

## 50 + Activities

Day & Activity	Time	Price
<b>Monday</b>		
Fitness	09.30-11.30	£3.00
Swimming	09.00-10.00	£3.00
<b>Tuesday</b>		
Fitness	09.30-11.30	£3.00
<b>Wednesday</b>		
Badminton	09.30-12.00	£3.00
Fitness	09.30-11.30	£3.00
Swimming	08.30-09.30	£3.00
Aqua Fit	08.30-09.15	£3.50
Low Impact Aerobics	10.30-11.30	£3.30
Coffee Morning (1 <sup>st</sup> Wednesday of every month)	09.00-12.00	£1.00
<b>Thursday</b>		
Fitness	09.30-11.30	£3.00
<b>Friday</b>		
Fitness	09.30-11.30	£3.00
Swimming	11.30-12.30	£3.00

For more information about our 50+ activities please ask at reception or call  
01788 556281

[www.rugbyschool.co.uk/sportscentre](http://www.rugbyschool.co.uk/sportscentre)