

# Wellness

AT WOODBERRY



WOODBERRY DOWN

Berkeley  
Designed for life

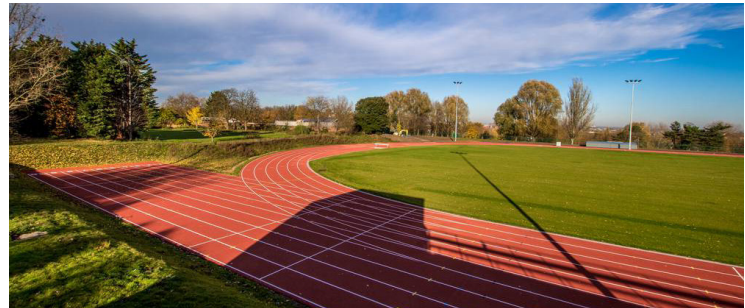




FINSBURY PARK ATHLETICS TRACK

*Finsbury Park Track, N4 2NQ*  
*15 Minute Walk*

The athletics track in Finsbury Park is being used not only by local athletics clubs but also by many local schools (from Hackney, Haringey and Islington) for their sports days as well as local residents.



FINSBURY PARK TENNIS COURTS

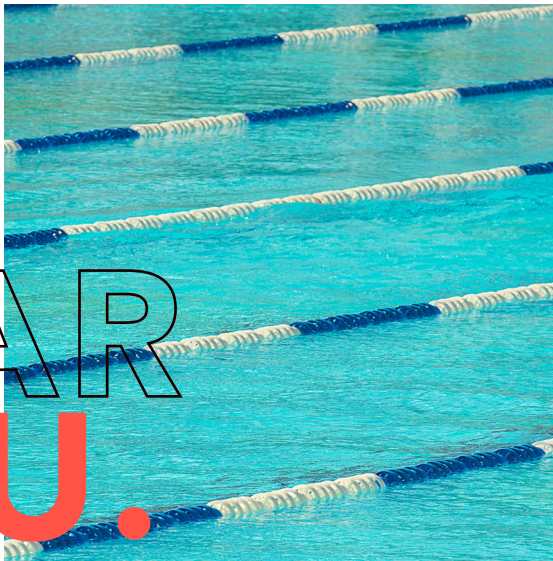
*Finsbury Park, N4 2DE*  
*21 Minute Walk*

A friendly, welcoming, non pretentious tennis venue in North London. Finsbury Park Tennis Courts run an all year coaching programme for those who want to socialize, play competitively, get some exercise or just dip their toe in the water. All abilities welcome.

HACKNEY AQUATICS CLUB

*63 Clissold Rd, N16 9EX*  
*25 Minute Walk*

Hackney Aquatics Club is an inclusive, encouraging and enjoyable competitive swimming club welcoming people from all different walks of life within the community. This club is perfect for anyone training for competition, looking to improve fitness, or focusing on open water distance swims. Two 25m pools, a sauna and steam room & changing facilities available. Once a member, swimmers have the opportunity compete regularly at all levels of competitions, from local club galas to national events. All ages are welcome and the club even hosts socials to help you meet like-minded people!



HACKNEY TENNIS

*3 Queen Elizabeth's Walk, N16 0BF*  
*12 Minute Walk*

Hackney Tennis is a leading park-based tennis provider with a focus on engaging more people in the sport. Hackney Tennis operates courts in Clissold Park, Hackney Downs, Millfield's Park, London Fields and Spring Hill, and offers multiple types of tennis training programs for amateurs through to competitive players. The club enables members to not only hone their sporting skills but to socialise too, with community and inclusiveness at the heart of its ethos. There are tennis programmes for everyone, from the over 50s, to families to people with disabilities.



MICHAEL JORDAN

*“You have to expect things of yourself before you can do them.”*

THE GYM GROUP

*Manor House, Woodberry Down, N4 2TG*  
*5 Minute Walk*

With no contract memberships starting from just £21.99 a month, and plenty of state-of-the-art equipment, The Gym Group London Manor house is fantastic value for money. Located just 3 minutes from Manor House tube station The Gym Group is right on your doorstep.



THE CASTLE CLIMBING CENTRE

*Manor House, Woodberry Down, N4 2TG*  
*11 Minute Walk*

The Castle Climbing Centre is described by many as the most popular climbing centre in the UK. A wide range of climbing activities, such as bouldering and top roping, are on offer so whether you are a seasoned pro or a beginner looking for an elite level instructor to get you going, this place has it all. And yes, the venue really does look like a castle!



NEW YEAR  
NEW YOU.



# WELLNESS WONDERS

## RUNNING IN FINSBURY PARK

*Finsbury Park Track, N4 2NQ*  
**15 Minute Walk**

The London Heathside Running Club operates throughout North London in Haringey, Camden, Islington and Finsbury Park. The club offers members a variety of weekly training sessions which include road running, trail running, interval and group running as well as track and field activities. The club is made up of 600 members; some are athletes at the top of their game and represent club and country, whereas others are first timers who are just looking to stay fit and healthy and want to get to know likeminded people. Annual memberships range from £15-£90, and include perks such as a club vest, free entry for league competitions, discounts at specialist athletics shops, a series of invitations to club social events and much more. If you're still unsure, you can try before you buy as your first session is completely free!

## RUGBY IN FINSBURY PARK

*Finsbury Park Track, N4 2NQ*  
**15 Minute Walk**

In the same location, The North London Tag Rugby Club runs sessions every Saturday morning for all abilities. You'll take part in a warm up, some basic drills and play in a friendly match. Tag rugby is fast moving, high scoring and engages all level of players, although it is considered particularly good for beginners; possession of the ball and scoring is much higher compared with contact rugby which means new players benefit from more hands-on practice and skills development.

## BASEBALL IN FINSBURY PARK

*Finsbury Park, N4 1EE*  
**16 Minute Walk**

For something a little different, London Mets Baseball Club was first founded in 1988, they are one of London's only baseball clubs and the first team has won a series of trophies including seven consecutive national championships. The club caters for all ages and experience; they have a designated youth programme for children and young people aged 6-14 as well as a mixed team, women's' team and a beginners' team, which focuses on teaching you the fundamentals including throwing, running, batting and catching, perfect for those just starting out!

## THE WEST RESERVOIR CENTRE

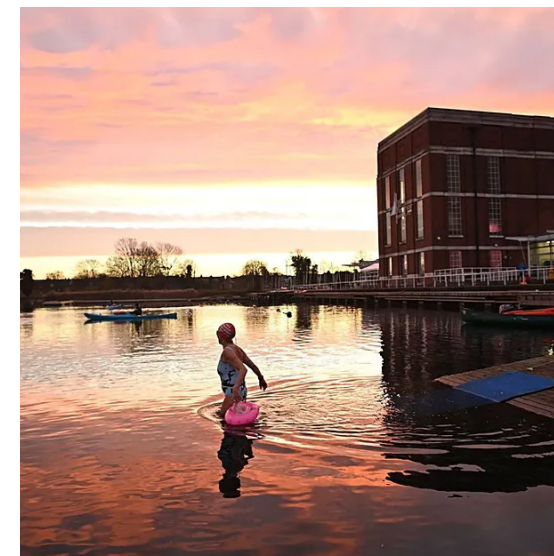
*Green Lanes, Woodberry Down, N4 2HA*  
**8 Minute Walk**

The West Reservoir Centre, just a seven-minute walk from Woodberry Down, is home to one of the largest water sports facilities in London. It provides a host of activities including kayaking, canoeing, rowing, sailing, paddle boarding as well as open water swimming. The West Reservoir Centre offers a choice of paid memberships, day passes and pay as you go tickets to suit all requirements. After you've worked up an appetite, you can head over to the café and outdoor terrace for coffee, lunch or early evening drinks, overlooking the stunning Woodberry Wetlands.

## EVOKE FITNESS STUDIO

*Rowan Apartments, Seven Sisters Rd, Woodberry Down, N4 1FS*  
**4 Minute Walk**

Evoke fitness studio is a one stop shop for physical exercise and mental wellbeing. Expert instructors offer everything from yoga, boxing fitness and dance workshops. Evoke has a range of packages on offer including full memberships starting from £48 per month, a two-week trial package priced at £20, as well as the option of paying for multiple classes at a time. Evoke is only a five-minute walk from Woodberry Down, so no excuses not to check out this first-class fitness studio!







WOODBERRY DOWN



Tollumi Estates  
*A Name You Can Trust*

Berkeley  
Designed for life