

ACTIVE FAIRLOP

No Membership required, just turn up. Come and get active then relax in these idyllic surroundings

KEEP ACTIVE OUTDOORS

*Your first class on the Active Fairlop programme is FREE!

Weekly Fitness Classes

	Session	Time	Cost	Meeting Point	Contact
Mondays	Row Fitness (HIITS) 14 yrs+	7pm-8pm	£5	Fairlop Rowing Club Boathouse*	Darren 07932 636114 activeparks@visionrcl.org.uk
Tuesdays	Buggy Fitness	10.30am-11.30am	£3	Inside Fairlop Waters Pavilion	020 8500 9911 fairlopactivator@vision-rcl.org.uk
	Active Mum and Child Exercise Class Starts 15 January	11.30am-12.30pm	£5	Owls Play Centre	020 8500 9911 fairlopactivator@vision-rcl.org.uk
	Yoga	7.30pm-8.30pm	£5	Lakeside suite	020 8500 9911 fairlopactivator@vision-rcl.org.uk
Wednesdays	Boot Camp	10am-10.45am	£5	Seating area outside the Boathouse Bar	020 8500 9911 fairlopactivator@vision-rcl.org.uk
	Nordic Walking (Intermediate)	11am-12noon	£5	Inside the Boathouse Bar	020 8500 9911 fairlopactivator@vision-rcl.org.uk
	Nordic Walking (Beginners)	1pm-2pm	£5	Inside the Boathouse Bar	020 8500 9911 fairlopactivator@vision-rcl.org.uk
Thursdays	Kayaking at Loxford Pool	8pm-9.30pm	Adult £5.50 Child £3.50	Loxford Leisure Centre	Liam 07939 569713
Saturdays	Boot Camp	8.30am-9.30am	£5	Decking outside Boathouse	020 8500 9911 fairlopactivator@vision-rcl.org.uk
	Fairlop Paddlesports Club	10am-1pm	Adult £5 Child £3	Fairlop Outdoor Activity Centre	andrew@wheresbernie.co.uk
	Nordic Walking (All levels)	12.30pm-1.30pm	£5	Inside Fairlop Waters Pavilion	020 8500 9911 fairlopactivator@vision-rcl.org.uk

Fairlop Rowing Club

Want to Learn to Row?

Email to find out when the next beginners course is or attend our indoor winter sessions on Mondays. For more information email fairloprowingclub@visionrcl.org.uk

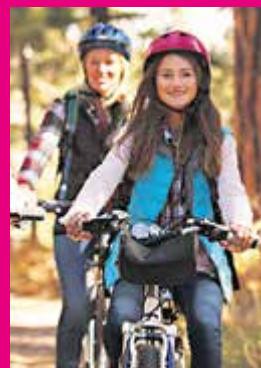
www.fairloprowingclub.weebly.com

Breeze Beginner Bike Rides for women only

For dates and times please visit [website](http://www.letsride.co.uk)

Meet at Fairlop Outdoor Activity Centre by the boulder park.

Book via www.letsride.co.uk/rides go to search box 'Find a ride' and type Fairlop Waters / then sort by 'Closest to location'. No need to bring your own bike, you can hire ours!



Cycling

Cycle Lessons FREE for Redbridge residents!

Cycle Confident offer free cycling sessions for Redbridge residents. Please book in advance via www.cycleconfident.com/sponsors/london-borough-of-redbridge