

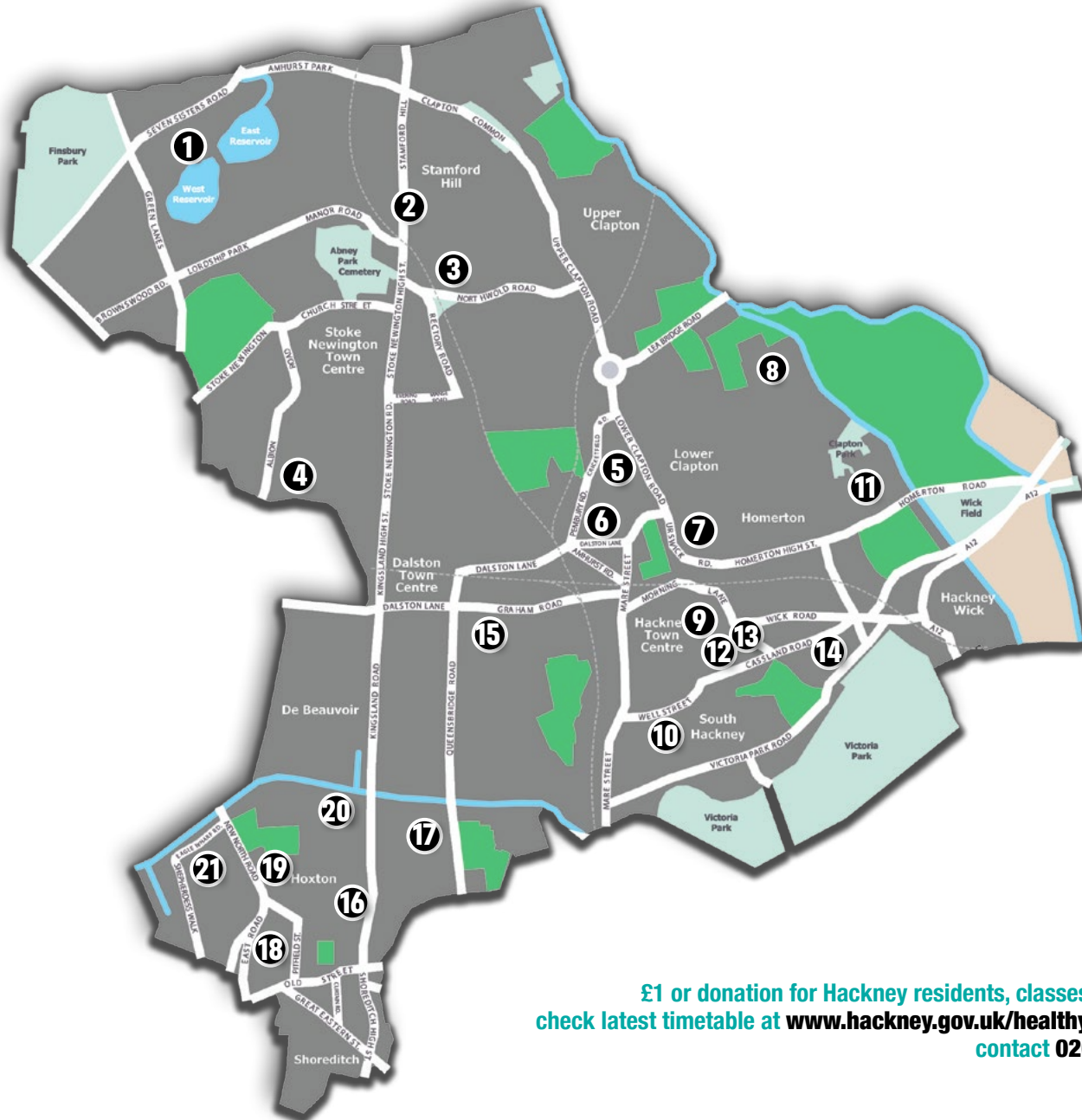
# SUMMER HOLIDAYS PROGRAMME

## ONE YOU £1 FITNESS CLASSES IN HACKNEY

All sessions running 24 July – 8 September, unless stated otherwise

Day	Activity	Time & Venue (centre)	Activity	Time & Venue (centre)
Monday	<b>Body Conditioning with Zoraima (women)</b>	9.30 – 10.30am <i>The Boiler House, Cazenove Rd, N16 6BE</i> ③ 24 & 31 July only	<b>Chair-Based Yoga with Silvia</b>	2.00 – 3.00pm <i>Napier Grove CC Napier Grove, N1 7HU</i> ④
	<b>Uprising Fitness 55+ with Hezron</b>	12.00 – 1.00pm <i>New Testament Church of God CC, Cricketfield Rd, E5 8JE</i> ⑤	<b>Family Zumba with Tais</b>	6.30 – 7.30pm <i>Fellows Court CC E2 8LR</i> ⑫
	<b>Ping-Pong</b>	12.00 – 5.00pm <i>New Kingshold CC, 49 Ainsworth Rd, E9 7JE</i> ⑩	<b>Circuits with Hezron</b>	7.00 – 8.00pm <i>Concorde Centre, Kingsmead Way E9 5PP</i> ⑪
			<b>Box-fit with Moses</b>	7.15 – 8.15pm <i>Milton Gardens CC, Shakespeare's Walk N16 8TL</i> ④ 25 Jul & 1 Aug only
Tuesday	<b>Yoga with Anna</b>	6.45 – 7.45pm <i>New Kingshold CC 49 Ainsworth Rd, E9 7JE</i> ⑩ 25 Jul & 1 Aug only	<b>Legs Bums &amp; Tums with Victoria</b>	9.10 – 10.10am <i>Stamford Hill CC Stamford Hill N16 6RS</i> ②
Wednesday	<b>Ping-Pong</b>	12.00 – 5.00pm <i>New Kingshold CC, 49 Ainsworth Rd, E9 7JE</i> ⑩	<b>Ballroom with Kristina</b>	1.30 – 2.30pm <i>New Kingshold CC, 49 Ainsworth Rd, E9 7JE</i> ⑩
Thursday	<b>Pilates with Zoraima</b>	6.00 – 7.00pm <i>Carole Young Hall, Cranston Estate, Mintern St, N1 5EH</i> ⑬	<b>Box-Fit with Hezron</b>	7.00 – 8.00pm <i>Pembury CC, Dalston Lane, E8 1HL</i> ⑥
			<b>Zumba with Nick</b>	7.30 – 8.30pm <i>Napier Grove CC N1 7HU</i> ④
Friday	<b>Chair Based exercise with Susanne</b>	2.00 – 3.00pm <i>Pembury CC Dalston Lane, E8 1HL</i> ⑥ (No class on 1 Sept)	<b>Kids Capoeira Muzenza (5-11yrs)</b>	5.00 – 6.00pm <i>Redmond CC Kayani Avenue, N4 2HF</i> ① (No classes 25 Aug & 1 Sept)
	<b>Ping-Pong</b>	12.00 – 5.00pm <i>New Kingshold CC, 49 Ainsworth Rd, E9 7JE</i> ⑩	<b>Body Conditioning with Victoria (women)</b>	5.00 – 6.00pm <i>Redmond CC Kayani Avenue N4 2HF</i> ① (No classes 25 Aug & 1 Sept)

# THERE'S A VENUE NEAR YOU!



£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

## VENUE ADDRESSES

1

### Redmond Community Centre

Woodberry Down Estate  
Kayani Avenue  
N4 2HF

2

### Stamford Hill Community Centre

Stamford Hill Estate  
Stamford Hill Rd  
N16 6RS

3

### Boiler House

George Downing Estate  
Cazenove Rd  
N16 6BE

4

### Milton Gardens Community Centre

Milton Gardens Estate  
Shakespeare's Walk

5

### New Testament Church of God Community Centre

Cricketfield Rd  
E5 8JE

6

### Pembury Community Centre

Pembury Estate  
Dalston Lane  
E8 1HL

10

### New Kingshold Community Centre

Kingshold Estate  
49 Ainsworth Rd  
E9 7J

11

### Concorde Centre

Kingsmead Way  
E9 5PP

17

### Fellows Court Community Centre

86 Weymouth Terrace  
E2 8LR

19

### Carole Young Community Centre

Cranston Estate  
Mintern Sreet  
N1 5EH

21

### Napier Grove Community Centre

Napier Grove  
N1 7HU