

Pilgrims Hospices My 10 Any 10 Challenge

Activity Taster Sessions

As a part of your Pilgrims Hospices My 10 Any 10 Challenge, why not have a go at some of these awesome activities and taster sessions!

The Bay Sports Arena

Ideal for kids and families wanting to get involved, why not come and rollerskate 10 laps of the rink!

Friday 14th June (Roller Disco!) | 9:00pm - 10:30pm

Saturday 15th June | 10:00am - 11:30am or 1:00pm - 4:30pm

Sunday 16th June | 1:30pm - 4:30pm

Skates are available to hire.

Whitstable Sports Centre

Why not come and join in with the No Strings Badminton session and play 10 short games on Thursday 13th June | 6:30pm - 7:30pm.

Whitstable Swimming Pool

Challenge your friends and family or set yourself a target number of lengths to complete in the pool, why not try 10 lengths and set a personal best!

Please refer to the WSP Pool Timetable for availability.

30 Minute Fitness Tasters

Kingsmead Leisure Centre Saturday 15th June

Time	Class	Instructor
11:30am	Group Cycle	Fran
11:30am	Body Combat	Adam
11:30am	Yoga for All	Robin
12:05pm	Group cycle	Adam
12:05pm	Body Attack	Gabby
12:05pm	Pilates for All	Fran
12:35pm	Group cycle	Fran
12:35pm	Body Pump	Gabby
12:35pm	Les Mills Barre	Pip
1:10pm	Sh'Bam	Pip
1:10pm	Body Balance	Gabby

Hérons Leisure Centre Sunday 16th June

Time	Class	Instructor
11:30am	Group Cycle	Aimee
11:30am	Body Combat	Adam
11:30am	Yoga for All	Mark
12:05pm	Group Cycle	Aimee
12:05pm	Body Pump	Adam
12:05pm	Pilates for All	Mark
12:35pm	Group Cycle	Adam
12:35pm	Body Attack	Mark
12:35pm	Body Balance	Pip
1:10pm	Sh'Bam	Mark
1:10pm	Les Mills Barre	Pip