Generation Plus

MONDAY

YOGA (£)
The Bushey Centre
09.45 - 11.15 £7.50

KEYBOARD (MUSICAL) (£)
Allum House
09.45 - 11.45 £7.50

BADMINTON (●) (☆)
Bushey Grove Leisure Centre
13.00 - 15.00 Centre fee applies

KEEP FIT
Furzefield Leisure Centre
13.15 - 14.15 £6.50

WALKING GROUP (●)
The Venue Leisure Centre
14.00 - 15.00 £1.00

BOWLS (INDOOR) (£)
Maxwell Park Community Centre
14.00 - 16.00 £6.50

PICKLEBALL (●) (☆)
Bushey Grove Leisure Centre
18.00 - 19.00 Centre fee applies

AQUA AEROBICS (●)
Furzefield Leisure Centre
18.30 - 19.25 Centre fee applies

TUESDAY

WALKING NETBALL (●)
Furzefield Leisure Centre
10.00 - 11.00 Centre fee applies

TABLE TENNIS (£)
Elm Court Youth & Community Centre
10.00 - 12.00 £6.50

PICKLEBALL BEGINNERS (●) (☆)
Bushey Grove Leisure Centre
10.30 - 11.30 Centre fee applies

WALKING FOOTBALL (●) (☆)
Bushey Grove Leisure Centre
10.30 - 12.30 Centre fee applies

AQUA AEROBICS (●)
Furzefield Leisure Centre
11.30 - 12.25 Centre fee applies

PICKLEBALL MIXED ABILITY (●) (☆)
Bushey Grove Leisure Centre
11.30 - 12.30 Centre fee applies

PICKLEBALL BEGINNERS (●) (☆)
Furzefield Leisure Centre
11.30 - 13.30 Centre fee applies

STRETCH & TONE (●)
Bushey Grove Leisure Centre
12.00 - 12.55 Centre fee applies

SOUNDWAVES WITH REIKI (●)
Furzefield Leisure Centre
12.00 - 13.00 Centre fee applies

DANCE FITNESS
Wyllyotts Theatre & Cinema
12.45 - 13.45 £6.50

BOWLS (INDOOR) (£)
Elm Court Youth & Community Centre
13.30 - 15.30 £6.50

ART (£)
Maxwell Park Community Centre
13.15 - 15.45 £6.50

CHAIR YOGA (●)
Furzefield Leisure Centre
14.00 - 14.45 Centre fee applies

TUESDAY (CONT)

PICKLEBALL ADVANCED (●) (☆)
Furzefield Leisure Centre
14.00 - 15.00 Centre fee applies

ZUMBA GOLD
The Venue Leisure Centre
14.30 - 15.30 £6.50

AQUA AEROBICS (●)
The Venue Leisure Centre
15.00 - 15.45 Centre fee applies

WEDNESDAY

SOUNDWAVES WITH REIKI (●)
Furzefield Leisure Centre
07.30 - 08.30 Centre fee applies

TABLE TENNIS (£)
Maxwell Park Community Centre
10.00 - 12.00 £6.50

KEEP FIT
Furzefield Leisure Centre
10.30 - 11.30 £6.50

CHAIR-BASED EXERCISE
Wyllyotts Theatre & Cinema
10.30 - 11.30 £6.50

CAREFUL CONDITIONING (●)
The Venue Leisure Centre
11.00 - 11.50 Centre fee applies

FALLS PREVENTION
Wyllyotts Theatre & Cinema
11.30 - 12.30 £6.50

BADMINTON (●) (☆)
Furzefield Leisure Centre
11.30 - 14.30 £5.50

YOGA (£)
96 Shenley Road
19.00 - 20.30 £7.50

THURSDAY

BALANCE & FLEX (CHAIRS) (£)
96 Shenley Road
10.30 - 11.30 £6.50

BALANCE & FLEX (CHAIRS) (£)
96 Shenley Road
11.30 - 12.30 £6.50

TAP DANCING (£)
Elm Court Youth & Community Centre
12.00 - 13.00 £6.50

CHAIR-BASED EXERCISE (£)
The Bushey Centre
12.30 - 13.15 £6.50

PICKLEBALL MIXED ABILITY (●) (☆)
Bushey Grove Leisure Centre
12.30 - 13.30 Centre fee applies

PICKLEBALL MIXED ABILITY (●) (☆)
Bushey Grove Leisure Centre
13.30 - 14.30 Centre fee applies

CORE CONDITIONING (●)
Bushey Grove Leisure Centre
13.00 - 13.55 Centre fee applies

TAI CHI
Furzefield Leisure Centre
13.00 - 14.00 £7.50

WALKING FOOTBALL (●)
Furzefield Leisure Centre
14.00 - 15.00 Centre fee applies

LINE DANCING
Furzefield Leisure Centre
14.30 - 16.00 £6.50

TAI CHI
The Venue Leisure Centre
15.00 - 16.00 £7.50

SING FOR YOUR LIFE (●)
Wyllyotts Theatre & Cinema
16.30 - 17.30 Centre fee applies

DANCE TONE (●)
Furzefield Leisure Centre
19.00 - 19.55 Centre fee applies

FRIDAY

BRIDGE (£)
Elm Court Youth & Community Centre
10.00 - 12.00 £5.50

RACQUET SPORTS (●)
Furzefield 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 £6.50

FLEXIBILITY (CHAIRS)
Wyllyotts Theatre & Cinema
11.00 - 11.45 £6.50

DANCE LITE (●)
Furzefield Leisure Centre
11.30 - 12.25 Centre fee applies

AQUA AEROBICS (●)
The Venue Leisure Centre
12.05 - 12.50 Centre fee applies

PICKLEBALL (●) (☆)
Bushey Grove Leisure Centre
16.00 - 17.00 Centre fee applies

YOGA (●)
Furzefield Leisure Centre
19.00 - 19.55 Centre fee applies

PILATES (●)
The Venue Leisure Centre
19.15 - 20.15 Centre fee applies

KEY

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

Information

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

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

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
Aldenham 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
Wyllyotts Place, Darkes Lane, Potters Bar, EN6 2HN
Tel: 01707 645 005

ALL INFORMATION IS CORRECT AT THE TIME OF PRINT

ISSUE 06: JUNE 2026

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