

Explore, Connect, and Stay Active Enfield!

Active Enfield

September to December Activities

11th September to 17th December



CHAIR YOGA

Discover Chair Yoga, a seated workout enhancing flexibility and relaxation with breath exercises to help alleviate stress. Join us at Bush Hill Park United Reformed Church for a soothing experience.

[Learn more](#)



ADULT TAP

Experience joyful rhythm in Adult Tap at Grange Park Methodist Church! Energizing dance class welcomes all abilities, blending body and mind to music. Join us!

[Learn more](#)



NORDIC WALKING

Boost fitness at Groveland Park through Nordic Walking! A low-impact, full-body exercise that involves walking with specially designed poles. Poles provided or bring your own.

[Learn more](#)



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BOWLS OVER 50'S

Join Bowls for over 50's at David Lloyd! Low-impact, confidence-boosting exercise enhancing fitness and coordination. Hit the jack pot and enjoy friendly games with different opponents.

[Learn more](#)



TAI CHI FOR ADULTS

Discover the serenity of Tai Chi for Adults, indoors or outdoors. Embrace the harmony of movement, posture, and meditation at Jubilee Hall, fostering well-being and relieving stress.

[Indoor](#)

[Outdoor](#)



TENNIS OVER 50'S

Discover the perfect avenue to unwind and enjoy the sport of tennis at David Lloyd.

Whether you're seeking to maintain your skills or elevate your performance, our casual tennis sessions provide a welcoming and enjoyable environment to do just that.

[Learn more](#)



SWIMMING FOR OVER 50'S

Refine swimming skills at David Lloyd! Perfect for capable swimmers seeking technique improvement. Guided by a qualified coach, this session is tailored to enhance your abilities.

[Mondays](#)

[Tuesdays](#)

[Fridays](#)



STRETCH AND MOBILISE

Participate in Stretch and Mobilise at David Lloyd! Engaging class for all, promoting mobility and flexibility through targeted stretching and joint exercises. Suitable for all abilities, even beginners.

[Learn more](#)



BADMINTON ADULTS

Discover the joy of Badminton at Drill Hall or Enfield Grammar School! Social and easy to learn, it offers physical benefits. Burn calories & have fun. Improve speed and reflexes under class supervisor's guidance.

[Mondays](#)

[Tuesdays](#)

[Tuesday PM](#)



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PILATES

Join Pilates at St. Michael's CofE Primary School! Suitable for all ages and fitness levels, Pilates enhances alignment, posture, muscle tone, balance, and joint mobility whilst relieving stress and tension.

[Learn more](#)



ZUMBA

Join the Zumba party at St. Michael's CofE Primary School! Dive into a lively fitness class suitable for all levels. Embrace global dance moves and music, no special equipment required, just an open mind!

[Learn More](#)



MENOPAUSE & ME

Discover support and camaraderie during menopause at St Pauls Centre Main Hall. Laugh, learn, and restore with gentle stretches, enhancing physical, mental, and heart health. Join us to empower yourself in this transformative journey.

[Learn more](#)



DANCE, STRETCH & TONE ADULTS

Energize your day at Christ Church Hall! Enjoy light cardio through dance moves to music. Gentle stretching and toning exercises activate movement, relieve tension, and enhance strength and flexibility.

[Learn more](#)



YOGA FOR ADULTS (MIXED SESSION)

Revitalize with Wake-Up Yoga at Bush Hill Park URC or David Lloyds, Carterhatch Lane! Energize your day with this friendly class suitable for all levels. Explore yoga, meditation, relaxation, posture, and breathing techniques.

[Tuesdays](#)

[Fridays](#)



STRETCH AND MOBILISE

Try the Stretch and Mobilise class at David Lloyd! Engaging class for all, promoting mobility and flexibility through targeted stretching and joint exercises. Suitable for all abilities, even beginners.

[Learn more](#)



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DANCE FITNESS ADULTS

Participate in Dance Fitness at St. Paul's Centre! Enjoy an energetic dance workout suitable for all ages and fitness levels. No dance experience needed, just enthusiasm!

[Learn more](#)



YOGA FOR ADULTS (WOMEN ONLY)

Experience relaxation at St. Michael's CofE Primary School! Engage in these women-only friendly classes suitable for all levels, exploring yoga, meditation, relaxation, posture, and breathing techniques.

[Learn More](#)



PILATES

Can't make Mondays for Pilates? Join us on Wednesdays at David Lloyds, Carterhatch Lane. Suitable for all ages and abilities, Pilates enhances strength, alignment, and relaxation.

[Learn more](#)



BADMINTON JUNIORS (AGES 8 – 12 YEARS)

Elevate skills at Sunday's Junior Badminton! Ages 8-18 develop coordination, techniques, and court play. Join for fun-filled sessions at The Drill Hall. Rackets provided. Unleash potential now!

[8 – 12 years](#)

[12 – 18 years](#)



GYMNASTICS BEGINNERS AND IMPROVERS

For your kids, let them try the Gymnastics Beginners (Ages 5-8) and Improvers (Ages 8-16) at Winchmore Secondary School. Fun, progressive sessions exploring floor, beam, and vault exercises. Join the excitement!

[Beginners](#)

[Improvers](#)



BALLROOM AND LATIN DANCE FOR BEGINNERS & IMPROVERS

Elevate your dance game and master ballroom and Latin moves with us. Enhance your skills and become the ultimate dancer in a supportive and engaging environment at Winchmore Hill United Reformed Church.

[Beginners](#)

[Improvers](#)