



TBC HEALTH & FITNESS EVENT

Teddington Business Community are showcasing health and fitness events for Teddington residents and visitors to coincide with the London 2012 Olympics.

After the popular 2011 London-Surrey Cycle Classic road race came through Teddington last year, Teddington plans to welcome the 2012 Olympic Men's Cycle Race, the Women's Cycle Race and the Time Trials.

Many residents and visitors are expected to come into Teddington for the weekend cycle races and with the extended shopping hours available The Teddington Business Community has decided to showcase its unique health and fitness talent with a Health and Fitness Event on Sunday, 29th July from 2pm – 5.30pm.

There will be five zones in the Event – the Fitness Zone, Dance Zone, Relaxation Zone, Kids Zone and Heritage Games Zone – five zones to match the five Olympic rings.

Zone venues will be indoor and outdoor in car parks, church halls and social clubs. Demonstrations and mini classes will be available in the Zones for adults and for children for every level of fitness.

Details of the event will be made available at Teddington Station and in Teddington's shopping streets.

Emma Cope, from the Teddington Business Community Working Party and owner of Synchronicity Power Plate Studio in Teddington, says "Teddington has always been home to diverse talent in the health and fitness arena and we're looking forward to showing our community and visitors more about health, fitness and relaxation. This will be the first annual summer event and there will be a different event next year."

MORE INFORMATION

About Teddington

With open spaces and the river Teddington has been a town synonymous with health, fitness and relaxation. Residents have access to parks, shops and fitness clubs have made Teddington their home. Teddington is a destination for local sports men and women who live here and Teddington is a home from home for international sporting stars.

About the Teddington Business Community

The Teddington Business Community (TBC) is a not for profit association of businesses of commercial businesses, independent home based businesses and retailers - all operating from a TW11 address. Members support each other and the community, striving to make businesses thrive in Teddington with new ideas to secure Teddington's future.

TBC Annual Summer BBQ

On the 29th of July the Teddington Business Community is holding a members and guests summer BBQ evening. The event will be held at the Teddington Cricket Club in the beautiful grounds of Bushy Park. The venue will include the TCC marquee and BBQ facilities, with Live Band 'The Love Handles' and dancing. Guests of members are welcome. Tickets are £15 for the evening's event.