

WAGS!

WOMENS & GIRLS SPORTS PROJECT

Take part in the following activities to kick-start your new active lifestyle.

Monday	Women's Only Keep Fit (in the gym)	7-8pm 7-8pm	Greenford Sports Centre, Lady Margaret Road
Tuesday	Legs, Bums & Tums Step & Tone	7-8pm 8-9pm	
Wednesday	Women's Only Keep Fit (in the gym)	7-8pm	
Thursday	Body Conditioning	6.30-8pm	
Friday	Push & Lift	7-8pm	
Monday	Hatha Yoga	5.15-6.15pm	Dormers Wells Community Centre, Dormers Wells Lane
Wednesday	Kick Boxing	5.30-6.30pm	Oaktree Community Centre, South Acton
Tuesday	Aerobics with Tameran	10-11am	
Wednesday		6.30-7.30pm	
Thursday	Teen Street Dance Adult Street Dance	5-6pm 6-7pm	Southall Sports Centre, Beaconsfield Road
Saturday	Trampolining	11am-1pm	NOVA at Reynolds Sports Centre
Sunday	Women's Only Gym	3-5pm	Reynolds Sports Centre

* Pay as You Play Sessions With Proof of Age *

* All Sessions Strictly For Females Only *

For further WAGS enquiries please contact Active Ealing on 020 8825 5394