



50+ Club Activities

2009 Programme

Arena Leisure Centre
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DC LEISURE 



Managed by DC Leisure on behalf of Surrey Heath Borough Council

The 50+ club at the Arena Leisure Centre is not just about fitness and wellbeing but making friends and socialising.

With current members aged from 50 – 86, singles and couples, there are many activities every day to suit all ages and interests.

“I have been coming to the 50+ club at the Arena with my husband Ron, for over 22 years and we have made some really great friends. I enjoy the keep fit session with the ladies and playing short tennis with my husband”
Joan Smith

“The 50+ club was a lifesaver when I moved into the area on my own 6 years ago. I didn’t know anyone and I now have a great circle of friends”
Shelia Messham

After a class, join everyone in the Arena Bistro for a drink and chat or come along to the yearly events including theatre trips, skittles evening, quiz nights, Christmas parties and lots more.



There are many activities running at the Arena but we host exclusive 50+ sessions throughout the week.

Monday

10.30am – 11.25am	Body Blitz – Suitable for 50+	£2.85
11.15am – 12.00pm	50+ Swimming	£2.60*
11.30am – 1.30pm	Badminton, short tennis & table tennis	£2.60
11.30am – 12.30pm	50+ Keep Fit	£2.85

Tuesday

10.30am – 11.30am	Fit 'N' Fifty	£2.85
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Wednesday

9.00am – 11.00am	Short tennis	£2.60
2.00pm – 2.45pm	50+ Swimming	£2.60

Thursday

9.30am – 10.30am	50+ Keep Fit	£2.85
9.30am – 11.30am	Badminton, short tennis & table tennis	£2.60
10.30am – 11.30am	50+ Beginners Tap	£2.85
11.00am – 12.00pm	50+ Swimming	£2.60*
11.30am – 12.00pm	50+ Water Workout	£3.10
10.30am – 11.30pm	50+ Urban Rebounding	£3.50

*This rate only applies during exclusive 50+ swim sessions



Save even more with a 60+ senior membership

From as little as £8 a week*, you can benefit from unlimited use of the following;

- Unlimited use of the state of the art kinetika gym
- Unlimited 50+ classes
- Unlimited Workout classes
- Unlimited Swimming
- Unlimited use of the health suite (sauna, steam room & spa)
- Discount on squash and badminton

As well as the inclusive membership package, you will also benefit from the kinetika Journey, 5 one-to-one sessions with a qualified instructor. The kinetika journey is very important during your first month ensuring you have regular contact with an instructor. During the 5 step programme, you will work on creating a workout regime specific to your fitness goals and ensure you have full confidence in your gym routine.

We guarantee you will see positive results or we will give you your money back*

For further information on membership packages
please telephone 01276 417111
email enquiries@arenaleisurecentre.co.uk



*Terms & conditions apply

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