

ACTIVITY PROGRAMME FOR OLDER ADULTS NOVEMBER 2023

Improve your wellbeing and meet new friends with a range of activities suitable for older adults.



From Yoga to Aqua Aerobics, we also have 100+ weekly [fitness classes](#) to help improve strength, flexibility and boost energy.



Equipment for activities provided free of charge. Sessions will be run by a member of staff.



Pre-book activities [online](#).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Table Tennis 0900 - 1000 Multi-Purpose Room	Walking Football 1100 - 1200 Sports Arena	Climb 0800 - 0900 Climbing Centre	Stretch and Tone 1100 - 1130 Gym	Weight Lifting 0715 - 0800 Gym
Strength 1000 - 1145 Gym	Badminton 1000 - 1100 Sports Arena	Squash / Racquetball 1000 - 1045 Squash Courts	Badminton 1000 - 1100 Sports Arena	Climb 0915 - 1100 Climbing Centre
Stretch and Tone 1100 - 1130 Gym	Strength 1300 - 1345 Gym	Stretch and Tone 1100 - 1130 Gym	Strength 1300 - 1345 Gym	Table Tennis 1100 - 1200 Multi Purpose Room

Terms & Conditions

- The timetable is subject to change.
- If you wish to climb, you must complete the [climbing registration form](#) before your first visit. If you require climbing shoes and harness, there is a £6.50 hire charge.
- A 15% discount will be applied to any hot drink bought at Caffè Nero in the Sports and Wellness Hub. To claim your 15% discount, please present your membership card to the café team at the time of purchase.