

ACTIVE FOR LIFE

ALL SESSIONS

ARE FREE!*

INTERNATIONAL
MENSDAY
November 19

*Please turn over leaflet to see a list of the free activities.

INTERNATIONAL MEN'S DAY

Come and join in the celebrations of International Men's Day in Kensington and Chelsea by taking part in our **FREE** activities on **Monday 19th November 2018**. Whether you are already physically active or a beginner, our activities are open to all men.

**As well as our free access to use the Gym,
Swimming and Free Health Checks available!**

Turn over for more details!

For more information please contact the Sports Development Team on **020 7938 8182** or email sportandleisure@rbkc.gov.uk

BETTER
the feel good place



THE ROYAL BOROUGH OF
**KENSINGTON
AND CHELSEA**

ACTIVE FOR LIFE

**Pick up an Active
for Life brochure
from reception for
weekly activities.**

| What? | Where? | When? | Meeting Place |
|--|---|---------------|---------------|
| Group Cycle (spaces limited, first come first serve) | Kensington Leisure Centre, Silchester Road, W10 6EX | 12:15 – 1pm | Spin Studio |
| The Change Foundation – Sport and Employability session | Kensington Leisure Centre, Silchester Road, W10 6EX | 1:30 – 2:30pm | Meeting Room |
| Strictly Dance (Latin + Ballroom) | Kensington Leisure Centre, Silchester Road, W10 6EX | 1:30 – 3pm | Studio |
| Swimming Lessons | Kensington Leisure Centre, Silchester Road, W10 6EX | 2:00 – 3pm | Main Pool |
| Yoga | Kensington Leisure Centre, Silchester Road, W10 6EX | 3:00 – 4pm | Studio |
| Badminton for Disabled Adults | Kensington Leisure Centre, Silchester Road, W10 6EX | 3:00 – 4:30pm | Sports hall |

From 1:00—4:00pm there will also be the following:

- **Free swimming access**
- **Free gym access**
- **Free health checks**

www.twitter.com/RBKC_SportsTeam
www.facebook.com/RBKCLeisureAndSports

BECAUSE THERE'S ONLY
ONE YOU