

New Age Games: Aerobic and Tone



Hackney New Age Games proudly presents their 2024 autumn - winter programme. Come along to take part in a fun, mood-boosting activity with local residents aged 55+.

About This Event

Take part in this gentle aerobic exercise session at Kings Hall 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](#). 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 8 December 2024 - 19 January 2025.**

Accessibility Information

Event Time

Every Wednesday
until Sat, 22nd Mar 2025

**Wed,
22nd Jan
2025**

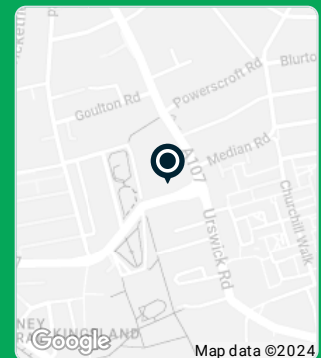
10:00am - 11:00am

Event Price

Free

Event Location

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



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.

