

Silver Sunday

The national day for older people

Sunday 3rd October 2021

AquaFit **11.30 - 12.00** *Main Pool*

Pilates **12.30 - 13.00** *Studio 1*

Line Dancing **11.30 - 12.00** *Studio 3*

12.15 - 12.45 *Studio 3*

Senior Lane Swim **13.00 - 13.45** *Main Pool*

Badminton & Table Tennis

Drop in Sessions between **14.00 - 15.30** *Sports Hall*
with a qualified Badminton England instructor on hand to give tips and advice. For all abilities. Equipment provided

Move Wellbeing Suite

Drop in Sessions between **09.00 - 13.00** *Move Suite*
Power assisted exercise equipment, with qualified instructor assistance.

Bookable in advance 01256 302230 or on the day at Reception

(Subject to availability)



over 55's
**Taster sessions
for all abilities**

FUN FREE DAY OF ACTIVITIES

Complimentary refreshments in the Customer lounge between 12.00 - 15.30

