



**Barrow Park
Leisure Centre**
BARROW FORWARD

65+ CLASSES AND GYM SESSIONS

We have a programme for over 65's offering some classes and gym sessions to help motivate you to get moving.

Here at Barrow Park we want to help you gain the confidence to get out of the house and get active again!

MONDAY

ZUMBA GOLD
11.15 - 12.00

TAI CHI
13.15 - 14.00

GYM SESSION
13.30 - 14.30

TUESDAY

YOUNG@HEART
10.15 - 11.00

YOUNG@HEART
13.15 - 14.00

GYM SESSION
13.30 - 14.30

WEDNESDAY

WALKING NETBALL
10.15 - 11.30

GYM SESSION
13.30 - 14.30

AQUA
14.45 - 15.25

THURSDAY

YOUNG@HEART
13.15 - 14.00

GYM SESSION
13.30 - 14.30

FRIDAY

WALKING NETBALL
10.15 - 11.30

GYM SESSION
13.30 - 14.30

JUST

£2.50

per class/gym
session

Classes are included in the membership package and can be accessed by members of all ages.