

**Monday**

Active Living  
Strength and Balance  
Life Walks  
Social Active Strong

**Tuesday**

Street Dance  
Yoga  
Revive  
Indoor Bowls  
Life Walks  
Walking Football  
Social Active Strong

**Wednesday**

Active Living  
Strength and Balance  
Cycling for Health  
Social Active Strong

**Thursday**

Keep Fit  
Pilates  
Life Walks  
Social Active Strong

**Friday**

Keep Fit  
Pilates  
Museum Movers  
Indoor Bowls  
Football v Fat

**Sunday**

Life Walks  
Cycling for Health

# Adult Physical Activities

The Community, Culture and Wellbeing team presents a variety of physical activities for adults to enjoy. These sessions aim to boost fitness levels, improve mental wellbeing and create healthy relationships within communities.



Please visit our booking website:  
<https://eppingforestdc.bookinglive.com>  
Or call 01992 564226 for booking support

