

Great news – our Generation Plus activities can finally return.

Initially we are planning a phased return of our weekly group activities and exercise classes.

We will aim to review all activity and follow government guidance, so the latest information will be available online [www.generation-plus.co.uk](http://www.generation-plus.co.uk)

### PHASE ONE – WEEKLY GROUP ACTIVITIES AND EXERCISE CLASSES

MONDAY		
Activity	Location	Time
Keyboard (Musical)	Allum House	9:45 – 11:45
Yoga	The Bushey Centre	9:45 – 11:15
Pilates (Ability Led)	Furzeffield Leisure Centre	12:30 – 13:30
Indoor Bowls	Maxwell Park Community Centre	14:00 – 16:00

TUESDAY		
Activity	Location	Time
Table Tennis	Elm Court Youth & Community Centre	10:00 – 12:00
Keep Fit	The Venue Leisure Centre	12:00 – 13:00
Walking Football	Bushey Grove Leisure Centre	10:30 – 12:30
Keep Fit	Wyllyotts Theatre	12:45 – 13:45
Art	Maxwell Park Community Centre	14:00 – 16:00
Indoor Bowls	Elm Court Youth & Community Centre	13:30 – 15:30
Zumba Gold	The Venue Leisure Centre	14:30 – 15:30

WEDNESDAY		
Activity	Location	Time
Table Tennis	Maxwell Park Community Centre	10:00 – 12:00
Keep Fit	Furzeffield Leisure Centre	10:30 – 11:30
Falls Prevention	Wyllyotts Theatre	11:15 – 12:15
Chair Based Exercise	Wyllyotts Theatre	13:30 – 14:15
Yoga	96 Shenley Road	19:00 – 20:30

For more information visit [www.generation-plus.co.uk](http://www.generation-plus.co.uk) or email [sports.development@inspireall.com](mailto:sports.development@inspireall.com)

<b>THURSDAY</b>		
<b>Activity</b>	<b>Location</b>	<b>Time</b>
Tap Dancing Intermediate	Elm Court	13:00 – 13:45
Chair Based Exercise	The Bushey Centre	12:30 – 13:15
Pickleball	Bushey Grove Leisure Centre	13:00 – 14:00
Tai Chi	Furzefield Leisure Centre	13:00 – 14:00
Tap Dancing Beginners	Elm Court	14:00 – 14:45
Walking Football	Furzefield Leisure Centre	14:00 – 15:00
Line Dancing	Furzefield Leisure Centre	14:30 – 16:00
Tai Chi	The Venue Leisure Centre	15:00 – 16:00

<b>FRIDAY</b>		
<b>Activity</b>	<b>Location</b>	<b>Time</b>
Table Tennis	Maxwell Park Community Centre	10:00 – 12:00
Flexibility class	Wyllyotts Theatre	11.00 – 11.45

If you have any specific questions or queries relating to any of the above activities please contact the team on [sports.development@inspireall.com](mailto:sports.development@inspireall.com) for further information.

### **PHASE TWO – DAY TRIPS AND QUIZZES**

We are also working on phased two of our return which will see a selection of our popular day trips and quizzes return in 2022. We aren't able to provide exact dates or further details at the current time, but please visit our website for the latest information. [www.generation-plus.co.uk](http://www.generation-plus.co.uk)

We look forward to welcoming you all back to your activities soon.

**For more information visit [www.generation-plus.co.uk](http://www.generation-plus.co.uk) or email [sports.development@inspireall.com](mailto:sports.development@inspireall.com)**