

New Age Games: Gym at Kings Hall Leisure Centre



Hackney New Age Games proudly presents their 2025 - 2026 programme. Come along to take part in a fun mood-boosting activity with local residents aged 50+.

About This Event

Boost your workout goals by attending this gym session at Kings Hall leisure Centre. This session will be held inside the junior gym.

New Age Games helps residents to increase and sustain exercise to recommended levels. Important: To be eligible to attend the scheme, users must be a Hackney resident aged 50+. Every effort will be made to accommodate attendees, but we base places on a first come, first served basis on the day of each event. This is reflected within our guidance on our webpage. It is advised that you book in advance before attending. You can book by using the details in the accessibility information.

No sessions held from 7 December 2025 - 18 January 2026.



Event Time

Every Saturday
from Sat, 13th Sep 2025
until Sat, 21st Mar 2026

**Sat,
18th Oct
2025**

9:30am - 10:30pm



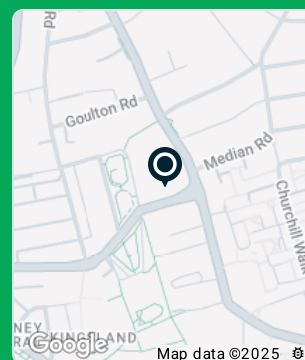
Event Price

Free



Event Location

**Kings Hall Leisure
Centre
39 Lower Clapton
Road, Lower Clapton,
London
E5 0NU**



Accessibility Information

To register visit: <https://hackney.gov.uk/new-age-games>. Alternatively speak to one of our exercise instructors or contact Darren English on 020 8356 4897 or email; NewAgeGames@hackney.gov.uk for further options.

