|  |
| --- |
| **BETTER CLUB 50+****BRITANNIA LEISURE CENTRE** |
| **A better range of healthy sport & physical activity sessions especially dedicated for those aged 50 years & over. Keep active and meet new friends.****Only £1.85 per day!**Please visit: http://www.better.org.uk/leisure/britannia-leisure-centre for an up-to-date timetable.

|  |  |  |  |
| --- | --- | --- | --- |
| MONDAY  | Activity | Location  | Level  |
| 12.00noon – 4.00pm | SPA DAY (women only) | Health Suite | 50+ only |
| 2.30pm–3.30pm  | BADMINTON (coached) | Sports Hall | 50+ only |
| 9.00am-5.00pm | GYM (GENERAL) | Gym | 50+ only |
| 12.00noon-1.30pm & 3.30pm-5.00pm | SWIM (GENERAL) | Main Pool | 50+ only |
| TUESDAY  | Activity  | Location  | Level  |
| 11.00am-12.00noon | GYM (coached) | Gym | 50+ only |
| 1.30pm -2.30pm | CHAIR BASE EXERCISE  | Sports Hall | 50+ only |
| 9.00am-5.00pm | GYM (GENERAL) | Gym | 50+ only |
| 12.00noon-1.30pm & 3.30pm-5.00pm | SWIM (GENERAL) | Main Pool | 50+ only |
| THURSDAY  | Activity  | Location  | Level  |
| 12.00noon – 4.00pm | SAUNA | Health Suite | 50+ only |
| 1.00pm – 2.00pm | AEROBICS | Studio | 50+ only |
| 2.00pm – 3.00pm | WATER WORKOUT | Main Pool | 50+ only |
| 9.00am-5.00pm | GYM (GENERAL) | Gym | 50+ only |
| 3.00pm – 4.00pm | Swimming Lesson  | Main Pool | 50+ only |
| 9.00am—200pm 3.00pm-5.00pm | SWIM (GENERAL) | Main Pool | 50+ only |

For more information visit: [www.better.org.uk/britannia](http://www.better.org.uk/britannia) or email any questions to: Britannia@gll.org |