



NEW ACTIVITIES FOR OLDER PEOPLE

AVAILABLE EVERY THURSDAY
FROM 9.00AM-5.00PM

**ONLY £1.70 OR
INCLUSIVE FOR
CLUB MEMBERS**

For information please
call 020 7729 4485.

New programme Starting
from May 14 2009, friendly
fitness instructors will be
available throughout the
day. Give us a try!

Activities include:

- Badminton
- Short Mat Bowls
- Aerobics
- Swimming
- Short Tennis
- Table Tennis
- Water Workout
- Supervised Gym Session

Healthsuite*

- Darts
- Teas/Coffees/Newspapers
- Board Games
- Social!



1 Britannia Leisure Centre

40 Hyde Road,
Hackney, London N1 5JU

Tel: 020 7729 4485



* terms and conditions apply