

DO YOU NEED HELP TO GET ACTIVE?

DO YOU currently do less than 30 minutes of physical activity that raises your breathing rate?
ARE YOU over the age of 16?

DO YOU live in Watford or Three Rivers?

If you answer yes to these, contact  alison.goodchild@watfordfc.com or  **07710 096398**

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BELOW**

Class	Day	Time	Location	Cost
Introduction to Physical Activity (Starting 14th May)	Monday	12:30 - 13:30	Watford Rural Parish Council Oxhey Drive, Watford, WD19 7SB	First session free £3 a session 12 sessions for £30
Introduction to Physical Activity	Tuesday	7:00 - 8:00	Meriden Community Centre Garsmouth Way, Watford, WD25 9ET	First session free £3 a session 12 sessions for £30
Introduction to Physical Activity (Gym Based) (Starting 16th May)	Thursday	13:00 - 14:00	Westfield Leisure Centre Tolpits Lane, Watford, WD18 8NS	First session free £3 a session 12 sessions for £30
Introduction to Physical Activity (Gym Based)	Friday	13:00 - 14:00	Meriden Community Centre Garsmouth Way, Watford, WD25 9ET	First session free £3 a session 12 sessions for £30
Introduction to Physical Activity (Gym Based)	Friday	14:00 - 15:00	Meriden Community Centre Garsmouth Way, Watford, WD25 9ET	First session free £3 a session 12 sessions for £30