

LEAP INTO ACTION

Physical Activity for Adults

haveringactive.co.uk

Zumba Gold!

Enjoy all the fun of Zumba at a slower pace. Great for beginners and those new to physical activity.

- Tues, from 10th Jan, 10-11am
Brights Centre, Rainham
£3 pay as you go
- Fri, from 6th Jan, 11.45am-12.45pm
Upminster, £3.50 pay as you go

Back to Netball Sessions

- Taking place at Hornchurch Sports Centre, Thurs 8.15-9.45pm
Call: 01708 454135

Women's Beginner Football

- Wed, from 11th Jan, 8-9pm
Hornchurch (Astroturf Pitch)
£15 for 5 weeks or £3.50 per session

Beginner Yoga

- Fri, from 6th Jan, 10-11.30am,
Upminster, £47 for 12 weeks or
£5 pay as you go

Tai Chi

- Fri, from 6th Jan, 1-2pm, Upminster
£18 for 6 weeks or
£3.50 pay as you go

All activities are for adults age 16+. Bookings required for all activities.
Please contact the Physical Activity Coordinators on
01708 431742 or e-mail: daniel.alleyne@havering.gov.uk



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LONDON BOROUGH