



mytimeactive



Incorporating Bromley Scope

Keep Fit

**Join our classes for disabled adults
with Instructor Sam!**

Every Wednesday



Classes begin on **Wednesday 8 October**
and run every Wednesday for 10 weeks.
The last Keep Fit class is on
Wednesday 10 December.



Start Time: 6:15pm
End Time: 7:15pm



Where: Studio One,
The Pavilion Leisure Centre,
Kentish Way, Bromley, BR1 3EF

£6.75p



No Cash



Cost: £6.75 payable on the night

**Payment must be made by card, or
pre-payment can be arranged.**



**Wear comfortable clothes such as
jogging bottoms or leggings and
a T-shirt and sweatshirt.
Bring a bottle of water to drink.**

Map and directions

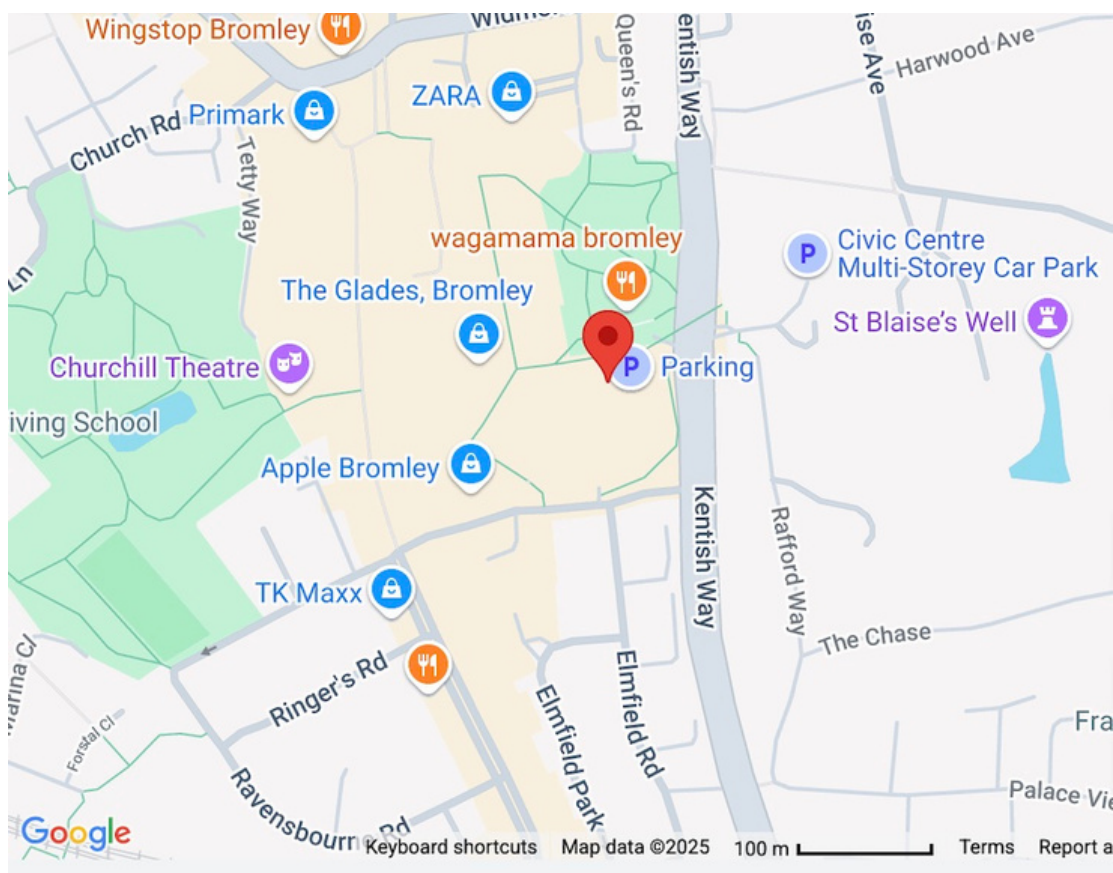
The Pavilion Leisure Centre is situated by the entrance to The Glades Shopping Centre, just off Kenish Way. A leisure centre car park is also available. Charges apply.

Bus Routes

Buses that stop near the Pavilion Leisure Centre in Bromley are the 119, 208, 336, and 358, or any buses heading towards Central Bromley.

National Rail

Bromley North and Bromley South train stations are a 5-10 minute walk away.



- Please ensure you arrange your own support or support worker if 1:1 support is required during the sessions.
- **Please email Sharon Morgan to book your place. Contact details below. You do not need to complete a booking form.**

If you have any questions, please contact Sharon Morgan.



Telephone: 020 8466 0790



Email: sharon.morgan@bromleymencap.org

