

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				GYM ZONE					SPINNING			GYM ZONE			
Tues				GYM ZONE					JUNIOR SPINNING			SPINNING			ZUMBA
Wed				CARDIAC								GYM ZONE			SPINNING
Thurs				SPINNING								SPINNING			YOGA
Fri				SPINNING								LEGS BUMS TUMS			ZUMBA
Sat				SALSA AEROBICS								SPINNING			LEGS BUMS TUMS
Sun				YOGA											PILATES



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



WHAT'S ON?

ACTIVE LIFESTYLE:	Suitable for people who are new to or returning to exercise
AEROBICS:	Cardiovascular workout using hi and lo impact moves
AEROTONE:	Body conditioning with some weights work
ATHLETE DEVELOPMENT:	A class for athletes, designed by athletes, that aims to help you reach your maximum physical and mental potential
BODYMAX:	Weight training all major upper and lower body muscles
BODYSHOCK:	Fast aerobic class with hi/lo moves for cardiovascular fitness
BODY CONDITION:	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 & MORE:	Mat based workout that improves posture, toning and abs
GYM ZONE:	High intensity cardiac workout in the fitness suite
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 & well being. This is the ultimate relaxation class that will release any tension
SPINNING:	An excellent fat burning workout using a stationery bike
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
YOUTH FITNESS:	A fun and dynamic circuit suited and dedicated to teenagers
ZUMBA:	Latin-inspired calorie-burning dance fitness-party
20 20 20:	20 mins of step, 20 mins of aerobics, 20 mins of floor work

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

www.vision-rcl.org.uk

January 2013



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	BEGINNERS PILATES	BODY CONDITION			EOR CHAIR			AEROBICS	STEP & TONE	BODY SHOCK	
Tues	Studio 1			LADIES REC	AEROTONE	BODY CONDITION			CARDIAC REHAB			SIMPLY STRETCH	BODY MAX	PILATES	
Wed	Studio 1			BOX-ERISE											
Thurs	Studio 1			BOX-ERISE											
Fri	Studio 1			BOX-ERISE											
Sat	Studio 1			BOX-ERISE											
Sun	Studio 1			BOX-ERISE											



MORE SPINNING SESSIONS
AVAILABLE AT FULLWELL CROSS
& WANSTEAD LEISURE CENTRE

EARLY MORNING SPINNING
BRAND NEW AIR CONDITIONED STUDIO
ALL ABILITIES WELCOME
MORE SESSIONS THAN EVER!

ASK AT RECEPTION
FOR INFO & BOOKING

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