

Harborough Leisure Centre and Lutterworth Sports Centre

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Active Together Harborough is a Countywide initiative, the largest of its kind in Britain. The project aims to provide adults with more opportunities to take part in physical activity. This is done by raising awareness of the health benefits that can be achieved from doing 3 X 30 minutes of moderate intensity physical activity per week.

Currently only 23.9% of Harborough's population take part in 3 X 30 minutes or more moderate intensity physical activity every week with a massive 43% of Harborough's residents doing no exercise at all.

Active Together Harborough is committed to providing exercise opportunities for older people and as such is working closely with Harborough Leisure Centre and Lutterworth Sports Centre to provide an extensive over 50's programme of physical activity.

For more information on the Active Together programme and the opportunities available for the over 50's please contact Community Services at Harborough District Council on 01858 828282 or email customer.services@harborough.gov.uk

Lutterworth Sports Centre

Coventry Rd, Lutterworth, Leicestershire LE17 4RB
 Telephone: **01455 200800**
 Web: www.lutterworthsportcentre.com

Harborough Leisure Centre

Northampton Rd, Market Harborough, Leicestershire LE16 9HF
 Telephone: **01858 410115**
www.harboroughleisurecentre.com

Please note this leaflet is available in Large Print, on Tape, in Braille and various community languages upon request.

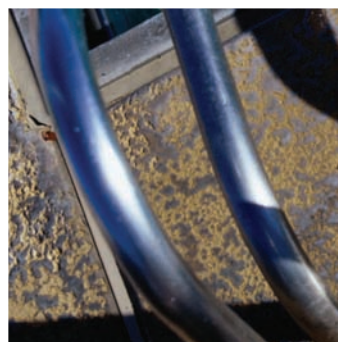
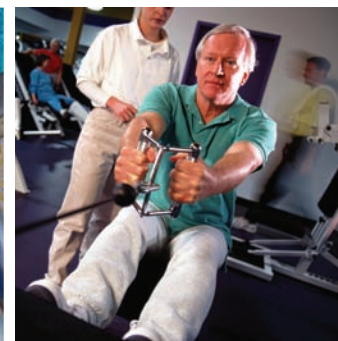
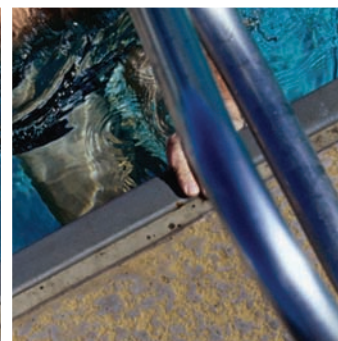
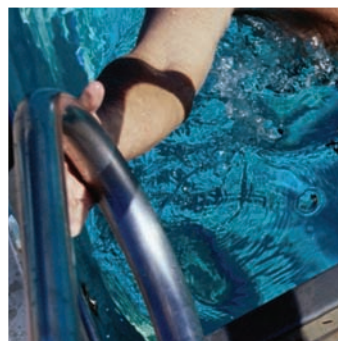
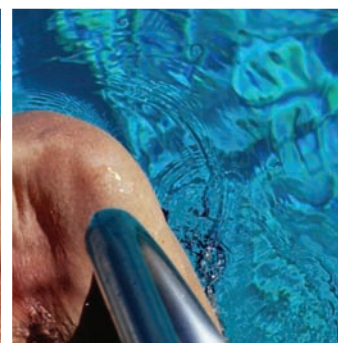


Membership
feels
great...

- No Joining fee
- No Contract*
- 10 Day Money back Guarantee
- Ability to Freeze
- Fixed Price for Life*



Over 50's Activities



all part of
feeling
great



Class Descriptions

50+ Group Exercise Sessions

Our range of 50+ fitness sessions are uniquely designed to address your changing body's needs and to inspire you to get in the best shape of your life. Choose from a total body Aerobics workout at Lutterworth Sports Centre or the more specific Legs Bums and Tums or Body Pump class at Harborough Leisure Centre.

Aqua Aerobics

A refreshing alternative to traditional aerobics with minimal impact. This class offers both general fitness and muscular gains by using the natural resistance of the water.

As part of the Active Together Programme why not take part in a local healthy walk. Walking can make you feel good, give you more energy, help to manage your weight and is a great way to meet people!

Healthy Local Walks

Day	When	Where
Monday	10.30am	Billesdon Baptist Chapel
Monday	12.30pm	Market Harbough, Welland Park Café
Monday	1.30pm	Lutterworth Sports Centre
Monday	Evening	Kibworth call for more details: 0116 2792714
Tuesday	2.30pm	Fleckney / Kibworth (alternate)
Wednesday	10am	Market Harborough, Welland Park Café
Thursday	1.30pm	Broughton Astley, Thomas Estley Community College

No need to book, just turn up!

Over 50's Activity Timetable

Harborough Leisure Centre

Body Pump	Monday	10.00 – 11.00	£2.85
Aerobics	Wednesday	10.00 – 11.00	£2.85
Legs Bums & Tums	Friday	10.00 – 11.00	£2.85
Swimming	Monday	11.00 – 12.00	£1.90
	Wednesday	11.00 – 12.00	£1.90
	Friday	11.00 – 12.00	£1.90
Gymnasium	Monday	09.00 – 12.00	£2.85
	Wednesday	09.00 – 12.00	£2.85
	Friday	09.00 – 12.00	£2.85
Badminton	Monday	09.00 – 12.00	*
	Wednesday	09.00 – 12.00	*
	Friday	09.00 – 12.00	*
Bowls	Friday	09.00 – 12.00	*
Table Tennis	Wednesday	11.00 – 12.00	*
	Friday	11.00 – 12.00	*
Tennis	Wednesday	09.00 – 12.00	*
	Friday	09.00 – 12.00	*

Lutterworth Sports Centre

Aerobics	Monday	10.30 – 11.30	£2.85
Aquafit	Wednesday	10.30 – 11.30	£3.10
Swimming	Monday	10.40 – 11.30	£1.90
	Wednesday	10.30 – 11.30	£1.90
	Friday	10.30 – 11.30	£1.90
	Friday	15.00 – 15.50	£1.90
Gymnasium	Monday	09.00 – 12.00	£2.85
	Wednesday	09.00 – 12.00	£2.85
	Friday	09.00 – 12.00	£2.85
Badminton	Monday	09.00 – 12.00	*
	Wednesday	09.00 – 12.00	*
	Friday	09.00 – 12.00	*
Table Tennis	Monday	09.00 – 12.00	*
	Wednesday	09.00 – 12.00	*
	Friday	09.00 – 12.00	*

Management reserve the right to alter the activity programme at any time.

Swimming sessions will alter throughout local school holiday periods.

* For one charge of £2.85 this will entitle customers to all dryside activities