

Have fun and
make new
friends

Active Retired Rackets

This popular sociable group meet up for badminton, squash* and table tennis. Play at your own pace.

Monday 10:00 - 12:00
Friday 10:00 - 12:00

Cost: Members £3.70 per session
Non members £5.70 per session
Over 65 years & Leisure Card £2.95

Just turn up and play.
*subject to availability

Short Mat Bowls

Try a social game of bowls and have some fun and meet new people. No coaching involved just turn up and play.

Tuesday 14:00 - 16:00

Cost: Members £3.50
Non members £5.50
Over 65 years & Leisure Card £2.80

No need to book.



Active Retired



Gentle Exercise Programme 2018



2018/2019

Gentle classes taken at your own pace

Zumba Gold

Get groovin' at your own pace. This class is an invigorating dance-fitness class that feels fresh and exhilarating, with low-impact moves for active older adults.

Monday 11:00 - 12:00

Wednesday 12:45 - 13:45

Cost: Members £4.20

Non members £6.20

Over 65 years & Leisure Card £3.30

Gentle Circuit Class

Held in the Sports Arena, incorporating cardiovascular and resistance exercises, enabling you to work at your own level. An uplifting and friendly class.

Wednesday 09:30 – 10:30

Friday 09:30 – 10:30

Cost: Members £4.00

Non members £6.00

Over 65 years & Leisure Card £3.20

50+ Movement Class

Gentle, friendly class for mobility, flexibility and strength.

Wednesday 11:45 - 12:45

Cost: Members £4.00

Non members £6.00

Over 65 years & Leisure Card £3.10

Active Retired Chill Out Swim

A relaxing and fun swim session to music during off peak times. This session is ideal for those who are over 50 and available during the day.

Wednesday 15:00 -16:00

Friday 09:00 - 10:00

Cost: Members £2.80 per session

Non members £3.80 per session

Over 65 years & Leisure Card £2.80

Please note: This session is not coached.

No need to book.

AquaFit Classes

An invigorating water based fitness class which uses the resistance of the water to provide a workout that is gentle on your joints whilst promoting flexibility.

Monday 10:00 - 10:45

Wednesday 20.15 - 21.00

Thursday 11:15 - 12:00

Cost: Members £5.60 per session

Non members £6.60 per session

Over 65 years & Leisure Card £4.40 - during off peak times

Come and chill out in the pool



To book, please call
01279 621500

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