

# 2019 Primetime

Activity sessions suitable for those aged 50+ or anyone looking for a gentler form of exercise or a social activity to get involved with. Sessions are £5.80, or free for All-in-One members.

Activity	Day & Time	Venue
<b>Aqua Fitness</b>	<b>Thursday</b> 10:30 - 11:15	Teaching Pool
<b>Badminton</b>	<b>Monday</b> 09:00 - 12:00 <b>Thursday</b> 09:00 - 12:00 <b>Friday</b> 09:00 - 12:00	Main Hall
<b>Gym Workout**</b>	<b>Friday</b> 14:00 - 16:00*	Wellness Studio
<b>Pilates</b>	<b>Friday</b> 11:00 - 12:00	Studio 1
<b>Prime Movers</b>	<b>Monday</b> 11:00 - 12:00 <b>Thursday</b> 10:30 - 11:30	Dance Studio
<b>Racquetball</b>	<b>Monday</b> 09:00 - 12:00 <b>Thursday</b> 09:00 - 12:00 <b>Friday</b> 09:00 - 12:00	Squash Courts
<b>Short Mat Bowls</b>	<b>Monday</b> 09:00 - 12:00 <b>Thursday</b> 09:00 - 12:00	Main Hall
<b>Short Tennis</b>	<b>Friday</b> 14:00 - 16:00*	Main Hall
<b>Swimming</b>	<b>Monday</b> 09:00 - 12:00 <b>Thursday</b> 09:00 - 12:00 <b>Friday</b> 09:00 - 12:00 & 15:00 - 16:30*	Main Pool
<b>Table Tennis</b>	<b>Monday</b> 09:00 - 12:00 <b>Thursday</b> 09:00 - 12:00 <b>Friday</b> 09:00 - 12:00	Practice Hall (Mon) Squash Courts (Thurs & Fri)

\*Please note that on Friday afternoon a Primetime co-ordinator will not be available.

\*\*Please note use of the gym may incur a chargeable induction fee.