

FREE physical activity tasters for over 50s

Sunday 6 October 2019, 11am-3pm – just turn up and have a go on a first come, first serve basis. Timings are subject to change.

Time	Activity	Location	Provider
11.15am-11.45am	Zumba Gold	Pavilion	Bristol Dance Zumba
	Nordic Walking	Grass	Exercise Bristol
11.45am-12.15pm	Chair Aerobics	Pavilion	Chair Aerobics UK
	Walking Netball	Outdoor tennis courts	England Netball
12.15pm-12.45pm	Walking Tennis	Outdoor tennis courts	Walking Tennis
	Walking Netball	Outdoor tennis courts	England Netball
12.45pm-1.15pm	Walking Tennis	Outdoor tennis courts	Walking Tennis
	Zumba Gold	Pavilion	Bristol Dance Zumba
1.30pm-3pm	Over 70s walking football league matches and refreshments (spectator only)	3G pitch	Gloucestershire Football Association
2pm-2.30pm	Nordic Walking	Grass	Exercise Bristol
	Tai Chi	Pavilion	Karen Ferris
	Walking Rugby	3G pitch	Bristol Bears Community Foundation
2.30pm-3pm	Walking Football	Astroturf	Bristol United Walking Football Club
	Tai Chi	Pavilion	Karen Ferris
	Walking Rugby	3G pitch	Bristol Bears Community Foundation