



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
- Discounted for carers
- Ages 35+
- Beginners welcome



BOOK NOW!

WWW.INCLUSIVEUNITED.CO.UK/EVENTS





LADIES RECREATIONAL FOOTBALL COMING SOON!



GET INVOLVED

WWW.INCLUSIVEUNITED.CO.UK/EVENTS

*Fun & Friendly sessions
Beginners welcome!*

