

New Age Games: Aerobic and Tone



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 gentle aerobic exercise session at Queensbridge Leisure Centre. 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+. 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 Wednesday
from Wed, 21st Jan 2026
until Wed, 18th Mar 2026

**Wed,
21st Jan
2026**

10:00am - 11:00am



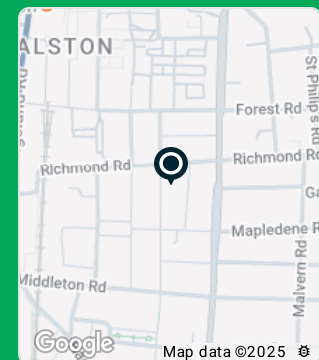
Event Price

Free



Event Location

**Queensbridge
Leisure Centre
30 Holly Street,
London
E8 3XW**



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.

