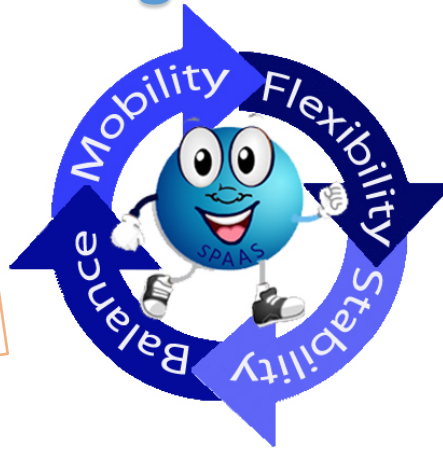


Senior Physical Activity & Adapted Sports Programme

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

SPAAS Activity Timetable

Day

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 Supervised Gym Session		10:30am - 12:30pm U3A Short Mat Bowls	10:00 - 11:30am Walking Cricket	10:00 - 11:00am Men's Circuit Training
11:15am - 12:15pm Supervised Gym Session		Contact: Dennis Chamberlin dcu3a@hotmail.com	Contact: Elsa-Marie Evans 07392 085764 elsa- marie.evans@wccc.co.uk	11:15am - 12:15pm Mixed Circuit Training
Riverside Centre Fitness Suite				
Riverside Centre Activity Hall				
Arena				
Sport Hall				
3G				
<p>To find out more about the SPAAS sessions we run & book your place please contact us: spaas@worc.ac.uk</p>				



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