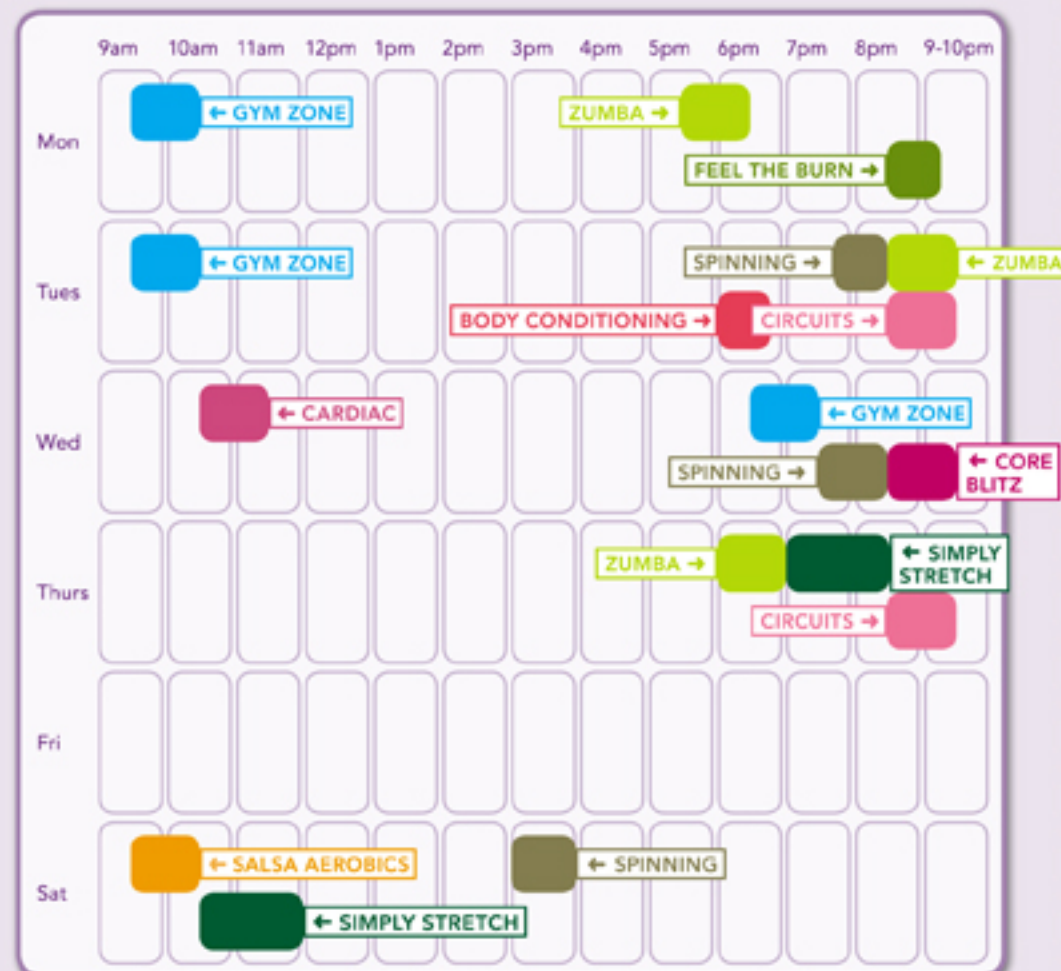


WANSTEAD LEISURE CENTRE

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



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

JOIN THE
party



WHAT'S ON?

ACTIVE LIFESTYLE:

Suitable for older people who are new or returning to exercise, those who have orthopaedic or medical limitations

AEROBICS:

Cardiovascular workout using hi and lo impact moves

AEROTONE:

Body conditioning with some weights work

BODYMAX:

Weight training all major upper and lower body muscles

BODYSHOCK:

Fast aerobic class with hi/lo moves for cardiovascular fitness

BODY CONDITIONING:

Designed to improve muscular strength and endurance

BODY SCULPT:

Toning and conditioning for upper and lower body

BOXERCISE:

Circuit class using pads and punch bag to help boxing training

CARDIAC:

Low intensity cardiac fitness class in the fitness suite

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 BODY:

Low impact body workout using yoga balls

FEEL THE BURN:

High calorie burning class using equipment in the fitness suite

GYM ZONE:

High intensity cardiac workout in the fitness suite

LADIES RECREATION:

Low impact aerobics

LEGS BUMS ABS:

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

SHAPE AND TONE:

Combination workout of cardio and toning for all abilities

SIMPLY STRETCH / YOGA:

Hatha style, improving posture, flexibility & well being. This is the ultimate relaxation class that will release any tension

SPINNING:

An excellent fat burning workout using a stationery bike

STEP / STEP & TONE:

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

WATER AEROBICS:

A water supported fun workout to music. Suitable for any levels

ZUMBA:

Latin-inspired calorie-burning dance fitness-party

20 20 20:

20 mins of step, 20 mins of aerobics, 20 mins of floor work

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

www.vision-rcl.org.uk

August 2011

Graphic design: www.joanwood.co.uk Form ref: A501 TT 0811



active 4 life



In partnership with
London Borough of
Redbridge

FULLWELL CROSS LEISURE CENTRE

High Street, Barkingside, 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				LEGS BUMS ABS	STEP	BODY CONDITION		EOB CHAIR				AEROBICS	STEP	BODY SHOCK	
	Studio 2	SPINNING				SPINNING							ZUMBA	SPINNING	ZUMBA	
	Gym/Pool															
Tues	Studio 1				LADIES REC	AEROTONE	BODY CONDITION		CARDIAC REHAB				SIMPLY STRETCH	BODY MAX	PILATES	
	Studio 2	SPINNING	SPIN CONDITION										BOX-ERISE		SPINNING	
	Gym/Pool							WATER AEROBICS				YOUTH FITNESS		GYM ZONE		
Wed	Studio 1				AEROBICS	PILATES	STRETCH AND RELAX	ACTIVE LIFESTYLE	EOB CHAIR				AEROBICS	SIMPLY STRETCH	20 20 20	
	Studio 2	SPINNING			SPINNING	ABS	SPINNING	SPINNING					ZUMBA	SPINNING	ZUMBA	
	Gym/Pool															
Thurs	Studio 1			LADIES REC	20 20 20			ACTIVE LIFESTYLE	CARDIAC REHAB			YOUTH FITNESS	SIMPLY STRETCH	AEROTONE	20 20 20	
	Studio 2	SPINNING				SPINNING							STUDIO CYCLING		CIRCUITS	
	Gym/Pool							WATER AEROBICS				YOUTH FITNESS				
Fri	Studio 1				BODY CONDITION	LEGS BUMS ABS		ACTIVE LIFESTYLE					LEGS BUMS ABS	YOGA STRETCH & RELAX		
	Studio 2	SPINNING	SPINNING	BOX-ERISE		SPINNING										
	Gym/Pool															
Sat	Studio 1			AEROBICS	LEGS BUMS ABS	STEP & TONE										
	Studio 2				SPINNING		SPINNING									
	Gym/Pool															
Sun	Studio 1				AEROBICS	BODY MAX										
	Studio 2				CIRCUITS	YOGA							SPINNING			
	Gym/Pool															

Find out more visit www.vision-rcl.org.uk

the
Studio
active • alive • achieve



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& WANSTEAD LEISURE CENTRE**

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