

New Year New You!

Inclusive Circuit Training for People of all Abilities

Come and join our **free** 10 week back to basics fitness training sessions

Open to people of all abilities aged 11 plus



IN ASSOCIATION WITH

Coca-Cola
zero



FreeSport

MAYOR OF LONDON



Every Friday from 23rd January 2015 to 27th March
6:30pm – 7:30pm

Hampton Sports Centre, Hampton Academy, Hanworth Road
Hampton TW12 3HB

Centre Phone Number: 020 8979 3399

Free Parking and Wheelchair Accessible

For more information and to register:

kate.brook@swlan.org.uk or call 07973 569 543

