

Get Fit for 2009

Monday Mornings

Extend Exercise Class	Staines	10.30 - 11.30am
Exercise	Greeno	10 - 11am
Pilates	Staines	am
Snooker	Fordbridge	am
Swimming	Fordbridge	am

Monday Afternoons

Carpet Bowls	Staines	12.30 - 3.30pm
Line Dancing	Greeno	2 - 3pm
Extend Exercise	Churchill	pm
Yoga	Fordbridge	pm
Snooker	Fordbridge	pm

Tuesday Mornings

Yoga	Staines	11.30am - 12.30pm
Darts	Fordbridge	am

Tuesday Afternoons

Tai Chi	Staines	1.45 - 2.45pm
Snooker	Fordbridge	pm
Exercise (chair based)	Lord Knyvetts	2.30pm

Wednesday Mornings

Extend exercise	Staines	10.45am - 12pm
Darts	Fordbridge	am
Snooker	Fordbridge	am

Wednesday Afternoons

Pilates	Staines	12 - 1pm
Pilates	Greeno	2 - 3pm
Snooker	Fordbridge	pm
Tai Chi	Fordbridge	pm

Thursday Mornings

Extend for men Exercises	Staines	10 - 10.30am
Extend Exercises	Staines	10.30 - 11.30am
Slimming club	Fordbridge	11am
Walking Club (Weather permitting)	Churchill	am
Bowls	Fordbridge	am
Snooker	Fordbridge	am

Thursday Afternoons

Dancing	Greeno	2 - 3pm
Swimming at the Holiday Inn (formerly known as the moat house)	Greeno	2 - 3pm
Table Tennis	Fordbridge	pm
Snooker	Fordbridge	pm
Line Dancing	Fordbridge	pm

Friday Mornings

Line Dancing	Greeno	9.30 - 10.30am
Extend Exercise	Greeno	am
Exercise Class	Fordbridge	am
Snooker	Fordbridge	am

Friday Afternoons

Carpet Bowls	Staines	12.30 - 3.30pm
Dancing	Greeno	2 - 3pm
Snooker	Fordbridge	pm

For further information please call the relevant centre:

- Greeno Centre, Shepperton - 01932 246173
- Fordbridge Centre, Ashford - 01784 243880
- Staines Community Centre - 01784 463073
- Churchill Hall, Sunbury - 01932 784232
- Lord Knyvett's Hall, Stanwell - 01784 258654

