



Please book
classes in
advance at
reception

Member Day

Wednesday 27 September 9.00am-9.00pm

Bring a Friend

Full Direct Debit or Annual members can bring a friend for a swim or a gym session (16+ for gym).

Free Fitness Challenge

Available all day

Free Express Classes

Chest and Arms Pump 11.30am-12noon

Legs, Bums and Tums 6.00-6.30pm

Free Vinyasa Yoga

7.30-8.30pm

Shene Sports & Fitness Centre

Richmond Park Academy,

Park Avenue SW14 8AT

www.richmond.gov.ukssfc

020 3772 2999

