



Forever Active

What is Forever Active?

Our Forever Active programme is in partnership with Kingston council and their Move Well, Live Well project. This programme is for over 50's to improve their mobility, fitness, physical and mental wellbeing. Forever Active includes a range of activities and sports alongside low impact classes to help maintain and improve co-ordination, flexibility, strength and fitness

Malden Centre

- Forever Active Chair Exercise
Tuesdays 2.00pm - 3.00pm
- Forever Active Yoga
Wednesdays 11.50am - 12.50pm
- Forever Active Zumba
Saturdays 11.00am - 12.00pm

Tolworth Recreation Centre

- Forever Active Group training
Mondays 11.00am - 11.30am
- Forever Active Steady and Strong
Mondays 1.00pm - 2.00pm
- Forever Active Group training
Thursdays 11.00am - 11.30am
- Forever Active Mind and Body
Fridays 11.00am - 12.00pm

Weir Archer Athletics and Fitness Centre

- Forever Active Walking Football
Mondays 1.30pm - 2.30pm
- Forever Active Athletics
Fridays 12.30pm - 1.30pm

Find out more

Malden Centre

020 8336 7770
Blagdon Rd, New Malden KT3 4TA

Tolworth Recreation Centre

020 8391 7910
Fullers Way North, Tolworth, Surrey, KT6 7LQ

Weir Archer Athletics and Fitness Centre

020 8547 2198
Kingston Rd, Kingston upon Thames KT1 3PB

Your first session is free and must be booked in person. Please visit one of our centres to book on

Managed by Places for People Leisure Ltd in partnership with Kingston Borough Council



Places Leisure

Supporting you across Kingston



**Malden
Centre**



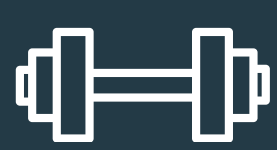
**Tolworth
Recreation Centre**



**Weir Archer
Athletics & Fitness
Centre**

We're passionate about helping you stay physically active and emotionally engaged in fitness, sport and wellbeing. Our mission is to put our heart and soul into creating active places and healthy people for communities to thrive

With our Premium membership you can benefit from



Unlimited gym



Unlimited swim



Unlimited classes



Add up to 4 juniors*