

WANSTEAD LEISURE CENTRE

Redbridge Lane West, Wanstead, Essex E11 2JZ
T: 020 8989 1172 | E: wanstead@vision-rcl.org.uk

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9-10pm
Mon	The Gym														
	Gymnasium														
	Squash Court 1														
Tues	The Gym														
	Gymnasium														
	Squash Court 1														
Wed	The Gym														
	Gymnasium														
	Squash Court 1														
Thurs	The Gym														
	Gymnasium														
	Squash Court 1														
Fri	The Gym														
	Gymnasium														
	Squash Court 1														
Sat	The Gym														
	Gymnasium														
	Squash Court 1														
Sun	The Gym														
	Gymnasium														
	Squash Court 1														

ZUMBA®
THE LATIN-INSPIRED, EASY-TO-FOLLOW, CALORIE-BURNING, DANCE FITNESS-PARTY™
Feel the music and let loose

JOIN THE party
ZUMBA fitness

- 20 20 20:** 20 minutes aerobics, 20 minutes Step and 20 minutes floor-work
- ACTIVE LIFESTYLE:** Suitable for people who are new to or returning to exercise
- AEROBICS:** Cardiovascular workout using hi and lo impact moves
- AEROTONE:** Fat burning, muscle toning whole body work out using body weights and free weights
- BODYMAX:** Weight training all major upper and lower body muscles
- BODYSHOCK:** Fast aerobic class with hi/lo moves for cardiovascular fitness
- BODY BLITZ:** Interval training class for all levels using own body weight
- BODY CALM:** Flexibility and core strength class that leaves you feeling calm and centered, using a combination of Yoga, Pilates and Tai Chi
- BODY CONDITION:** Designed to improve muscular strength and endurance
- BODY SCULPT:** Toning and conditioning for upper and lower body
- BOXCIRCUIT:** Intense circuit class using boxing gloves aimed at self-defence
- BOXERCISE:** Circuit class using pads and punch bag to help boxing training
- CARDIAC REHAB:** Available following referral by a GP or health practitioner
- CIRCUITS:** Improves fitness, stamina and endurance. A high powered cardio and tone class
- CORE BLITZ:** Low impact, full body toning class. Using a combination of body weight and free weight exercises to achieve your goals
- CORE & MORE:** Mat based workout that improves posture, toning and abs
- EOR:** Referred by GP/professional for health-improving activities
- GOLDEN YEARS CIRCUIT:** Low impact circuits class suited to over 55's, that will help to improve fitness, stamina and endurance
- GYM ZONE:** High intensity cardiac workout in the fitness suite
- KETTLEBELL:** Build strength and endurance, and increase grip strength
- HARD CORE ABS:** Abdominal flattening exercises that will work your core from the front, back and sides
- INSANE ABS:** Advanced abdominal class to help you shape the midsection you've always wanted, not for the faint hearted!
- LADIES RECREATION:** Low impact aerobics
- LEGS BUMS ABS / TUMS:** Heart pumping workout targeting those problem areas
- PILATES:** Improves your core flexibility and toning
- SALSA AEROBICS:** Fun and unique class using true salsa music and steps
- SIMPLY STRETCH / YOGA:** Hatha style, improving posture, flexibility and well-being. This is the ultimate relaxation class that will release any tension
- SPINNING:** An excellent fat burning workout using a stationary bike
- STRENGTH CONDITION:** High intensity cardio, body weight and functional training class
- STEP & TONE:** High intensity, hi/lo impact workout for the lower body
- WATER AEROBICS:** Water supported fun workout to music. Suitable for any level
- YOUTH FITNESS:** Fun and dynamic circuit suited and dedicated to teenagers
- ZUMBA:** Latin-inspired calorie-burning dance fitness-party

FITNESS AND DANCE CLASSES AVAILABLE TO EVERYONE AT YOUR VISION LEISURE CENTRES

www.vision-rcl.org.uk
January 2016

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www.vision-rcl.org.uk
Vision Redbridge Culture & Leisure
active 4 life
London Borough of Redbridge

FULLWELL CROSS LEISURE CENTRE

High Street, Barking, Essex IG6 2EA
T: 020 8550 2366 | E: fullwellcross@vision-rcl.org.uk

The instructors at The Studio are all qualified fitness professionals who will help you enjoy the fun and friendly atmosphere that all our classes offer. All classes can be joined by anybody who wants to have fun while getting fitter and looking after themselves

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9-10pm
Mon	Studio 1														
	Studio 2														
	Gym/Pool														
Tues	Studio 1														
	Studio 2														
	Gym/Pool														
Wed	Studio 1														
	Studio 2														
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	Studio 2														
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Fri	Studio 1														
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	Gym/Pool														
Sat	Studio 1														
	Studio 2														
	Gym/Pool														
Sun	Studio 1														
	Studio 2														
	Gym/Pool														

THE SAM RYAN ROOM

The Sam Ryan Room is a stand-alone gym facility within Fullwell Cross Leisure Centre designed specifically to host intimate gym sessions and guarantee the privacy and supervision of the participants

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8-9pm
Mon												
Tues												
Wed												
Thurs												
Fri												
Sat												
Sun												

SOUTH WOODFORD LIBRARY & GYM

116 High Road, South Woodford E18 2QS
T: 020 8708 9067 | E: swgym@vision-rcl.org.uk

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9-10pm
Mon																
Tues																
Wed																
Thurs																
Fri																
Sat																
Sun																