

LIVE LONGER BETTER - BEDFORD

Exercise & physical activity sessions aimed at 60yrs & over
Live an active life and stay healthy longer!



Tuesdays from 6th Sept - 13th December 2022

@ John Bunyan Sports & Fitness Mile Road, Bedford MK42 9TS (meet in the café area)

PLEASE NOTE the session on 6th Sept will be at the Bedford Athletics track, Barkers lane, times stay the same EXCEPT for Table tennis which will be at 9:30am on that date

Time	Class / Activity	Where
9:30am - 10:30am	Walking Football	Sports Hall
10am - 11am	Stretch, Strength & Balance	Small Studio Upstairs
10:40am - 11:30am	Short Tennis / Badminton	Sports Hall
10:30am - 12:00pm	Table tennis (not led - play your own games)	Balcony
11:30am - 12:30pm	Chair Yoga (the session will also be streamed online)	Small Studio Upstairs

Cost £3 for just one activity or £5 for the whole morning

(take part in as little or as much as you wish). Please note the café is not open but there will be a hot water Urn in the café area where you can serve yourselves hot drinks, there will be an honesty box for money to cover the costs.

Check our website for more "Live Longer Better" sessions at other locations around Bedford

www.bedford.gov.uk/leisure-and-culture/sports-and-physical-activity/live-longer-better-bedford

For more information email

@ Alison.brightman@bedford.gov.uk

Turn Up & play - Pay on the day (cash only)



BEDFORD
BOROUGH COUNCIL



The maximum capacity indoors will be based on Government guidance and per venue restrictions / Covid risk assessment. Please observe social distancing at all times and observe the Covid guidance at the session. All details will be stored in accordance with GDPR policy.