

NEW SENIOR ACTIVITY SESSION AT NEWQUAY LEISURE WORLD

JUST £6 PER SESSION

If you are aged 55+, why not join us every Wednesday between 10am and 1pm for a variety of fun activities and social session?

Sessions starting 20th September 2023.

Discover more at better.org.uk/newquay-leisure-world



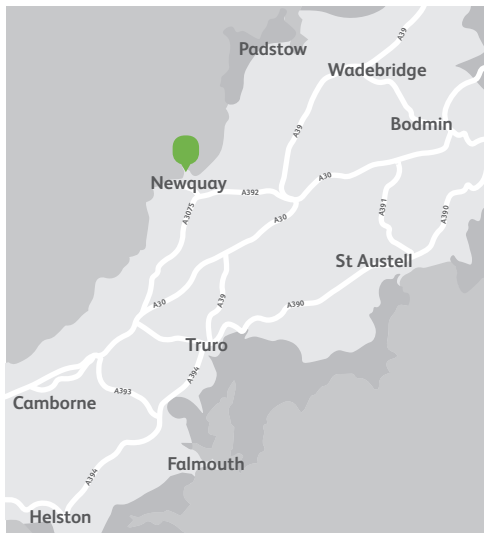


MULTI-SPORT ACTIVITIES

Join our senior club session at Newquay Leisure World every Wednesday from 10am - 1pm for our weekly senior adult multi-sport session. All activities are available to members and non-members so why not come along and get involved in some of the activities we have on offer? Activities include:

- Aqua aerobics
- Mindfulness
- Dance fitness
- Board games

If you haven't done these activities before, don't worry, there's no experience necessary and our friendly team will be on-hand to help you. Refreshments are also included in the session.



Newquay Leisure World,
Trenance Ln, Newquay,
TR7 2LZ

You can book on to our
multi-sport session via the
Better UK app, at reception
or at better.org.uk/newquay

