

WELCOME!

ACTIVE ENFIELD



Discover a realm of fitness and well-being at Active Enfield! Whether you prefer invigorating Tennis or calming Tai Chi, our classes are tailored to accommodate all fitness levels and age groups.

APRIL TO JULY 2024

**EXPLORE, CONNECT,
AND STAY ACTIVE
ENFIELD!**

Check out our
diverse range of
activities below



**ACTIVE
ENFIELD**



GYMNASTICS BEGINNERS & IMPROVERS

Exciting sessions for beginners (8-13) and improvers (12-16). Progress through floor, beam, and vault exercises. Leotards welcome for beginners. Join the fun at Winchmore Secondary School.

[Beginner](#)

[Improver](#)



TEEN YOGA - GIRLS ONLY

Empower your teens with transformative yoga sessions every Tuesday at Brigadier Hall. Join us for 45 minutes of mindful movement, stress relief, and community. Reserve their spot for enhanced well-being!
11 - 18 year olds

[Learn more](#)



BADMINTON BEGINNERS & IMPROVERS

Serve, flick, and rally at The Drill Hall! Tailored for ages 8-13 and 14-18, these dynamic classes boost skills, teamwork, & game understanding. Grab your racket & be part of the excitement!

THURSDAY

SUNDAY

[Beginners
8 - 13](#)

[Beginners
8 - 13](#)

[Improvers
14 - 18](#)

[Improvers
14 - 18](#)



SWIMMING

Improve your swimming skills with refreshing swims at David Lloyd Enfield every Monday, Tuesday, and Friday. Please note that this is for those over 60 & is not suitable for beginners.

[Monday](#)

[Tuesday](#)

[Friday](#)



TENNIS

Join us for casual tennis sessions on Mondays at David Lloyd's Enfield for those over 60. This non-coached, laid-back game is for those who can play tennis and is not suitable for total beginners. Swing into some fun on the court!

[Learn More](#)



BADMINTON

Take your pick from three different badminton sessions every week. Whether you're a beginner or seasoned player, join us for a badminton thrill.

[Monday AM](#)

[Tues AM](#)

[Tues PM](#)



PILATES

Elevate your well-being with our Pilates sessions! Join us on Mondays, Wednesdays, and Thursdays at different venues across Enfield. These sessions are open to all abilities. Strengthen your core, improve flexibility, and enhance your overall well-being!

[Monday](#)

[Weds](#)

[Thurs](#)



STRETCH & MOBILISE

Engage in a revitalising session of Stretch & Mobilise, every Monday at David Lloyd's on Carterhatch Lane. Stretch, unwind, and invigorate your body - join us for a refreshing experience!

[Learn More](#)



TAI CHI INDOOR & OUTDOOR

Embark on a journey of tranquility with our Tai Chi sessions. Join us indoors at Jubilee Hall and outdoors at Broomfield, immersing yourself in the graceful movements that foster balance and harmony.

[Indoor](#)

[Outdoor](#)



CHAIR YOGA

Relax and rejuvenate every Tuesday with our Inclusive Chair Yoga session. Discover the benefits of gentle seated exercises, fostering flexibility, relaxation, and mindful connection. Open to all, aimed at those over 60

[Learn more](#)



YOGA

Enhance your well-being with invigorating Yoga. Join our coached sessions on Tuesdays at Bush Hill Park URC and Fridays at David Lloyd's Enfield. Suitable for all abilities and open to everyone.

[Tuesday](#)

[Friday](#)



YOGA WOMEN ONLY

Relax with Yoga for Women at St Michaels CofE Primary School. Unwind and enhance well-being in a friendly environment. This is a coached session open to all abilities, exclusively for women.

[Learn more](#)





DANCE, STRETCH & TONE

Start your Tuesdays right with Dance, Stretch & Tone at Christ Church United Reformed Church. Led by an expert instructor, this session offers light cardio dancing, gentle stretching, and toning exercises for a revitalizing and fun experience.

[Learn more](#)



DANCE FITNESS

Elevate your fitness journey with Dance Fitness at Brigadier Hall. Experience the energy of this dynamic workout led by our expert instructor. Open to all levels, it's a fun way to enhance cardio, strength, and flexibility. Join the dance party and unleash your vitality

[Learn more](#)



DANCE SOCIAL EASTER SPECIAL

Join us for a special Dance Social on April 5th, 2024, 10 am to 11:30 am at Winchmore Hill United Reformed Church. Lace up and celebrate Easter with a friendly Ballroom and Latin Dance taster. Experience joy in a warm, welcoming atmosphere!

[Learn more](#)



BALLROOM & LATIN DANCE

Discover the joy of Ballroom and Latin dance – a friendly class awaits you at Winchmore URC. Unlock your inner dancer in a casual atmosphere where you can dress comfortably, and no dance partner is needed. Everyone is welcome but aimed at over 60's

[Learn more](#)



TAP DANCE BEGINNERS & IMPROVERS

Step into the rhythm of Tap Dance at Grange Park Methodist Church every Monday. These classes offer a blend of cardio, dance, and music, welcoming all abilities. Join us for a rhythmic start to your week!

[Beginner](#)

[Improver](#)



ZUMBA

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

[Learn more](#)



ZUMBA GOLD

Join us for Zumba Gold, tailored for those over 60, every Thursday from 4:00 pm to 4:45 pm at Brigadier Hall. Experience the fun and fitness of Zumba in a welcoming environment designed to suit your needs!

[Learn more](#)



NORDIC WALKING

Embrace the outdoors with Nordic Walking on Mondays at Grovelands. Energise your day with a dynamic walking experience, suitable for all levels and everyone is welcome. Join us for a refreshing session and stroll into fitness!

[Learn more](#)



ARGENTINE TANGO

Experience the passion of Argentine Tango at Winchmore URC every Friday. Designed for older adults aged 60+, this coached session welcomes all levels. Join us to immerse yourself in the elegance and excitement of this iconic dance!

[Learn more](#)

EXPLORE, CONNECT, AND STAY ACTIVE ENFIELD!

 020 8807 6680

 sport@enfield.gov.uk

 Enfield Borough

 www.activeenfield.uk



For any enquiries or to book your free taster session, please contact us at sport@enfield.gov.uk

We're here to help you get started on your fitness journey. Don't hesitate to reach out!

FOLLOW US ON SOCIAL MEDIA FOR UPDATES, TIPS, AND MORE: @ACTIVEENFIELD