



## The Sharp End

### Zoom Activity Schedule

To take part in the virtual (Zoom) sessions, we ask that you create a space that you can move around freely. Ensuring your exercise space is safe and free from hazards.

Limited classes are now face to face (f2f), which require advance booking. This doesn't apply to Zoom.

The list below gives short description of the class and what you will need for this.

The Sharp End, offer adults over 50 in Hackney, the opportunity to take part in activities in a safe environment, creating connection, friendship, providing a space to increase, maintaining your wellbeing. As a charity (1054116) we are user led, this means the management committee consists of 99% service users. We have been delivering activities since the mid 1990s.

Below is a list of our virtual activity schedule. If you are interested, you can contact us on 020 7923 0350, or email [nazmun-khanam@thesharp.org.uk](mailto:nazmun-khanam@thesharp.org.uk) to request details to access the virtual sessions. We will ask you to register prior to taking part. We request participants pay £20 (all inclusive) of our activities every quarter, the subscription supports our work.

<b>Class type</b>	<b>Class</b>	<b>Day</b>	<b>Time</b>
Yoga (not for beginners). Require mat and blocks Floor exercise	1. Yoga - Izabela	<b>Mon</b>	9.30am - 10.30am
Dance workout Make (aerobics)	2. Dance Fit - Viktoria	Mon	12pm – 1pm
Body conditioning Require 2 lightweight dumbbells or 2 tinned food	3. Keep Fit (Zoom & f2f) - Simon	<b>Tues</b>	10.00am - 10.50am

Strengthening & meditative	4. Chi Kung (Zoom & f2f) - Carol	Tues	11.30am – 12.20pm
Painting and drawing. You will require your own art materials (paper, paint, pencils etc)	5. Art - Eva	Tues	11.00am - 12.30pm
Various dance styles practiced e.g. line dancing, Latin, jive	6. Dance Workshop – Jean	Tues	12.40pm - 1.40pm
Gentle movement, includes stretching, movement, relaxation	7. Movement & Stretching - Moe	Tues	2.00pm - 3.00pm
Aerobics class	8. Zumba - Sylwia	<b>Weds</b>	9.45am - 10.45am
Hatha yoga (not for beginners) Require mat and blocks Floor exercise	9. Hatha Yoga (full) – Kim (zoom code not offered)	Weds	10.00am - 11.00am
Hatha yoga (suitable for beginners) Require mat and blocks Floor exercise	10. Yoga Workshop - Kim	Weds	11.15am - 12.15am
Gentle chair exercise	11. Men’s Exercise (Zoom & f2f) - Simon	Weds	11.30am – 12.20pm
Chair based exercise for women only. Exercise to music. Require chair, stretch band (or tie/scarf), ball (tennis or rolled up sock/scarf)	12. Women’s Only Exercise (Zoom & f2f)- Rosaleen	Weds	1.00pm – 1.50pm
Gentle movement exercise, suitable for individuals with back problems. Require mat, floor exercise	13. Awareness Through Movement (ATM) - Ester	Weds	3.15pm - 4.15pm
Gentle movement, require mat, floor based	14. Pilates - Charlotte	<b>Thurs</b>	9.45am - 10.45am

Aerobics, exercise to music	15. Carnival Fit (Zoom & f2f) - Adrianna	Thurs	11.00am - 11.50pm
Floor based exercise, to improve balance, strengthen back	16. Balance & Back Care - Ester	Thurs	12.30pm - 1.30pm
Chair based exercise. Require chair, stretch band (or tie/scarf), ball (tennis or rolled up sock/scarf)	17. Gentle Exercise (Zoom & f2f) - Susanne	Thurs	2.45pm - 3.35pm
Tai Chi, gentle form of martial art. Good for balance, coordination	18. Tai Ch - Jane	<b>Fri</b>	10.00am – 10.50am
Floor based, eclectic yoga	19. Yoga - Katia	Fri	11.30am – 12.20pm
Volunteer led	20. Zoom Social (to be confirmed (tbc)	Tues	3.00pm – 4.00pm
Volunteer led	21. Meditation (to be confirmed) (Zoom)		
Volunteer led	22. Suggestions welcome (Zoom)		