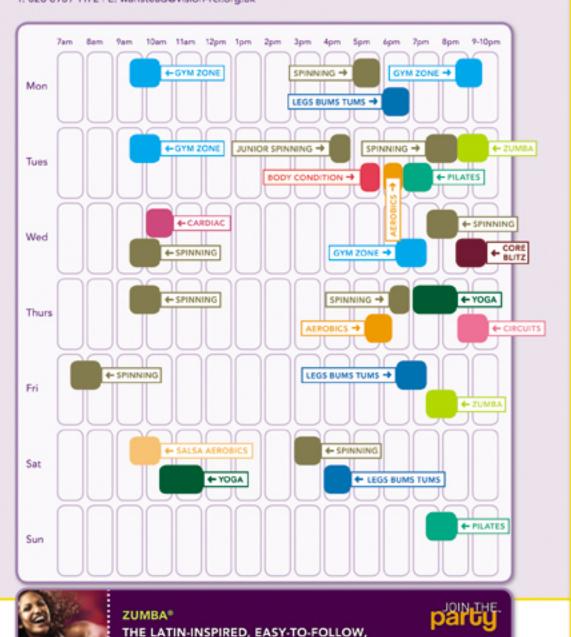
## WANSTEAD LEISURE CENTRE

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



## WHAT'S ON?



FITNESS AND DANCE CLASSES
AVAILABLE TO EVERYONE AT
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www.vision-rcl.org.uk

January 2013









## FULLWELL CROSS LEISURE CENTRE

Feel the music and let loose

CALORIE-BURNING, DANCE FITNESS-PARTY"

(4) ZVMBA

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.









**ASK AT RECEPTION** 

FOR INFO & BOOKING



