



Sport & Physical Activity Sessions for Seniors

Helping to create a more active St Albans





The table below provides a snapshot of weekly sessions taking place throughout the district along with contact details to help you find out more. All classes are available on a PAYG basis (excluding Abbey View Golf Society sessions). Discounts may be available for Leisure Site members.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Time** | **Activity** | **Site** | **Contact** |
| Monday | 10:00 – 11:00 | Chair Exercise Class | St Julian’s Hall, Sopwell | Call 01727 819 358 or email Rowell.Gordon@1Life.co.uk |
| 10:00 – 12:00 | Love to Dance | Holy Trinity Church, FrogmoreFREE trial session |
| 10:00 – 11:00 | Ladies Community Tennis | Batchwood Sports Centre | 01727 844250 |
| 10:00 – 11:00 | 50+ Badminton |
| 10:00 – 12:00 | 50+ Badminton | Westminster Lodge  | 01727 736080 |
| 10:15 – 11:15 | 50+ Gym | Batchwood Sports Centre | 01727 844250 |
| 11:00 – 11:45 | Aqua 50+ | Harpenden Pool | 01582 767722 |
| 11:30 – 12:15 | Body Conditioning 50+ | Harpenden Sports Centre |
| 13:30 – 14:30 | Bowles | Redbourn Leisure Centre | 01582 626202 |
| 14:30 – 15:25 | Heart Beats | Westminster Lodge  | 01727 736080 |
| 14:30 – 15:30 | Walking Netball |
| 19:30 – 11:15 | Senior Cycling (Spin) |
| Tuesday | 09:00 | Abbey View Golf Society | Abbey View Golf & TrackFREE Trial session | abbeyviewgolf@gmail.com |
| 09:30 – 10:25 | Forever Fit | Westminster Lodge  | 01727 736080 |
| 09:30 – 12:00 | Badminton | Redbourn Leisure Centre | 01582 626202 |
| 10:00 – 11:00 | Ladies Community Tennis | Batchwood Leisure Centre | 01727 844250 |
| 10:00 – 12:00 | Senior Table Tennis | Westminster Lodge  | 01727 736080 |
| 10:15 – 11:15 | 50+ Gym | Batchwood Sports Centre | 01727 844250 |
| 10:30 – 11:00 | Young at Heart (Swim) | Westminster Lodge  | 01727 736080 |
| 11:15 – 12:15 | Yoga | Cotlandswick Leisure Centre | 01727 822447 |
| 12:30 – 13:30 | Bowles | Redbourn Leisure Centre | 01582 626202 |
| Wednesday | 09:30 – 10:30 | Pilates | Cotlandswick Leisure Centre | 01727 822447 |
| 10:00 – 12:00 | No Strings Badminton | Westminster Lodge  | 01727 736080 |
| 10:00 – 11:00 | Ladies Community Tennis | Batchwood Sports Centre | 01727 844250 |
| 10:15 – 11:15 | 50+ Gym |
| 10:30 – 11:15 | Aerobics 50+ | Harpenden Sports Centre | 01582 767722 |
| 11:30 – 12:25 | Senior Circuits | Westminster Lodge  | 01727 736080 |
| 13:45 – 14:45 | Chair Yoga | Harpenden Sports Centre | Call 01727 819 358 or email Rowell.Gordon@1Life.co.uk  |
| 19:00 – 20:00 | 50+ Basketball | Westminster Lodge  | 01727 736080 |
| Thursday | 09:00 | Abbey View Golf Society | Abbey View Golf & TrackFREE Trial session | abbeyviewgolf@gmail.com |
| 10:00 – 11:00 | 50+ Body Conditioning | Cotlandswick Leisure Centre | 01727 822447 |
| 10:00 – 11:00 | 50+ Badminton | Batchwood Sports Centre | 01727 844250 |
| 10:30 – 11:15 | Aerobics 50+ | Harpenden Sports Centre | 01582 767722 |
| 11:30 – 12:30 | Love to Dance | London Colney Baptist ChurchFREE trial session | Call 01727 819 358 or email Rowell.Gordon@1Life.co.uk  |
| 11:45 – 12:30 | Aqua 50+ | Harpenden Pool | 01582 767722 |
| Friday | 09:30 – 10:30 | Pilates | Cotlandswick Leisure Centre | 01727 822447 |
| 10:00 – 12:00 | No Strings Badminton | Westminster Lodge  | 01727 736080 |
| 10:00 – 13:00 | Badminton | Redbourn Leisure Centre | 01582 626202 |
| 10:00 – 11:00 | Adult Community Tennis | Batchwood Sports Centre | 01727 844250 |
| 10:15 – 11:15 | 50+ Gym | Batchwood Sports Centre | 01727 844250 |
| 10:15 – 11:00 | Low Impact Total Toning | Westminster Lodge  | 01727 736080 |
| 11:30 – 13:00 | Strength and Balance Classes | Jubilee CentreFirst 12 weeks FREE | Call 01428 223 223 or email hannahm@stevengaefc.com for more information |
| 12:00 – 13:00 | Pickleball | Westminster Lodge | 01727 736080 |