

WELCOME!

ACTIVE ENFIELD

New Year, New You!



Unlock a world of fitness and well-being at Active Enfield! From energizing Zumba to soothing Yoga, our classes cater to all fitness levels and ages.

8TH JANUARY TO 28TH MARCH 2024

EXPLORE, CONNECT, AND STAY ACTIVE ENFIELD!

Check out our diverse
range of activities
below

[LEARN MORE](#)





PARENT & TODDLER GYMNASTICS

Explore Gymnastics Fun with Your Toddler! Join our Monday sessions for interactive parent-led activities, tailored for ages 18 months to 3 years. Strengthen bonds and enhance motor skills in a playful environment.

[Learn more](#)



PRE-SCHOOL GYMNASTICS

Immerse your 3 to 5-year-old in gymnastics! Join Monday sessions for independent exploration, fundamental skills development, and a fun, active lifestyle in a supportive environment at Southbury Leisure Centre.

[Learn more](#)



ZUMBINI - DANCE FOR KIDS

Dance into Fun with Zumbini/Dance for Kids – Thursdays: Join us at Brigadier Hall for 45 minutes of energetic rhythms, creative expression, and Zumbini fun. Suitable for kids aged 7 to 12, it's a joyful dance adventure!

[Learn more](#)



HORSE RIDING

Join us for guided horseback trails for ages 6-12. Join our half-day adventure, connecting with the joy of riding in an outdoor environment.

[Mondays](#)

[Wednesdays](#)



TEEN YOGA - GIRLS ONLY

Empower your teens with transformative yoga sessions every Tuesday at Brigadier Hall. Join for 45 minutes of mindful movement, stress relief, and community. Reserve their spot for enhanced well-being!

[Learn More](#)



GYMNASTICS BEGINNERS AND IMPROVERS

Exciting sessions for beginners (5-8) and improvers (8-16). Progress through floor, beam, and vault exercises. Leotards welcome for beginners. Join the fun at Winchmore Secondary School.

[Beginners](#)

[Improvers](#)



BADMINTON JUNIORS & JUNIOR PLUS

Smash, flick, and volley at The Drill Hall! Tailored for ages 8-12 and 12-18, these vibrant classes enhance skills, teamwork, and game understanding. Bring your racket and join the excitement!

[Junior 8 - 12](#)

[Junior Plus 12 - 18](#)



TENNIS

Casual, uncoached tennis every Monday at David Lloyd Enfield. Improve agility, flexibility, and balance in a fun, friendly atmosphere. Perfect for players aged 18 and above, especially those over 50. Bring your racket and reserve your spot for a lively game!

[Learn more](#)



BADMINTON

Join us for thrilling badminton every Monday and Tuesday at the Drill Hall and Enfield Grammar School Lower. Burn calories, improve agility, and enjoy fitness and fun! Open to participants aged 18 and above.

[Monday AM](#)

[Tues AM](#)

[Tues PM](#)



CHAIR YOGA

Rejuvenate with Inclusive Chair Yoga every Tuesday. Experience gentle seated exercises, promoting flexibility, relaxation, and a mindful connection. Open to all. Reserve your spot for a healthier, relaxed you!

[Learn more](#)



YOGA

Elevate your Tuesday mornings with revitalizing yoga at Bush Hill Park United Reformed Church. All levels welcome for a positive, holistic experience. Secure your spot and embrace well-being!

[Tuesday](#)

[Friday](#)



YOGA WOMEN ONLY

Rejuvenate with Yoga for Women every Tuesday at St Michaels CofE Primary School. Unwind and enhance well-being in a friendly environment. Bring your mat and reserve your spot for an evening of self-care and tranquility!

[Learn more](#)





PILATES

Embark on a Pilates journey every Monday, Wednesday, and Thursday. Enhance posture, tone muscles, and find stress relief. Secure your spot for a revitalizing session!

[Monday](#)

[Weds](#)

[Thurs](#)



STRETCH & MOBILISE

Discover the joy of improved flexibility and mobility at Stretch and Mobilise, a fun class for everyone. Join us every Monday at David Lloyd Enfield and start enhancing your overall well-being!

[Learn more](#)



TAI CHI INDOOR AND OUTDOOR

Secure your spot today for a fulfilling Tai Chi journey that nurtures both body and soul. Join us in discovering the benefits of mindful movement and meditation.

[Indoor](#)

[Outdoor](#)



DANCE, STRETCH & TONE

Start your Tuesdays right with Dance, Stretch & Tone at Christ Church Hall. Enjoy light cardio dancing, gentle stretching, and toning exercises for a revitalizing and fun session. Open to all abilities!

[Learn more](#)



DANCE FITNESS

Experience the energy of Dance Fitness at St. Paul's Centre every Tuesday. This dynamic workout caters to all fitness levels, offering a fun way to boost cardio, strength, and flexibility. Join the dance party now!

[Learn more](#)



DANCE SOCIAL

Join our special Dance Social for an Easter celebration at Winchmore Hill United Reformed Church. Experience the joy of ballroom and Latin dance in a welcoming atmosphere.

[Learn more](#)





ZUMBA

Move and groove with Zumba at St Michael's Primary School every Monday. Join our high-energy, all-levels class for a fun-filled fitness experience. Just bring your enthusiasm!

[Learn more](#)



BALLROOM & LATIN DANCE BEGINNERS AND IMPROVERS

Embrace the rhythm with Ballroom and Latin Dance sessions on Fridays at Winchmore Hill United Reformed Church. Improve your skills or start your dance journey in a friendly environment.

[Beginner](#)

[Improver](#)



TAP DANCE

Step into the rhythm with Adult Tap every Monday at Grange Park Methodist Church. This morning class offers a blend of cardio, dance, and music, welcoming all abilities. Join us for a rhythmic start to your week!

[Beginner](#)

[Improver](#)



BOWLS

Join us for Bowls every Tuesday at David Lloyd Enfield. Engage in low-impact exercise, friendly games, and enjoy the therapeutic benefits of this delightful sport.

[Learn more](#)



SWIMMING

Dive into invigorating swims for the Over 50s at David Lloyd Enfield every Monday, Tuesday, and Friday. Improve your technique, enjoy the water, and stay active. Secure your place now for a refreshing swim experience!

[Monday](#)

[Tues](#)

[Fri](#)



NORDIC WALKING

Join us for a refreshing Nordic Walking experience every Monday at Groveland Park. Engage in a full-body workout, explore varied terrain, and enjoy post-walk socializing. All fitness levels welcome.

[Learn more](#)