

# New Age Games: Fusion-Pilates/Yoga for Women



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

Take part in this exciting fusion-pilates / yoga session at Pembury Community Centre. This session is for women only. All abilities are welcome.

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.

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

## Accessibility Information

### Event Time

Every Thursday  
from Thu, 22nd Jan  
2026  
until Thu, 19th Mar 2026

**Thu,  
29th Jan  
2026**

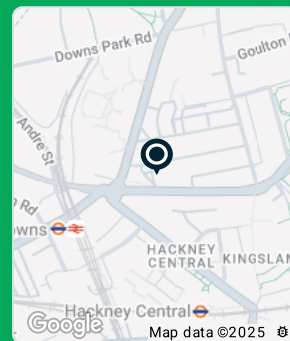
10:00am - 11:00am

### Event Price

**Free**

### Event Location

**Pembury Community  
Centre  
Atkins Square,  
Dalston Lane,  
Hackney, London  
E8 1FA**



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](mailto:NewAgeGames@hackney.gov.uk) for further options.

