



Active Women: Free weekly activities for WOMEN ONLY

Every Friday starting 27 January 2012, 1pm – 2.45pm

Queensbridge Sports & Community Centre,
30 Holly Street, London E8 3XW

Yoga, pilates, aerobics, salsa and zumba. Limited crèche places available for under 5s – call **020 7249 8139** for booking criteria

 For more information call
020 7923 7773

Every Tuesday starting 24 January 2012, 6pm – 7pm

Zumba, body conditioning and aerobics

Every Thursday starting 19 January 2012, 7pm – 8pm

Football Fitness – fun, friendly sessions to get fit.

Britannia Leisure Centre, 40 Hyde Road, London N1 5JU

 For more information call
020 7729 4485