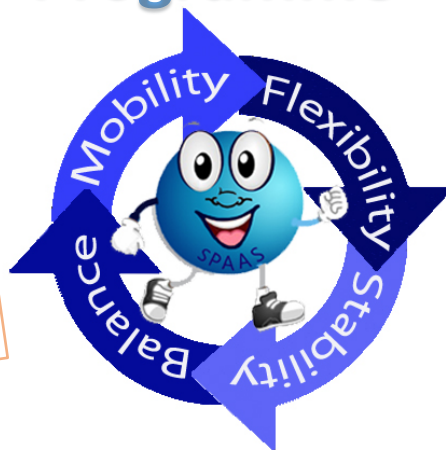


Senior Physical Activity & Adapted Sports Programme

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 Summer Class Timetable

During this summer you can choose from any of the following classes:

Riverside Centre Fitness Suite

- Monday, 10 - 11am, Supervised Gym session,
- Monday, 11.15am - 12.15pm, Supervised Gym session
- Friday, 10 - 11am, Mixed Circuit Training session
- Friday, 11.15am - 12.15pm, Mixed Circuit training session

Sport Centre, St Johns Campus

- Tuesday, 10 - 11am, Walking Netball
- Tuesday, 10 - 11am, Walking Basketball

To find out more about the SPAAS sessions we run & book your place please contact us: spaas@worc.ac.uk