

Freshly Squeezed is dedicated to inspire and encourage the participation of regular physical activity for all.

## 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  
From: £50/£35 & PAYG £5.00/£3.00

Venue: Mayfield Leisure Centre,  
Kinfauns Road, IG3 9QN  
Basketball Training & Scrimmage  
for Women and Girls. Drills and  
Games. Beginners welcomed.



### TUESDAY

Activity: Step By Step

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 offers a Dance Fitness class to  
enjoy exercise, music and meeting  
others. Easy to follow moves. All  
welcomed.

Activity: Fitness for Families

Time: 16.00-17.00 & 17.00-18.00

Cost: starts from £3.00ph/£4.00ph,

2 hours £4.00/£7.00 & 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 alongside  
the Female only Zumba & Fitness  
Gym.

### Wednesday

Activity: Remix Keep- Fit

Time: 9.30-10.30am

Cost: £20.00 Six-week block,  
*Special Introductory Price*

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

Exercise to music followed by  
strength exercises to help improve  
general health; strength, stamina,  
flexibility and so much more!

### THURSDAY

Activity: Remix Keep- Fit

Time: 9.00-10.00am

Cost: FREE,

Venue: St Luke's School,  
Saunderness Rd, E14 3EB

Zumba workout followed by  
Strength & conditioning exercises  
for overall Fitness.

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: Boot Camp

Time: 20.30-21.30

Cost: Six Week Block Book £40.00 &  
PAYG £8.00

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

Women only Class to help improve  
general health; strength, stamina,

flexibility and so much more. Blood  
Pressure, Height & Weight checks  
and Nutrition to help you get fit- stay  
fit!

### 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. Booking  
essential.

### SATURDAY

Activity: Fitness for Families

Time: 10.45-11.4am

Cost: starts from: PAYG £4.00/£7.00  
& Six Week Block Book  
£18.00/£30.00

Venue: Mayfield Leisure Centre,  
Kinfauns Road, Goodmayes, IG3 9QN  
Activities for Women & Children.

The perfect solution to enjoy regular  
exercise, bring the children for  
Multi-sports, fun & games alongside  
the Female only Zumba Class