthy Lifestyles Team

## To book or for more information

Contact: 01273 294589 or

[HealthyLifestylesTeam@brighton-hove.gov.uk](mailto:HealthyLifestylesTeam@brighton-hove.gov.uk)



## Cost

£3 or £2 concession and 60+ (Drop in) Just turn up  
Zoom Classes Free

## When?

**Mondays** 10:00-11:00am Dancing for Health and Wellbeing (Zoom)

**Tuesdays** 11:15-12:15am Dancing for Health and Wellbeing Bishop Community Centre

**Mondays** 12:30-13:30 In Shape for Life Zumba (Zoom)

**Tuesdays** 11:30-12:15 (Drop in) In Shape for Life Zumba Manor Road Gym

## Where?

**Manor Road Gym**, Manor Rd, Brighton BN2 5EA

**Bishop Hannington** Youth and Community Centre  
38 Holmes Ave, Hove BN3 7LD

## Travel

Buses 21A, 23, 25, to Manor Road (Whitehawk), 5, 5A to Bishop



# Step to the Beat & Chair Boogie

**Mondays and Tuesdays**

## About the class

Step to the beat was created as a way of increasing our daily steps in a fun way combining exercise with music. This class is dance based, moving to music whilst walking on the spot. (Ability to stand for 30-40 minutes and exercise without using a chair to assist balance if require)

Chair Boogie- This session is based on enjoying moving to music rather than exercise. You will learn routines to music using upper body and core muscles, while enjoying seated dance.

## Instructor

Paula Carter

## To book or for more information

**Contact:** 01273 729603

## Cost

£2.50 per session. First class is free! Join in or watch



## When?

**Mondays 15:30-16:00 Step to the beat (Hybrid)**

**Mondays 16:10-16:40 Chair Boogie (Hybrid)**

**Tuesdays 10:30-11:00 Arm exercises (Hybrid)**

**Tuesdays 11:10-11:40 Step to the beat (Hybrid)**

## Where?

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

## Travel

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

# Boccia and reconnect sessions (all ages)

**Mondays**

## About the class

**Boccia** (pronounced bot-cha) is a Paralympic sport with no Olympic equivalent and is similar to bowls. It is a target ball sport which tests both muscle control and accuracy. From a seated position, players propel balls to land as close as possible to a white marker ball, known as the Jack. All abilities and all ages (+18) welcome.

**Reconnect session** starts with a gentle, seated exercise session. After the movement session everyone is invited to join for a tea or coffee and chats. If you just want to go along to socialise and meet others, you are welcome to do this.

## Instructor

Freedom Leisure Centre

## To book or for more information

01273 622266



## Cost

£1.75 for members and non-members

## When?

Mondays 10:30-11:30 **Reconnect sessions**

Mondays 12:00-14:00 **Boccia**

## Where?

Moulsecoomb Community Leisure Centre, Moulsecoomb Way, Brighton BN2 4PB

## Travel

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

# Active for Life exercise class 50+ and Badminton

Wednesdays

## About the class

This sports centre run an Active for Life exercise class aimed at people aged 50+ on Wednesdays from 9.30-10.30am, after this you can also stay to play some badminton.

## Instructor

Freedom Leisure Centre

## To book or for more information

01273 411100

## Cost

£4.55 for members and non-members



## When?

Wednesdays 9:30-10:30 (Drop in)

## Where?

Portslade Leisure Centre  
Chalky Rd, Mile Oak, Portslade, Brighton BN41 2WS

## Travel

Buses 1, 1A

# Walking Netball

Tuesdays and Thursdays

## About the class

Walking Netball is a slower version of the game we all love. It is netball, but at a walking pace. People across the length of the country have started playing Walking Netball for the fun, laughter and camaraderie the social session brings, as much as the health benefits on offer. All abilities and all ages (+18) welcome.

## Instructor

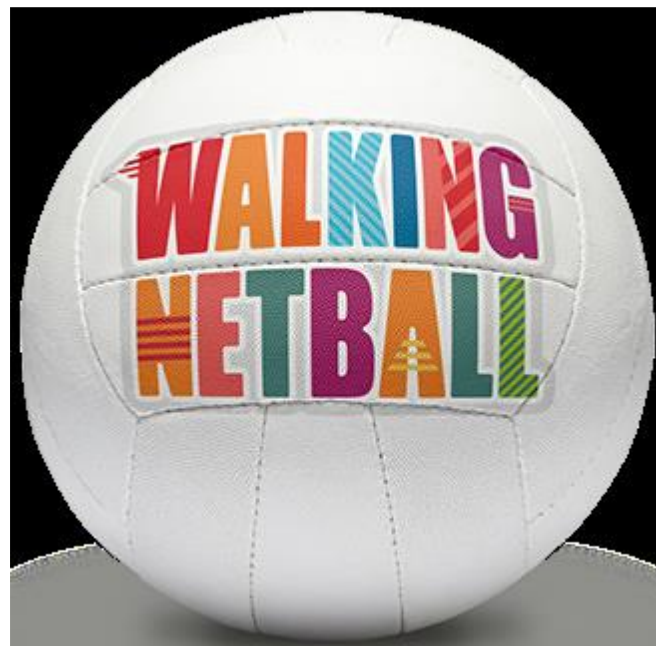
Freedom Leisure Centre

## To book or for more information

01273 622266

## Cost

£ 2.50 for members and non-members



## When?

Tuesdays 10:00 -11:00 (Drop in)

Thursdays 10:30 - 12:30 (Drop in)

## Where?

Tuesdays- Moulsecoomb Community Leisure Centre,  
Moulsecoomb Way, Brighton BN2 4PB

Thursdays- King Alfred Leisure Centre/Hove Seafront,  
Kingsway, Hove BN3 2WW

## Travel

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

## Table Tennis for 50+

**Mondays & Fridays**

### 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.

BTTTC 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.

### To book or for more information

**Contact:** 01273 670 145 [info@brightontabletennisclub.com](mailto:info@brightontabletennisclub.com)  
[tim@brightontabletennisclub.com](mailto:tim@brightontabletennisclub.com) for coaching enquiries

### Cost

The first session £2. Then £5 per player, £2 for concessions



### When?

**Mondays** 11:00-12:30 and 12:30-14:00

**Fridays** 11:00-12:45

### Where?

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

### Travel

Buses 1, 1A, 2

## Pilates-based classes

Wednesdays and Thursdays

### 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](mailto:johnrignell@yahoo.co.uk)

### Cost

£3



### When?

**Wednesdays 11:00-11:55 Chair based/Seated (Zoom)**

**Wednesdays 13.00-13.55 Mat work (Hybrid)**

**Thursdays 10.15-11.10 Chair based (Hybrid)**

### Where?

**Wednesdays at:** Friends Meeting House, Ship Street, BN1 1AF, Accessible.

**Thursdays at:**

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

### Travel

Buses 25, 49, 21, 22, 24, 48, 2, 5a, 5b, 46, 1, 1a,7 to

**Friends Meeting House**

Buses 1, 1a, 2, 5, 5A, 5B, 6, 21, 25, 46, 49,60, 71 to

**Cornerstone.**

Nearest stop: 2nd Avenue, Palmeira Sq