

**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**

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Yoga and Strength and Flexibility for 50+

Wednesdays and Saturdays

About the class

Strength and Flexibility - based on the Otago strength and balance exercises. This session incorporates arm exercises and aerobic work.

Gentle Yoga - Move, breathe and relax with mindful movement and breath awareness including moving down to and up from the floor

Seated Yoga - Improve your mobility, stability and overall wellbeing through mindful movement and breath awareness in this friendly, chair-based class

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 10:00-11:00 Strength and Flexibility (also available on 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. Socials on Fridays! (Lunch Club, Film Club, Games and Art Club, Tea and Dance)

For more information

No need to book, just turn up. Contact on 07766744871 or visit www.vidaactive.club

When?

Vida Active Studios

Mondays 10:30-12:00 (Cardio, Strength, and balance), 11:15 (Zumba Gold)

Tuesdays 10:30-12:00

Wednesdays 10:30-12:00

Thursdays 10:30-12:00 (Dance) and 11:15 (Tai Chi)

Fridays 10:30-12:00

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 Fishergate, 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



When?

Wednesdays 10:30-12:00

Where?

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

Cost

Free (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

Website: <https://www.brighton-hove.gov.uk/active-life-activities-and-healthwalks-programme>

Cost

Free (Drop in) Just turn up

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 10:30-11:30am (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



Cost

Free (Drop in) Just turn up

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 & Seated Shimmy and Shake

Mondays and Tuesdays

About the class

Step to the Beat - increase your 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)

Seated Shimmy and Shake - 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

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



When?

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

Tuesdays 11:15-11:45 Step to the beat (Hybrid)

Saturdays 11:30-12:15 Seated Shimmy and Shake (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.

Reconnect and Boccia (all ages)

Mondays and Tuesdays

About the class

Reconnect - a 30 minute gentle exercise class that can be adapted to be done seated. After the movement session everyone is invited to join for a tea or coffee and chats. Then you can join other activities such as boccia, badminton or curling.

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.

Instructor

Freedom Leisure Centre

To book or for more information

Moulsecomb Leisure Centre 01273 622266

King Alfred Leisure Centre 01273 290290

Cost

£1.85 for members and non-members



When?

Mondays 10:30-12:00 Reconnect at Moulsecomb

Tuesdays 14:00-15:30 Boccia at Kings Alfred

Where?

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

King Alfred Leisure Centre/Hove Seafront,

Travel

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

Buses 700- right by the leisure centre, 1, 1a, 49, 6 stop by Tesco 5 mins walk from the Leisure Centre

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

Moulsecoomb Leisure Centre 01273 622266

King Alfred Leisure Centre 01273 290290

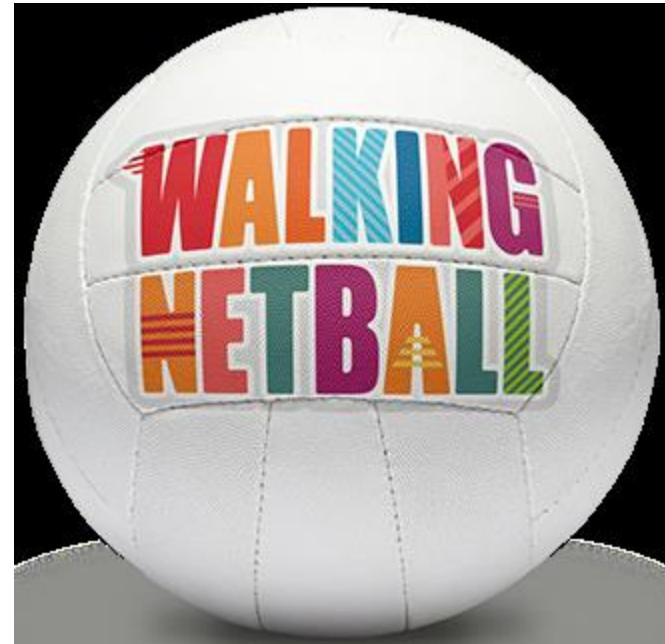
Cost

£ 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.

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.

To book or for more information

Contact: 01273 670 145 info@brightontabletennisclub.com
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

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

50+ Thursdays at Kings Alfred

Thursdays

About the class

50+ Activities

Simply pay for your ticket at reception and get access to **badminton, table tennis, a fitness class, walking netball, the gym and the pool.** Each week we have table tennis set up in one sports hall, badminton in the other, the gym and pool are included and can be used weekly for this price/ticket. You can play either or both sports, then swim/gym, you can attend the class as well! We then change the hall set up around and have Walking Netball which is also covered in the ticket price. To put it simply, all the things listed are included every week for the same price!

Instructor

Freedom Leisure Centre

To book or for more information

01273 290290



Cost

Price for non-members - £4.55 (the session is free if a member)

When?

Thursdays 10:00 -13:00

Where?

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

Travel

Buses 700- right by the leisure centre, 1,1a,49,6 stop by Tesco 5 mins walk from the Leisure Centre