

## ***Regular activities include:***

- **JCW Fitness** Monday - Friday  
*Pilates, dance & fitness classes*
- **Zumba** Monday  
*Latin-inspired dance fitness*
- **Tai Chi** Tuesday  
*termly Meiquan Tai Chi & Qi Gong  
beginners' courses for adults*
- **Kidz on the Hill Ballet** Tuesday  
*ballet classes, 1-3 yrs & 4 yrs upwards*
- **Fujian White Crane Kung Fu** Wednesday  
& Friday  
*fitness training for body, mind & spirit  
(children's class on Wednesdays)*
- **Yoga** Tuesday  
& Thursday  
*Astanga & Vinyasa yoga classes*
- **LAGAD** Friday  
*ballet classes for adults*

*Further details, including how to contact the group leaders,  
are available from the Parish Office*

☎ 020 8444 6898 - 🖥 [office@alexandrapark.org](mailto:office@alexandrapark.org)

St Andrew's Centre

