

Freshly Squeezed is dedicated to inspire and encourage the participation of regular physical activity for all. Check below our current list of sessions and activities.



## Sessions & Activities for September-December 2019

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### MONDAY

Activity: Older Adults Keep Fit

Time: 14.00-15.30

Cost: £1.00

Venue: St Johns Community Centre 37-34 Glengal Grove, Isle of Dogs E14 3NE

Seated and standing exercises to music. Mixed ability group, All welcomed

Activity: Female Basketball

Time: 19.30-21.30

Cost: Block Book & PAYG

Venue: Mayfield Leisure Centre, Kinfauns Road, IG3 9QN

Basketball Scrimmage for Women and Girls. Drills and Games. Beginners welcomed.



### TUESDAY

Activity: Older Adults Keep Fit

Time: 13.00-14.00

Cost: FREE

Venue: TESCO - Goodmayes 822 High Road, Goodmayes, Essex, RM6 4H

In partnership with C.A.W.S. Step by Step - A Dance fitness class to enjoy exercise, music and meeting others.

Activity: Fitness for Families

Time: 16.00-17.00 & 17.00-18.00

Cost: starts from £3.00 & Block Book

Venue: Little Ilford Youth Centre. 1a Rectory Road Manor Park E12 6JB

Activities for Women & Children. The perfect solution to enjoy regular exercise, bring the children for Multi-sports, fun & games along side the Female only Zumba & Fitness Gym.

### THURSDAY

Activity: Keep Fit for Health

Time: 9.30-10.30am

Cost: 50+ FREE, U50's £2.00

Venue: Jack Cornwell Community Centre, Jack Cornwell Street E12 5NN

Easy to follow movements and exercise to help improve general health; strength, stamina, flexibility and so much more!

Activity: BootCamp

Time: 20.30-21.30

Cost: 6 WK Block Book £40.00 & PAYG

Venue: Valentines High School, Cranbrook Road Ilford IG2 6HX

Women only Class to help improve general health; strength, stamina, flexibility and so much more!

### FRIDAY

Activity: Children's Ballet

Time: 16.30-17.00 & 17.00-17.30 & 17.30-18.30

Cost: FREE

Venue: St Johns Community Centre 37-34 Glengal Grove, Isle of Dogs E14 3NE

Children's Ballet lessons for children aged 3-11 years

### SATURDAY

Activity: Fitness for Families

Time: 16.00-17.00 & 17.00-18.00

Cost: starts from £3.00 & Block Book

Venue: Little Ilford Youth Centre. 1a Rectory Road Manor Park E12 6JB

Activities for Women & Children. The perfect solution to enjoy regular exercise, bring the children for Multi-sports, fun & games along side the Female only Zumba