

WANSTEAD LEISURE CENTRE

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

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9-10pm
Mon		← GYM ZONE				SALSA AEROBICS →				FEEL THE BURN →			
Tues		← GYM ZONE					PILATES →				← LEGS BUMS ABS		
						BODY CONDITIONING →				CIRCUITS →			
Wed			← CARDIAC								← GYM ZONE		
						SHAPE AND TONE →						← CORE BLITZ	
Thurs							PILATES →				← YOGA		
											CIRCUITS →		
Fri													
Sat													
Sun													



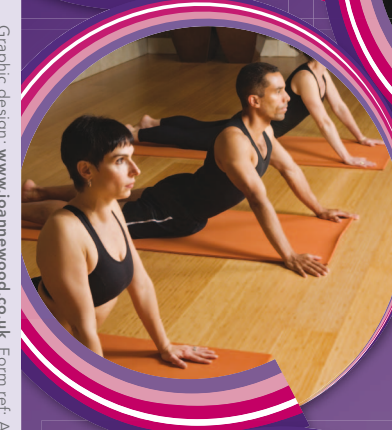
WHAT'S ON?

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:	Ultimate relaxation class, release tension and improve flexibility
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 (including non swimmers)
YOGA:	Hatha style, improving posture, flexibility & well being
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

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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.

		8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9-10pm
Monday	Dance Studio 1			LEGS BUMS ABS	STEP	BODY CONDITION						AEROBICS	STEP	BODY-SHOCK	
	Dance Studio 2												SPINNING		
	Gym Pool														
Tuesday	Dance Studio 1		LADIES REC	AEROTONE					CARDIAC REHAB			YOGA	BODY MAX	PILATES	
	Dance Studio 2												SPINNING		
	Gym Pool					WATER AEROBICS				YOUTH FITNESS			GYM ZONE		
Wednesday	Dance Studio 1			AEROBICS	BODY SCULPT	YOGA	ACTIVE LIFESTYLE						AEROBICS	SIMPLY STRETCH	20 20 20
	Dance Studio 2			SPINNING											
	Gym Pool														
Thursday	Dance Studio 1		LADIES REC →	20 20 20			ACTIVE LIFESTYLE		CARDIAC REHAB		YOUTH FITNESS	YOGA	AEROTONE	20 20 20	
	Dance Studio 2											SPINNING			
	Gym Pool					WATER AEROBICS				YOUTH FITNESS				GYM ZONE	
Friday	Dance Studio 1			BODY CONDITION	LEGS BUMS ABS		ACTIVE LIFESTYLE					LEGS BUMS ABS	YOGA		
	Dance Studio 2														
	Gym Pool														
Saturday	Dance Studio 1		AEROBICS	LEGS BUMS ABS	STEP & TONE	PRIVATE BOOKING									
	Dance Studio 2			SPINNING											
	Gym Pool														
Sunday	Dance Studio 1			AEROBICS	BODY MAX										
	Dance Studio 2														
	Gym Pool				GYM ZONE										



REDBRIDGE CYCLING CENTRE

Forest Road, Hainault, Essex IG6 3HP
 T: 020 8500 9359 | E: rcc@vision-rcl.org.uk

		9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9-10pm
Monday											STEP →		BOXCERCISE →	
Tuesday											LEGS BUMS ABS →			
Wednesday													BOXCERCISE →	
Thursday														
Friday														
Saturday			STEP →										← CORE BODY*	
Sunday												← YOGA*		

* Booking advised.

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

