

Senior Activities

at Basingstoke Sports Centre

health

Stretch



All activities must be
booked in advance

01256 326331



Young at Heart Badminton **£4.40** Over 60's

A supervised session for players of all ability.

Thursday 10.00 - 11.30

Racket morning **£4.40** (Senior rate)

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

Friday 10.00 - 12.00

Line Dancing for Seniors **£4.40**

Monday 13.00 - 13.45 Thursday 10.00 - 10.45

Monday 14.00 - 14.45 Thursday 11.00 - 11.45

Aerobics **£6.50**

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

Senior Swimming **£2.90**

Tuesday 14.00 - 14.45

Aquafit **£6.50**

Tuesday 10.00 - 10.45 Thursday 14.00 - 14.45

Basingstoke Sports Centre

Festival Place

Basingstoke Hants RG21 7LE

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