



**Active Ageing
Programme for 50+
– East Belfast**

WOMEN'S WELLNESS CLASS

(Over 50's)



**Skainos Centre
(Newtownards Road)**

**Every Tuesday – Starting 1st April 2014
10.00 am-11.00 am**

**FREE 12-WEEK PROGRAMME
(Limited Places)**

Contact Audrey on 028 90 314298

**It is advisable to speak to your doctor before
commencing any new physical activity.**

**THE PROGRAMME WILL BE SUPPORTED BY
ENGAGE WITH AGE AND DELIVERED BY BCSDN
AND WISPA ACTIVE COMMUNITIES COACHES.**



**Active Ageing
Programme for 50+
– East Belfast**

MEN'S CIRCUIT TRAINING CLASS

(Over 50's)



**Connswater Community
Centre (Tamar Street)**

**Every Tuesday – Starting 1st April 2014
11.00 am-12.00 Noon**

**FREE 12-WEEK PROGRAMME
(Limited Places)**

Contact Stephen on 07814 663570

**It is advisable to speak to your doctor before
commencing any new physical activity.**

**THE PROGRAMME WILL BE SUPPORTED BY
ENGAGE WITH AGE AND DELIVERED BY BCSDN
AND WISPA ACTIVE COMMUNITIES COACHES.**



**Active Ageing
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– East Belfast**

MIXED AQUA AEROBICS CLASS

(Over 50's)

**Avoniel Leisure
Centre (Avoniel Road)**

**Every Thursday – Starting 10th April 2014
10.00 am-11.00 am**



**FREE 12-WEEK PROGRAMME
(Limited Places)**

Contact Caitlin on 028 9029 7661

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commencing any new physical activity.**

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AND WISPA ACTIVE COMMUNITIES COACHES.**