



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

KEYBOARD (MUSICAL) ● £
ALLUM HOUSE
09:45 – 11:45 £7.00

YOGA ● £
THE BUSHEY CENTRE
09:45 – 11:15 £6.00

AQUA AEROBICS ●
FURZEFIELD LEISURE CENTRE
11:40 – 12:25 Centre fee applies

PILATES (ABILITY LED) ●
FURZEFIELD LEISURE CENTRE
12:30 – 13:30 £6.00

PILATES ●
THE VENUE LEISURE CENTRE
12:45 – 13:45 Centre fee applies

BADMINTON ●
BUSHEY GROVE LEISURE CENTRE
13:30 – 15:30 Centre fee applies

KEEP FIT ●
FURZEFIELD LEISURE CENTRE
13:30 – 14:30 £6.00

BOWLS – INDOOR ● £
MAXWELL PARK COMMUNITY CENTRE
14:00 – 16:00 £5.50

PICKLEBALL ●
BUSHEY GROVE LEISURE CENTRE
18:00 – 19:00 Centre fee applies

Tuesday

STRETCH & TONE ●
BUSHEY GROVE LEISURE CENTRE
09:30 – 10:25 Centre fee applies

WALKING NETBALL ●
FURZEFIELD LEISURE CENTRE
10:00 – 11:00 Centre fee applies

TABLE TENNIS ● £
ELM COURT YOUTH & COMMUNITY CENTRE
10:00 – 12:00 £5.50

AQUA AEROBICS ●
FURZEFIELD LEISURE CENTRE
11:30 – 12:25 Centre fee applies

WALKING FOOTBALL ●
BUSHEY GROVE LEISURE CENTRE
10:30 – 12:30 Centre fee applies

PICKLEBALL ●
FURZEFIELD LEISURE CENTRE
11:30 – 12:30 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 £5.50

ART ● £
MAXWELL PARK COMMUNITY CENTRE
14:00 – 16:00 £5.50

ZUMBA GOLD ●
THE VENUE LEISURE CENTRE
14:30 – 15:30 £6.00

Wednesday

TABLE TENNIS ● £
MAXWELL PARK COMMUNITY CENTRE
10:00 – 12:00 £5.50

FALLS PREVENTION ●
WYLLYOTTS THEATRE & CINEMA
10:00 – 11:00 £6.00

KEEP FIT ●
FURZEFIELD LEISURE CENTRE
10:30 – 11:30 £6.00

CAREFUL CONDITIONING ●
THE VENUE LEISURE CENTRE
11:00 – 11:50 Centre fee applies

FALLS PREVENTION ADVANCED ●
WYLLYOTTS THEATRE & CINEMA
11:15 – 12:15 £6.00

BADMINTON ● X
FURZEFIELD LEISURE CENTRE
11:30 – 15:30 £6.00

WALKING NETBALL ●
BUSHEY GROVE LEISURE CENTRE
13:00 – 14:00 Centre fee applies

CHAIR BASED EXERCISE ●
WYLLYOTTS THEATRE & CINEMA
13:30 – 14:15 £6.00

YOGA ●
96 SHENLEY ROAD
19:30 – 21:00 £7.00

BADMINTON IMPROVERS ● X
BUSHEY GROVE LEISURE CENTRE
21:00 – 23:00 Centre fee applies

Thursday

BALANCE & FLEXIBILITY CLASS ●
96 SHENLEY ROAD
10:30 – 11:30 £6.00

CHAIR BASED EXERCISE ● £
THE BUSHEY CENTRE
12:30 – 13:15 £6.00

CORE CONDITIONING ●
BUSHEY GROVE LEISURE CENTRE
13:00 – 13:55 Centre fee applies

TAP DANCING ● £
ELM COURT
12:00 – 13:00 £6.00

PICKLEBALL ●
BUSHEY GROVE LEISURE CENTRE
12:30 – 14:30 Centre fee applies

TAI CHI ●
FURZEFIELD LEISURE CENTRE
13:00 – 14:00 £7.00

TAP DANCING BEGINNERS ● £
ELM COURT
13:00 – 14:00 £6.00

WALKING FOOTBALL ●
FURZEFIELD LEISURE CENTRE
14:00 – 15:00 Centre fee applies

LINE DANCING ●
FURZEFIELD 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

CROQUET ●
FURZEFIELD LEISURE CENTRE
10:00 – 12:00 Centre fee applies

SCRABBLE ● X
WYLLYOTTS THEATRE & CINEMA
10:00 – 12:00 £4.00

TABLE TENNIS ● £
MAXWELL PARK COMMUNITY CENTRE
10:00 – 12:00 £5.50

FLEXIBILITY CLASS ●
WYLLYOTTS THEATRE & CINEMA
11:00 – 11:45 £6.00

AQUA AEROBICS ●
THE VENUE LEISURE CENTRE
12:00 – 12:45 Centre fee applies

BOARD GAMES ●
96 SHENLEY ROAD
13:30 – 16:30 FREE

Key

£ Cash Only

X No instructor/member-led

● Contact host venue

● Contact team at sports.development@inspireall.com

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
Aldenhall Road, Bushey, WD23 2TD
Tel: 01923 470 140

POTTERS BAR

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

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

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

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



InspireAll Leisure & Family Support Services manages these facilities in partnership with HertsMere Borough Council. InspireAll is a registered charity. Charity no. 1093653.