

Sportspark

Come and take part in our daytime swimming classes



- Ante natal
- Post natal
- Parent & toddler
- Aquafit
- Family 'Splash' sessions on Saturdays & school holidays
- Fitness In Later Life (50+)

Our clean, clear pool makes swimming a pleasure

For more information
**Sportspark, Earlham
Road, Norwich**
01603 592398
www.sportspark.co.uk



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Fitness In Later Life (FILL)



- Over 50?
- Want to keep active?
- Want to improve your health and lifestyle?
- Fancy something completely different?

Then come and join our daytime groups for

- Aerobics
- Badminton
- Tennis
- Indoor cricket
- Swimming
- General exercise



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Exercise classes for all

Over 25 daytime and evening classes

Sessions in one of the most attractive studios in the country with air conditioning and a sprung wooden floor.



Come and Try

- High Energy Aerobics
- Step Aerobics
- Body Toning
- Legs, Bums & Tums
- Work Out & Weigh-in
- Salsa Aerobics
- 50+ Aerobics

No booking required – discounts available on multi-buy cards – classes from £2!



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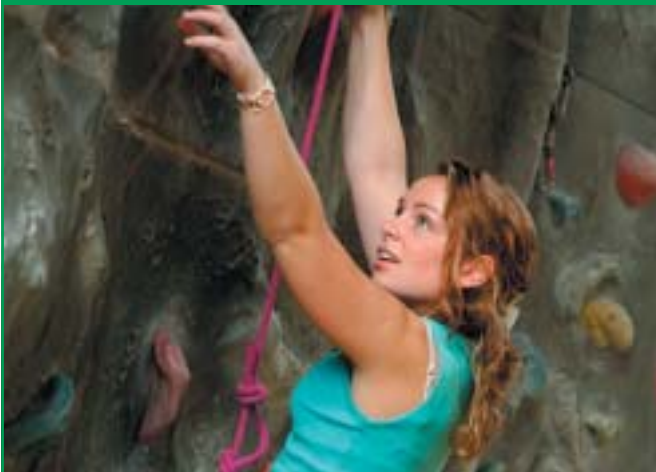
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Why not learn to play a new sport or develop your skills?



6 week courses and also one day taster sessions in:

- Archery
- Badminton
- Climbing
- Fit Kidz
- Modern Jazz Dance
- Pilates
- Squash
- Swimming
- Tennis
- Trampolining
- Yoga

PLUS for the kids

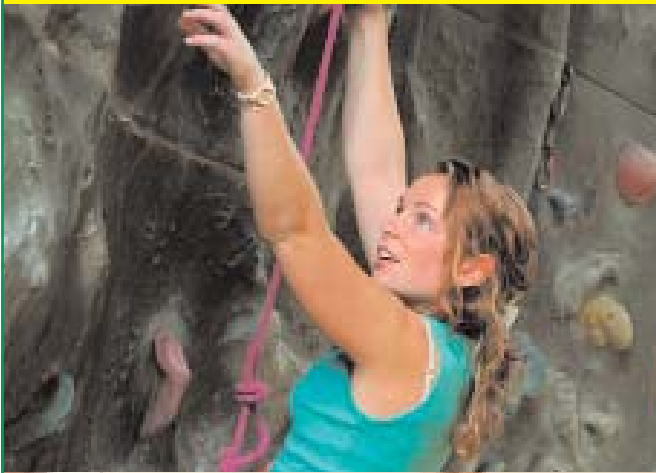
- SportsCamps during all School Holidays for children.



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Want to be active during the day?



Why not come and take part in our Daytime Programme of sports and activities that offers something for everyone

- Ladies Tennis Mornings
- Fitness In Later Life (50+) Activities
- Aerobics
- Badminton for Intermediate, Advanced Players and Ladies
- Pool classes for Aquafit, Ante Natal, Post Natal, Parent & Toddlers and Adult Lessons
- Post Cancer Surgery Activity Support Group
- 6 week courses on Yoga or Pilates

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Keep the kids active and healthy during the holidays at our SportsCamps



- Multi-activity sport based camps during all school holidays
- Use our fantastic facilities and meet new friends
- Fully supervised by a qualified P.E. Teacher
- 4 days during half terms, 5 days during the summer holiday
- Extended day care available
- Christmas holiday 1 day option available
- Price inclusive of a packed lunch!



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