

New Age Games: Pilates - Online session



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

Reach your fitness goals by taking part in this online pilates session. This session is for all abilities.

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+.

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

THIS SESSION WILL TAKE PLACE ONLINE.

BOOKING IS ESSENTIAL AS HACKNEY CIRCLE DOES NOT HAVE ACCESS TO THE ZOOM LINK.

VISIT hackney.gov.uk/new-age-games and

Accessibility Information

Event Time

Every Tuesday
from Tue, 20th Jan 2026
until Tue, 17th Mar 2026

**Tue,
20th Jan
2026**

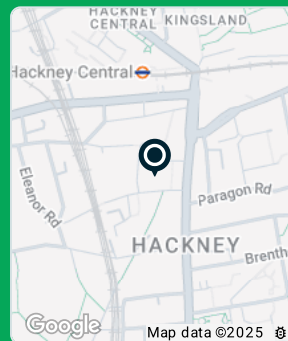
10:00am - 11:00am

Event Price

Free

Event Location

**Hackney Town Hall
Mare Street, London
E8 1EA**



To register for New Age Games and to book an Online Session 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.

