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	
	Studio 2	SPINNING			BODY CALM	SPINNING							ZUMBA	SPINNING	SALSA AEROBICS	
	Gym/Pool															
Tues	Studio 1				LADIES REC	AEROTONE	BODY CONDITION			CARDIAC REHAB			SIMPLY STRETCH	BODY MAX	PILATES	
	Studio 2	SPINNING	SPIN CONDITION						ZUMBA				BOX-ERCISE		SPINNING	
	Gym/Pool							WATER AEROBICS				YOUTH FITNESS		GYM ZONE		
Wed	Studio 1		BODY SCULPT		AEROBICS	PILATES	STRETCH AND RELAX	ACTIVE LIFESTYLE	EOR CHAIR					AEROBICS	CORE & MORE	20 20 20
	Studio 2	SPINNING			SPINNING	ABS	SPINNING	ABS						ZUMBA	SPINNING	ZUMBA
	Gym/Pool															
Thurs	Studio 1		BOX-ERCISE		LADIES	20 20 20	AEROBICS		ACTIVE LIFESTYLE	CARDIAC REHAB		YOUTH FITNESS	SIMPLY STRETCH	AEROTONE	20 20 20	
	Studio 2	SPINNING					SPINNING	ZUMBA						SPINNING	YOGA	
	Gym/Pool						WATER AEROBICS					YOUTH FITNESS			CIRCUITS	
Fri	Studio 1				BODY CONDITION	LEGS BUMS ABS	GOLDEN YEARS CIRCUIT	ACTIVE LIFESTYLE					LEGS BUMS ABS	YOGA STRETCH & RELAX		
	Studio 2	SPINNING	SPINNING	BOX-ERCISE	AEROTONE	SPINNING										
	Gym/Pool															
Sat	Studio 1			AEROBICS	LEGS BUMS ABS	STEP & TONE	YOGA									
	Studio 2				SPINNING	INSANE ABS	SPINNING									
	Gym/Pool															
Sun	Studio 1				AEROBICS	BODY MAX										
	Studio 2					YOGA						SPINNING	ABS	SPINNING		
	Gym/Pool				CIRCUITS											

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

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

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	The Gym				← GYM ZONE									GYM ZONE →		
	Gymnasium												STRENGTH CONDITIONING →			
Tues	The Gym						YOUTH FITNESS →							← YOUTH FITNESS		
					← GYM ZONE											
	Gymnasium													← PILATES		
							JUNIOR SPINNING →			SPINNING →				← ZUMBA		
Wed	The Gym													GYM ZONE →		
	Gymnasium				← BOXERCISE									SPINNING →		
														CORE BLITZ →		
Thurs	The Gym						YOUTH FITNESS →							← YOUTH FITNESS		
	Gymnasium													SPINNING →	← YOGA	
															← CIRCUITS	
Fri	The Gym															
	Gymnasium		← SPINNING						LEGS BUMS AND TUMS →						← ZUMBA	
Sat	The Gym						YOUTH FITNESS →									
	Gymnasium				← YOGA					← SPINNING						
					← SALSA AEROBICS											
Sun	The Gym						YOUTH FITNESS →									
	Gymnasium															

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

JOIN THE party
ZUMBA fitness

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
BODYMAX:	Weight training all major upper and lower body muscles
BODYSHOCK:	Fast aerobic class with hi/lo moves for cardiovascular fitness
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 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
GOLDEN YEARS CIRCUIT:	Low impact circuits class suited to over 55's, that will help to improve fitness, stamina and endurance
GYM ZONE:	High intensity cardiac workout in the fitness suite
INSANE ABS:	Advanced abdominal class to help you shape the midsection you've always wanted, not for the faint hearted!
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 and well-being. This is the ultimate relaxation class that will release any tension
SPINNING:	An excellent fat burning workout using a stationery bike
STRENGTH CONDITION:	High intensity cardio, body weight and functional training class
STEP & TONE:	High intensity, hi/lo impact workout for the lower body
WATER AEROBICS:	Water supported fun workout to music. Suitable for any level
YOUTH FITNESS:	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

October 2013