Healthy Lifestyles

FIT 4 LIFE

Exercise Referral Scheme

We work in partnership with the local GP's and PCT to help get people back to health through exercise and improving levels of well being.

How do I join this group?

See your doctor for a referral form, and then contact either leisure centre to arrange your first appointment.

Exercise Classes

There are many classes that take place at both centres and can be attended by everyone, but the following may appeal to older people.

Addlestone Leisure Centre

- Pilates
- Yoga

Egham Leisure Centre

- Pilates
- Yoga
- Yogalates

Healthy Living Badminton Club

If you want to keep fit through badminton and play with like minded over 50's then come and try the Healthy Living Badminton Club.

Every Tuesday from 14:00 to 16:00
All abilities welcome.
Equipment provided.

Healthy Living Friday Club

Join us every Friday for a fun and social way to keep active with other over 50's

You can enjoy a variety of activities such as:

- Badminton
- Indoor Kurling
- Short Tennis
- Squash
- Table Tennis

Come along anytime between 09:30 and 11:30

Please contact reception for more details.

Egham Leisure Centre

Addlestone Leisure Centre

www.achievelifestyle.co.uk

achieve lifestyle.

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