

MON

FAB 50's GYM
 9.00am -
 2.00pm
Spirit Gym
 Induction Cost
 £7.00

**FAB 50's
 SWIM**
 9.00am -
 4.00pm
*Swimming
 Pool*

PILATES
 10.00am -
 11.00am
Function Suite

SALSA
 11.00am -
 12.00noon
Sports Hall

**INDOOR
 CARPET
 BOWLS**
 12.30pm -
 1.30pm
Sports Hall

**BALLROOM
 & SEQUENCE
 DANCING**
Suitable For Beginners
 1.45pm - 2.45pm
Sports Hall

**Fab
 50's
 Days**

WED

FAB 50's GYM
 9.00am -
 2.00pm
Spirit Gym
 Induction Cost
 £7.00

**FAB 50's
 SWIM**
 11.30am -
 4.00pm
*Swimming
 Pool*

**TAI-CHI/
 QI-GONG**
 9.45am -
 1.00am
Function Suite

PILATES
 11.15am -
 12.00noon
Function Suite

**STRICTLY
 COME
 SPINNING**
 11.30am -
 12.00noon
Spirit Gym

SIT 'N' 'B' FIT
 12.00noon -
 1.00pm
Function Suite

AQUA FIT
 12.15pm -
 1.00pm
Swimming Pool

FRI

FAB 50's GYM
 9.00am -
 2.00pm
Spirit Gym
 Induction Cost
 £7.00

**FAB 50's
 SWIM**
 9.00am -
 4.00pm
*Swimming
 Pool*

TAI-CHI
 10.00am -
 11.00am
*Function Suite
 Advanced Class*

**LINE
 DANCING**
For Beginners
 10.30am -
 11.00am
Sports Hall

**LINE
 DANCING**
 11.00am -
 12.00noon
*Sports Hall
 Advanced Class*

AQUA FIT
 12.15pm -
 1.00pm
*Swimming
 Pool*

Visit us Monday, Wednesday or Friday from 9am to 4pm and enjoy a range of activities for participants age 50+.

Book 1 Session for £2.80, 2 or more Sessions for £4.00 & receive a free tea or coffee. Yearly Membership is only £160. Reserve your place at Reception.

See full activity description on reverse.

Raich Carter
 SPORTS CENTRE

**MONDAYS,
 WEDNESDAYS & FRIDAYS**

Raich Sports Centre Centre Commercial Road Hendon, Sunderland SR2 8PD
Telephone: 0191 553 2333 • Email: enquiries@raichcarter.com • www.raichcarter.com

TAI-CHI / QI-GONG

A gentle exercise session to improve health, longevity and increases a sense of harmony. This session aims to increase and regulate energy, enabling the body to balance physical and psychological functions. This session can be performed both standing and seated. Why not try the beginner session on a Wednesday and when your confidence builds, join the Advanced Friday morning session too.

FAB FIFTIES GYM

This session encourages the 50+ participant to vary their physical activities using a range of gym equipment. It is aimed at providing a structured programme suitable for the mature client within a comfortable environment to maintain and develop a range of health and fitness benefits. An initial induction is required.

FAB FIFTIES SWIM

Enjoy the benefits of swimming at your own pace, either alone or with a friend. A reduced rate session encouraging mature participants to access a weight bearing approach to exercise, rounding up your daily activities with a gentle swim.

AQUA FIT

A water based workout to music, ideal for the non-swimmer providing a range of exercises to increase strength and stamina. A more gentle approach to exercise as the water supports body weight, ideal for anyone with conditions such as mild arthritis or bone and joint conditions. A range of light equipment is sometimes used. A session taught by a qualified Instructor at the poolside.

SIT 'N' 'B' FIT

A mature seated exercise session with music which encourages the heart and lungs to work more efficiently and to improve circulation, flexibility, mobility and muscular strength. This is a sociable, fun to do session enabling you to feel good. A qualified Instructor from Sit 'n' 'b' Fit Ltd will lead this session.

PILATES

A session with a mind / body approach to exercise encompassing slow controlled movement with breathing and concentration to strengthen the body and improve flexibility. Pilates also increases the efficiency of the circulatory, respiratory and lymphatic systems.

STRICTLY COME SPINNING

A gentle but enjoyable cycle session on stationary spin bikes pedalling to your favourite tunes.

SALSA

Come on down and wiggle your hips! Suitable for beginners, those with experience, men and women!

LINE DANCING

Enjoy the music and improve your mobility and co-ordination skills in this 50+ class. Come to a beginner session if you are new or stay on for the regular class once you build your confidence.

BALLROOM & SEQUENCE DANCING FOR BEGINNERS

A range of ballroom and sequence dancing for beginners. No Partners Required.

UPGRADE YOUR YEAR MEMBERSHIP
to include the Wellness Gym
for only an extra £30

For more information on any of our activities contact:

Raich Carter Sports Centre

Commercial Road, Hendon, Sunderland SR2 8PD

T: 0191 553 2333 E: enquiries@raichcarter.com

www.raichcarter.com

DID YOU KNOW?

A Fab 50s Yearly Membership is only **£160 Per Year**, which works out just over **£3 Per Week** for any amount of classes - includes FREE Tea/Coffee

JOIN NOW!