

# Stay Active, Stay Healthy, Live Better

## Exercise Programmes for Adults Aged 50+

**First Class Free with this Leaflet!**

*Would you like to:*

- Build strength and flexibility*
- Increase your fitness and stamina*
- Improve mobility, balance, and coordination*
- Improve confidence and make new friends*
- Reduce your risk of falls and injury*



**StayActive4Life**

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At StayActive4Life, we believe that everyone deserves the chance to lead an active, healthy, and fulfilling life—no matter their age. We know how important it is to keep moving, stay strong, and enjoy life to the fullest. That's why we're here to help you feel more energised, confident, and independent.

## **We Deliver A Range Of Stayactive4life Classes**

Our classes are about so much more than exercise. They're designed to: Build your fitness and stamina, build your confidence, help you make new friends, and above all... have fun!

### **Strength & Balance Classes**

L1 Classes - are perfect for those who've recently had a fall, have a history of falls, or feel worried about falling. These gentle, supportive classes are designed to help you regain confidence, improve balance, and feel steady on your feet.

L2 Follow On Classes - will help you improve further and focus on boosting your overall fitness, strength, and balance to keep you active and thriving.

### **Keep Fit and Zumba Gold Classes**

Get moving with easy-to-follow choreography designed for all abilities! These fun and energising sessions combine cardiovascular exercise, muscular conditioning, flexibility, and balance to leave you feeling fitter, stronger, and full of life. Move to the rhythm, and take steps towards a healthier, happier you!

### **Where Can You Find Us?**

We run over 30 classes every week in easy-to-reach community venues across West London and South Bucks. Wherever you are, there's likely a class near you!

### **Prefer to exercise at home? No problem!**

Join us for a live Zoom class from the comfort of your living room.

Access our OnDemand videos to fit your exercise around your schedule.

### **How Do I Join?**

Getting started is easy! You can contact us directly to self-refer or see the website for further details. For a referral speak to your GP, Physiotherapist, or Social Prescriber for a referral. They can find our referral form on System One or via Joy.

### **Take the First Step to a Happier, Healthier You!**

Our team of trained and friendly instructors are here to guide and support you on your journey to improved health and wellbeing. Whether it's rebuilding your confidence, boosting your energy, or simply meeting new people, our classes are the perfect place to start.

***Don't wait—take the first step towards feeling fitter, stronger, and more vibrant today.***



## Strength & Balance Classes

### Acton

- **St Mary's Church**, Acton, 1 The Mount W3 9NW  
(Mon, 11.00am & Fri, 11.45am)
- **North Acton Pavilion**, Eastfield's Road, W3 0JF (Wed, 1.00pm)

### Ealing & Hanwell

- **St Paul's Church**, Ridley Avenue, W13 9XW  
(Mon, 12:00pm (**Full**) & Wed, 12:00pm)
- **Saint Barnabas Church**, Pitshanger Lane, W5 1QG  
(Tue, 10:00am (**Full**) & Tue, 11:00am)
- **Haven Green Baptist Church**, 2 Castlebar Road, W5 2UP  
(Tue, 1:30pm & Thu, 12:30pm & 1:30pm)
- **St Mary's Church**, 62 Greenford Avenue, W7 3QP  
(Tue, 12:30pm, Wed, 6.30pm and Thu, 11:00am)

### Greenford, Northolt & Perivale

- **Greenford Baptist Church**, Beechwood Avenue, UB6 9UA  
(Mon, 9:30am & 10:30am) and (Wed, 9:30am & 10:30am)
- **Saint Barnabas Church**, 44 The Fairway, UB5 4SL  
(Mon, 1:00pm)

### Southall & Heston

- **Southall Baptist Church**, 20 Western Road, UB2 5DS  
(Wed, 10:00am & Fri, 10:00am)
- **St Leonard's Church**, Heston Road, TW5 ORD  
(Thu, 10:00am)

## Zumba Gold Classes

- **St Paul's Church**, Ridley Avenue, W13 9XW  
(Mon, 1:00pm & Wed, 1:00pm)
- **St Stephen's Church**, St. Stephen's Road, W13 8HB  
(Fri, 10:00am) (**Full**)