

Exercise Directory

The Healthwatch Newham guide to local exercise services.

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This guide has been produced by Healthwatch Newham, as part of its free information service.

Get more online  www.healthwatchnewham.co.uk/onlinedirectory/ or call  020 7473 9519.

Acorn FC**Exercise**

Newham Leisure Centre
281 Prince Regent Lane
London
E13 8SD

Back to Netball**Exercise**

Wanstead Leisure Centre
Langley Crescent
London
E11 2LZ

07854 090628
Lucy.hantson@englandnetball.co.uk

Profile:

Back to netball, coach led sessions, learn the basics and start playing again. 7/8pm free of charge but it's outside.

Skiptrix Exercise Classes For The Whole Family**Exercise**

The Hub
123 Star Lane
London
E16 4PZ

07904 625402
5starphysique@gmail.com

Profile:

Skiptrix® is a compilation of Jump Rope skills blended with aerobic style march sequences, combined with a warm up and cool down.

The London Playing Fields Foundation**Exercise**

73 Collier Street
London
N1 9BE

0845 026 2292
enquiries@lpff.org.uk
<http://lpff.org.uk/>

Profile:

We are the leading body for the protection, provision and promotion of playing fields in London. We believe that protecting playing fields improves the lives of local people, especially those from disadvantaged and under-represented groups.

Zumba Classes in Newham

Plaistow Park Community Centre
63 Queens Road West
London
E13 0PE

Exercise

07916327541
www.salsapam.com

Profile:

ARMS, HIPS, LEGS, BEAT, RHTYHM!!! Join the Salsa Pam Dance Zumba party and you'll soon be caught up in the latin dance fever, dancing, laughing and moving non stop; without realising your loosing up to 700 calories in one hour!!

Did you find what you wanted?

If you didn't find what you were looking for, phone the hotline or send an email.
Either way, we will do our best to help you get that result.

 020 7473 9519

 info@healthwatchnewham.co.uk

Disclaimer:

We endeavour to provide information that is accurate and up-to-date, however this cannot be guaranteed.
In order to assist us, please report any errors.

