



Generation Plus



Information

For all general enquiries, feedback, and suggestions, please contact sports.development@inspireall.com

Some activities do not run year round, please contact before attending.

MONDAY

YOGA ● £	The Bushey Centre 09.45 - 11.15 £7.00
KEYBOARD (MUSICAL) ● £	Allum House 09.45 - 11.45 £7.00
CORE CONDITIONING ●	Bushey Grove Leisure Centre 11.30 - 12.25 Centre fee applies
AQUA AEROBICS ●	Furzeffield Leisure Centre 11.40 - 12.25 Centre fee applies
PILATES (ABILITY LED) ●	Furzeffield Leisure Centre 12.30 - 13.30 £6.00
PILATES ●	The Venue Leisure Centre 12.45 - 13.45 Centre fee applies
KEEP FIT ●	Furzeffield Leisure Centre 13.30 - 14.30 £6.00
BADMINTON ● ☆	Bushey Grove Leisure Centre 13.30 - 15.30 Centre fee applies
BOWLS (INDOOR) ● £	Maxwell Park Community Centre 14.00 - 16.00 £6.00
PICKLEBALL ● ☆	Bushey Grove Leisure Centre 18.00 - 19.00 Centre fee applies

TUESDAY

WALKING NETBALL ●	Furzeffield Leisure Centre 10.00 - 11.00 Centre fee applies
TABLE TENNIS ● £	Elm Court Youth & Community Centre 10.00 - 12.00 £6.00
WALKING FOOTBALL ●	Bushey Grove Leisure Centre 10.30 - 12.30 Centre fee applies
AQUA AEROBICS ●	Furzeffield Leisure Centre 11.30 - 12.25 Centre fee applies
PICKLEBALL ●	Furzeffield Leisure Centre 11.30 - 13.30 Centre fee applies
STRETCH & TONE ●	Bushey Grove Leisure Centre 12.00 - 12.55 Centre fee applies
KEEP FIT ●	Wyllyotts Theatre & Cinema 12.45 - 13.45 £6.00
BOWLS (INDOOR) ● £	Elm Court Youth & Community Centre 13.30 - 15.30 £6.00
ART ● £	Maxwell Park Community Centre 13.45 - 16.00 £6.00
ZUMBA GOLD ●	The Venue Leisure Centre 14.30 - 15.30 £6.00
AQUA AEROBICS ●	The Venue Leisure Centre 15.00 - 15.45 Centre fee applies

WEDNESDAY

TABLE TENNIS ● £	Maxwell Park Community Centre 10.00 - 12.00 £6.00
KEEP FIT ●	Furzeffield Leisure Centre 10.30 - 11.30 £6.00
CHAIR-BASED EXERCISE ●	Wyllyotts Theatre & Cinema 10.30 - 11.30 £6.00
CAREFUL CONDITIONING ●	The Venue Leisure Centre 11.00 - 11.50 Centre fee applies
FALLS PREVENTION ●	Wyllyotts Theatre & Cinema 11.30 - 12.30 £6.00
BADMINTON ● ☆	Furzeffield Leisure Centre 11.30 - 14.30 £6.00
YOGA ●	96 Shenley Road 19.30 - 21.00 £7.00
BADMINTON IMPROVERS ● ☆	Bushey Grove Leisure Centre 21.00 - 23.00 Centre fee applies

KEY

- £ Cash only
- ☞ Card only
- ☆ No instructor/member-led
- Contact host venue
- Contact team at sports.development@inspireall.com

THURSDAY

BALANCE & FLEX (CHAIRS) ● ☞	96 Shenley Road 10.30 - 11.30 £6.00
TAP DANCING ● £	Elm Court Youth & Community Centre 12.00 - 13.00 £6.00
CHAIR-BASED EXERCISE ● £	The Bushey Centre 12.30 - 13.15 £6.00
PICKLEBALL ● ☆	Bushey Grove Leisure Centre 12.30 - 14.30 Centre fee applies
CORE CONDITIONING ●	Bushey Grove Leisure Centre 13.00 - 13.55 Centre fee applies
TAP DANCING BEGINNERS ● £	Elm Court Youth & Community Centre 13.00 - 14.00 £6.00
TAI CHI ●	Furzeffield Leisure Centre 13.00 - 14.00 £7.00
WALKING FOOTBALL ●	Furzeffield Leisure Centre 14.00 - 15.00 Centre fee applies
LINE DANCING ●	Furzeffield Leisure Centre 14.30 - 16.00 £6.00
TAI CHI ●	The Venue Leisure Centre 15.00 - 16.00 £7.00
SING FOR YOUR LIFE ●	Wyllyotts Theatre & Cinema 16.30 - 17.30 Centre fee applies

FRIDAY

BRIDGE ● £	Elm Court Youth & Community Centre 10.00 - 12.00 £5.00
RACQUET SPORTS ●	Furzeffield Leisure Centre 10.00 - 12.00 Centre fee applies
SCRABBLE ● ☆	Wyllyotts Theatre & Cinema 10.00 - 12.00 £4.00
TABLE TENNIS ● £	Maxwell Park Community Centre 10.00 - 12.00 £6.00
FLEXIBILITY (CHAIRS) ● ☞	Wyllyotts Theatre & Cinema 11.00 - 11.45 £6.00
AQUA AEROBICS ●	The Venue Leisure Centre 12.05 - 12.50 Centre fee applies
BOARD GAMES ●	96 Shenley Road 13.30 - 16.30 FREE
PICKLEBALL ● ☆	Bushey Grove Leisure Centre 16.30 - 17.30 Centre fee applies
YOGA ●	Furzeffield Leisure Centre 19.00 - 19.55 Centre fee applies
PILATES ●	The Venue Leisure Centre 19.15 - 20.15 Centre fee applies

VENUES

BOREHAMWOOD & ELSTREE

96 SHENLEY ROAD
Borehamwood, WD6 1EB
Tel: 01442 454 000

ALLUM HOUSE
Allum Lane, Elstree, WD6 3PJ

MAXWELL PARK COMMUNITY CENTRE
Maxwell Road, Borehamwood, WD6 1JJ

THE VENUE LEISURE CENTRE
Elstree Way, Borehamwood, WD6 1JY
Tel: 020 8386 9886

BUSHEY

THE BUSHEY CENTRE
High Street, Bushey, WD23 1TT
Tel: 020 8950 9952

BUSHEY GROVE LEISURE CENTRE
Aldenharn Road, Bushey, WD23 2TD
Tel: 01923 470 140

POTTERS BAR

ELM COURT YOUTH & COMMUNITY CENTRE
363 Mutton Lane, Potters Bar, EN6 3BP

FURZEFFIELD LEISURE CENTRE
Mutton Lane, Potters Bar, EN6 3BW
Tel: 01707 850 500

WYLLYOTTS THEATRE & CINEMA
Wyllyotts Place, Darkes Lane, Potters Bar, EN6 2HN
Tel: 01707 645 005

ALL INFORMATION IS CORRECT AT THE TIME OF PRINT

For class & activity description information, please visit our website www.generation-plus.co.uk