

SUTTON SPORTS VILLAGE

EVERGREENS 50+ TIMETABLE

Monday	Class	Location	Instructor	Price
09.00-12.00	Seniors Club Session (Tennis, Table Tennis, Pickleball)	Indoor Courts	n/a	Member £0.00 Non Member £5.25
09.25-10.25	Pilates	Studio 2	Katrina	Member £0.00 Non Member £13.95
10.30-11.30	Walking Football	Astro	n/a	Member £0.00 Non Member £5.25
10.30-11.30	Aerobics Basics (50+)	Studio 1	Kirsty	Member £0.00 Non Member £5.25
12.10-13.10	Yoga	Studio 2	Rossella	Member £0.00 Non Member £13.95
Tuesday	Class	Location	Instructor	Price
09.00-12.00	Seniors Club Session (Tennis, Table Tennis, Pickleball)	Indoor Courts	n/a	Member £0.00 Non Member £5.25
09.30-10.30	Dance Fitness (Aerolatino)	Studio 1	Tori	Member £0.00 Non Member £5.25
09.30-10.30	Walking Cricket	Indoor Courts	n/a	Member £0.00 Non Member £5.25
Wednesday	Class	Location	Instructor	Price
09.00-12.00	Seniors Club Session (Badminton, Tennis, Table Tennis, Pickleball)	Indoor Courts	n/a	Member £0.00 Non Member £5.25
09.30-10.30	Aerobics Basics (50+)	Studio 1	Katrina	Member £0.00 Non Member £5.25
Thursday	Class	Location	Instructor	Price
09.00-12.00	Seniors Club Session (Badminton, Tennis, Table Tennis, Pickleball)	Indoor Courts	n/a	Member £0.00 Non Member £5.25
09.30-10.30	Dance Fitness (Aerolatino)	Studio 1	Tori	Member £0.00 Non Member £5.25
10.30-11.30	Walking Football	Astro	n/a	Member £0.00 Non Member £5.25
10.30-11.30	Pilates (Trigger Point)	Studio 2	Tori	Member £0.00 Non Member £13.95
Friday	Class	Location	Instructor	Price
09.00-12.00	Seniors Club Session (Badminton, Tennis, Table Tennis, Pickleball)	Indoor Courts	n/a	Member £0.00 Non Member £5.25
09.30-10.30	Dance Fitness (Aerolatino)	Studio 1	Jeff	Member £0.00 Non Member £5.25

Participants must join the Evergreens to play (joining is free of charge). For more information please speak to reception or an Evergreens Committee member who can usually be found on the indoor courts.

The activities listed in the Seniors Club Session are an indication of some of the sports that are available but members can also play short mat bowls, short tennis or darts if there is sufficient demand.

SESSION DESCRIPTIONS

50+ Aerobics

Get fit the fun way. You'll perform a range of cardio moves, taking each at your own pace, all guided by our friendly, motivational instructors.

Dance Aerobics (Aerolatino)

Dance yourself fit! Our range of dance aerobics class combine exercise and choreography with infectious music to keep you motivated every step of the way. Choose from one of our themed or discipline based classes.

Zumba

An aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American music. Guaranteed to make you sweat!

Pilates

Centre yourself. Our Pilates classes come in all shapes and sizes, but they all focus on concentration and muscle control, for a highly effective work out.

Yoga

Loosen up and let go. Our mix of yoga classes feature a range of exercises from energetic, full body workouts to relaxing, more traditional poses.

Walking Football

Our popular walking football sessions are available twice a week with male and female players of mixed ages and abilities. The game is played at a walking pace to help level the playing field and ensure that control, technique and accuracy are key.

Tennis

Indoor hard courts are available for singles or doubles play, with rackets and balls provided. Partner up and play!

Badminton

Badminton courts are available for singles and doubles play with equipment provided. Get ready to stretch and move around the court to challenge yourself, and hopefully your opponent!

Book your session today via the **Better UK app** or online at www.better.org.uk/book