

# 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

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

**Monday** 14.00 - 14.45 (Intermediate)

**Thursday** 10.00 - 10.45 (Beginners)

**Thursday** 11.00 - 11.45 (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)

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## 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.*

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## Basingstoke Sports Centre

Festival Place

Basingstoke Hants RG21 7LE

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