Activities in the Royal Borough of Kensington and Chelsea

t	DALGARNO COMMUNITY CENTRE						
<< North	Dalgarno Way, W10 5QB Tel: 020 8969 6300						
Z	Bus: 23, 52, 70						
v	Tube: La	adbroke Grove (18 mins wal	lk), Kensa	al Green (3	33 mins walk)		
	DAY	CLASS NAME	AGE	COST	TIME		
	Mon	Keep fit (women only)	All	£2	6.30 to 7.30pm		
	Mon	Zumba (women only)	All	£2	7.30 to 8.30pm		
	Wed	Gym (women only)	All	£2	10 to 12 noon		
	WedZumbaAll£25.30 to 6.15p						
	DOOLT				2		
		VE AGE CENTRE					
	Peabod	y Estate, Dalgarno Way, W1	10 5JN 1	el: 020 89	960 4853		
	Bus: 7, 70, 316						
	Tube: Ladbroke Grove (15 mins walk), Kensal Green (22 mins walk)						
	DAY	CLASS NAME	AGE	COST	TIME		
	Mon	Yoga	50+	£1.50	1.30 to 3pm		
	Tue	Walking group	50+	£1	9.45am to 12.30pm		

Thur	Exercise to music with health management	50+	£1.50	11.30am to 1pm

VENTURE CENTRE

103A Wornington Road, W10 5YB | Tel: Open Age on 020 8964 1900 Bus: 7,70, 52, 23

Tube: Ladbroke Grove (9 mins walk), Westbourne Park (10 mins 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

50+ £1.50

1.30 to 3pm

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PORTOBELLO GREEN FITNESS CLUB

Tai chi

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

Bus: 7, 52, 295

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Tube:	Ladbroke	Grove	(2 mins	walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Women only boxing	All	£3	10 to 11am
Mon	Community Tone	All	£7	11am to 12 noon
Tue	Ballet	50+	£4*	12 noon to 1pm
Tue	Latin dance	50+	£4*	1 to 2pm
Tue	Body pump (women only)	All	£3	10 to 11am
Wed	Body Conditioning (women only)	All	£3	10 to 11am
Wed	Pilates	All	£4*	10.20 to 11.20am
Wed	Carers combo	All	FREE**	2 to 3pm
Thur	Step (women only)	All	£3	10 to 11am
Thur	Carers yoga	All	FREE**	11 to 12 noon
Fri	Spinning (women only)	All	£3	10 to 11am
Fri	Pilates	50+	£4*	10.20 to 11.20am
Fri	Tai chi	50+	£4*	11.30am to 1pm
Fri	Breathing yoga	50+	£4*	12.30 to 2.30pm
Sun	Pilates	All	£8.50	11am to 12.30pm
Sun	Belly dance	All	£8	12 noon to 1pm
Sun	Capoeira	All	£8.50	12.30 to 2pm
Sun	Advanced astanga yoga	All	£8.50	3 to 4.30pm

PEPPERPOT CLUB
1a Thorpe Close, W10 5XL Tel: 020 8968 6940

Bus: 7, 52, 23, 70, 295 Tube: Latimer Road (8 mins walk), Ladbroke Grove (9 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Music and movement	50+	50p	11.30am to 12.30pm
Thur	Yoga	50+	£1	11am to 12 noon
Fri	Tai chi	50+	£1	1.30 to 2.30pm

* Cost is subject to review – contact Club for more information.

KENSINGTON LEISURE CENTRE

Walmer Road, W11 4PQ Tel: 020 7727 9747						
Bus: 7, 52, 295						
Tube: Latimer Road (8 mins walk), Ladbroke Grove (8 mins walk)						
DAY	CLASS NAME	AGE	COST	TIME		
Mon	Strictly dance	All	£2.10	1.30 to 3pm		
Mon	Aquamotion	All	£2.10	2 to 3pm		
Mon	Boccia (disabled adults)	All	FREE	3 to 4pm		
Mon	Multi-sport	All	FREE	3 to 4.30pm		
Mon	Yoga	All	£2.10	3.30 to 4.30pr		
Tue	Swimming lessons	50+	FREE	11am to 12 no		
Tue	Keep fit	All	£2.10	2 to 3pm		
Tue	Beginners pilates	All	£2.10	3 to 4pm		
Tue	Gym	All	£2.10	4 to 5pm		
Wed	Intermediate pilates	All	£2.10	12 noon to 1 p		
Thur	Swimming lessons	50+	FREE	11am to 12 no		
Thur	Gym session	All	£2.10	2 to 3pm		
Fri	Multi-sports session (disabled adults)	All	FREE	1 to 2.30pm		
Fri	Zumba	All	£2.10	1 to 2.30pm		
Fri	Aquamotion	All	£2.10	3 to 4pm		

HOLLAND PARK

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

 Bus: 9, 10, 49, 94

Tube: Holland Park (8 mins walk), High Street Kensington (10 mins walk)					(10 mins walk)
	DAY	CLASS NAME	AGE	соѕт	TIME
	Mon	Fitness walk	All	£2	12.30 to 1.15pm
	Tue	Pushy parents	All	£5	10.30 to 11.30am
	Tue	Netball	All	£5*	7 to 8pm
	Wed	Tennis	All	£9.50**	9 to 10am
	Wed	Wed Tennis (beginners/ improvers)		£9.50**	7 to 8pm
	Wed	Tennis (intermediate)	All	£9.50**	8 to 9pm
	Thur	Health walk	All	FREE	10.30 to 11.30am
	Fri	Pushy parents	All	£5	10.30 to 11.30am

* or £20 for five weeks ** or £40 for five consecutive weeks *** Netball and tennis run from March to early December.

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Tue Thur Thur

The Royal Borough of Kensington and Chelsea is supporting Change4Life. In order to maintain a healthyweight we need to both eat better and move more. Many families are making changes that will help them live healthier and longer lives. Visit **www.nhs.uk/changelife** or call **0300 123 4567** for more information.

* £2 for Open Age members or free to PGFC 50+ members

** FREE to carers (proof of employment required)

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on					12 noon to 1pm			
ed Dance exercise 50+ £1.50 2.30 to 4pm								
	THORNDYKE HOUSE (R	ESPON	SE)					
	Mews, (off Old Brompton R	load), SV	/5 9JG	Tel: (020 7370 4606			
	, C1, C3, 328			¹⁴				
Ea	arl's Court - Warwick Road c	AGE	COST		(4 mins waik) TIME			
	Tai chi (beginners)	All	£2		2 to 3pm			
	Tai chi (advanced)	All	~- £2		3 to 4pm			
	MILL HOUSE	20 0170						
	reet, SW3 3QY Tel: 020 79 , 22, 391, 211, 345	50 0179						
	outh Kensington (7 mins walk	k), Sloane	Square (11 m	ins walk)			
	CLASS NAME	AGE	соѕт		ТІМЕ			
	Chair-based exercise	50+	£1		9.45 to 10.45am			
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CHELSEA SPORTS CENTRE

ea	ea Manor Street, SW3 5PL Telephone: 020 7352 6985						
11,	11, 19, 22, 49, 211, 319						
So	South Kensington (12 mins walk), Sloane Square (14 mins walk)						
,	CLASS NAME	AGE	COST	TIME			
	Aquamotion	All	£2.10	12 noon to 1pm			
	Line dancing	All	£2.10	2.30 to 4pm			
-	Fitness and conditioning	Seniors	£2.10	10.30am to 12 noon			

Map of Kensington and Chelsea

See the class timetable and match the numbers with the map for the location

