

# BETTER CLUB 60+ Club in Waltham Forest

**Waltham Forest has a vibrant programme for its 60+ residents in all of Better Leisure Centres, from swimming to aerobics and Bowles there really is something for everyone.**

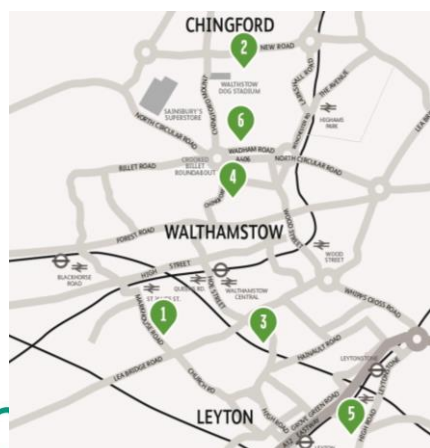
	Monday	Tuesday	Wednesday	Thursday	Friday
Chingford <b>£2.50</b>		9:45-10:45 Aerobics 10:45-11:45 Circuits 11:30-12:30 Swim			
Peter May <b>£2.60</b>			10:00-11:00 Circuits		
Waltham Forest Feel Good Centre <b>£2.00</b>			10:30-1:30 Club Activities - Bowls		10:30-1:30 Club Activities - Bowls
Leyton <b>£3.20 &amp; £3.15</b>		09:30-11:00 Swim, Sauna and Steam			11:00-12:00 Club Aerobics
Leytonstone <b>Free with swim card</b>	10:30-12:00 Swim for 60+		13:30-15:00 Swim for 60+		09:30-11:00 Swim for 60+
Walthamstow <b>£2.50</b>	10:00-11:00 Club Aerobics 16:45-17:45 Club Circuits				11:45-12:45 Club Circuits

Aerobics and circuits are tailored for older adults and involve less impact on joints to prevent the possibility of injuries, if you have pre-existing conditions please make the instructor aware before the class.

**Residents over 60 in Waltham Forest can apply for a FREE\* swim card and swim for free at any of our Better centres in Waltham Forest.**

\*with an over 60 swim card that is a one off cost at £7.10

For more information visit <http://www.better.org.uk/areas/waltham-forest>



- Walthamstow Leisure Centre Tel: 020 8520 7464**  
242 Markhouse Rd, E17 8RN
- Chingford Leisure Centre Tel: 020 8523 8215**  
New Road, Chingford, E4 9EY
- Leyton Leisure Centre Tel: 020 8558 8858**  
763 High Rd, Leyton, E10 5AB
- Waltham Forest Feel Good Centre Tel: 0203 859 1055**  
Chingford Road, E17 8RN
- Leytonstone Leisure Centre Tel: 020 8539 8343**  
Leytonstone Leisure Centre, Cathall Road, E11 4LA

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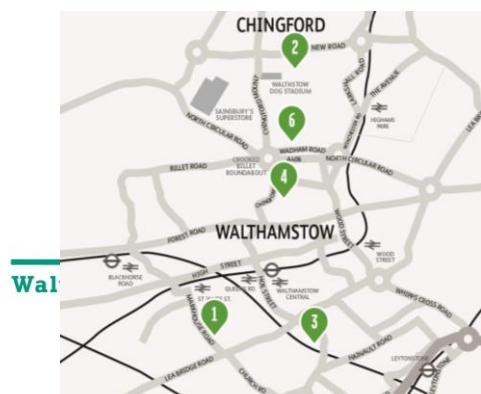
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**BETTER**  
the feel good place