

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

Keeping you stronger for longer
(Charity no. 1054116)



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

If you would like further information, you can speak to Nazmun on 07838 813 283 or 020 7923 0350. Face-to-face classes are not on a drop-in basis. Advance booking required in keeping with COVID measures.

Face-to-face with Zoom

Mondays

9.30–10.30 • **Yoga**

1.00–2.00 • **Dance Fit**

Tuesdays

10.00–11.00 • **Keep Fit** (Bring own exercise band)

10.30–12.30 • **Art**

11.30–12.30 • **Chi Kung**

12.30–1.30 • **Line dancing**

1.30–3.30 • **Knitting & Crochet Club**

2.00–3.00 • **Movement and stretching** (Zoom only)

3.00–4.00 • **Iyengar Yoga**

Wednesdays

10.00–11.00 • **Hatha Yoga**

11.30–12.30 • **Men's Fitness Club** Men's only class, suitable for men with limited mobility. Bring your own water.

1.00–2.00 • **Women's Seated Fitness** Women's only class. Based on ground floor. Suitable for wheelchair, people with limited mobility. Bring your own exercise band and water.

3.15–4.15 • **ATM – Awareness Through Movement** (Zoom only) (Zoom only) Online only. Floor based, require a yoga mat. Contact us for the Zoom link. Feldenkrais class.



CONTACT US Tel: 020 7923 0350



Thursdays

9.45–10.45 • **Pilates**

11.00–12.00 • **Zumba**

12.30–1.30 • **ATM – Awareness Through Movement** (Zoom only)

2.00–3.00 **Fun seated exercise** Wheelchair accessible, chairbased (suitable for all level). Based on ground floor. Suitable for wheelchair, people with limited mobility. Bring your own exercise band and water.

3.00–4.00 • **Yoga afternoon**

Fridays

10.00–11.00 • **Tai Chi**

11.15–12.45 • **Walks – Just Up Your Street***

2.00–3.00 • **Fun Seated Exercise** (Location: Pembury Community Centre)



Notice

* These are temporary classes. Please contact the office to learn more about them, and new classes that will commence from June 2022.