

WOMEN'S SPORT WEEK 2016

Activity	Town	Activity Description	Location	Day & Time	Cost	Ideal for	Find out more
Young At Heart	Hertford	Young at Heart sessions for adults 50 & over only to swim socially or in a lane provided, ask for a results card to get more from your swim.	Hartham Leisure Centre, Hartham Common, Hertfordshire, SG14 1QR	Mon 3 rd Oct 09:00-11:00	Free	Adults aged 50+	https://www.everyoneactive.com/centre/hartham-leisure-centre/ 01992 584000 harthaminfo@everyoneactive.com
Forever Fit	Hertford	Forever Fit A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. These sessions vary centre to centre and may include badminton and other activities	Hartham Leisure Centre, Hartham Common, Hertfordshire, SG14 1QR	Weds 5 th Oct 12:20-13:05 Fri 7 th 11:00-11:45	Free	Adults aged 50 +	https://www.everyoneactive.com/centre/hartham-leisure-centre/ 01992 584000 harthaminfo@everyoneactive.com
Young At Heart Gym Trial	Hertford	A FREE gym trial in which you can take full advantage of trying out our gym facilities, enjoy the use of our 100 + stationed gym!	Hartham Leisure Centre, Hartham Common, Hertfordshire, SG14 1QR	Tues 4 th 09:30-12:00	Free	Adults aged 50 +	https://www.everyoneactive.com/centre/hartham-leisure-centre/ 01992 584000 harthaminfo@everyoneactive.com
Swim for Everyone	Hertford	Swim 4 Everyone For everyone to experience the invigorating and relaxing activity which is Swimming. Dip your toe in, the water's lovely...	Hartham Leisure Centre, Hartham Common, Hertfordshire, SG14 1QR	Mon 3 rd 17:30-20:00	Free	All abilities ages 16+	https://www.everyoneactive.com/centre/hartham-leisure-centre/ 01992 584000 harthaminfo@everyoneactive.com
Gym Trial	Hertford	A FREE gym trial in which you can take full advantage of trying out our gym facilities, enjoy the use of our 100 + stationed gym!	Hartham Leisure Centre, Hartham Common, Hertfordshire, SG14 1QR	Mon 3 rd 09:30-17:00	Free	All abilities ages 16+	https://www.everyoneactive.com/centre/hartham-leisure-centre/ 01992 584000 harthaminfo@everyoneactive.com
Zumba	Hertford	Zumba® is a spicy hot, hip swivelling workout where African, Caribbean and Latin dance moves are combined with aerobic movements to create a fun and effective work out.	Hartham Leisure Centre, Hartham Common, Hertfordshire, SG14 1QR	Weds 5 th 10:30- 11:25	Free	All abilities ages 16+	https://www.everyoneactive.com/centre/hartham-leisure-centre/ 01992 584000 harthaminfo@everyoneactive.com
Aqua Aerobics	Hertford	A fun and invigorating all over body work-out in the water designed to effectively burn calories with minimal impact on the body	Hartham Leisure Centre, Hartham Common, Hertfordshire, SG14 1QR	Thurs 6 th 18:15-19:00	Free	All abilities ages 16+	https://www.everyoneactive.com/centre/hartham-leisure-centre/ 01992 584000 harthaminfo@everyoneactive.com

"Women's Workout Week" Gym Challenge	Hertford	Come and drop into the center to take part in our "Women's Workout Week" Gym Challenge, testing your endurance and stamina	Hartham Leisure Centre, Hartham Common, Hertfordshire, SG14 1QR	Fri 7 th 07:00-19:00	Free	All abilities ages 16+	https://www.everyoneactive.com/centre/hartham-leisure-centre/ 01992 584000 harthaminfo@everyoneactive.com
Junior Active Gym Trial	Hertford	A FREE gym trial in which you can take full advantage of trying out our gym facilities, enjoy the use of our 100 + stationed gym! For 11-15 year olds	Hartham Leisure Centre, Hartham Common, Hertfordshire, SG14 1QR	Sat 8 th 12:00-16:00	Free	Ages 11-15	https://www.everyoneactive.com/centre/hartham-leisure-centre/ 01992 584000 harthaminfo@everyoneactive.com
Wet & Wild Swim	Hertford	Wet & Wild sessions for children with or without* an adult where inflatables are provided (under 8's policy applies).	Hartham Leisure Centre, Hartham Common, Hertfordshire, SG14 1QR	Sun 9 th 16:00-17:00	Free	All (under 8's policy applies).	https://www.everyoneactive.com/centre/hartham-leisure-centre/ 01992 584000 harthaminfo@everyoneactive.com