



BEDFORD
BOROUGH COUNCIL

Re-Active 8
GOLD
70+

sports Development

Over 70's

Gentle Exercise Classes

**NEW programme runs
every Monday at 11am**

All abilities welcome
No need to book, just turn up!

Date	Activity
Monday 6th February	Movement to Music
Monday 13th February	Line Dancing
Monday 20th February	Line Dancing
Monday 27th February	Yoga
Monday 5th March	Yoga

Please arrive in plenty of time as spaces are allocated on a first-come first-served basis.

After the session, relax with a FREE tea or coffee from the library coffee shop.

Bedford Central Library
Mondays 11am-12pm
£3 PER SESSION

www.bedford.gov.uk/sport

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