



ACTIVE RETIRED



info@harlowleisurezone.co.uk
www.harlowleisurezone.co.uk
01279 621500



ACTIVE RETIRED



Zumba Gold / Gentle Dance

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: 10:30 - 11:30

Wednesday: 12:45 - 13:45
(Gentle Dance)

Members: £5.20

Non members: £7.20

Over 65 years & Leisure Card: £4.60

Pre-booking is advisable to avoid disappointment.

Gentle Circuit

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

Members: £5.15

Non members: £7.15

Over 65 years & Leisure Card: £4.30

50+ Movement

Gentle, friendly class for mobility, flexibility and strength.

Wednesday: 11:45 - 12:45

Members: £5.00

Non members: £7.00

Over 65 years & Leisure Card: £4.40

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

Members: £3.60

Non members: £4.60

Over 65 years & Leisure Card: £3.60

Please note: This session is not coached. No need to book.



AquaFit

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

Thursday: 11:15 - 12:00

Members: £6.80

Non members: £7.80

Over 65 years & Leisure Card: £5.60
(during off peak times)

Pre-booking is advisable to avoid disappointment.

Active Retired Rackets

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

Monday: 10:00 - 12:00

Friday: 10:00 - 12:00

Members: £4.70

Non members: £6.70

Over 65 years & Leisure Card: £4.00

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

Members: £4.50

Non members: £6.50

Over 65 years & Leisure Card: £3.80

No need to book.

To receive the over 65's and Leisure Card discount you must be a member of the centre which is £7.70 per year.

Book now!
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Prices correct
until April 2024