

Over 50?



High cholesterol? Want to lose weight?

Unfit, bored or lonely?

Joining the **Woking Leisure Centre 50+ Club** could be the answer- meet new friends, become fitter and enjoy doing it.

3 sessions each week, excluding Bank Holidays - Mondays and Tuesdays 2pm to 5pm and Thursdays 9.30am to 12.30pm. Come to the meeting at the beginning of the session, meet the members and see what events are available.



Start the day with a warm-up session then try badminton, short tennis, racketball, squash, table tennis, short mat bowls, water workouts and swimming in The Pool in the Park or use the gym in the Leisure Centre Evolve Fitness Suite. There is no membership fee. All you pay is £4.00 each time you attend a session.



Our monthly and summer evening organised walks in the beautiful Surrey countryside are a popular feature and these are a sure way to make friends and keep fit.

If the above activities are not enough, then our social activities may attract you. We arrange trips and events throughout the year. Details available on our website:

www.windowonwoking.org.uk/sites/woking50club

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