

FREE Open day

Saturday 27 February
12.30 - 4.30pm

Come and try
our classes

No joining fees

Reduced rate annual memberships

Free swimming for all

Health and fitness consultations

Meet the staff



Pools & Fitness
centre
TEDDINGTON

Teddington Pools & Fitness Centre

Vicarage Road, Teddington TW11 8EZ

Phone: 020 8977 9911

www.richmond.gov.uk/sportscentres



FREE fitness class taster sessions

Saturday 27 February

12.30 - 1.00pm	Spinning
1.00 - 1.30pm	Body tone
1.30 - 2.00pm	Pilates
2.00 - 2.30pm	Ballet tone
2.30 - 3.00pm	Aerobics
3.00 - 3.30pm	Fitness league
3.30 - 4.00pm	Nifty Fifties
4.00 - 4.30pm	Body Ball
4.30 - 5.00pm	Yoga

*Places are limited. Bookings can be made
15 minutes prior to the class starting time.*

For class descriptions and our full
fitness class timetable please go to
www.richmond.gov.uk/sportscentres