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| **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](mailto:Britannia@gll.org) |