



**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

**AQUA**

11.15 - 12.00

**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.