



**50+? 'Its never too late'!**

Thornton Heath and South Norwood Leisure Centres bring to you new activities for just £2 per session

Mondays at; Thornton Heath 0208 689 5300

- 10.00-12.00 No strings Badminton (instructor present)
- 12.00-2pm Social short mat bowling
- 2.15-3.15pm Lane swimming (lifeguards present)

Thursdays at; South Norwood 0208 662 9464

- 10.00-10.55am Zumba\* (gentle standard)
- 11.00-12.00 Table Tennis

