

Senior Physical Activity & Adapted Sports Programme



For staying active & heathy living.

Class Timetable 2024

Choose from any of the following classes:

UW Riverside Centre Fitness Suite:

Monday, 10 - 11am & 11.15 - 12.15pm, Supervised Gym Sessions

Friday, 10 - 11am Circuit Training

(£3.50 per session)

UW Arena, S&C Suite

Monday, 10.45 - 11.30am, Fall Safe Drop in Workshop

Friday, 11 - 11.30am, Fall Safe Drop in Workshop

(Free)

UW Arena/Sports Centre

Monday, 10.30am - 12pm Walking Football

Tuesday, 10 - 11am Walking Netball

(£3.50 per session)

To find out more & book your place please contact us at:

SPAAS@worc.ac.uk

Also available:

Tuesday, 2 - 3pm, Pickle Ball, Riverside Centre Physical Activity Hall

(Contact: Jean Luckham, candjluckham@yahoo.co.uk)

Wednesday 10.30am - 12.30pm, Short mat bowls, Riverside Centre Physical activity Hall

(Contact: Denis Chamberlin, dcu3a@hotmail.com)

Thursday, 10 - 11am, Walking Cricket, UW Arena/Sports Centre

(Contact: Elsa-Marie Evans, elsa-marie.evans@wccc.co.uk)