



mytimeactive

Keep Fit

Classes for disabled adults

Every Wednesday



Classes begin on **Wednesday 16 September.**

They run every Wednesday for 12 weeks. The last Keep Fit class is on **Wednesday 2 December.**



Arrive: 6:00pm

Class start time: 6:15pm

End time: 7:00pm



Where: The Walnuts Leisure Centre, Lych Gate Rd, Orpington BR6 0TJ

£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.



Please make sure you arrange your own support or support worker if 1:1 support is needed to attend.



Booking is essential.

To book your place, please email Emma or Sharon:

Email:

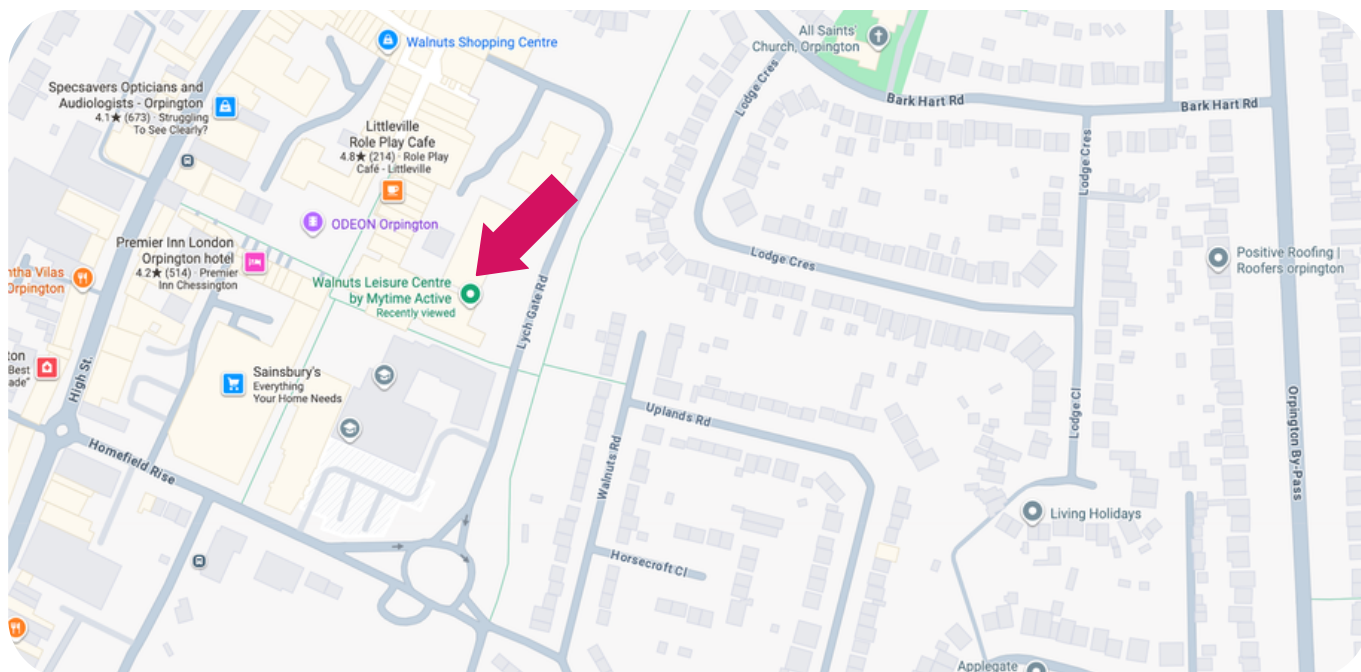
emma.andrew@bromleymencap.org

sharon.morgan@bromleymencap.org

Telephone: 020 8466 0790

Map and directions

Address: The Walnuts Leisure Centre, Lych Gate Rd, Orpington BR6 0TJ



Bus Routes: 51, 61, 208, 353, 358, B14, R1, R3, R4 and R11.

The leisure centre is a short walk from the bus stops.

Train: Orpington is the nearest station, about a 15-minute walk away. You can also catch a bus from the station to Walnuts Centre.