

An exercise club for

WOMEN ONLY



A fun and social exercise club that will improve your health and fitness.

Membership includes fitness, swimming and classes

Brand **NEW** Club
NOW OPEN!

A women's only exercise club for those who don't want to join a gym.

Come and meet our friendly team of experienced staff who have been trained specifically to help women to tone up, lose weight and have fun in a friendly and relaxed environment where YOU matter.

You can enjoy use of the women's only clubroom, aerobic classes and swimming as benefits of coming to the exercise club and understand the benefits of exercise.

Before Marion started to exercise, her way of enjoying herself was sitting on the couch, watching TV, with supplies of chocolate and crisps close to hand.

Marion's diet, coupled with little physical activity, inevitably began to take its toll on her health and wellbeing.

Having started to exercise Marion's confidence grew, "My knowledge on how to achieve the results I wanted consistently grew and as the weight continued to come off, I found that the exercises were now becoming a breeze!"

Her confidence has grown so much that Marion entered herself into the 5km 'Race for Life' this summer - something that she would never have even contemplated ten months ago!



MARION BEFORE & AFTER

Call us today to find out more

The Malden Centre

Blagdon Road, New Malden

020 8942 8199

enquiries@exerciseclub.co.uk



Facilities managed by DC Leisure in partnership with Kingston Council