

Teddington Active

Summer Event 2012

Sunday 29th July from 2pm-5pm

Celebrate the Olympics coming to Teddington with a visit to five health and fitness zones around Teddington! Friends, families, and visitors all welcome!

Talk to the professionals, join in fitness demonstrations, classes, therapies and workshops for adults and children.

Relaxation Zone

Elleray Hall and Garden, Elleray Road
Massage Therapies, Pilates,
Yoga, Meditation, Thai Chi
Teenagers and Adults

Dance Zone

Baptist Church Hall and
Car Park, Church Road
Dancing from Zumba to
Ballroom to Burlesque
Adults only

Health Zone

Epsilon Car Park, Church Road
Learn more about Food, Drink,
Nutrition and Body Products
Adults only

Kids Zone

Baptist Church, Church Road
Footie Wizards 5-8 years, Little Kickers 2-4 years, Playball 2-6 years

Fitness Zone

The King's Head CP, High Street, Boot Camp, Fitness Circuit
Baptist Church, Church Road, Personal Training, Body Alignment
Teenagers and Adults



And there's more!!!

Happy Potter Ceramics will be open for Pottery and T-shirt decorating in Broad Street

Play Inside Out Toy Shop will be open for Snakes and Ladders, Marbles, Pin the Tail and more in Broad Street

Synchronicity will be open for Power Plate demonstrations in Church Road

Fitness First will be open for free trials, circuits & cycling



Pre-booking is recommended for all events

Choose your preferred activity and your sessions:

Session 1	2.00pm – 2.30pm
Session 2	2.30pm – 3.30pm
Session 3	3.30pm – 4.00pm
Session 4	4.00pm – 4.30pm
Session 5	4.30pm – 5.00pm

Book your sessions

Online www.facebook.com/teddingtonbusinesscommunity-TeddingtonActive

Payment

£2.50 cash payment per session payable at Reception in The Baptist Church, Church Road, Teddington by Thursday, 26th July

There may be spaces on the day for Teddington's visitors too!

Proceeds will go to next year's TBC Teddington Summer Event watch this space!



TEDDINGTON
BUSINESS
COMMUNITY

