

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										ZUMBA →			
Tues													
Wed													
Thurs													
Fri													
Sat													

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
Sun									



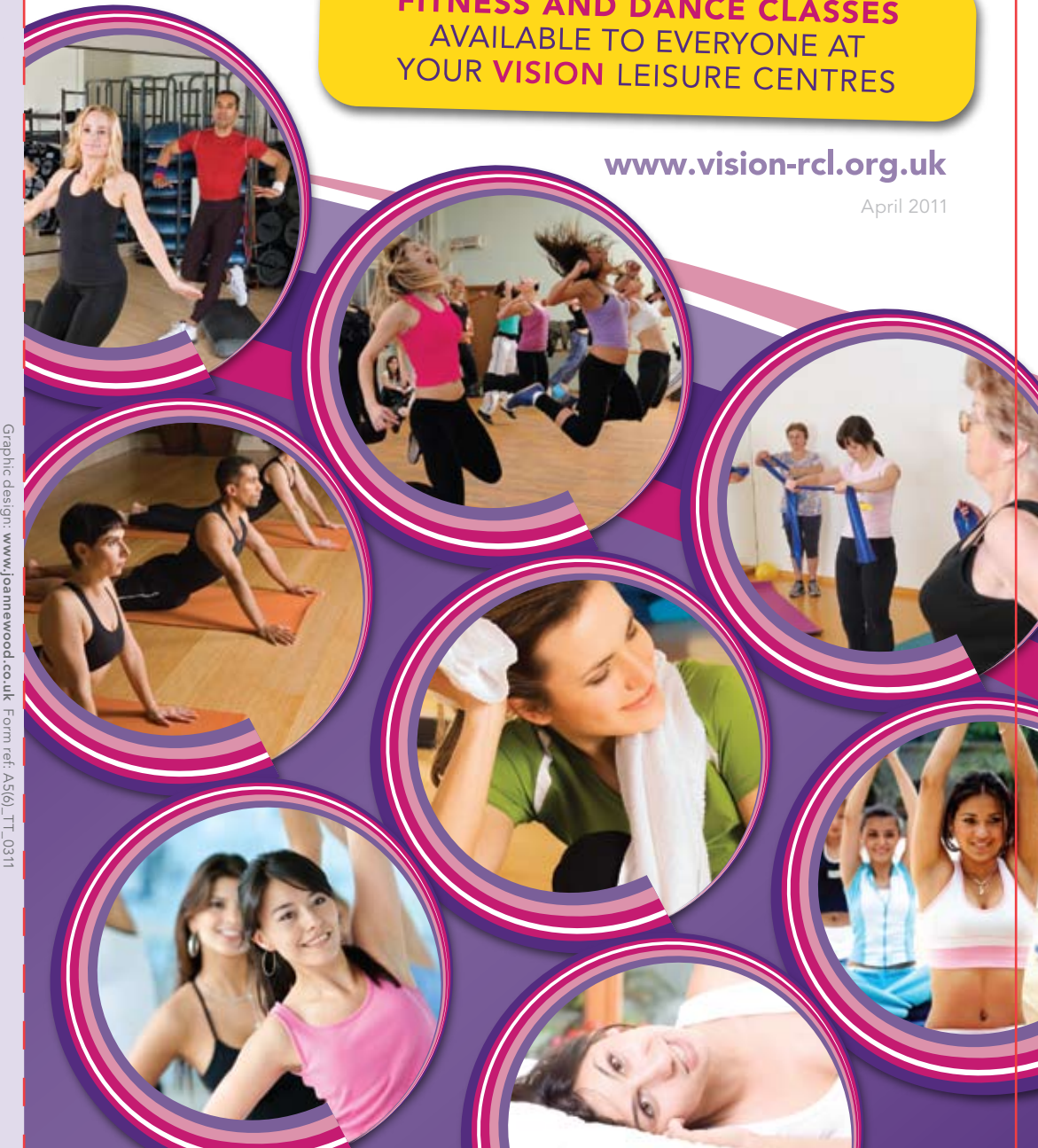
WHAT'S ON?

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 / 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

April 2011



Graphic design: www.joanneewood.co.uk Form ref: A5(6)_TT_0311

Vision
Redbridge Culture & Leisure

UK Fitness Network

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		EOR 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	BODY CONDITION										BOX-ERCISE		SPINNING	
	Gym/Pool						WATER AEROBICS				YOUTH FITNESS			GYM ZONE		
Wed	Studio 1				AEROBICS	PILATES	SIMPLY STRETCH	ACTIVE LIFESTYLE	EOR CHAIR				AEROBICS	SIMPLY STRETCH	20 20 20	
	Studio 2	SPINNING			SPINNING	ABS	SPINNING	SPINNING							SPINNING	
	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							SPINNING		CIRCUITS	
	Gym/Pool						WATER AEROBICS				YOUTH FITNESS					
Fri	Studio 1				BODY CONDITION	LEGS BUMS ABS		ACTIVE LIFESTYLE					LEGS BUMS ABS	SIMPLY STRETCH		
	Studio 2	SPINNING	SPINNING	BOX-ERCISE		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									SPINNING		
	Gym/Pool															

the Studio
 active • alive • achieve



BOOK ONLINE

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



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

