



Generation Plus



Information

For all general enquires, feedback, and suggestions, please contact sportsdevelopment@inspireall.com

Some activities do not run year round, please contact before attending

Monday

KEYBOARD (MUSICAL) ● B £

ALLUM HOUSE
09:45 – 11:45 £6.00

BOWLS – INDOOR ● £

MAXWELL PARK COMMUNITY CENTRE
10:00 – 12:00 £4.00

YOGA ● £

THE BUSHEY CENTRE
10:00 – 12:00 £5.00

CHAIR BASED EXERCISE ● £

THE BUSHEY CENTRE
12:00 – 12:45 £4.00

PILATES (ABILITY LED) ●

FURZEFIELD LEISURE CENTRE
12:30 – 13:30 £5.00

BADMINTON ● X

BUSHEY GROVE LEISURE CENTRE
13:30 – 15:30 Centre fee applies

KEEP FIT ●

FURZEFIELD LEISURE CENTRE
13:30 – 14:30 £4.50

BOWLS – EASY GOING ● £

MAXWELL PARK COMMUNITY CENTRE
14:00 – 16:00 £4.00

Tuesday

STRETCH & TONE ●

BUSHEY GROVE LEISURE CENTRE
09:30 – 10:25 Centre fee applies

SING FOR YOUR LIFE ●

WYLLYOTTS THEATRE & CINEMA
10:00 – 11:30 Centre fee applies

TABLE TENNIS ● £

ELM COURT YOUTH & COMMUNITY CENTRE
10:00 – 12:00 £3.50

WALKING NETBALL ●

FURZEFIELD LEISURE CENTRE
10:00 – 11:00 Centre fee applies

KEEP FIT ●

THE VENUE LEISURE CENTRE
10:15 – 11:15 £4.50

ZUMBA GOLD ●

THE VENUE LEISURE CENTRE
10:15 – 11:15 £4.50

WALKING FOOTBALL ● X

BUSHEY GROVE LEISURE CENTRE
10:30 – 12:30 Centre fee applies

STRETCH & TONE ●

BUSHEY GROVE LEISURE CENTRE
13:00 – 13:55 Centre fee applies

KEEP FIT ●

WYLLYOTTS THEATRE & CINEMA
13:00 – 14:00 £4.50

MULTI/BADMINTON ● X

FURZEFIELD LEISURE CENTRE
13:30 – 15:30 Centre fee applies

PICKLEBALL ●

FURZEFIELD LEISURE CENTRE
13:30 – 14:30 Centre fee applies

ART ● £

MAXWELL PARK COMMUNITY CENTRE
14:00 – 16:00 £3.50

BOWLS – INDOOR ● £

ELM COURT YOUTH & COMMUNITY CENTRE
14:00 – 16:00 £4.00

Wednesday

FALLS PREVENTION BEGINNERS – 15 WEEK COURSE ● B

WYLLYOTTS THEATRE & CINEMA
10:00 – 11:00 FREE

TABLE TENNIS ● £

MAXWELL PARK COMMUNITY CENTRE
10:00 – 12:00 £3.50

TAI CHI ● £

KING CHARLES THE MARTYR
10:00 – 11:00 £7.00

KEEP FIT ●

FURZEFIELD LEISURE CENTRE
10:30 – 11:30 £4.50

CAREFUL CONDITIONING ●

THE VENUE LEISURE CENTRE
11:00 – 11:55 Centre fee applies

FALLS PREVENTION ADVANCED ● B

WYLLYOTTS THEATRE & CINEMA
11:30 – 12:30 £4.00

BADMINTON ● X

FURZEFIELD LEISURE CENTRE
12:00 – 14:00 £3.50

CHAIR BASED EXERCISE ●

WYLLYOTTS THEATRE & CINEMA
13:30 – 14:15 £4.00

YOGA ●

96 SHENLEY ROAD
19:30 – 21:00 £7.00

BADMINTON IMPROVERS ● X

BUSHEY GROVE LEISURE CENTRE
21:00 – 22:00 Centre fee applies

Thursday

STRETCH & TONE ●

BUSHEY GROVE LEISURE CENTRE
09:15 – 10:10 Centre fee applies

MULTI/CROQUET ● X

FURZEFIELD LEISURE CENTRE
10:00 – 12:30 Centre fee applies

FALLS PREVENTION ADVANCED ● B

WYLLYOTTS THEATRE & CINEMA
10:30 – 11:30 £4.00

TAP DANCING ● £

ELM COURT
12:00 – 13:15 £4.50

CHAIR BASED EXERCISE ● £

THE BUSHEY CENTRE
12:30 – 13:15 £4.00

PICKLEBALL ●

BUSHEY GROVE LEISURE CENTRE
13:00 – 14:00 Centre fee applies

TAP DANCING BEGINNERS ● £

ELM COURT
13:30 – 14:30 £5.00

WALKING FOOTBALL ●

FURZEFIELD LEISURE CENTRE
14:00 – 15:00 Centre fee applies

ACTIVE GENERATION SWIMMING LESSON ●

FURZEFIELD LEISURE CENTRE
14:30 – 15:00 Centre fee applies

LINE DANCING ●

FURZEFIELD LEISURE CENTRE
14:30 – 16:00 £4.50

TAI CHI ●

THE VENUE LEISURE CENTRE
15:00 – 16:00 £7.00

SING FOR YOUR LIFE ●

WYLLYOTTS THEATRE & CINEMA
16:30 – 18:00 Centre fee applies

Friday

BRIDGE ● £

MAXWELL PARK COMMUNITY CENTRE
10:00 – 12:00 £3.50

ELM COURT YOUTH & COMMUNITY CENTRE ●

10:00 – 12:00 £3.50

SCRABBLE ● X

WYLLYOTTS THEATRE & CINEMA
10:00 – 12:00 £3.50

TABLE TENNIS ● £

MAXWELL PARK COMMUNITY CENTRE
10:00 – 12:00 £3.50

CHAIR BASED EXERCISE ● £

FURZEFIELD LEISURE CENTRE
11:00 – 11:45 £4.00

MULTI/BOWLS ● X

FURZEFIELD LEISURE CENTRE
12:30 – 15:00 Centre fee applies

Key

£ Cash Only

B Must book in advance, please contact 01707 645 005

X No instructor

● Contact host venue

● Contact team on 01707 645 005

Venues

BOREHAMWOOD & ELSTREE

96 SHENLEY ROAD
Borehamwood, WD6 1EB
Tel: 01442 454 000

ALLUM HOUSE
Allum Lane, Elstree, WD6 3PJ

MAXWELL PARK COMMUNITY CENTRE
Maxwell Road, Borehamwood, WD6 1JJ

THE VENUE LEISURE CENTRE
Elstree Way, Borehamwood, WD6 1JY
Tel: 020 8386 9886

BUSHEY

THE BUSHEY CENTRE
High Street, Bushey, WD23 1TT
Tel: 020 8950 9952

BUSHEY GROVE LEISURE CENTRE
Aldenham Road, Bushey, WD23 2TD
Tel: 01923 470 140

POTTERS BAR

ELM COURT YOUTH & COMMUNITY CENTRE
363 Mutton Lane, Potters Bar, EN6 3BP

FURZEFIELD LEISURE CENTRE
Mutton Lane, Potters Bar, EN6 3BW
Tel: 01707 850 500

FURZEFIELD COURT
Mutton Lane, Potters Bar, EN6 3BS

KING CHARLES THE MARTYR
368 Mutton Lane, Potters Bar, EN6 3AS

WYLLYOTTS THEATRE & CINEMA
Wylllyotts Place, Darkes Lane,
Potters Bar, EN6 2HN
Tel: 01707 645 005

For class & activity description information, please visit our brand new website www.generation-plus.co.uk



InspireAll Leisure & Family Support Services manages these facilities in partnership with HertsMere Borough Council. InspireAll is a registered charity. Charity no. 1093653.