


HEALTH IMPROVEMENT FITNESS & RECOVERY PROGRAMME 2023



MONDAY

- VIRTUAL
- Pilates with Antonette
- 9.30 - 10.30am
- ZOOM
- Peer Led Social Football with WHU (TH) 
- 1.00 - 3.00pm
- Stepney Astro Turf

TUESDAY

- Peer Led Walk Group (TH) 
- 12.30 - 2.00pm
- Mile End / Victoria Park



WEDNESDAY

- VIRTUAL
- Female Aerobics with Asma
- 6.00 - 7.00pm
- ZOOM

THURSDAY

- IP Ward YOGA / RELAXATION
- 2.00 - 3.00pm
- ZOOM (re-starting April)
- Social Female Peer Badminton
- 6.30 - 7.30pm
- £2
- Poplar Baths Leisure Centre

FRIDAY

- VIRTUAL
- Pilates with Antonette
- 9.30 - 10.30am
- IP Ward Thai-Chi
- 11.00 - 12.00pm
- ZOOM
- VIRTUAL Body Conditioning, relax & chat
- 6.00 - 7.30pm
- ZOOM



Classes open to ELFT Staff & Service Users



FEMALE AEROBICS

Female Aerobics
with Asma
WEDNESDAY 6 PM

Join Zoom Meeting
<https://us02web.zoom.us/j/84210591245>
ID: 842 1059 1245

Female Aerobics
Women & Children –
Asma
SATURDAY 11AM

Join Zoom Meeting
<https://us06web.zoom.us/j/81547425289>

ID: 815 4742 5289

PILATES / STAFF CLINIC F2F

PILATES
MON/FRI 9.30AM

<https://zoom.us/j/8638689169?pwd=TEVxR3EwUzYVVFJRUFdnYXJjbTdvUT09>
ID: 863 868 9169
Password: 8qYi5K

STAFF CLINIC REDUCE RISK OF INJURY / SPORTS MASSAGE

- WEDNESDAY 8AM
 - FRIDAY 8AM
- YELLOW ROOM
NEWHAM

BY BOOKING ONLY
antonette.garcia@nhs.net

CORE FITNESS / RELAXATION

Core Fitness &
Relaxation Break
FRIDAY 6PM

ID: 897 5955 4162
Passcode: 183283
QR CODE BELOW



THAI-CHI IP

INPATIENT –
THAI CHI
FRIDAY 11AM

<https://zoom.us/j/95935540425?pwd=Uk8ycjhLMjhVeFpUdk1XOW9NSnlQUT09>

ID: 959 3554 0425
Passcode: 972163

PEER LED ACTIVITY

PEER LED
SESSIONS –
CONTACT
BELOW OR
Brenda.phillips1@nhs.net



We care
We respect
We are inclusive

Join our Whats
App groups for
updated links /
reminders



CLASS LINKS / CONTACTS



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Click on bubble to
access class

