

North Lincolnshire Council's Sport, Play & Community Development Team



Active Ageing Timetable

Monday	9.00 – 10.00 Pilates Alvingham Rd Day Centre, Scunthorpe Cost: £3	10.30 – 11.15 Chair based exercise Riddings Drop in Centre, Scunthorpe Cost: £3	12.00 – 13.00 Aerobics Imperial Hall, Epworth Cost: £3	13.00 – 14.00 Low impact aerobics Umc Hall, Kirton Cost: £3	14.00 – 15.00 Pilates UMC Hall, Kirton Cost: £3	
	9.00 – 10.00 Chair based exercise Lodge Moors Community Centre Cost: £3	10.00 – 11.30 Belly Dancing Wesley Church Hall, Scunthorpe Cost: £3	11.00 – 12.00 Low impact aerobics Crowle Community Centre, Crowle Cost: £3	13.30 – 14.30 Active Circuits Alvingham Rd Day Centre, Scunthorpe Cost: £3	14.30 – 15.30 Chair based exercise Alvingham Rd Day Centre, Scunthorpe Cost: £3	
Wednesday	14.00 – 15.00 Active circuit Tofts Rd Day Centre, Barton Cost: £3					
Thursday	9.15 – 10.15 Low impact aerobics Lodge Moors Community Centre Cost: £3	10.30 – 11.30 Active Circuit Alvingham Rd Day Centre, Scunthorpe Cost: £3	2.30 – 4.30 Chair based exercise Alvingham Rd Day Centre, Scunthorpe Cost: £3	11.30 – 12.30 and 12.30 – 13.30 Active circuit Alvingham Rd Day Centre Scunthorpe Cost: £3	13.30 – 14.30 Active circuit Alvingham Rd Day Centre Scunthorpe Cost: £3	12.00 – 13.00 Low impact aerobics Imperial Hall, Epworth Cost: £3

For more information contact Adam Wrightam on 01724 297255 or email adam.wrightam@northlincs.gov.uk

www.northlincs.gov.uk/leisure/sports/