

GET BACK INTO

IS AN ACTIVE LIFESTYLE A FADING MEMORY?

Try an activity you once played, or a new one,
in a fun and relaxed environment.

Why not...

GETBACKINTO...

- | | |
|--------------------|--------------------------|
| ...Badminton | - Places still available |
| ...Bowls | - Places still available |
| ...Cricket | - Places still available |
| ...Ladies Football | - Places still available |
| ...Martial Arts | - Places still available |
| ...Cycling | - Starts April 2010 |
| ...Nordic Walking | - Starts April 2010 |
| ...Triathlon | - Starts April 2010 |

**FIRST
SESSION
FREE!**

Still to Come...

- | | |
|--------------------|------------------|
| ...Gentle Exercise | - Start date tbc |
| ...Hockey | - Start date tbc |
| ...Netball | - Start date tbc |

Visit the website for more information!

www.activestalbans.com

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Making our District an Active St Albans

