



50+ Club

Arena Leisure Centre
Grand Avenue, Camberley
Surrey GU15 3QH
Telephone: 01276 417111
enquiries@arenaleisurecentre.co.uk

Arena 
Surrey Heath's
Leisure Centre



Operated by DC Leisure Management on behalf of Surrey Heath Borough Council

The 50+ club at the Arena Leisure Centre is not just about fitness and wellbeing but making friends and socialising.

With current members aged from 50 – 86, single and couples, there are many activities every day to suit all ages and interests.

“I have been coming to the 50+ club at the Arena with my husband Ron, for over 22 years and we have made some really great friends. I enjoy the keep fit session with the ladies and playing short tennis with my husband”
Joan Smith

“The 50+ club was a lifesaver when I moved into the area on my own 4 ½ years ago. I didn’t know anyone and I now have a great circle of friends”
Shelia Messham

After a class, join everyone in the Arena Bistro for a drink and chat or come along to the yearly events including theatre trips, skittles evening, quiz nights, Christmas parties and lots more.



There are many activities running at the Arena but we host exclusive 50+ sessions throughout the week.

Monday		
10.30am – 11.25am	50+ Keep Fit	£2.70
11.15am – 12.00pm	50+ Swimming	£2.40*
11.30am – 12.25pm	Badminton, short tennis & table tennis	£2.70
Tuesday		
10.30am – 11.30am	Fit 'N' Fifty	£2.70
Wednesday		
9.00am – 11.00am	Short tennis	£2.40
2.00pm – 2.45pm	50+ Swimming	£2.40*
Thursday		
9.30am - 10.30am	50+ Keep Fit	£2.70
9.30am - 10.30am	50+ X-Press Total Tone	£2.70
9.30am – 10.30am	Badminton, short tennis & table tennis	£2.40
10.30am – 11.30am	50+ Beginners Tap	£2.70
11.00am – 12.00pm	50+ Swimming	£2.40
11.30am – 12.00pm	50+ Water Workout	£2.90
11.30am – 12.10pm	50+ Urban Rebounding	£3.50

Social Badminton Club

Thursday		
8.30pm – 10.30pm	Improvers	£3.35
Friday		
1.30pm – 3.00pm	Ladies Improvers	£3.35

For other general swim times and classes, please collect a timetable from reception.

*This rate only applies during exclusive 50+ swim sessions



Save even more with a 60+ senior membership

From as little as £5 a week*, you can benefit from unlimited use of the following;

- Gym
- Swimming
- Health suite (sauna, steam room and spa)
- Workout classes
- Discount on squash, badminton and sunbeds
- Plus and as many 50+ sessions as you like

As well as the inclusive membership package, you will also benefit from the kinetika Journey, 5 one-to-one sessions with a qualified instructor. The kinetika journey is very important during your first month ensuring you have regular contact with an instructor. During the 5 step programme, you will work on creating a workout regime specific to your fitness goals and ensure you have full confidence in your gym routine.

We guarantee you will see positive results or we will give you your money back*

For further information on membership packages
please telephone 01276 417111
email enquiries@arenaleisurecentre.co.uk



*Terms & conditions apply