

ACTIVE FOR LIFE

Get started today!
Activities for adults,
ideas, inspiration and
advice to help you get
going.



BOOTCAMP CIRCUITS

When: Fridays 3 August - 24 August 2018

Time: 12pm to 1pm

Where: Kensington Leisure Centre, W10 6EX

Cost: £2.10

Description: Boot camp exercises are meant to burn excess fat, bring out the best in you, and prove that you can do things you never thought possible. Suitable for all abilities including beginners, and delivered in a welcoming environment by a knowledgeable instructor.

For more information please contact the Sports Development Team on
020 7938 8182 or email sportandleisure@rbkc.gov.uk
www.twitter.com/RBKC_SportsTeam
www.facebook.com/RBKCLEisureAndSports



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA