



Physical activities available in Tower Hamlets



Cycling

Cycle Sisters

Cycle Sisters groups are a supportive and welcoming space to develop your cycling skills, explore your local area and make new friends! They run regular women-only rides which are organised by volunteer female Ride Leaders, helping to make it a safe and enjoyable experience!

They believe that all Muslim women should have the opportunity to cycle without having to compromise our lifestyle or beliefs. Their rides aim to meet the specific needs of Muslim women such as halal cafe stops, timings around prayers and providing advice and support on how to cycle while wearing modest clothing. Their groups are a welcoming environment for Muslim women from all backgrounds as well as women from other faiths and none.

Check out their [FAQs](#) for more info about how to start cycling.

Cycle Sisters currently have groups in:

[Newham](#)

[Tower Hamlets](#)

[Redbridge](#)

[Waltham Forest](#)

They also offer:

[Cycle Sisters Road Club](#)



Walking Groups

Asra Club

A fortnightly walking and wellbeing group for women of all ages, with children and babies welcome. Sessions will run twice a month on Sundays from 11am–1pm in East London, starting on Sunday 5 October 2025 until August 2026. [Click here](#) to register for communications to all Asra club active events.

Those who register will receive access to the WhatsApp community, email invitations to upcoming sessions, and early access to ticketed events.

Zacchaeus Project

A weekly walking group delivered by Walk East for older adults aged 50+ and the wider community. Sessions take place every Monday from 10:30am–12:00pm at the Methodist Church, Approach Road, London E2 9JP. The group provides an opportunity for gentle exercise, social connection and wellbeing support in a welcoming community environment. [Click here](#) to find out more.

Harford Centre Walking Group

A weekly walking group delivered by Walk East, mainly supporting older Bengali women and the wider local community. Sessions take place every Tuesday from 11:30am - 12:30pm at Harford Centre, 115 Harford Street, London E1 4FG. The group promotes physical activity, wellbeing and community connection through regular local walks.

Watts Grove walking group

A weekly community walking group delivered by Walk East for local residents, particularly older Bengali women. Sessions take place every Thursday from 10:00am–11:30am, meeting outside Lighthouse Baptist Church, 135 Devons Road, London E3 3QX. The group offers gentle exercise, social support and opportunities to improve wellbeing.

Bethnal Green Library walking group

A weekly walking group delivered by Walk East for older adults and local residents. Sessions take place every Thursday from 11:00am–12:30pm at Bethnal Green Library, Bethnal Green Gardens, Cambridge Heath Road, London E2 0HL. The group encourages participants to stay active, socially connected and engaged within the community.



Walk and Talk group

A weekly wellbeing walking group delivered by Well One Healthy Islands for adults aged 18+, particularly those experiencing social isolation, mobility issues or looking for gentle exercise. Sessions take place every Wednesday from 10:00am-12:00pm at Sir John McDougall Gardens, London E14 8LN. The group combines light physical activity with opportunities for conversation, connection and peer support. [Click here](#) to find out more.

Active Wellbeing and Arts

A weekly wellbeing and movement session delivered by Well One for women, families and the wider community. Sessions take place every Monday from 9:15am-10:30am at The Reach Community Hub, Oliphant Street, London E14 0GB. The programme combines gentle physical activity, creativity and community engagement to support health and wellbeing.

Poplar Union walking group

A weekly early morning walking group for local residents and the wider community. Sessions take place every Friday from 7:30am-8:30am at Poplar Union, 2 Cotall Street, London E14 6TL. The group offers a relaxed and accessible way for participants to stay active and connect with others before the start of the day. [Click here](#) to find out more.

Walking Group for Women

A weekly walking group delivered by Trapped In Zone One for women from marginalised communities. Sessions take place every Wednesday from 10:00am-12:00pm at Feldy Centre, 18 Aberfeldy Square, London E14 0XA. The group creates

a supportive space for women to improve wellbeing, build confidence and connect with others through movement and conversation. trappedinzoneone.com



Move & Stretch

This programme is open to females, supporting women from diverse ethnic backgrounds living, working, and studying in Tower Hamlets. The sessions are free and tailored to improve fitness and activity levels in weekly in-person group exercise classes at Toynbee Hall, led by Tower Hamlets based qualified fitness instructor Laura Williams.

[Click here](#) To learn more and register.

GP practice walking groups - contact your surgery

St Stephen's Health Centre Walking Group

A weekly community walking group delivered by Walk East, mainly attended by older adults but open to all residents. Sessions take place every Tuesday from 10:00am-11:30am at St Stephen's Health Centre, William Place, London E3 5ED. The group encourages light physical activity, social interaction and improved wellbeing.

The Limehouse Practice walking group

A weekly walking group delivered by Walk East, mainly attended by older Bengali women and local residents. Sessions take place every Thursday from 1:30pm-3:00pm at Gill Street, London E14 8HQ. The group supports physical wellbeing, confidence and social connection through guided walks.

Jubilee Street Practice Wellbeing Walk

A weekly community wellbeing walk delivered by Jubilee Street Practice for older adults, people with long-term health conditions, women, families and the wider community. Sessions take place every Thursday from 9:00am-11:00am, starting at Jubilee Street Practice, 368-374 Commercial Road, London E1 0LS, and include walks through Stepney Green Park. The group supports physical activity, mental wellbeing and social connection.

For more information on walking in Tower Hamlets or to volunteer to help lead a local walking group (training provided), please call Graham Barker on 0791 922 1806 or email graham@walkeast.org.

Swimming

Free Swimming with Be Well

Be Well, run by Tower Hamlets Council, offers free swimming sessions for eligible residents across a number of leisure centres in the borough, including Mile End, Poplar Baths, Tiller and York Hall. The programme aims to reduce barriers to physical activity and support residents to improve their health and wellbeing through accessible swimming opportunities.

Free swimming is currently available for women and girls aged 16+, men aged 35+, and residents aged 55+, with dedicated family swim sessions also available for parents and children. Some centres additionally offer women-only swim sessions and swim buddy sessions to help build confidence in the water.

Sessions take place throughout the week at various times and locations across Tower Hamlets. Residents can access swimming through a free Be Well membership, subject to eligibility criteria and proof of residency.

[Click here](#) for more information, session times and how to register.



Running

Mile End parkrun

Free 5K community run every Saturday morning in Mile End Park. You can walk, jog, run, volunteer, very low pressure and beginner friendly. A good option if you want routine without committing to a club. [Click here](#) to find out more.

Other physical activities

LinkAge Plus offers classes, activities and workshops for Tower Hamlets residents aged 50+. Sessions include gentle exercise, social activities, wellbeing workshops and practical support to help older people stay active, connected and independent. The programme runs across five community hubs.

<https://www.toynebeehall.org.uk/linkage-plus/>

Good Moves

Good Moves is a free eight-week health and wellbeing programme delivered by Social Action for Health for Tower Hamlets residents living with long-term health conditions, including diabetes, kidney disease, hypertension and cardiovascular disease. The programme combines gentle exercise, healthy eating advice and peer support in a relaxed, community-based environment.

Sessions are delivered both online and in person, with support available in multiple community languages including Bengali, Somali, Cantonese, Vietnamese and English. Participants are supported to build confidence, improve wellbeing, develop healthier habits and connect with others experiencing similar challenges.

The programme also offers longer-term befriending and peer support opportunities, helping residents stay socially connected while continuing to build on their health and wellbeing goals.

Wellbeing for Men

Wellbeing for Men is a free weekly exercise and social club delivered by Social Action for Health for men aged 18+ in Tower Hamlets. Sessions take place every Wednesday from 10:30am–12:30pm at the Brady Arts Centre and are designed to reduce social isolation while improving men's mental and physical wellbeing.

The sessions are suitable for all fitness levels and combine gentle exercise with opportunities for social connection and wellbeing discussions in a supportive environment. Free light refreshments are also provided after the activity. Bengali language support is available alongside English. For more information or to register interest, residents can contact 07944 966141 or visit [Social Action for Health](#).



To explore further sport and physical activities available in the borough, please visit the Tower Hamlets Council website [here](#).