

**£1 or donation for Hackney residents.**

Classes are drop-in, check online for any updates or changes in the programme

**[hackney.gov.uk/one-you](http://hackney.gov.uk/one-you)**

or contact

**020 8356 6326**

### Classes include:

- Box-Fit
- Boxing
- Brazilian Workout
- Chair-based Exercise
- Cheerleading
- Circuits
- Family Street Dance
- Family Taekwondo
- Family Zumba
- Fit-2-Tone 55yr+
- Kids' Capoeira
- Kids' Judo
- Kids' Karate
- Legs Bums & Tums
- Pilates
- Women's Zumba Tone
- Yoga

## £1 FITNESS CLASSES IN HACKNEY

**16 April - 21 July 2018\***



Over  
50 classes  
a week to  
choose  
from



\*check website for Easter programme

HDS6274

young  
hackney

BECAUSE THERE'S ONLY  
**ONE YOU**

In partnership with  
**Hackney**

# Find the class for **YOU**

## ZONE A

1. Redmond CC, Kayani Av, N4 2HF	
<b>Kids Capoeira</b> with Muzenza (5–11yrs)	<b>Fri 5–6pm</b>
<b>Zumba Tone</b> (women) with Victoria	<b>Fri 5–6pm</b>
2. Northwold CC, 131 Upper Clapton Rd, E5 9SA	
<b>Family Taekwondo</b> with Darren	<b>Sat 9.30–11am</b>
<b>Brazilian Workout</b> w/ Zoraima (Family)	<b>Sat 9.45–10.45am</b>
3. Stamford Hill CC, Stamford Hill Rd, N16 7UA	
<b>Cardio Pilates</b> to music with Fran	<b>Thur 7–8pm</b>
4. Boiler House, Cazenove Rd, N16 6BE	
<b>Zumba Tone</b> w/ Zoraima (women)	<b>Mon 9.30–10.30am</b>
<b>Zumba</b> with Sabina (women)	<b>Wed 7-8pm &amp;</b>
<b>Zumba</b> with Sabina (women)	<b>8.15-9.15pm</b>
5. Milton Gardens CC, Shakespeare's Walk, N16 8TA	
<b>Box Fit</b>	<b>Mon 7.15–8.15pm</b>
<b>Karate</b> (5–11yrs) with Pam	<b>Fri 5–6pm</b>
6. The Club House, Guinness Estate, N16 5TF	
<b>Zumba Tone</b> with Victoria (women)	<b>Tue 9.20–10.20am</b>

## ZONE B

7. New Testament Church of God CC, Cricketfield Rd, E5 8JE	
<b>Uprising 55+ Fitness</b> with Hezron	<b>Mon 12–1pm</b>
8. Pembury CC, Dalston Lane, E8 1HL	
<b>Kids' Box-Fit</b> (5–12yrs)	<b>Mon 5–6pm</b>
<b>Box-Fit</b> with Hezron	<b>Thu 7–8pm</b>
<b>Chair-based exercise</b> with Susanne	<b>Fri 2–3pm</b>
<b>Body Conditioning</b> with Michelle (women)	<b>Fri 5.30–6.30pm</b>
<b>Kids' Capoeira</b> with Alex (5–11yrs)	<b>Fri 5.30-6.30pm</b>
<b>Pilates Fusion</b> with Fran	<b>Fri 10.30–11.30am</b>

## Zone B continued

9A. Banister House CC, Homerton High St, E9 7PQ	
<b>Fit-2-Tone</b> (55yrs+)	<b>Tue 11.30–12.30pm</b>
9B. Jack Dunning CC Homerton Row, E9 6ED	
<b>Brazilian Workout</b> w/ Zoraima	<b>Tue 1.30-2.30pm</b>
10. Nye Bevan Overbury St, E5 0AW	
<b>Family Street Dance</b> with Frank	<b>Wed 5.15–6.15pm</b>
<b>Capoeira Kids</b> with Alex (5-11yrs)	<b>Thur 4.30–5.30pm</b>
11. Morningside CC, Cresset Rd, E9 5PP	
<b>Family Capoeira</b> with Axe	<b>Mon 6.15-7.15pm</b>
<b>Family Capoeira</b> with Axe	<b>Wed 6–7pm</b>
12. New Kingshold CC, 49 Ainsworth Rd, E9 7JE	
<b>Fit-2-Tone</b> with Hezron (+50yrs)	<b>Mon 9.30–10.30am</b>
<b>Ping-Pong</b>	<b>Mon &amp; Wed &amp; Fri 12–5pm</b>
<b>Box-Fit/Football</b> with Alton (12yrs +)	<b>Mon &amp; Thu 7–8pm</b>
<b>Kids' Box-Fit</b> (6–12yrs)	<b>Tue 5.15–6.15pm</b>
<b>Dynamic Pilates</b> with Fran (women)	<b>Tue 5.15–6.15pm</b>
<b>Yoga</b> with Anna (beginners)	<b>Tue 6.45–7.45pm</b>
<b>Pilates</b> with Fran (women)	<b>Wed 10.30–11.30am</b>
<b>Ballroom Dance</b> (Intermediate, £1.50 inc refreshments)	<b>Wed 1.30–2.30pm</b>
<b>Kids' Capoeira</b> (5–11yrs)	<b>Wed 5–6pm</b>
<b>Capoeira</b> (women)	<b>Wed 5.15–6pm</b>
<b>Family Zumba</b> with Natalia (women)	<b>Wed 6–7pm</b>
13. Concorde Centre, Kingsmead Way, E9 5PP	
<b>Fitness Circuits</b> with Hezron	<b>Mon 7–8pm</b>
14. Frampton Park CC, Woolridge Way, E9 7PF	
<b>Zumba</b> with Sabina	<b>Mon 7–8pm</b>
<b>Circuit Training</b> with Hezron	<b>Wed 7–8pm</b>
<b>Box-Fit</b> with Hezron (beginners)	<b>Wed 8–9pm</b>
<b>Moving &amp; Juicing</b> with Michelle	<b>Fri 10–11.30am</b>

## Zone B continued

<b>Judo</b> (5–11yrs)	<b>Fri 6–7pm</b>
15. Gascoyne 1 CC, Gascoyne Rd, E9 7FA	
<b>Fitness Circuits</b> (women) with Claudia	<b>Wed 9.30–10.30am</b>
16. John Crewsdon Court, 26 Annis Rd, E9 5BQ	
<b>Chair-based Exercise</b> with Susanne	<b>Tue 2–3pm</b>

## ZONE C

17. Turkish Cypriote Cultural Centre, 14A Graham Rd, E8 1BZ	
<b>Gentle Pilates</b> w/ Zoraima	<b>Wed 1.30–2.30pm</b>
18. Geffrye CC, Falkirk St, N1 6SD	
<b>Chair-based Exercise</b> w/ Jessica	<b>Mon 2–3pm</b>
<b>Boxing with Josh</b> (men)	<b>Tues &amp; Thurs 6.30–7.30pm</b>
<b>Gentle Pilates/Mat Work (women)</b> w/ Zoraima	<b>Thu 1.30–2.30pm</b>
19. Fellows Court C Centre, E2 8LR	
<b>Family Zumba</b> with Tais	<b>Mon 6.30–7.30pm</b>
<b>Legs, Bums &amp; Tums</b> with Tais (women)	<b>Thu 7–8pm</b>
<b>Cheerleading</b> with Hera starts 20th April (7-11yrs)	<b>Fri 5.30–6.30pm</b>
20. Cranston Estate CC, Carole Young CC, Mintern St, N1 5EH	
<b>Zumba</b> with Nick	<b>Tue 7.30–8.30pm</b>
<b>Cardio-Strength Pilates</b> w/ Zoraima	<b>Thurs 6–7pm</b>
21. Napier Grove Hall, Napier Grove, N1 7HU	
<b>Cardio-Pilates</b> w/ Zoraima	<b>Mon 6.30–7.30pm</b>
<b>Yoga</b> with Anna (beginners)	<b>Tue 9.30–10.30am</b>
<b>Zumba</b> with Nick	<b>Thu 7.30–8.30pm</b>
22. Arden Estate/Regen Way CC	
<b>Zumba Gold</b> with Tais (55yr+)	<b>Wed 5–6pm</b>
23. Haggerston Community Hall	
<b>Pilates</b> with Fran	<b>Tue 11.30–12.30am</b>
<b>Brazilian Workout (Family)</b> w/ Zoraima	<b>Fri 5–6pm</b>

CC = Community Centre