

Senior Physical Activity & Adapted Sports Programme

Improve your health, mobility and well-being!

Gain several health benefits from participating from just one session a week.



Our aim is to increase the activity of over 60's through fun, physical activity and healthy living.

All sessions are £3

Day	Activity	When	Where
Monday	Tea, Talk and Walk	10-12noon	Cripplegate Park, Bowling club
	Open Gym (pre-book)	10-11am	McClelland Centre, City Campus
	Gym Circuit Training	11-12 noon	McClelland Centre, City Campus
	Badminton	1.30pm start	Severn Campus
	Walking Football	2-3.15pm	3G Astro, St Johns Campus
Tuesday	Walking Basketball Walking Netball	Information on Request.	St Johns Campus, Sports Centre
Wednesday	Seated Exercise	9.15-10.15am	Riverside, Severn Campus
	Ladies Keep Fit	9.15-10.15am	Riverside, Severn Campus
	Gym Circuit Training	9.15-10.15am	McClelland Centre, City Campus
	Badminton	3.00-5.00pm	Severn Campus
Thursday	Badminton	9.15-11.15am	Severn Campus
	Walking Cricket	Information on Request	St Johns Campus, Sports Centre
Friday	Pilates	9-10am 10.15-11.15am	McClelland Centre, City Campus
	Supervised Gym Session	10-11am	McClelland Centre, City Campus
	Power Walk	10.30-11.30am	McClelland Centre, City Campus
	Men's Circuits	10-11am + 11-12noon	Arena, Severn Campus

Times and dates are subject to change

For more information, please contact: t.howard@worc.ac.uk