

St Charles Centre for Health & Wellbeing
 Exmoor Street, London
 W10 6DZ
 Tel: 020 8962 5582



STEADY AND STABLE CLASS LIST:

MONDAY

| Venue | Address | Transport | Time |
|----------------------------|--|---|--|
| Age UK | 105 Greyhound Road, London W6 8NJ | Buses: 190, 211, 220, 295 Tube: Barons Court (15min walk) | 10:00 - 11:00am <i>Mixed Level</i> |
| Bishop Creighton House | 374-380 Lillie Road, London SW6 7PH | Buses: 190, 211, 295 Tube: Barons Court (20 min walk) | 11:30 - 12:30pm <i>High Level</i> 12.45 - 1.45pm <i>Low Level</i> |
| All Saints Margaret Street | 7 Margaret St Fitzrovia London W1W 8JG | Buses: 3, 7, 10, 12, 25, 55, 73, 88, 98, 390 Tube: Oxford Circus | 10:45 - 11:45am <i>High Level</i> |
| Barbara Brosnan Court | 46 Grove End Road, St Johns Wood, London NW8 9NP | Buses: 13, 46, 82, 113, 187, 189 Tube: St John's Wood | 11:00 - 12:00pm <i>High Level</i> And 2:00 - 3:15pm <i>Low Level</i> |

TUESDAY

| Venue | Address | Transport | Time |
|------------------------|--|---|--|
| Penfold Community Hub | 60 Penfold Street, London, NW8 8PJ | Buses: 6, 16, 98 Tube: Edgware Road | 10:00 - 11:00am <i>High Level</i> And 11:15 - 12:15pm <i>Low Level</i> |
| Pryors Bank (House) | Bishops Avenue, London SW6 3LA | Buses: 14, 22, 39, 74, 85, 220, 424, 430 Tube: Putney Bridge | 10:30 - 11:30am <i>Mixed Level</i> |
| Phoenix Leisure Centre | Bloemfontein Road, White City, London W12 7DB | Buses: 207, 260, 283 Tube: Shepherd's Bush Market | 10:00 - 11:00am <i>High Level</i> 11:00 - 12:00pm <i>Low Level</i> |
| Second Half Centre | St Charles' Centre for Health & Wellbeing Exmoor Street, London, W10 6DZ | Buses: 7, 70, 316 Tube: Ladbroke Grove (15min walk) | 12:45 - 1:45pm <i>High Level</i> 1:45 - 2:45pm <i>Low Level</i> |

WEDNESDAY

| Venue | Address | Transport | Time |
|--------------|--|---|--|
| New Horizons | Guinness Trust Estate, Cadogan Street, London, SW3 2PF | <i>Buses: C1, 19, 22, 137, 319, 452</i> <i>Tube: Sloane Square (15 min walk)</i> | 9:45 - 11:00am <i>Mixed Level</i> |
| The Avenues | 3/7 Third Avenue, London W10 4RS | <i>Buses: 18, 28, 228</i> <i>Tube: Westbourne Park</i> | 1:15 - 2:15pm <i>High Level</i> And 2:30 - 3:30pm <i>Low Level</i> |

THURSDAY

| Venue | Address | Transport | Time |
|-----------------------------|---------------------------------------|---|--|
| Victoria Medical Centre | 29 Upper Tachbrook Street, SW1V 1SN | <i>Buses: 2, 36, 185</i> <i>Tube: Victoria or Pimlico</i> | 10:00 – 11am <i>Mixed Level</i> |
| Response Community Projects | 300 Old Brompton Road, London SW5 9JF | <i>Buses: 74, 430</i> <i>Tube: West Brompton (District line)</i> | 10:00 - 11:00am <i>High Level</i> And 11:15 - 12:15pm <i>Low Level</i> |

FRIDAY

| Venue | Address | Transport | Time |
|-----------------|----------------------------------|---|--|
| The Reed Centre | 28 Convent Garden London W11 1NH | <i>Buses: 7, 23, 52, 70, 452</i> <i>Tube: Ladbroke Grove</i> | 10:00 - 11:00am <i>Mixed Level</i> |

You will need to complete the PARQ (Physical activity readiness questionnaire) and FES-I Questionnaire prior to your participation in the first class. Please bring the forms with you to your first class. Please do not post the forms back to Open Age.

It is recommended that you bring along water and that you wear comfortable clothes and footwear during the Steady and Stable class.