

FREE open day

Come and try our classes

**Saturday
4 June**

12.30 - 4.30pm

No joining fees

Reduced rate annual memberships

Health and fitness consultations

Free swimming for all

Meet the staff

FREE fitness class taster sessions

Time	class
12.30 - 1.00pm	Spinning
1.00 - 1.30pm	Hatha Yoga
1.30 - 2.00pm	Legs, bums & tums
2.00 - 2.30pm	Pilates
2.30 - 3.00pm	Zumba
3.00 - 3.30pm	Zumba
3.30 - 4.00pm	Pilates
4.00 - 4.30pm	Spinning

**Enter our FREE
prize draw**

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

Teddington Pools & Fitness Centre

Vicarage Road, Teddington TW11 8EZ

Phone: 020 8977 9911

