



**Not sure about joining the gym?
Would like to try a sport?
Want to be fitter, but not sure how...**

Then the **Fit From 50 Programme is for you!**

The Fit From 50 Programme are 8-week courses for **men & women** between the ages of **50** and **65** living or working in Spelthorne.

The sessions will be aimed at providing you with a basic insight into each sport or activity to help inspire you to a more active lifestyle. We will assist you in taking up any of the activities in the longer term if you so wish.

The programme is held Monday evenings at Thamesmead School Sports Centre, Manygate Lane, Shepperton and activities may include: Boxercise, Pilates, Karate, Tai Chi, Yoga and Nutrition. There is also Circuit Training and Football for men and Netball and Aerobics for women.

There is a small fee of £20. Apart from that, all you need to provide is some trainers and a willingness to participate.

For a more comprehensive look at what we will be offering and to sign up, please go to our website

www.fitfrom50.co.uk

Alternatively you can contact Andy McKee on
07941 596871 or andy@fitfrom50.co.uk



Thamesmead



SCHOOL SPORTS CENTRE