



Wanstead Activity Centre

Allan Burgess Centre

0208 989 6338

2 Grove Park, Wanstead

New YEAR – New YOU!

Feel like you need to exercise more in 2026?

If you live in Redbridge and are over 55, you can join us in the classes below to feel energised with Zumba or enjoy some stress free relaxation in our stretch and balance classes or seated yoga.

All our classes are one hour.

Class	Day	Time	Vacancies?
Chair Yoga	Monday	11.15am – 12.15pm	YES
Honesdale Stretch and Balance	Tuesday	10.30am -11.30am	YES
Homesdale Standing Zumba	Tuesday	12pm -1pm	FULL
Homesdale Standing Zumba	Tuesday	1pm – 2pm	YES
Chair Zumba	Wednesday	1pm-2pm	FULL
Chair Zumba	Wednesday	2pm-3pm	FULL
Chair Yoga	Thursday	1pm -2pm	YES
Chair yoga	Thursday	2pm -3pm	FULL
Chair based exercise	Friday	10am -11am	YES

To Join, please contact the centre manager on 0208 989 6338 or pop in to the Activity centre: 2 Grove Park, Wanstead for more information and to complete a membership form.

If classes are full, we run a waiting list and you will be contacted when a vacancy arises.

Membership is free but classes are £4 each payable as £40 at the start of the 10 week term.

A one off trial session at £4.00 is available on request in agreement with the centre manager