

4u-factor

The healthy way 2 go



Make time 4u and join our **FREE** nutrition and physical activity sessions for 13-16 year olds who are above their ideal weight.

A healthier **Kingston**

4u-factor

The healthy way 2 go

A brand new session for 13-16 year olds to enjoy using the gym and classes as well as learning how to live a healthy lifestyle. Sessions run for 12 weeks and include information about food and ways to get the balance right. Call us now if you are ready to get fit and try out new and exciting activities.

Monday 16th January 2012 at 4.00pm at Tolworth
Tuesday 17th January 2012 at 4.00pm at Kingfisher

To find out if you would benefit from this programme, please contact our Programme Co-ordinator at Kingfisher Leisure Centre.

Kingfisher Leisure Centre
Fairfield Road, Kingston
07754 148239
fionanugent@dcleisure.co.uk

Tolworth Recreation Centre
Fullers Way North, Tolworth
07754 148239
fionanugent@dcleisure.co.uk



Facilities managed by DC Leisure in partnership with Kingston Council