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Sportspark

09 Fitness In Later Life (FILL)

Sportspark has a wide range of activities for the over 50's - there's bound to be one to suit you. It's a chance for you to develop a positive, healthy and active lifestyle amongst other people with a similar interest.

50+

Fitness In Later Life (FILL)

Are you Over 50?
Want to keep active?
Want to improve your health and lifestyle?
Want to make new friends?
Fancy something completely different?

Yes? Then try Fitness In Later Life (FILL)

Monday	09:15-10:15	Aerobics - Simple and Easy to Follow
	11:00-13:00	Badminton - Fun Recreational Games
	13:00-15:00	Cricket - A Social Indoor Game
Tuesday	09:15-11:00	HILL (Health in Later Life) Walking, Stretching & Strengthening
	11:40-13:40	Badminton - Fun Recreational Games
Wednesday	10:00-11:30	Tennis - For all Abilities
Thursday	09:15-11:00	HILL (Health in Later Life) Walking, Stretching & Strengthening
	10:20-12:20	Badminton - Fun Recreational Games

User Type	Single session	Multi-buy(5) (for aerobics)
Silver & Gold	Free	N/A
Bronze	£2.40	£12.00
Green	£3.20	£16.00
Pay & Play	£3.80	£16.00*

*Non-Members pay a Guest Fee of 60p per person per visit.

What is FILL?

It's a chance for you to develop a positive healthy and active lifestyle amongst other people with a similar interest. The programme is now in its 10th year and has developed into a friendly, active and social group of people who meet regularly to exercise, try new sports and enjoy each others company. Just turn up, buy a FILL ticket and the receptionist will introduce you to the staff.

Call now on 01603 592 398 or visit us at www.sportspark.co.uk