



Exciting new sport & activity programmes for adults. Learn new skills and get fitter by trying a new sport or returning to one from the past. No previous experience necessary. **Give it a Go...1st Week FREE!**

These structured beginner courses are run by experienced, fully qualified coaches in a fun and relaxed environment. Adults of all abilities are welcome.

Men's Bootcamp

Stantonbury
Leisure Centre

Tuesday mornings
7am – 8am

£30 each for 8 weeks

starting **21st** February

Running

Woughton
Leisure Centre

Wednesday evenings
6pm – 6.45pm

£17.50 for 8 weeks

starting **22nd** February

Polo Fit

Bletchley
Leisure Centre

Wednesday evenings
7.15pm – 8pm

£4.50 per week

starting **22nd** February

50+ Rock 'n' Roll

Madcap, Wolverton

Wednesday afternoons
2pm – 3pm

£36 each for 10 weeks

starting **22nd** February



50+ Pilates

Coronation Hall, Water Eaton

Thursday afternoons
2pm – 3pm

£28 each for 8 weeks

starting **23rd** February

Please book your place in advance by contacting Vicki Clark on 01908 253229 or 07903 324182 or vicki.clark@milton-keynes.gov.uk
25% discount is available for Passport to Leisure holders.



visit: www.reactivatebucks.org/miltonkeynes

Give it a go...



Fit for Life

