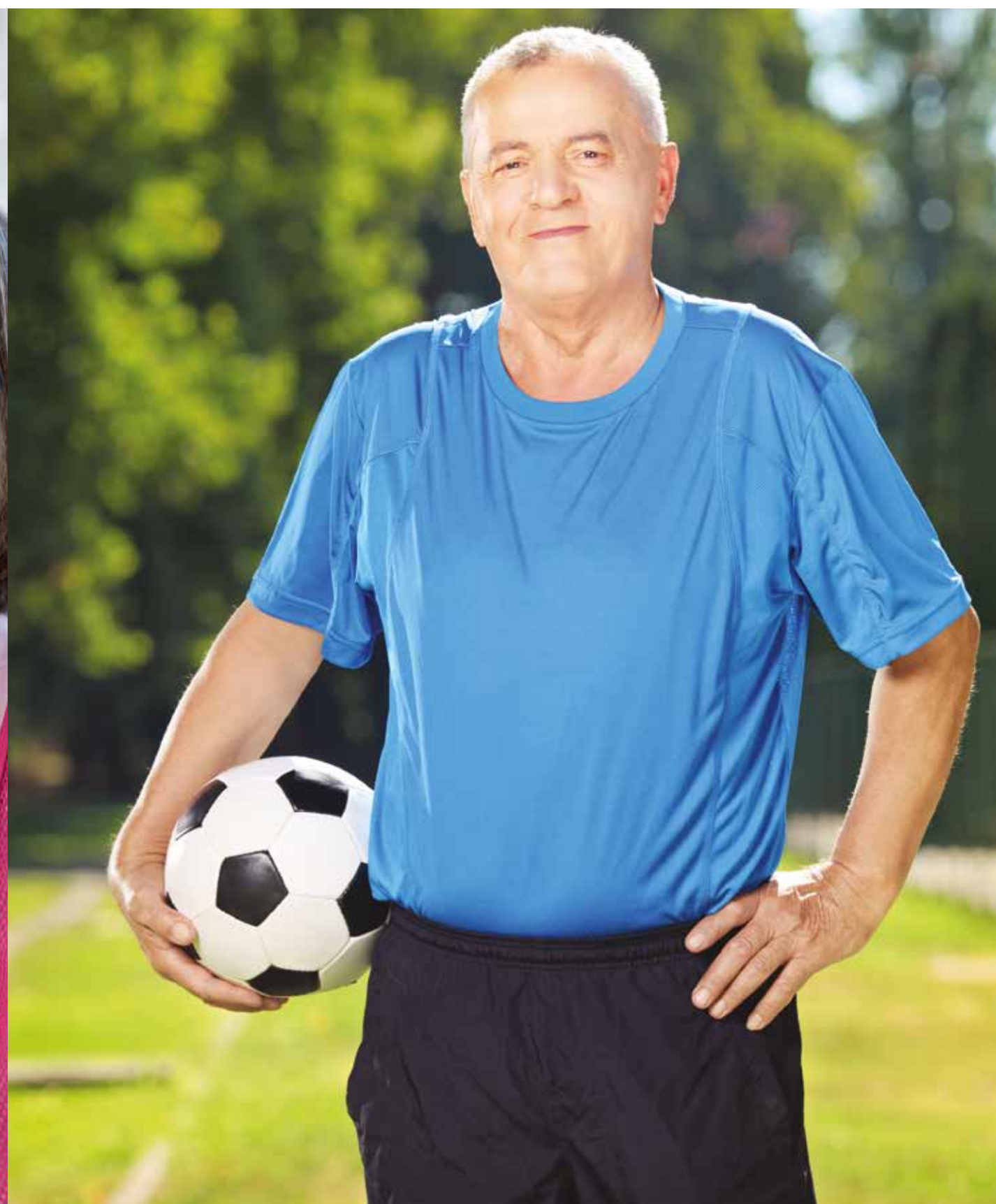




ACTIVE SENIORS PROGRAMME

Coming soon to West Lindsey Leisure Centre



INTRODUCTION TO THE PROGRAMME



If you haven't participated in any sport or exercise before, it's never too late. Everyone Active in partnership with West Lindsey District Council offers a wide range of senior activity sessions that are lower impact and are at a suitable pace.

We welcome all abilities, whether you are a complete beginner and want an introduction to the gym, or you want to try something different with our low intensity exercise class. You will not be alone when it comes to trying your first activity session. You will be joining a fun environment with others that have been in the same situation as you. The sessions are not only about improving physical fitness and mobility, but a chance for you to meet and engage with new people.

Our activities have been carefully programmed for more suitable periods of the day, and provide a welcoming experience for all our seniors.

Why get active?

Regular physical activity:

- Reduces the risk of coronary heart disease and strokes
- Helps reduce high blood pressure
- Helps control body weight
- Reduces the risk of colon cancer
- Decreases the risk of depression and reduces stress and anxiety
- Reduces the likelihood of brittle bone disease (osteoporosis) in later life.

Active Seniors Programme is a dedicated programme for our senior community. It provides a range of activities as well as a place to meet new people and friends, enjoying a relaxed environment you can visit time and time again. The Active Seniors Programme is delivered within our dedicated space has a multi-purpose studio, short mat bowls area, dedicated easy line activity equipment area, and a social area.

We look forward to welcoming you to our Active Seniors Programme!

ACTIVE COMMUNITY TEAM

Our Active Community Team are there to Help. They will be in the Social area at various times throughout the week and will plan visits with Active Senior Members.

The Active Community Team have an important role in engaging with our communities and understanding what activities they would like within the programme.

Our Active Community Team will take part and lead activities, host events, listen to customer views and make improvements to the service.

We are there every step of the way to ensure to ensure we support you in leading a happy and healthier lifestyle.

Visit our website or contact us at reception to speak to a member of the team.



SPORTS & ACTIVITIES PROGRAMME

Our Active Seniors Sports & Activity programme has various activities taking place at West Lindsey Leisure Centre such as Badminton, Table Tennis, Walking Football, and Easy Cricket.

Just fun, pay and play low-cost badminton. All abilities welcome to this session which is led by a qualified badminton coach.

Walking football and Walking Netball is a great activity and played at a moderate pace. Sessions lead by football and netball trained leaders / coach

Easy walks are between 2 and 3 miles which take 1 hour to complete and may include some stiles and inclines.

What	Where	When
Walking Football	West Lindsey Leisure Centre	Monday 10.00 – 11.00

What	Where	When
No Stings Badminton	West Lindsey Leisure Centre	Tuesdays 11.00 – 12.00
Essentials Badminton	West Lindsey Leisure Centre	Thursdays 13.00 – 14.00
Table Tennis Short Tennis	West Lindsey Leisure Centre	Tuesdays 10.00 – 11.00

What	Where	When
Walking	West Lindsey Leisure Centre	Monday, Wednesday, Friday 11.00



WELLBEING ACTIVITIES



Wellbeing Activities, what is it?

Everyone Active will work with its health partners to deliver a variety of Wellbeing Activities. These activities will support a more active lifestyle as well as other associated health benefits.

Activities will include;

Mobility Classes
Smoking Cessation
Mental Wellbeing Classes
Weight & Nutritional Classes

Health & Social Benefits;

Increased Fitness Levels
Social and Mental Wellbeing
Reduces the risk of diabetes, colon cancer
and cardiovascular disease

SHORT MAT BOWLS

Here at West Lindsey, we will be able to provide two short mat bowls lanes which are open to our Active Seniors weekends and week days.

The game of short mat bowls is relatively simple and most players will understand the principles fairly quickly so don't be afraid to give it a go! Our Active Community Manager and Community Coordinators will encourage new individuals into the game of short mat bowls which is a great activity to keep active and still challenge you with friends and other players.



SWIM & GYM

Try a relaxing gentle swim for exercise, or walk, bike, or row in our gym! You will need a gym induction to use the gym so you can use our equipment safely.

If you require any further information on our programmes please don't hesitate to get in touch with us! Please book early to avoid disappointment.



SOCIAL AREA

Meet, watch, and relax



Our Social Area allows you to relax and catch up before or after your activity. It can also be the ideal place for meeting friends and watching others taking part in activity.

We will also programme various events through the year which the Active Community Coordinators will arrange and advertise within the Social Area.



EASY LINE PROGRAMME

Technogym has developed Easy Line to answer the needs of customers who search for a friendly, informal atmosphere where they can find un intimidating and easy to use training equipment. Easy Line combines cardio and strength training exercises with an increased calorie expenditure. It is the ideal training method for both deconditioned users and those who require a quick but effective workout.



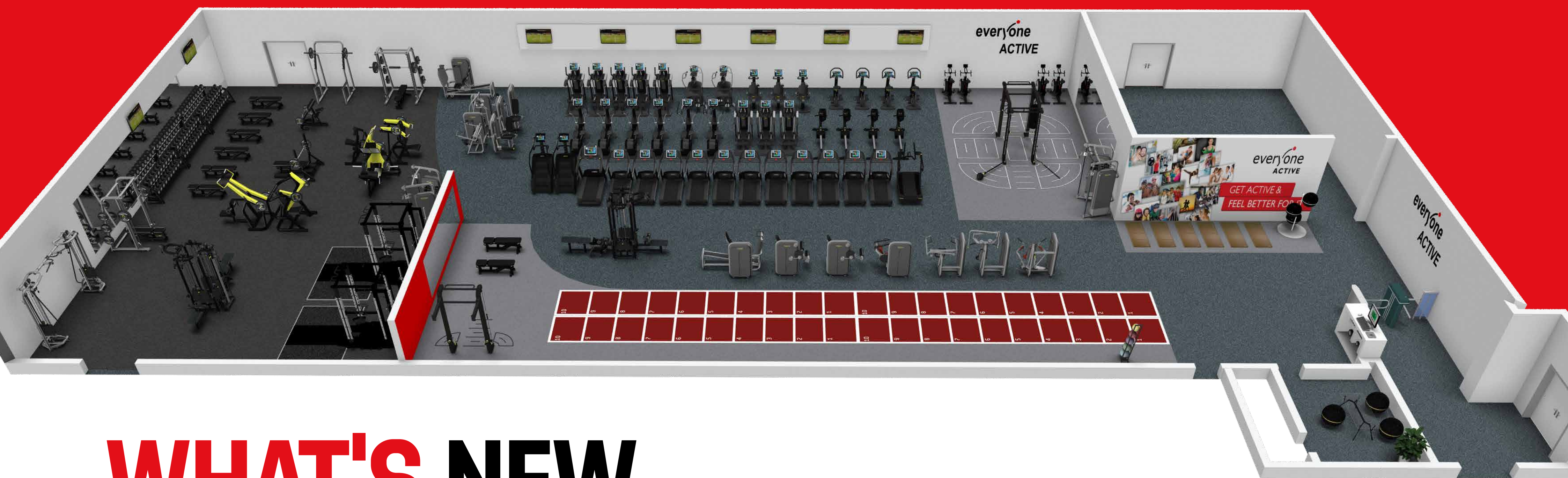
Days	Times
Mon-Fri	10:30 - 11:30
	14:00 - 15:00
Sat-Sun	10:00 - 11:00

TONING SUITE

The toning suite provides a vibrant social life. Unlike the traditional gym offer, toning suites create a fun, happy atmosphere in which people enjoy exercise and look forward to – and plan – their next visit.



THE NEW HEALTH AND WELLBEING HUB

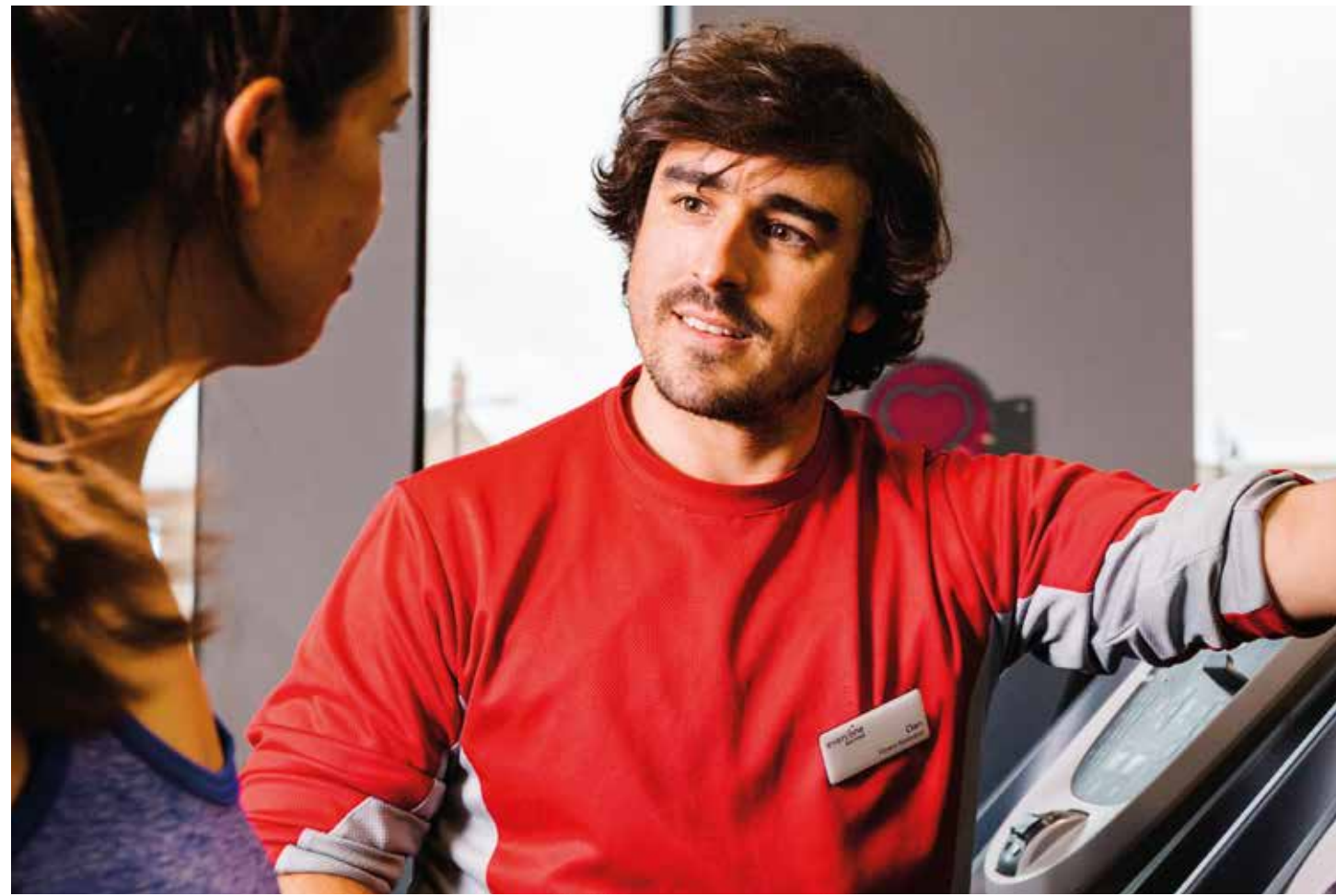
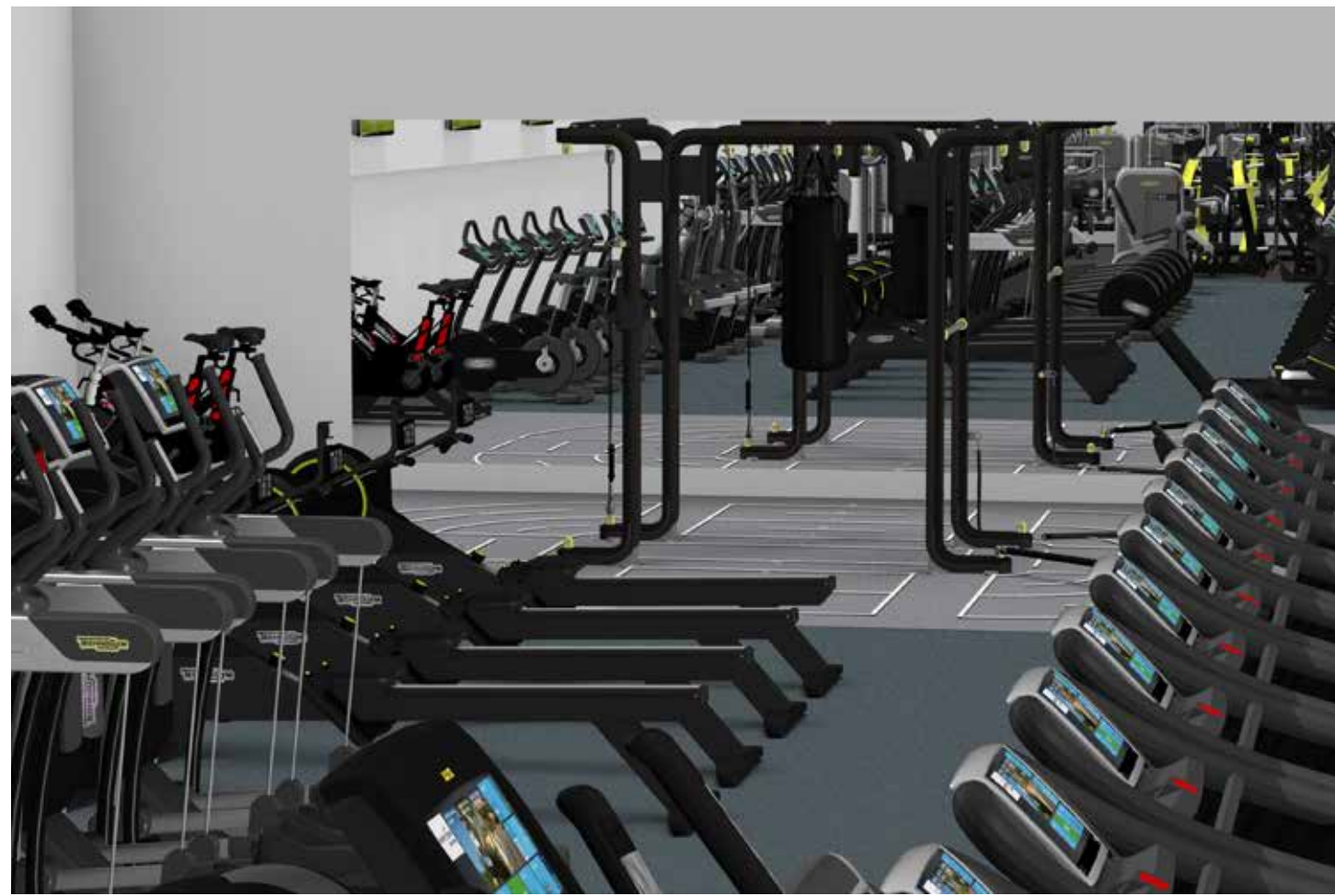


WHAT'S NEW

The new 100-station health and wellbeing hub will be packed with all the latest Technogym cardio and resistance equipment, large free weight area, functional area including a 2-lane track, there is also a toning suite provides a vibrant social life. Unlike the traditional gym offer, the toning suites create a fun, happy atmosphere in which people enjoy exercise you will be sure to find the right work out for you.



THE NEW WEST LINDSEY HEALTH AND WELLBEING CENTRE COMING SOON

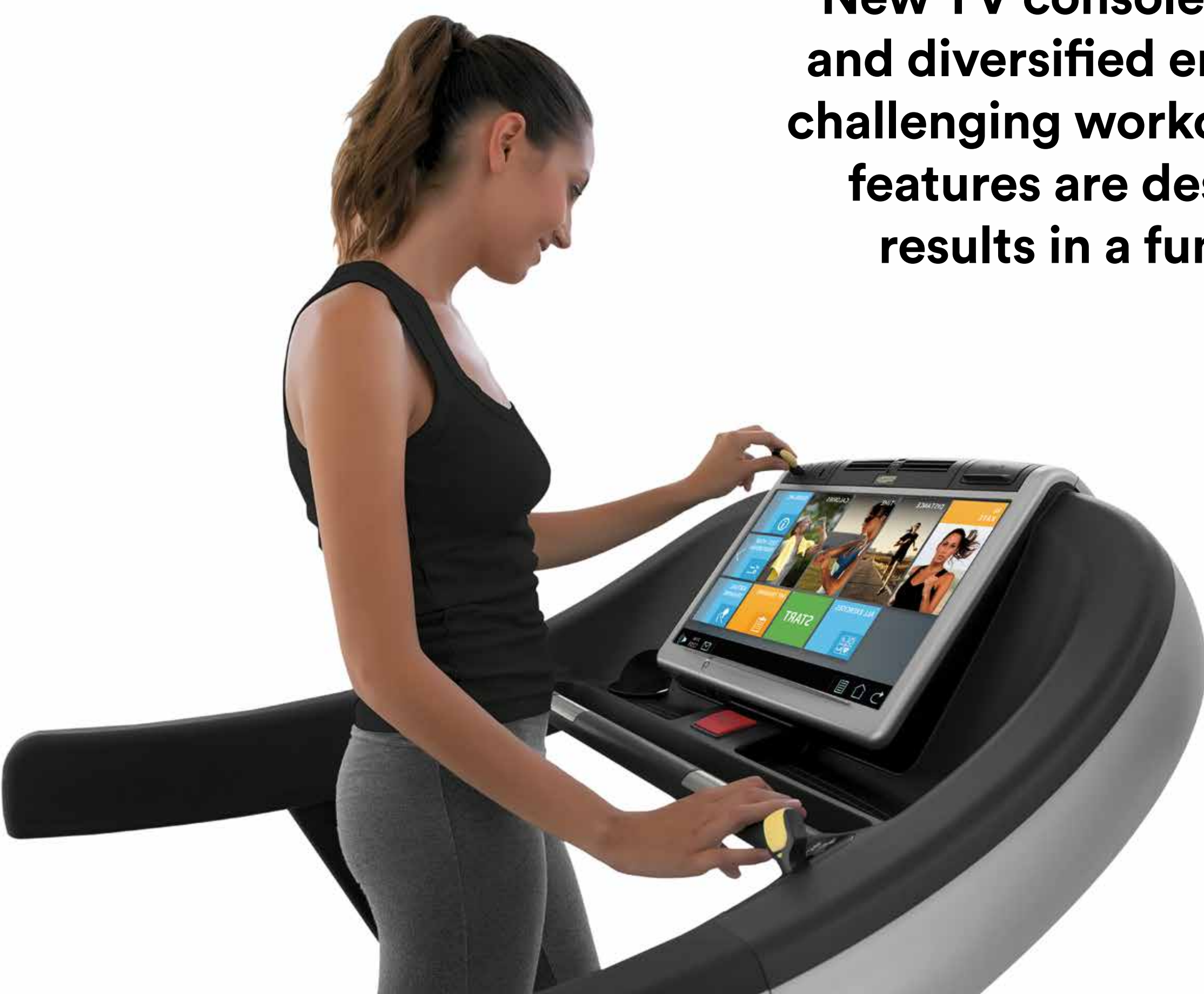


CARDIO EQUIPMENT

The Technogym Excite® collection includes the latest treadmills, cross-trainers, rowers and climbers which offer you a fully connected cardio experience.



New TV consoles for personalised and diversified entertainment, new challenging workouts and innovative features are designed to deliver results in a fun and easy way.



RESISTANCE AND PLATE LOADED EQUIPMENT

Element+ is a comprehensive range of resistance equipment where each and every aspect is designed to bring customers results in comfort including an IFI-certified Element+ Inclusive range for disabled users.

As well as dumbbells, barbells and racks the free weight area will include the latest Technogym Pure Strength plate loaded equipment which is built for athletes to the highest standards in biomechanics, ergonomics, durability and safety.





FUNCTIONAL AREAS

The functional areas will include a 2-lane track complete with resistance sled and a Technogym OMNIA[®] which ensures unlimited appeal for all user levels and abilities, and can be used with or without supervision. Functional training can be effectively tailored to cater for a wide variety of members and will encourage users to have fun when they go to the health and wellbeing suite.

GROUP ACTIVITY PROGRAMME

West Lindsey Active Seniors

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 09:45		Seated Exercise				Forever fit	Aqua 50+
09:15 - 10:00				Pilates			Small Group Activity
09:30 - 10:30	Yoga		Stretch & Relax		Stretch & Relax		
10:00 - 11:00				Falls Prevention Class			
11:15 - 12:00			Aqua 50+	Aqua 50+			
13:00 - 13:45	Easy Step	Forever fit					
14:00 - 14:45						Body Balance	
15:00 - 15:45					Zumba Gold		

Descriptions

Yoga - One of the worlds most practiced spiritual disciplines. Developed over thousands of years these sessions concentrate on bringing balance and harmony to both body and mind, through postures and breath. They can help to boost the immune system, encourage relaxation & correct posture alignment.

Stretch & Relax - Enter into a deeper understanding of breathing flexibility and strengthening exercises leaving the body feeling balanced and with a sense of wellbeing.

Pilates - These sessions are designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session for improving posture, flexibility and preventing injury.

Aqua - A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

Forever Fit - A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. These sessions vary centre to centre and may include badminton and other activities.

Zumba Gold - Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to fit and healthy lifestyle.

Falls Prevention Class - Falls Prevention Programmes provide an opportunity for individuals to increase their strength and balance and thus reduce their falls risk.