

Spring into action at The Wilds



Looking to get active this Spring? During March, three charity exercise and fitness classes will be running each week at The Wilds, hosted by local instructors.

Bootcamp with Sifu Nick & Triangoals

Monday's 6.30-7.30pm
7th, 14th, 21st, 28th March

Yoga with Lauren

Wednesday's 6.30-7.30pm
9th, 16th, 23rd, 30th March

Zumba with Fermin

Sunday's 10.00-11.00am
13th, 20th, 27th March and 3rd April

All classes will cost £4.00* and must be booked in advance on the Barking Riverside website by visiting: barkingriverside.london/events/category/whats-on/

Scan the QR code below to be taken to booking page. Simply select your chosen date from the events calendar and sign up using the Eventbrite link.

All sessions will take place in the Exhibition Room at The Wilds, Northgate Road IG11 0YP. More information on how to access the centre is included in the individual Eventbrite links.



THE WILDS
Barking Riverside

*All funds received from bookings, will be donated to charity at the end of the 4 week programme.

About the sessions

Bootcamp with Sifu Nick & Triangoals

Monday's 6.30-7.30pm
7th, 14th, 21st, 28th March

Sefu Nick has been teaching Wingchun and fitness bootcamps for many years at Barking Riverside. His bootcamp at The Wilds will be a mix of stretching and cardio with some combat conditioning and pad work.

The hour-long class is suitable for all levels of fitness as Sefu Nick will be able to dial the exercises up or down depending on where you are in your fitness journey.

All equipment will be provided, please wear casual sportswear and bring plenty of water.

Yoga with Lauren

Wednesday's 6.30-7.30pm
9th, 16th, 23rd, 30th March

Lauren teaches Hatha Yoga and has recently held some taster classes at The Wilds. Her classes combine gentle movement with breathing exercises.

Her classes are open to beginners, as well as those with yoga experience. Lauren will provide mats and blocks but feel free to bring your own if you would prefer. Please wear clothes you can move freely in.

Zumba with Fermin

Sunday's 10-11am
13th, 20th, 27th March and 3rd April

Fermin is a local resident and has been a dancer since she was young. She enjoys delivering Zumba classes to support people to feel better both physically and mentally.

This is an hour-long cardio class which feels more like a dance party than it does exercise. The routines are easy to follow and you'll be exposed to lots of different dance styles, such as reggaeton, salsa and cumbia.

Wear comfortable shoes and clothes and bring plenty of water! This class is for all levels but be aware that some moves may be hard on the knees.

Please note, all classes are for over 18's only and must be booked in advance on the Barking Riverside website.