

# Senior Activities

## Young at Heart price £4.15

Enjoy a wide range of sports and health activities specially designed for over 55's, including badminton and table tennis.

Every Monday from 14.00 - 16.00 and Thursday 09.30 - 12.00

## Line Dancing for Seniors Price £4.10

Monday 14.00 - 15.00 (Mixed ability)

Thursday 10.00 - 11.00 (Beginners)

Thursday 11.00 - 12.00 (Improvers)

## Racket morning price £6.15, over 60's £4.05

Two hours of badminton, suitable for all abilities.

Every Friday 10.00 - 12.00

## Senior Classes Price £6.20, over 60's £4.10

Group exercise programme specially designed for seniors.

Monday 14.00 - 15.00 Circuit (Easy)

Wednesday 11.00 - 11.55 Circuit (Easy)

Thursday 13.00 - 13.45 Lo Impact Aerobics (Senior/ Cardiac)

Friday 14.00 - 15.00 Circuit (Easy)

## Pools & Spa Price £5.60

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.

## Aerobics/Circuits Price £6.20, over 60's £4.10

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

### Basingstoke Sports Centre

Festival Place

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