

North

DALGARNO COMMUNITY CENTRE

1 Webb Close, Dalgarno Way, W10 5QB | t: 020 8969 6300

Bus: 7, 70, 316, 316

Tube: Ladbrooke Grove (15 min walk), Kensal Green (22 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Yoga	All	£3	6:30 to 7:30pm
Thur	Zumba	All	£3	6:30 to 7:30pm
Fri	Multi Sports (Disabled adults)	All	FREE	1:00 to 2:30pm

POSITIVE AGE CENTRE

Peabody Estate, Dalgarno Way, W10 5JN | t: 020 8960 4853

Bus: 7, 70, 316, 316

Tube: Ladbrooke Grove (15 min walk), Kensal Green (22 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Thur	Exercise to Music with Health Management	All	£1.50	11.30am to 1pm

SECOND HALF CENTRE

St. Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ
t: 020 8962 5500

Bus: 52, 23, 295, 70, 7, 316

Tube: Ladbrooke Grove (15 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Latin Burn	50+	£5*	11.30am to 12.30pm
Mon	Tai Chi & Chi Gong	50+	£5*	3 to 4pm
Tue	Aerobic Yoga & Super Stretch	50+	£5*	1.45 to 2.45pm
Thur	Ballet Tone	50+	£5*	1 to 2pm

*£2 with a bursary, membership required.

VENTURE CENTRE

103A Wornington Road, W10 5YB
 t: Open Age on 020 8964 1900

Bus: 7, 52, 295
 Tube: Ladbroke Grove (2 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Tue	Yoga	50+	£1.50	2 to 3.30pm
Fri	Line Dancing	50+	£1.50	1 to 2.30pm

PORTOBELLO GREEN FITNESS CLUB

3 to 5 Thorpe Close, W10 5XL
 t: 020 8960 2221

Bus: 7, 52, 295
 Tube: Ladbroke Grove (2 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Strictly Dance	£2.10	All	1.30 to 3.30pm
Mon	Yoga	All	£2.10	3.30 to 4.30pm
Tue	Body Conditioning	All	£3	10 to 11am
Tue	Beginners Pilates	All	£2.10	3 to 4pm
Wed	African Dance(women only)	All	£1.50	10.45 to 11.45am
Wed	Intermediate Pilates	All	£2.10	12noon to 1pm
Wed	African Dance (women only)	All	£1.50	1.15 to 2.15pm
Wed	Gym Works (instructor led gym class)	All	£1.50	4.30 to 5.30pm
Thur	Carers Yoga	All	FREE**	11am to 12pm
Thur	Gym Works (instructor led gym class)	All	£2.10	2 to 3pm
Thur	Gym Works (men only)	All	£1.50	3.30 to 4.30pm
Fri	Spinning (women only)	All	£3	9.30 to 10.30am

Fri	Pilates	50+	£4*	10.20 to 11.20am
Fri	Tai Chi	50+	£4*	11.30am to 12.30pm
Fri	Zumba	All	£2.10	2 to 3pm
Fri	Keep Fit (women only)	All	£1.50	4.30 to 5.30pm

***£2 for Open Age members or free to PGFC 50+ members (subject to member's T&Cs). ** FREE to carers (proof of employment required).**

PEPPERPOT CLUB

1a Thorpe Close, W10 5XL
t: 020 8968 6940

Bus: 7, 52, 23, 70, 295

Tube: Latimer Road (8 min walk), Ladbroke Grove (9 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Wed	Chair Exercise	50+	FREE	1.30 to 2.30pm
Thur	Yoga	50+	£1	11am to 12noon
Thur	Tai Chi	50+	£1	1.30 to 2.30pm

THE HARROW CLUB

187 Freston Road, W10 6TH
t: 020 8969 2528

Bus: 295, 316

Tube: Latimer Road (5 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Badminton (disabled adults)	All	FREE	3 to 4.30pm

Central

HOLLAND PARK

Ilchester Place, W8 6LU
t: 020 7602 2226 or 020 7938 8170

Bus: 9, 10, 49, 94
Tube: Holland Park (8 min walk), High Street Kensington (10 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Fitness Walk	All	£2.10	12.30 to 1.45pm
Wed	Tennis	All	£11.30	6 to 8pm
Fri	Pushy Parents	All	£5	10.30am to 11.30am

CENTRAL LIBRARY

£2 2 to 3pm
£2 3 to 4pm

12 Phillimore Walk, W8 7NX
t: Open Age on 020 8964 1900

Bus: C1, 9, 10, 27, 28, 49, 52, 70, 328
Tube: High Street Kensington (2 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Chair- Based Exercise	All	£2	2 to 3pm
Thur	Zumba	All	£2	3 to 4pm

EARLS COURT HEALTH AND WELLBEING CENTRE

2b Hogarth Road, SW5 0PT
t: 020 7341 0300

Bus: 74, 328, C1, C3
Tube: Earls Court (2 min walk), Gloucester Road (10 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Fri	Keep Fit (women only)	All	£1	9.30 to 10.30am
Fri	Strictly Dancing	All	£2.10	2.30 to 4pm

South

SYBIL THORNDIKE HOUSE

Kramer Mews, (off Old Brompton Road), SW5 9JG
t: 084 5140 2020

Bus: 74, C1, C3, 328

Tube: Earl's Court – Warwick Road or West Brompton exit (4 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Tues	Tai Chi (beginners)	All	£2.10	2 to 3pm
Tues	Tai Chi (advanced)	All	£2.10	3 to 4pm

RESPONSE

300 Old Brompton Road, SW5 9JF
t: 020 7370 4606

Bus: 74, C1, C3, 328

Tube: Earl's Court (8 min walk) West Brompton (2 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Tue	Zumba	All	£1.50	11am to 12noon
Fri	Mind and Body	All	£1	11am to 12noon
Fri	Zumba	All	£1.50	1.15 to 2.15pm

NEW HORIZONS

Guinness Trust Estate, Cadogan Street, SW3 2PF
t: 020 7590 8970

Bus: 360, 19, 22, 137, 452, C1, 11, 211, 319

Tube: Sloane Square (7 min walk), South Kensington (11 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Tue	Stretch and Tone	50+	£1.25	12noon to 1pm
Wed	Belly Dancing	50+	£1.25	11am to 12noon
Wed	Chair Exercise	50+	£1.25	1 to 2pm
Fri	Chair Exercise to music	50+	£1.25	11am to 12noon
Fri	Pilates (beginners)	50+	£1.25	1 to 2pm

CHELSEA SPORTS CENTRE

Chelsea Manor Street, SW3 5PL

t: 020 7352 6985

Bus: 11, 19, 22, 49, 211, 319

Tube: South Kensington (12 min walk), Sloane Square (14 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Swimming Lessons	50+	FREE	11.30am to 12.30pm
Tue	Aquamotion	All	£2.10	12noon to 1pm
Thur	Aquamotion	All	£2.10	12noon to 1pm
Thur	Line Dancing	All	£2.10	2.30 to 4pm

CHELSEA THEATRE

7 World's End Place, Kings Road, SW10 0DR

t: 020 7352 1967

Bus: C3, 11, 22, 328

Tube: Sloane Square (20 min walk), Imperial Wharf overground station (10 min walk)

DAY	CLASS NAME	AGE	COST	TIME
Wed	Pilates	All	£2	1 to 2pm
Thur	Shakti Dance (yoga)	All	£2	10am to 11.30am
Fri	African Dance	All	£2	4.30 to 5.30pm
Fri	Belly Dance	All	FREE	6.30 to 7.30pm
Sun	Tango	All	FREE	1 to 5pm