

Your Enfield Centres

Albany Leisure Centre

505, Hertford Road, Enfield.

Middlesex EN3 5XH

Tel: 020 8804 4255

Arnos Pool

269, Bowes Road,

London N11 1BD

Tel: 020 8361 9336

Aspire Sports and Fitness Centre

(Edmonton County Lower School)

325, Church Street, Edmonton

London N9 9HY

Tel: 020 8364 2484

Edmonton Leisure Centre

2, The Broadway, Edmonton,

London, N9 0TR

Tel: 020 8375 3750

Southbury Leisure Centre

192, Southbury Road, Enfield,

Middlesex EN1 1YP

Tel: 020 8245 3201

Southgate Leisure Centre

Winchmore Hill Road,

Southgate

London N14 6AD

Tel: 020 8882 7963

www.enfield-leisure.com

This information is also available in
LARGE PRINT at your local leisure centre.

We welcome your comments on our centres, programmes and services.
Please complete a Please Tell Us What You Think card at your local centre to give us your feedback.

Your Enfield Leisure Centres are brought to you by Enfield Council in partnership with Fusion – an experienced sport and leisure management organisation. As a registered charity, Fusion continually reinvests to improve the sport & leisure offer in your community.

OVER 50'S ACTIVITIES

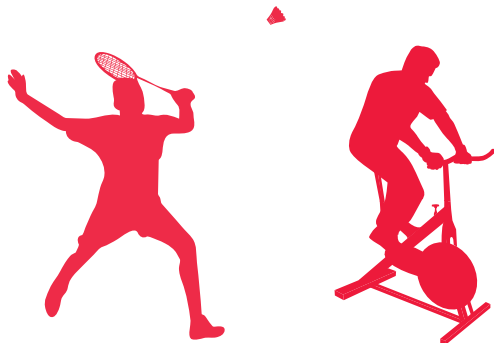
ENFIELD LEISURE CENTRES

Over 50's Activities

We provide a range of activities to suit the over 50s age group. Our gyms are an ideal way of starting out on the fitness trail. Our membership packages include unlimited use of the gyms and all fitness classes offered in our programme, unlimited swimming, plus use of our poolside sauna and steam rooms. Some membership options also include preferential booking for badminton courts and use of the popular over 50s days which take place at Edmonton Leisure Centre (every Monday), Southgate Leisure Centre (every Tuesday) and Southbury Leisure Centre (every Wednesday).

The over 50s days provide an all day opportunity to take part in a number of activities including swimming, use of the gym, gentle exercise classes such as yoga and pilates, badminton, table tennis, indoor short mat bowls and twice a week, a tea dance is organised in the main sports halls. In addition, key events and activities of interest are included in the programme including presentations from the Enfield Over 50s Forum and the Enfield Primary Care Trust.

Fusion is pleased to be able to work closely with the Enfield Over 50s Forum to support them in their efforts to promote sports and leisure to Enfield's over 50s. Fusion offers a special membership to members of the Forum at a discounted rate.



Enjoy being over 50

Stay active all day at our over 50s activity days. Sessions cost just £7.00 or £3.50 with an Energy Card or are free with a membership.

At Edmonton – Monday

Badminton	09:30-15:30	Sports hall
Table tennis	09:30-15:30	Sports hall
Short mat bowls	09:30-15:30	Sports hall
Sauna, steam & swim	10:30-15:00	Pool area/pool
Social games	11:00-16:00	Meeting room

Fitness Classes

Easy Line	09:30-10:30	Sports hall
Pilates	10:30-11:30	Fitness studio
Easy Line	10:30-11:30	Sports hall
Aquafit	14:00-14:45	Main pool
Use of gym	10:00-16:00	See instructor

At Southgate – Tuesday

Fitness Classes

Easy Line	09:45-10:45	Overflow gym
Easy Line	10:45-11:45	Overflow gym
Pilates	11:45-12:45	Fitness studio
Sauna, steam & swim	12:00-13:00	Pool area
Tai chi	13:15-14:15	Fitness studio
Use of gym	10:00-16:00	See instructor

At Southbury – Wednesday

Badminton	10:00-12:00	Sports hall
Social games	11:00-16:00	Meeting room
Badminton/table tennis	13:00-16:00	Sports hall
Sauna, steam & swim	09:30-12:00	Pool area/pool
	14:30-16:00	

Fitness Classes

Pilates	08:30-09:30	Fitness studio
Pilates	9:30-10:30	Meeting room
Yoga	11:45-12:45	Fitness studio
Tea dance (second & fourth Wednesday of each month)	14:00-16:00	Sports hall
Aquafit	14:45-15:45	Main pool
Use of gym	10:00-16:00	See instructor

For further information please ask at reception