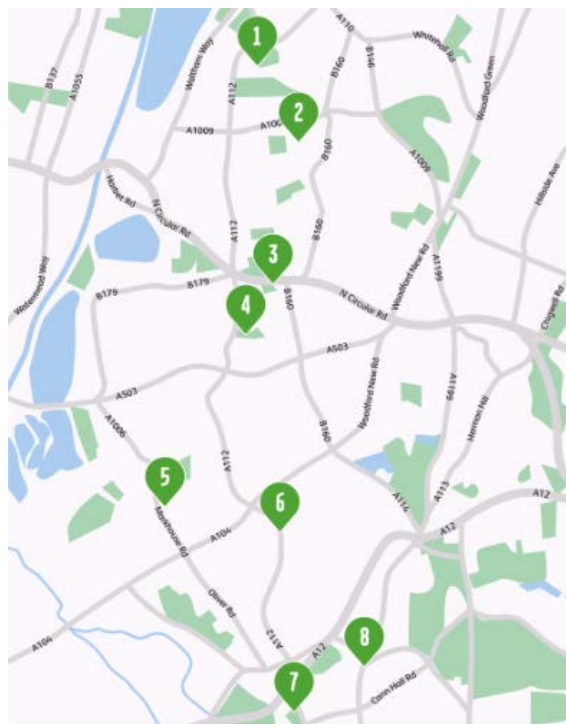


Saturday – Walthamstow Leisure Centre

The Main Event will take place for International Women's day on Saturday 10th March at Walthamstow Leisure Centre with all sessions on a first come first served basis.

Activity	Time	Venue
Gym	12 noon – 5pm	Gym
Body MOT's	12 noon – 5pm	Gym
Table Tennis & Badminton Drop in	12 noon – 6pm	Sports hall
Dao Lu - Tai Chi	12 noon – 1.00pm	Studio
Dance Class	1.30pm – 2.30pm	Studio
Boot Camp	2.30pm – 3.30pm	Studio
Gymnastics Tasters for girls	12.30pm – 2.30pm	Gymnasium
Vicky te Velde - Squash Tasters	12 noon – 2.30pm	Squash Courts
Inspire Trampoline Taster	1.00pm – 4.00pm	Sports Hall
Salaam Peace - Ball Sports	2.00pm – 4.00pm	Red Crumb Pitch



1. Ridgeway Park – E4 6RS
02037940109
2. Chingford Leisure Centre – E4 9EY
020 8523 8215
3. Peter May Sports Centre – E17 4HR
020 8531 9358
4. Waltham Forest Feel Good Centre –
E17 8RN 0203 859 1055
5. Walthamstow Leisure Centre – E17 8RN
020 8520 7464
6. Leyton Leisure Centre – E10 5AB
020 8558 8858
7. Drapers Field – E15 2DD
020 8221 2983
8. Leytonstone Leisure Centre – E11 4LA
020 8539 8343

There will a chance to win goodie bags and prizes by taking part in the fitness challenges.

If you have any questions please contact the centre either by email at Walthamstow@gll.org or call us on: 020 8520 7464

Web: www.better.org.uk

INTERNATIONAL WOMENS DAY



**Join us as we celebrate
International Women's
Day across Waltham Forest
from Monday 5th to
Saturday 10th March 2018**

BETTER
the feel good place

*Feel
Good*

Monday – Chingford Leisure Centre

On Monday 5th March Chingford Leisure Centre will be the first of our sites to host a session in aid of international women's day and promoting activities for Waltham Forest's female residents.

The evening's FREE swimming session will take place between 8.00pm – 10.00pm.

If you have any questions about the event please contact the centre either by email at chingford@gll.org

Or call us on: 020 8523 8215

Tuesday – Ridgeway Park Tennis Hub

On Tuesday 6th March Ridgeway Park would like to invite you down to the hub to try your hand at tennis for FREE.

Time	Activity	Venue
7.00pm – 8.00pm	Tennis Tuesday	Ridgeway Park Tennis Hub

Tennis Tuesdays are women only sessions that run every Tuesday evening at Ridgeway Park Tennis Hub.

Contact us at ridgeway@gll.org or call us on 02037940109 if you have any questions.

Thursday – Leytonstone Leisure Centre

Leytonstone Leisure Centre invites women and girls down from the local community to come and swim for FREE from 7.30pm – 9.00pm on Thursday 8th March.

It's not about your speed or your stroke; instead it's about de-stressing and relaxation for your mind, body and soul. Whether you're new to swimming or returning to the pool, this session is perfect for you.



Time	Activity	Venue
7.30pm – 9.00pm	Swim	Swimming Pool
7.30pm – 9.00pm	Health MOT's	Gym

Health MOT's will be taking place in the gym with the fitness instructor to check blood pressure, weight and offer general health advice.

Please contact the centre to book in advance. Leytonstone@gll.org or call us on: 020 8539 834

Friday – Leyton Leisure Centre

Leyton Leisure Centre invites women and girls down on Friday 9th March.

Time	Activity	Venue
7.30pm – 8.30pm	Swim for Women and Girls	Main Pool
8.30pm – 9.30pm	Swim for Women	Main Pool
7.00pm – 8.00pm	Zumba	Studio 1
8.15pm – 8.45pm	Fitness Rebounding	Studio 1
7.30pm – 8.00pm 8.00pm – 8.30pm	Swimming Lessons	£1 at reception
9.00am – 11.00am	Gym Challenges	Gym
9.30am – 10.15am	Functional Fitness Class	Studio

These are sessions that go on throughout the normal weekly programme but we would like to invite new users down to come and have a go and see how they find it.

Contact us at leyton@gll.org or call us on 020 8558 8858 or come in and speak to reception if you have any questions.

Feel Good

