



OVER 50'S VITALITY MEMBERSHIP SEASONAL TIMETABLE (JAN -MARCH 2026)

- This programme is suited to anyone who has completed the PARS Scheme and/or a relevant LCCC Rehabilitation programme, providing it has been recommended by your Referrals Officer.
- In addition to this comprehensive and varied daytime timetable, Vitality Membership also offers exceptional value and choice, including a wider programme of early morning & evening classes and activities.
- For additional available classes and activities, please refer to our website: <https://www.theleisureplex.com/vitality-membership/>

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