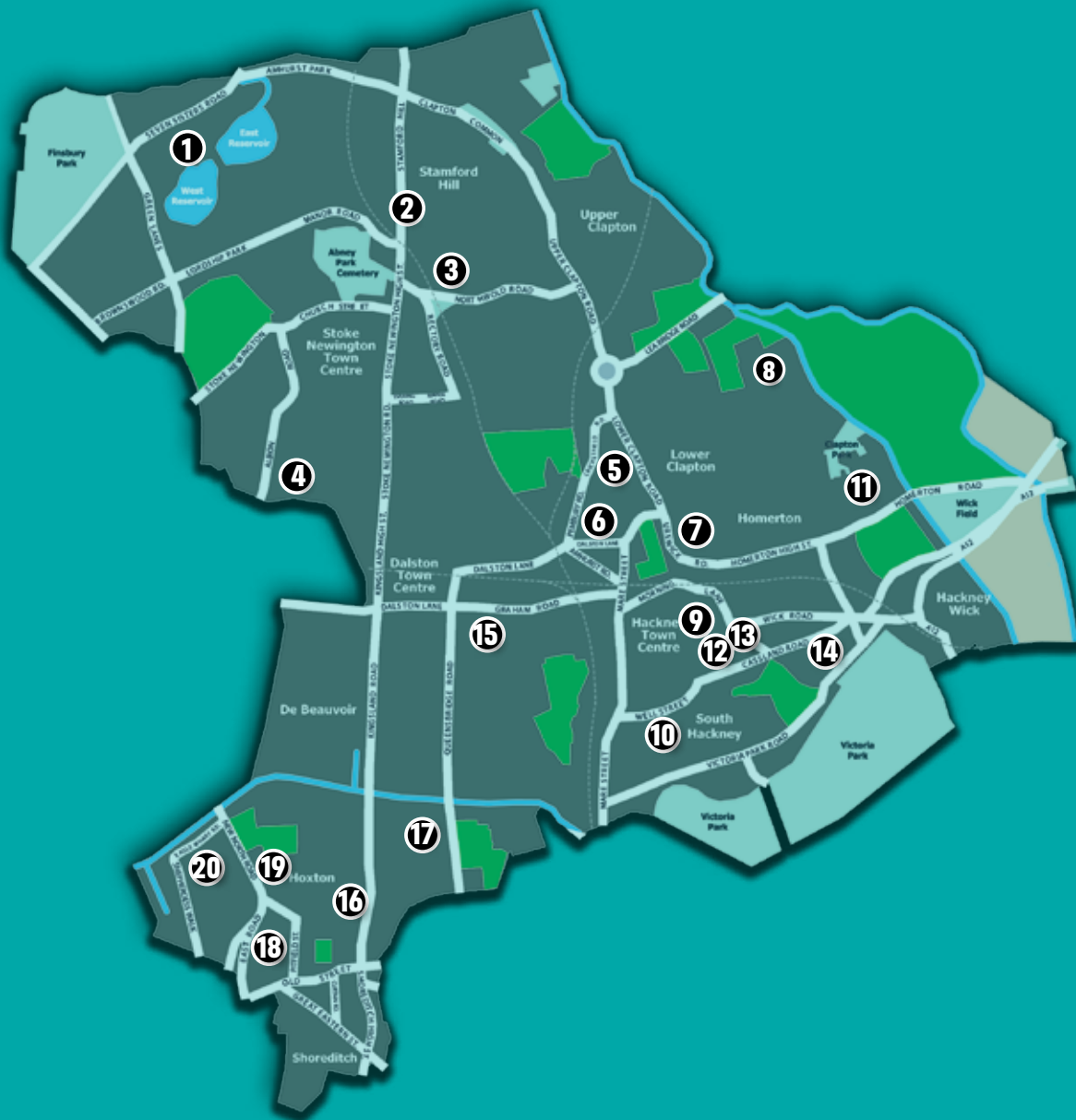


# £1.00 FITNESS CLASSES IN HACKNEY

Box-Fit to Zumba...find the class for you!



- 1 Redmond Community Centre, Kayani Av, N4 2HF**  
 KIDS CAPOEIRA Muzenza (5-11yrs) Fri 5.00-6.00pm  
 BODY CONDITIONING (women) Fri 5.00-6.00pm
- 2 Stamford Hill Community Centre, Stamford Hill Rd, N16 6RS**  
 LEGS, BUMS & TUMS (women) with Viktoria Tue 9.10-10.10am  
 CARDIO PILATES to MUSIC with Fran Thur 7.00-8.00pm
- 3 Boiler House, Cazenove Rd, N16 6BE**  
 BODY CONDITIONING (women) Mon 9.30-10.30am
- 4 Milton Gardens Community Centre, Shakespeare's Walk, N16 8TL**  
 BOX-FIT Mon 7.15-8.15pm  
 FAMILY CAPOEIRA (5yrs- adult) Fri 5.30-6.30pm
- 5 New Testament Church of God Community Centre, Cricketfield Rd, E5 8 JE**  
 Uprising OVER 55's FITNESS with Hezron Mon 12.00-1.00pm
- 6 Pembury Community Centre, Dalston Lane, E8 1HL**  
 KIDS BOX-FIT (5-12yrs) Mon 5.30-6.30pm  
 BOX-FIT(beginners) with Hezron Thur 7.00-8.00pm  
 CHAIR BASED EXERCISE with Susanne Fri 2.00-3.00pm  
 BODY CONDITIONING with Michelle (women) Fri 5.30-6.30pm  
 CAPOEIRA Angola 5-11yrs Fri 5.30-6.30pm
- 7 Banister House Community Centre, Homerton High St, E9 7PQ**  
 FIT 2 TONE (55yrs+) Tue 10.00-11.00am  
 BRAZILLIAN DANCE with Zoraima Tue 1.30-2.30pm
- 8 Nye Bevan Community Centre, Overberry St, E5 0AW**  
 SALSA (beginners) with Rita from the 02-05-17 Tue 8.00-9.00pm
- 9 Morningside Community Centre, Cresset Rd, E9 5PP**  
 FAMILY CAPOEIRA Angola Wed 6.00-7.00pm
- 10 New Kingshold Community Centre, 49 Ainsworth Rd, E9 7JE**  
 PING-PONG Mon/Wed/Fri 12.00-5.00pm  
 KIDS BOX-FIT (6-12yrs) Tue 5.15-6.15pm  
 DYNAMIC PILATES (women) with Fran Tue 5.15-6.15pm  
 YOGA (beginners) with Anna Tue 6.45-7.45pm  
 FIT 2 TONE (50yrs) Wed 9.30-10.30am  
 PILATES with Fran Wed 10.30-11.30am

- BALLROOM (Intermediate, £1.50 incl refreshments) Wed 1.30-2.30pm  
 CAPOEIRA MUZENZA (5-11yrs) Wed 5.00-6.00pm  
 FAMILY ZUMBA with Natalia Wed 6.00-7.00pm  
 CHEERLEADING with Hera (7-11yrs, £1.00) Fri 5.00-6.00pm
- 11 Concorde Centre, Kingsmead Way, E9 5PP**  
 FITNESS CIRCUITS with Hezron Mon 7.00-8.00pm
- 12 Frampton Park Community Centre, Woolridge Way, E9 7PF**  
 CIRCUIT TRAINING (beginners) with Hezron Wed 7.00-8.00pm  
 BOX-FIT (beginners/men) with Hezron Wed 8.00-9.00pm  
 MOVING & JUICING with Michelle Fri 10.00-11.30am
- 13 Gascoyne II Community Centre, 2A Wick Rd, E9 5AY**  
 ZUMBA with Sabina Mon 7.00-8.00pm  
 JUDO 5-11yrs Fri 6.00-7.00pm
- 14 John Crewsdon Court, 26 Annis Rd, E9 5BQ**  
 CHAIR BASED YOGA with Silvia Tue 2.00-3.00pm
- 15 Turkish Cypriote Cultural Centre, 14a Graham Rd, E8 1BZ**  
 BRAZILIAN DANCE & STRETCH with Zoraima Thur 2.00-3.00pm
- 16 Geffrye Community Centre, Falkirk St, N1 6SD**  
 CHAIR BASED EXERCISE with Silvia Mon 2.00-3.00pm
- 17 Fellows Court Community Centre, E2 8LR**  
 FAMILY ZUMBA with Tais Mon 6.30-7.30pm  
 FAMILY ZUMBA with Tais Wed 9.20-10.20am  
 LEGS, BUMS & TUMS (women) with Tais Thur 7.00-8.00pm
- 18 St. John's Church, Pitfield St, N1 6NP**  
 BRAZILIAN DANCE & STRETCH (55yrs+) with Zoraima Mon 1.30-2.30pm
- 19 Cranston Estate, Carole Young Community Centre, Mintern St, N1 5EH**  
 PILATES (beginners) with Zoraima Thur 6.00-7.00pm
- 20 Napier Grove Hall, Napier Grove, N1 7HU**  
 YOGA (beginners) with Anna Tue 9.30-10.30am  
 ZUMBA with Nick Thur 7.30-8.30pm

£1 or donation for Hackney residents, classes are drop-in, check latest timetable at [www.hackney.gov.uk/healthy-hackney](http://www.hackney.gov.uk/healthy-hackney) or contact 020 8356 6352