

Senior Activities

at Basingstoke Sports Centre



01256 326331

Young at Heart **£4.40**

Enjoy a wide range of sports and health activities specially designed for over 60's, including badminton and table tennis.

Monday 13.45 - 15.45

Thursday 09.30 - 12.00

Racket morning **£4.40** Over 60's

Badminton, suitable for all abilities.

Friday 10.00 - 12.00

Walking Football **£3.50**

Low impact indoor football to enjoy in small teams & make new friends. For any ability, and ages over 55.

Tuesday 10.00 - 11.20

Walking Netball **£3.50**

Slowed down relaxed version of the game in a friendly supportive environment. For any ability, and ages over 45.

Monday 10.00 - 11.00

Line Dancing for Seniors **£4.40** Over 60's

Monday 14.00 - 15.00 (Intermediate)

Thursday 10.00 - 11.00 (Beginners)

Thursday 11.00 - 12.00 (Intermediate)

Senior Classes **£4.40** Over 60's

Group exercise programme specially designed for seniors.

Monday 14.00 - 14.45 DanZe-IT (Easy)

Monday 14.00 - 15.00 Circuit (Easy)

Wednesday 11.00 - 11.55 Circuit (Easy)

14.00 - 15.00 Circuit (Easy)

Thursday 13.00 - 13.45 Lo Impact Aerobics (Senior)

Friday 14.00 - 15.00 Circuit (Easy)

Aerobics/Circuits **£6.50**

You can also enjoy participating in our classes, ranging from Yoga, Pilates, Tums, Bums & Thighs and many more (*see our studio timetable*)

Pools & Spa **£6.00**

Enjoy a refreshing swim or relax and unwind in our luxury health spa. Our facilities include a 25 metre pool, and 12 metre teaching pool, sauna, Jacuzzi, steam room. *Please refer to our pool programme for full details.*

Basingstoke Sports Centre

Festival Place

Basingstoke Hants RG21 7LE

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