

# Do more in 2024

Whether you want to be more active or make new friends, here's 24 ways you can be more fit and healthy in 2024.

All classes  
**FREE** to try  
with **Merton  
Moves**

merton  
MOVES

- 1 Take the 6-week Merton Moves pledge  ✓
- 2 Try Walking Netball in Morden ✓
- 3 Find your feet at a Tap Dancing class  ✓
- 4 Aqua Aerobics? Try with AgeUK in Morden ✓
- 5 Join us for Tai Chi at Wimbledon Guild  ✓
- 6 Visit one of the 10 outdoor gyms around Merton ✓
- 7 Seated and Standing Pilates at WG  ✓
- 8 Relax with free Yoga in Merton libraries ✓
- 9 Have a go at our Balance, Fitness & Mobility class  ✓
- 10 Go swimming at Merton Leisure Centres – free for 65+ ✓
- 11 Join a gardening club through Sustainable Merton ✓
- 12 Try Walking Tennis in Wimbledon or Mitcham  ✓

- 13 New-age Kurling in Morden (stay for lunch after)  ✓
- 14 Join Attic Theatre's Movement Mornings for Dancing ✓
- 15 Mat-based Yoga at Wimbledon Guild  ✓
- 16 Ready to run? Try the Couch to 5k app or a Parkrun ✓
- 17 Try Indoor Circuits with Chelsea FC  ✓
- 18 Get involved with AgeUK Merton's Zumba ✓
- 19 Walking Football with AFC Wimbledon ✓
- 20 Take part in online classes with Better Gym ✓
- 21 Learn to swim at Merton Leisure centres ✓
- 22 Table Tennis at Wimbledon Guild  ✓
- 23 60 min Bootcamp with Our Parks at Mitcham Market ✓
- 24 Walking Cricket at WTC Cricket Club ✓

#MertonMoves

 Activities run by Wimbledon Guild