



Membership Benefits

Wandsworth Leisure Centres

At kinetika, we have teamed up with some exciting companies within your local area to offer a greater value on your membership. All of them offer savings to you as a kinetika member.

Please Remember:

- Companies will require proof of membership so you will need to carry your membership card with you at all times
- Offers Valid until 31st March 2009
- Offers only available to D/D Monthly or Annual Members
- Please contact the company directly, or a Customer Advisor at your nearest centre if you have any questions regarding these offers



Balham Leisure Centre

Elmfield Rd, Balham, SW18 8AN
020 8772 9577
enquiries@balhamleisurecentre.co.uk
www.balhamleisurecentre.co.uk

Latchmere Leisure Centre

Burns Rd, Battersea, SW11 5AD
020 7207 8004
enquiries@latchmereleisurecentre.co.uk
www.latchmereleisurecentre.co.uk

Putney Leisure Centre

Dryburgh Rd, Putney, SW15 1BL
020 8 785 0388
enquiries@putneyleisurecentre.co.uk
www.putneyleisurecentre.co.uk

Roehampton Sport and Fitness Centre

Laverstoke Gdns, SW15 4JB
020 8785 0535
enquiries@roehamptonssportandfitnesscentre.co.uk
www.roehamptonssportandfitnesscentre.co.uk

Tooting Leisure Centre

Greaves Place, Tooting, SW17 0NE
020 8333 7555
enquiries@tootingleisurecentre.co.uk
www.tootingleisurecentre.co.uk

Wandle Recreation Centre

Mapleton Rd, Wandsworth, SW18 4DN
020 8871 1149
enquiries@wandlerecreationcentre.co.uk
www.wandlerecreationcentre.co.uk

Food & Beverage

Nando's Balham

20% Off all food orders

116 – 118 Balham High Rd
Balham, SW12 9AA
020 8675 6415

Rasa Penang

(Chinese Malaysian & Thai Cuisine)

10% Discount & free delivery on orders over £12.

315 Putney Bridge Rd
Putney, SW15 2PP
020 8789 3165/ 020 8780 1128

Lite Bites

10% Off when you spend over £5

4 Portswood place
Roehampton, SW15 4ED
020 8878 5680 / 079 8534 5563

Nando's Putney

20% Off all food & drink

148 Upper Richmond Road,
Putney, SW15 2SW
020 8780 3651

Positanos (Italian Restaurant)

15% Discount

555 Battersea Park Rd
SW11
020 7228 7011

Planet Pizza

20% Off all food orders over £12.00

264 Battersea Park Rd
SW11 3BP
020 7978 7111

Bhanchaa Ghar

(Indian Restaurant)

**20% Discount on first Visit,
10% thereafter**

142 Battersea High Street
SW11 3JR
020 7228 3145

Tien Tien (Chinese Restaurant)

**Free bottle of wine when you
spend over £30. 10% Discount
when you spend less than £30.
10% off all Takeaways**

180 Lavender Hill, SW11 1LP
020 7350 0721

Cattle Grid

10% off food orders Mon-Fri

1 Balham Station rd
Balham, SW12 9SG
020 8673 9099
www.cattlegridbalham.com

Sree Krishna

(South Indian Restaurant)

20% Off 1st Dining
192 – 194 Tooting High St
Tooting, SW17 0SF
020 8672 4250

* Proof of membership required on take up of above offer.
Offers correct at time of going to print. The Centre reserves the right to change these offers without prior notice.
Discounts / offers only apply to kinetika cardholders purchase

Dish Dash Restaurant

15% Discount

11 Bedford Hill, SW12 0ET
020 8673 5555

Willie Gun

10% Off meal & wine Mon-Wed Evenings

422 Garratt Lane, Earlsfield, SW18
020 8946 7773

Battersea Delice

10% Discount of all food orders

230 – 232 Battersea Park road
SW11 4ND
020 7720 8400

Bertie & Boo Café

20% Off all food orders

162 Balham High Rd
Balham, SW12 9BW
020 8772 9987

Ditto Bar and Restaurant

20% Off food bill for all Members

Mon-Thurs (includes VAT, excludes service)

55-57 East Hill
Wandsworth, SW18 2QE
0208 877 0110

The Nightingale Café & Patisserie

10% Discount

193 Balham High Rd
Balham, SW12 9SG
020 8673 3228

GJ's

20% off food bill

89 Garratt Lane
Wandsworth, SW18 4DW
020 8874 2271

Fine Burger Company

20% Discount

37 Bedford Hill
Balham, SW12 9EY

Tacuba (Authentic Mexican restaurant cocktail bar)

20% off total bill

10 Bedford Hill, Balham, SW12 9RG
020 8673 5394



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Sprit Bar

**20% Off 1st time main course
Mon-Fri**

97 Tooting High St
Tooting, SW17 0RR
020 8767 3311

Exhibit Bars

25% Discount on food Mon-Fri

12 Balham Station road
SW12 9SG
0208 772 6556

Advertise your business
here free of charge and
in our centres!

Call 020 8871 1149 to find out more!

A BAR 2 FAR

20% Discount on food Mon-Fri

40 Mitcham Road
Tooting, SW17 9NA
020 8767 1234

Hair, Health & Beauty



Arbonne

Botanical skin care products

15% Discount

Natasha Hoffman
07807 839 515

RUSH Hairdressers

25% Discount

144 Putney High Street, SW15 1RR
020 8785 4111

Gorgeous Hairdressers

25% Discount

350 Battersea Park Rd
SW11 3BY
020 7924 2318

Beauty Secrets

**10% off all treatments Mon-Fri
10am - 4pm**

4 Hartfield Rd
Wimbledon, SW19 3TA
020 8946 5127

I.D Hair

**£10 off all Cut & Colour bookings
Mon-Fri 10am - 4pm**

4 Hartfield Rd
Wimbledon, SW19 3TA
020 8947 7001

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Visage Unisex Hair & Beauty Studio

20% Off 1st Hair cut & Beauty Treatment

127 Mitcham Rd, Tooting, SW17 9NN
020 8682 4253

AGUA Hair and Beauty

10% Discount

14 Bedford hill
Balham, SW12 9RG
020 8673 5777

Caroline's Beauty Therapy Room

10% Discount off first visit

Tooting Leisure Centre
Greaves Place, SW17 0NE
079 5649 8692

Vicky York Beauty Therapy

10% Discount off first visit

Latchmere Leisure Centre
Burns Rd Battersea SW11 5AD
020 7924 5498

USA Star Nails

15% Off Full sets

78 Battersea Park Rd, SW11 1EH
020 7924 1236

Teamwork

£10 off first hairdo

220 Battersea park rd
Battersea, SW11 4ND
020 7622 9034

Sports Injury Management

10% Discount off first visit

Tooting Leisure Centre
Greaves Place, SW17 0NE
077 0955 5677

F-Junction Slimmer's diet Clinic

Free Registration (usually £10)

76a Battersea Rise, SW11 1EH
020 7924 2333

Pilates

£10 Off course

Latchmere Leisure Centre
Battersea, SW11 5AD
020 7207 8004

Fighting Fit

£1 Off each session

Putney Leisure Centre
Tooting Leisure Centre
Roehampton Sport & Fitness Centre
020 8715 0463

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Dry Cleaners

Spectrum Dry Cleaners

10% Off

340 Battersea Park Rd
SW11 3BY
020 7223 2475

Heritage Dry Cleaners

15% Discount & FREE collection & Delivery

186 Trinity Rd, Tooting, SW17 7HR
020 8672 4280

Car Hire & Taxi Services

Avis

10% Discount for UK & Worldwide bookings off car hire

Quote AWD- 0757601
084 4581 8181

Advertise your business here free of charge and in our centres!

Call 020 8871 1149 to find out more!

Photography

Venture Portraits

Studio photography session and framed portrait for just £25

501A Old York Rd
London, SW18 1TF
020 8870 5877

Jessop's

20 Free digital prints when printing min of 40 photos. Free CD when you develop a film using the 1 hour service

85 St Johns Street, SW11 1QY
084 5458 7181



Professional Wedding Photography

10% Discount

We offer a distinctive, intimate photographic narrative of your wedding day from start to finish, with style and content tailored to your own unique requirements.

www.conceptf8photography.com

Computer Services & Accessories

E-Computing

10% Discount on repairs

20 Hildreth St
Balham, SW12 9RQ
020 8673 0300

FixIT Computers

10% Discount on repairs, hardware & software

On site services covering south west London
07976 912 225

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X-Press Cartridges

20% Off refill Cartridges & £2.00 off new/manufactured laser or toner cartridges

569 Battersea Park Rd, SW11 3BJ
020 7228 4020

Advertise your business here free of charge and in our centres!

Call 020 8871 1149 to find out more!

Sportswear & Accessories

sweatyBetty

10% Off sweatyBetty Branded clothing

281 Kings Rd, SW3 5EW
020 7751 4350

sweatyBetty

10% Off sweatyBetty Branded clothing

833 Fulham Rd, SW6 5HQ
020 7610 8390

sweatyBetty

10% Off sweatyBetty Branded clothing

136 Northcote Rd, SW11 6QZ
020 7978 5444

Powerhouse Fitness

10% Discount & Loyalty Card

129 St Johns Hill
Battersea, SW11 1TD
020 7924 5590

Pro- Feet

25% Off 1st Appointment, 10% off shoes, 10% off socks

Performance Footwear Lab
8B Balham Hill
Balham, SW12 9EA
020 7084 5783

Pro- Feet

25% Off 1st Appointment, 10% off shoes, 10% off socks

Performance Footwear Lab
592 Fulham Rd
London, SW6 5NT
020 7736 0046

Ceelect Sports

10% Discount

151 Lavender Hill
SW11 5QJ
020 7096 5074



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Shops & Services

Future Electrical

Free estimate & 15% off all works carried out

17 Stormont Rd, SW11 5EQ
078 3166 4264 / 020 7450 6467

JBS Solicitors

Free ½hr Consultation (Usually £45)

Angels House, 5 Albemarle Road,
Beckenham, BR3 5HZ
020 8663 4977

Access Self Storage

25% Off 1st Months storage plus get a free padlock

Battersea Store, 248 York Rd, SW11 3SJ
020 7297 2474 / 084 5279 8006

Battersea Handyman

15% Off 1st hour of handyman work

087 0240 5681 / 078 1054 2823



The Stem & Petal Co.

10% discount when spending over £20

132 Northcote Rd
Balham SW11 6QZ
020 7924 3238

Lilliput Nursery Store

5% Discount on purchases over £25

255 – 259 Queenstown Rd
SW8 3NP
020 7720 5554

Drivers UK

10% Off Hourly Lesson Rate /£10 off Block Bookings /£8 off new drivers offer

38 Amberwood Rise
New Malden, KT3 5JF
087 0509 0090

BDG Security

20% Discount

127 McDermott Close
SW11
020 7223 6010

Frumpy to Funky

(Personal Style & Image Consultancy)

20% off colour & style consultations

www.frumpytofunky.com

07787 800 390

Cineworld Wandsworth

£2 Off Films showing on Mondays

Southside Shopping Centre

Wandsworth High ST, SW18 4TF

0871 220 4432

Entertainment & Leisure

Ski Holiday

10% Off

Enjoy 10% Off a fantastic ski holiday with Equity Ski or Rocket Ski. To Claim or request further information call 012 7364 8230 or email corporate@equity.co.uk quoting 'DCL'

Central London Golf Centre

Weekday green fee:

9 holes £7.70, 18 holes £12.50

Burntwood Lane

Wandsworth, SW17 0AT

020 8871 2468

Prime Time

15% Discount on new releases on weekdays

270 Battersea Park Rd, SW11 3BS

020 7223 3087

Jeans West

10% Of all jeans

Southside Shopping Centre

Wandsworth High Street

020 8877 1719

Offer also valid at Oxford Street and South Kensington Store

Magazine Subscription

30% Off an annual subscription to Ultrafit magazine

kinetika members pay only £23

for a year – a saving of over £10.

Call 01736 350 204 to take up this fantastic offer.

www.ultra-fitmagazine.com

South West Property Maintenance Ltd.

First class service to all tenants & landlords:
Pre-tenancy & post tenancy professional cleans.
Decorating internal & external including refurbishments. General Maintenance.

020 8947 0433 / 079 7436 9984

southwestpm@hotmail.com

Preferential rates for gym members

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Memberships Benefits

- Unlimited use of the gym, swim, sauna & workout classes (on all-inclusive)
- kinetika Journey (see page 6)
- No contract
- Freedom to suspend membership for 1 -6 months at no extra charge
- Freedom to upgrade or downgrade the membership at no extra charge
- Unlimited use at all our kinetika sites in Wandsworth (Putney, Balham, Roehampton, Tooting, Tooting Bec Lido & Wandle)
- Guest passes for your friends & family
- Discounts at over 60 businesses in wandsworth



kinetika Journey



STEP 1 CHECK IN (30-45 MINS)

This 1st session with your instructor is used to discuss your personal goals and health needs. Benchmarks will be set in order to assess your progress throughout the journey. With the remaining 20 minutes you will be given an introduction to our cardiovascular fitness equipment.

STEP 2 PERSONAL PROGRAMME (30 MINS)

Your instructor will start by re-confirming the cardiovascular equipment and introduce you to resistance training. After this step has been completed you will be able to use our kinetika fitness suite.

STEP 3 MOTIVATION SESSION 1 (30 MINS)

Monitoring your performance and understanding the equipment is key to your progress. Your instructor will ensure that these aspects are monitored along with providing feedback on your technique and development throughout the programme.

STEP 4 MOTIVATION SESSION 2 (30 MINS)

Aiming to increase your fitness knowledge by taking you through alternative exercises to ensure that your progress and workouts are continuous.

STEP 5 REVIEW

The review session is to identify your achievement by comparing current results to your previous benchmarks and to also ensure that you are happy with your programme. Your instructor will then help you decide the best way to continuing to achieve your goals.

Whether you are new to exercise or a regular exerciser, the kinetika Journey will get you results in 30 days* ... or your money back.

**RESULTS
GUARANTEED
OR YOUR MONEY BACK***

*Conditions apply

APPOINTMENT 1
Getting started

We'll identify your exercise goals and objectives and get you started

APPOINTMENT 2
Personal Programme

We'll set your programme and take you through it

APPOINTMENT 3
Motivation Session 1

We'll check your progress and refine your programme

APPOINTMENT 4
Motivation Session 2

We'll ensure that you are getting the most from your programme

APPOINTMENT 5
Review

We'll measure your progress and plan your exercise future

Fitness Programmes

Personal Training



Finding it hard to motivate yourself for your workout? Why not try a Personal Training session to help you enjoy your session and push yourself a bit harder. We have a range of Personal Trainers available to suit your individual needs.

Contact a Fitness Instructor for more details.

AB ATTACK



Want a flatter stomach? This motivational course focuses on torso and abs and will help you to strengthen and shape your stomach and feel great about your figure!

Contact a Fitness Instructor for details on the next course.

CORE FIT



Want to get into great shape? This fantastic course tones your stomach and back muscles and will help you to improve your posture whilst making your workouts more fun.

Contact a Fitness Instructor for details on the next course.

Now that you have joined kinetika why not tell your friends about it.

A FREE 7 day pass will be issued to every friend that you recommend. For every friend that joins you receive 2 WEEKS FREE*

Contact a Customer Advisor for more details.

*Terms and Conditions Apply

