



Timperley Sports Club

www.timperley-sports.com



AUGUST FIT HIT

FITNESS SESSION
EVERY THURSDAY IN AUGUST 2018
7pm - 7.45pm

**Pay as you go £3 per session or
£10 for the 5 weeks**

All TSC members, family and friends welcome
Minimum age 14

Led by Rick Poole
Strength & Conditioning Coach
@ 'Maximise Potential'

**Fun and challenging, aerobic
fitness, strength and speed session.**

Ideal winter sports preparation.





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Cricket – Hockey – Lacrosse - Football



New Members and Supporters Welcome – Pop in and meet us



Stockport Road, WA15 7LU

Phone: 0161 980 4397

Email: info@timperley-sports.com



Your local friendly
community club since 1877

Offering sport and
activities to all ages and
abilities.

Facilities available to hire
and catering services for a
wide range of activities
and events.