

FULLWELL CROSS LEISURE CENTRE

HIGH STREET, BARKINGSIDE IG6 2EA
T 020 8550 2366 | FULLWELLCROSS@VISION-RCL.ORG.UK

* These classes are taken by specialist instructors
and at times may have to be cancelled

STUDIO 1	6am	6.30	7am	7.30	8am	8.30	9am	9.30	10am	10.30	11am	11.30	12pm	12.30	1pm	1.30	2pm	2.30	3pm	3.30	4pm	4.30	5pm	5.30	6pm	6.30	7pm	7.30	8pm	8.30	9pm	9.30
Monday										LEGS, BUMS & ABS	PILATES	BDY CONDITION			STRETCH & RELAX	EOR CHAIR					YOGA TEENS*				AEROBICS	STEP & TONE	BODY SHOCK					
Tuesday					TAI CHI*			YOGA	AEROTONE	BDY CONDITION						SEATED ACTIVITY	EOR CHAIR								SIMPLY STRETCH	BODY MAX	PILATES					
Wednesday					BODY SCULPT			AEROBICS	PILATES	STRETCH & RELAX	ACTIVE LIFESTYLE	EOR CHAIR													AEROBICS	CORE & MORE	ZUMBA					
Thursday							L.R.	20 20 20		BDY CONDITION	ACTIVE LIFESTYLE	CARDIAC REHAB													STRETCH & RELAX	AEROTONE	20 20 20					
Friday						YOGA	BDY CONDITION	LEGS, BUMS & ABS		GOLDEN YEARS CIRCUIT	ACTIVE LIFESTYLE	YOGA													LEGS, BUMS & ABS	STRETCH & RELAX						
Saturday					AEROBICS	LEGS, BUMS & ABS	STEP & TONE		YOGA														TAI CHI*									
Sunday								AEROTONE	BODY MAX																		STRETCH & RELAX					

STUDIO 2	6am	6.30	7am	7.30	8am	8.30	9am	9.30	10am	10.30	11am	11.30	12pm	12.30	1pm	1.30	2pm	2.30	3pm	3.30	4pm	4.30	5pm	5.30	6pm	6.30	7pm	7.30	8pm	8.30	9pm	9.30	
Monday								BODY CALM	ZUMBA	BOUNCE*							DANCE FUSION								ZUMBA	BOX-FIT	YOGA						
Tuesday								LADIES REC.	CIRCUITS							ZUMBA							TEEN BOUNCE*		BOX-FIT	DANCE FUSION	LEGS, BUMS & ABS						
Wednesday								BOX-FIT	ABS	DANCE FUSION	ABS			STRETCH & RELAX											TAI CHI*	YOGA			20 20 20				
Thursday					BOX-FIT		DANCE FUSION	STRETCH & RELAX	HARDCORE ABS								BODY MAX								BOUNCE*			YOGA					
Friday							BOX-FIT	AEROTONE	STRETCH & RELAX	BOUNCE*																							
Saturday								BOX-FIT	INSANE ABS	ZUMBA																							
Sunday								MEDITATION	YOGA																	ABS							

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* Members only and must be booked in advance
**Beginner kettlebells

STUDIO 3	6am	6.30	7am	7.30	8am	8.30	9am	9.30	10am	10.30	11am	11.30	12pm	12.30	1pm	1.30	2pm	2.30	3pm	3.30	4pm	4.30	5pm	5.30	6pm	6.30	7pm	7.30	8pm	8.30	9pm	9.30	
Monday		HIIT*	SPIN*				INTERVAL TRAINING		SPINNING		KETTLEBELLS														HIIT		SPINNING		KETTLEBELLS				
Tuesday		HIIT*	SPIN*	SPINNING			HIIT		SPINNING		HIIT	Ko8			SPINNING											HIIT	KB**	SPINNING		Ko8			
Wednesday		HIIT*	SPIN*			Ko8		SPINNING		HIIT		SPINNING		Ko8												HIIT	KETTLEBELLS	SPINNING		SPINNING			
Thursday		HIIT*	SPIN*					SPINNING		HIIT		SPINNING		KETTLEBELLS													SPINNING		Ko8				
Friday		HIIT*	SPIN*	SPINNING		Ko8			SPINNING		SPINNING		KETTLEBELLS													HIIT							
Saturday								SPINNING		Ko8		SPINNING		KETTLEBELLS																			
Sunday													HIIT											SPINNING		SPINNING							

POOL	6am	6.30	7am	7.30	8am	8.30	9am	9.30	10am	10.30	11am	11.30	12pm	12.30	1pm	1.30	2pm	2.30	3pm	3.30	4pm	4.30	5pm	5.30	6pm	6.30	7pm	7.30	8pm	8.30	9pm	9.30	
Tuesday														AQUA AEROBICS																			
Thursday														AQUA AEROBICS																			

GYM	6am	6.30	7am	7.30	8am	8.30	9am	9.30	10am	10.30	11am	11.30	12pm	12.30	1pm	1.30	2pm	2.30	3pm	3.30	4pm	4.30	5pm	5.30	6pm	6.30	7pm	7.30	8pm	8.30	9pm	9.30
Tuesday																							YOUTH FITNESS					GYM CIRCUIT				
Thursday																							YOUTH FITNESS						GYM CIRCUIT			
Sunday										GYM CIRCUIT																						

20 20 20

20 minutes aerobics, 20 minutes of step and 20 minutes of floor-work.

ABS

A mat-based toning class using specific exercises to work those abdominals.

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 that uses body weights and free weights.

AQUA AEROBICS

Water supported fun workout to music. Suitable for any level.

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 MAX

Weight training all major upper and lower body muscles.

BODY SCULPT

Toning and conditioning for upper and lower body.

BODY SHOCK

Fast aerobic class with hi and lo moves for cardiovascular fitness.

BOUNCE

Fun, fat-burning and high energy moves choreographed to music. Dance on a mini trampoline and build power in those thighs!

BOXCIRCUIT

Intense circuit class using boxing gloves aimed at self-defence.

BOX-FIT

Circuit class using pads and punch bag to help boxing training, which will help to improve cardiovascular system coordination. **Junior Box-Fit** is a fun boxing class for teenagers aged 11-15 years old.

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 & MORE

Mat-based workout that improves posture, toning and abs.

DANCE FUSION

Learn a variety of dance styles to improve fitness and to have fun.

EOR CHAIR

For those who have been referred by their GP. A circuit-based class, which includes walking and chair-based exercises with our GP team.

FIT & STRETCH

Full body low impact class. Cardio to improve heart rate, weight-bearing exercises to increase bone density and body stretch to improve flexibility.

GOLDEN YEARS CIRCUIT

Low impact circuits class suited to over 55's, that will help to improve fitness, stamina and endurance.

GYM CIRCUIT

Variety of exercise stations based in the gym to train both cardio and strength.

HARDCORE ABS

Abdominal flattening exercises that will work your core from the front, back and sides.

HIIT

A form of interval training using intense cardio and resistance exercises followed by a short rest.

INSANE ABS

Advanced abdominal class to help you shape the midsection you've always wanted – not for the faint-hearted!

INTERVAL TRAINING

High intensity exercises followed by short periods of rests – great for building endurance.

KETTLEBELLS

Build strength and endurance, and increase grip strength.

Ko8

Suspension training using body weight and resistance bands. Designed to help burn fat, promote mobility and build lean muscle.

LADIES RECREATION

Low impact aerobics.

LEGS, BUMS & ABS

Heart pumping workout targeting those problem areas.

MEDITATION

A mat-based class which trains the mind to promote relaxation and help reduce stress.

PILATES

Improves your core flexibility and toning.

SEATED ACTIVITY

Chair exercises with our GP referral team.

SIMPLY STRETCH

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.

STEP & TONE

High intensity, hi/lo impact workout for the lower body.

STRETCH & RELAX

The ultimate class for unwinding and stretching those muscles. A mat-based exercise class, which focuses on improving posture and flexibility.

TAI CHI

An ancient Chinese tradition using martial art to promote serenity and improve balance.

YOGA

Yoga uses body posture and breath controls for relaxation. **Teen Yoga** is for teenagers aged 11-15 years old.

YOUTH FITNESS

Fun and dynamic circuit training, suited and dedicated to teenagers.

ZUMBA

Latin-inspired calorie-burning dance fitness-party.