

Healthy Generations

Helping people take control
of their own health

Healthy Generations
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ALEXANDER TECHNIQUE FRIDAYS for bad backs
1.00pm-2.00pm £3 optional donation with Penny O'Connor in partnership with Islington Libraries. To join send an email to pennyconnor1@gmail.com



DARE TO DANCE MONDAYS
10.30am-11.30am £3 optional donation With Jannet in partnership with Islington Libraries. Send an email to jannet.ellis@aol.com



DANCERCISE TUESDAYS
11.00am-12.00pm £3 optional donation With Edurne in partnership with Islington Libraries. To join email to sam@healthygenerations.org.uk



DIET FOR HEALTH FRIDAYS
11.00am-12.00pm £3 optional donation with Peter Crockett. To join email to peter@healthygenerations.org.uk or text 0757 978 5053



DIGITAL CLASS WEDNESDAYS
3.15-4.15pm With Peter FREE! In partnership with Clarion Futures. To join email peter@healthygenerations.org.uk or text 0757 978 5053.



DIGITAL CLASS WEDNESDAYS
4.30-5.30pm With Peter FREE! In partnership with Islington Pensioners Forum. To join email peter@healthygenerations.org.uk or text 0757 978 5053.



FALLS PREVENTION MONDAYS
11.00am-12.00 £3 optional donation with Petra in partnership with Islington Libraries. Send an email to fit_p38@yahoo.co.uk or a text to 0749 639 9377.



KEEP-FIT GENTLE KEEP-FIT TUESDAYS
1.30pm-2.30pm FREE! With Petra in partnership with Islington Libraries. Send an email to fit_p38@yahoo.co.uk and she will send back the URL



KEEP-FIT GENTLE KEEP-FIT WEDNESDAYS
2.00pm-3.00pm FREE! With Jannet in partnership with Islington Libraries. Email jannet.ellis@aol.co.uk and she will send back the URL.



KEEP-FIT CARDIO, CORE & MORE FRIDAYS Seated & standing exercises
12.15pm-1.15pm £3 optional donation with Gee in partnership with Islington Libraries. Email gee.dudley@blueyonder.co.uk and she will send back the URL.



LEGS, BUMS & TUMS THURSDAYS
5.00pm-6.00pm £3 optional donation with Petra in partnership with Islington Libraries. Send an email to fit_p38@yahoo.co.uk and she will send back the URL



LONGEVITY! THURSDAYS – Using Qi Gong, Tai Chi, Kung Fu and Yoga. Build internal strength. **6.30-7.30pm £3 optional donation** with Peter in partnership with Islington Libraries. Email peter@healthygenerations.org.uk



MINDFULNESS ENERGY! THURSDAYS – Bring mindfulness to your everyday life and increase your energy. **11.00am-12.00pm FREE** with Peter in partnership with Islington Council's Active Spaces project. Email peter@healthygenerations.org.uk



MUSIC APPRECIATION FRIDAYS
2.00pm-3.00pm FREE with Mary in partnership with Age UK Islington. To book send a message to sam@healthygenerations.org.uk

All our classes are drop-in. No sign up period. Try as many as you like with no obligation. They are all free!

Questions? Ring Sam on 0798 114 2376 or email sam@healthygenerations.org.uk



OSTEOPOROSIS REMEDIAL WEDNESDAYS

11.30am-12.30pm £3 optional donation with Petra in partnership with Islington Libraries. Send an email to fit_p38@yahoo.co.uk or a text to 0749 639 9377



OSTEOPOROSIS REMEDIAL SATURDAYS

9.45am-10.45am £3 optional donation with Petra in partnership with Islington Libraries. Send an email to fit_p38@yahoo.co.uk or a text to 0749 639 9377



PILATES INTERMEDIATE MONDAYS

10.00am-11.00am £3 optional donation with Emma in partnership with Islington Libraries. Email hello@emmaahlstrom.com or text 0775 361 6792



PILATES INTERMEDIATE TUESDAYS

10.00am-11.00am £3 optional donation with Emma in partnership with Islington Libraries. Email hello@emmaahlstrom.com or text 0775 361 6792



PILATES BEGINNERS TUESDAYS

2.00pm-3.00pm £3 optional donation with Alice in partnership with Islington Libraries. Sign up at <https://www.islingtonpilates.com/book-now> and then click "Login/Register".



PILATES GENTLE THURSDAYS

10.00am-11am £3 optional donation with Alice in partnership with Islington Libraries. Sign up at <https://www.islingtonpilates.com/book-now> and then click "Login/Register".



PILATES BEGINNERS SATURDAYS

9.30am-10.30pm £3 optional donation with Emma in partnership with Islington Libraries Email hello@emmaahlstrom.com or text 0775 361 6792



TAI CHI MONDAYS

5.00pm-6.00pm Free with Wustyle in partnership with Islington Council. Visit <https://wustyle.uk.com/community> or email awais@wustyle.uk.com



TAI CHI WEDNESDAYS

11.00am-12.00 Free Wustyle in partnership with Islington Council. Visit <https://wustyle.uk.com/community> or email awais@wustyle.uk.com



YOGA CHAIR YOGA MONDAYS

2.00pm-3.00pm £3 optional donation with Jessica in partnership with Islington Libraries. <http://jessicagreen.net/yogaclasses> or email contact@jessicagreen.net



YOGA BALANCE & MOVEMENT YOGA TUESDAYS

12.30pm-1.30pm £3 optional donation with Jessica in partnership with Finsbury Park Community Hub. <http://jessicagreen.net/yogaclasses> or email contact@jessicagreen.net



YOGA WIND-DOWN WEDNESDAYS

2.00pm-3.00pm FREE. With Jessica supported by Waltham Forest Council. <http://jessicagreen.net/yogaclasses> or email contact@jessicagreen.net



YOGA CHAIR YOGA FRIDAYS

2.00pm-3.00pm £3 optional donation with Jessica in partnership with Islington Libraries. <http://jessicagreen.net/yogaclasses> or email contact@jessicagreen.net



YOGA MONTHLY YOGA FROM YOUR BED SUNDAY

4pm on the last Sunday of every month and recorded so available for download. <http://jessicagreen.net/yogaclasses> or email contact@jessicagreen.net



ZUMBA GOLD TUESDAYS

6.00pm-7.00pm £3 optional donation with Val in partnership with Islington Libraries. Email gymbodyandmindfit@gmail.com and she will send back the URL.