

LIVE LONGER BETTER – BEDFORD

Exercise & physical activity sessions aimed at 60yrs & over
Live an active life and stay healthy longer!

LIVE LONGER BETTER SESSIONS in various locations

see below for more information

DATE	TIME	CLASS/ACTIVITY	WHERE	COST
Every Monday from 5th September up to & including 12th December	10:00am - 11:00am	Exercise with Jane & Marion (Hot drinks available after the class)	Harpur Suite Harpur Square Bedford	£3.50 (Cash only) Stay for both sessions & pay £6.00
Every Monday from 5th September up to & including 12th December	11:45am - 12:30pm	Gentle dance stretches & moves to some favourite tunes (Seated or standing)	Harpur Suite - as above	£3.00
Mondays ongoing starting 5th Sept	10:15am - 11:15am	Gentle Swim - Fusion session no lanes	Kempston Pool Hillgrounds Kempston MK42 8SZ	£3.00 pay at reception card only
Mondays ongoing starting 5th Sept	12:00pm - 13:00pm	Gentle Stretch & Exercise (with Marion) - seated if required	The Community Centre, 147 Church Lane, Goldington, Bedford MK41 0PW	£3.00 cash only
Tuesdays from 6th Sept (6 weeks initially to judge interest)	12:30pm - 13:30pm	Gentle Aqua & stretch in the Small Pool	Robinson Swimming Pool Park Avenue Bedford MK40 2JZ	£3.00 Pay by card only at reception
Thursdays from 8th September	14:45pm - 15:45pm	Gentle Swim - Fusion session no lanes	Kempston Pool Hillgrounds Kempston MK42 8SZ	£3.00 pay at reception card only
Thursdays from 8th September	17:45pm - 18:30pm	Gentle Yoga - Tutor will wait by door to direct you in.	Parking is available within the Pure Gym car park, Verve Wellness Studio, Bedford Heights, Head towards Pure Gym (or the vaccination centre) the entrance to the studio is to the left of the vaccination centre	£3.00 cash only
Fridays ongoing	11:00am - 12:00pm	Tai-Chi (please note this is a mixed session for people of all ages)	John Bunyan Sports & Fitness Mile Road, Bedford MK42 9TS	£3.00 pay at reception card only
Fridays starting 9th Sept (6 weeks initially to gauge interest)	13:45pm - 14:45pm	Dance & Move to your favourite tunes - informal fun dance and movement activity	Clapham Village Hall 118 High St, Clapham, Bedford MK41 6BS	£3.00 cash only

Check our website for more "Live Longer Better" sessions at other locations around Bedford
www.bedford.gov.uk/leisure-and-culture/sports-and-physical-activity/live-longer-better-bedford

For more information email

@ Alison.brightman@bedford.gov.uk

Turn Up & play - Pay on the day



BEDFORD
BOROUGH COUNCIL

The maximum capacity indoors will be based on Government guidance and per venue restrictions / Covid risk assessment. Please observe social distancing at all times and observe the Covid guidance at the session. All details will be stored in accordance with GDPR policy.

