



Fit²Relax
LONDON



Inclusive fitness and wellness sessions taking place at:

Britannia Village Hall

Wednesday 6.45-7.30pm

Seated and Standing Pilates

Please see the website for full location details, current dates and costs.

Beckton Library

Friday 10.30-11.30am

Seated and standing mobility Pilates

Some sessions are free and more venues will be added in 2019 as well as personal one to one sessions and events.

Newham City Farm Visitor Centre

Saturday 10.30-11.30am

Seated and standing Pilates

www.fit2relax.london

or contact karen@fit2relax.london for current dates and venues and more details.

Supported by the London Borough of Newham through their Go For It grant scheme.

Images courtesy of Anita Gallone



Fit²Relax &
LONDON

Fitness Education
KR



Wellness Workshop

Eat, drink and be healthy

- Hydration and nutrition for health and fitness

Saturday 16th March 2019, 11-4pm

Newham City Farm Visitor Centre

Come and join **Fit2RelaxLondon** and **KR Fitness Education** for a day learning about your body and how important hydration and nutrition is for your health as part of the global Hydration and Nutrition week.

- Take part in a gentle workout to energise and detox your body
- Learn how important hydration is for your spine and sample some herbal teas
- Assess your eating habits and learn about food diaries and how these can help pinpoint food intolerances and negative food habits
- Sample some healthy snacks and learn their benefits to your health

For more information and to book, visit the [Fit2Relax website](#).

Supported by the London Borough of Newham through their Let's Get The Party Started grant scheme.

