

A healthier me in 2023

Whether you want to be more active or make new friends, here's 23 ways you can be more fit and healthy in 2023.

All classes
FREE to try
with Merton
Moves



1 Take the 6-week Merton Moves pledge  ✓

2 Join the Walk and Talk Movement ✓

3 Walking Tennis in Mitcham - it's ace!  ✓

4 Take part in online virtual classes with Better Gym ✓

5 Join us for Tai Chi at Wimbledon Guild  ✓

6 Relax with free Yoga at Merton Libraries ✓

7 Improve your balance & posture at a Mitcham class  ✓

8 Join the Attic Theatre Company Dance Club ✓

9 Have a go at new-age curling  ✓

10 Try Indoor Circuits with Chelsea FC on Zoom  ✓

11 Get involved with Age UK Merton's Zumba ✓

12 Try your hand at table tennis  ✓

13 Take a walk in a local park ✓

14 Join in with a Pilates class  ✓

15 Try 'Move It or Lose It' in Morden ✓

16 Keep moving and feel great at Active Exercise  ✓

17 Take a shot at 'More Than A Game' Walking Football ✓

18 Find your feet at a Tap Dancing class  ✓

19 Try Yoga - we have seated or mat-based  ✓

20 Sign up to the Couch to 5k running app ✓

21 Have a go at our Balance, Fitness & Mobility class  ✓

22 Go swimming at a Merton Leisure Centre ✓

23 Get involved with a local garden project ✓

 Activities run by Wimbledon Guild

#MertonMoves