

## .....Online Classes



**ALEXANDER TECHNIQUE FRIDAYS** for bad backs  
1.00pm-2.00pm £3 optional donation with Penny O'Connor in partnership with Islington Libraries. To join <https://healthygenerations.org.uk/join-alexander/>



**DANCERCISE TUESDAYS**  
11.00am-12.00pm £3 optional donation With Edurne in partnership with Islington Libraries. To join <https://healthygenerations.org.uk/join-dancercise/>



**DIGITAL CLASS MONDAYS**  
3.00pm-4.00pm With Peter FREE! In partnership with Clarion Futures.  
To join <https://healthygenerations.org.uk/join-clarion-digital-help/>



**DIGITAL CLASS WEDNESDAYS**  
4.30-5.30pm With Peter FREE! In partnership with Islington Pensioners Forum. To join <https://healthygenerations.org.uk/join-digital-help/>



**FALLS PREVENTION MONDAYS**  
1.30pm-2.30pm £3 optional donation with Petra in partnership with Islington Libraries.  
To join <https://healthygenerations.org.uk/join-falls-prevention/>



**KEEP-FIT CARDIO, CORE & MORE FRIDAYS** Seated & standing exercises  
12.15pm-1.15pm £3 optional donation with Gee in partnership with Islington Libraries. To join <https://healthygenerations.org.uk/join-cardio-core/>



**LONGEVITY! WEDNESDAYS** – Using Qi Gong, Tai Chi, Kung Fu and Yoga.  
Build internal strength. 6.00-7.00pm £3 optional donation with Peter in partnership with Islington Libraries. To join <https://healthygenerations.org.uk/join-longevity/>



**MINDFULNESS ENERGY! WEDNESDAYS** – Use Mindfulness in everyday life and increase energy.  
10.00am-11.00pm FREE with Peter in partnership with Islington Council's Active Spaces project.  
To join <https://healthygenerations.org.uk/join-mindfulness-energy/>



**MUSIC APPRECIATION FRIDAYS**  
4.00pm-5.00pm FREE with Mary in partnership with Age UK Islington. To book <https://healthygenerations.org.uk/join-music-appreciation/>



**OSTEOPOROSIS REMEDIAL WEDNESDAYS**  
11.30am-12.30pm £3 optional donation with Petra in partnership with Islington Libraries. To join <https://healthygenerations.org.uk/join-wednesday-osteoporosis/>



**OSTEOPOROSIS REMEDIAL SATURDAYS**  
9.45am-10.45am £3 optional donation with Petra in partnership with Islington Libraries. To join <https://healthygenerations.org.uk/join-saturday-osteoporosis/>



**PILATES INTERMEDIATE TUESDAYS**  
10.00am-11.00am £3 optional donation with Robin in partnership with Islington Libraries.  
To join <https://healthygenerations.org.uk/join-tuesday-intermediate-pilates/>



**PILATES GENTLE THURSDAYS**  
10.00am-11.00am £3 optional donation with Alice in partnership with Islington Libraries.  
To join <https://www.alicenebelpilates.co.uk/online-zoom-pilates> click "Book a Class"



**PILATES INTERMEDIATE SATURDAYS**  
8.30am-9.30am £3 optional donation with Roula in partnership with Islington Libraries. To join <https://healthygenerations.org.uk/join-saturday-pilates/>



**TAI CHI TUESSDAYS**  
2.00pm-3.00pm Free Wustyle in partnership with Islington Council.  
To join <https://wustyle.uk.com/community/>



### TAI CHI WEDNESDAYS

11.00am-12.00pm Free Wustyle in partnership with Islington Council.

To join <https://wustyle.uk.com/community/>



### SLEEP YOGA EVERY 2nd MONDAY 1st & 3rd Monday of month.

7.30pm-8.30pm £3 optional donation with Peter in partnership with Islington

Libraries. To join <https://healthygenerations.org.uk/join-sleep-yoga/>



### BALANCE & DANCE YOGA TUESDAYS

12.30pm-1.30pm £3 optional donation with Jessica in partnership with Finsbury Park

Community Hub. To join <https://healthygenerations.org.uk/join-balance-yoga/>



### BODY BREATHING YOGA THURSDAYS

11.00am-12.00pm £3 optional donation with Peter for long-term health

management. To join <https://healthygenerations.org.uk/join-sleep-yoga/>



### YOGA CHAIR YOGA FRIDAYS

2.00pm-3.00pm £3 optional donation with Jessica in partnership with Islington

Libraries. To join <https://healthygenerations.org.uk/join-chair-yoga/>