

Senior Activities

at Basingstoke Sports Centre



All activities
bookable in advance
01256 302230

***Young at Heart £4.50**

Badminton & Table tennis

Supervised sessions for players for any ability, and ages over 55

Monday 13.45 - 15.30

Thursday 10.30 - 12.00

****Racket morning £6.50**

Badminton, suitable for players who are intermediate & above standard.

Friday 10.00 - 12.00

Walking Football £3.90

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 £3.90

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 £4.50**

Monday 13.00 - 13.55

Monday 14.00 - 14.55

Thursday 10.00 - 10.55

Thursday 11.00 - 11.55

***Classes £6.50**

You can also enjoy participating in our classes, ranging from Yoga, Pilates, Danze-IT, Tums, Bums & Thighs and many more.

Please see our studio timetable.

***Easy Circuits £4.50**

A machine based class, where you work at your level to keep fit, active and moving. This class has no cardio and is very low impact.

***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.

***Senior Swimming £2.90**

Tuesday 14.00 - 15.00

***Aquafit £6.50**

Monday 20.00 - 20.45

Thursday 14.00 - 14.45

Tuesday 11.05 - 11.50

Basingstoke Sports Centre

Festival Place

Basingstoke Hants RG21 7LE

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* included in Senior membership

** included in Senior Plus membership

Issue Sept 2021