

SUTTON SPORTS VILLAGE EVERGREENS 50+ TIMETABLE

| Monday | Class | Location | Instructor | Price |
|-------------|--|---------------|------------|--------------------------------|
| 09:00–12:00 | Seniors Club Session (Tennis, Table Tennis) | Indoor Courts | N/A | Member £0 Non Member £5.10 |
| 10:30–11:30 | Walking Football | Astro Pitch | N/A | Member £0 Non Member £5.10 |
| 10:30–11:30 | 50+ Aerobics | Indoor Courts | Kirsty | Member £0 Non Member £5.10 |
| 10:45–11:45 | Pilates | Studio 2 | Katrina | Member £0 Non Member £13.50 |
| 12:00–13:00 | Yoga | Studio 2 | King King | Member £0 Non Member £13.50 |
| Tuesday | Class | Location | Instructor | Price |
| 09:00–12:00 | Seniors Club Session (Tennis, Table Tennis) | Indoor Courts | N/A | Member £0 Non Member £5.10 |
| 09:30–10:30 | Dance Fitness (Aerolatino) | Indoor Courts | Tori | Member £0 Non Member £5.10 |
| Wednesday | Class | Location | Instructor | Price |
| 09:00–12:00 | Seniors Club Session (Tennis, Badminton, Table Tennis) | Indoor Courts | N/A | Member £0 Non Member £5.10 |
| 09:30–10:30 | 50+ Aerobics | Indoor Courts | Kirsty | Member £0 Non Member £5.10 |
| Thursday | Class | Location | Instructor | Price |
| 09:00–12:00 | Seniors Club Session (Badminton, Table Tennis) | Indoor Courts | N/A | Member £0 Non Member £5.10 |
| 09:30–10:30 | Dance Fitness (Aerolatino) | Studio 1 | Tori | Member £0 Non Member £5.10 |
| 10:30–11:30 | Walking Football | Astro Pitch | N/A | Member £0 Non Member £5.10 |
| Friday | Class | Location | Instructor | Price |
| 09:00–12:00 | Seniors Club Session (Badminton, Table Tennis) | Indoor Courts | N/A | Member £0 Non Member £5.10 |
| 09:30–10:30 | Dance Fitness (Aerolatino) | Indoor Courts | Jeff | Member £0 Non Member £5.10 |

Our 50+ programme offers a wide range of off peak activities that allow users to enjoy sport and fitness with likeminded social players.

Sessions can be booked in advance via the **Better UK app** or online at **www.better.org.uk/book**. We strongly recommend booking online in advance for fitness classes as all classes have maximum capacities and can get fully booked.

SESSION DESCRIPTIONS

50+ Aerobics

Get fit the fun way. You'll perform a range of cardio moves, taking each at your own pace, all guided by our friendly, motivational instructors.

Dance Aerobics (Aerolatino)

Dance yourself fit! Our range of dance aerobics class combine exercise and choreography with infectious music to keep you motivated every step of the way. Choose from one of our themed or discipline based classes.

Zumba

An aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American music. Guaranteed to make you sweat!

Pilates

Centre yourself. Our Pilates classes come in all shapes and sizes, but they all focus on concentration and muscle control, for a highly effective workout.

Yoga

Loosen up and let go. Our mix of yoga classes feature a range of exercises from energetic, full body workouts to relaxing, more traditional poses.

Walking Football

Our popular walking football sessions are available twice a week with male and female players of mixed ages and abilities. The game is played at a walking pace to help level the playing field and ensure that control, technique and accuracy are key.

Tennis

Indoor hard courts are available for singles or doubles play, with rackets and balls provided. Partner up and play!

Badminton

Badminton courts are available for singles and doubles play with equipment provided. Get ready to stretch and move around the court to challenge yourself, and hopefully your opponent!

Book your session today via the **Better UK app** or online at **www.better.org.uk/book**