



# Membership Benefits

Wandsworth Leisure Centres



Operated by DC Leisure Management on behalf of Wandsworth Council

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 July 2008
- 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**

Balham, SW17 8AN  
Tel: 020 8772 9577

**Latchmere Leisure Centre**

Battersea, SW11 5AD  
Tel: 020 7207 8004

**Putney Leisure Centre**

Putney, SW15 1BL  
Tel: 020 8785 0388

**Roehampton Sport and Fitness Centre**

Roehampton, SW15 4JB  
Tel: 020 8785 0535

**Tooting Leisure Centre**

Tooting, SW17 0NE  
Tel: 020 8333 7555

**Wandle Recreation Centre**

Wandsworth, SW18 4DN  
Tel: 020 8871 1149

**Food & Beverage**

**Nando's Balham**

**20% Off all food orders**

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

**Nando's Tooting**

**20% Off all food orders**

224-226 Upper Tooting Road  
London, SW17 7EW  
0208 682 2478

**Lite Bites**

**10% Off when you spend over £5**

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

**Nando's Putney**

**25% Off all food & drink**

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

**Positanos (Italian Restuarant)**

**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 Restuarant)

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

142 Battersea High Street  
SW11 3JR  
020 7228 3145

**Tien Tien (Chinese Restuarant)**

**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

**Ravioli (Italian Restuarant)**

**20% Discount**

1 Balham Station Rd  
Balham, SW12 9SG  
020 8772 0433

**Sree Krishna**

(South Indian Restuarant)

**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.

**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

**A BAR 2 FAR**  
**20% Discount on food Mon-Fri**

40 Mitcham Road  
Tooting, SW17 9NA  
020 8767 1234

**Exhibit Bars**  
**25% Discount on food Mon-Fri**

12 Balham Station Road  
SW12 9SG  
0208 772 6556

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

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

**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 Fox Pub**  
**20% Discount off all Food & Drink**

167 Upper Richmond Rd  
Putney, SW15 6SE  
020 8788 1912

**The Nightingale Pub**  
**5% Discount**

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

**Hair, Health & Beauty**

**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

**Le Bon Coiffeur Salon**  
**20% Off**

260a Battersea Park Rd  
SW11 3BP  
020 7223 8426

**Nadine's Hair & Beauty Studio**  
**20% Off first visit**

851 Garratt Lane, Tooting, SW17 0PG  
020 8879 6464

**I.D Hair**  
**10% Discount Mon-Fri 9-5pm**

4 Hartfield Rd  
Wimbledon, SW19 3TA  
020 8947 7001

**Beauty Secrets**  
**10% Discount Mon-Fri 9-5pm**

4 Hartfield Rd  
Wimbledon, SW19 3TA  
020 8946 5127

**Vicky York Beauty Therapy**  
**10% Off all treatments**

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

**Visage Unisex Hair & Beauty Studio**  
**20% Off 1st Hair cut & Beauty Treatment**

127 Mitcham Rd  
Tooting, SW17 9NN  
020 8682 4253

**Caroline's Beauty Therapy Room**  
**10% Discount off first visit**

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



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## USA Star Nails

**15% Off Full sets**

78 Battersea Park Rd  
SW11 1EH  
020 7924 1236

## Sports Massage

**£10 Off a Sports Massage**

Latchmere Leisure Centre  
SW11 5AD  
020 7738 2071 / 078 5409 0479

## 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

## Spectrum Dry Cleaners

**20% 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

## A☆ Dry Cleaners

**10% Discount**

919 Garratt Lane  
Tooting, SW17 0LT  
079 0866 5142



## Car Hire & Taxi Services

### KV & Cars

**10% Discount on all journeys over £10**

Battersea  
020 7350 2000

### Avis

**10% Discount for UK & Worldwide bookings off car hire**

Quote AWD- 0757601  
084 4581 8181

### The Keen Group

**10% Off Private Hire Cars & Courier service**

75 - 77 Lydden Grove, SW18 4LY  
020 7350 0202

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

**Call 020 8871 1149 to find out more!**

\* terms and conditions apply

## 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

## Computer Services & Accessories

### E-Computing

**10% Discount on repairs**

20 Hildreth St  
Balham, SW12 9RQ  
020 8673 0300

### 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



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### 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

**£35 Off 1st Appointment, 10% off shoes, 10% off socks**

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

#### Pro- Feet

**£35 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

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

**Call 020 8871 1149 to find out more!**

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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

#### Lilliput Nursery Store

**5% Discount on purchases over £25**

255 – 259 Queenstown Rd  
SW8 3NP  
020 7720 5554

#### Dog Walking & Boarding Services

**10% Discount on all bookings**

079 5859 5014

#### Battersea Handyman

**15% Off 1st hour of handyman work**

087 0240 5681 / 078 1054 2823

#### Spoilt for Choice Ltd

We are Conference & Business Caterers providing buffet lunches for many offices & conference venues in Central London. We provide a set up & clear away service no kitchen facilities required, or a fully serviced conference package.

020 7924 2266

[www.bsport4choice.com](http://www.bsport4choice.com)

Free bottle of champagne with your first order

#### 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](mailto:southwestpm@hotmail.com)

Preferential rates for gym members

#### 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

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### Bors'amore 25% Discount

Italian leather goods & Handbags  
24 Tooting Bec Rd, SW17 8BD  
020 8682 2933

#### Entertainment & Leisure

### Cineworld Wandsworth £2 Off Films showing on Mondays

Southside Shopping Centre  
Wandsworth High St, SW18 4TF  
0871 220 4432

### 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](http://www.ultra-fitmagazine.com)

### 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

### Cottage Gardens Florist 20% Off all purchases

132 Northcote Rd  
Balham SW11 6QZ  
020 7924 3238

### Prime Time 15% Discount on new releases on weekdays

270 Battersea Park Rd, SW11 3BS  
020 7223 3087

### 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](mailto: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



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## 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.

## For you to enjoy!

### 1 Free Sunbed Session

Enjoy a sunbed session on one of  
our Ergoline beds.

Valid until July 2008

### Half price Squash

Enjoy a half price squash court for  
up to 2 people.

Valid until July 2008

### Bring a friend for free

Bring a friend along for free to one  
of our Workout Classes.

Valid until July 2008

### Half price Badminton

Enjoy a half price badminton court  
for up to 4 people.

Valid until July 2008

# For you to enjoy!

Offer only valid for a standard hire session. Voucher must be produced at time of purchase. Voucher cannot be used as part of another offer. Only one voucher can be used per member.

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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

