

Why Should I Come to The Sharp End?

“Sometimes when you wake up in the morning with all your aches and pains, you don’t feel like coming out, but when you come here you forget all about it.”

There are 5 steps for wellbeing:

CONNECT: Come to the Sharp End and meet new people or bring your friends along

BE ACTIVE: Whether you’ve never exercised or are super fit – we have sessions to suit you

TAKE NOTICE: Come on one of our walks, do one of our reflective sessions like tai chi or yoga

LEARN: A new dance, a craft or art

GIVE: Your time and skills. We are a user led group and always looking for more people to help out.

FEES: For just £20 a term you can come to as many classes as you like - that’s as little as 10p a class!

DIVERSITY: Everyone is welcome at The Sharp End. We acknowledge, appreciate and celebrate difference, and recognise that diversity and inclusion stimulate creativity, innovation and success.

Tel: 020 7923 0350

Address: The Sharp End
Queensbridge Sports &
Community Centre
30 Holly Street, E8 3XW

www.thesharpend.org.uk



The Sharp End

Supporting people aged over fifty to be healthy and independent!



“Keeps you stronger for longer”

Registered charity no: 1054116 Company registered no: 3140955

The Sharp End Weekly Activities

All our classes are at:

Queensbridge Leisure Centre, 30 Holly Street, E8

Tel: 020 7923 0350



Monday

9.30 - 11.00	Yoga Rise n Shine
11.00 - 1.00	Art (Painting & Craft)
12.00 - 1.00	Chi Kung
1.30 - 2.30	Line Dancing



Tuesday

10.00 - 11.00	Keep Fit
10.00 - 12.00	Social Tea & Chat
11.00 - 12.00	Movement & Stretching
12.15 - 1.15	Latin Dance
1.30 - 3.30	Crochet & Knit
2.30 - 3.30	Gentle Movement
4.00 - 5.00	Yoga (Challenging)



PLUS: Socialising with board games. Monthly meditation meet-up. Bi-annual parties.

We can also point you in the direction of other services that take place locally.



Wednesday

9.45 - 10.45	Zumba® Gold
10.00 - 11.15	Hatha Yoga
11.20 - 12.35	Hatha Yoga
12.00 - 3.00	Social Tea & Chat
12.45 - 1.45	Exercise for Frail Men
2.00 - 3.00	Women's Only Fitness
3.15 - 4.15	Movement Exploration



Thursday

9.45 - 10.45	Pilates
10.00 - 12.00	Art (Painting & Drawing)
11.00 - 12.00	Carnival Fit
12.30 - 1.30	Balance & Back Care
2.00 - 3.15	Men's Circuit Exercise
2.00 - 3.30	Gentle Exercise with Socialising
3.45 - 5.00	Yoga Afternoon



Friday

10.00 - 11.00	Exercise to Music (check for venue)
11.45 - 12.45	Tai Chi

