

**ELF Project** 

Eat well Live well Feel good

# There are lots of different activities for you to try



# Cycling – run by Trailnet

Tuesday 11am to 4pm Jim Peters Stadium, Mayesbrook Park, Dagenham

# **Gym Sessions**

#### Leisure Centre membership needed

Monday	11am to 12noon	Abbey Leisure Centre	
Tuesday	11am to 12noon	Abbey Leisure Centre	
Tuesday	6pm to 7pm	Becontree Heath Leisure Centre	
Thursday	11am to 12noon	Becontree Heath Leisure Centre	
Friday	11am to 12noon	Abbey Leisure Centre	
Friday	1pm to 2pm	Becontree Heath	
		Leisure Centre	
INDUCTIO	ONS (for ELF only)		

Thursday 10am to 11am

Becontree Heath Leisure Centre



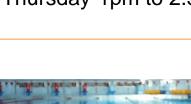
Dance / Aerobics / Zumba Leisure Centre membership needed Tuesday 11.30am to 12.30pm Thursday 10.30am to 11.30am Abbey Leisure Centre

# **Contact Details for more information**

Name	Phone	Email
Natalie Wallis	020 8227 3110	natalie.wallis@lbbd.gov.uk
June Yates	020 4513 7136	june.yates@lbbd.gov.uk

# Barking <mark>&</mark> Dagenham

Information correct as of 30 November 2022



HEALTHY LIFESTYL



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# Starts Thursday 12 January 2023 **Multi Sports Session**

## Leisure Centre membership needed

Thursday 1pm to 2.30pm

**Becontree Heath** Leisure Centre

Leisure Centre membership needed

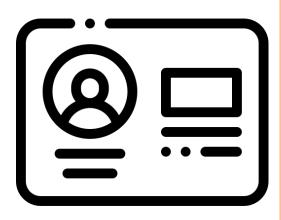


Wednesday 12noon to 1pm Abbey Leisure Centre Healthy Eating at the ELF Health Group Wednesday 10am to 12noon

Elim Church Hall, 947 Green Lane, Dagenham

Swimming





# **Leisure Centre Membership Information**

A membership is needed for all sessions in leisure centres

Cost is £52 per year

For access to Gym and sessions

Speak to instructors at the sessions or reception at Abbey or Becontree

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