



COMMUNITY FITNESS FOR WOMEN

JOIN OUR FRIENDLY GROUP FOR FUN WALKING FOOTBALL
TUESDAYS 12 - 1PM
HEMEL HEMPSTEAD

ABOUT US

Inclusive United is a UK Community Interest Company. One of our goals is to encourage more women to try team sports, connect with others and stay healthy and fit.

*"Excellent class, welcoming and fun.
A range of abilities and as a total beginner, the coach made it work for everyone."*
JF, Participant.

LOCATION

Grovehill Adventure Playground, (Astro)
Redbourn Road,
Hemel Hempstead Herts
HP2 7BA

SESSIONS

- FA Qualified Female Coaches
- Supportive & Friendly
- Train at your own pace
- If you are in your lunch hour, drop in/out as you need
- £5 per session / £3 for carers
- All ages 18+
- Beginners welcome



BOOK NOW!

WWW.INCLUSIVEUNITED.CO.UK/EVENTS

Free taster session
Quote: **FREESESSION**





FOOTBALL FOR WOMEN COMING SOON!



REGISTER YOUR INTEREST

WWW.INCLUSIVEUNITED.CO.UK/EVENTS

*For those who want to run with the ball !
Beginners welcome.*