

Adults physical activity sessions in Brent

Brent Public Health
Last updated: April 2025

Sessions subject to change.
Check out www.brent.gov.uk/events-in-brent for updates.

Free physical activity sessions: Willesden

	Time	Activity	Location	More information
Monday	10-11am	Beginners Circuit with Our Parks	Online	Visit www.ourparks.org.uk/brent to book.
Monday	1-2pm	Women's only Couch to 5K beginners running session	Willesden Sports Centre running track, Donnington Road, NW10 3QZ	Contact Cherrelle at info@hillsideperformingarts.com to confirm attendance.
Monday	2.30-3.30pm	Yoga with Our Parks	Willesden Library, 95 High Road, NW10 2SF	Visit www.ourparks.org.uk/brent to book.
Tuesday	1-2pm	Walking group with Dale	Gladstone Park, Dollis Hill Lane, NW2 6RW Meeting Point: Outside cafe.	No booking needed, register on day. Visit www.brent.gov.uk/walking for more walks information.
Tuesday	12-1.30pm	Outdoor gym- Barry will show you how to safely use the gym equipment in the park	Neasden Recreation Ground, Aboyne Road, NW2 7QG	No booking needed.
Wednesday	9-9.30am	Women only walking group with Keisha	Gibbons Recreation Ground, Bridge Road, NW10 9BX	Term time only. No booking needed, register on day.
Wednesday	10.45-11.45am 12-1pm 1.15-2.15pm	Zumba Gold and Toning with Maggie	Willesden Library, 95 High Road, NW10 2SF	Visit www.fitter4u.co.uk to book or register in person on the day.

Free physical activity sessions: Willesden

Day	Time	Activity	Location	More information
Wednesday	12-1pm	Yoga with Sport in Mind- Join Susie for a gentle exercise session for people experiencing low mood, stress, isolation or mental health problems.	Unity Centre, 103 Church Road, NW10 9EG	No need to book, first timers just asked to fill out form: www.sportinmind.org/online-sign-up
Wednesday	6-7pm	Couch to 5K beginners running session	Willesden Sports Centre running track, Donnington Road, NW10 3QZ	Contact Phil on info@eccuk.org to confirm attendance.
Thursday	9.30-11am	Outdoor gym- Dave will show you how to safely use the gym equipment in the park	Gibbons Recreation Ground, Bridge Road, NW10 9BX	No booking needed.
Thursday	1.30-2.30pm	Breath and Movement at Mencap- supporting those with learning difficulties	Brent Mencap, 379 High road, Willesden, NW10 2JR	Book with Phillip on 07445 666906
Friday	10.30-11am	Walking group with Dale	Willesden Sports Centre, Donnington Road, NW10 3QX Meeting Point: Willesden Sports Centre	No booking needed, register on day. Visit www.brent.gov.uk/walking for more walks information.
Friday	1.30-2.30pm	Walking group with Dale	Gladstone Park, Dollis Hill Lane, NW2 6RW	No booking needed, register on day. Visit www.brent.gov.uk/walking for more walks information.

Free physical activity sessions: Willesden

Day	Time	Activity	Location	More information
Saturday	9am	Parkrun	Gladstone Park, Dollis Hill Lane, NW2 6RW	Visit www.parkrun.org.uk/gladstone/
Sunday	10-11am	Beginners Bootcamp with Our Parks	Gladstone Park, Dollis Hill Lane, NW2 6RW Meeting Point: Children's play area	Visit www.ourparks.org.uk/brent to book.

Free physical activity sessions: Harlesden

Day	Time	Activity	Location	More information
Monday	9.30-10.30	Women only beginners fitness with Keisha	Brent Hub Community Enterprise Centre, 6 Hillside, NW10 8BN	Term time only. No booking needed, register on day.
Tuesday	7-8pm	Men only walking football and gentle exercise	Bridge Park Community Leisure Centre, Brentfield, Harrow Road, NW10 0RG Sports Hall	No booking needed, register on day.
Wednesday	10.30-11.30am	Walking group with Dale	Roundwood Park, Harlesden Road, NW10 3SH Meeting point: Outside cafe	No booking needed. Visit www.brent.gov.uk/parks-leisure-and-healthy-living/walking for more walks information.
Wednesday	2.30-4pm	Outdoor gym- Learn how to safely use the gym equipment in the park	Roundwood Park, Harlesden Road, NW10 3SH	No booking needed.
Thursday	10-11am	Yoga with Our Parks	Brent Hub Community Enterprise Centre, 6 Hillside, NW10 8BN	Visit www.ourparks.org.uk/brent to book.
Thursday	5-6pm	Evening walking group with Afia	Roundwood Park, Harlesden Road, NW10 3SH Meeting point: Outside cafe	No booking needed, register on day. Visit www.brent.gov.uk/walking for more walks information.
Friday	9.30-10.30	Women only beginners fitness with Keisha	St Raph's The Voice community centre, 158 Pitfield Way, St Raphs Estate, NW10 0PW	Term time only. No booking needed, register on day.

Free physical activity sessions: Harlesden

Day	Time	Activity	Location	More information
Friday	11-12pm	Stretch and Movement to Music with Sport in Mind- Join Christine for a gentle exercise session for people experiencing low mood, stress, isolation or mental health problems.	Brent Hub Community Enterprise Centre, 6 Hillside, NW10 8BN	No need to book, first timers just asked to fill out form: www.sportinmind.org/online-sign-up
Friday	12-1pm	Zumba Gold and Toning with Maggie	Bridge Park Community Leisure Centre, Brentfield, Harrow Road, NW10 0RG	Visit www.fitter4u.co.uk to book or register in person on the day.
Friday	12-1.30pm	Outdoor gym- Dave will show you how to safely use the gym equipment in the park	Roundwood Park, Harlesden Road, NW10 3SH	No booking needed.
Friday	2-3pm	Strength building with Our Parks- chair based exercise with resistance bands	Harlesden Library, Craven Park Road, Harlesden NW10 8SE Meeting point: Carolyn Downs Community Room	Visit www.ourparks.org.uk/brent to book.
3rd Sunday each month	10-11am	Plogging with Planet Earth Games- jogging and collect litter. Get active and take climate action!	Brent Stonebridge Recreation Ground NW10 8LW	Contact Cherrelle for more information info@hillsideperformingarts.com 07903 814084

Free physical activity sessions: Kilburn

Day	Time	Activity	Location	More information
Wednesday	10-11am	Sport in Mind: Mum and Baby Strengthen and Stretch. Connect with other mums and use movement to support your physical and mental wellbeing	Three Trees Family Wellbeing Centre, Tiverton Road, Kensal Rise, NW10 3HL	Weekly during term time. No need to book, first timers just asked to fill out form: www.sportinmind.org/online-sign-up
Wednesday	11.30-12.00	Boxercise with Sport in Mind- a fun, drop in session for people experiencing low mood, stress, isolation or mental health problems.	Tollgate Gardens Community Centre, Kilburn High Road, London, NW6 5SG	No need to book, first timers just asked to fill out form: www.sportinmind.org/online-sign-up
Wednesday	12.00-12.30	Stretch and Mobility with Sport in Mind- a fun, drop in session for people experiencing low mood, stress, isolation or mental health problems.	Tollgate Gardens Community Centre, Kilburn High Road, London, NW6 5SG	No need to book, first timers just asked to fill out form: www.sportinmind.org/online-sign-up
Saturday	9.30-11am	Outdoor gym- Dave will show you how to safely use the gym equipment in the park	Tiverton Playing Fields, Tiverton Road, NW10 3HL	No booking needed.
Saturday	10-11am	Back to exercise with Our Parks	Queens Park, Kingswood Avenue, NW6 6LR Meeting point: The Bandstand	Visit www.ourparks.co.uk/brent to book

Free physical activity sessions: Wembley

Day	Time	Activity	Location	More information
Monday	12-1pm	Outdoor gym- Barry will show you how to safely use the gym equipment in the park	Alperton Sports Ground, Alperton Lane, HA0 1JH	No booking needed.
Monday	12-1pm	Chair yoga memory cafe as part of session supporting those living with dementia and their carers.	Barham Library, 660 Harrow Rd, HA0 2HB	Memory café runs from 11.30-2pm. Contact Mrs Kawal Singh Tel: 07732 309 991
Monday	12-1pm	Sport in Mind: Mum and Baby Strengthen and Stretch. Connect with other mums and use movement to support your physical and mental wellbeing	Chalkhill Community Centre, 113 Chalkhill Road, Wembley, HA9 9FX	Weekly during term time. No need to book, first timers just asked to fill out form: www.sportinmind.org/online-sign-up
Monday	2.30-4pm	Outdoor gym- Barry will show you how to safely use the gym equipment in the park	Tokynton Recreation Ground, HA9 6DQ	No booking needed.
Monday	6-6.30pm	Yoga with Our Parks	Online	Visit www.ourparks.org.uk/brent to book.
Tuesday	9.30-11am	Outdoor gym- Barry will show you how to safely use the gym equipment in the park	King Edward VII Park, Park Lane, HA9 7RX	No booking needed.
Tuesday	9.30-10-30am	Back to exercise with Our Parks	Online	Visit www.ourparks.org.uk/brent to book.

Free physical activity sessions: Wembley

Day	Time	Activity	Location	More information
Tuesday	9.30-10.30	Bollyrobics- beginners bollywood dancing for fitness	Grand Union Community Hub, 1 Quay Walk, Wembley, HA0 1DY	No booking needed, register on the day.
Tuesday	10.30-11.30am	Walking Group with Jacqueline	Barham Park, Harrow Road, HA0 2HB Meeting Point: Barham Community Library	No booking needed, register on day. Visit www.brent.gov.uk/walking for more walks information.
Tuesday	12-1pm	Badminton with Sport in Mind- Join Ullash for a gentle exercise session for people experiencing low mood, stress, isolation or mental health problems.	Vale Farm Sports Centre, Watford Road, HA0 3HG	No need to book, first timers just asked to fill out form: www.sportinmind.org/online-sign-up
Tuesday	1-2pm	Pilates with Sport in Mind- Join Christine for a gentle exercise session for people experiencing low mood, stress, isolation or mental health problems.	Barham Library, 660 Harrow Rd, HA0 2HB	No need to book, first timers just asked to fill out form: www.sportinmind.org/online-sign-up
Wednesday	9.30-11am	Outdoor gym- Barry will show you how to safely use the gym equipment in the park	Chalkhill Park, Chalkhill Road, HA99FR	No booking needed.
Wednesday	12-1.30pm	Outdoor gym- Barry will show you how to safely use the gym equipment in the park	Northwick Park, The Fairway, HA0 3TQ	No booking needed.

Free physical activity sessions: Wembley

Day	Time	Activity	Location	More information
Wednesday	11.00-11.45am	Women's only circuit fitness with Phil	Fresh Arts Education Hub, Humphry Repton Lane, Wembley Park, HA9 0GL	No booking needed.
Wednesday	12-12.45pm	Women's only circuit fitness with Phil	Fresh Arts Education Hub, Humphry Repton Lane, Wembley Park, HA9 0GL	No booking needed.
Wednesday	12-12.30pm	Chair exercise	St James Church, Stanley Avenue, Alperton HA0 4JB	No booking needed, register on day.
Wednesday	6.30-7.30pm	Zumba with Sport in Mind- Join Beatrice for an exercise session for people experiencing low mood, stress, isolation or mental health problems.	The Church of Jesus Christ of Latter Day Saints (The Friendship Centre) 44 Wembley Park Drive, HA9 8HN	No need to book, first timers just asked to fill out form: www.sportinmind.org/online-sign-up
Thursday	10.30-11.30	Low impact stretch with Our Parks	Wembley Library, Brent Civic Centre, Engineers Way, Wembley Park, HA9 0FJ	Visit www.ourparks.org.uk/brent to book.
Thursday	10.30-11.30am	Walking Group with Jacqueline	King Edwards VII Park, Park Lane, HA9 7RX	No booking needed, register on day. Visit www.brent.gov.uk/walking for more walks information.
Thursday	10.30-11.30am 11.45-12.45pm	Steady and Stable falls prevention with Open Age for over 50s.	The Welford Health Centre, 113 Chalkhill Rd, Wembley Park, HA9 9FX	Registration required. For more info visit: www.openage.org.uk/falls-prevention

Free physical activity sessions: Wembley

Day	Time	Activity	Location	More information
Thursday	12-1.30pm	Outdoor gym- Dave will show you how to safely use the gym equipment in the park	Barham Park, Harrow Road, HA0 2HB	No booking needed.
Thursday	12-1pm	Chair yoga memory cafe as part of session supporting those living with dementia and their carers.	St Cuthbert's Church cafe, 214 Carlton Avenue West, HA0 3QY	Memory café runs from 11am-1pm. No booking needed, all welcome.
Friday	9.30-11am	Outdoor gym- Dave will show you how to safely use the gym equipment in the park	Preston Park, College Road, HA9 8RN	No booking needed.
Friday	12-1pm	Beginners Bootcamp with Our Parks	Online	Visit www.ourparks.org.uk/brent to book.
Friday	1.30-2.30pm	Chair based gentle exercise	Ealing Road Library, Coronet Parade, Ealing Road, HA0 4BA	First 20 people to turn up able to participate in session.
Friday	1.30-2.30pm	Bollywood, Bhangra & Garba Fusion Meets Fitness	Trader Wembley, 87 Ealing Rd, Wembley HA0 4BD	Launching 9 th May. No booking needed, register on the day.
Saturday	11-12pm	Stretch class with Our Parks	Ealing Road Library, Coronet Parade, Ealing Road, HA0 4BA	Visit www.ourparks.org.uk/brent to book.
Saturday	12-1.30pm	Outdoor gym- Dave will show you how to safely use the gym equipment in the park	Mount Pleasant Park, HA0 1UG	No booking needed.

Free physical activity sessions: Kingsbury & Kenton

Day	Time	Activity	Location	More information
Tuesday	2.30-4pm	Outdoor gym- Barry will show you how to safely use the gym equipment in the park	Eton Grove Park, Rugby Road, NW9 9DL	No booking needed.
Tuesday	2-2.30pm 2.30-3pm	Stretch class with Our Parks	Kingsbury Library, NW9 9HE	Visit www.ourparks.org.uk/brent to book
Wednesday	9.15-10.15am	Chair exercise- Gentle exercise for those new/returning to activity	Silver Jubilee Park Stadium, Townsend Lane, Kingsbury, NW9 7NE	Book with Viv on viv.sjpark@gmail.com
Wednesday	10.30-11.30am	Chair exercise- Gentle exercise for those new/returning to activity	Silver Jubilee Park Stadium, Townsend Lane, Kingsbury, NW9 7NE	Book with Viv on viv.sjpark@gmail.com
Wednesday	11.45-12.45pm	Chair exercise- Gentle exercise for those new/returning to activity	Silver Jubilee Park Stadium, Townsend Lane, Kingsbury, NW9 7NE	Book with Viv on viv.sjpark@gmail.com
Thursday	10-11am	Walking group with Dale	Welsh Harp Park, Birchen Grove, Kingsbury, NW9 8RY Meeting point: Welsh Harp Open Space car park	No booking needed, register on day. Visit www.brent.gov.uk/walking for more walks information.
Thursday	2.30-4pm	Outdoor gym- Dave will show you how to safely use the gym equipment in the park	Grove Park, NW9 0LX	No booking needed.

Free physical activity sessions: Kingsbury & Kenton

Day	Time	Activity	Location	More information
Saturday	10-11am	Beginners Circuit with Our Parks	Roe Green Park, NW9 9HA Meeting Point: Children's play area	Visit www.ourparks.org.uk/brent to book.
Sunday	9.30-11am	Outdoor gym- Dave will show you how to safely use the gym equipment in the park	Roe Green Park, Kingsbury Road, NW9 9HA	No booking needed,
Sunday	10-11am	Waking Tai Chi with Our Parks	Roe Green Park, NW9 9HA Meeting Point: Children's play area	Visit www.ourparks.org.uk/brent to book.
Sunday	12-1.30pm	Outdoor gym- Dave will show you how to safely use the gym equipment in the park	Woodcock Park, Shaftesbury Avenue, Kenton, HA3 0RD	No booking needed.

Brent Sport Centres

Centre	Address	Website
Bridge Park Leisure Centre	Brentfield, Harrow Road, London, NW10 0RG	www.brent.gov.uk/parks-leisure-and-healthy-living/sports-clubs-and-activities/sports-centres/bridge-park-community-leisure-centre
Willesden Sports Centre	Donnington Road, London, Brent, NW10 3QX	www.leisurecentre.com/willesden-sports-centre
Vale Farm Sports Centre	Watford Road, Wembley, Brent, HA0 3HG	www.everyoneactive.com/centre/vale-farm-sports-centre

UK Physical Activity Guidelines

Physical activity is important for both physical and mental health.

Visit www.nhs.uk/live-well/exercise/exercise-health-benefits/ to learn more about the benefits of exercise.

The UK Physical guidelines recommend that:

- Under 5's do 180 minutes of activity per week (3 hours each day when a child is able to walk)
- Children and Young People 5-18 year olds do 60 minutes per day of moderate to vigorous intensity activity. Strengthen muscles 3 times a week.
- Adults 19+ do 150 minutes per week of moderate to vigorous intensity activity. Strengthen muscles 2 times a week.



Community venues to contact for other physical activity sessions

Community Venue	Address	Website
Jason Roberts Foundation	Bridgestone Arena, Stonebridge Recreation Ground, Hillside, NW10 8LW	www.jasonrobertsfoundation.com
Chalkhill Community Centre	The Welford Health Centre, 113 Chalkhill Rd, Wembley Park, HA9 9FX	www.chalkhillcommunitycentre.org
Ashford Place	60 Ashford Rd, London NW2 6TU	www.ashfordplace.org.uk
Brent Hub Community Enterprise Centre	Brent Hub Community Enterprise Centre, 6 Hillside, Stonebridge, NW10 8BN	www.brenthub.co.uk
Charteris Sports Centre	24 Charteris Rd, London NW6 7ET	www.charterissports.org/