



MONDAY

5pm - 6pm

YOGA

Beginners Yoga class encouraging good posture, with exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

£1

TUESDAY

1pm - 2pm

ZUMBA

Latin inspired work out, combining a variation of Latin dance styles, fused together with aerobic fitness to create an exciting, fun cardio workout.

£1

WEDNESDAY

1pm - 2pm

SALSA FIT

Dance your way to fitness with salsa's fancy footwork, stylish arms, body rolls and hip circles to form a fun exercise routine.

£1

FRIDAY

1pm - 2pm

SOCA AEROBICS

Caribbean rhythms, to create a highly energising work out, with an extra focus on your core, to strengthen and tone legs, bum and tum.

£1

SATURDAY

10am - 11am

BOOT CAMP

A fitness boot camp, physical training program designed to highly motivate you through an intense set of exercises to build strength and fitness.

£1

Get Fit 4 Summer at the Havelock Centre!

The Havelock Community Centre's health and wellbeing classes, in partnership with Sonshine Smiles, are here to get you ready for summer!

It doesn't matter if you're a fitness-pro or a fitness-phobe, everyone is welcome at our Get Fit 4 Summer classes between 21 May and 28 July.

Before each class newcomers are welcome to a free health check, which could help create your work-out schedule in the run up to summer.

Please book you place in advance to avoid disappointment.

For more details contact:

Esson Barnes – 07872 548803 or 0208 825 1448

The Havelock Centre, 17 Trubshaw Rd, Southall UB2 4XW