Better With Age- Senior Activities in Waltham Forest

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| Day | Location | Activity | Time  | Cost |
| Monday-Friday | All pools | FREE Swimming | 09:00 - 16:00 | FREE |
| Monday-Friday | All centres | Gym | 09:00 – 16:00 | £4.60 |
| Monday | Chingford Leisure Centre | Water Workout | 10:00 – 11:00 | £5.15 |
| Waltham Forest Feel Good Centre | Senior Multi-Sport | 11:00 – 13:00 | £3.35 |
| Chingford Leisure Centre | Seated Exercise | 11:45 – 12:30 | £5.15 |
| Leytonstone Leisure Centre | Water Workout | 12:15 – 13:00 | £5.15 |
| Tuesday | Waltham Forest Feel Good Centre | Senior Cycle | 09:30 – 10:15 | £5.15 |
| Walthamstow Leisure Centre | Bat and Chat | 11:00 – 12:45 | £2.50 |
| Wednesday | Chingford Leisure Centre | Bat and Chat | 11:30 – 13:00 | £2.50 |
| Leyton Leisure Centre | Water Workout | 12:00 – 13:00 | £5.15 |
| Chingford Leisure Centre | Seated Exercise | 14:15 – 15:00 | £5.15 |
| Thursday | Waltham Forest Feel Good Centre | Walking Football | 10:30 – 11:30 | £4.00 |
| Waltham Forest Feel Good Centre | Seated Exercise | 11:10 – 11:55 | £5.15 |
| Leyton Leisure Centre | Aerobics Basics | 11:30 – 12:15 | £5.15 |
| Leytonstone Leisure Centre | Water Workout | 12:00 – 13:00  | £5.15 |
| Waltham Forest Feel Good Centre | Water Workout | 12:15 – 13:00 | £5.15 |
| Friday | Waltham Forest Feel Good Centre | Well-Being Walk | 10:55 – 12:00 | FREE |
| Waltham Forest Feel Good Centre | Senior Multi-Sport | 10:30 – 13:00 | £3.35 |
| Chingford Leisure Centre | Circuits- Basic | 11:30 – 12:30 | £5.15 |
| Chingford Leisure Centre | Bat and Chat | 12:30 – 14:00 | £2.50 |
| Weekends | All pools | FREE Swimming | 13:00 - close | FREE |

Prices listed are based on an active Senior Pay and Play membership which costs £11.50 for a whole year.